

Raccoon

Seven Steps to a New Finisher

As told by **Caroline Paul**.

After the Xmas party I had ventured onto an unexplored path with **Zendaya Coleman** and my famous twin-sister **Alexandra Paul**. Yes, she's the famous one... a model, actress, host, producer, writer, athlete and these days a MMA fighter.



I've done my share of things... a little bit modeling and acting, athletics and adventuring, written and published a few books... things, like that. But what I'm most proud of is being the first female firefighter in California and not only that, the first *lesbian* firefighter!

I'm also a former MMA fighter – I used to fight next to my sister in UMMA but I never joined the UCC. I only had eleven fights and was ranked 810th out of 936 fighters. Alexandra was 210th in UMMA and right now she is 241st of 622 fighters in UCC.

Zendaya was a rookie in UMMA with only ten fights and 429th in the rankings, but now in UCC she's the 24th!

As everybody knows UCC is the premiere fighting league in the world and thus Zendaya and Alexandra are among the best fighters in the entire world! And I'm not bragging when I say that despite my limited experience I'm not that bad either. When I quit I was approached by several organizations, including the UFC, but since I had just quit the best organization why would I have joined a lesser one?

Why am I talking about Zendaya? Well, I mentioned that I'm an *adventurer* and what I meant is that I've done a lot of adventuring out in the wilds. I'm not talking about **Indiana Jones** kinda stuff, but mountaineering, kayaking, survival... **Bear Grylls** stuff, you know. But now I've gone on a wild and



Caroline Paul the Adventurer

exciting adventure together with my sister and Zendaya.

...As much as I would want to talk about that... it's not really the topic today... the topic is how my sister wanted to become a better fighter.

It all started this Thursday in the gym where I was watching Alexandra train. Yes, I was just watching. Anyway, since I know how awesome my sister is in the ring it was really painful to watch Alexandra train with her stablemate **Joalin Loukamaa**.

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Step #1: Joalin Loukamaa – Discovering the Need

Joalin Loukamaa is one of Raccoon's newest recruits and she has only a few fights behind her. Yet she was tossing my sister around like she was a ragdoll! It was clear that Alex was more skilled but Joalin had this... youthful zeal and power that Alex was unable to counter. All of my sister's experience meant nothing against the young Finn's strength, energy and incredible acrobatic prowess. I guess that was the thing, Alex is not the most agile woman around.

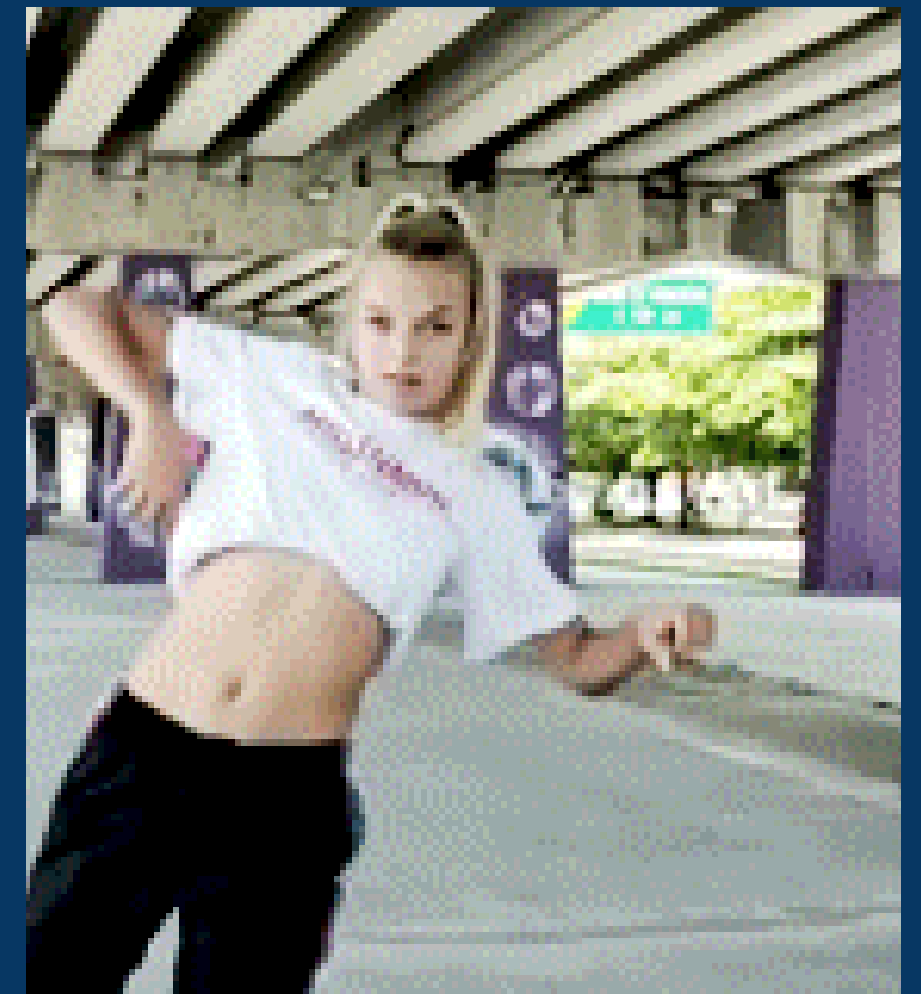
I am impressed by my sister's dedication and determination. Here she was trying to hone her fighting skills against someone she clearly wasn't able to beat! ...While all I could do was think of Zendaya and our wonderful time in Antarctica [!]. And after!

