



Shidoshi Jean Francois "Phoenix" Le Grand is the Founder & Creator of **Lost Legacy Systems Traditional Mixed Martial Arts** and all systems within it. Founded in 1998, Lost Legacy Systems is an eclectic system of Martial Art Styles; consisting of elements and concepts from Chinese, Japanese, Korean, African, American and Thai Martial Arts. Specifically, different forms of Chinese Kung Fu; Japanese Karate, Jiu Jitsu, Ninpo/Ninjutsu and Kobū-jutsu, African Montu Arts and Martial Sciences and Korean Tae Kwon Do. His fusion of five ways of fighting – hands, feet, throwing, grappling and weaponry form into one effective, extreme and innovative Martial Arts system of combat. Lost Legacy Systems consists of: Lost Legacy Traditional Mixed Martial Arts, Lost Legacy Kung Fu, Lost Legacy MMA, Lost Legacy AfraKata and Lost Legacy S.T.E.A.L.T.H. Kage Ninpo Ryu.

Lost Legacy Systems Traditional Mixed Martial Arts of South Florida, USA is the one of the most sought after systems, highly recognized for its survivalist, realistic combat, high energy and explosive styles effective in any and all fight and self-defense circumstances.

BIO

Shidoshi Le Grand was exposed to the Marital Arts in Haiti by his parents who were both Black Belts. In **1974**, he began his official training in Tae Kwon Do at the age of almost four years old under direct tutelage of uncles **Grand Master Dr. Jude Innocent** (*10th Dan of Tiger Jude 7 Styles Martial Arts, descendant of Grand Master Sifu Carter Wong*), **Grand Master "Tiger" Paul Innocent** (*9th Dan of Tiger Paul Tae Kwon Do Modern Karate*) and the late **Master Pierro Innocent**. The Innocent and Le Grand families emigrated to the United States and Canada, where as a youth, Shidoshi continued his martial arts training in New York within various martial arts styles between 1978-2002.

In 1989 Shidoshi was encouraged by his uncles to become a student of different martial art forms. It was at that time as a 4th Dan that he was introduced to the late **Grand Master Richard Sinclair** (*Sr. 10th Degree Black Belt*) of the Iron Octopus Martial Arts Survival Defense Academy (IDMASDA Ryu), Jamaica Queens, NY. Sosai Sinclair was well renowned for his intricate system of combat which combined the stylings of Karate-Do, Ninjutsu, Kobujutsu, Taijutsu, Aiki-jujutsu and Tae Kwon Do. It was at IDMASDA under the tutelage of Sosai Sinclair that Shidoshi Le Grand was exposed to the teachings of Martial Arts legends the late **Professor Ronald Duncan, Sr.** (*Father of American Ninjutsu/Way of the Wings*) and the late **Dr. Moses Powell** (*Sanuces Ryu Jiu-Jitsu*). As an advanced practitioner of the Arts, Shidoshi quickly mastered the curriculum at IDMASDA and within five years, earned the rank of 2nd Degree Black Belt and title of Chief Instructor where he conducted classes under the IDMASDA system.

While continuing to study under **Grand Master Sinclair** and **Grand Master Dr. Jude Innocent**, Shidoshi Le Grand was introduced to the Shaolin Kung-Fu System of **Grand Master-Sifu Carter Wong**. Having mastered numerous Martial Arts disciplines and systems, Shidoshi was inspired to create his own system that would innovatively and effectively combine the styles and elements of: Tae Kwon Do, several forms of Jiu-Jitsu, Ninjutsu, Tai-jutsu, Aiki-jujutsu, Uke-Jutsu/Ukemi, Karate-Do, Judo, Kung Fu, Kobu-Jutsu/Kobudo, Grappling, Wrestling and Ground Fighting, Boxing and Hand-to-Hand Combat. Thus, in 1998, **Lost Legacy Systems Traditional Mixed Martial Arts** was created. Shidoshi continued to cross-train in many styles in search of perfection in art, form and philosophy in which to create the strongest foundation possible for Lost Legacy Systems.

Ultimately, in 2000, Shidoshi Le Grand made the decision to depart from instructing at IDMASDA so that he could focus solely on the perfection and promotion of Lost Legacy Systems. Of humble beginnings, Shidoshi began sharing his diverse system of combat with close associates, family members and at-risk youth. In 2002, Shidoshi decided to broaden his reach and expand his exposure of Lost Legacy Systems to martial arts practitioners. It was at this time that he moved to South Florida to promote Lost Legacy while entrusting the teachings of his system to his high ranking Black Belts back in New York.

In 2004, Lost Legacy Systems of combat was accredited and internationally recognized with a Foundership Certification under the **World Organization of Mixed Martial Arts (WOMA)** lead by the late **Grand Master "Pappasan" Jack Stern** (*student of Mas Oyama – Kyokushin Kai*). Naturally, Shidoshi's next mission was to open his first school. In 2005, Shidoshi Le Grand opened Lost Legacy Systems Traditional Martial Arts School in Margate, FL with a full curriculum emphasizing total physical, mental and spiritual conditioning. Within a very short period of time, Lost Legacy Systems had become one of the most sought after martial arts schools in South Florida, highly recognized for its diversity and solid Martial Arts foundation.

