

Brazilian Jiu-Jitsu Staff

Professor James Martin



Professor James Martin began training in martial arts when he was just four years old. James received his black belt in Okinawan Karate in 2012. He then started training Brazilian Jiu-Jitsu and earned his black belt in 2020. James has had over 100 wins in BJJ tournament matches and is currently a professional MMA fighter! James has a strong passion for teaching martial arts and is the head BJJ professor and owner of Lycan's Den MMA.

Professor Travis Quick



Professor Travis started training BJJ in 2013 in the Chicago area and started training with Professor James Martin after returning to the Champaign-Urbana area in 2017. In 2022, he earned his black belt. He lives in Mahomet with his wife, Elizabeth, and two kids, Sophia and Travis Jr. Travis is one of the head BJJ professors at Lycan's Den MMA.

Professor Ryan Morrow



Professor Ryan is a lifelong martial artist who is a black belt in BJJ. He had an amateur MMA career and retired from organized fighting, yet still remains active in Brazilian Jiu-Jitsu today. Ryan is one of the head BJJ Professors at Lycan's Den MMA.



Coach Cassie Martin

Cassie has been training BJJ since 2015 and is currently a purple belt. She has successfully helped run multiple businesses, including community favorite Just Bee Acai and Butter Babes Co. After graduating from the University of Illinois in Human Development and Family Studies, you know the business is in great hands. She is the owner of Lycan's Den MMA and is in charge of managing memberships, online presence and marketing, and all the behind-the-scenes.

Additionally, Cassie has a passion for empowering women through martial arts and is the head coach of the women's-only BJJ program.



Coach Kenny Meyer

Kenny has been training BJJ since 2019 and is currently a purple belt. He is the head kids coach who has been teaching since 2021. Kenny is a natural teacher who has a passion for sharing his love for Brazilian jiu-jitsu with our Young Lycans. He does an incredible job with the kids and is always making sure they are having fun while still gaining knowledge regardless if they are new to the sport or are a serious competitor. With Kenny, you can trust your kids are in great hands. When he is not coaching kids class or sharpening his own skills, he is out serving our community as a dedicated and loyal police officer for the Champaign Police Department.



Coach Cortez Gardner

Cortez has been training in martial arts since 2020 and is currently a purple belt in Brazilian Jiu-Jitsu. He has a passion for sharing his love for BJJ and quickly stepped up to be one of the head coaches of the Fundamentals program. Cortez is extremely talented, hardworking, and is always willing to share his knowledge with others. When he is not teaching class or sharpening his own skills, he is out serving our community as a dedicated and loyal police officer for the Urbana Police Department.



Coach Raymond Pranada

Raymond has been training Brazilian Jiu-Jitsu since 2015 and is currently a brown belt in Brazilian Jiu-Jitsu. He enjoys teaching others and is one of the head coaches of the Fundamentals program. When he is not at the gym, Raymond spends his time helping others through physical therapy.



Coach Guillermo Gaytan

Guillermo is currently a purple belt in Brazilian Jiu-Jitsu. In 2023, he stepped up to be one of the head coaches of the Fundamentals program. When he isn't on the mats, he spends his time working towards his degree from the University of Illinois.



Coach Carter Barnes

Carter has been training Brazilian Jiu-Jitsu since 2021 and is currently a blue belt. In 2022, Carter stepped up to be the assistant kids coach. When he isn't on the mats, he spends his time working towards his degree from the University of Illinois.



Coach Emma Hendricks

Emma has been training Brazilian Jiu-Jitsu with Professor James Martin since she was just six years old. She is currently a yellow and black belt under Professor James. Emma has successfully won multiple tournaments, including placing first at the 2022 Fuji National Championship. Emma is extremely talented and is the assistant coach for the women's-only BJJ program.



Coach Michelle Slaminko

Michelle is currently a blue belt in Brazilian Jiu-Jitsu. She has successfully competed in multiple BJJ tournaments and is an amateur MMA fighter. Michelle has a strong passion for mixed martial arts and is the assistant coach for the women's-only BJJ program.

Striking Staff



Coach Stevo Morris

Stevo is a pro bare knuckle boxer for BKFC! He is extremely talented and knows the art of boxing like the back of his hand. He is constantly in fight camp preparing for the next big win! Stevo is one of our head Boxing coaches at Lycan's Den MMA.



