



JOE'S BOXING SYDNEY

JANUARY 2014



WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

Rhonda Rules

2014 off to a great start already

Tuesday 7th January 7pm - was our first class and we had 12 eager people turn up for it and although it wasn't the toughest class for the year we will still all a bit sluggish from the Christmas pudding. That first round of plank is just no fun but everyone seemed happy to be back and there were already new starters keen to get going with their new year activities and goals.

Thursday 9th January 7pm—David Sturmer (Lana's Dad) presented us with a massive and exquisite painting of a boxers hands (below) loosely modelled on a picture of our Andy Madden. David is doing some five practise paintings before entering his masterpiece into the Archibalds obtaining glory and our boxer's hands then become s a priceless collectors item. 18 people came to class and the pace and the heat saw plenty of sweat hitting the floor.

Monday 13th January from 5pm the full timetable has returned and many old and new soldiers are returning and suffering through those first few rounds of skipping and the inevitable plank round at end of class.

It probably begs the question why do we do it to ourselves something that after 35 years of training I still seem no closer to the answer !

Happy New Year everyone hope its full of good things and hope to see you all soon!



Coming Up

Monday 13th January Full Timetable resumes.

Tuesday 4th February 8pm black shirts only class advanced boxing & MMA class

Friday 24th January till Monday 27th January school is closed but all welcome at Rylstone for informal camp.

Thursday 27th March Shirt Promotion for white to Red

Black Shirts only class

Tuesday 8pm from February 4th 2014

Now that we have over 20 Black Shirts actively training I would like to trial a black shirts class which will focus on advanced training and will pave the way for the martial arts Primativ Warrior black shirt covering kickboxing ,MMA grappling and weapons including X-Kombat & Sword.

Rylstone Camp FREE

**Australia Day Weekend
Friday 24th January till
Monday 27th January**

Whenever I do a formal camp so many people express interest but have timetable clashes and always say please let me know when you are next going up so while this is not a formal camp I love company please join me.



David Acland and Greg Haynes stripping down for a music video for Grammy award winning violinist Hilary Hahn

Film Shoots Galore

From October thru December 2013 we had three film shoots here featuring the school and some of our talent the first was for a Vodafone ad which shows the school up nicely and can be seen on YouTube the link here http://youtu.be/k3phPA4_Yz8 then we had a photo shoot for Harpers Bazaar which will be featured in an upcoming edition TBA and then we asked to provide talent for a music video for Grammy award winning artist Hilary Hahn who put the word out worldwide for people to send in video's the best would be used. The guys from TD DEPT interpreted the duet between a violin and a piano as a duel and hence set the scene in a boxing ring. Greg , Ben and Dave became professional actors / stuntmen for the evening being paid a modest stipend and suffered for their art taking unanswered blows from each other and stripping to the waist and doing some damn hard sparring for the camera. Again we have not seen the finished product as yet but it should be great. The film and photo shoots seem to come in waves and we have had everything from fashion shoots to roles in 90's murder mystery series 'Murder Call'. Whenever possible I get students involved if they are looking for talent and we have been paid on a number of occasions. It's certainly not the main game but another benefit of being at Joe's and because our profile is high on the internet and the gym is clean but 'rustic' it fits in with the cliché image that many directors want to portray so it could be summed up as a 'cunning plan Baldrick' .