



ULTIMATE ★ ATHLETE

CHRONICLES

THE JOURNEY. THE MISSION. THE MOVEMENT.

ISSUE
003



THE
COLLECTIVE

CHAPTER THREE:
WHO CLIMBS
BESIDE YOU?

THE COLLECTIVE

EVERY GREAT JOURNEY
BEGINS WITH
ONE INVITATION.

- WIN AT ALL COSTS
- TALK BEHIND BACKS
- WALK ALONE
- CLIMB TOGETHER
- OUTSHINE OTHERS

荣誉·信念·家族

UAC



DISCOVER
YOUR STORY



BUILD
YOUR BRAND



STRENGTHEN
THE COLLECTIVE



CREATE
OPPORTUNITY

ULTIMATE ★ ATHLETE CHRONICLES

THE JOURNEY. THE MISSION. THE MOVEMENT.



WALK
ALONE

HELP
SOMEONE

WHO YOU
WALK WITH
SHAPES WHERE
YOU'LL GO.

WIN AT
ALL COSTS

TALK BEHIND
BACKS

EVERY TRAIL
HAS PEOPLE
WALKING IT.
EVERY CHOICE
BUILDS YOUR
FUTURE.

THE WRONG CIRCLE
MAKES THE WEAK.
THINGS FEEL NORMAL.

THAT'S
WEAK.

WHO
CARES?

NOT MY
PROBLEM.

THE RIGHT CIRCLE
MAKES THE STRONG
THINGS FEEL NORMAL.

LET'S
GO.

YOU GOT
THIS.

ONE MORE
REP.

PROUD OF
YOU.

NOTICE
ANYTHING?

SAME ATHLETE.

DIFFERENT
CIRCLE.

JACKSON

EVERY GROUP
BECOMES SOMETHING.

EVERY TEAM
DEVELOPS HABITS.

EVERY FRIEND GROUP
DEVELOPS STANDARDS.

YOU SLOWLY BECOME
WHAT YOUR CIRCLE
CELEBRATES.

CHOOSE PEOPLE
WHO ADD TO YOUR
FUTURE.

FIND PEOPLE WHO
CHALLENGE YOU.
ENCOURAGE YOU.
TELL YOU THE TRUTH.
CELEBRATE YOUR WINS.
HELP YOU BECOME MORE.

BE THAT PERSON
FOR THEM TOO.

THE PEOPLE
YOU WALK WITH
TODAY ARE
BUILDING THE
YOU OF
TOMORROW.

FIND PEOPLE
WHO ADD TO
YOUR STORY—

AND BECOME
SOMEONE WHO
ADDS TO THEIRS.

THIS MONTH'S SPOTLIGHT

THEME BUILD THE COLLECTIVE

YOU DON'T FIND COMMUNITY.
YOU CREATE IT.

UAC UAC UAC UAC



AUNTIE SAYS

Competition teaches you how to perform.



Community teaches you how to belong.

Some of the most important people in your life may never stand on the podium with you.

They'll stand beside you long after the medals are put away.

Be that person for someone else.

— Auntie Marie

EMAIL AUNTIE: marie@jointheuac.com

★ LIGHT YOUR STAR

This month, show us how you build the Collective.



INVITE A
SOMEONE IN



CHEER FOR
SOMEONE ELSE



HELP A
BEGINNER



THANK YOUR
COACH



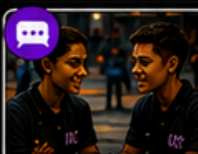
TEAM
DINNER



SHARE SOMEONE
ELSE'S MOMENT



CELEBRATE A
FRIEND



INTRODUCE TWO
ATHLETES



NO PODIUMS. NO TROPHIES.
JUST PEOPLE BUILDING PEOPLE.



CREATOR LESSON

COMMUNITY CREATES OPPORTUNITY.

- Relationships open doors.
- Encouragement builds confidence.
- Your reputation grows through how you treat people.
- Great communities create great athletes.



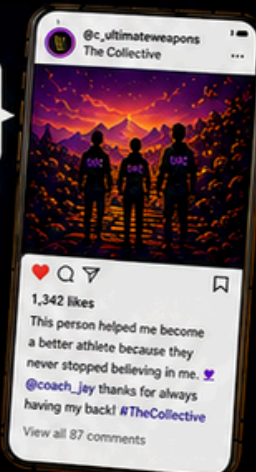
COPY • PERSONALIZE • POST

PROMPT:

"This person helped me become a better athlete because..."

- SHARE A PHOTO TOGETHER.
- TELL THEIR STORY.
- TAG THEM.
- THANK THEM PUBLICLY.
- INVITE THEM AS A COLLABORATOR.

Make us a collaborator when possible!



GROW THE COLLECTIVE

- Introduce two athletes who don't know each other.
- Welcome someone sitting alone.
- Thank a volunteer, coach, or parent.
- Invite someone to train with you.
- Celebrate another athlete's success.



