

NEWSLETTER

NO EXCUSES NO LIMITS
MOVEMENT

◆ NOVEMBER 2025



GLOBAL GRIND



BRAZIL

BROTHERHOOD IN THE BATTLE

This past month, **Perninha** and **Samuka** returned to their homeland of Brazil to compete in the **Red Bull BC One Cypher**. In a rare moment, both ILL-Abilities crew members found themselves matched to battle one another.

Instead of stepping into the circle as rivals, they opened with a short routine together — instantly shifting the atmosphere from high-pressure competition to a celebration of joy, respect, and the true spirit of hip-hop.

Their exchange reminded everyone that even in a battle, community comes first — a powerful reflection of the **No Excuses, No Limits** message.



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THE WORLD

NO LIMITS 2026 SAVE
THE DATE

FUNKY ON THE ROAD

MAA AWARDS

IN LOVING MEMORY



KOREA

REDO TAKES SEOUL

Redo was invited to compete at the Seoul International Breaking Battle, a 1vs1 breakin' competition bringing together dancers from around the world. He made it to the Top 8 and had an amazing time being back in South Korea, reconnecting with the community and the culture. Check out his rounds in action below and see the energy he brought to the floor! 🎉



[TOP 16 ROUND](#)

[TOP 8 ROUND](#)



KOREA

ENDURE THE WEIGHT OF THE CROWN WRITTEN BY KROPS

This was my very first time participating in the world championship “BOTY 2025” with my original Korean crew, FUSION MC, since my injury.

It was such a meaningful stage for me — not only because it was my first competition with my Korean teammates after getting injured, but also because the last international championship I had won representing Korea before my injury was BOTY 2013.

Although our team placed 5th in the performance category and was eliminated in the Top 8 by the team from the Netherlands in the battle category, I was still satisfied knowing that we gave everything we had prepared.

If we had made it to the finals, I had my own solo round ready, so I had trained a lot for it — which made the result even more bittersweet. But I believe that having regrets is what allows us to take the next step forward and grow even more. So rather than disappointment, what I truly remember are the happy moments we shared.

Our performance track was “Heavy is the Crown” by Linkin Park. Just as the saying goes, “Endure the weight of the crown,” this song carries deep meaning for both my team and myself.



[BOTY SHOWCASE 2013](#)

[BOTY SHOWCASE 2025](#)



As someone who has already experienced victory in 2013, I know the weight that comes with it—but even more than that, I’ve learned to carry and embrace the weight of my own journey: the pain, the healing, and the experiences that shaped who I am today. I believe that as long as I keep enduring and enjoying this path, wherever it leads — that will be my finish line.

Because in the marathon of life called Krops, the one running fastest is myself. Our beloved friend and teammate Clare has gone ahead to meet the angels. This performance was not only my comeback — it was filled with the weight of meaning, emotion, and dedication. Above all, on that stage, I danced for Clare, who always supported and cheered for us more than anyone else.

I was happy.

THE 40+ BATTLE IS ON!

Bboy Junior & Lazylegz have been working for the past few months in preparation for **FREESTYLE SESSION** in L.A! Here are their thoughts about the battle taking place on **November 15-16-17.**

FRANCE JUNIOR

We're getting ready for Freestyle Session, in the 40+ category, with my brother Lazlegz. It's going to be an amazing experience! We can't wait! We're each training on our own, but the energy is the same and trust me... we're going to set the place on fire

It's a comeback to Freestyle Session, and this time, we just want to enjoy it, feel it, and live the moment to the fullest. Every move, every step, will be dedication to our journey, to what we stand for and other all to our Sista Clare

We will be giving it everything we've got. See you at Freestyle Session. Stay tuned.



CANADA LAZYLEGZ

I'm beyond excited to return to FSS after many years away from competing on the international stage. To have the opportunity to battle alongside one of my biggest inspirations in dance is a dream come true.

I've been putting in the work — training consistently, hitting different practice spots and committing to regular workouts at least three times a week. This has reignited my motivation and reminded me why I fell in love with dance in the first place.

I'm grateful for Junior's energy, trust, and positivity. He's pushed me to keep growing, move with purpose, and to come back stronger than ever. I can't wait to step back onto that stage and share the floor with some of the world's best —



SAVE THE DATE



Stay tuned — we'll be sharing more details very soon!

Sneak Preview:

June 5 – Film Night

Kick off the weekend with a segment of the ILL-Abilities crew's new documentary, plus a selection of short dance films from around the world.

June 6 – Workshops & Networking

Following the huge success of No Limits 2025 workshops, we're bringing a full day of sessions for dancers and enthusiasts alike. Topics include Aging in Dance, Building a Dance Career in South America, and more. Workshops will be followed by an evening of networking with Montreal Breakers and special guests.

June 7 – No Limits Battle

For dancers: Qualification dates and competitor registration will open soon — stay tuned!

For everyone: Experience an unforgettable evening of dance with the No Limits Battle, including the fan-favorite Concept Battle Wheel of Fate — where local and international dancers compete not just for prizes, but for glory, creativity, and the thrill of the challenge.

Mark your calendars — you won't want to miss this!

Luca Hits the Road with Funky the Duck with Dancing Dreams!

From October 13–15, Luca brought the story of Funky the Duck with Dancing Dreams to life for students in Sherbrooke and Coaticook. Kids laughed, listened, and joined in as he read about Funky's big dreams of dancing. One of Luca's favorite stops was the Haskell Free Library, where the cozy, welcoming vibe made storytime extra special.

On October 16–17, Luca was present at Salon du Livre de L'Estrie, where book lovers young and old stopped by for readings, book signings, and even caught him live on the Radio-Canada stage.



Next Stop:

- Salon du Livre Montreal – November 19-23

[Come say hello or get a book signed by Luca:](#)

Nov. 19

- 09:00 to 11:00
- 12:30 to 14:00
- 16:00 to 18:00

Nov 20

- 10:30 to 12:00

Nov 21

- 09:00 to 12:00

Stay tuned to see where Funky's adventures take him next!



Media Access Awards

What are the MAA's?

The Media Access Awards is the world's top awards ceremony honoring people in the film and television industries who are advancing the accurate portrayals and employment of people with disabilities.

Catch Luca's performance at the MAA on Nov 5th 8pm on PBS

In Loving Memory of Clare “Clarebear” Li

On September 17, 2025, our ILL-Abilities family lost someone truly special — not just a team member, but a sister.

Clare was there from day one, watching a small idea grow into something far bigger than any of us could've imagined. For nearly two decades, she stood beside the crew — supporting at battles, helping build No Excuses, No Limits Productions, and cheering everyone on all the way to the Olympics.

We all knew her as Clarebear — calm, sharp, and always ready to jump in. She wasn't a dancer, but she was a true battler who lived the No Excuses, No Limits spirit every single day. She had this way of grounding everyone around her — sometimes without saying a word — just that knowing look that meant, “we've got this.”

Her strength, kindness, and quiet leadership left a mark on every one of us. Clare's presence will be deeply missed, but her spirit will live on in every event, every laugh, and every moment she helped make happen.

Thank you, Clare — for your heart, your wisdom, and your love. You'll always be part of the crew.

We love you.
É NÓS.

