



## PUNCHLINES

An MK Boxing Newsletter

Issue 21

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### **NEWS at MK Boxing:**

Judo classes are coming to MK Boxing beginning October 7<sup>th</sup> on Tuesday's at 7:30 pm and on Thursday's at 6:30 pm 2 days a week. The classes will be an hour long

MK Boxing will be adding an additional Muay Thai/Kickboxing class on Tuesday's at 6:30pm-7:45pm. The class will begin on September 30<sup>th</sup> at 6:30pm. The class will be 75 minutes, and will focus on offensive and defensive tactics, conditioning and sparring drills.

Fight night at MK Boxing will be on Saturday October 25<sup>th</sup>. We are planning on having between 12-15 amateur fights in Muay Thai, Grappling and Mixed Martial Arts. Doors will open at 6:30 pm and the fights will begin at 7:00pm. This will be a ticketed event. Ringside tickets are \$45.00 dollars and general admission tickets are \$25.00. Tickets are now available. The fights will be sanctioned by the United States Kickboxing Association. CALL FOR YOUR TICKETS TODAY AT 781-376-4269.

- Judo classes will be taught by Kayla Harrison a 2 time National champion. She also qualified for the United States Olympic team. Ms Harrison is a protégé of Jimmy Pedro of Pedro's Judo. The class will be open to all members of MK Boxing. Ms Harrison will be a great addition to the MK Boxing instructor's staff.
- We now have fall and winter clothing available sporting the MK Boxing logo. We have long sleeve tee shirts and hoodies.
- The Muay Thai/ kickboxing class at 6:30 pm on Tuesday's will be led by Mr. Fumikazu. Fumi has over 20 years of experience. He was trained for full contact bare knuckle-style karate for 15 years in Japan. He has competed in all "Japan Karate Tournament" and other fighting forums in Japan. We are looking forward to having Fumi as an instructor at MK Boxing.
- Kickboxing classes are available in the morning at 5:30 am on Tuesdays and Thursdays.

- On August 27<sup>th</sup> MK Boxing hosted a seminar by Super foot Bill Wallace one of the greatest kickboxing and martial artist ever. Many people of MK Boxing and those from other training centers had a great opportunity to work out with Mr. Wallace for the 3 hour physical workshop.

**MK Boxing has added incentives for police, fire and military personnel. To be eligible for special pricing, an id must be shown at time of signup.**

Continued health and prosperity to each of you and your families,

Best regards,

*Mike Knox*

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**IT'S NOT YOUR OLD MAN'S BOXING GYM.**