

JOE'S BOXING CLUB SYDNEY

APRIL 2009



WWW.JOESBOXING.COM.AU.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW 2046

WELCOME TO 2009 A YEAR FOR THE HARDY

Bourke Adventure

As most of you know I have purchased a shop with adjoining residence in far western Bourke aptly named the 'Gateway to the real outback'. Before you go thinking your fees are too much the price for this is less than what you pay for a door in Sydney. I spent the Christmas break renovating the residence which had not been lived in for 20 years and although not a palace yet it is comfortable enough to spend a night or two on the way to a real outback adventure. I knew I would love it and it did not disappoint and our camping trip to the Gundabooka National Park was fantastic. Over time there will be opportunities for travel and am planning adventure routes around NSW. (below cave drawings)



Gosford Fight night

On February 28th I was a guest of Shihan Liz Mahler in Gosford who ran her own fight night with a similar format to ours except it was kickboxing with proceeds going to the bushfire cause. There were six fights in all including two three girl-fights.

The 3 x 2 minute rounds were judged and winner declared.

Both Justann Crawford and Alex Tui signed memorabilia for the event which were raffled off also in aid of the bushfire victims.

I was extremely impressed with the standard especially amongst the girls and we may be able to coax some of Liz's students to match up with our next fight night.



Alex Tui WKA champion

Alex Tui was the first Australian to win a world kickboxing title which he held 1991—1994. Alex started his career in New Zealand in the same karate I did there. I missed meeting him by a matter of months at that time and it was about 1995 we came into contact when he most humbly entered my dojo at that time in Chippendale. He never said who he was and I guessed after a few minutes talking to him. I taught him karate green belt and graded him and later he coached me in boxing. I also taught the kids in Everleigh St. I am privileged to know Alex and he has a lot to offer us in terms of skill but also in the way he carries himself.



QUICK CALENDER 2009

- 23rd April Thursday 7.30pm general grading Joe's Boxing White to Red Shirt
- May 7th-9th boxing Camp
- May 23rd 11.30am—1.30pm boxing self defense seminar
- Annual Fight Night 24th October from 7.30pm

Contenders for fight night 24th October 2009

It is time to think about matching up opponents so I you are interested in putting yourself forward now is the time to do so.

If you have any questions about the fight nit experience Ben, Blake or Adrian I'm sure will tell you about their experiences.

We also may have the opportunity to match up externally for some fighters with students from Alex or Liz.

Joe's Boxing Shorts

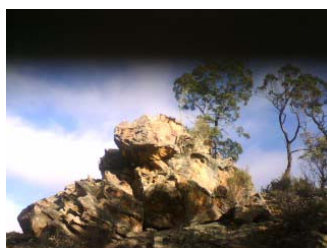
I have finally received the Joe's Boxing & Primativ Warrior shorts to complete our training uniform. Sizes range from 20" up to 36"-\$50



Free Self Defense Seminar

Saturday 23rd May
11.30am—1.30pm.

Cost is \$30



Rylstone Boxing Camp

May 8th & 9th

'This one will put the boot into Boot camp so be prepared to train hard



Computer System Entry

I am changing the way we all enter our visits to the computer system. Instead of entering classes we will enter as visits. There is the potential to enter one boxing visit and one mixed martial arts visit per day regardless of how many classes done.

Therefore for most people just enter your number and then press 1 to record your visit just once regardless of how many classes you do per day.

Rylstone Boot Camp

May 8th –9th

This camp will involve a lot more hard training than previous camps. Runs to the summit and some hard

Self Defense Seminar

Saturday 23rd May 11.30am—1.30pm

Practical Self Defense for men & women using boxing & primitiv techniques.
Please bring friends or family.

This is Free to all !

Instructional DVD's

I have purchased a new video camera with the hope of producing at least some content that can be shown in children's waking hours in the form of instructional DVD's of our syllabus as well what Justann teaches combined into the most awesome boxing syllabus.

Of course in the medium term we would like to reap the pecuniary rewards of our efforts but while we are developing I will be distributing DVD's to students for free to encourage feedback and learning. If

POTENTIAL MATCH FOR OUR FIGHT NIGHT



PETER GOUGH VS. UNKNOWN OPPONENT