Lucio Alto, MD, PhD

PROFESSIONAL & ACADEMIC CURRICULUM VITAE

Physician • Medical Educator • Author • Documentary Producer • Athlete at Heart • Soul Surfer • Documentary Producer & Creator of The Golden Zones

lucioaltomd.com · lucio.endocrinology@yahoo.com

EDUCATION

PhD in Medicine
University of São Paulo (USP) Medical School · São Paulo, Brazil

Medical Degree
Gama Filho University (UGF) · Rio de Janeiro, Brazil

POSTDOCTORAL AND POSTGRADUATE TRAINING

Postdoctoral Training in Endocrinology and Metabolism
MEC · São Paulo, Brazil

Postgraduate Training in Endocrinology and Metabolism
IBCMED · São Paulo, Brazil

Postgraduate Training in Psychiatry
SANAR / IBCMED · Brazil

Board Certified in Obesity Medicine — ENSINE / MEC

Postgraduate Training in Clinical and Sports Nutrition
SANAR · Brazil

CURRENT LEADERSHIP POSITIONS

Chairman and Chief Executive Officer (CEO)
Brazilian Society of Obesity Medicine / SBEMO

Chairman and Chief Executive Officer (CEO)
Pan American Board of Obesity Medicine / PABOM

Vice President
European Board of Obesity Medicine / EBOM

President and Chief Executive Officer (CEO)
Brazilian Society of Longevity Medicine

Scientific Director
Brazilian Society of Endocrinology and Metabolism of Exercise and Sports

Scientific Director
Brazilian Society of Andropause and Menopause

President and Chief Executive Officer (CEO)
Brazilian Medical Order

INTERNATIONAL ADVANCED MEDICAL EDUCATION

Harvard Medical School / Boston, Massachusetts, USA

The Blackburn Course in Obesity Medicine
Harvard Medical School / Massachusetts General Hospital · Boston, Massachusetts, USA

Lifestyle Medicine Course
Harvard Medical School · Boston, Massachusetts, USA

Clinical Endocrinology Review and Update
Harvard Medical School / Massachusetts General Hospital · Boston, Massachusetts, USA

Endocrine Controversies in Adult Clinical Practice
Harvard Medical School / Massachusetts General Hospital · Boston, Massachusetts, USA

Women's Health and Female Hormone Replacement Therapy
Harvard Medical School / Massachusetts General Hospital · Boston, Massachusetts, USA

Thyroid Nodules and Hypothyroidism
Harvard Medical School / Massachusetts General Hospital · Boston, Massachusetts, USA

Endocrinology and Infertility
Harvard Medical School / Massachusetts General Hospital · Boston, Massachusetts, USA

Psychiatry Review and Update
Harvard Medical School / Massachusetts General Hospital · Boston, Massachusetts, USA

Preventive Medicine
Harvard Medical School / Massachusetts General Hospital · Boston, Massachusetts, USA

Breast Cancer
Harvard Medical School / Massachusetts General Hospital · Boston, Massachusetts, USA

Alzheimer's Disease and Other Dementias
Harvard Medical School · Boston, Massachusetts, USA

Cardiology Update
Harvard Medical School · Boston, Massachusetts, USA

Columbia University / Weill Cornell Medicine

Obesity Medicine Program
Columbia University / Weill Cornell Medical College · New York, USA

Obesity Medicine: Etiology, Prevention and Treatment
Columbia University Vagelos College of Physicians and Surgeons · New York, USA

Obesity Medicine Board Review
Columbia University Medical Center / Columbia University College of Physicians and Surgeons · New York, USA

Stanford Medicine / California, USA

Anxiety and Mental Health
Stanford University School of Medicine · Stanford, California, USA

Diabetes and Exercise
Stanford University School of Medicine · Stanford, California, USA

