



JOE'S BOXING SYDNEY



JOE'S BOXING CLUB
SYDNEY

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My week at the Australian Institute of Sport Canberra

Arriving on Sunday 25th January for an early start on January 26th I was pinching myself that I was actually here where people like Glen McGrath, John Eales have passed through on their way personal and national glory in their chosen sport and although I wasn't here as an athlete, if I passed the AIBA 1-star coaching course I could potentially corner for boxing at the Olympics. I am not prone to feeling intimidated but as half the coaches on the course have represented Australia at world championships, Olympics and one had fought for a professional world title so I was certainly in illustrious company. As the minimum pre-requisite to be on this course was to have some success in state titles or nationals everybody was also a successful coach as well. Most however coach as volunteers in PCYC's or backyard gyms with only 3-4 of us having full time academies. Much discussion was then spent on lack of funds to send fighters away etc. The course itself was much like watching paint dry with going over rules, anti-doping etc. and then assessments of our coaching but I did come away with quite a lot of structure and ideas to implement plus the AIBA coaching manuals which can be found online at <http://www.aiba.org/default.aspx?pld=6092#> are both comprehensive and thankfully spot on for what we teach here. I learnt a new block I hadn't known before at least not by name called an elbow block and that there are at least 10 ways you could defend against a jab alone. The most important information I gained though was the use of training plans both a yearly plan and a competition cycle plan and I am already implementing this with my experienced competitors as hopefully it may give us the edge on those who don't. The week was obviously well worth it I feel very privileged to have done the course especially at the AIS living on campus with the other athletes including Chinese swimming team and Shelly Watts gold medalist at the recent commonwealth games. Btw the food was great!! Boxing Australia centered at the AIS, under head coach Keven Smith and assistant head coach Don Abnett, are regularly running development courses both in and away from Canberra and wherever possible I would like our members especially our competitors to get on them. We are so lucky in Australia not only to have the AIS but also to have access to it.



Coming Up

Friday February 6th to Sunday
8th Open State Titles Camden

Sunday 22nd February
9am—Open Sparring Umina
PCYC

Monday March 23rd from
7pm—General shirt promo-
tion for grey to red shirt

I really encourage anyone here to go these open sparring sessions whether beginner or very advanced. I think [Joel Keegan](#) is the best coach currently in Amateur Boxing in Australia and these open sparring sessions attract the best out there. If you are competing or think of doing so then throw away your ego and head to Umina PCYC and learn as much as you can by watching and participating.



I WANT TO MAKE 2015 A YEAR WE BUILD ON THE SOLD PLATFORM OF PREVIOUS YEARS

Terry Edwards, who led British boxers in Beijing to their best medal haul since 1956 before controversially being axed as head coach, has collected his MBE at Buckingham Palace. "It is an enormous honour and I feel very humble," said Edwards of Orpington. "This was my third Olympic Games. I coached Audley Harrison (super heavyweight gold in 2000) and Amir Khan (lightweight silver in 2004) and they rightly deserved the adulation that they got. "It is not often that the support staff and coaches get recognised. "I am still passionate about the sport." British boxers won one gold and two bronze medals in Beijing. This included a gold for middleweight James DeGale and bronze medals for super heavyweight David Price and light heavyweight Tony Jeffries.

TERRY EDWARDS MBE FORMER UK OLYMPIC COACH AND THE PRESENTER FOR AIBA 1 STAR COURSE



Training Plan for 2015

With the graduation of 14 new black shirts on our last fight night we now have over 20 active black shirts actively training with 5 who are already competitors and 5 more who will hopefully make their debut in the ring this year. I am encouraging these students to get registered with the ABA and Combat Sports Authority as soon as possible so as opportunities arise we can take advantage whether they be competition or the many training and development camps that seem to be happening. The Black Shirt class Tuesday 8pm will be focussed on preparing for competition although black shirts who are not competing are still welcome to attend. Also for competitors I want to introduce a yearly and competition cycle training plans which were an important part of my recent course and may give us an edge. The Mondays 8pm class will be a beginners combat class aimed at those who are not super experienced in boxing sparring but also introducing the student to other forms of combat e.g. grappling, wrestling, stick fighting, fencing. This is open to any grade but again only those on full memberships not starter memberships or 10 visits unless I have specifically given permission. Wednesday with Blake and Thursday with Ben will remain the same successful classes they have been. Depending on interest I may open a MMA class on Saturdays or very late one evening this year and if there is enough younger students 12 and under we may start a 4pm class one weekday as well. I still have a few slots for private lessons and unlimited classes plus a private lesson fortnightly is an affordable \$55 per week which gives the best possible combination of progress and flexibility for the serious student. Looking forward to a great year on all fronts where we build on the experience and development of previous years i.e. overnight success takes a mere 10 years !

country's fastest-growing sport, with the number of people taking part rising by 131 per cent since 2005 – and that includes both men and women.

more exciting way to stay fit than a morning jog or yet another weight session at the gym. Here, three women take us inside their world...

◀ Rachel Parmeter, 24
 Rachel, a physiotherapist, began boxing in 2011 while studying at uni. Frustrated with netball but with energy to burn, she's used boxing to build on her strength and confidence.
 "I started with one-on-one lessons to learn the basics but knew early on that I wanted to fight. Getting ready for a fight means 10 to 12 hours a week in the boxing gym, running four or five times a week and strength work. I've had five fights in the welterweight division at 69 kilos and under, so I usually have to lose a few kilos.
 My parents don't watch me fight. Friends have, but watched from behind their hands! If there's any stigma about female boxers, it's from outside. People assume you can't be a boxer *and* be a girl. Boyfriends have sometimes felt intimidated and then there's the: 'Well, I'm not going to piss you off then!' Or there's respect..."

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Next week Tuesday 10th February at 7pm is the last class Rachel will be teaching here before she heads off for an indefinite overseas adventure and today is exactly four years since Rachel first started here. Although not the first woman to enter competition from here (Diana & Sandra in 2009 and Nadine 2010) Rachel and Michele made their mark doing about 5 fights each. Once Rachel finished university work took over and she moved from competing to teaching and quickly became the most popular and gave the hardest workout for the week and will be sorely missed or not ! Another benefit is Rachel's passion and enormous talent for her profession as a physiotherapist. What will we all do with our bumps and scrapes without Rachel's healing hands upon us ? Personally I will miss Rachel the most our friendship and bond has deepened greatly in the four years we have known each other with me often leading Rachel into unfamiliar territory not really knowing what I'm doing either whether it be competition or a cosmopolitan photo shoot (left) . Throughout it all Rachel has shown courage and honesty and I am so pleased that she is chasing her dream of travelling the world and working in the UK and wish her safe and happy travel, love and other catastrophes .

We are going to miss you !!!