

Ricky Lundell

Ricky Lundell's life has been an unwavering journey in the world of martial arts. Starting as a dedicated practitioner and competitive athlete, he has since evolved into a visionary architect of specialized training programs. In 2020, the Advanced Training Command in Coronado, CA sought Lundell's expertise to craft a sustainable combatives program for the entire west coast Navy SEALs community.

With a distinguished martial arts pedigree, Lundell holds the coveted rank of 4th-degree Brazilian Jiu Jitsu black belt under the tutelage of Pedro Sauer, and he also boasts a Judo black belt awarded by the esteemed Younes Jemni. His journey took him to Iowa State University, where he wrestled under the guidance of Cael Sanderson, earning his wrestling letter in 2008.

Notably, Ricky Lundell stands as one of North America's youngest black belt recipients in Brazilian Jiu-Jitsu, achieving this milestone at the remarkable age of 19. His competitive spirit has shone brightly in numerous arenas, earning him the titles of 2x FILA World Champion, 1x Gracie Jiu Jitsu Black Belt World Champion, and 3x Pankration World Champion. He also proudly served as a two-time captain of Team USA.

Transitioning from his successful competitive career, Lundell has become a leading figure in fighter development and coaching. He has nurtured and mentored a constellation of UFC stars, including Travis Browne, Ronda Rousey, Carlos Condit, Jon Jones, Frank Mir, and Dan Hardy, leaving an indelible mark on the world of mixed martial arts.