Project ECHO: Diabetes and COVID-19

Project ECHO: Diabetes and Substance Use During COVID-19

Project ECHO: Diabetes and Exercise During COVID-19

COVID-19: Remdesivir and Antiviral Therapies

Medicine Grand Rounds: Mental Health of Healthcare Workers During COVID-19

Medicine Grand Rounds: COVID-19 Testing — PCR and Serology

Medicine Grand Rounds: Ethical Issues in COVID-19

Medicine Grand Rounds: Coagulation Disorders in COVID-19

Pediatric Grand Rounds: COVID-19 Epidemiology and Return to School

Managing Anxiety While Caring for Patients During the COVID-19 Pandemic

Johns Hopkins University / Baltimore, Maryland, USA

COVID-19 Review and Update
Johns Hopkins University · Baltimore, Maryland, USA

Trauma Update
Johns Hopkins School of Medicine · Baltimore, Maryland, USA

Mayo Clinic

Endocrinology Review and Update
Mayo Clinic / Endocrine and Metabolic Society of Singapore · Singapore

Orthopaedic Surgery Update
Mayo Clinic · Rochester, Minnesota, USA

University of Oxford / England, UK

Obesity Medicine Review and Update
International Bariatric Club Oxford World Congress · University of Oxford · Oxford, United Kingdom

European Society of Endocrinology

Postgraduate Course in Endocrinology
European Society of Endocrinology · United Kingdom

Postgraduate Course in Clinical Endocrinology
European Society of Endocrinology · Turkey

Postgraduate Course in Endocrinology, Diabetes and Metabolism
European Society of Endocrinology · Croatia

Icahn School of Medicine at Mount Sinai / Manhattan, New York, NY

New York Master Course in Endocrinology and Endocrine Surgery
Icahn School of Medicine at Mount Sinai · New York, USA

ENDOCRINOLOGY, OBESITY AND METABOLIC MEDICINE EDUCATION

26th European Congress on Obesity
Glasgow, Scotland

ObesityWeek
The Obesity Society · San Diego, California, USA

Endocrinology and Metabolism Update
Endocrine Society · Chicago, Illinois, USA

Endocrinology and Metabolism Update
Endocrine Society · Atlanta, Georgia, USA

Endocrinology Update
Brazilian Society of Endocrinology and Metabolism · Curitiba, Brazil

Endocrinology Update
Brazilian Society of Endocrinology and Metabolism · Vitória, Brazil

Endocrinology Update
European Menopause and Andropause Society · Amsterdam, Netherlands

Obesity Medicine Review and Update
American Society for Metabolic and Bariatric Surgery / The Obesity Society · Nashville, Tennessee, USA

Endocrinology Review and Update
Age Management Medicine Group · Las Vegas, Nevada, USA

Endocrinology Review and Update
American Academy of Anti-Aging Medicine · Las Vegas, Nevada, USA

Male and Female Hormone Replacement Therapy
American Academy of Anti-Aging Medicine · Las Vegas, Nevada, USA

Advanced Hormonal and Nutritional Medicine Program
American Academy of Anti-Aging Medicine · Los Angeles, California, USA

Endocrinology and Aesthetic Dermatology
World Society of Interdisciplinary Anti-Aging Medicine · Monaco

Unlock Healthy Longevity: Supplements Conference
Singapore

34th Annual World Congress / LongevityFest
American Academy of Anti-Aging Medicine (A4M) · Las Vegas, Nevada, USA

ENDOCRINE SOCIETY CONTINUING MEDICAL EDUCATION

Blazing Ahead with Advances in the Management of Adult Growth Hormone Disorder

Breaking the Cycle: Approaches to Long-Term Weight Loss and Obesity Care

Better Every Day: Improving Adherence and Quality of Life in Patients with Growth Hormone Deficiency

Cardiovascular Disease and Type 2 Diabetes in Patients at Metabolic Risk: Clinical Practice Guideline Educational Activity

Endocrine-Disrupting Chemicals

The Management of Patients with Obesity

Endocrine Society
Washington, DC, USA

SELECTED PROFESSIONAL SOCIETY MEMBERSHIPS AND ADMISSIONS

Admitted to Membership, Endocrine Society
Washington, DC, USA

Admitted to Membership, The Obesity Society
Maryland, USA

Admitted to Membership, American Association of Clinical Endocrinology (AACE)
Jacksonville, Florida, USA

