



Carl Benedict

Kids Coach

Blue Belt

Carl, an Oklahoma City native is a kids coach in the Culture Kids program. Carl began training Brazilian Jiu Jitsu in 2020, quickly developing a strong passion for the art. After about a year of training, he stepped away to focus on a career in telecommunications before returning to the mats with renewed motivation and perspective. In the spring of 2024, Carl joined Culture Brazilian Jiu Jitsu and became a consistent presence in the adult program, training five to six days per week and competing regularly. His dedication and work ethic led to him earning his Blue Belt in July 2025 under Professor Luis Rodrigues. As a kids coach, Carl is committed to creating a fun, safe, and encouraging environment where young students can build confidence, discipline, and respect both on and off the mats.

Carl is engaged to his fiancée Lexi, and they live in El Reno.