

Rumble Boy

If you get to the outer ring of suburbs in Minneapolis, try to get to Medina. A third ring suburb that boasts some small town eateries while having the classic amenities such as Caribou Coffee, Target, and various chain gas stations. Amidst all of this is a plethora of work out facilities. Most novel of which is “Rumble Boy Gym.”

John Falenschek



An Old School Gym



As you enter the facility you'll pass through what is supposed to be the lobby with assorted apparel, pictures and trophies from Rumble Boy's career. It's small and doesn't merit its own photo but begins your indoctrination into the world of a fighters training gym. Once inside the gym proper you're presented with a number of heavy bags waiting for your hands and feet. The purple flooring covers the padded mats underneath but has no sense of belonging or fashion.

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The Center Attraction



The staple of the gym that draws in the members is the small but highly functional boxing ring, or rather fight ring as there is more than boxing that happens here. Oddities surround this center of interest. Things such as a signed and framed baseball jersey, a horse saddle, a massage chair, and various other knick-knacks. All punctuated by the overpowering, gaudy carpet.

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Rumble Boy

Finally he steps onto the padded carpet and leans against the ring, Rumble Boy himself. Somewhat an original fixture on the early American kickboxing circuit. A member of an era gone by, he will relegate you with stories while punishing your body with an extreme workout.



An interesting man, with his throwback fashion sense, long flowing hair, and inestimable wealth of knowledge. Still in good shape he'll get into the ring with you to help you learn the finer points of combat. He is as much a draw to the gym as the gym itself. A fun guy to spend an hour with.

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To Fight

The fun environment is soon washed away as you remember this is the fighters domain. Blood, sweat and tears happen here.

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