



PUNCHLINES

An MK Boxing Newsletter

Issue 22

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NEWS at MK Boxing:

Judo classes have started at MK Boxing beginning every Tuesday at 7:30 pm and on Thursday's at 6:30 pm, 2 days a week. The classes are an hour long.

MK Boxing has added an additional Muay Thai/Kickboxing class on Tuesday's at 6:30pm-7:45pm. 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 25th. We are planning on having between 12-15 amateur fights in Muay Thai, Grappling and Mixed Martial Arts. Doors will open at 6:00 pm and the fights will begin at 7:00 pm. This will be a ticketed event. Ringside tickets are \$45.00 dollars and general admission tickets are \$25.00. Tickets are now available and are selling fast. The fights will be sanctioned by the United States Kickboxing Association. CALL FOR YOUR TICKETS TODAY AT 781-376-4269 before they run out.

- Judo classes are 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 in black and white as well as 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.

- **MK Boxing has hired another boxing instructor for Saturday's mornings. The instructor is Jim Lally, and he is a former 2 time Navy champ. Jim has also won numerous Golden Glove boxing championships. He also won the New England and California Golden Glove awards. He has competed in 2 Olympic trials and has fought across the United States and Cuba in amateur boxing.**

Please call for your tickets today. Once the tickets are sold, we will not allow any other spectators in the gym. There will be no alcohol allowed or served on the premises. We will have security and a police detail at the event. This is a ticketed seated event. There will be music and a disc jockey at this event.

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.