

## Biography of **Master Anne Radke**



**Master Fitness Trainer**



**Karate/Kickboxing**



**Personal Safety**



**Group Fitness**

Master Anne is a private student of Grand Master Baker. She is one of the few women who has built her own school, **Alpha UPKUDO Martial Arts & Fitness**, over 13 years ago which now has since expanded to oversee three other UPKUDO schools. Master Anne named her school "*Alpha*" as a testimony that she puts God first in every aspect of her life.

In 2003 she developed the **Alpha UPKUDO Fit Kids After School Program** and in 2008 founded the **abetterbody.us** personal training program to help persons with obesity issues and fitness problems. She has trained her students to win almost 3000 victories in competition, demonstration teams and promoted the importance of discipline, respect, having a positive attitude and always doing your personal best. She is the **Executive Director of A Better Body** and **6th Degree Black Belt Master in UPKUDO**. In 2004 she was appointed **President of the UPKUDO International Karate Federation**. In 2008, she developed the system **CANE-DO** for persons with disabilities and seniors.

Master Anne is a **Certified as a Master Fitness Trainer, Life Coach, Senior Fitness Specialist, Pilates Instructor, Youth Fitness Instructor, Sports Nutritionist, Zumba Dance & Aqua Zumba Instructor, and North Florida Human Relations Program Educator for Personality Development & Kinesics**. She conducts seminars for private corporations, churches and law firms in self-defense for men and women. In addition to teaching karate and self defense, Master Anne also teaches kickboxing and **CANE-DO** self defense seminars for seniors and persons with disabilities at various locations. Her teaching experience spans over 20 years. Her UPKUDO competition team, formed in 2000, has won over 2,950 trophies and 285 division titles in sparring, kata, and weapons and one World Title in sparring. Personal and professional references are available upon request.

Master Anne's honors in Martial Arts include:

- 2006 Renshi of the Year in the Florida Cosmopolitan Hall of Fame
- 2004 Universal Martial Arts Hall of Fame Martial Arts Woman of the Year.
- 2002 Action Martial Arts Magazine Hall of Fame for " Excellence in Martial Arts"
- 2001 Action Martial Arts Magazine 2001 Hall of Fame Spirit Award for "Dedication to Martial Arts"
- 2001 World Christian Martial Arts Hall of Fame for "Life Achievement Award"
- 2000 American Federation of Martial Arts Hall of Fame as "Woman of The Year"
- 2000 International Kung Fu Hall of Fame for "Instructor of the Year"
- Inducted into the Martial Arts Grand Master's International Council

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**Alpha**  
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