

NEWS RELEASE
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Suffolk Mixed Martial Arts (MMA) Opens for Fitness and Self-Defense Training

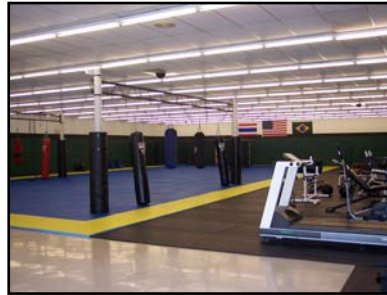
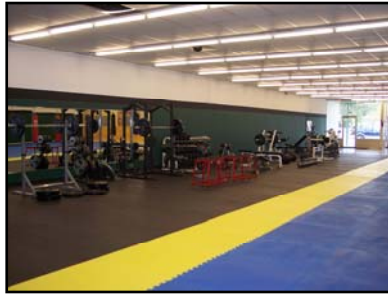
The opening of the Suffolk MMA Academy, located at 571 E. Constance Road, brings a unique opportunity for residents of Suffolk and the surrounding areas to receive training in mixed martial arts. Mixed martial arts combines the best techniques of several fighting systems, such as kick-boxing, jiu-jitsu, and wrestling to create a well rounded fighting system. It has been popularized by the Ultimate Fighting Championship (UFC) and has enjoyed explosive growth.

Suffolk MMA offers a variety of programs for men, women and children to get them started in this popular new sport. In addition to the highly popular kickboxing and grappling classes currently being offered, MMA is also creating a CrossFit class. This is a principal strength and conditioning program that many police academies and tactical operation teams have adopted as well as hundreds of other elite and professional athletes worldwide.

“MMA training offers a great way to develop character as well as fitness” says Gary Taylor, Manager of Suffolk MMA. “Training in MMA is not only about self defense, but also respecting others and working as a team to reach your personal goals”.

“Suffolk MMA offers a distinctive workout program that will be an excellent opportunity for people trying to meet their wellness goals in a new and innovative manner” said Mayor Linda T. Johnson.

Suffolk MMA offers private and weekly classes for Adults, Youth (ages 7-12) and Student (ages 13 – 18). To learn more about these and other opportunities you may contact them at 757.539.6971 or visit their website at www.mmasuffolk.com.



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