

April 2020



Grizzly Gym Newsletter

Thai Tran continues epic undefeated streak, battles to a draw in Verdun!



On March 7, Grizzly Gym Kingston fighter **Thai Tran** retained his undefeated amateur Muay Thai record! His bout went a very exciting full three rounds, and as per the rules of the venue, was automatically declared a draw when time limit expired. And big thanks to fellow Grizzlies **Tyler Ryan** and **Mady O'Coin** for being in his corner!

Grizzly Gym moving to new location!

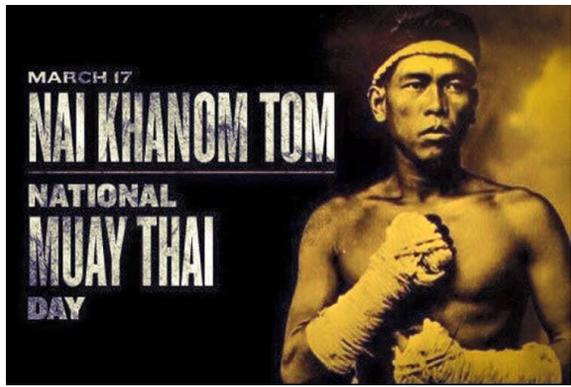
On March 2, Grizzly Gym held it's final night of classes at our Peachtree Plaza location in Kingston, as we prepare to move forward to a new and vastly superior facility! Many thanks to everyone who was able to attend, and a very special thanks to all who assisted in the move; particularly Grizzly Gym Hall of Fame member **Travis Smith**, who unhesitatingly stepped up and spent hours every night transporting all of the gym's equipment with his own vehicle to his own home for storage, no questions asked. We love you, Travis!



Class schedule, bios and more available online at

www.grizzlygym.com

Grizzly Gym action around the world!



Above, from left to right: **Derek Kane** receives the third stripe upon his Brazilian Jiu-Jitsu (BJJ) white belt; **Grizzly Gym Senegal** representative **Boubacar Diallo** (left) with teammates; Mike prepares for his upcoming Sub-Only bout with **Nicholas Caggia**; our friend in Mexico City, **Christian Del Mal**, wins double gold at **King of The Mat - Mexico**; training at our temporary location, 121 Johnson Street (thanks, **Pete Rogers!**); Mike attends an open mat at **Limitless Brazilian Jiu-Jitsu & Kickboxing** in Trenton; **Grizzly Gym Comox** member **Eric Raymond Pickford** receives his black belt in Pankration; our friends from **Body Systems Nutrition** pay us a visit; Grizzly Gym celebrates **Nai Khanom Tom – International Muay Thai Day!**

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