I was lost in my thoughts and didn't follow the fight, but I was yanked back to reality by my sister's shriek. Joalin had just grabbed Alexandra's arm and thrown my sister over her shoulder. Alexandra crashed to the floor behind Joalin's back with a loud thud... and remained there. She was out cold.

Joalin was naturally worried and wanted to help, but I thought it would be better if she hit the showers before Alex regained consciousness. It took a while for Alex to recover and I could tell she was really upset. She tried to hide it, but I know her. It was understandable, Alex had just after all lost to a younger, smaller and far less experienced fighter.

We talked for a while and eventually reached the conclusion that Alex needed something new, something innovative! Alex is far more experienced than I am so I didn't have much to offer so we decided to talk with someone more experienced.

Joalin Loukamaa the Rookie



Step #2: Chyler Leigh – Brainstorming

So... we had a talk with Raccoon leader **Chyler Leigh**.

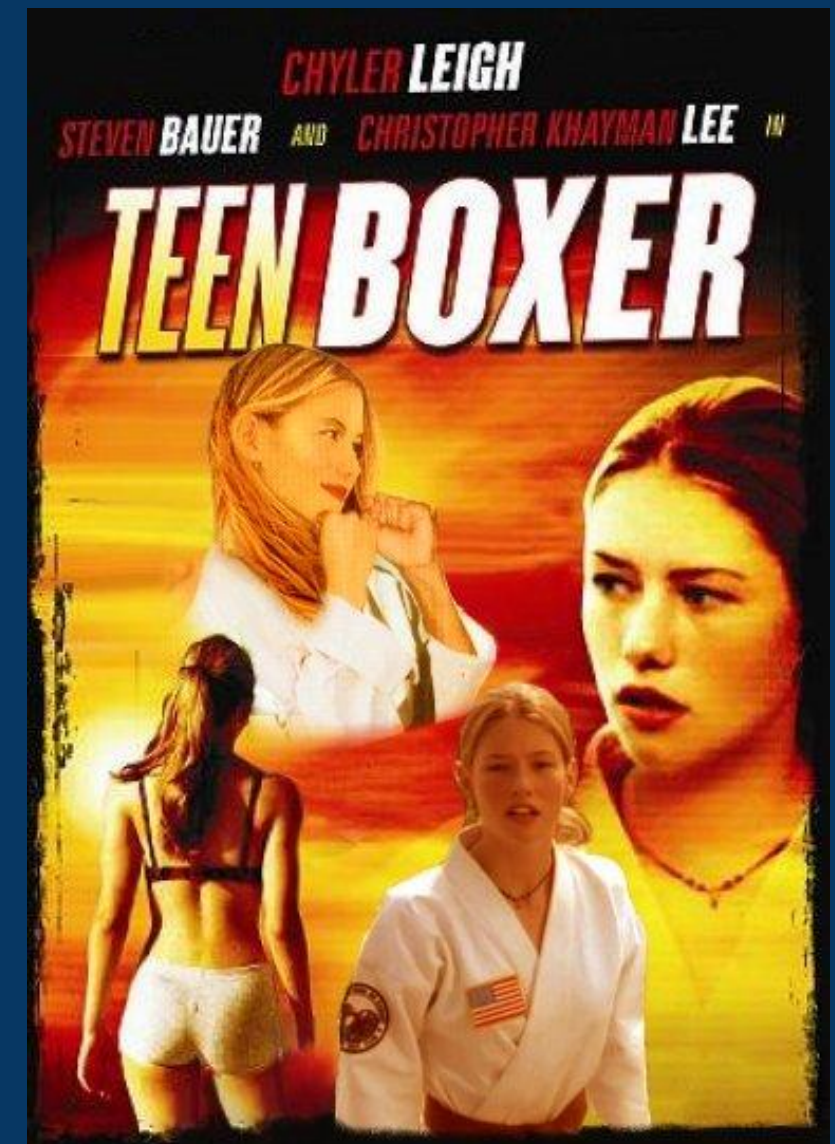
We found her elsewhere in the gym; she had just finished her workout. I must say that Chyler is quite amazing. She's breathtakingly beautiful, a wonderful actress, a marvelous singer and most importantly an incredible fighter! She's been into martial arts since her early teens and she was picked from over a hundred applicants to star in a martial arts movie when she was 15 years old. And it wasn't because of her beauty or acting skills, but because of her kickboxing skills. So it was reasonable to think she could help Alexandra.

Chyler agreed that Alexandra could use something new. Something unexpected and surprising. Something like a new finisher. They brainstormed and finally came up with what they called the *Lifeguard's Kiss*. In retrospect I don't think Alexandra understood what a finisher was as we discovered later in the process...

Alexandra would of course be the lifeguard in question and she would be delivering the kiss. Alex having been a lifeguard and played one on TV knows exactly how to do mouth-to-mouth resuscitations and the Lifeguard's Kiss was to utilize that knowledge.

