



JOE'S BOXING SYDNEY

JULY 2014



WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

What's up July - A Quick roundup ?

Monday 23rd June saw the biggest shirt promotion I have had with 18 people grading on the night and the most blue shirts promoted at once (11) . I am very pleased to see people progress and there is at least one more chance for the blue shirts to get their red shirt so they can be eligible to test for black shirt at our annual fight night and finale in November. The black shirt system is key to our program here giving some structure and syllabus to support progress and goal setting and the black shirt test is as close as you will get to doing an amateur fight without registering and therefore is a good benchmark for those who are considering making the step to competition. Although some people do their black shirt within a year I think 18 months to 2 years is a more reasonable timeframe to complete in but if you are in a hurry then as long as you test for all your shirts that's ok .I really like everyone to experience one of my boxing camps at my gorgeous Rylstone bush property sitting right next to the Wollemi national park. Because I own the property it is inexpensive to attend and for those who have it is unforgettable and a key ingredient in the Joe's Boxing journey . The next camp will be in September but I go up myself many weekends anyone is welcome to join me. Congratulations to Ben who scored a win at Paddington RSL on the 4th July but special mention to Greg, Will & Mark who all had tough fights and although not victorious I am no less proud of you. Both Greg and Will have now had around 10 fights each which surpasses Will McDonnell (8) as our most experienced fighter. Most people here or anywhere have 1 or 2 fights and even if they win realize how tough it is and tick that box and move on there's only a few brave or foolish souls that will stick it out and reach the open divisions that start once you achieved 15 fights and go the 3 X 3 minute rounds. The experience these guys get is reinvested into the school.

Highly Recommended— Opportunity to train with Olympic Coach

Two Day training camp with Olympic Boxing Coach 16th& 17th August 2014 This training Camp will be conducted by National boxing Coach Don Abnett Training camp will consist of three sessions a day. This camp is for boxers interested in learning the latest training techniques. Training classes will be split between beginners and Advanced All participants will need to bring a towel, head gear, mouth guard and 16 OZ gloves. COST \$80 Where 7 Carrington Road Castle Hill. *(Great opportunity especially for those currently or thinking of competing or who have achieved a reasonable standard plus will be good for our profile if we can get a sizeable team to attend and may open doors to AIS Canberra training camps for our fu-*



and development ture champions.)

Coming Up

July 27th from 1pm - Assyrian Sports & Social Club Fairfield Amateur Boxing \$30 entry

Saturday 16th – Sunday 17th August Training Camp with Don Abnett Olympic Coach cost \$80

Monday 26th August 7pm - General shirt promotion Grey to Red \$20

September 12th—14th Rylstone Spring Camp \$25 (especially encourage for those doing black shirt in November



Rachel is featured in this month's Cosmopolitan magazine along with Kaye Scott 2014 Commonwealth Games representative (see over)



Shudda Ducked !!

... they're all BOXING CH

Step inside your local boxing gym and you'll probably get a surprise. Rather than being full of square-jawed, testosterone-pumped Rocky Balboa type of guys, a growing number of women are slipping on the gloves, popping in their mouthguards and hitting the pads at their gym – hard.

According to the Australian Bureau of Statistics, boxing is the country's fastest-growing sport, with the number of people taking part rising by 131 per cent since 2005 – and that includes both men and women.

Australia is already producing a string of champion female fighters, and the 2012 Olympics saw women's boxing become an Olympic sport for the first time. While some ladies are competing with their sights firmly set on a state, national or even world title, it's not all about trophies.

Many women see the sport as a good all-over body workout, an effective form of self-defence, and a more exciting way to stay fit than a morning jog or yet another weight session at the gym.

Here, three women take us inside their world...

👉 Rachel Parmeter, 24

Rachel, a physiotherapist, began boxing in 2011 while studying at uni. Frustrated with netball but with energy to burn, she's used boxing to build on her strength and confidence.

"I started with one-on-one lessons to learn the basics but knew early on that I wanted to fight. Getting ready for a fight means 10 to 12 hours a week in the boxing gym, running four or five times a week and strength work. I've had five fights in the welterweight division at 69 kilos and under, so I usually have to lose a few kilos.

My parents don't watch me fight. Friends have, but watched from behind their hands! If there's any stigma about female boxers, it's from outside. People assume you can't be a boxer and be a girl. Boyfriends have sometimes felt intimidated and then there's the: 'Well, I'm not going to piss you off then!' Or there's respect..."