



JOE'S BOXING SYDNEY

JULY 2013



JOE'S BOXING CLUB
SYDNEY

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Joe's Boxing vs Police August 24th buy ticket July 50% off

What's bin Happening ?

As I look back on June 2013 I am not surprised that I am feeling a little weary but enormously satisfied. Sunday June 9th Malcolm Ayles came up from Geelong to teach a knife defence that was simply amazing. It was practical scary and well attended. I have been involved with Martial Arts for over 35 years and I have not seen anything that comes close in strategy or mindset and the reality of a 15% chance of a positive outcome if confronted by someone with a knife is sobering to say the least. Then it was all focus on the Trivia night fund raiser for Stephanie's Max and Giant Steps school for Autism. My heart hoped for \$10,000 to be raised but my head thought \$5,000 was probably a realistic target and I am happy to say that this is one time that the heart has won over with \$8000 being the final tally. It should be noted that this was a combined effort with Police and Stephanie's family. The Triviatronic team consisting entirely of Joe's Boxing members tied for first place until a 'rigged' decider saw another less worthy team take out the honours. Guido Hatzis then turned up to do the auction with items auctioned being the Joe's Boxing lessons because Guido is a noted kick boxer and a photo shoot because Guido is so handsome. An awesome night with about 100 people in attendance and considering the weather a fantastic result. The next morning I ran the first of what will be a regular seminar for women beginner sparring with six people turning up and getting a good foundation. It is my total desire that all students here get enough skills to be able to spar confidently in the ring and progress through to their black shirt. Sunday afternoon saw a number of us at the Croation Club to watch our William Shaaker in his 5th amateur contest. Unfortunately it wasn't his day but in talking to the father of our next opponent he said his son in a recent loss had Australian representative Olympian and world title contender come up to him and say don't be disheartened I lost my first 19 fights. A message for everyone of us don't give up on your dreams. The month of July starts with four of our members returning to the Paddington RSL to contest another three rounds so good luck to all of them. July also sees the opening of a 12 years and under class 12pm on a Saturday. If you have young children who may wish to trial I am offering free classes in July for Members and \$20 per class for non members. For a while I will accept a casual rate for this class and 10 visit packages are available as well. Once the kids reach a certain of skill and discipline they can filter into our youth/adult classes. These are our future champions however I want serious disciplined students not a nursery. We have another competition night on August 3rd at Bondi but most of our focus will be on August 24th the second leg of our fundraising for Maxie and Autism being Joe's Boxing VS NSW Police. This will be a sensational night for a great cause and I am asking you all to get behind it and get as many friends along as you can. Tickets are \$50 and include refreshments and party food. There will be auctions of fabulous items , door prizes , ring card girls entertainment galore. If you buy tickets in July they sell at a 50% discount to the night. With the success of the women's sparring seminar I want to run a self-defense seminar soon for both men and women with my unique take on how to survive an attack with special emphasis on the psychology and how to deal with what you on body responses when attacked.

Coming Up

July 12 - Paddington RSL fight night 7pm

July 27th - Self-Defence seminar 10.30am

August 1st General Grading 7pm

August 3rd Maydad's Mayhem fight night Bondi RSL 7pm

August 24th Joe's vs Police boxing night

August 25th performance under pressure seminar Renzie Hanham 10.30am

October 12th Joe's Boxing annual Fight Night 7pm



Joe's Boxing vs NSW Police

Saturday 24th August @ 7pm

Buy a ticket in July 50% off

Rylstone Climbing & abseiling

I have recently started some climbing at Sydney Indoor Climbing centre at Sydenham and the fine folk their have expressed an interest in coming to Rylstone and bolting some of the cliffs so that groups of climbers may come and conquer.



Boxing for 12 years old and under

We have been getting kids 10 years old and younger applying to become members some of which I have turned down as they do not have the maturity to enter our normal youth/adult classes. My supplier has now released a range of 6oz and 4oz boxing gloves suitable for small hands. I am therefore going to open four half hour classes per week for kids. The idea is that these classes will be the feeder into the youth adult classes so that when the students skill and discipline are up to scratch regardless of age they can then join the more serious classes. The classes will start in July and I am looking at Saturdays at 12pm and if successful add Wednesdays at 4pm with both times split into two half hour sessions with the younger ones (under 8's) dropping off after 30 minutes and the older ones or more advanced doing an hour. As in the past when I started the karate kids program the best way is to start with members children so if your child is showing interest come down and have a trial which is free for current members and \$20 for non members. It is ok for people to just pay by the class at the beginning till numbers grow.

