

ONE MONTH TO FIGHT NIGHT



Alex Tui Seminar

Sunday 6th September 11am

Unfortunately this event coincided with Father's Day which meant only a handful of students took advantage of this amazing teaching session.

But for the few that did the intimate setting meant they were able to get one-on-one training at times with a former world champion and incredible teacher and will no doubt live in their memories forever.

It is likely we will have another opportunity sometime but students should make a real effort to take advantage of these occasions as they come along too rarely.

Meditation takes many forms often the greatest results can be achieved in the noisiest environments. The great Michael Jordan talked of the peace of the court and being in the moment of the contest.

Tonight's subject is presencing and the sacred art of nowness-awareness. Presence of mind is the essence of Buddha's meditation, cultivating lucid awareness. Pay attention; it pays off.

Feel the physical sensation in the body, no judgment

Aware of breathing, breathe in, breathe out. Tune into the isness, aware of things just as they are, right now, aware of energy, awareness itself, the body. Mind the mind, awareness, transparent to itself brings self realization. See through yourself, see Buddha, be Buddha, in the heart of the great perfection, the great completeness through nowness awareness, the sacred art and practice of presencing, presencing meditation, this moment is total moment, total nowness

From Transcript of dharma talk given by Lama Surya Das in Portland 4/18/09

An exciting time coming up with the grand finale of our own fight and Xmas party on 24th October . Would love this to be even better than last year so any suggestions !

**General Grading
Thursday 24th
September
7.30pm**

Corporate Contender
Friday 2nd October 7.30pm
Boxingworks in City
1/67 Castlereagh St

State Boxing Titles
16th—18th October
Fishing Club, 100 Bestic St
Brighton Le Sands

Fight Night Extravaganza
24th October 2009
from 7.30pm
King's of Joe's Ring

QUICK CALENDER 2009

- General Grading Thursday 24th September 7.30pm
- Corporate fight night Boxingworks Friday 2nd October at Boxingworks in the city
- State titles 16th—18th October Brighton le Sands Fishing Club weigh in at Kostya's gym
- Annual Fight Night Saturday 24th October from 7.30pm followed by Xmas party

Fighters for fight night 24th October 2009

Andy Madden Vs Gareth Floyd
Will McDonnell vs. Brendan Janssen
Matt Connacher vs Aidan Crouch
Chris Lewis vs Chris Burns
Ben Duffy vs. Tory Virtu
Emma Fitzwilliam vs Pauline BMA
Primativ Warrior Kids

Joe's Boxing Singlets

for competitors
Or
Red & Blue shirts
\$20



**WILDLIFE BOXING CLUB
PORT MORESBY**

Letter from Vicky Makeso

Hi Joe

Just to let you know that I have picked up the package.....Thank you so very much, I really appreciate what you have sent. These are things that the club needs badly, and I'm sure the boxers now will become better fighters in the competition. Our boys are doing very well in the comp and I will get Jason to send you some photos of that shortly. We've got about six boxers (4boys and 2 girls) who have been selected for the training squad, but we will know by the end of next month on who is confirmed.

Allot of our boxers, both male and female are new in the ring, so they are now getting the feel for it, and the coach

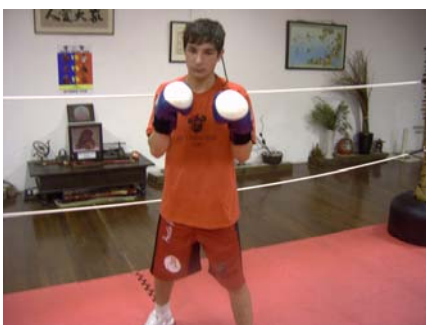
told me that the more fights they have, they'll improve.....

Vicky Makeso'

Club Secretary

To show we are serious in our support I sent Vicky two sets of Joe's boxing 8oz gloves and 2 headgears. The problem is the governments in these places charge exorbitant import duties on any goods sent besides that it cost \$65 to send less than 4kg of gear so it will be better if we can organize the trip and take the gear with us next tim

2009 will be our first foray into the State Titles . Tory Virtu will lead the charge with the possibility of one or two others competing.



**Corporate Contender Fight card
Boxingworks**

Friday 2nd October 2009

1. Eddie Miranda Vs John Lavery (U91Kg) (Masters)
2. Matt Unicomb Vs Wesley Murai (U91Kg)
3. Thomas Patrick Vs Matt Simcox (U91Kg)
4. Jason Ajai Vs Hakan Saglam (U81Kg) (Masters)
5. Luke Nesbit Vs Miguel Joya (U81Kg)
6. Darren Deakon Vs Cory Richards (U81Kg)
7. Geoff Millar Vs William O'Connell (U75kg)
8. Louis Cooper Vs Gareth Floyd (U75Kg)
9. Sam Willard Vs Adrian McAbe (U81Kg) (Masters)

Joe's Unmatched as yet but hopeful

Adam Alembakis (U75kg)

Aidan Crouch (U81kg)

Mikel Mazany (U81Kg)

Primitiv Warrior

Check out next month's village voice for an article and pictures of our junior boxers . This program is gaining momentum and could produce the Olympians of the future.

Karate classes 2010

The other night I got our competitors to do about 20 minutes of meditation in class as a mental preparation for their upcoming competition. It is difficult to put this regularly in a boxing class but when we do our karate classes next year it will be a regular feature all students are welcome to attend these classes.

Project Bourke

I am currently looking seriously at purchasing a small truck to get this crazy venture happening properly. I am also still taking in furniture and especially good quality beds so if you have or know someone who has quality goods they would like to donate please let us know.

When to Retire— In 1994 I worked for three months in Shanghai on a computer project which ultimately installed the first working ATM's in Shanghai for the post office which was the only place a normal Chinese could have a bank account at that time. I was the only non-Chinese on the project and most of my comrades spoke scant English. As time went on our communication improved and there was one boy who looked like the 'professor nerd' but who was very bright and possessed a real dignity. He had been involved in Tiananmen Square which he was scared to talk about because of possible repercussions but educated me in some Chinese philosophy from Lao Tzu the founder of Taoism which most of us recognize from ying & yang symbols. In principle, Taoism suggests not striving for 'the best', which theoretically is never attainable. Just accept 'good enough' and be contented and happy. This may seem very foreign to some who wear the mark of 'perfectionist' as a badge of courage but often it is in other people they demand that standard or a reason for themselves not taking on new challenges. The other teaching that has stayed in my mind was the concept of retiring when one gets famous or successful. I found it difficult to understand at the time but as time goes on I believe in it very much and it relates very well to boxing. I feel sorry for Danny Green, Floyd Mayweather, and Roy Jones Jnr who have all felt that need to unretire and keep trying to relive the same glory when there are so many other things to experience in life. Bill Gates is not just the richest man in the world because he has the most money. He has the richest soul because he knew it all means nothing in the sands of time and retired outright.—Joe