I wasn't sure if this would actually work... I mean the idea was that Alexandra would do the opposite of what mouth-to-mouth was supposed to do, that is, she was to deny her target air by planting her mouth over her opponent's and that way render the target unconscious.

Naturally they had to test it a few times... I'm not sure who enjoyed the testing more, Alexandra or Chyler.



Chyler Leigh the Boss

Step 3: Pamela Anderson – Testing

Alex seemed very pleased with her new finisher and was eager to test it for real. We went looking for someone in this insanely big gym ... and luck was with us as we found **Pamela Anderson** working her arms. Dumbfounded, we watched as she did her dumbbell curls. It was... amazing! I knew I couldn't stop Alex, I mean, who else would Alex rather want to 'kiss' than Pam?

I believe Pam is the whole reason we are here, in the *UCC*, I mean. Alexandra and I had always been reasonably fit in our youth and...well, we were kinda proud of that. But after Alex joined Baywatch and was smitten by Pam, things changed. At least for Alex. She was so impressed by Pam! Alex had never met someone quite like her – someone so beautiful, someone so fit... so perfect! I know Pam is the main reason Alex began taking fitness seriously; well she had to if she wanted to keep up with Pam. Without Pam's example, Alex wouldn't have started strength training, and even if it was Alex's idea, without Pam's encouragement she would never have done the *Hawaii Iron Man*. Yes it was Pamela who more or less made Alexandra the athlete she is today! Years later Alex heard that Pam had joined something called the *UMMA* so of course she had to join too. And here we are.

Pam was naturally happy to help. Unfortunately, it didn't go as Alex had planned. Alex charged and Pam knocked her out cold with one punch. What a surprise!

At least I got to catch up with Pam while Alex was having her *'beauty sleep'*. I used to be jealous of Alex for getting to work with someone as nice and beautiful as Pam. I visited the Baywatch set a few times and had a wonderful time with Pam while Alex was working...

