

## What has Matt Arroyo been up to?

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Whats up guys!! So, my last fight was Jan 31 at UFC 94 vs Dan Cramer where I lost a very close split decision. No Excuses! I should have finished him when I had the chance. Since then, I have been taking time off from fighting to focus on my school ( [www.gracietampasouth.com](http://www.gracietampasouth.com) ) and training to get my black belt in Brazilian Jiu Jitsu..I am currently a brown belt under Rob Kahn (Royce Gracie Black belt) and have been for 2 years. To up my game and get a different perspective on the art, I have been training with Marcelo Garcia (ranked number 1 in the world for jiu jitsu in my weight class) once a month in private instruction classes. My game has made leaps and bounds because of this!

I will be competing in the New Jersey Grapplers Quest Pro division (invite only) this Saturday June 27. I will be competing against some of the best black belts in the country (Pablo Popovitch, Bill Cooper, Lucas Leper etc.) Looking foward to testing my skills. Check back on my site for results!!

Also I have been training 3 of my students (one of them being Allen "Monsta Lobsta" Berube) for their RFC (real fighting championships) fight July 24 2009....You may have seen Allen on Ultimate Fighter season 5. I can honestly say that he has improved 100% since the show and he is making his debut at 145 in July. Keep your eye on him..SERIOUS!!

I will be posting several videos in the next few weeks of : Me rolling with top black belts around the country, Jiu jitsu techniques, and some very accurate and hillarious impressions (trust me, you will see soon) of people you all know.. Feel free to ask me questions about anything..I am an open book!! out! Also if you are interested in knowing when I put my next video up (believe me, you will want to see these lol) then put your email address in the box to the right!! Out!