RELAXING THE FAST PUNCH—EXPERTBOXING.COM

So now that you understand the first step to punching faster is to release your punches faster, let's work on building quickness of mind. How do you do this, you ask. Real freaken easy, practice everyday on punching fast moving targets. Speedbag and the double-end bag will be your new friend. They will train your eyes and mind to follow fast moving targets and to throw punches when the openings present themselves. When you hit the double-end bag, don't worry about throwing fast combinations. Instead, try to watch the bag with your eyes and throwing 1 or 2 shots here and there very quickly and accurately. Even when you're not punching, you are still watching the bag carefully. Do not take your eyes off of it! Again, the first step to acquiring faster punches is to train a quicker mind!

Accelerated Mental Process

The best example of Accelerated Mental Process is in extreme situations like a car crash or falling from a large height the time seems to be the longest. Because of our fight or flight response, brain activity can be actually stimulated to "think" faster in certain situations. While time still moves linearly, it is perceived as longer. People talk of 'Car Crash slow' or "your life flashing before your eyes". My own experience with this was when I was confronted by 5 men with a gun in downtown Johannesburg. I reacted but felt slow and clumsy but in fact I was probably lightning quick as my attackers fled. John Dobbin talks of accidentally walking through a plate glass window and clumsily avoiding shards of glass falling on him when in fact someone watching said it was like watching a scene from the Matrix as he with lightning reflexes dodged the bullets. So what we feel in combat situations may not be what is actually happening. When going into a fight or self defence situation our flight or fight response accelerates the mental process but the side effect is that we feel slow and weak and clumsy but it is our mind fooling us. As above the more that we can simulate and become used to the feelings the more that we realize that they are false. Being able to tap into this resource consciously would be awesome but tricky. The first time most of us take a good wallop to the head and see stars we usually panic and pretty much stop but after a while we learn to conquer the feelings of fear and know the tunnel vision will quickly go away. I know many will question the wisdom of taking such blows but in a self defence situation it could save your life. The same applies to say a judo or jiu-jitsu strangle or smother which initially is so confronting but with practise can be tolerated to a far greater level than you think tolerable and again invaluable for self-defence.

Australian Sakio Bika won the World Boxing Council super middleweight crown on Saturday, taking a majority decision over previously undefeated Marco Antonio Periban of Mexico. Cameroon-born Bika, who failed in three prior attempts to claim major world titles, took the vacant WBC throne when two judges scored him the winner by margins of 116-112 and 115-113, while the third judge scored the bout a 114-114 draw. "It means a lot," Bika said. "Periban was a very tough guy. I respect him. Like all Mexicans, he comes to fight." Bika, 34, improved to 32-5 with two draws while Periban, 28, fell to 20-1 and objected strongly after hearing the decision. "I won this fight, and the people in the crowd know I won this fight," said Periban. "He's not the champion. That's not justice. He's going to take that belt, and it's going to be a lie." "It was very hard to survive," Bika said. "I always work hard. When you are working hard, everything comes out right." Periban, who suffered a scalp cut on the left side of his head due to an accidental head butt in the eighth. Bika improved to 4-4 in fights that have gone the full 12 rounds, while Periban had never been past the 10th round before in his career, a factor the Australian credited for helping him withstand a last-round flurry by Periban. It was the first world title fight for Periban but the fourth for Bika, who had lost unanimous decisions to unbeaten American Andre Ward and Welshman Joe Calzaghe and drawn with Germany's Markus Beyer in the previous three. The WBC stripped the title from Ward earlier this year, saying he had not fought a mandatory challenger soon enough nor shown proof to support his claim of a shoulder injury that had required surgery. *I once met Sakio Bika some years ago when I took Tory over to Jeff Fenech's gym in Marrickville. Sakio was in a real lull in his career at that time. He hit the bag harder than anyone I have ever seen it was so scary but he was just the nicest person and I am so glad he won this title.*