

# BOXING – KICKBOXING MUAH THAI – MIXED MARTIAL ARTS

*Some would consider Boxing the purest of all sports – Mental sharpness and strategy are as important as speed and strength. Boxing is challenging, exciting and rewarding and can lead to confidence, pride and physical fitness. Athletes of all ages can use Boxing as a Cross-Training Sport to get conditioned for the next season!!*

*Here at the Long Island Sports Expo we will present  
Boxing, Kickboxing and Martial Arts Demonstrations as well as Amateur Competitions!!  
Interactive Demonstrations in Sparring and Boxing Drills throughout the day!!  
Sanctioned events: USKBA Action Sports & USA Boxing Metro - 11 to 14 bouts*

***Demonstrations and Instruction In the Ring:  
Saturday and Sunday 11 am to 3 pm***

## AMATEUR COMPETITIONS

**BOXING, KICKBOXING AND MUAH THAI  
SATURDAY - SEPT. 6 - 6 PM TO 10 PM**

**BOXING  
SUNDAY - SEPT. 7 - 4 PM TO 8 PM**

***For Info and to Pre-Match your fighters please call Danny at 646-878-8263***

**Ringside Tickets are \$ 25 for the evening events  
Please call 646-878-8263 for Tickets – there is limited ringside seating!!**

