



#### **INFORMATION**

**REAL NAME:** Norah Ashley Janus

**STAGE NAME:** Rowen Kito

**HEIGHT:** 5'7

**WEIGHT:** 153 lbs

**BIRTHDAY:** December 21, 1989

**HOMETOWN:** Saratoga Springs, NY

**BILLED FROM:** Saratoga Springs, NY

**ALIGNMENT:** Idealistic Heel

**NATIONALITY:** American

**CHARACTER BASE:** Lana Del Rey

**RELATIONSHIP STATUS:** Married

**SPOUSE:** Minerva Janus (2018 - present)

**CHILDREN:** none

#### **WRESTLING RESUME:**

**PRO SINCE:** 2009

**TRAINED BY:** Upstate Wrestling Foundry (NY)

#### **FEDERATIONS:**

**NY Inc** (New York Wrestling Inc.) 2009-2013

**APIW** (All-Pro Japan Wrestling) 2013-2017

**ECWF** (East Coast Wrestling Federation) 2017-present

#### **MOVES AND STYLE INFORMATION**

**WRESTLING STYLE:** Strong Style Traditionalist (Grappler/Technical)

**PRIMARY FINISHER NAME:** The Boca Bomb

**PRIMARY FINISHER DESCRIPTION:** Pop Up Powerbomb

**SECONDARY FINISHER NAME:** Kito Lock

**SECONDARY FINISHER DESCRIPTION:** Full Nelson Camel Clutch

**SIGNATURE MOVES:**

1. Flapjack into Uppercut (*Preferred put down move*)
2. Double Underhook Snap DDT
3. [Punt Kick](#)
4. [Catatonic Backbreaker](#)
5. [Burning Hammer Driver](#)

**BASIC MOVES:**

- |  |  |
|--|--|
| 1. Running Yakuza Kick   | 9. Lung Blower (From Electric Chair or Standing position behind opp) |
| 2. Clothesline (Running/standing/short-armed)                    | 10. Flapjack   |
| 3. Pulling Piledriver  | 11. STF Submission   |
| 4. 5-Suplex Styles (Super, Traditional, Hanging, T-Bone, German) | 12. Muta Lock  |
| 5. Sitout Falcon Arrow   | 13. Reverse Arm Bar (From Guard Position)                            |
| 6. Calf Crusher Submission                                       | 14. Kneebar submission   |
| 7. Fireman's Carry into Backbreaker                              | 15. Full Nelson Slam   |
| 8. Powerslam (Off Irish Whip)                                    |  |

**ENTRANCE INFORMATION**

**THEME SONG:** ["SUPERBEAST" By Rob Zombie](#)

**FAN REACTION:** Excitement with some jeers - philosophically she is a "heel" but is popular enough to get over

**INTRODUCTION DESCRIPTION:**

### WITHOUT: Championship

The cameras fade into the backstage area of the arena and upon the locker room door with the name **KITO** inscribed upon a silver placard.... *There's silence...* Only the quiet buzz of the crowd permeates the area until the door abruptly swings open ushering them into a roar as she steps out into the hallways. Dressed to fight in her custom ring gear and black "KITO" logo shirt, her lips purse with a coy grin as Rowen makes her way through the hallways giving a wink to the camera on her way past... *louder & louder...* they buzz as the cameras follow behind her on her way through the staging area. And as she nears the gruella position the opening chords to Rob Zombie's "SUPERBEAST" begins to ripple out over the P.A system drawing them into a louder buzz.... Finally she vanishes behind the curtain as the video cuts to a wide shot of the darkened ramp as the lights strobe to the beat of the song

*Shriek the lips  
Across ragged tongue  
Convulsing together, sing  
Violently move the jaw  
Cry aloud bound up the dead  
Triumphantly*

*The ragged they come and  
The ragged they kill!  
You pray so hard on bloody knees.  
The ragged they come and  
The ragged they kill!  
Down in the cool air I can see.*

### **KA-BANG!**

Fireworks EXPLODE off the top of the ramp as she steps out through the curtain and into the gate area. Rowen pauses for a moment to gaze out across the crowd before slowly raising an arm into the air as the chorus picks up to the howls of the fans in attendance

*Hey yeah I'm the one that you wanted  
Hey yeah I'm your superbeast  
Hey yeah I'm the one that you wanted  
Hey, yeah I'm your superbeast*

**ANNOUNCER: "Making her way to the ring from The Land of the Rising Sun, weighing in at one-hundred and fifty three pounds – ROWEN KITO!"**

*Stir the limbs across the wrist,  
Full possession of memory.  
Bury me as a dog,  
Icy hands surrounding me.*

*The ragged they come and  
The ragged they kill!  
You pray so hard on bloody knees.  
The ragged they come and*

### WITH: Championship

The cameras fade into the backstage area of the arena and upon the locker room door with the name **KITO** inscribed upon a silver placard.... *There's silence...* Only the quiet buzz of the crowd permeates the area until the door abruptly swings open ushering them into a roar as she steps out into the hallways. Dressed to fight in her custom ring gear/ black "KITO" logo shirt, she slings the championship title up over her left shoulder and makes her way through the hallways before giving a wink to the camera on her way past... *louder & louder...* they buzz as the cameras follow behind her on her way through the staging area. And as she nears the gruella position the opening chords to Rob Zombie's "SUPERBEAST" begins to ripple out over the P.A system drawing them into a louder buzz.... Finally she vanishes behind the curtain as the video cuts to a wide shot of the darkened ramp as the lights strobe to the beat of the song

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### **KA-BANG!**

Fireworks EXPLODE off the top of the ramp as she steps out through the curtain and into the gate area. Rowen pauses for a moment to hoist the title into the air with both hands showing it off to the fans before dropping it back over her shoulder as the chorus picks up to the howls of the

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She heads down the ramp with her eyes ahead through the strobing lights before ascending the ring steps and gliding across the apron. She pauses and turns back towards the crowd, leaning back on the ropes with a salty grin on her face before entering through the ropes

*Hey, yeah I'm the one that you wanted  
Hey, yeah I'm your superbeast  
Hey, yeah I'm the one that you wanted  
Hey, yeah I'm your superbeast*

Finally she heads to her corner and makes a few last moment adjustments on her gloves/pads as the lights return to normal. She remains in place, leaning nonchalantly against the turnbuckle pads as she awaits the start of her match

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Finally she heads to her corner and makes a few last moment adjustments on her gloves/pads before handing the belt through to a member of the ring crew for safe keeping. Rowen then turns back towards the ring, remaining in place, leaning nonchalantly against the turnbuckle pads as she awaits the start of her match