I almost forgot — I got to feel her biceps! Yes, I do appreciate biceps as much as my sister... the difference is that I don't faint when squeezing one. Got a nice photo too; Alex is gonna be so jealous.

When Alexandra had revived Pam explained that you can't just rush in and do your finisher. Of course Alex knew this, but I think that Alex hadn't wanted to waste a chance to 'kiss' Pamela. I can't blame her, Pam is an awesome kisser! "Covering my mouth wouldn't have done anything anyway," Pam had said, "I can breathe with my nose too, you know."

The nose... so Alexandra would have to use one of her hands to squeeze her opponent's nose and *then* plant her lips on her victim's lips.

I still didn't believe this would work. Why does she need a 'finisher' anyway? Why

can't she just punch her opponent until she goes down? But my sister is stubborn, when she sets her mind on something she will not give up, not

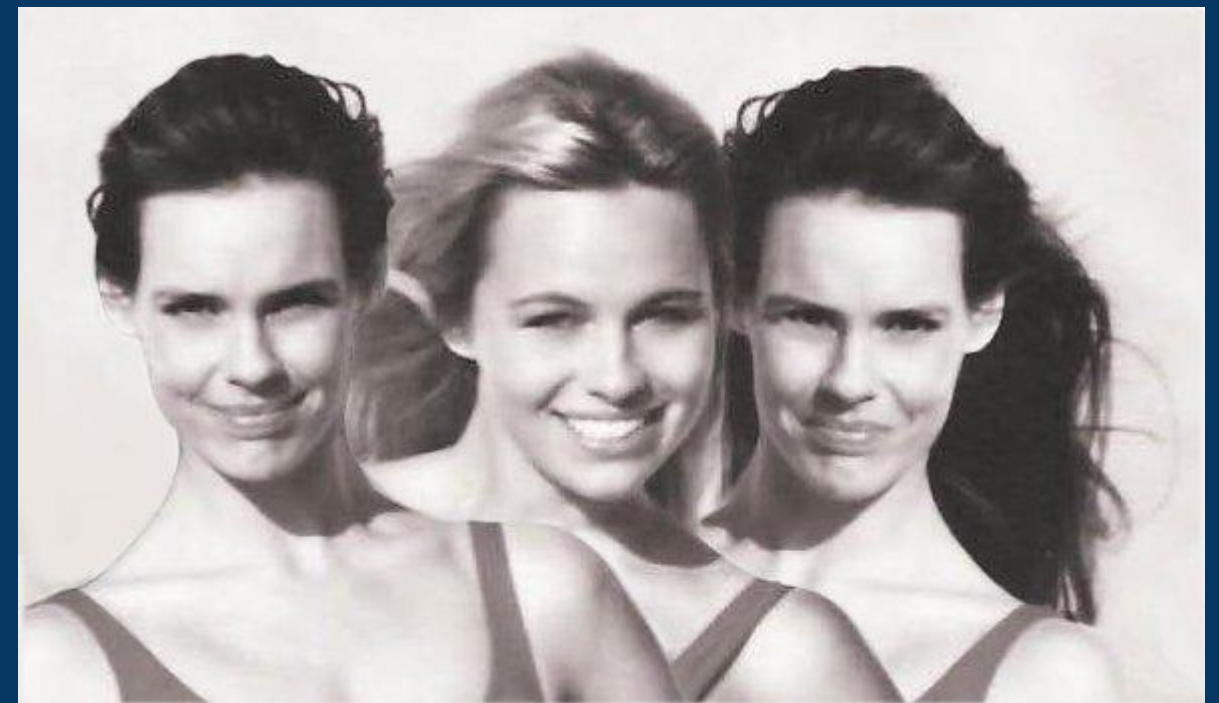
even when she knows she can't succeed!

