



JOE'S BOXING SYDNEY



JOE'S BOXING CLUB
SYDNEY

AUGUST 2013

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

Joe's Boxing vs NSW Finest

The poster features a central graphic with the word 'PRESENTS' in large blue letters, a crown above it, and a banner that reads 'A Night Of KNOCKOUTS'. Below this, two boxing gloves are shown, one silver and one black, with 'THE BEAT' and 'THE STREET' written on red banners underneath them. At the bottom, it says 'SAT. 24TH AUG. LIVE from JOE'S BOXING CLUB DOORS OPEN 7:00 PM 20/118 Queens Rd Five Dock' and 'WWW.JOESBOXING.COM.AU'.

Coming Up

August 17th—18th ABA
Coaching Course St Marys
PCYC

August 18th 2pm Croation Club

August 24th Joe's vs Police box-
ing night

August 25th performance under
pressure seminar Renzie Han-
ham 10.30am

October 26th Joe's Boxing an-
nual Fight Night 7pm



Saturday 24th August @ 7pm
raising money for Max & Giant
Steps school for Autism please
support if can't make dona-
tions can be made at the ac-
count listed on our website
[www.joesboxing.com.au/
Autism-fundraiser.htm](http://www.joesboxing.com.au/Autism-fundraiser.htm)

Our Sponsors Corner with
much appreciation

SHURE



Disclaimer: In getting permission for this show from the NSW Police we wish to make it clear that this is not an official Police event and those members of the Police force who are participating are volunteering their own time to support Max and we are most grateful for their efforts. Please make our guests welcome, consume responsibly, make lots of new friends and enjoy .

PERFORMANCE UNDER PRESSURE

A workshop by Renzie Hanham QSM
Sunday August 25th
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 2nd Dan Black Belt in Judo. He has been my greatest life influence and still consider him my teacher and long time mentor. I am so proud and grateful that he has agreed to come to be part of this special weekend and that you will have a chance to meet him and have an opportunity to listen to his incredible stories and impossibly bad jokes ! Please come to this seminar free if you bought a ticket to fight night \$25 otherwise. Non students and friends most welcome.

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.