



JOE'S BOXING SYDNEY

APRIL 2015

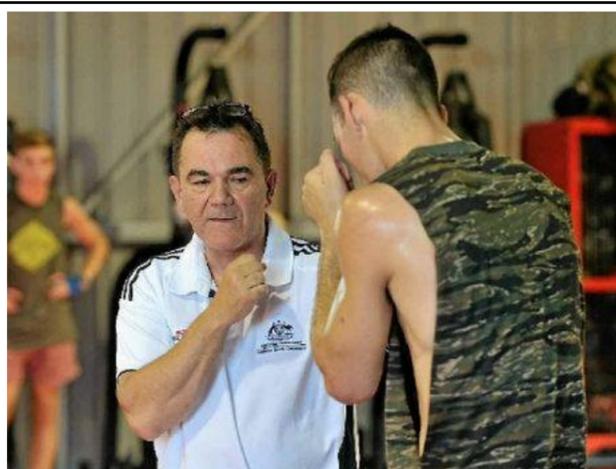


JOE'S BOXING CLUB
SYDNEY

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

Training Camp with National Coach 11th –12th April



Two Day training camp with Olympic Boxing Coach 11th and 12th April 2015. This training Camp will be conducted by National boxing Coach Don Abnett Training camp will consist of Four sessions a day. This camp is for boxers interested in learning the latest training techniques.

All participants will need to bring a towel, head gear, mouth guard and 16 oz gloves.

**Training Camp COST \$80
Where : Evolution MMA 33/7 Carrington Road Castle Hill
For any inquiries please contact David Jenkins
On 0409247883 or standupboxing@optusnet.com.au**

The last one 16th & 17th August 2014, 10 Joe's Boxing Students took advantage of the opportunity to train with National and Olympic Coach Don Abnett . Don, fresh from success at the Glasgow commonwealth games where Australia won 2 gold's & a silver medal took an awesome two days of skills and sparring which left some very tired but happy Joe's Boxers. Don was equally happy to spend time with competitors and non-competitors alike but don't take my word for it Rossella wrote the following -"Looking back on my two days experience of participating at Don's Boxing Camp the first thing that I recall is the eagerness I felt initially, of wanting to learn, observe and then the urge to apply what I had retained into practice. This experience and his teaching reminded me of the importance of basics/foundations and precision/attention to details. We started working on footwork and the attention was on moving into space (forward, back, side to side, switches) maintaining the correct distance between the feet and the correct posture. The repetition of the foot work allowed me to focus on precision and centering. What I really enjoyed about Don's teaching was how everything kind of flowed. As we moved from practicing foot work and simple combos into circuit, bags and sparring I felt how each session provided me with the tools needed next. I also enjoyed very much observing talented and passionate young boys in action and Don was there for them ready to motivate and nurture their passion. In boxing , especially on a competitive scale, the balance between physical, mental, and emotional strength is essential and to me boxing is a sport that allows us to develop inner calm and inner strength. I cant wait to have again the opportunity to do a boxing camp with Don!! " - Rossella M (Please take the opportunity you won't regret it)

Coming Up

Saturday 11th April & Sunday
12th April Training Camp
with National Coach Don
Abnett

Sunday 19th April 9am—
Open Sparring Umina PCYC

Friday 29th May from 7pm
@ Paddo RSL fights with
Joe's students participating.

I think [Joel Keegan](#) is the best coach currently in Amateur Boxing in Australia and these open sparring sessions attract the best . If you want to test yourself then go here.



Please like us

Joe's Boxing
Club Sydney

Keep up to date with all the exciting news etc. from here

Evolution of Man

Gunther von Hagens' life reads like an archetypal scientist's resume—distinguished by early precocity, scholarship, discovery, experimentation, and invention. It is also the profile of a man shaped by extraordinary events, and marked by defiance and daring. (pictures at right with one of his subjects)

I have enjoyed watching several of Gunther's programs usually aired on SBS where he carves up cadavers to illustrate how the body functions. His latest series being the one I enjoyed the most being what happens to the body in a trauma situation and with the help of expert first aiders how best to keep the person alive till help arrived. As I had just done my first aid course at the time it was really good timing and happy to say what I had learnt was spot on.

Something he said though has prompted me to write this piece. He talked of how resilient the body had evolved to absorb blunt trauma but because weapons especially sharp knives had only been invented in the last 1000 or so years the human body had not had time to adapt and therefore we were vulnerable and was perhaps the most dangerous injury as we would bleed out very quickly. Of the stab wounds demonstrated all three would have proved fatal. Perhaps over time and even with medical help we will adapt to coagulate quicker giving valuable minutes before help arrives.

I have always said the world needs its warriors. Recently a boxer died after a bruising 10 round title fight and as usual the AMA came out with its demand to ban boxing but as much as what happened is a tragedy, boxing is as safe as flying on commercial airlines and slowly but surely the ability to absorb body and head blows will re-enter the gene pool making mankind more resilient for future challenges which inevitably will take place on this planet or elsewhere. Do boxing help humanity—Winning!



***The Black Shirt system** is the core of the Joe's Boxing program and something I hope as many people as possible who come here will graduate to and I believe will see them with skills and experience that can carry with them for the rest of their lives. Unlike many martial arts self defence systems there is very little filler of superfluous technique which is unproven in combat. Boxing is simple and its simplicity is what makes it so effective. Fear not the man (woman) that knows 100 techniques. Fear the one that knows three techniques really well and that is boxing summed up. It takes an average of 18 months to two years for someone here to get to black shirt. Some do it in one year some take four doesn't matter. So when you get the text to try for your next shirt level just shut up, pay up and don't ask questions and just put your trust in the process because it works!*