

Mizon gives his peers the chop to scoop gold

>> Martial arts

A 16-YEAR-old jujitsu starlet from Cheshunt has been taking on the men and beating them at their own game with international success.

David Mizon claimed the gold medal in the men's over 90kg groundfighting at the 21st Jikishin Jujitsu International competition in Braintree. He won three bouts against adults to scoop the gold medal.

The Hertfordshire Regional College student was over the moon with his performance as he has won three other gold medals in the junior jikishin sparring and groundfighting over the last three years. However, this one in the adult category (17+ years) was a remarkable feat of technique and skills.

"We're all so proud of him," his mother Jaci told the *Mercury*. "He's a big powerful boy and he's got really good technique, which he's built up with all his training.

"To do so well in a men's category is something special. His dream is to fight in the UFC and I think he can go all the way."

Mizon is studying construction skills at college and has been a student of jujitsu since he was eight-years-old and now also studies mixed martial arts. He is a purple belt in jujit-



GOLDEN BOY: David Mizon held his own against older competitors (s)

su and will be joining the British jikishin jujitsu team next year.

He trains at the Harlow and Ongar Jikishin Jujitsu club under Sensei's Earl and Jackie Walker, and learns mixed martial arts for Harlow Spartans under Sensei Will Murley.