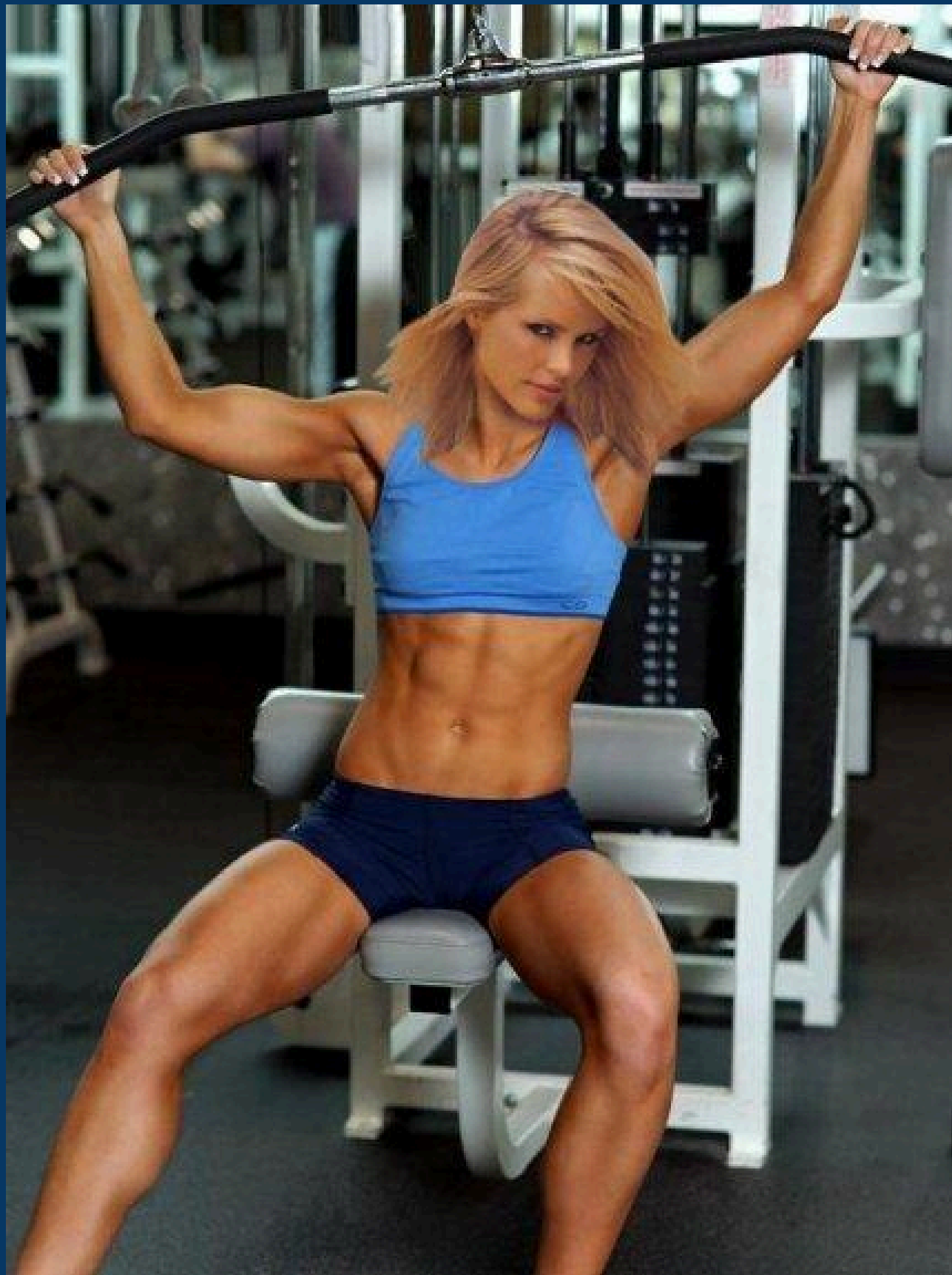
Luckily that was enough for today.



Pamela Anderson the Biceps Girl

Alexandra, Pamela and Caroline





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Step 4: Gena Lee Nolin – Making Changes

The next day Alexandra was even more eager to continue honing the ‘finisher’. In the evening she had called around to make sure there would be people with whom to practice. Her first ‘date’ was with **Gena Lee Nolin**.

