



JOE'S BOXING SYDNEY

JUNE 2013



JOE'S BOXING CLUB
SYDNEY

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

Tickets available at gym for Trivia night 22nd June \$50 each

What's bin Happening ?

May has been a relatively quiet month competition wise for our own school but in the big ring Floyd Mayweather continued his unbeaten run outclassing a six time world champion Robert Guerero in a relatively one sided lesson in boxing. Mayweather now 44--0 has signed a six fight \$250 million deal with showtime making him the highest paid sports star ever. Saul Alvarez who is his next fight who is just 22 years old and undefeated in 42 contests has probably the best chance I have seen of denting Mayweather's flawless record. Mayweather however is the best defensive fighter ever ,does not seem to take unnecessary risks and is so patient it is a huge ask no matter how awesome his opponent is.

Knife Defence & Knife Fighting Seminar

Sunday 9th June from 11am-1pm

Free to current financial members else \$10 pp

This will be simply most practical exposure to the best knife defence or knife fighting system out there. Forget karate or other martial arts such as Krav Maga they just don't cut it ☺ The knife is the most dangerous weapon available easily concealed and deadly. Sensei Malcolm Ayles is an expert in this weapon's system which has been taught to special forces around the world so don't miss this opportunity. Malcolm and I are old friends and colleagues and have agreed to do reciprocal seminars for each other's schools. To get an idea of what may be shown in the seminar see <http://combativestraining.com/>

June 22nd 7pm Trivia Smackdown Night Paddo RSL

Cost \$50 per person all monies raised go towards Maxie's therapies and Giant Steps school for Autism. Tickets can be bought on the night or at Joe's Boxing and for every ticket presold here I am offering a one hour private lesson to the ticket holder or person who pays that can be retrieved anytime subject to my availability and are transferrable. I will be working some Sundays so I can service.

Super tickets Package Deal-\$70

Tickets to both trivia night June Saturday 22nd Paddington RSL from 7pm and premium ticket (drinks inc) to Joe's Boxing vs Police 24th August plus one private lesson with Joe per ticket sold

Coming Up

June 9th 11am - Knife seminar Malcolm Ayles

June 15th Fight night in Kandos then a day in Rylstone

June 22nd - Trivia night Paddington RSL

June 23rd Womans sparring session 10.30am

June 23rd Croation Club amateur promotion 2pm

July 12—Randwick labor Club

August 24th Joe's vs Police boxing night

August 25th performance under pressure seminar Renzie Hanham



A night of Trivia & Frivolity raising money for therapy for Max & Autism—Paddington RSL 22nd June 7pm—12pm

Kandos Boxing & Rylstone Camp 15th & 16th June

There is a boxing promotion at Kandos community hall on Saturday 15th June and then stay at my place at Rylstone. Share petrol and food let me know if interested I will leave Five Dock at 4pm come back Sunday



Boxing for 12 years old and under

We have been getting kids 10 years old and younger applying to become members some of which I have turned down as they do not have the maturity to enter our normal youth/adult classes. My supplier has now released a range of 6oz and 4oz boxing gloves suitable for small hands. I am therefore going to open four half hour classes per week for kids. The idea is that these classes will be the feeder into the youth adult classes so that when the students skill and discipline are up to scratch regardless of age they can then join the more serious classes. The classes will start in July and I am looking at Saturdays at 1pm and Wednesdays at 4pm with both times split into two half hour sessions with the younger ones (under 8's) dropping off after 30 minutes and the older ones or more advanced doing an hour. As in the past when I started the karate kids program the best way is to start with members children so if your child is showing interest come down and have a trial which is free for current members .

RELAXING THE FAST PUNCH—EXPERTBOXING.COM

This is something I've understood for a long long time. This principle will hold true for any sport or athletic endeavor that you pursue. The ONLY way to move at your fastest speed is to be RELAXED! The most relaxed muscle has the most potential for moving at maximum speed. In all sports that you observe, you will see that it is the most relaxed athletes that outperform their opponents. I use to be a track & field sprinter and I will tell you that the most relaxed runners make the best sprinters.

Do keep in mind, there is a fine line between relaxed movement and lazy movement. To be RELAXED in movement means that you are moving with flow allowing your movement to express itself freely without tension and stress whereas being LAZY in movement means that you are moving without control and purpose.

So how does one "relax" for a faster punch? First off, don't tighten your fist all the time. Instead keep those hands relaxed and tighten them into fists only at the moment of impact. When in doubt, relax those hands even more. Keep your shoulders loose instead of hunched. Don't flex your biceps or tighten any other part of your body before the punch. A relaxed body will punch faster!

Women's sparring 23rd June from 10.30am

With more and more girls wanting to improve their skills I have been asked to run a women's only sparring session so will run a special class once a month on a Sunday for the girls with special guests from time to time.

FLOYD Mayweather has announced his next bout will be against Mexican rival Saul "Canelo" Alvarez, and it could well be the biggest fight of all time.

Both undefeated, Mayweather and Alvarez will fight for four titles at a catchweight of 68.95kg, and recognition as the world's pound-for-pound best boxer. The fight will be held on September 14 (September 15 AEST) at the MGM Grand Las Vegas, and the buzz already created for the showdown could see it challenge Mayweather's bout with Oscar De La Hoya in 2007 as the highest grossing fight in history. Ironically, De La Hoya played a crucial role in arranging this fight between Mayweather and Alvarez, in his role as chief executive of Golden Boy Promotions, which handles Alvarez and has worked with Mayweather on a fight-by-fight basis for some years. Mayweather stands as the king of boxing with an unblemished 44-0 (26KO) record. But Alvarez is also undefeated (42-0-1, 30KO) and at just 22 years, is considered the future of the sport. Mayweather's fight against De La Hoya recorded 2.4 million household purchases, smashing the 1.99 million record set by Mike Tyson vs Evander Holyfield II in 1997. Mayweather defeated De La Hoya via split points decision, and while De La Hoya claimed \$52 million from that fight and Mayweather \$25 million, the latter has gone on to dominate earnings in sport. Mayweather is now the highest paid athlete in the world and signed a six-fight, \$250 million deal with Showtime over 30 months. This coming bout with Alvarez is the second of those six - Mayweather convincingly defeated Robert Guerrero earlier this month, his first fight since a three-month stint in jail for domestic battery. With additional earnings from pay-per-view buys, on top of his Showtime contract, Mayweather could surpass De La Hoya's \$52 million record with his 45th professional bout. Alvarez is a Mexican national hero and the fight is being staged on the Mexican independence day long weekend. He had been tipped to meet Mayweather in the ring at some stage, but today's announcement took many by surprise because it was assumed Alvarez would have one or two more fights to prepare. Alvarez was nevertheless full of confidence today, declaring he would become the first man to defeat Mayweather