



JOE'S BOXING SYDNEY

APRIL 2014



JOE'S BOXING CLUB
SYDNEY

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

Putting it into practice !

It's your power you decide how to use it

As much as I shouldn't I really enjoyed my first street fight in years. I was picking up a friend from work and ran into two horrible redneck biker types who racially abused a man just minding his own business and were just itching for trouble and although I could have avoided it, I was just so appalled at the treatment of someone who couldn't defend themselves I decided to not turn the other cheek for once. So they turned on me and it escalated to the point that the big one who was maybe 120kg tried to head butt me so I unleashed a flurry of punches and then grabbed some hair pulled him forward and actually quite gently lowered him to the ground. The smaller one with ZZ-top styled beard came swinging with some overhands but had his eyes down so wore a couple of uppercuts but then 'fatty' was up and hopping mad so I reverted to karate and swept his leg and gave a mild kick on the way down then had to deal with shorty again and probably as they were full of 'Ice' as well as Bourbon, 'big bertha' gets up a 3rd time so another sweep and then a couple of stay down please but staying always aware where my little friend was. Luckily we had been doing 2 on to 1 sparring of late which really teaches you to keep one opponent in front of the other as if they can get behind you as then you can be king hit. So in some ways it wasn't exactly like the movies as I didn't knock them out as I was aware of the other following up. At that point I had backed across the road around where my car was and actually tripped over the curb but was lucky my larger friend was still lying prone and ZZ-top was a little dazed too. As Ronda & Chevy were in the car I moved from the side street to the Pacific Highway and under the street lights followed by my new friends who were a little worse for wear by this stage and scuttled away still uttering somewhat hollow threats. This all sounds pretty casual but unless you are the type to get in street fights on a regular basis then you will quite rightly have all the fear and trepidation the situation deserves. When it happens all my black belts and experience don't count it is just you and the unknown so unless you are naturally Rambo you will be brave but scared. In our society too we have to be aware of the limits of what we can do, so if I were to really hurt these guys I could be facing a charge. One of my best students ever very recently got into an altercation at the Casino he was racially abused, continually provoked then attacked by a man much bigger but in a couple of blows dropped the aggressor but because he gave him a couple of stay downs the police were deciding whether to charge him for excessive use of force. This is the dilemma you may have to face and believe me in your heightened state due to a phenomena called 'Accelerated Mental Processing' (aka life flashing before your eyes) your brain will think of all these options and act accordingly. In my case my actions escalated as the gentlemen did not cease their attack and got up like Zombies after being shot but I guess the first rule is survival and this decision you have to make at lightning speed and suffer the consequences later whether it be from acting with force or the violation you may feel from not acting and walking away when you really felt like not. I am here to give you the skills and confidence that you may have more choices in dire situations but it is up to you how you use them and then be prepared to face the law if it is seen that you use excessive force.

Coming Up

Friday April 25th - Sunday 27th -Rylstone Camp

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

General Shirt Promotion White to Red Shirt Monday 26th May from 7pm

Performance Under Pressure Seminars

Saturday 24th May & Sunday 25th May @ 10.30am

Early Bird

\$25 per session or \$40 for both

Rylstone Camp Anzac Weekend 25th to 27th April - No charge!



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!