



JOE'S BOXING SYDNEY

DECEMBER 2012



JOE'S BOXING CLUB  
SYDNEY

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

*Thanks for the memories !*

### Looking back on 2012

The highlight of this year for me was a massively successful fight night where we were able to raise enough funds to purchase a brand new competition size boxing ring also in the lead up we hosted a successful training camp which saw eight more people get the Rylstone experience and a fantastic seminar conducted by our dear friends Justann Crawford and Alex Tui. Our fantastic school has continued to develop and by the end of the year we will have had over 80 amateur fights where students here have competed. Congratulations to Michelle M who won the Central NSW Women's Champion his year and Will Doomadgee still holds the Eastside Masters Heavyweight Men's belt with potential challengers continually pulling out for no apparent reason ! Thanks everyone for your help support and enthusiasm I wake up each day excited at what might be in store . Merry Christmas and happy holidays take the time to put your burdens down and love and appreciate your family even if they may drive you a bit nuts .—Joe

### New in 2013

I feel I have spent the last five years learning and building the methods of teaching boxing as a martial art. Now with nearly 100 fights under our belt I have the confidence that we have something unique and now want more really serious students to add strength to our program. I don't want more competitors per say but I imagine that will come naturally but people who are interested in really learning the skills of boxing and also some extra skills which will enhance self defence capability. I will be cancelling 4pm Thursday & 1pm Saturday MMA classes as these are now peak PT times but Tuesday & Thursday @ 8pm will become a combination of Boxing/Crossfit/MMA/X-kombat . These 8pm advanced classes are only available to students who have committed to a competitors or contenders style memberships. I will no longer be doing membership freezes unless agreed up front or for medical reasons. Students can cancel their membership at any time with one month notice but when they return they pay the latest rate. Membership fees will rise in the new year for new students with a real emphasis on contenders where classes are supplemented by a bi-weekly private lesson. While a student has continuous membership their rate stays the same.

### Palm Island Boxing Club

We have an opportunity to travel to Palm Island which is situated off Townsville and do some exhibition matches . Palm Island has a connection with us as Cameron Doomadgee ( The tall man—death in custody case) is a relation of Will. We are thinking of organizing in March/April so if you are interested let me know.

### Coming Up

December 8th Bondi Junction  
RSL Maydad's Mayhem Two  
Joe's Boxing Students  
Fighting

December 13th General Pro-  
motion White to Black Shirt

December 20th Last Classes for  
2012 7pm few drinks after

Tuesday January 8th Tuesday  
7pm first class for 2013 then  
Thursday 10th January 7pm.

Monday 14th January 2013  
Full Timetable resumes

### Abseiling at Rylstone Retreat 11th November

Thanks to Peter E and sons  
Ben & Jasper for helping  
me do the first abseiling at  
our retreat and I hope to  
add a little beginners ab-  
seiling and rock climbing  
to the menu of activities  
from 2013. I will be spend-  
ing a week or so a Rylstone  
over the break working on  
improving facilities so that  
we can cope with a larger  
number of camp attendees.  
It is a requirement to at-  
tend a least one Rylstone  
training camp before grad-  
ing to black shirt now an  
integral part of the Joe's  
Boxing journey.



## The importance of building an aerobic base

*Thanks to John D for sending me this article as I think it is quite relevant to our training here as although our skipping and shadow sparring which covers the first part of all our classes can be hard initially it soon becomes our aerobic base with the second half of the class devoted to more Hiit training as discussed below. Obviously I like articles that re-enforce my own views but after watching way too many students go too hard too soon and getting injured the stuff below makes a lot of sense to me. I try to go for at least one run or bike ride per week or a long walk in the bush.*

Building your aerobic system is vital whether you're a marathon runner, or an average guy or gal looking to be as healthy as possible. But you have to actually develop this aerobic system, which is not done by pushing your heart rate (HR) to extreme levels and holding it for a prolonged period of time. Actually, you want to keep your HR low – such as the 180-age formula or a Zone 2 or Zone 3 heart rate. This is how you develop your aerobic base for optimum fat burning, overall health, and eventually a strong anaerobic system.

Those who shun aerobic exercise are missing out on these vital benefits – benefits that will not be achieved by interval training alone. I've treated several NHL (Ice Hockey) players who stay strong well into the third period because they have effectively developed their aerobic system – not just by skating hard but by doing some prolonged, low HR workouts. Look at another very anaerobic sport such as boxing. I love to watch Manny Pacquiao train and fight. He does some 800-meter repeats but he, like other fighters, go out and run long slow distances, just like Rocky. He's got a superior aerobic system to get him through twelve rounds of a very anaerobic event. In high school, wrestling was my main sport. For those of you who have wrestled, you'll probably agree that it's the most demanding six minutes you'll even endure. Wrestling is very anaerobic, but lasting six minutes and keeping that anaerobic strength is dependent on a strong aerobic foundation.

The amount of aerobic base you need will be dependent on the type of distance you want to regularly cover. If you're interested in all around fitness then your goal is to develop your aerobic system to the max as well as your anaerobic system. If you're more of a strength and power athlete, then your aerobic conditioning will not need to be as developed as a long distance runner. This may seem obvious to some, but many fail to realize the importance of aerobic for all athletes.

*HIIT Happens – High-Intensity Interval Training*—I don't want to call this a fad but HIIT sure does seem to be the new “in workout” though interval training is nothing new. High intensity interval training is basically alternating between a period of high intensity activity, say for 5-60 seconds, and then recovering in-between each set, typically by walking, for a period of time. Yes, these workouts can be very effective at increasing your performance and your health. They can even increase your aerobic capacity – though they are primarily very anaerobic workouts. Despite the aerobic benefits, continued implementation of these types of workouts over time will break your body down –including your immune and hormonal system. Additionally, oxidative stress (free radical damage) occurs with anaerobic excess and that can lead to premature aging and many diseases, such as autoimmune diseases and cancer.

These workouts will improve your lactate threshold and even improve how well your body uses glucose in tissues – known as insulin sensitivity. Mitochondria, those energy powerhouses of your cells, are most prevalent in the slow twitch aerobic muscle fibers, but anaerobic training will increase them too – that's called biogenesis. You'll also burn fat during these workouts, as well as glucose, and you'll recruit a high amount of Type II muscle fibers leading to development of your anaerobic endurance.

So yeah, high intensity anaerobic intervals are super cool, when you're ready for them. Now remember that at low-intensity aerobic workouts you'll burn more fat than glucose but at higher intensity you end up burning more calories over the long run, which can lead to more fat loss. These are all good things, but realize that HIIT workouts, as being promoted by some as “the only cardio you need to do” can be very harmful to your health and your fitness if done too often or for some too soon in a training program. Let's not all forget, especially with the huge focus today on paleo and the health and lifestyle of our ancestors millions of years ago, we didn't just sprint, lift, sprint, lift, repeat all day long. Hunter-gatherers traveled across vast areas over time – that's an aerobic quality. They didn't run as hard as they could, but they maintained a steady aerobic pace. Look at persistent hunting – one had to be in superb physical conditioning, especially aerobic conditioning, to track an animal for so long, and then utilize the anaerobic system for the sprint in for the final kill (and the throwing of the spear).

<http://naturalrunningcenter.com/2012/04/26/aerobic-activity-runners-gradually-build-endurance-base-part-two/>