



PUNCHLINES

An MK Boxing Newsletter

Issue 23

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NEWS at MK Boxing:

Additional boxing classes have started at MK Boxing beginning every Saturday at 9:30 am with Jim Lally. The class is 75 minutes 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 was on Saturday October 25th.. We had a number of amateur fights in Muay Thai, Grappling and Mixed Martial Arts. This was an exciting evening for the fighters, members and the public. The fights were sanctioned by the United States Kickboxing Association and included gyms from around New England. We would like to congratulate Mike Rios, Brian Stouffer and Robert Jones of MK Boxing in winning their fights.

- **Judo classes taught by Kayla Harrison a 2 time National champion are continuing at MK Boxing. Kayla qualified for the United States Olympic team. She also is a 2 time national champ, and is a protégé of Jimmy Pedro of Pedro's Judo. The class is open to all members of MK Boxing.**
- **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.**
- **This class is in addition to the other Muay Thai classes taught by Chris during the week. Chris has close to 20 years of experience, and has also competed in Muay Thai**
- **For the early risers, classes are available in the morning at 5:30 am on Tuesdays and Thursdays taught by instructor Ryan.**

- **MK Boxing 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.**
- **Jim's classes are very popular, and are in addition to the weekly classes taught by Will Gaffney, Monday through Thursday which are also very popular with the members.**
- **With the success of the MK Boxing fight night, we will be planning on having another amateur fight night in the spring of next year.**
- **MK Boxing is still looking for a black belt in Brazilian Jiu Jitsu. If a member refers an instructor that is hired by the gym, we will pay a referral fee.**

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

Best regards,

Mike Knox

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