



Grizzly Gym Newsletter

Enson Inoue returns to Grizzly Gym for his 4th annual BJJ seminar!

On October 21, Grizzly Gym proudly welcomed the return of UFC and PRIDE-FC veteran, the SHOOTO World Heavyweight Champion **Enson Inoue** to Kingston! The two-and-a-half hour seminar covered Brazilian Jiu-Jitsu techniques, both gi and no-gi, and was warmly received by all. At the seminar, **Jaimie-Lyn Oldfield** earned the first stripe upon her white belt, **Fred McAuley** the first stripe upon his blue belt, and **Ian Mancini** the second upon his blue; as well, **Evan Stow** received his much-deserved blue belt! Big thanks to everyone who made the event possible!



Another successful Women's Self-Defense seminar at Grizzly Gym!

On October 26, Grizzly Gym proudly continued its tradition of providing free women's self-defence training to our community, with a huge turnout at our Princess Street facility. This will continue to be a monthly event with rotating locations to ensure access to all areas of the city; for the next session, we will once again be generously hosted by our friends at Crossfit Queen Street. Stay tuned!



Class schedule, instructor biographies, and more online at

www.grizzlygym.com

Grizzlies are in action everywhere!

Below, from left to right: Beloved Grizzly alumni **Cody Clay** teaches a class while visiting Kingston; Mike's Muay Thai instructor of nearly twenty-five years, Ajarn **Eric Advincula**, is now available for private lessons at Grizzly Gym; behind the scenes at a recent photoshoot for Mike's sponsor, **Raven Fight Wear** – remember to use discount code **MARTELLE10** for 10% off on any order; Sensei **Scott Taylor** drops in to share his Jiu-Jitsu knowledge; **Grizzly Gym USA** members from our Connecticut Den are victorious at the recent **2017 NAGA New England Grappling Championship**; Mike sends our latest Grizzly t-shirts to members around the world; **Dominique van der Byl** takes Mike's back as he reps **Raven Fight Wear's** Cthulhu design at our Guatemala City academy; luchador action at our Den in San Lucas, Guatemala; **Ian Mancini**, Mike, **Fred McAuley**, and **Justin Ferguson** get in some extra weekend training!



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