



SHAYNA VEX

-  Albuquerque, New Mexico
-  5'4"
-  130 lbs
-  Age: 26
-  Debut: 2025 (CFW)
-  Contract Status: Signed – CFW

Overview

There are no glitter promos or dramatic entrances with **Shayna Vex** — just wraps, grit, and the sound of someone hitting the mat harder than they expected.

A product of the MMA underground, Vex trained for years in combat gyms across New Mexico — jiu-jitsu, Muay Thai, and catch wrestling — but never made her pro fight debut. Instead, she made the jump to professional wrestling in 2024, channeling her fight-ready mentality into the squared circle.

Now with one year of pro training and a chip on her shoulder, she's signed with CFW and thrown into the fire with two of the most polarizing women on the indie scene in Lena Wilde and Brandi Blight. Her reaction?

Just tape her fists and ring the bell.

Shayna doesn't care about resumes, history, or Instagram followers. She's here to hit people hard, apply pressure, and expose weakness. And if you're not ready? You tap. Or you sleep.

Style & Strengths

- MMA striker with strong clinch game and takedown defense
 - Stiff kicks, grounded grapples, and joint manipulation with minimal wasted motion
 - Tougher than she looks — doesn't show pain, doesn't sell panic
 - Still green in wrestling pacing, but compensates with ferocity and instincts
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Signature Traits

- Rarely speaks — her few promos are cold, clipped, and razor-focused
 - Trains in isolation between matches — doesn't travel with the roster
 - Often tapes her wrists and ankles herself minutes before her match
 - Uses low stances and feints unfamiliar to traditional pro wrestlers
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Finishing Move

Choke Reflex – Rear naked choke dragged down from standing, grapevined and wrenched for quick tapouts

- Fast and final. She doesn't give second chances.
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Notable Moments

- **CFW: Afterglow** – Makes her CFW debut in a high-stakes Triple Threat against Lena Wilde and Brandi Blight
- First woman in her Albuquerque gym's history to complete both the grappling and striking elite programs

- Known for knocking out a sparring partner during a pre-debut exhibition when they mocked wrestling as “fake”
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 **Quote**

“I’m not here to entertain you. I’m here to leave bruises.”