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Mizzou student's passion for jiu-jitsu and psychology leads him to world stage

From starting the university's Brazilian jiu-jitsu club to competing internationally, Nick Arnel applies a mix of focus, discipline and determination to everything he does.



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Contact: Eric Stann, StannE@missouri.edu

Photos by Abbie Lankitus

At night, when the University of Missouri campus is quiet, Nick Arnel can often be found on the mat grappling, working through drills and testing himself against teammates. These techniques are the foundation of Brazilian jiu-jitsu — a combat sport