



Trenton Bennett began his martial arts journey at the age of 3 in 1997 and has been continuously training his whole life. As well as taekwondo, he has done some training in boxing and mixed martial arts and is currently working toward testing for his blue belt in Brazilian Jiu Jitsu. Trenton has many Canadian Champion titles in form, weapons, sparring, X-treme form and X-treme weapons as well as placing Top Ten in the World in form and sparring. Currently, Trenton is working in roofing and is looking forward to returning to school.