Admitted to Membership, Andropause Society / Society for the Study of Androgen Deficiency
Tadley, Hampshire, England, UK

Admitted to Membership, Centre Français d'Information Permanente du Médecin
Paris, France

Admitted to Membership, Brazilian Society of Internal Medicine
São Paulo, Brazil

Admitted to Membership, Brazilian Association of Intensive Care Medicine
São Paulo, Brazil

Admitted to Membership, Brazilian Society for Bone and Mineral Research
Rio de Janeiro, Brazil

Admitted to Membership, Society of Medicine and Surgery of Rio de Janeiro
Rio de Janeiro, Brazil

ORTHOPAEDICS, TRAUMA AND SPORTS MEDICINE QUALIFICATIONS / SELECTED PROFESSIONAL SOCIETY MEMBERSHIPS AND ADMISSIONS

Admitted as an Associate Member
Brazilian Society of Orthopedics and Traumatology (SBOT) · TEOT Qualification in Orthopedics and Traumatology — No. 10082 · Brazil

Admitted to Membership, American Academy of Orthopaedic Surgeons (AAOS)
Illinois, USA

Admitted to Membership, Société Internationale de Chirurgie Orthopédique et de Traumatologie (SICOT)
Brussels, Belgium

Admitted to Membership, American College of Surgeons (ACS)
Chicago, Illinois, USA

Admitted to Membership, American College of Sports Medicine (ACSM)
Indianapolis, Indiana, USA

Admitted to Membership, American College of Emergency Physicians (ACEP)
USA

Admitted to Membership, International Society of Physical and Rehabilitation Medicine (ISPRM)
Geneva, Switzerland

Admitted to Membership, International Society for Clinical Densitometry (ISCD)
Connecticut, USA

Admitted to Membership, National Association of Emergency Medical Technicians (NAEMT)
Mississippi, USA

Admitted to Membership, National Association of EMS Educators (NAEMSE)
Pittsburgh, Pennsylvania, USA

Admitted to Membership, World Federation of Societies of Intensive and Critical Care Medicine
London, England, UK

Admitted to Membership, Pan-American and Iberian Society of Critical Care Medicine
Santiago, Chile

Admitted to Membership, Latin American Society of Arthroscopy, Knee Surgery and Sports Traumatology
Mexico

Team Physician
Brazilian Olympic Committee · Brazilian Men’s and Women’s National Field Hockey Teams

Team Physician
Brazilian Olympic Committee · Brazilian National Field Hockey Team · VIII South American Games · Buenos Aires, Argentina, 2006

Team Physician
Brazilian Olympic Committee · Brazilian National Field Hockey Team · XV Pan American Games · Rio de Janeiro, Brazil

Team Physician
Brazilian Olympic Committee · Brazilian National Field Hockey Team · London Olympic Qualifier · Kakamigahara, Japan, 2012

Team Physician
Brazilian Olympic Committee · Brazilian National Field Hockey Team · South American Games · Santiago, Chile, 2013

Team Physician
Brazilian Jiu-Jitsu Confederation · 1996–2001 · Rio de Janeiro, Brazil

SELECTED ORTHOPAEDIC SCIENTIFIC MEETINGS

61st Annual Meeting, American Academy of Orthopaedic Surgeons — New Orleans, 1994

63rd Annual Meeting, American Academy of Orthopaedic Surgeons — Atlanta, 1996

64th Annual Meeting, American Academy of Orthopaedic Surgeons — San Francisco, 1997

67th Annual Meeting, American Academy of Orthopaedic Surgeons — Orlando, 2000

2nd International Congress of Orthopedics and Traumatology — Brazilian Society of Orthopedics and Traumatology

Brazilian Congress of Orthopedics and Traumatology — 30th, 32nd, 33rd, 34th and 35th editions

