



PUNCHLINES

An MK Boxing Newsletter

Issue 25

January 16, 2009

NEWS at MK Boxing:

The Toys for Tots Christmas drive at MK Boxing was very successful. A number of unwrapped gifts were picked up from MK Boxing and delivered for distribution by the Mass State Police and Marine Corps to needy children in our local communities. We would like to thank all of our members, local companies and the public for their donations.

Gift certificates are available 7 days a week in any denomination at MK Boxing. Get yours for friends and family, and start the New Year off right for your fitness goals 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 is 75 minutes, and focuses 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.

The first ever MK Boxing fight night was on Saturday October 25, 2008. 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 are planning on having another fight night possibly in the late spring.

- We still 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.
- For the early risers, classes are still 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 at 5:30pm.

- **MK Boxing Saturday morning Boxing class is taught by instructor Jim Lally, Jim is a former 2 time Navy champ, and has 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 at 6:30pm 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.**
- **Prices will be going up in membership rates beginning February 1st. If you are not yet a member, and are considering joining MK Boxing, please join within the next 2 weeks before prices go up.**

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.