



★ Boston's Premiere Muay Thai & MMA Academy ★ SINCE 1996 ★

★ MUAY THAI ★ MIXED MARTIAL ARTS ★ FIGHT TRAINING ★ BRAZILIAN JIU JITSU ★

# SITYODTONG

## THE NEWSLETTER

Up Coming Events

October 2010

[CLICK HERE FOR TRAINING SCHEDULE](#)

### PROTEIN SPECIAL

Strawberry & Mango  
w/ Vanilla Protein

### DATES CLOSED

Thanksgiving Weekend  
11-24 to 11-28

Christmas & New Years  
12-24 to 1-3-11.

### GET A FREE MONTH

Get a friend to sign for 1 Year  
& You get 1 Month Free, at the  
end of your Membership.

### PARKING

All city meters need to be paid  
until 8pm. For on street  
parking you will need a  
Somerville resident parking  
permit.

### SYT NORTHSORE

### SITYODTONG STUDENT RANKINGS

Congrats to Gary Florindo who recently received is Blue  
Mongkol ( Level 2 ) Ranking in Muay Thai

Congrats to Rick Hawn & Tateki Matsuda who both  
received their Purple Belt in BJJ under Professor Kevin  
Landry.

### SITYODTONG FIGHTER PROPS

Congrats to Rich DisCuillo and Lewis Corapi who both fought &  
won on 10/10

Max Yelle & Marcus Ellis who bought competed in NAGA, this  
past weekend.

Congrats to Max who placed 1st in his division.

### UPCOMING FIGHTS

Rick Hawn fights for BELLATOR Thursday, October 21 at the  
Liacouras Center in Philadelphia, PA.

Check out [Rick Hawn's](#) website for more information.



Pat Cote fights for UFC 121  
Saturday, October 23 at the Honda Center in  
Anaheim CA.

Checked Out Beverly Yet?

Kru Neil LeGallo

[Here is the Schedule](#)



### CONNECT WITH US



### Newsletter Signup



Check out [Pat Cote's](#) website for more information.

[buy Pat Cote's walk out shirt here](#)

Eddie Lee and Rich DiCuillo both fight for Cage Titans "Carnage" Friday, November 5 at Lombardos in Randolph MA.

[click here for more information](#)

Dat Tran and Leon Campbell both fight for "Tournament Of Champions" Saturday, November 6th.

*More info to come.*

Lewis Corapi fights for AFO Wednesday, November 23 in Mansfield MA.

[click here for more information](#)

### SITYODTONG IN THE NEWS

Article about Rick Hawn from [MMA Junkie](#)

Article about Tyson Chartier from [Sports Jabber](#)

Article about Pat Cote from [Bleacher Report](#)

### SEMINAR AT NEXUS

Don't miss out on the chance to train with world class instructors from all around the U.S., Europe, and Canada - at Nexus, the SBG East Coast Regional Headquarters!

[click here for more info](#)

### STUDENT TESTIMONIALS

Please email us a student testimonial and yours may end up on our website!

[sityodtong@yahoo.com](mailto:sityodtong@yahoo.com)

### WINTER GEAR

New winter gear is in the pro shop. Dont wait till winter is over.



### BLOW OUT SALE

Its in Your DNA  
La Famglia  
Est. 1996  
Hunuman

