LAWRENCE MIDDLETON

CHINESE MARTIAL ARTIST • PERSONAL TRAINER • U.S. TRADITIONAL WUSHU TEAM • MILITARY SERVICE



EARLY LIFE — HARLEM, NEW YORK

Lawrence Middleton was born and raised in Harlem, New York City, where he developed an early passion for physical fitness and martial arts. What initially served as both a personal outlet and a practical means of self-defense gradually developed into a much deeper commitment to training, discipline, and physical development.

Over the years, Lawrence's interest in martial arts and fitness continued to grow. He dedicated himself to Chinese martial arts while also developing his knowledge of physical conditioning and personal training, ultimately building more than twenty years of experience as a Chinese martial artist and personal trainer.

CHINESE MARTIAL ARTS TRAINING

As Lawrence progressed in his martial arts studies, he had opportunities to train with several accomplished Chinese martial arts masters, experiences that further expanded his knowledge and strengthened his technical development.

His continued training eventually brought him beyond recreational practice and into high-level competition. Through years of dedicated study and preparation, Lawrence developed the skills necessary to represent the United States internationally.

UNITED STATES TRADITIONAL WUSHU TEAM — CHINA, 2004

A major milestone in Lawrence's martial arts career came in 2004, when he qualified to compete as a member of the first U.S.A. Traditional Wushu Team in Zhengzhou, China, during the period of the 2004 pre-Olympic Games.

The opportunity to compete in China represented an important achievement in Lawrence's development as a Chinese martial artist and placed him among American practitioners selected to demonstrate their skills on an international stage.

MARTIAL ARTS, FITNESS & PERSONAL TRAINING

Lawrence's commitment to martial arts has always been closely connected with his passion for physical fitness. Over more than two decades, he has combined his martial arts experience with personal training, using both disciplines to help others improve their physical conditioning and pursue individual fitness goals.

His work has included helping numerous individuals with weight loss, physical conditioning, fitness development, and personal performance goals. His clients have valued his genuine concern for their progress, his ambitious approach to training, and his dedication to helping them achieve measurable results.

Lawrence's experience has also included working with members of the United States military, bringing together his understanding of physical conditioning, discipline, and performance with his background as a martial artist and trainer.

MILITARY SERVICE & PHYSICAL TRAINING

Lawrence is also a member of the United States Air National Guard Security Forces. During his military training, he was recognized for both his physical-training performance and leadership abilities.

His military experience further reinforced qualities already central to his martial arts background: discipline, physical preparedness, consistency, leadership, and responsibility.

These experiences have allowed Lawrence to approach martial arts and physical training from several perspectives—not simply as a practitioner, but as a competitor, trainer, military service member, and instructor committed to helping others develop.

FROM THE EAST COAST TO THE WEST

Although Lawrence's roots remain in Harlem and New York City, his journey has taken him through several regions of the United States. After establishing himself on the East Coast, he later lived in Washington, D.C., before relocating to Washington State.

His knowledge and skills in martial arts and physical fitness allowed him to develop a following from the East Coast to Eastern Washington, continuing to teach, train, and work with individuals from different backgrounds and levels of experience.

Lawrence eventually relocated to Phoenix, Arizona, where he continues that journey today.

CONTINUING THE JOURNEY

From his beginnings in Harlem to representing the United States in traditional Wushu competition in China, Lawrence Middleton's martial arts journey has been shaped by more than two decades of training, physical conditioning, competition, personal training, and military service.

His experience reflects the connection between traditional Chinese martial arts, physical fitness, discipline, leadership, and service to others. Whether working with martial artists, personal-training clients, members of the military, or individuals simply seeking to improve their health and physical condition, Lawrence has continued to apply the principles developed through decades of training.

Today, based in Phoenix, Arizona, Lawrence continues to build upon the knowledge and experience developed throughout his martial arts and fitness career while sharing those skills with others.