

JOE'S BOXING CLUB SYDNEY

APRIL 2009



**JOE'S BOXING CLUB
SYDNEY**

WWW.JOESBOXING.COM.AU

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LET'S GET READY TO RUMBLE

What's Going on

On 30th April we held our first promotion for the year. As time goes on the general standard lifts and we are getting students to look and feel like boxers at ever increasing speed. The culture of helping students that are new or have less experience is helping immensely and I would thank all my instructors and seniors for their ongoing enthusiasm. In other news Floyd Mayweather Jnr has come out of retirement to fight Manny Pacquiao for what will be the undoubtedly the biggest money fight ever and it should be worth it!

Primitiv Warrior

*Inaugural Black Belt
Grading*

Saturday 13th June 10am

First Black Belt

On Saturday June 13th 2009 at 10am Wared Tan-nous who was part of our extremely entertaining kids mixed martial arts display at last years fight night will be the first student to attempt promotion to black belt in our new Mixed martial arts program branded as Primitiv Warrior. This will be no easy test and I would invite all students past and present who have trained here in boxing, mixed martial arts or karate or are friends or family to witness this event. Justann has agreed to run a seminar for our students Sunday June 21st from 11am for grey shirts and above. Numbers will be restricted (around 20) so email or see me to book your place. Cost \$25

Justann's Seminar

Sunday June 21st 11am

Advanced Technique Training

Cost \$25

Open to Grey shirt and above

Advanced Classes

We have advanced classes Tuesday at 9pm for red shirts and above. Wednesday from 8.30pm for Grey shirts and Thursday from 8.30pm for blue shirts. To attend these classes students need to wear their Joe's Boxing T-shirt plus the Joe's Boxing shorts and to have appropriate sparring equipment including mouthguards.

The purpose of these classes is to offer advanced technique appropriate to the student's experience which will quicken progress and lift our general standard. The testing process will be then geared to the information disseminated in these classes. Please take advantage.

Free Self Defense Seminar

Saturday 11th July

11.30am—1.30pm.

Cost is \$30

QUICK CALENDER 2009

- June 13th 11am—1.30pm
Primitiv Black Belt Promotion
- June 21st 11am—1.30pm
Justann Crawford Seminar
- Annual Fight Night 24th
October from 7.30pm

Contenders for fight night 24th October 2009

So far the card is looking like;

Andy Madden Vs Gareth Floyd

Will McDonnell vs. Brendan Janssen

Matt Connacher vs. Daniel Chapman

Ben Duffy vs. Tory Virtu

Chris Lewis vs.?

There's room for more and the above are subject to change. Please let me know if you are interested in participating ASAP

Joe's Boxing Shorts

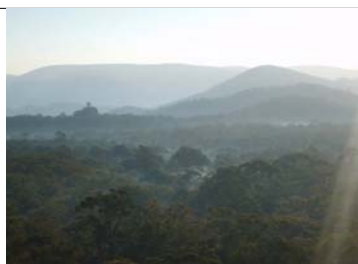
Joe's Boxing training shorts to complete our training uniform. Full uniform compulsory for advanced classes \$50 or \$60 with 2 t-shirts inc

Fight Night Extravaganza

24th October 2009

from 7.30pm

King's of Joe's Ring



Rylstone Shangri-la

The picture to the left was taken by Keshni 600 metres from our camp. Although we run retreats I regularly go up Saturdays so if you feel like a quick hiatus come along for the ride—Joe





Computer System Entry

I have changed the way we all enter our attendance 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.

Visit numbers required for each grade now are 10 to grey, 20 to Blue, 40 to red, 60 to black as well as the time component.

Boot Camp 2009

Some feedback for the members who didn't go.... Jock Walsh

The Camp was fantastic on a number of aspects:

- Physically – Lots of constant activity, chopping up wood, dragging timber around, etc. 20km walks was great for the lean body mass without being high impact and risking injury
- Boxing – 1-on-1 tuition was great. I'm starting to look, feel and think like a boxer!
- Socially – Lots of fun was had. Some very funny stories shared, a few drinks, some great BBQs too
- Spiritually – Inspiring views after climbing to the tops of cliffs. Lot's of wildlife and great discussions. A general feeling of relaxation all through the weekend and beyond

So next time it's on make sure you go. You're mad not to!



IN THE BIG RING

Manny Pacquiao shattered Ricky Hatton's dreams of becoming the best fighter on the planet with a devastating display of speed and power in Las Vegas on Saturday night. The Pacman cemented his status as reigning P4P king and claimed a world title in a sixth weight division by knocking Hatton down twice in the opening round and then knocking him out in the second. Hatton simply had no answer to the Filipino buzzaw, who cut through his defences like a knife through butter. Those who predicted a newer more polished Hatton under the stewardship of Floyd Mayweather Sr were left disappointed as he failed to make Pacquiao (now 49-3-2) break sweat. Hatton (now 45-2) came out for the first stalking his opponent as ever, but was soon given a taste of things to come as Pacquiao made him cover up with a sustained flurry. And seconds later the Hitman was down for the first time, hit by a crunching right hook as he tried to throw his own left. Hatton was now in survival mode and Pacquiao swarmed forward, landing at will with both hands. The pressure had to tell and the Pacman sent Hatton thudding into the canvas again as the round drew to a close with a booming left hand. Hatton, eyes glazed, waited for the eight count before rising, and mercifully the bell to end the first saved him. The only question now was if the one-minute break was enough to steady Hatton's legs and clear his head. For the opening stages of the second it seemed the answer might be in the affirmative as Hatton even landed a decent shot of his own, but the hope didn't last long. As the clock ran down towards the bell, Pacquiao produced a grandstand finish with a huge left hook that sent Hatton to the canvas for a third time. This time there was no way back, and referee Kenny Bayless waved it off almost immediately to crown Pacquiao the new Ring magazine and IBO light-welterweight champion. The only concern now was for Hatton's health after such a heavy knockdown, but he was able to get up after a few minutes and return to his dressing room. He was later taken to hospital as a precautionary measure.

Pacquiao's emphatic victory will silence the doubters who claimed his destruction of Oscar De La Hoya last December came at the expense of a fighter weak and drained at the weight. And for Hatton it will surely end for good any dreams he has of ascending to the P4P throne. The next logical step for Pacquiao would be a clash with the previous holder of that mythical title - Floyd 'Money' Mayweather Jr - who announced his ring return earlier on Saturday. He'll make his comeback against Juan Manuel

Free DVD

Production is slowly getting underway on our syllabus DVD's for boxing but we are still giving away our Justann pads and fights DVD for free. If you have not already received a copy of this original and timeless classic just ask.

Good Luck Constable Cody

Danielle starts her training at Goulburn on May 11th and we wish her all the best. Danielle has a Masters degree in criminology already. Watch out Baddies



Grading Results 30th April 2009

Red Shirt	Stephen Dunlevy William McDonnell Matt Conacher
Blue Shirt	Sean Anderson Alex Moiseenko Edwin Vartazarian Anna Maclaime Sapienza Salerno Andrew Angeli Richard Macavoy Emma Mungavin
Grey Shirt	Aris Athans Keshni Mudaliar Chris Lewis Matt Wheeler Peter Gough William Pereira Adam Alembakis Miguel Joya Jonathan Walsh Michael Higgins

Membership +commitment= success

It is no surprise to me to see all 21 of those that promoted are on full memberships here and are committed to their training. The enthusiasm and work ethic that has developed is very satisfying to me thanks! I encourage everyone to wear your new T-shirts and shorts to all the classes you attend and set an example to newbies.