International ORTRA Congresses in Orthopedics and Traumatology — 10th, 11th, 13th, 14th, 15th and 16th editions

Brazilian Congress of Traumatology

International Congress of Hand Surgery

International Symposium on Wrist Reconstruction

Symposium on Extremity Sarcoma — Brazilian National Cancer Institute

Brazilian and International Congresses on Bone and Mineral Metabolism

Scientific Meetings in Hip and Knee Surgery

Scientific Meetings in Ankle and Foot Surgery

Scientific Meetings in Wrist and Hand Surgery

Scientific Programs of the Brazilian Society of Orthopedics and Traumatology

SPORTS MEDICINE AND PERFORMANCE EDUCATION

Sports Medicine Update
9th FINA International Aquatic Sports Medicine Congress · Lausanne, Switzerland, 1991

Sports Nutrition
American College of Sports Medicine · Indianapolis, Indiana, USA

Team Physician / Sports Nutrition Program
Fédération Internationale de Médecine du Sport — FIMS · Italy

Advanced Bodybuilding and Fitness Trainer Specialist Program
International Federation of Bodybuilding and Fitness · Madrid, Spain

Sports Nutrition Program
International Federation of Bodybuilding and Fitness · Madrid, Spain

1st Brazilian Congress of Sports Medicine in Soccer
Rio de Janeiro, Brazil, 2000

3rd Brazilian Congress of Sports Medicine in Soccer
Rio de Janeiro, Brazil, 2002

3rd South American Congress of Sports Medicine
Rio de Janeiro, Brazil, 1991

10th Brazilian Congress of Sports Medicine
Rio de Janeiro, Brazil, 1991

1st Brazilian Congress of Sports Traumatology
Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil, 2002

South American Congress on Shoulder and Elbow Disorders
Brazil, 1999

TRAUMA AND EMERGENCY MEDICINE TRAINING

Advanced Trauma Life Support — ATLS
American College of Surgeons · 1997, 2002, 2008

ATLS Instructor Course
American College of Surgeons

Advanced Trauma Life Support Training
University of California, Irvine · California, USA

Prehospital Trauma Life Support — PHTLS
National Association of Emergency Medical Technicians · Mont-Tremblant, Quebec, Canada, 1998

PHTLS International Congress
Quebec, Canada

Emergency Medical Services Training / Observership
SAMU — Assistance Publique–Hôpitaux de Paris · Paris, France, 1996

Emergency Medicine and Rescue Update
German Society for Disaster Medicine · Berlin, Germany

Emergency Medicine and Rescue Update
15th Annual Journal of Emergency Medical Services Conference · Cincinnati, Ohio, USA

EMS Today Conference
Florida, USA

Heartsaver / Automated External Defibrillation Program
American Heart Association · Texas, USA

International Resuscitation Guidelines Forum
International Liaison Committee on Resuscitation — ILCOR · São Paulo, Brazil

Clinical Emergencies Update Course
Hospital Alemão Oswaldo Cruz · São Paulo, Brazil

Emergency Medicine Program
Brazilian Ministry of Health / National SAMU Coordination · Brasília, Brazil

Advanced Trauma Support Course
Brazilian College of Surgeons · Rio de Janeiro, Brazil

Endotracheal Intubation Training
Hospital de Ipanema · Rio de Janeiro, Brazil

Theoretical and Practical Emergency Medicine Training
Hospital Municipal Miguel Couto · Rio de Janeiro, Brazil

International Advanced Life Support Course
Association of Emergency Hospitals of Rio de Janeiro · Rio de Janeiro, Brazil

1st Inter-American Congress of Emergency Medicine
São Paulo, Brazil

1st Brazilian Congress of Emergency Medicine
São Paulo, Brazil

3rd Congress of the Latin American Resuscitation Council
São Paulo, Brazil

Emergency Hospitals of Rio de Janeiro Scientific Congresses and Educational Programs
Rio de Janeiro, Brazil

