



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

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

Sityodtong

NEWSLETTER

www.sityodtong.com

LABOR DAY

Just a reminder that Sityodtong will be **CLOSED** September 3rd, 4th, 5th, 6th for Labor Day Weekend and will re-open September 7th. Hope everyone has a safe & fun holiday weekend.

Top Reasons To Do A Private Lesson.

1. You get one on one instruction to work with the trainer of your choice, to better anything you'd like, your combinations, your low kicks or even pad work. Its totally up to you!!
2. You get the privacy and convenience to work at your own pace and your own times.
3. Its a great alternative to the class scheduled training, for you to gain an extra personal advantage in a safe training environment.
4. You can tailor the instruction

SITYODTONG WILL BE CLOSED SATURDAY AUG 28th.

WE WILL BE EXIBITING AT THE UFC FAN EXPO

**COME CHECK US OUT!
BOOTH #2217**

Professor Kevin Landry BJJ Black Belt

SITYODTONG IS PLEASED TO ANNOUNCE THE ADDITION OF PROFESSOR KEVIN LANDRY. PROF. KEVIN RECIEVED HIS BJJ BLACK BELT FROM RENZO GRACIE. HE HAS BEEN PRACTING BJJ FOR 16 YEARS. HE OWNS THE RENZO GRACIE ACADEMY IN EXETER, NEW HAMPSHIRE.

PROF. KEVIN WILL BE TEACHING GI JIU-JITSU CLASSES HERE AT SITYODTONG ON TUESDAY & THURSDAY NIGHTS AT 6 & 7.

to suit your needs specifically

5. If you're currently not in your top physical condition and you've wanted to start training in a martial art but you were a little hesitant, then Private Lessons can be a great way to get started.

Social Networking



Newsletter Signup

BE SURE TO CHECK OUT ON OF HIS CLASSES, WE ARE SURE YOU WILL BE HOOKED.

New Classes Added

As of 9/7/10 we will be implementing a new schedule. We have added Judo Fundamentals Mondays at 5, Wrestling Class Thursdays at 5 & an additional Boxing Class Wednesdays at 5. Also the Strength & Conditioning classes have moved to Tuesdays at 5 & Saturdays at 2, prior to Fighter Sparring / Open Gym.

[CLICK HERE FOR NEW SCHEDULE](#)

UFC FAN EXPO IN BOSTON

COME CHECK OUT THE SITYODTONG BOOTH #2217 AT THE FAN EXPO AUGUST 27 AND 28. PAT COTE, ALEX KARALEXIS, AND KRU MARK WILL BE SIGNING AUTOGRAPHS, TAKING PHOTOS AND GIVING AWAY PRIZES!

July / August Fight Results

July Fight Results:

7-30-10. CAGE TITANS - Eddie Lee won Submission of the night & John "Luda" Cumper won Knock out of the night!

7-31-10. TRIUPMH - Rick Hawn beat Shonie Carter 2nd round TKO 4:08.

Check out [RICK HAWN'S](#) new website

August Fight Results:

8-7-10. NECW Wrestling - Mercedes Kaestner won her wrestling match.

8-13-10. AFO - Tyson Chartier and Jeff Bermanni both won their fights.

CONGRATULATIONS TO ALL OF THEM!!

Up-Coming Fights

August Fights:

8-21-10. Jorge Gurgel fights for STRIKEFORCE at the Toyota Center in Houston TX.

8-28-10. Marcus Davis fights for UFC 118 at the Boston Garden in Boston MA.

September Fights:

9-17-10. Jimmy Davidson and Mike Campbell fight for FIRST BLOOD at the Twin River Event Center in Lincoln, RI.

9-25-10. Lewis Corapi, Dat Tran, Eddie Lee, Leon Campbell, Woody Weatherby all fight for XCFL at the Lowell Auditorium in Lowell MA.

October Fights:

10-23-10. Pat Cote fights for UFC 121 at The Honda Center in Anaheim CA.

Check out Pat Cote's new website for more info.

BE SURE TO CHECK OUT SOME OF THE NEW ITEMS IN
OUR PROSHOP OR ONLINE

<http://sityodtong.com/store/>

MMA SHORTS, VALE TUDO, WARM UP SUITS, LONG SLEEVE
RASH GUARDS, SLEEVELESS SHIRTS, TOWELS, TRIBALS,
HATS & MORE

If you would like to share some info or activities with other Sityodtong students, please let Gina or Marie know and we will be sure to put it in our next newsletter !!!