



JOE'S BOXING JOE'S KARATE JOE'S OZ ADVENTURES



JOE'S BOXING CLUB  
SYDNEY

JULY 2011

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

*With Trust & commitment we make dreams come true*

## Changes to program from July 1st 2011

From the 1st July I am turning 6pm classes Monday to Thursday into Boxing classes with an emphasis on fitness more than technical. The two martial arts classes Monday & Thursday which had turned into kids classes anyway have shifted to 4pm and the new members/starters class will remain on Saturday at 2pm. I am trying focus this whole 6pm timeslot to appeal to women & guys as with the demise of a local fitness boxing competitor who had this timeslot as their peak time for people who live locally and especially women who like a real fitness focus. The new structure therefor will be 4pm Kids Martial arts, 5pm youth & adult, 6pm workout less technical, 7pm workout more technical, 8pm advanced & sparring. Can I just say this has been the best year ever 4 the school.

## The Ultimate Challenge Cabana Bar June 9th

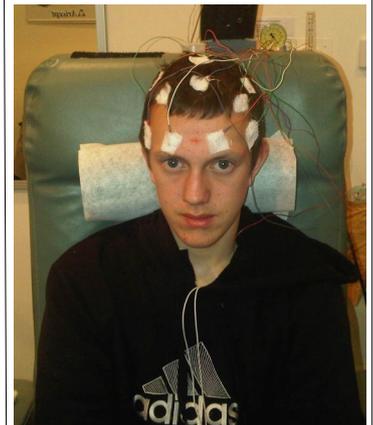
Tom had his first win and what a great win it was outpointing a strong and aggressive opponent in a poised and relaxed manner. James S , Ross M & James B all made their debut all acquitting themselves well and adding to our ever growing collective experience. No matter if you win or lose or never do another fight you will never forget the experience and should be immensely proud of yourselves for putting it on the line its so not easy. Thanks to Boxingworks and Tomas & penny from Cornerman for putting on the show and also for raising over \$6000 for charity. We have now developed quite a rivalry with Boxingworks who compete well but have a similar culture of good sportsmanship and friendship. Thanks to the wonderful officials who look after our guys especially Polly, James and Lance the ring doctor which makes me feel secure that our fighters will come home safely after the wars have ended.

## Joe's Fight night & 2000 party September 17th

*I am planning to hold the world Joe's Boxing fight night Saturday 17th September from about 7.30pm. Therefore I am looking for participants with priority given for red shirts who will be doing their black shirt promotion on the night. This is an internal club night where members or perhaps friends from other gyms are matched for a crowd judged exhibition & you don't have to be registered with ABA to participate. This will be followed by the 2000th student celebration. Tickets this year will be only \$10 at door and prepaid on \$5 with raffle ticket inc in price. Byo Ok but this is a family event. I am hoping to have kids fights, sword demo's , girl's fighting plus some really good matches all friends&family welcome.*

### Coming up

- Croation Club 1st July crocodile promotions
- Maydad's Show Bondi Rsl 30th July
- Tatersalls Fight Night Friday 26th August
- Spring is here training Camp 2nd-4th September
- Joe's annual fight night and black shirt promotion Saturday 17th September
- Industrie Challenge 14th-15th October
- City Vs Country Bathurst 3rd December



**In an effort to get 'the edge' Jack undergoes experimental psychological 'infusion' therapy in preparation for his upcoming fight**

## LAUNCH OF JOE'S KARATE

ESPECIALLY AIMED AT KIDS 8-12 YEARS

For the past three years or so I have been trying to get a program for Boxing and MMA program going for kids under 13 years old under the Primativ Warrior name and although I have a few kids doing sword and martial arts, it has not enjoyed the success that Joe's Boxing has had. I have therefore decided to try advertising as Joe's Karate as I have been having success in teaching karate to this age group. I am committed to building a martial arts program still and feel it has much to offer young kids and is vastly different and better than other martial arts programs out there I just need a bunch of kids to prove it.

I also believe the benefits of cross training in martial arts for adults especially combining boxing with some grappling and ground techniques and if you truly wish to become effective in self defence these techniques would be invaluable so I will continue with the Saturday 1pm adults MMA/self defence class in the hope that more of you will take advantage of the opportunity.

The kids program is initially just two classes Monday & Thursday at 4pm but I am reserving all 4pm slots for kids classes or private lessons for kids and there is room for a class on Saturdays if there was demand.

Although called Joe's Karate I will be teaching a broad range of skills from traditional karate kata as well as a modern version of the same kata, sword plus elements of boxing, kickboxing, judo & Jiu Jitsu . Contact combat will be minimal but soft sword fighting , wrestling and some light sparring will be possible.

For the most part younger kids find it hard to master the skills of boxing or their mom's don't like the idea however there are the exceptions and they could be the world champions of the future. For this purpose I have created a future champions program similar to our contender's package which through a mix of classes and personal coaching we can accelerate talent similar to the tennis academies where the likes of Agassi and Courier got their start. Only for a selected few. Please let people know that we have kid's classes Monday & Thursday at 4pm & anybody you refer that joins entitles you to a reward of up to \$50 goods from me or from the catalogue from my supplier at [www.smai.com.au](http://www.smai.com.au).

### John Wayne-Parr world Muay Thai Champ makes an error in judgement

Recently on the Gold Coast John who is an incredible fierce competitor but extremely nice guy held a show where he had his seven year old daughter fighting a full contact kickboxing match. They were wearing karate style helmets and in all honesty seven year olds do not have the power yet to cause excessive damage to each other and karate or tae kwon do matches apart from the danger of copping a fist to the face would be of similar intensity. However John opened the door to those few but vocal medical 'experts' who would ban boxing at all level more free air time promoting their polarized view . Boxing is far more regulated in NSW than anywhere else with no competition boy or girl allowed till they are 14 years old . Inter Club 'sparring' non judged bouts are permitted but they are not permitted to fight on a show where an entry fee is charged. This is the right level of care and safety, I believe so let it go John or you run the risk of being far more regulated than you would otherwise be.

## THE BIG RING

**BILLY DIB cannot get on to Australian television screens. Not even with a world title fight. It's why this one means everything.**

The Daily Telegraph can reveal Dib - the Sydney featherweight with only one loss in eight years and 33 fights - is "going all in" to challenge Mexican Jorge Lacierva for the vacant IBF featherweight title at Homebush on July 29.

Far from a meaningless dip into the alphabet soup of boxing titles, Dib is fighting for the same belt that once hung around the waist of no less than Jeff Fenech.

Incredibly, this will be Dib's first world title fight since his terrible WBO challenge against Californian Steven Luevano in October 2008 - the only loss of his career. So comprehensively was Dib beaten, Golden Boy dropped him and, almost overnight, "Billy The Kid" went from fighting for titles in the US to fighting for peanuts at Cronulla Leagues Club *Profes-*

## Wanted

**Participants for Joe's Boxing fight night from young to old anyone considered if you have a buddy you want to rumble with even better !**

*That's it Folks see you next time!*