ORTHOPAEDIC SURGERY AND MUSCULOSKELETAL MEDICINE TRAINING

AO Master Course in Surgical Fracture Management
AO Foundation · Davos, Switzerland

Advanced Training in Lower-Extremity Surgery and Arthroscopy
Escuela Iberoamericana de Ortopedia y Traumatología · Havana, Cuba, 1992

Advanced Knee and Spine Training
University of Michigan · USA, 2004

Open Fracture Management Course
American Academy of Orthopaedic Surgeons · Illinois, USA, 1996

Trauma Course
American Academy of Orthopaedic Surgeons · Illinois, USA, 1999

Instructional Course: Methods of Stable Internal Fixation for Fractures
American Academy of Orthopaedic Surgeons · Atlanta, Georgia, USA, 1996

AO Principles of Surgical Fracture Management
Galeão Air Force Hospital / Brazilian Air Force · Rio de Janeiro, Brazil, 1995

Peripheral Nerve Injury Management
Brazilian Society for Surgery of the Hand · Brazil, 2001

Bone Densitometry Training
Brazilian Society for Bone and Mineral Research · Rio de Janeiro, Brazil, 2001

Cast Application Technical Training
Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

International Course on Ankle and Foot Disorders in Athletes
Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil, 1995

Advanced Wrist and Hand Disorders Course
Hospital Municipal Miguel Couto / Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

Advanced Foot Disorders Course
Hospital Municipal Miguel Couto / Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

Advanced Pediatric Orthopedics Course
Hospital Municipal Miguel Couto / Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

International Course in Locked Intramedullary Fixation
Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil, 1996

Advanced Orthopaedic Surgery Training
Hospital de Tráumato-Ortopedia · Rio de Janeiro, Brazil, 1993

Cartilage Injuries in Athletes
São Paulo, Brazil, 2002

Pelvic and Hip Disorders
Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

Open Fracture Management
Brazilian Society of Orthopedics and Traumatology · São Paulo, Brazil

Hand Disorders
Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

External Fixation in Musculoskeletal Trauma
Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

Musculoskeletal MRI
Brazilian College of Surgeons · Rio de Janeiro, Brazil

Knee Arthroscopy
Brazilian Society of Orthopedics and Traumatology · São Paulo, Brazil

International Course in Minimally Invasive Trauma Techniques
Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

Lower-Extremity and Spine Disorders
Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

Upper-Extremity Trauma
Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

Traumatic Hand Injuries
Association of Emergency Hospitals of Rio de Janeiro · Rio de Janeiro, Brazil

Advanced Hand Disorders
Hospital Municipal Miguel Couto / Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil

Trauma Update and Review Course
AAOS / Brazilian Society of Orthopedics and Traumatology · Rio de Janeiro, Brazil, 1999

OTHER CLINICAL AND MEDICAL EDUCATION

Cancer Management Course
American College of Surgeons · Chicago, Illinois, USA

Cardiology Update
Florida College of Emergency Physicians · Florida, USA

Cardiology Update
Interamerican Society of Cardiology · Mexico City, Mexico

Neurology / Brain Attack Symposium
1st South American Conference on Emergency Medicine · Heart Institute — InCor / University of São Paulo · São Paulo, Brazil

Osteoporosis Management
Brazilian Society for Bone and Mineral Research

Antibiotic Therapy in Clinical Practice
Santa Casa de Misericórdia do Rio de Janeiro

Postoperative Care in Cardiac Surgery
Brazilian College of Surgeons

Outpatient Surgery
Brazilian College of Surgeons

Public Health Policy
UNIPAC University · Minas Gerais, Brazil

Medical Law and Medicolegal Evaluation
Brazilian Medical Association · São Paulo, Brazil

INVITED LECTURES AND FACULTY

Invited Speaker
Harvard University · Hormones in Health and Performance · 2023

Invited Faculty
Medical Emergencies in the Dental Office · Odonto-Clínica de Especialidades Niteroiense · Niterói, Brazil

