



# Ryan Sheley

Kids Coach  
Purple Belt

Originally from Cortez, Colorado, Ryan serves as the Head Coach for the Littles division of the Culture Kids Program. Known throughout the gym for his genuine kindness and welcoming personality, Ryan makes a point to greet everyone who walks through the doors, helping students and parents feel comfortable from the very first class. His calm, friendly approach makes him a natural leader for the Littles program, where trust, patience, and positivity are essential.

Ryan began his Jiu Jitsu journey in 2021 after wrestling for several years in high school. His athletic background, combined with his approachable teaching style, allows him to connect easily with young students while keeping classes structured, safe, and fun. Ryan has a true passion for working with kids and takes pride in creating an environment where they can build confidence, learn discipline, and enjoy being on the mats.

A huge asset to Culture both on and off the mats, Ryan leads by example through his consistency, character, and willingness to help wherever needed. In December 2025, Ryan was awarded his Purple Belt by Professor Luiz Rodrigues. Ryan and his wife, Tracie, have been married for 18 years and live with their three children, Ailiyah, Ben, and Jude.