Shidoshi Le Grand has been relentless in his pursuit of exposing Lost Legacy Systems and the philosophies within it to any and all individuals, both practitioners and non-practitioners alike. Today, he remains inexorably active and present within his dojo, facilitating and being featured in countless demos, seminars, expos, publications and MMA fight promotions. Currently, he continues to study Chinese martial arts styles under **Songshan Shaolin Traditional Wushu Academy**, **Jun Mo Wing Chun Association** and **Lee Koon Hung Choy Lay Fut Kung Fu Association**. Shidoshi is also as an actor, director, writer, filmmaker and fight choreographer within the action film genre with his stunt team called **Team Legacy**, under his company **It's Your Best Kept Secret Multi-Media Group, Inc.**

Shidoshi Jean Francois Le Grand, Lost Legacy Systems Traditional Mixed Martial Arts and Team Legacy have an immense social media following where he consistently promotes the Lost Legacy brand and philosophy, ending every post with **"THE LEGACY CONTINUES..."**

Central Logo
Represents all Systems



MMA Logo
Traditional Foundation



Lost Legacy Orlando Logo
Variation



HIGHLIGHTS

Rank: 8th Dan/Degree Black Belt

Martial Arts Style + Disciplines: TIGER JUDE 7 STYLES KUNG FU & KARATE, TIGER PAUL TAE KWON DO MODERN KARATE, DUNCAN MARTIAL ARTS/WAY OF THE WINDS NINJUTSU, IOMASDA RYU (TETSU TAKO DO), SANUCES RYU JIU-JUTSU & NEW SHAOLIN BOXING KUNG-FU/ASSOCIATION

Dojo: Creator, Founder + Master Instructor of LOST LEGACY TRADITIONAL MIXED MARTIAL ARTS (and all systems within it including Lost Legacy Kung Fu, Lost Legacy MMA, Lost Legacy AfraKata and Lost Legacy S.T.E.A.L.T.H. Kage Ninpo Ryu), South Florida, USA

Lineage: Under the tutelage of **Grand Master Tiger Jude Innocent**, descendent of **Grand Master Sifu Carter Wong** and **Grand Master "Tiger" Paul Innocent**. Under the tutelage of the **late Grand Master Richard Sinclair**, descendent of the **late Grand Master Moses Powell** and the **late Grand Master Ronald Duncan**, (Father of American Ninjitsu)

Years Active in the Martial Arts: 43 (31 years as an Instructor)

Instructorships: KOBU-JUTSU & KOBUDO (ART OF WEAPONRY) UNDER SATORI KOBU-JUTSU KAI, TETSU ONIGAWARA-JUTSU, AIKI-JU-JUTSU AND SUPERVISION OF **HANSHI-SEI LEE HAUGHTON**, UKE-JUTSU/UKEMI (ART OF FALLING), TAIJUTSU & AIKI-JUJITSU, "IRON SKIRT" TECHNIQUES, MEDITATION & YOGA SINAI, PLY METRICS & CORE

Professional Organizations: The New Shaolin Boxing Association (N.S.B.A.), Kuro Bushi International (one of the original Founding Fathers), Way of the Winds Martial Arts System, Family of Sanuces (F.O.S.), Dong Koo Yudo Kwan, Jun Mo Wing Chun Association, Lee Koon Hung Choy Lay Fut Kung Fu Association, International Meihua Quan Federation, S.W.A.M. Academy of Modern Martial Science

Advanced Degrees: Bachelor's Degree Psychology + Honorary PhD Martial Arts/Asian Philosophy, Theory & Concepts

Awards/Recognition:

- 2017 Munich Martial Arts Hall of Honours Founder of the Year
- 2017 Elite Martial Arts Magazine Shield of Honor + Medal of Respect
- 2017 Action Martial Arts Hall of Honor Outstanding Contribution as an Ambassador to the Martial Arts
- 2016 Nominee of Black Power Award: Self Defense & Protection
- 2016 Action Martial Arts Hall of Honor Ambassador of Goodwill to the Martial Arts
- 2016 EXPO10 Masters of the Martial Arts Award
- 2015 Mwanza Vita Saana Bitma Honors HODARI MZEE Award
- 2015 Action Martial Arts Hall of Honor Silver Lifetime Contributions 35+ Years to the Martial Arts
- 2015 House of Warrior Families Kuroshi-Kai-Kan Recognition Award
- 2004 Worldwide Martial Arts Hall of Fame Silver Lifetime Achievement Award
- 2004 World Martial Arts League Hall of Fame American Fudoshin Award
- 2003 United States Martial Arts International Hall of Fame Humanitarian Award and Most Dedicated Martial Artist Award
- 1999 Teacher of the Year IOMASDA, presented by the late Sosai Richard Sinclair
- 1999 Black Man of Distinction Award (NY)

LOST LEGACY SYSTEMS PHILOSOPHY & LOGO

The Lost Legacy Philosophy is centered on LIFE and the INDIVIDUAL. It focuses on the individual to apply its teachings in everyday use. Each motion an individual does daily while moving around will relate to the graceful movements Martial Arts provides. New ways of thinking & going about planning, solving, or approaching a situation in everyday life will become clearer. All this results in CONFIDENCE and DISCIPLINE of SELF.

Legacy: being a living example of standing by one's passions, committing to your success and having an impact and positive influence on each person you meet; being remembered and CARRYING FORTH all of the rich traditions and knowledge (KUDEN) that you establish.

Lost Legacy: reclaiming what has been lost and redefining its existence; as it relates to Martial Arts, acknowledging the African origins of indigenous fighting systems, martial arts and traditions of self defense by incorporating it into Lost Legacy Systems of combat.

The Lost Legacy logo & patch has had several variations over the years however the core symbolism represents the following principles: the Phoenix – rebirth, immortality, beginning & end and 360° of constant flow, the Fist – to defend oneself with open hand, and the Colors – black, yellow, red & white symbolizing immortality, knowledge & ancestral lineage (black), vitality & long life (red), purity, intuition & strength (white) and nourishment, royalty & good faith (yellow).