

Rick McCoy wins Gold at the Pan Am games!

In case there was any doubt, Rick proved that he doesn't have to punch you in order to beat you. Traveling to Los Angeles, California, Rick McCoy competed in the second largest international Brazilian Jiu Jitsu tournament and came back with the Gold and not a single point scored against him. This is his second Pan Am victory; his first was in 1999 after eliminating every opponent by leg lock.