



JOE'S BOXING SYDNEY

MARCH 2014



JOE'S BOXING CLUB
SYDNEY

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

Back into it first fights coming up soon 6th April 2pm !

Black Shirt Class Tuesday @ 8pm a roaring success

It is ironic that I have come full circle and am including some martial arts in our program again and the Black Shirts who have been attending have been quickly finding out that kicking, grappling, sword & stick are not as easy as it looks just like starting from scratch with boxing. I am looking forward to grading the students to their grey shirt in 'Primitiv Warrior' Martial Arts ultimately graduating to a second Black shirt. It fits very well with my ethos of getting a grounding and proficiency in one art first in our case boxing because it makes it a lot easier to then add skills to your base. (see Joel's comments below) My motto has been that boxing skills as the core then with some judo or Jiu Jitsu and a smattering of weapons (knife & stick) is the fastest most efficient route to effective self-defense. I am not discounting other martial arts or systems but they just take a lot longer to become efficient and effective. Boxing is the king of self defense because it teaches quickly how to evade blows to the head.

My long time student and friend Joel Warne dropped in last Tuesday night and coached our Black Shirts in ground techniques most commonly used in UFC. I was compelled to write what I have said below and include Joel's reply under.

When a student especially one you have known for 15 years comes in and you realize he has taken what he has learnt from you and then added even more skills or is just better than you are, there's no prouder moment as a coach or teacher. For me that has now happened several times as a few of my boxing students are faster and more slick than old man me. This week my 'surrogate son' Joel Warne who I taught karate to from 9 years old (now 24) came in on Tuesday night after Uni and taught our senior students some MMA . As he took revenge by demonstrating on me I can tell you his Kimora, Americano, Guillotine, Crocodile Roll etc. were very effective and as he taught karate for me since he was 13 his teaching was superb. In some ways I am lucky that I changed sports slightly (karate to boxing) as my history of winning championships is irrelevant in my new world and doesn't overshadow or dominate my students achievements. It is also ironic that we are coming full circle my students gain their core skill in boxing and after achieving their black shirt after having a boxing fight then we add on elements of kicking, grappling, weapons for further development and rounding our self defence skills. My senior students really enjoyed the new stuff so hopefully Joel will be back on a regular basis Uni timetable willing. When you know someone from so young its amazing when it flips from 'Man to Child' to 'Man to Man' on equal but respectful footing with a deep connection established through a long history.

(Joel's reply) Wow! Thanks so much Joe. The group was really enjoyable as they all have such an excellent base already. I got more out of Tuesday than what i could have hoped for. Karate gave me a base but leaving it with you gave me the opportunity for freedom in training, teaching and self-improvement.

Coming Up

*Thursday 27th March
Shirt Promotion for white
to Red*

*Sunday 6th April 2pm
Croatian Club Amateur
Competition*

*Friday May 9th - Sunday
11th -Rylstone Camp*

*Saturday 24th May &
Sunday 25th May @
10.30am-Performance
Under Pressure seminar*

Performance Under Pressure
Saturday 24th May & Sunday
25th May @ 10.30am
Hanshi Renzie Hanham returns
to give another series of his
fantastic seminars one each day
Saturday and Sunday with the
Sunday a lead on from the in-
troductory session on Saturday
or for those who attended the
session last August. Renzie is
now taken a position with the
Canterbury Crusaders and is so
cunning in his strategy the Cru-
saders have lost their first two
games of the season to lull the
opposition teams into a false
sense of security! Seriously for
those who haven't been it's
entirely not what you think it
will be and for those who been
before it's a no brainer to want
to know more. Prices and early
bird special TBA early April.

*First Koala
ever spotted at
Rylstone
another reason
to attend
training camp*



PERFORMANCE UNDER PRESSURE

A workshop by Renzie Hanham QSM

Saturday 24th & Sunday 25th May 2014

10.30am at 20/118 Queens Rd Five Dock

Renzie's past and present clients include:

The English Rugby Union's High Performance Department. A number of world and Olympic champion athletes in a variety of sports including triathlon, duathlon, aquathlon, swimming, croquet, Seldo Karate, speed boat racing, multi sport and adventure racing, the Netherlands Triathlon team and also attended the Olympics with the NZ triathlon team.

Over the last 14 years has assisted Dr John Hellemans, world-renowned triathlon coach and 8 times world age group champion.

Renzie has assisted a national champion hockey team, gymnasts, trampolinists, rifle shooter, swimmers and three Coast to Coast winners

the Crusaders and Canterbury rugby teams. Roz Savage, first woman to row solo across the Atlantic, Pacific and Indian oceans.

The All Blacks in 2010/2011 to assist in their preparation for the World Cup.

Renzie also works closely with the NZ 2012 swim club coach of the year and one of five gold star swim coaches in New Zealand.

Phone 9715-2083 to book

Hanshi Renzie Hanham was my original Karate teacher, he is now an 8th Dan black belt in Karate and a Black Belt in Judo. He has been my greatest life influence and still consider him my teacher and life long mentor.

Further detail on Renzie's experience

Renzie is one of the founding directors of Gazing Performance Systems International, a company that specialises in improving performance under pressure. The company trains people in more 60 countries. Its clients include major multinational blue chip companies, government departments and leading sporting organisations. Gazing works in the areas of sport, business and education. Renzie is co-developer of much of the Intellectual property and collateral used by the company and is also responsible for graphics and design. He has worked with a large number of sports people, both in New Zealand and overseas including the English Rugby Union's High Performance Department, co-conducting seminars and workshops for coaches, players and referees. Renzie and fellow Gazing director Dr Ceri Evans were invited to give a talk on mental conditioning at Oxford University. Renzie presently works as a company director and graphic designer and also worked as a therapist at a Christchurch medical clinic for a number of years. An award-winning graphic designer Renzie was invited to be a judge at the New York Art Directors' Club's International Awards. He has had his own design business for more than 35 years and has produced a wide range of work from iconic logos to brochures and numerous books. He also illustrates. In conjunction with Tucker Media, Renzie has produced a series of books including a very popular series for children. He has lectured in design and illustration at tertiary level. As a musician, Renzie was a finalist in the Tamworth song writing awards and has released four albums, mostly of his own work. His songs have been broadcast on Radio NZ National and have been used in TV and radio ads. In 2008 he was given a 'heroes' award by the community. In 2011 he was inducted into the NZ Martial Arts Hall of Fame and in 2012 the Martial Arts Hall of Fame and the World Karate Union Hall of Fame. 2012 Renzie was awarded the Queens Service Medal for services to karate and the community.

For anyone who competes, performs or wants to understand how stress works!