



JOE'S BOXING SYDNEY

APRIL 2012



JOE'S BOXING CLUB  
SYDNEY

[WWW.JOESBOXING.COM.AU](http://WWW.JOESBOXING.COM.AU)

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

*I can feel it in the air something good is about to happen*

### About the Joe's Boxing Black Shirt Program

Many people ask me what is this grading thing about and what do I have to do? My history both doing and teaching martial arts is that a structured progressive program will produce better results than just doing random training even if the same information is ultimately imparted.

The other aspect is most people naturally want a goal and are somewhat competitive by nature so having milestone achievements are integral to keeping people motivated as well as creating benchmark standards.

The other part is creating a visual system that enhances mutual respect so say when you see someone with a black shirt in Joe's Boxing you know they are capable of handling themselves and they in turn will try to use control so as not to hurt you. This way a natural order is set up and seniors can impart their knowledge to junior students who show some gratitude for that knowledge.

My program as far as I know it is a first in boxing and certainly the first I know that extends this style of training into amateur competition. It allows a larger team to train collectively and feed off each others skills with mutual support and respect.

The Black shirt program is the central piece of my boxing program with the aim of progressing a student through a series of coloured T-shirts to ultimately graduate to a black shirt by doing a three two minute round exhibition match on our club fight night. The aim of the program is to take a student who is an absolute beginner and bring them to what I term as Amateur competitive standard meaning that you could do an amateur contest and hopefully not be embarrassed. To be eligible for promotion a student is required to have attended at least 10 visits for grey shirt and progressing up to 60 visits for Black Shirt.

I structure my program around visits not classes as the lessons learnt take time to sink in so someone that comes to 5 classes in a day is not ahead of someone who has done 5 classes on five different days.

As much I do not like it there is always a large turnover in students and so although 100's have graded to Grey shirt there only 20 people that have actually achieved a black shirt so far. We did not have the numbers last year but in the previous three years we ran a club fight night and those who are eligible do a three two minute round exhibition match judged by the crowd and trophies are awarded to the best fighter and the most impressive heart of the night.

I hope this inspires each and everyone of you to work towards your black shirt.

### Easter Break

No Classes at Queens Rd Saturday 7th April or Monday 9th April .

Instead I am running a second camp at Rylstone. Each day you are there I will give a personal coaching session to each and every student attending plus two group training sessions. I may have room for a possible 2-3 people in my car leaving mid morning Friday but first in first serve .

### Rylstone Easter Retreat

Friday 6th April

To

Sunday 9th April

Cost \$100 pp. (or \$30 per day) includes food & accommodation

Personal Coaching sessions , Heavy strong man lifting & confidence courses, climbing, archery, golf driving range, open fire, bushwalking sightseeing fresh air and bonding.  
No alcohol !

*Pic taken from top of  
hill*



Alesia Graf won the WBU & WBF bantamweight world titles on December 20th 2011 in Wollongong stopping her Thai opponent in the 5th round. She then fought Susie Ramadan on the 24th February for WBC international title and WBC titles eliminator but lost a very controversial points decision. On her return to Sydney she came and visited us and treated our students to some fabulous pad rounds and although English is her third language her boxing 'double double' is now a catchcry.

As part of our on-going support for Alesia and also to give an incredible opportunity to our students I would like to organize a one off series of one-2-one private lessons with Alesia at a cost of \$100 per hour or if you want to share a session at \$60 each. Obviously the numbers that can be catered for are quite limited . If it proves very successful then we may have a second one but only if demand is strong. Alesia is arguably the best woman fighter on the planet. This is an incredible chance and you shouldn't let it pass you by. It will take place probably on a Sunday please register your interest with me. Please note I will provide the venue and the time but all money will go to Alesia as although she is now famous she is by no means rich so please do.

*Primativ Warrior*

*presents*

*X-Kombat*

I have been thinking about this and working on this for sometime and am pleased to unveil what I call X-Kombat which using the staff's in the picture and a combination of kicking, sweeping, grappling and even punching a new combat sport that as far as I can gather no one else in the world is doing anything similar or at least to this degree. For anyone who has tried it is great fun and very quick to learn and potentially could become a spectacular sport. I am hoping that this will fill a gap in Martial Arts as at present there is virtually no realistic combat available with weapons with the exception of Kendo which is very specialized. There will also be a sword version of X-Kombat down the track but first we will work out the rules of combat and I will get the proper weapon developed so the right balance of hardness and safety.



**Rules of Engagement**

**Striking with Bo (staff) , kicking, takedown and grappling, submission are all allowed (must be holding Bo at all times) . Points are awarded for takedown or knock-down. If points are equal at end of match the judges have an extra point they can award**

*We have been invited by Lance Holland-Keen, who is better known to us as the ring doctor at our comp fights , to try one of their strong man sessions one Saturday afternoon. Ever fancied doing the farmers walk with 120kg in each hand or maybe flipping 350kg truck tyres well now's your chance . Please register interest so I can organize .*

**Sword Class Thursday 4pm  
X-Kombat Saturday 1pm**

*I am now using the same grading system T-shirt system for Primativ Warrior as I am for Joe's Boxing being, white, grey, blue, red, black. Those who do sword will also receive a belt of the same colour to use to hold the sword scabbard when drawing or returning. To achieve a black shirt/belt in sword students will have to achieve up to Haidong Gumdo pattern 8 as well as Primativ Sword extreme demo form 1. If more people come I will open more classes. With boxing skills plus these other skills you will be a force.*

**Rip**  
**Bruce Maddock**  
**25-9-79 to 28-1-12**  
*Recently I found out that one of the first students to get a black shirt at Joe's Boxing passed away. I say that my black shirt brings you to Amateur competition standard and Bruce proved this by subsequently fighting for Kostya Tszu's gym having 7 fights for 5 wins*