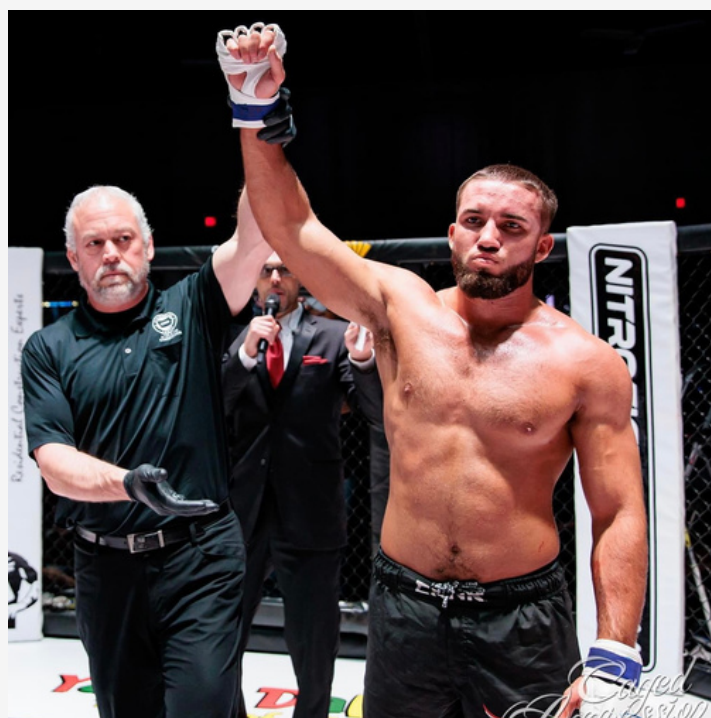
Coach Zachary Pridemore

Zach has been training Brazilian Jiu-Jitsu for eight years and is currently a brown belt. Additionally, Zach holds a black belt in Taekwondo and has been training specifically in kickboxing for over ten years. Zach has successfully won multiple amateur MMA fights and holds a varsity spot on our Fight Team. He is one of our head BJJ, Kickboxing, and Muay Thai coaches at Lycan's Den MMA.



Coach Quynten Watson

Quynten "Doomsday" Watson is currently a blue belt in Brazilian Jiu-Jitsu. He has successfully won multiple amateur MMA fights via knockout. When he is not teaching class or sharpening his own skills, he is out serving our community as a dedicated and loyal police officer for the Georgetown Police Department. Quynten is one of our head Boxing coaches at Lycan's Den MMA.



Coach Michael Bilotich

Michael is currently a blue belt in Brazilian Jiu-Jitsu. He has successfully won multiple amateur MMA fights and holds a varsity spot on our Fight Team. When he is not at The Den, he spends his time as a personal trainer and a nutritionist. Michael is the assistant Kickboxing and Muay Thai coach at Lycan's Den MMA.



Professor Dan Hornbuckle

Professor Dan is a 2nd degree black belt in Brazilian Jiu-Jitsu. He started fighting in 2006 and is still active in the sport today. Dan is a Bellator vet, Sengoku vet, and Bodog vet. He is a Native American foot sweep tactician and is the DEEP, TFC, MTTD, and RAW MMA Champion. Additionally, he frequently competes in armored combat and earned the national championship title at KNYAZ USA. Dan trains all over the world and we are so lucky to have him as one of the head MMA and BJJ coaches at Lycan's Den MMA.



Coach Shawn Schoonveld

Shawn specializes in Muay Thai and is one of the head striking coaches at Lycan's Den MMA. When Shawn is not teaching, he is studying to get his MBA degree. Come see Shawn during our striking classes!

Wrestling Staff



Coach Stephen Birt

Stephen is a lifelong wrestler. After high school, he went to college and wrestled for Milikin University. Additionally, he has been training Brazilian Jiu-Jitsu with Professor James since 2020 and is currently a blue belt.

Stephen has a passion for sharing his wrestling knowledge with others and is the head coach of the Wrestling program at Lycan's Den MMA.

Nutritionist / Strength & Conditioning



Coach John Buhs

John has an extensive background in strength and conditioning. He owned Vision Fitness for seven years before it became Lycan's Den MMA. He enjoys personal training and helping our fight team with their weight cuts by being our head nutritionist and strength and conditioning coach.

