



# GARETT BERUMEN-ROQUE

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## Summary

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Seasoned Mixed Martial Arts Instructor with background in teaching and developing various martial art forms. Skilled in creating inclusive, engaging environments while fostering discipline and respect among students. Strengths include instruction across all age groups, curriculum development, and the promotion of healthy lifestyle habits. Previous work has contributed significantly to raising local interest in martial arts, leading to increased community involvement and awareness.

## Skills

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- Designing training programs
- Self-defense instruction
- Performance coaching
- Competition techniques
- Merchandise products
- Lead a merchandising team
- Teamwork oriented
- Able to lift heavy objects
- Work on my feet for however many hours are necessary
- Well versed in computers
- Able to use Microsoft proficiently
- De-escalate situations as security guard
- Vigilant and always alert while on duty

## Experience

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Private Practice | La Mirada, California  
**Mixed Martial Arts Instructor**  
01/2016 - Current

- Designed and implemented training programs for various skill levels.
- Instructed students in techniques for self-defense and competition.
- Facilitated one-on-one coaching sessions to enhance individual performance.

SAS Retail Services | Orange, California  
**Merchandiser**  
01/2019 - 03/2025

- Managed product displays to enhance visibility and drive customer engagement.
- Collaborated with team members to organize merchandise for optimal shopping flow.
- Conducted inventory audits to ensure accurate stock levels and product availability.

Rebel Yell Bar & Steakhouse | West Covina, California  
**Security Guard**  
05/2018 - 12/2022

- Monitored premises to ensure safety and security for patrons and staff.
- Conducted regular patrols to deter potential unauthorized activities and disturbances.
- Enforced house rules and regulations to maintain a safe environment for guests.

## Education and Training

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Azusa Pacific University | Azusa, CA  
**Bachelor of Science** in Exercise Physiology  
07/2019

Irvine Valley College | Irvine, CA  
**Associate of Arts** in Political Science

