



# AMANDA 'MADDOG' LINO

**2014 IMMAF Featherweight World Champion**

**First 2 x Division EFC Worldwide Champion**

**Former EFC Worldwide Women's Flyweight Champion**

**Current EFC Worldwide Bantamweight Champion**



INSTAGRAM

amanda\_maddog\_lino



FACEBOOK

Amanda maddog Lino

# Athlete Bio...

**BORN:** Amanda Adelia Lino  
15 August 1990, ( age 33)  
Westville,  
South Africa

**NICKNAME:** MadDog

**NATIONALITY:** South African

**HEIGHT:** 168 cm

**DIVISION:** Flyweight & Bantamweight

**STYLE:** MMA

**FIGHTING OUT OF:** KO Fighting Fitness Den Haag

**TRAINER:** Rodney Van Der Vlugt

**YEARS ACTIVE:** 2012 - Present

**AMATEUR REC:** 6 - 0

**PROFESSIONAL REC:** 4 - 2

**BJJ:** Blue Belt

What started off as a fitness journey, has turned into a fierce and passionate desire to be the best female athlete in MMA & pass on her skills and knowledge as a coach.

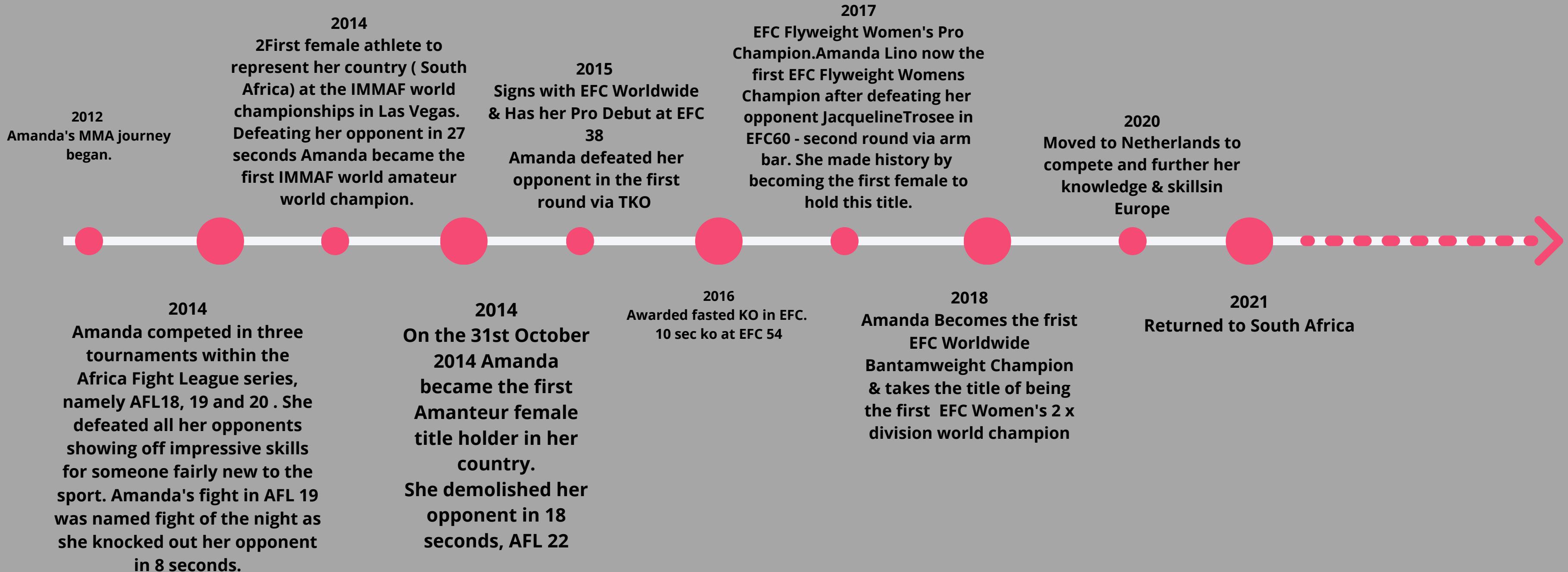
Being a mostly male dominated sport, Amanda has opened the doors of encouragement to other woman to follow their dreams. Amanda not only pioneered the SA women's professional divisions but made history by becoming both the first EFC worldwide women's Flyweight an Bantamweight champion. And being crowned the first 2 x division EFC worldwide Champion.

In 2012 Amanda opened up her first gym, taking her expierince and knowledge she had learned to help others on their Fitness Journey.

As her passion and career grew in MMA decided to shift her focus on training others in mixed martial arts. Focusing not just on fitness but in sharing her knowledge & skills in the art of life changing skills. KO Fighting fitness launched in 2014 and was a gym focused on MMA / Kickboxing & boxing fitness, as well as functional fitness. Focusing on classes/ small group training and personal training. Clients of all ages have always been welcomed, ranging from young school kids aged 6 all the way up to 63 years old.

Now Amanda joins forces with other passionate & dedicated trainers under Warriors Gym

# Amanda 'MadDog' Lino's Journey



# FIGHT RECORD

	CONTENDER	RESULTS	DIVISION	DATE	EVENT
L	MANON FIOROT	DECISION	FLYWEIGHT/ PRO	14 DECEMBER 2019	EFC63 - FLYWEIGHT TITLE FIGHT
W	ROLENZOUAK	TKO (STRIKE)	BANTUMWEIGHT/ PRO	26 MAY 2018	EFC70 - BANTUMWEIGHT TITLE FIGHT
W	JACQUELINE TROSEE	SUBMISSION (ARMBAR)	FLYWEIGHT/ PRO	10 JUNE 2017	EFC60 SIBA/CASINO - FLYWEIGHT WOMENS TITLE
W	JACQUELINE TROSEE	TKO (STRIKE)	FLYWEIGHT/ PRO	3 MARCH 2016	EFC47 - CARNIVAL CITY, JHB SOUTHAFRICA
L	ISABELLA PARE	SUBMISSION	FLYWEIGHT/ PRO	27 AUGUST 2015	EFC43 - ICC DURBAN, KZN SOUTHAFRICA
W	STEPHANIE QUALLE	TKO (STRIKE)	FLYWEIGHT/ PRO	4 APRIL 2015	EFC38AFRICA- DURBAN SOUTHAFRICA
W	NOOBILWHADEBE	TKO	MMAAMATEUR	31 OCTOBER 2014	AFRICAFIGHT LEAGUE 22 - DURBAN
W	JILL HOLSTROM	TKO (PUNCHES)	MMAAMATEUR	5 JULY 2014	IMMWF WORLD CHAMPIONSHIP FINALS - LASVEGAS
W	ANDREA WHITNEY	TKO (STRIKE)	MMAAMATEUR	30 JUNE 2014	IMMWF WORLD CHAMPIONSHIP - LASVEGAS
W	INTOMBI SHABALALA	KO/ TKO	MMAAMATEUR	25 APRIL 2014	AFRICAFIGHT LEAGUE 20 - DURBAN
W	NATASHA ELLIOTT	KO/ TKO	MMAAMATEUR	29 MARCH 2014	AFRICAFIGHT LEAGUE 19- DURBAN
W	NOOBIL WHADEBE	KO/ TKO	MMAAMATEUR	1 MARCH 2014	AFRICAFIGHT LEAGUE 18- DURBAN