

## Jack's Kickboxing Gym in Newark, Delaware

Jack Murphy, the owner, started in basement boxing in the mid 60's and karate in the late 60's and early 70's. He has spent time in several different disciplines and started in kickboxing in the early 90's. Jack started a club at his house in 1993 and opened Jack's Kickboxing Gym in 1994. In 1994 Jack's won its first championship and since then produced several champions and over 70 titles, and still going strong. Jack's Kickboxing Gym offers:

- Mixed Martial arts (MMA)
  - Boxing
  - Kickboxing
  - Muay Thai
  - Wrestling
  - Judo
  - Jiu-Jitsu
  - International Kickboxing
  - San-DaJack's Kickboxing Gym Since 1994:
  - Over 400 wins
  - Under 50 losses
  - Boxing - Kickboxing - International Kickboxing - Muay Thai - MMA
  - 70 titles in 13 years
  - 3 World
  - 5 USA
  - 2 International
  - Multiple regional, state, Tri State, East Coast in 5 disciplines
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For more information or an appointment please call 302-731-3775 Do not forget to mention this website to get FREE hand wraps when joining. You can also get a FREE class if you call now. email: info (at) mykickboxing.com