Invited Faculty
Medical Emergencies in the Dental Office · 33rd Fluminense Dental Scientific Meeting · Rio de Janeiro, Brazil

Invited Faculty
“Medical Emergencies” · 1st Faculty Forum in Physical Therapy · Universidade Gama Filho · Rio de Janeiro, Brazil

Invited Speaker
“Emergencies During Sports and Physical Activity” · Seminar on Health and Physical Activity · State Department of Science and Technology · Rio de Janeiro, Brazil

ACADEMIC AND TEACHING APPOINTMENTS

Faculty, Endocrinology
PRO-SAÚDE Professional Education · Minas Gerais, Brazil

Faculty, Endocrinology
Link Medical Health Education · Rio de Janeiro, Brazil

Faculty, Endocrinology
MedicalTech Professional Education · Rio de Janeiro, Brazil

Faculty, Human Anatomy
UNIPAC University · Minas Gerais, Brazil

Faculty, Clinical Emergencies, Prehospital Emergency Medicine and Applied Pharmacology
School of Health Sciences · UNIPAC University · Minas Gerais, Brazil

Supervising Faculty, Hospital Emergency Medicine Training
Santa Casa de Misericórdia / UNIPAC School of Health Sciences · Minas Gerais, Brazil

Faculty, Prehospital Emergency Medicine
Brazilian Society of Traffic Medicine · Rio de Janeiro, Brazil

Faculty, Emergency Medicine League
Santa Casa de Misericórdia de Barbacena · Minas Gerais, Brazil

Pharmacology Teaching Assistant
Universidade Gama Filho · Rio de Janeiro, Brazil

Faculty
1st Scientific Meeting on Medical Emergencies in the Dental Office · Rio de Janeiro, Brazil

PREVIOUS MEDICAL AND ADMINISTRATIVE APPOINTMENTS

President and Medical Director
Rio Resgate — Prehospital Emergency Medical Services and Rescue Operations · Rio de Janeiro, Brazil

Medical Coordinator / Emergency Physician
SAMU 192 · Barbacena, Minas Gerais, Brazil

Director, Emergency Department
Santa Casa de Misericórdia de Barbacena · Minas Gerais, Brazil

Medical Director / Emergency Physician
Rescue and Prehospital Emergency Medical Service · Santa Casa de Misericórdia de Barbacena · Minas Gerais, Brazil

Medical and Scientific Director
Brazilian Society of Traffic Medicine · Rio de Janeiro, Brazil

Program Director
Rescue and Emergency Response Technology Program · UNIPAC University · Minas Gerais, Brazil

Program Director
Emergency Responder Training Program · Brazilian Society of Traffic Medicine · Rio de Janeiro, Brazil

Program Director
Emergency Responder Training Program · Rio Resgate · Rio de Janeiro, Brazil

Faculty and Program Director
Theoretical and Practical Emergency Responder Training Program · Rio de Janeiro Municipal Guard · Rio de Janeiro, Brazil

SCIENTIFIC CONSULTING

Scientific Consultant
International Safety Council · United States

Co-author
First Aid and CPR: Emergency Procedures · 2nd Edition · International Safety Council / Green Cross for Safety · 1997

INTERNATIONAL PROFESSIONAL DEVELOPMENT

International professional education, postgraduate training, scientific meetings, observerships and technical visits across the United States, Canada, Mexico, Costa Rica, Panama, Colombia, Bolivia, Peru, Argentina, Chile, Cuba, United Kingdom, Portugal, Spain, France, Germany, Switzerland, Belgium, the Netherlands, Italy, Poland, Czech Republic, Croatia, Turkey, Monaco, South Africa, United Arab Emirates, Singapore, Indonesia, China, Japan and Australia.

BRAZILIAN JIU-JITSU ATHLETIC PROFILE & COMPETITIVE RECORD

ATHLETE PROFILE

Brazilian Jiu-Jitsu Black Belt, 3rd Degree
Master 6 Division · Gracie Barra Team

Black Belt 3rd Degree awarded under Master Carlos Gracie Jr.

