

Elaina Maxwell

Elaina has always been an athlete of some kind because she loves competition. She started playing soccer in grade school in Salt Lake City, Utah with her twin sister, Ila. Yes, Elaina is the older twin by three minutes. After moving to Muscle Shoals, Alabama due to her father's work transfer, she picked up her love for volleyball in middle school, which she played year-round for twelve years. Having no martial arts experience whatsoever, Elaina started martial arts in somewhat of a strange way because she initially used kickboxing as an off-season workout for volleyball and track and field when it was the latest fad in workout trends. She fell in love with the contact, intensity, and competition of San Shou, which is Chinese Kickboxing. While finishing off her volleyball career and pursuing her educational goals at San Jose State University, Elaina made the USH! Fight Team in March of 1998. She began to grow as a martial artist from there under Cung Le's guidance. After taking some time off to complete her last volleyball season, Elaina began training on a more serious level because she missed the feeling and intensity of competition in her life. Going to school full time and working part time helped Elaina to dedicate herself more to martial arts. This helped her to become a more disciplined athlete in all aspects of her life through consistency and learning the overall mentality of a martial artist. In 2003 after Elaina's first World Wushu Gold Medal Championship in Macau, China, she received her BS in Business Administration with an emphasis in Human Resource Management. When in training for a fight, Elaina makes many sacrifices on a daily basis from eating the right foods to training double days. She's pleased to finally see the fruits of her labor, becoming a 3-time World San Shou Champion as well as the North American San Da Intercontinental Middleweight Champion. Recently, Elaina received her first professional MMA title, becoming the 2007 Golden State Light Middleweight MMA Champion. However, she knows that continued success only comes from training hard and staying consistent. Elaina displays an ongoing commitment to martial arts because she remains disciplined in her everyday routine and hungry for new competition. Venturing into Brazilian Jiu-Jitsu in 2005, Elaina will soon be a purple belt. In addition, Elaina has been fighting professionally since 2006. Now that Elaina has been practicing martial arts for so long, she can't even imagine her life without it because training and teaching has become such an integral part of her lifestyle. During the past twelve years, Elaina has become one of the pioneers of San Shou and MMA, making history over and over again. With both of her parents dying in 2007, she has suffered a few setbacks, including two consecutive MMA losses, in the industry and decided to switch up her scenery and training environment by moving to Las Vegas in 2008. By making this monumental change in her life, Elaina hopes to move toward a whole new level of competition in Sin City. Ranked in the WAMMA Top 10 for her weight division, Elaina is now training out of Xtreme Couture and working diligently with The Institute of Sports Performance of Las Vegas.