



Mia St. John

Mia Rosales-St. John is a five-time World and International Boxing Champion. Her fighting career started at the age of six, competing in Tae Kwon Do. Growing up she set for herself the goal of graduating from college (she put herself through school by modeling for posters and calendars). During those years, Mia also managed to earn a black belt, a record of 27-1 and received a Bachelors Degree in Psychology from California State University of Northridge in June of '94.

In 1996, Mia decided to pursue her true passion full-time, the sport of combat. On Valentine's Day, 1997, Mia made her pro-debut in boxing, knocking out her opponent in fifty-four seconds into the first round. She continued to live up to her billing "THE KNOCKOUT". Mia signed with Don King and stayed with him for a year and a half before she dropped King for his rival Bob Arum of Top Rank. At Top Rank, Mia spent four years opening for all of Oscar De La Hoya's major fights.



As well as being a hard-hitting boxer, Mia is media savvy. She has made appearances on such shows as, Jay Leno, Conan O'Brien, Good Morning America, Entertainment Tonight, Extra, The Best Damn Sports Show, E, and countless others. She has also acted in commercials and played herself on the television show "Pacific Blue." Mia also had her own Playstation game by EA sports.

Mia founded the El Saber Es Poder Foundation to empower individuals suffering from mental illness, homelessness, addiction and poverty by providing programs to better educate, inform and improve physical and mental health. The foundation is in honor of her son who died in 2014 at age 24 after battling schizophrenia and addiction.

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