Black Belt 3rd Degree recognized by the Brazilian Jiu-Jitsu Confederation (CBJJ)
Brazil

Black Belt 3rd Degree recognized by the International Brazilian Jiu-Jitsu Federation (IBJJF)
California, USA

Active Black Belt competitor in the IBJJF / CBJJ Master 6 Division, representing Gracie Barra Florianópolis

Black Belt promoted under Masters Rodrigo Lima and Fábio Gurgel / Alliance Jiu-Jitsu
Florianópolis, Brazil

Recognized athlete, Florida Federation of Grappling and Brazilian Jiu-Jitsu
Florida, USA

INTERNATIONAL TITLES

Pan-American No-Gi Champion
Black Belt Master Division · New York, USA — 2015

European No-Gi Champion
Black Belt Master Division · Rome, Italy — 2015

British Champion
Black Belt Master Division · London, England, UK — 2016

British No-Gi Champion
Black Belt Master Division · London, England, UK — 2016

American Champion
Black Belt Master Division · Las Vegas, Nevada, USA — 2016

Spanish Champion
Black Belt Master Division · Madrid, Spain — 2017

Asian Champion
Black Belt Master Division · Tokyo, Japan — 2016

Pan-Pacific Champion
Black Belt Master Division · Melbourne, Australia — 2017

Brazilian No-Gi Champion
Black Belt Master Division · Brazil — 2023

3rd Place — World No-Gi Championship
Black Belt Master Division · Los Angeles, California, USA — 2015

3rd Place — World No-Gi Championship
Black Belt Master Division · San Francisco, California, USA — 2016

3rd Place — World No-Gi Championship
Black Belt Master Division · Anaheim, California, USA — 2017

Nice Open No-Gi Champion
Black Belt Master Division · Nice, France — 2015

Nice Open Champion
Black Belt Master Division · Nice, France — 2015

Milan Open No-Gi Champion
Black Belt Master Division · Milan, Italy — 2024

Zurich Open No-Gi Champion
Black Belt Master Division · Zurich, Switzerland — 2015

Zurich Open Champion
Black Belt Master Division · Zurich, Switzerland — 2015

Paris Open Champion
Black Belt Master Division · Paris, France — 2017

Paris Open No-Gi Champion
Black Belt Master Division · Paris, France — 2017

Paris Open Absolute No-Gi Champion
Black Belt Master Division · Paris, France — 2017

Sydney Open Champion
Black Belt Master Division · Sydney, Australia — 2015

Sydney Open No-Gi Champion
Black Belt Master Division · Sydney, Australia — 2015

Sydney Open Absolute Champion
Black Belt Master Division · Sydney, Australia — 2015

2nd Place — Milan Open Absolute No-Gi Division
Black Belt Master Division · Milan, Italy — 2024

2nd Place — Pan-Pacific Absolute No-Gi Division
Black Belt Master Division · Melbourne, Australia — 2017

2nd Place — Chicago Open
Black Belt Master Division · Chicago, Illinois, USA — 2015

2nd Place — Indianapolis Open
Black Belt Master Division · Indianapolis, Indiana, USA — 2023

3rd Place — Milan Open
Black Belt Master Division · Milan, Italy — 2024

3rd Place — British Championship Absolute Division
Black Belt Master Division · London, England, UK — 2016

3rd Place — Paris Open Absolute Division
Black Belt Master Division · Paris, France — 2017

3rd Place — European Championship
Black Belt Master Division · Portugal — 2016

3rd Place — Indianapolis Open No-Gi
Black Belt Master Division · Indianapolis, Indiana, USA — 2023

INSTRUCTOR, RULES AND TECHNICAL TRAINING

IBJJF Rules and Referee Course
Roger Gracie Academy · London, England, UK — 2015

IBJJF Rules and Referee Course
Florianópolis, Brazil — 2018

IBJJF Rules and Referee Course
2020

Gracie Barra Fundamentals Course
2023

IBJJF Rules and Referee Course
2025