

# Curt's Ultimate Fitness and Fighting Arts

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me to help him put his gloves on, but I think I hindered more than helped as I fumbled with the straps.

Curt tells me that Barrera and Shelton are two of his top prospects today. Barrera, a 170 pound light heavyweight from Long Beach, Calif. moved to Portland two years ago and is coming off a triumphant debut at a USA Boxing event held at The Blitz in southeast Portland this past June. Shelton, a 145 pound mixed martial artist is coming off a dominating July win in Salem at Caged Wars where he submitted his opponent with a third round arm bar.

Boxing and mixed martial arts are not all Curt's has to offer. The gym is affiliated with Caveirinha Jiu-Jitsu and offers gi and no-gi Brazilian Jiu-Jitsu classes. Crawford, while primarily known as a kickboxing specialist and two-time amateur champion in 1984-85, is a purple belt and no slouch on the ground. He also offers personal training services, as well as ac-

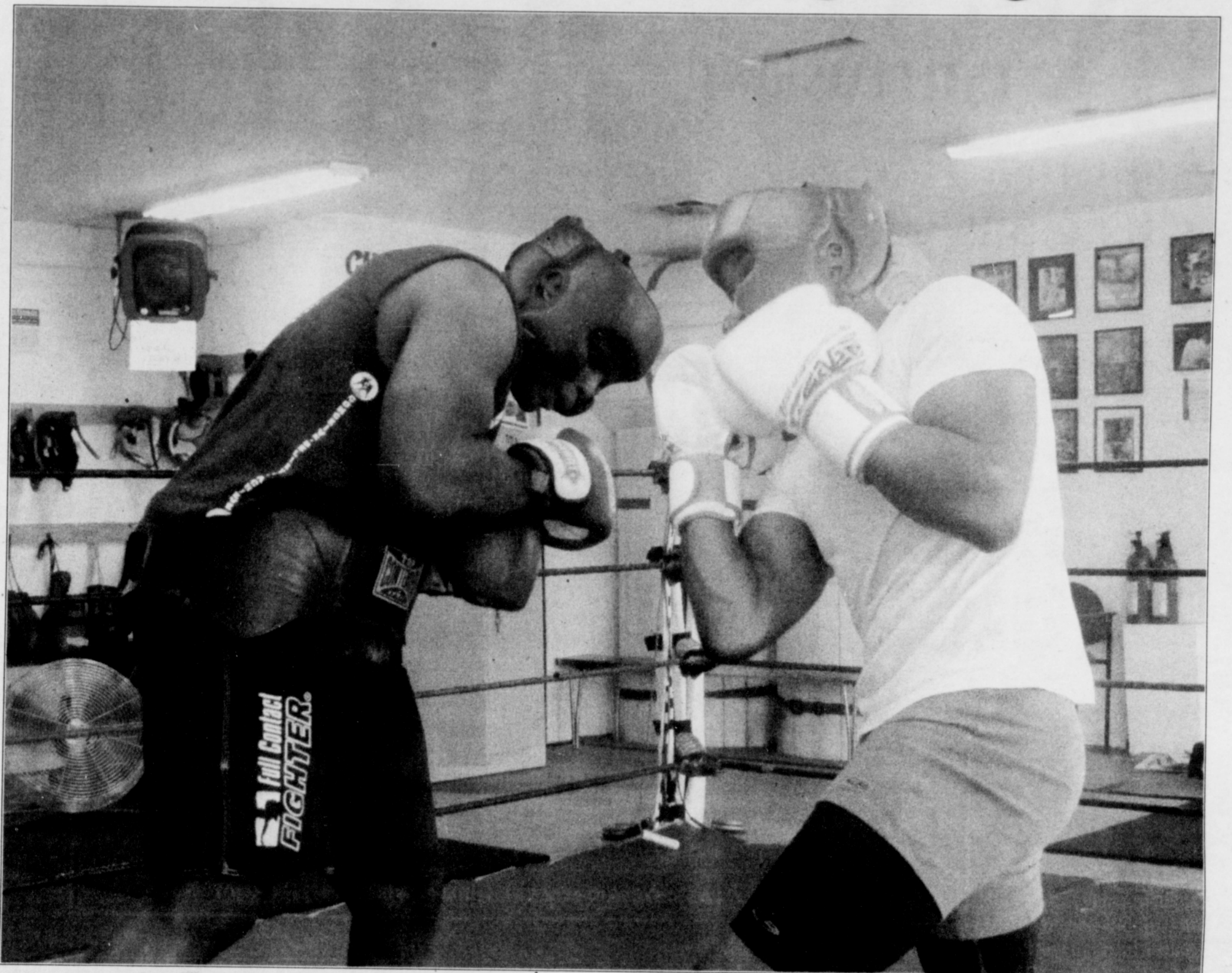


PHOTO BY MIKE BIVINS/PORTLAND OBSERVER CONTRIBUTOR

Curt Crawford (left), owner of the Curt's Ultimate Fitness and Fighting Arts, trains one of his top prospects, Isaac Shelton, who has migrated from the boxing ring to the cage.



PHOTO BY MIKE BIVINS/PORTLAND OBSERVER CONTRIBUTOR

Curt Crawford and photos from some of the fighters he has trained at his Ultimate Fitness and Fighting Arts facility in northeast Portland, including a picture Ultimate Fighting Championship Middleweight Champion Evan Tanner, holding his title belt from 2005 while under Crawford's tutelage.

cess to free-weights and other miscellaneous workout equipment.

Curt's Ultimate is open to those of any level, athletic set or gender. During a co-ed class, the owner was constantly buzzing around to make

sure his students were on task and absorbing the instruction for the technique, based on their skill level, assigned. The atmosphere was serious, yet welcoming, as Curt and his students could rarely be seen without a smile on their faces.

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