



PRIMATIV WARRIOR & JOE'S BOXING



JOE'S BOXING CLUB
SYDNEY

MARCH 2011

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

State titles 18-20th February at the Fisho's

This was the year we broke through and won our first state title. Nadine won the 69kg women's open division and was voted best female boxer of the tournament. Unfortunately as a German citizen she is unable to progress to nationals but has put herself and Joe's Boxing on the map. Nadine is now scheduled to fight Tammy Taylor on March the 18th. Tammy represented Australia last year at the world championships at 75kg and is ranked 25 in the world. This is the standard that winning state titles catapults you into. Astryd who fought one fight in the B class 48kg women division became a runner up in state titles. Because of lack of opponents she was forced to move up a division and her lack of experience meant she was outclassed but she deserves that medal for her courage and now fights with Nadine on March 18th at Richmond. Will has had the unluckiest time at state titles with all his losses coming at this competition but he is a class fighter and is doing all the right things and Justann, myself and the whole team believe its only a matter of time and your day will come.

The 2000 party

On the 3rd March 2011 I added our 2000th student to the database something of a personal milestone and along with winning our first state title I think it is time we held a party . I have not yet been able to nail down a date but it's a promise and I aim to find as many people as I possibly can who were former students to invite and reconnect and celebrate our success and longevity.

I would love some help in designing and organizing it would be great if this was a good one as it is a special moment in our history so watch this space.

I would like to thank all my students past and present I never forget any of you



NSW Boxing Calender suitable for our entry

- State Titles at Fisho's 18-20th February.
- Boxing Australia Nationals 10th-12th March Melbourne
- South's Juniors Fight Night Tuesday 8th March
- Richmond Fight Night 18th March Nadine Apetz vs Tammy Taylor
- Bondi Junction White Collar 26th March
- South's Juniors Fight Night Tuesday 12th April
- PCYC novice State Titles 16th-17th April
- South's Juniors Fight Night Tuesday 10th May
- Sutherland PCYC Saturday 4th June
- South's Juniors Fight Night Tues 14th June
- Cornerman White collar charity contest Cabana Bar June TBA
- North Sydney PCYC Fightnight 2nd September
- Industrie Challenge 14th-15th October
- City Vs Country Bathurst 3rd December

Change in Rules for Amateur/Olympic competition.

Like most sports boxing has its fair share of rule changes often changing and then sometimes changing back it seems to the original.

I giggle a little when the officials defend and enforce vigorously a rule as is their job and then in a flash the rule has gone and the behaviour is then totally acceptable. This reflects in our legal and societal system as well.

For some time Olympic boxing was 5 x 2 minute rounds but has changed back to the original 3 x 3 minute rounds for men and 4 x 2 minute rounds for women. Both men and women at b & c class fight 3 x 2 minute rounds.

The rules about not being allowed to wrap between the webbing of the fingers has changed as has the rule that trainers were not allowed in the ring between rounds.

However coaches are not allowed to yell out instructions from the corner anymore and once a warning is issued they are sent from the corner if they continue to transgress.

Many people get upset about rule changes regardless what sport it is but there are reasons that rules are changed and if they don't work then they are changed again.

Whatever the rules we should adapt and keep our cool at all times and not become attached to a behaviour.

**In the big ring
Coming up**

Vic Darchinyan vs. Yohny Perez

It was part of a four-man bantamweight tournament, with the defeat sending Darchinyan into an April 23 clash in Los Angeles with Colombia's former IBF world champion Yohnny Perez, who lost

Wood vs. Mundine Re-match

Middleweight contender Anthony Mundine (40-4, 24KOs) will get a chance to get revenge of Garth Wood (10-1-1, 6KOs). An agreement was reached for a rematch on April 13 at the Brisbane Entertainment Centre. Last December, Wood pulled off a major upset by stopping Mundine in five rounds. If Wood were to win again, Mundine admits that he might retire from the sport of boxing.

"It could be (the end), man," he said to AAP. "Right now I'm only looking at short-term goals. I was looking above and beyond too much in the past. I've got to be victorious. I've got one purpose, one goal and that is to win. If the last fight didn't wake me up then nothing will." Mark Vester

Become an accredited Boxing Coach through Joe's Boxing receive special training and be able to teach as well be a cornerman at events a viable alternative to competing.

For the really committed serious student The Fitness Clinic

Both Will and I are now devoted students & believers in Zac's methods and personalized training sessions.

It is not uncommon for me to be screaming expletives at Zac as he pushes me to give that extra rep.

Will has increased his weight to strength ratio exponentially and although State titles didn't go his way I am sure it is only a matter of time before he breaks through.

Will is determined and is willing to invest where he wants to get to and I encourage other students especially if you want to compete in boxing at a high level to take advantage of this great opportunity that has presented itself to us.

Zac competed at an elite level in Twae Kwon Do for 10 years representing Australia at several world championships and also making the Olympic team.

Not only are his rates inexpensive compared to other personal trainers he will also do special rates for Joe's boxing students as if we are successful his reputation will be enhanced.

If nothing go next door to unit 19 and have a look and a chat you can't fail to be impressed with his commitment to his dream

General Shirt

Test for promotion to grey blue & red shirt

Thursday March 24th

From 7pm



PT @ \$1 per minute



Nadine in action