Gena was already at the gym, doing lat pull-downs when we arrived. I noticed that Alex was also looking in disbelief at the amount of weights Gena was using – it was more than either of us could budge. This didn’t discourage Alex; she quickly did her warm-up and soon was ready to rumble.

I had tried to dissuade Alex from doing this with Gena; I had suggested someone smaller like **Lacey Chabert** or **Kelly Packard**. But no, she wanted Gena to be her first victim. Alex thought she was ready..

As they stood in front of each other on the mat I could not help thinking that Gena truly was an Amazon! Beautiful...big and tall... don’t get me wrong, Alex and I are quite large, but Alex looked so scrawny next to Gena. I wonder if Gena is taller than Zendaya.

After a few moments of sparring Alexandra grabbed Gena’s wrists and pushed her against the gym’s wall. But that was as far as she got, she was being too hasty, too eager to try the Lifeguards Kiss. Gena seemed amused that Alex had even attempted to restrain her; Gena was too strong to be pinned against the wall that easily. She easily reversed the situation and suddenly it was Alex who was against the wall. Alexandra struggled helplessly, pinned as she was between Gena’s strong body and the hard wall. I was... turned on by how easily Gena overpowered my sister. I wasn’t surprised though. Gena teased Alexandra and kept asking about her new finisher and when she would be allowed to see it.

Alex hadn’t told Gena on the phone what the finisher was so I was confused about what happened next, because... either it was an amazing coincidence or Gena could read minds! It was like she knew what Alexandra had attempted. She grabbed both of my sister’s slender wrists with her left hand and forced her arms against the wall, above her head. With her free right hand Gena closed Alex’s nose... before slamming her mouth over Alex’s. She was doing the Lifeguard’s Kiss!

Alexandra panicked and began struggling, but it was all for nothing. Between Gena’s powerful body and the wall there was naught she could do. Alexandra looked terrified, she was being overpowered and she could not breathe!

I hope I’m not a bad sister but... I was enjoying this. Before all this MMA stuff I had never imagined there were people who could dominate my sister this easily.

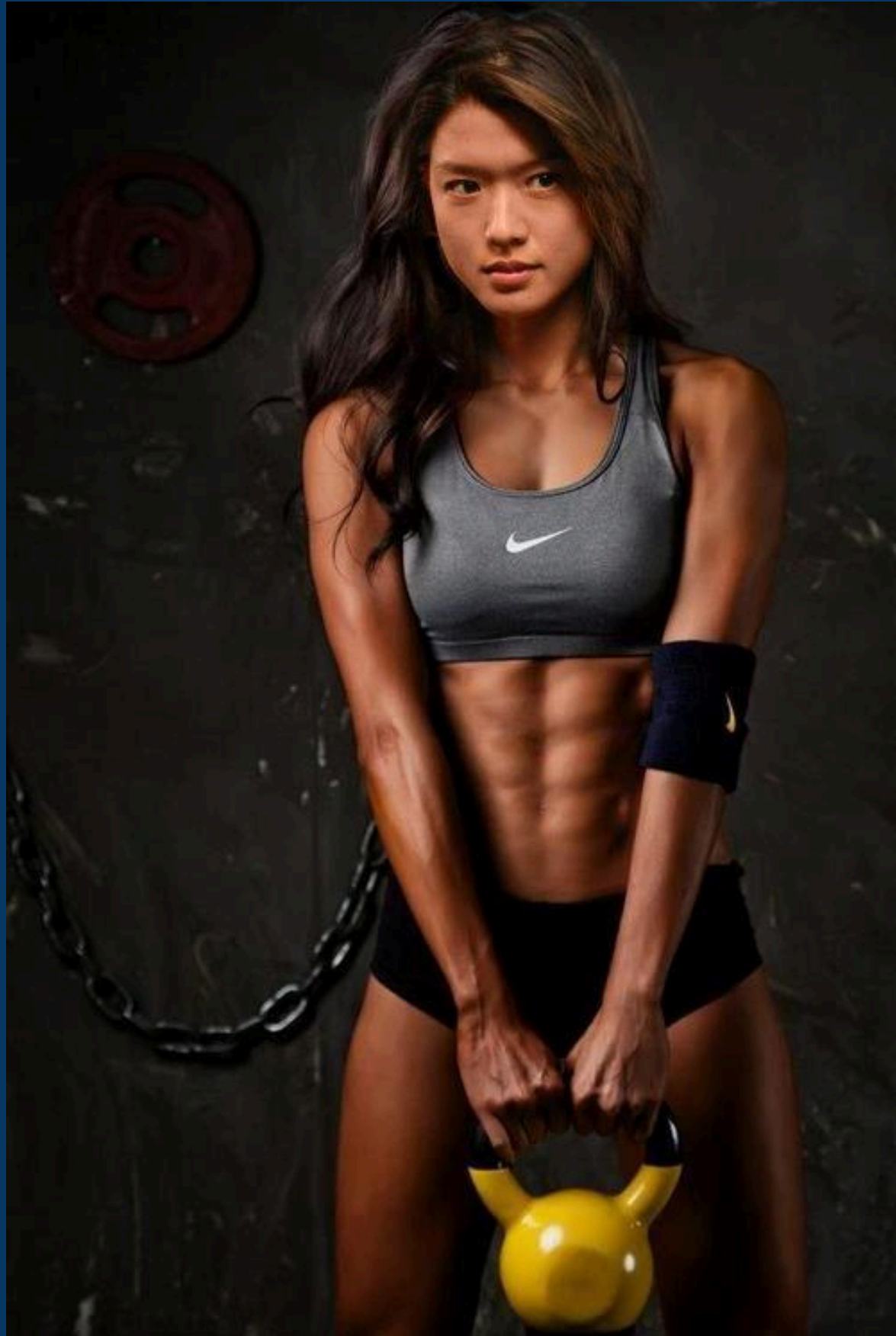
After a few moments Alexandra’s body went limp and she fell unconscious into Gena’s arms. Proof of concept! It works!

