

# MAN ON A MISSION



## Where's Jon NOW?

### Our Rock Steady Boxing “Man on a Mission” continues his travels!

Our fall issue featured fighter and coach, **Jon Pawelkop**, and Jon's Boxing Grand Tour Fighting Parkinson's Disease. Jon loves an adventure, and in May of 2018, he started his own adventure promoting Rock Steady Boxing all over the United States (and even internationally!).

As of mid-November, Jon will have completed visits to 41 states and visited 50 affiliate locations. He plans to finish up the last 9 states in the next few months, with a grand finale in Alaska and Hawaii in February. His finale dream is a Rock Steady Boxing class on a beautiful beach in Hawaii.

Jon and his wife Pat love to travel, and now that he's coming to the end of his tour, his coaches, Jordan and Drew Brannon, of RSB

Tampa Bay, FL, asked him the question, “What's next?” Jon says he definitely plans to take some time off, but he'll continue visiting RSB's wherever he goes. He's had so much fun and learned new things everywhere he's gone, and he'll never stop boxing.

Some international RSB affiliates are already calling his name. He says that his wife Pat gets the final say in where they go next. High on her list are affiliates in Italy, Norway, Sweden, and the UK. In June they plan to attend the World Parkinson Congress 2019, in Kyoto, Japan, and help to represent Rock Steady Boxing to the delegates there. And there are more US affiliates that they really want to visit!

Jon loves meeting fighters and coaches, encouraging them to fight with everything they have, and to “Make It Mean Something,” or MIMS. He also wants to remind fighters and coaches to take every opportunity to visit other RSB affiliates. The exchange of ideas between affiliates, coaches, and fighters can make us all better and stronger as a community of fighters.

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Jon also wants to encourage people who may not have an RSB affiliate nearby to get active and make it happen. One question he always asks the coaches is, "How did this affiliate get started?" More often than not, the answer comes down to a person with Parkinson's who approached someone and asked them to help start an RSB. That person might be a personal trainer, a boxing coach, or a physical therapist. He's visited affiliates that meet in boxing gyms, fitness clubs, YMCA's, churches, warehouse spaces, PT clinics, recreational centers and senior centers. If you don't have an RSB nearby, Jon says get busy and recruit someone to help make it happen. If you build it, they will come!

Follow Jon's adventure on Facebook by searching for "Jon's Boxing Grand Tour Fighting Parkinson's." ●



**RSB OXFORD PA**



**RSB MESA AZ**



**RSB PITTSBURGH PA**



**RSB NE KINGDOM VT**



**RSB POWAY CA**



**RSB CAPE ELIZABETH ME**



**RSB METRO DETROIT MI**



**RSB CHARLOTTE NC**



**RSB DES MOINES IA**



**RSB KALISPELL MT**



**RSB DOWNTOWN GYM NH**



**RSB KANSAS CITY MO**



**RSB MONROE CITY MO**



**RSB METRO JACKSON MS**



**RSB TRIALS MMA CO**



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