BRAND BUILDER

YOUR COLLECTIVE IS YOUR STRONGEST BRAND.

People won't remember every medal you won. They'll remember how you made them feel.

- PROTECT YOUR PEOPLE.
- SHOW UP.
- BUILD TOGETHER.
- LEAVE A LEGACY.

UAC

UAC UAC UAC UAC

RED FLAGS vs GREEN FLAGS

RED FLAGS

Your circle might be holding you back if...

- They celebrate drama.
- They laugh at effort.
- They only call when they need something.
- They make you smaller.
- They don't clap when you succeed.

GREEN FLAGS

Good people help you grow.

- They tell you the truth.
- They celebrate your wins.
- They challenge you.
- They introduce you to opportunities.
- They help you become more yourself.

MONTHLY CHALLENGE CHECKLIST

COMPLETE THE CHALLENGE.
HELP YOUR STORY REACH THE COLLECTIVE!

REAL LIFE

- Invite someone in.
- Encourage someone.
- Thank someone.

ONLINE

- Celebrate someone.
- Share their story.
- Leave encouragement.

HOME

- Tell your parents who helped you.
- Thank your coach.

STRONGER
TOGETHER.
BETTER
TOGETHER.
ULTIMATE
TOGETHER.

POST IT. TAG THEM. TAG US. MAKE US A COLLABORATOR.

★ BE SOMEONE ELSE'S INVITATION. ★



@c_ultimateweapons



marie@jointheuac.com

#UltimateAthlete
#EveryAthleteIsUltimate
#BuildTheCollective
#UAC

THE COLLECTIVE COMPASS

Helping Families Reconnect Beyond the Competition.

FINDING
TRUE NORTH



COFFEE WITH AUNTIE

The Scoreboard Isn't the Family's Job

Competitive sports — especially an industry like ours — has a way of quietly rewriting a family's values without anyone noticing.

It starts small.

- A car ride home that's all breakdown, no connection.
- A dinner table where rankings come up before anyone asks how their day was.
- A kid who starts believing their worth is measured in belts, trophies, or followers.

None of that happens because a parent stopped loving their kid. It happens because the sport got loud, and home got quiet.

Your athlete doesn't need another coach at home. They already have coaches. What they need is a family.

**LET HOME BE THE PLACE
COMPETITION CAN'T REACH.**

— Auntie Marie



EMAIL AUNTIE: marie@jointheuac.com



PARENT CHALLENGE

REMOVE THE COMPARISON

This week:

Go **ONE FULL DAY** without discussing rankings, results, or performance.

Then ask instead:

"What are you proud of about yourself this week that has nothing to do with winning?"

Don't fix it. Don't coach it. Just listen.



COLLECTIVE NORTH STAR

Your family is not a training program. Not a highlight reel. Not a scoreboard. Not a brand.

Competition can shape the athlete. Only home can protect the person.

Every so often, put the compass down and just come back to true north:

each other.



FAMILY MISSION

THIS WEEK'S MISSION

This week, do one thing together that has **NOTHING** to do with training.



Cook a meal together.



Go somewhere with no phones.



Tell a story from before the sport started.



Ask about their life outside the mats/ring/gym.



Just be a family — not a training team.

Not because you're not proud of the athlete. Because you **love the person underneath it.**



AROUND THE DINNER TABLE

TONIGHT'S QUESTIONS



What's something you love that has nothing to do with martial arts?



If you never competed again, would you still be proud of who you are?



Do you remember why you fell in love with this in the first place?



What do you wish I asked you more?



SOCIAL MEDIA COMPASS

BEFORE YOU COMPARE...

Ask yourself one question:

"Am I measuring my family against someone else's highlight reel?"

Every family you see online is showing their summit. You're standing in the middle of your own climb.

COMPARE YOUR FAMILY'S GROWTH TO YOUR FAMILY'S YESTERDAY. NOTHING ELSE.



NOTES FROM THIS MONTH

WRITE THIS DOWN

What was one moment this month when your family felt like a family again — not a training unit?



BEFORE YOU GO...

One day, the belts will be earned or they won't. The tournaments will end. The seasons will change. But if your athlete grows up knowing that home was never a place they had to perform —

THEN YOU ALREADY PROTECTED WHAT MATTERS MOST.

Thank you for walking beside them. Thank you for being their true north.



Every Athlete Is Ultimate.
— Auntie Marie

P.S. — AUNTIE SAYS:

"The family that raised you never needed you to win. They just needed you to come home."



THANK YOU FOR
BEING THE COMPASS.