Once again as Alex was recovering I got to talk with her opponent. I found out that Gena had talked with Pam the previous evening and found out about the Kiss. Well, that explained it.

Oh, Gena flexed for me too! I could kick myself for not asking Joalin and Chyler to flex for me yesterday.

Step 5: Keira Knightley – Refining

We talked about how to improve the Lifeguard's Kiss further and Alex decided that she would start with a punch to her opponent's abs, possibly stunning the opponent and forcing the air out. This would make it easier to perform the Kiss. This was starting to look like something but I was still skeptical...



Oh no, I thought when I saw that Alexandra's next training partner was **Keira Knightley**. Everybody knows that Keira has *abs of steel* and I doubt Alex has the power to hurt her with a simple punch.

They exchanged a few punches and then out of the blue Alex launched a mighty blow into Keira's abs. The scream was... ear piercing! Really, really loud! I didn't know Alex could scream like that. She could only blame herself.

Keira has amazing washboard abs and punching them with an unprotected hand must be like hitting a stone wall. Keira appeared completely unharmed by Alex's punch; Alex on the other hand was wailing on the floor holding her hand.

This encounter hadn't been completely in vain. We now knew that going around punching abs of steel is not a recommended activity. And this led to the idea of using a knee instead – crush the abs with your knee.

I did remember to ask for a flex; I think I have the beginning of a nice collection.

Step 6: Grace Park – Almost There

After recovering Alexandra was ready to test the latest version of her new takedown. Her hand was still hurting, but she wasn't going to punch with it anyway so she thought she could continue. The plan was now to kick with her knee into the abs of her opponent. Her next training partner was the beautiful **Grace Park**.

I guess the session ended as expected – Alex in a headlock and forced to tap out. At least she didn't pass out this time. It was now clear that it was impossible to execute the Lifeguard's Kiss while standing, on a target who was actively resisting it.

So... the target had to be knocked down to the ground before applying the finisher. Quite elementary if you think about it. I got a funny picture of Grace flexing and Alex ogling in the background!

Grace Park the Kettlebell Girl



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Step 7: Zendaya Coleman – The Finished Product

It was Monday and Alexandra's next training opponent was **Zendaya**. Ooo, I was so excited to see Zendaya again. So was Alexandra.

