



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.

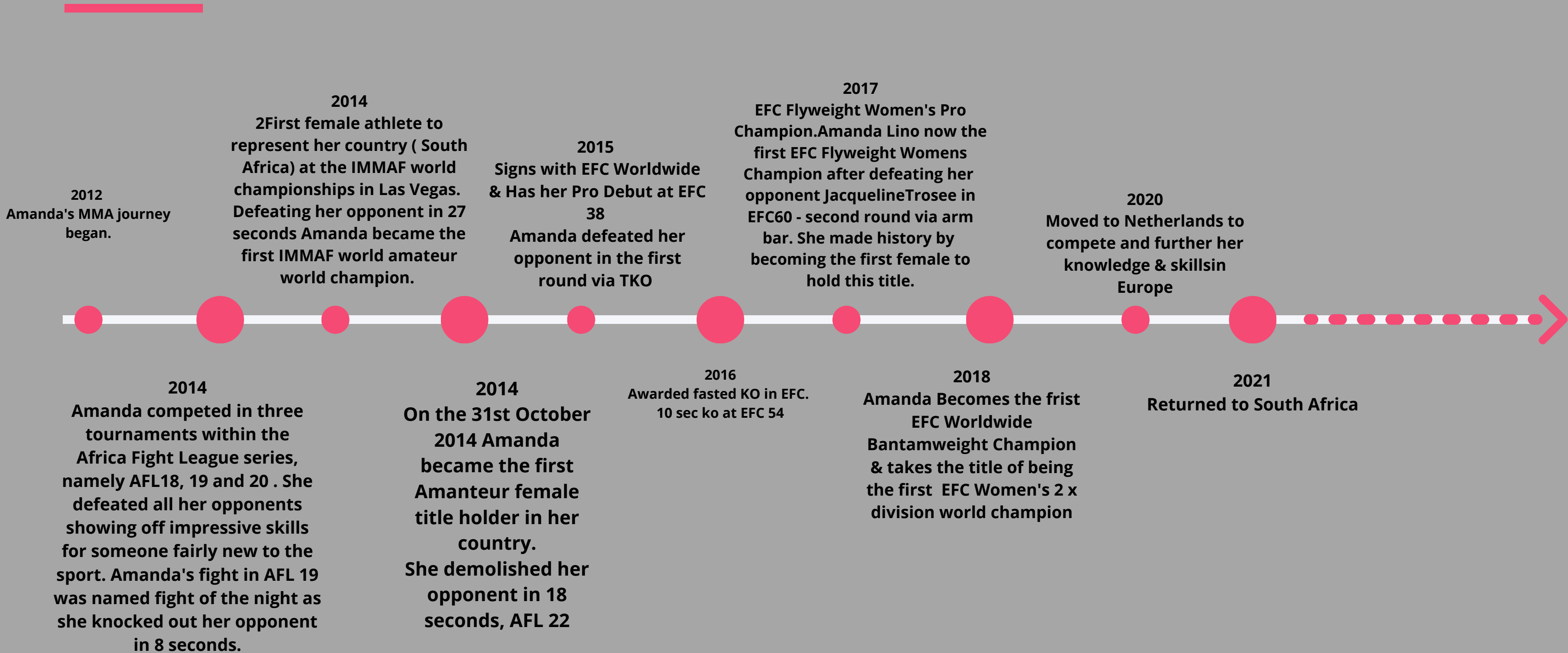
Being a mostly male dominated sport, Amanda has opened the doors of encouragement to other woman to follow their dreams. Amanda not only pioneered the SA women's professional divisions but made history by becoming both the first EFC worldwide women's Flyweight an Bantamweight champion. And being crowned 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	EFC 83 - FLYWEIGHT TITLE FIGHT
W	RIZLEN ZOUAK	TKO (STRIKE)	BANTAMWEIGHT / PRO	28 MAY 2018	EFC 70 - BANTAMWEIGHT TITLE FIGHT
W	JACQUELINE TROSEE	SUBMISSION (ARMBAR)	FLYWEIGHT / PRO	10 JUNE 2017	EFC 60 - SBAWA CASINO - FLYWEIGHT WOMEN'S TITLE
W	JACQUELINE TROSEE	TKO (STRIKE)	FLYWEIGHT / PRO	3 MARCH 2016	EFC 47 - CARNIVAL CITY, JHB SOUTH AFRICA
L	ISABELLA PARE	SUBMISSION	FLYWEIGHT / PRO	27 AUGUST 2015	EFC 43 - ICC DURBAN, KZN SOUTH AFRICA
W	STEPHANIE QUALLE	TKO (STRIKE)	FLYWEIGHT / PRO	4 APRIL 2015	EFC 38 AFRICA - DURBAN SOUTH AFRICA
W	NOOBILW HADEBE	TKO	MMA AMATEUR	31 OCTOBER 2014	AFRICA FIGHT LEAGUE 22 - DURBAN
W	JILL HOLSTROM	TKO (PUNCHES)	MMA AMATEUR	5 JULY 2014	IMMAF WORLD CHAMPIONSHIP FINALS - LAS VEGAS
W	ANDREA WHITNEY	TKO (STRIKE)	MMA AMATEUR	30 JUNE 2014	IMMAF WORLD CHAMPIONSHIP - LAS VEGAS
W	NTOMBI SHABALALA	KO / TKO	MMA AMATEUR	25 APRIL 2014	AFRICA FIGHT LEAGUE 20 - DURBAN
W	NATASHA ELLIOTT	KO / TKO	MMA AMATEUR	29 MARCH 2014	AFRICA FIGHT LEAGUE 19 - DURBAN
W	NOBILE HADEBE	KO / TKO	MMA AMATEUR	1 MARCH 2014	AFRICA FIGHT LEAGUE 18 - DURBAN