



**JEFF MCVICAR**  
*Maryland State Chairman*  
[jeff@jeffmcvicar.com](mailto:jeff@jeffmcvicar.com)

Jeff is a multi-federation World Champion in bench press and full power, setting numerous federation world records and one all time world record. He has competed in 60 contests with a record of 55 first place finishes, 1 second place, 2 third place, and 2 bombs.

Jeff started out in fighting and holds a record of 32-2: MMA before there was MMA, Karate, Judo, Aikido, USMC, Thai kick boxing, and Okinowan ground fighting. He started lifting weights at 10 years old and immediately saw the value of strength in Judo.

Jeff is the father of 4 killer kids.

Jeff says, "I'm older now and enjoy getting into women's and men's heads to pull the power from their minds... Nothing is more gratifying than to watch something extraordinary come from someone unassuming. If it's possible I want to make the difference between greatness and excellence in as many lives possible before I'm dead and gone."