



JOE'S BOXING SYDNEY

JUNE 2014



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Go your own way !

What my mother said at her 90th Birthday party

I had never heard my mother speak publicly in the 50 years I had known her but it was worth the wait and I will be proud of what she said for the rest of my days

"I thought I should say something and I was thinking what I would say to young people and it is this when you life has gone bad and you feel all is lost just stop slow down and the universe has a way of righting itself"

You could be forgiven for thinking that Australia was under siege at present with a budget that is pretty brutal if you are not born to privilege. I am sympathetic to the idea of a level playing field but I do feel that the pendulum has swung too far to the right but I guess wait a moment and it will balance itself out.

We just had Renzie Hanham here giving another fantastic presentation on 'Performance Under Pressure' and how we are likely to disconnect if things don't go our way and I suppose if you combine what he said and what my mother said you come up with an ok formula for life especially when things get out of whack which is just to focus on the simple task in front of you and stay connected with those in your team or your own loved ones .

As Richard Gere said when once interviewed on what summed up Buddhism he replied 'Change' meaning if things were good they would change if things were bad they would change but the only constant in life was change. In brief periods of my life I took unemployment benefits especially when I had a young family and my employment in computer contracting was in a lull and it was stressful not knowing when my situation would change and I was very grateful that I didn't have to be humiliated in the process to a great extent as my then partner was already doing a great job of that. I felt pretty useless but slowly it changed and I first did some acting and then found myself in Shanghai installing the first working ATM in that city and the rest as they say is history.

I am sitting here on the eve of the Second State of Origin lamenting the fact that I haven't done enough saxophone practice but seemingly finding anything I can to avoid so you see I am just as guilty as everyone else of being a world class procrastinator in some things. Sometimes it even gets me down but really we do what we do right. The real reason could be I just don't have the raw talent to become a great horn player so whatever I achieve is really just for my personal pleasure and every gain is damned hard work but that's a great thing about life we are given different skills some things we have talent for and some we love but will never be world class . When people often say follow your passion there is a certain realism that has to go with that if you are 5 foot 2" it is unlikely you will be a professional basketball player but you may be the greatest administrator or coach. I am always truly inspired by Renzie who is still evolving and adapting his skills some through necessity due of the impact of the Christchurch earthquakes but also because of his drive to learn and explore hopefully something I can emulate all my life.

Coming Up

Club Punchbowl Amateur Boxing Sunday 22nd June from 2pm

General Shirt Promotion White to Red Shirt Monday 23rd June from 7pm

Paddington RSL Friday 4th July from 8pm

Uruguay Club Saturday 12th July from 8pm

PAUL NASARI presents Neutral Corner Fight Promotions

AMATEUR BOXING

Club Punchbowl

(Formerly Croatian Club)

Corner of Canterbury and Punchbowl Road, Punchbowl NSW 2196

2pm Sunday 22nd June 2014

facebook Entry \$30

Free Parking

For more info call Paul Nasari - 0413 812 274

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Best Wishes to Steph (Chevy's Mum above) and Jason who have both just had surgery on their shoulders and biceps hopefully a speedy recovery !

Roundup of what's been happening

We learnt at the performance under pressure seminar how athletes first 'learn how to train' then 'learn how to compete' then finally 'learn how to win'. In our competition at the moment we are probably sitting at learning to compete which doesn't mean we always lose but we haven't yet found that magic formula to win consistently. It's coming I can feel it in the air but competition is really tough out there and we are swimming with the big fish now. Both Greg and Will fought their best fights ever recently against quality opponents and I can see it's only a matter of time now before they become consistent winners. We have several fights coming up with Joe's Boxing representing (see over) it is great way to support your training buddies but also if you are interested in maybe competing one day it's about as close as you can get to the ring without actually being in it. Things here often evolve and I am happy to let instructors put their own stamp on their classes or bring new skills to the school. Rosella is using some of the Tuesday night at 8pm to teach some yoga and even though this is a black shirt class I am happy to share the floor with yoga students at any shirt level.

Performance Under Pressure

Some 30 people gathered Sunday 25th May for this fabulous workshop presented by Renzie Hanham and there are already plans to have more in the future. It's very hard to describe in just a couple of sentences what was taught here as there is such a lot of information some more relevant to some people and other bits to others. Just ask anyone who went for their opinion and make sure you don't miss the next one.

Sam Soliman—'Never Give Up'

AUSTRALIA's newest world boxing champion, 40 year-old Sam Soliman dedicated his sensational victory over Felix Sturm in Krefeld, Germany on Sunday morning to the late Tom Hafey who taught him that age is just a state of mind.

A long-time supporter of the Richmond Football Club, Sam often trained with the legendary "T-Shirt Tommy", who although very ill made the trip to Sam's inner-Melbourne gym just days before he died to farewell him and wish him well in his quest for the IBF middleweight title. Hafey, who coached Richmond to four titles and was still training every day well into his late 70s, died on May 12 aged 82. "I used to run go running with Tommy on the beach and when I felt tired he'd push me on. He taught me to find another gear," Soliman said after his unanimous points win over the 35 year-old Sturm. "The Hafester was a role model to me and I needed that sort of inspiration going into the last few rounds. I was really feeling it. It took some words from my trainer Dave Hedgcock before the last round to pick me up and push me over the finish line. "He said to me, 'how much do you want it Sammy? You've been training all your life for this, now go get it.' It was the most important three minutes of my career and I gave it everything." Sturm's vocal supporters, stirred up by a spruiker on a microphone who led them in chants and songs, were silenced by Soliman's remarkable last round, with their man failing to land a blow. While Sturm had mounted something of a comeback in the later stages of the fight, Soliman had dominated early on, his awkward style and Duracell bunny stamina simply too much for the younger man. The win was just reward for a lifetime of training and dedication for Soliman, who fought over 70 bouts as a kick boxer before switching to boxing in 1997. It was also redemption after his win over Sturm in February last year was marred by controversy when it was claimed that Soliman had failed a drug test. The bout was declared a no contest and Soliman's management was forced to embark on a lengthy and costly legal battle to clear his name. With the International Boxing Federal ruling in Soliman's favour, his number one ranking restored and Sturm subsequently winning the world title, there was no shortage of feeling going into Sunday morning's fight. After a tight first round in which Sturm landed the only clean blow, Soliman took charge. Sturm had no answer to the constant barrage of blows that came at him from all angles. A flurry in rounds eight, nine and ten gave the local crowd hope but not even their chants of "OK Felix Ok", or the theme from Rocky blasting over the PA could bring Sturm back into the contest, with the judges scoring decisively it to the new champion 118-110, 117-111, 118-110. "He gave me a good fight, it was fun," Soliman said.

The unsung hero of Australian boxing, Daniel Geale, has earned another shot at a legitimate world title with the former middleweight champion set to meet WBA and IBO belt-holder Gennady Golovkin at New York's Madison Square Garden on July 26.