At this point Alexandra had all the various steps memorized. Or she should have – she had practiced the new takedown with me the whole weekend. And yes, it meant that I had had to endure the Lifeguard's Kiss several times. Not a completely unpleasant experience to be honest...

It had started last Thursday when, after losing a training fight, Alex came to the conclusion that she needed a new finisher. With my help, and together with Chyler she came up with the Lifeguard's Kiss which she has now been practicing and honing on various opponents for four days. Each attempt has refined the move and changed it from being simply a finisher to a full series of moves to take out her opponent.

Alexandra had a concentrated look on her face as Zendaya stepped on the mat. Alex was clearly in the zone as she didn't spend any time ogling at her opponent. Even Zendaya noted this strange behavior.

That didn't prevent me from admiring my sister's beautiful opponent. Her tall, strikingly beautiful opponent! Zendaya looked absolutely stunning in her workout gear – black Nike sneakers, silvery-black, shiny Adidas leggings and a black Nike sports top. Her shoulders and arms were bare as were her abs. Light reflected from the shiny material and accentuated the muscles on her long legs when she moved. I didn't even mind the obvious faux pas of wearing Nike and Adidas at the same time.

Alex and Zendaya, or Z as we call her, have a very similar physique, but there are differences. Both of them have this tall, model-esque slim build, but Z is taller and heavier. Zendaya is also more muscular overall... especially her biceps and abs are bigger and better defined. Sorry if I'm fangirling – she's just so awesome! Not that Alex is a slouch, she's in amazing shape by normal standards... but... Well, you might say that I have become an expert on their bodies and my expert opinion is that Z is more *cut* than my sister.

Anyway, they were ready to start. Zendaya knew that Alexandra wanted to try something new, but she had no idea what. Z was wearing weights on her ankles, I'd guess to get a better workout... and to give herself a small disadvantage.

The fight started with the two of them circling each other – I could spend all day watching them doing just that! Zendaya was smiling while Alex had a concentrated look on her face. They exchanged a few light punches, some feints and dodges.

Alexandra didn't seem to find her opening and was forced to tap out a few times when Zendaya put her in a standing headlock and moments later pinned her to the floor. As a side note, you should have seen Z's arms during that headlock! Amazing! I said earlier that I *used* to be jealous of Alex, well at that moment I *was* again jealous!



Zendaya Coleman the Victim

during that headlock! Amazing! I said earlier that I *used* to be jealous of Alex, well at that moment I *was* again jealous!

Like in the fight that started all this, the one with Joalin, it was clear that Alex's opponent was less experienced, but had a clear advantage in power. That didn't deter Alexandra and after a few minutes I noted a change – Alex was ready to start... the *Lifeguard's Kiss*!



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Alexandra launched a quick series of punches and kicks, feinted to the right and... Z ended in the perfect position – Alexandra's knee hit Z's abs with as much power she could muster.

Good thing she added the knee kick. I know Zendaya's abdomen is protected by a layer of – I shudder just thinking of them – rock hard muscles.

Z's was tougher than expected – the effect of her kick wasn't as big as Alex had hoped for. But perhaps it was enough – Z seemed slightly stunned. Alex used it to her advantage, she grabbed Z, turned around and hiptossed the taller girl! Long legs flew through the air as Zendaya slammed to the floor. The hiptoss was what we had devised after the fight with Grace.

The fall dazed Zendaya further! Alex looked exultant as she dropped down on Z's abs, using her entire weight to force any remaining air from Z's lungs. Alexandra grabbed Zendaya's wrists and pushed them against the floor above Z's head. She had to move quickly as she wouldn't be able to pin Z for long. Alex moved up to sit on Z's chest so that she could pin her arms with her knees. Was she going to succeed?

Alex pinched Z's nose with her left hand. There was a grin on her face as she placed her mouth over Z's – the Lifeguard's Kiss!

She's doing it! I was thinking. I was really excited and could hardly believe that my sister was dominating Zendaya. Zendaya struggled, but Alexandra's position was stable and she remained in control. It was taking everything Alex had to keep Z down.

Soon the struggles abated and... WTF! Alexandra and Zendaya were making out! Without me!

Zendaya



Alexandra Paul the Lifeguard