

## **Molly Helsel**

After relocating to the mainland following tens years on the islands, female MMA star Molly Helsel says that her time in Hawaii is not only what got her started but it is also what keeps her in the game. Molly started training in Hawaii for personal fitness and self defense under the watchful eye of Burton Richardson. After witnessing a female MMA bout at the Blaisdell, Helsel was instantly intrigued and vowed to make it her lifestyle.

Her list of coaches, opponents, training partners and gyms is that of well known local legend and MMA stardom. With names such as Burton Richardson, Dino Fernandez, Kaleo Kwan, and 808FF, Molly built a strong base here on Oahu. Since her time here she has woven a story of unparalleled highs and lows in her quest to be the best.