



JOE'S BOXING SYDNEY

MAY 2012



JOE'S BOXING CLUB
SYDNEY

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

'When the student is ready the teacher will appear'

We are a Boxing School

What really gets my ire is when people inquire and say 'How much to come down and just use the equipment and not have to do classes?' or 'I just want to come and do some sparring with a mate'. It is with the greatest joy to me that I politely decline their requests and it is really great that I can now afford to do so. I always wonder if they do the same thing when they ring Daniel Geale or Johnnie Lewis. By their question it intimates to me they either saying I want to use your space and set-up but not be part of your culture or that you have nothing to teach me. Boxing like all martial arts codes doesn't happen overnight needing hours and hours, week upon week, year upon year of repetition and dedication to become competent and even more to become great. My aim is to make it easy for people to get started and then over the first few weeks seduce them into this fascinating art and then hopefully they will see the benefit of committing to their training for at least a further six months. For those who have trained continuously for about a year they will see huge benefits in fitness and skill. For those who follow their boxing through the levels to black shirt and beyond you will gain skills that will last a lifetime. I have set our standard at black shirt to be as I describe at amateur competitive standard meaning you could do a sanctioned amateur fight (3 x 2 minute rounds) and probably survive comfortably. I know this to be a true standard as we have now had around 70 sanctioned ABA (Olympic association) competition fights out of Joe's Boxing in the last three years and we are competing well winning at least as much as we losing and since we are competing with the likes of Kostya Tszyu's academy or Billy Hussein's students we are doing ok. The point of difference at Joe's is that everyone is treated equal competitor or non-competitor, male or female, young or older and we will train someone from absolute scratch and have the ability to take them all the way if that is their dream. But to do this I need a commitment both in the mind and also financially so this year to get to the advanced classes students must be on longer term memberships and I really like those who take up contenders style memberships where I then have the time to personally coach them and remember you don't have to be a comp fighter to access this personal coaching just have a desire to get the best out of yourself. The most important person is the one that is front of me in class and I am not a fan of people self training while class is on. We have a small warm up room with a bag and a speedball which students can use while classes are running. I am far more interested in our average standard rising as opposed to having one or two champions. In the end I believe that with a good basic standard the champions will leap off our shoulders and conquer the world. Thankyou for your trust and on-going support I really do appreciate.

Coming Up

Fights featuring Joe's Students

Tuesday 6th May Souths Juniors Max & Paul

Friday 18th May Charity Fight Liverpool Oskar Henning

Saturday 19th May Croation Club—Paul Roman

Saturday 19th May City vs Country featuring our Michelle in Moree

**Next Shirt Grading -
Wednesday 20th May
from 7pm**

Pro's Camp

As well as our regular training camps I am now offering a pro's training camp for individuals or small groups at our Rylstone retreat. The cost will include all travel accommodation and food plus private training sessions and some hard-core training in rugged surroundings. Away from the city you can feel what it would be like for those champions who lock themselves away before a big event and eschew the trappings of the city for austerity and sacrifice.

Pro's Camp

**Cost including travel
\$150 members essential**

Primativ Warrior X Kombat update—Sportsmaster my equipment supplier are currently developing a weapon similar to the one shown here with a polypropylene centre instead of PVC piping which will make it a solid weapon but with enough flex to take the risk of serious injury away. Once the equipment is in place I will be then be running seminars and contacting other martial arts schools with the view of getting some interest and perhaps an association going so we can start some competition . For the moment I am experimenting with the best protective equipment especially gloves as a smack across the knuckles is the only injury we have encountered so far. I am extremely excited about this and I know I must be serious as I am being extremely patient instead of rushing into things as I often do. I am very excited and hope many people here will give it a try.



Hall of Fame

Below listed are those who have been awarded Black Shirts at Joe's Boxing. I aim to upgrade our honour board with all who have achieved this standard time honoured for all who pass after to see.

- Adrian McCabe
- Andy Madden
- Ben Duffy
- Blake Shave
- Bruce Maddock
- Damien Dooley
- Daniel Midghall
- Emma Fitzwilliam
- Gaurav Sodhi
- Leon Moran
- Matt Conacher
- Oscar Garcia
- Patrick Hofmeister
- Paul Sullivan
- Peader Cullen
- Rachel Parmeter
- Salvatore Indovino
- Tory Virtu
- William Doomagee
- William McDonnell

Get your name on that wall!

Floyd Mayweather Jr insists he has the ultimate respect for May 5 opponent Miguel Cotto - but is supremely confident he will extend his record to 43-0 as a pro. The 35-year-old has been granted a fight in Las Vegas before starting a 90-day jail term on June 1 for domestic abuse and he is determined that he will maintain his perfect record. But 31-year-old Cotto (39-2 30KOs), at 154 pounds and clearly a bigger fighter than Mayweather has taken on since Oscar De La Hoya exactly five years ago on May 5, is considered a dangerous opponent. "I can't overlook a guy like Miguel Cotto," said Mayweather. "The fans should watch this [fight] because in my eyes Miguel Cotto is an undefeated fighter. He fought one guy at a catch weight and another guy who got in trouble for cheating. He's strong a knockout puncher and he always comes out and fights in a pleasing way. "But last time I checked, all 42 [of my opponents] have been dangerous, but they all ended up in the same place. "The key to me winning is being in control like always, keeping my composure like always and never going out of character. "Uncle Roger said this is the hardest he's ever seen me train. This is the hardest he's ever seen me work for a fight. "The hard work has been done. During fight week, we will focus on shadow boxing, mental work and light training. "It's been a roller coaster ride throughout my whole career, but I'm blessed to be where I am and I want to continue to go out there and dominate. "I'm always looking to give the fans what they want to see." Cotto is just as confident that he has the tools to put a first defeat on Mayweather's stellar record.



How would you like us to communicate ?

Our computer system has the ability to directly text, email and now Skype . I also am posting events on Facebook , twitter and Linked-in. Please befriend me at 'Joeprimativ' on Facebook or like Facebook page 'Joe's boxing Club Sydney' or join 'Joe's Boxing Sydney' Group. Joeprimativ is the most active however the others are updated with newsletters and major events. We are @joesboxingclub on Twitter and I am Kojoe1 on Skype. Please befriend me in any mode and give me your preference I will endeavour to use it.

Now that costs for text messaging are negligible I will be targeting you with text messages however if you use Skype more or any other preference please let me know as I want the best possible way to get hold of you if we need to.

Important: Please update your mobile with me if it has changed.



Closed for Public Holidays

Many ask if we will be open over Holiday weekends however it is my policy to give my instructors who are mainly voluntary a break and not have the hassle of finding alternates. In general holiday classes are small as once the holiday starts people don't come anyway, they just like the idea that they could if they wanted. You should train regularly and enjoy the rest guilt free.