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**TESTIMONY IN SUPPORT OF HB 5201 AN ACT CONCERNING MUAY THAI AS A
FORM OF MIXED MARTIAL ARTS**

My name is Bryand Perezespinoza and I am here to testify in support of HB 5201, An Act Concerning Muay Thai as a form of Mixed Martial Arts. As residents of East Hartford CT my children and I train Muay Thai at Thornton Martial Arts, a martial arts studio located in East Hartford, CT.

This bill is important to me and my family as it will help us compete locally, which benefits us, the state, and businesses in the area in countless ways. The list of personal benefits that come from training Muay Thai are innumerable; among the vast list, I would mention (from personal experience and my kids) health, self-defense (anti Bullying), confidence, respect, discipline, and focus. Being able to compete will help increase these benefits and develop our skills exponentially.

In addition to Muay Thai, I also train and compete in the sports of Judo and Brazilian Jiu-jitsu; and it is based on this experience that I feel the need to express how much positive impact competition has on the life and personal growth of an athlete.

I also feel it is important to mention the positive influence tournaments would have on the community. Tournaments are a great way to boost the economy (by generating local business and stimulate Tax Funds) putting Connecticut in the spotlight as a host destination, which in turn will increase tourism.