CONNECT. PROTECT. ENCOURAGE. LOVE.
TOGETHER, WE RAISE **ULTIMATE ATHLETES** AND **BETTER HUMANS.**



@c_ultimateweapons



marie@jointheuac.com



UAC



THE

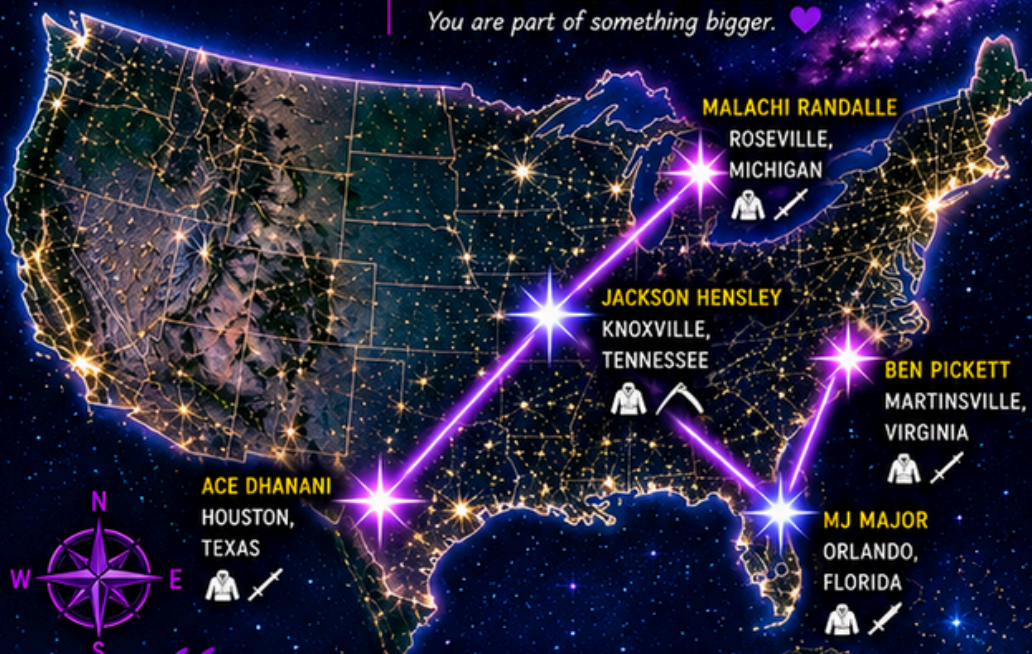
CONSTELLATION

Every Story Adds Another Star. ♡



DIFFERENT STORIES.
DIFFERENT SPORTS.
ONE COLLECTIVE.

Across cities and small towns, on mats and fields, in gyms and dojos—our stories may be different, but our purpose connects us. You are never alone. You are part of something bigger. ♡



“No matter where we live, we’re connected by character, courage, and our love for the journey. ♡”

MAP LEGEND

★ This Month's Star

☆ Connected Athlete

✦ Future Athlete



ENCOURAGES OTHERS

We lift each other up and cheer for one another.



SHARES THEIR STORY

We are real. Our story can inspire someone.



LEADS WITH CHARACTER

We choose integrity, respect, and kindness.



KEEPS CLIMBING

We stay disciplined, learn from setbacks, and never quit.



REPRESENTS WELL

We honor our schools and our ecosystem.



INSPIRES SOMEONE

Your journey could be the light someone else needs.



★ ADD YOUR STAR ♡

- ✓ Complete this month's Creator Mission
- ✓ Share your story (photo, video, or words)
- ✓ Tag @c_ultimateweapons
- ✓ Use #UAC #MyUltimateJourney
- ✓ Invite a fellow athlete to join!

Your story could be featured in a future issue!



AUNTIE'S SKY ♡

A constellation isn't built because one star shines brighter than the rest. It's built because every star chooses to shine beside another.

— Auntie Marie ♡

THE ECOSYSTEM ♡



Every connection creates another opportunity. ♡

INDIVIDUAL JOURNEYS.
SHARED PURPOSE.
ONE COLLECTIVE. ♡

★ THIS MONTH'S NEW STARS

JACKSON HENSLEY

📍 Knoxville, Tennessee
🥋 Martial Arts
🗡️ Kamas

MJ MAJOR

📍 Orlando, Florida
🥋 Martial Arts
🗡️ Sword

MALACHI RANDALLE

📍 Roseville, Michigan
🥋 Martial Arts
🗡️ Bo Staff

ACE DHANANI

📍 Houston, Texas
🥋 Martial Arts
🗡️ Bo Staff

BEN PICKETT

📍 Martinsville, Virginia
🥋 Martial Arts
🗡️ Bo Staff

Five stars this month.
Thousands more to come.
Who's next? ♡

NEXT MONTH... ♡

THE STORM ⚡

Sometimes the greatest victories begin with a loss.

Be ready.

📱 @c_ultimateweapons
✉ marie@jointheuac.com
🌐 joinTheUAC.com