

Isabella Poudel

Coach/Teacher

Sparta Academy Los Angeles – July 2023 – January 2024

Kids MMA

Live/Stage Performances

Springtopia April 2023	Pirate Captain Actor
Los Angeles Cemetery Lane October 2022	Various Acting Roles
Los Angeles Haunted Hayride Fall 2021	Wraith #2/Scare Actor
LA Teen Party Expo March 2012 – Westbound Dance Company	Dancer
Long Beach Flash Mob Party Dec.2011 – Westbound Dance Company	Dancer
Dancescape Nov.2011 – Westbound Dance Company	Dancer
LA Thriller Remix Private Party Oct.2011 – Westbound Dance Company	Dancer
Juice Hip Hop Dance Festival Sept. 2011 – Westbound Dance Company	Dancer
Geisha House Art or Die Show May 2011 – Westbound Dance Company	Dancer
Dancescape May 2011 – Westbound Dance Company	Dancer
Baby Dae Fundraiser April 2011 – Westbound Dance Company	Dancer
Blue Foot Bar San Diego June 2010 – Kruciaal Element Dance Company	Dancer/Soloist
SD Humane Society Walk for Animals June 2010 – Kruciaal Element Dance Company	Dancer
SDSU Relay for Life May 2010 – Kruciaal Element Dance Company	Dancer
San Diego Derby Dolls Half Time Show May 2010 – Kruciaal Element Dance Company	Dancer
Second Chance Award Ceremony San Diego May 2010 – Kruciaal Element Dance Company	Dancer
Mardi Gras San Diego Feb. 2010 – Kruciaal Element Dance Company	Dancer
Traffic San Diego Dec. 2009 - Kruciaal Element Dance Company	Dancer
Monster Bash San Diego Oct. 2009 – Kruciaal Element Dance Company	Dancer
San Diego Art Around Adams Festival June 2009 – Kruciaal Element Dance Company	Dancer
Dancescape May 2009 – Kruciaal Element Dance Company	Dancer

Television

Juice Hip Hop Dance Festival Sept.2011	Dancer
KUSI Monster Bash SD Promotion Oct.2009	Dancer
KUSI Culture Shock SD Promotion Sept. 2006	Dancer

Costume

House of the Blue Leaves 2012	Costumer
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Writer

Juice Hip Hop Dance Festival 2011	Writer
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Special Skills

Coach/intern at Sparta Academy (2023-2024)

Currently Learning: Acrobatics, Brazilian Jiu Jitsu, Contortion, Hand balancing, MMA, Muay Thai, Rhythmic Gymnastics

Choreographer: Ballet, B-Girling, Contemporary, Hip Hop, Jazz, Jazz Funk (2007–2012)

Dancer: Ballet, B-Girling, Contemporary, Freestyle, Hip Hop, House, Locking, Popping (2006 – 2014)

Languages: Basic: ASL, Chinese, French, Japanese, Russian, and Spanish

Martial Arts: Aikido, Brazilian Jiu Jitsu, Kali/Eskrima, Karate, MMA, Muay Thai, Tang Soo Do, Systema, Wushu

Driving (automatic) and swimming