



# Monthly Newsletter

June 2021

## BANG MUAY THAI

We would like to announce that Kindred is now a Bang Muay Thai affiliate!

**About Bang Muay Thai System:**  
Duane "Bang" Ludwig created The Bang Muay Thai System which is a hybrid style of martial arts that use an assortment of tools & concepts from Western Boxing, Dutch Kickboxing, Muay Thai, Kyokushin Karate, & Wrestling that has been put together to form the world's most elite striking system for Mixed Martial Arts.

Try a FREE class now!  
muaythai@kindredjiujitsu.com



## SCHEDULE UPDATES

New classes have been added!

Basics Jiu Jitsu  
Women's Jiu Jitsu  
and MORE!

More Jiu Jitsu and Muay Thai classes throughout the week

**Check out the full schedule for details**

Please visit [kindredjj.com](http://kindredjj.com) to view full schedule and program details

## STUDENT OF THE MONTH

**Aubrey**  
Level 1 Muay Thai

Outside of Kindred, Aubrey enjoys gymnastics, swimming and hockey. She likes watching fights with her dad, who then suggested she give Muay Thai a try. Aubrey comes to class ready to learn and works hard on perfecting her technique. Way to go Aubrey!



## HEAVY BAG FILLER

DONATIONS NEEDED!

Old clothes, blankets, jackets, etc.

Help Muay Thai improve our heavy bags, drop off items at the Pro Shop

## JIU JITSU THEME OF THE MONTH

Bottom Escapes

## COACHES CORNER:

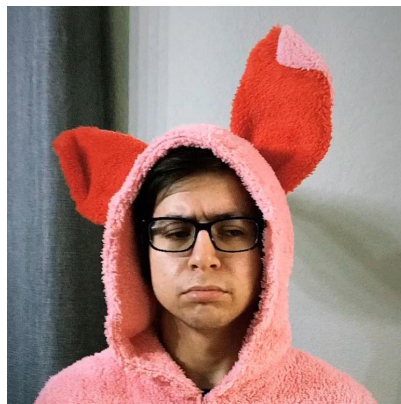
### What made you start jiu jitsu?

"A love for competition. I feel like jiu jitsu is an everyday struggle. Whether it's against that one teammate who always get the better of your exchanges, or it's the internal conflict with yourself. It's a constant push and pull and that's what I'm addicted to."

### What advice would you give someone who is interested in training jiu jitsu?

"Feel fear and do it anyways. Embrace the challenges and keep going."

## COACH ALFY MURILLO



**Rank:** Purple Belt  
**Class(es):** Big Sharks, Adult Jiu Jitsu  
**Favorite Sub:** "As long as it's unique, creative and fun, I'm into it!"  
**Offering privates:** Yes

### Fun Fact:

"Fun fact is I'm the undisputed champ of starting awkward conversations. Oh, and I do offers private lessons, but rather you just could give me \$5 and I'll go to your house to eat all of your snacks and pet your dog."