



## **PUNCHLINES**

**An MK Boxing Newsletter**

**Issue 24**

**December 15, 2008**

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

Toys for Tots Christmas drive has started at MK Boxing. We are collecting unwrapped toys for children ages 2-11 years old. All items collected will be given to the MA State Police and Marine Corps who are coordinating the Toys for Tots effort to provide over 300,000 toys to needy children in Ma. We have placed a Christmas holiday tree at the gym. The toys will be picked up on Friday morning December 19<sup>th</sup>. We are looking for our members, and friends of the gym to assist us in this drive.

Gift certificates for the holidays are available in any denomination at MK Boxing. Get yours for the holidays by calling MK Boxing at 781-376-4269. We can also take orders over the phone for your convenience.

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. The class is instructed by Fumi Sawa. Chris Eldridge is also continuing to teach his Muay Thai classes on Mondays, Wednesday's and Friday's.

Fight night at MK Boxing was on Saturday October 25<sup>th</sup>.. 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. We do have good quality DVD'S available if people are interested in purchasing them. Please contact MK Boxing if interested at 781-376-4269.

- 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.

- 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. They also make great gifts for the holidays. Supply is limited.
- The Muay Thai/ kickboxing class at 6:30 pm on Tuesday's is 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.
- For the early risers, classes are available in the morning at 5:30 am on Tuesdays and Thursdays taught by instructor Ryan who also teaches a number of kickboxing classes in the evening during the week.
- 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 has won the New England and California Golden Glove championships in the past. 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.
- MK Boxing is currently looking for a black belt in Brazilian Jiu Jitsu to complete our curriculum of Martial Arts training at MK Boxing. 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*

**MK Boxing**  
116 Cummings Park  
Woburn, MA 01803  
781.376.iBOX (4269)  
[www.mkboxing.com](http://www.mkboxing.com)

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