



Gabe Arcaina

Adults Assistant Coach

Brown Belt

Gabriel, a San Francisco, CA native, is an assistant coach to Professor Luiz in the adults program. Gabe has been training martial arts for over 30 years and earned his black belts in Taekwondo and Karate at a young age. He has competed at the Olympic level in Taekwondo and in numerous amateur Muay Thai matches. Gabe began training Jiu Jitsu in 2010. Due to his military background, he has traveled extensively, learning and coaching at academies around the world. Always willing to help, Gabe is known for supporting the adults anytime he's on the mat. He is a true leader in the gym and brings positive energy everywhere he goes, always wearing a smile. Dedicated to martial arts, he joined Culture to continue growing and sharing his passion. In December 2025, Gabe received his Brown Belt from Professor Luiz Rodrigues.