



JOE'S BOXING SYDNEY

MAY 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 ?

Since our last newsletter the only contest we entered was at Darling Harbour at the Fitness & Health expo where Chris Miller performed very well but lost on decision. He lost 3kg in just a week to weigh in at 80kg however may have lost a little energy in the process. Two people of note Danny Green and his arch nemesis Anthony Mundine were both in attendance but not at the same time which may or may not have been lucky. We now look forward to a number of promotions with our students competing in June and July and then in August the two fundraising fight nights first Joe's Boxing vs Police then our own fight night on October 12th being the pinnacle event for the year at Joe's Boxing.

## Knife Defence & Knife Fighting Seminar

**Sunday 9th June from 11am-1pm**

**Free to current financial member 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/>

### Max's Story in Stephanie's own word please support our fund raising effort for Max 's therapy & Giant Steps Paddington RSL 22nd June 7pm

Imagine a boy, my child, a sweet, beautiful and innocent soul full of so much joy and love but locked inside his own world for so much of his life. Born without the skills and language to naturally engage with others. Max was never a boy who would run and get his favourite toy to show you or point out the car window and cry out in delight at something so simple as "truck" or "train" passing by. Being our first we didn't notice anything was wrong until he was two and a half and the kids at daycare would say "bye Max" but he would be staring the other way and seemed to not even hear them. There began the usual merry-go-round I've heard so often from other parents in the same situation. Is there something wrong with his hearing? No. Heart sinks a little. Just a speech delay? (You hope) Then he starts screaming with pure fear at the sight of other kids in the playground. You know what could be wrong but don't want to believe it. But by the time you've slotted a session at the paediatrician you know before she even confirms the diagnosis, he has autism, a life long condition with no cure, no recognised cause and about a hundred different treatment options which all demand your attention, finances and if not, guilt for not giving them a try. *Would love to see you on June 22nd Paddington RSL 7pm*

### Coming Up

May 23rd General Shirt Promotion  
7pm

June 9th 11am - Knife seminar  
Malcolm Ayles

June 22nd - Trivia night Paddington RSL

June 23rd Croation Club amateur promotion

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

### Paintball now at Rylstone

Another good reason to come to a camp at Rylstone is that Paintball has opened up just down the road so now you can come to camp with your friends and shoot them!



**Myth: the theory that stretching prevents injury has been disproved but the practice remains popular.**

*This article I recently saw in the Sydney Morning Herald which as I like supports something I think whether right or wrong.*

This year I joined an outdoor fitness group and became reacquainted with fit-person's disease, more correctly known as delayed-onset muscle soreness. After an hour of squats, lunges, push-ups and these delightful exercises called burpees – think squat, jump and push-up all in one – I'd spend the remainder of the week walking like a cowboy, hobbling down stairs and letting out far too many groans in the workplace. According to most people, including the elderly gentleman who helped me alight from the bus, the obvious solution to my ailment was to stretch, before and after exercise. Stretching would also reduce the risk of injury, some said. However, while it seems common sense to warm up muscles, and it often feels good, too, is there any evidence that stretching reduces muscle soreness or prevents injury?

The practice of stretching gained popularity in the 1960s when scientists believed muscle soreness resulted from muscle spasms. Lengthening a muscle was thought to restore blood flow and reduce the spasm. While this theory of muscle soreness has been disproved, the practice of stretching continues.

Physiologists now believe muscle soreness is the result of minor damage to the smallest contracting units of the muscle, called sarcomeres, during intense exercise. Tiny tears can form in these cells when a muscle, or group of muscles, are unaccustomed to a hard workout. The micro-damage is accentuated when performing exercises that require muscles to contract at the same time as they are forced to lengthen and stretch, such as running down hill.

As the damaged fibres swell, the body responds by flooding the area with specialist repair cells and exciting pain receptors. So muscle soreness, which usually presents a day after intense exercise and peaks after 48 hours, is not caused by this micro-damage but by the body's inflammation response to it.

The non-profit Cochrane Collaboration has published several reviews during the past 10 years that have assessed the efficacy of stretching, before and/or after exercise, on muscle soreness. The most recent review, co-written by the University of Sydney's Professor Rob Herbert and released in 2011, drew on a dozen, mostly small, randomised control trials (for which half the participants stretched, the other half did not) and one large study with more than 2300 participants. They found stretching provided little, or no, reduction in muscle soreness experienced up to a week after physical activity. While the reviewers acknowledged the studies were of average quality, when grouped together their findings were consistent. A similar study published in the *Medicine and Science in Sport and Exercise* journal in 2004 reviewed the link between stretching and injury prevention. It found limited evidence to show sports injuries could be reduced by pre- and post-workout stretches. Read more: <http://www.smh.com.au/lifestyle/diet-and-fitness/does-stretching-prevent-injury-20130419-2i553.html#ixzz2RZhoxgpa>

*After years of training in karate where I did all manner of stretching exercises including front and side splits I found that when I stopped my knees no longer got pain and in general I felt much better because there is no longer strain on the ligaments which while trying to stretch the muscle were copping it, These days I do the Pilates 'Standing Roll Down' when my lower back is tight and not a lot else. I believe in a dynamic warm-up such as we do with skipping but also remember in a self-defence situation we may have to go from stop to max to save ourselves. Not for everyone but sometimes I do sparing with no warm-up at all to simulate just that situation. By all means disagree I definitely have no monopoly on truth.*

***The Truth about exercise a really interesting program recently aired on SBS that showed a really hi-intensity burst of just 20 seconds multiplied by 3 repetitions such as you could get cycling, sprinting or say burpee-push-up– star jumps in other words lung burners fool the muscles into thinking they need more glucose and speeds up our metabolism plus over time the absolute oxygen deprivation encountered in such a burn will then increase V<sub>o2</sub> Max. Needless to say I don't need any more encouragement than this!***

“Like many, Michael Mosley want to get fitter and healthier but can't face hours on the treadmill or trips to the gym. He uncovers new research that suggests many of us could benefit from just **three minutes of high intensity exercise a week**. He discovers the hidden power of simple activities like walking and fidgeting, and finds out why some of us don't respond to exercise at all. Using himself as a guinea pig, Michael uncovers the surprising new research about exercise, that has the power to make us all live longer and healthier lives.

Whether you're running, swimming, cycling, or hula hooping, we have always been told that doing regular exercise will improve our bodies and is one of the keys to a healthy and happy life. But is a one-size-fits-all approach to maintaining an active, healthy lifestyle really the best advice?

With recent advances in genetic testing technology and brain stimulation techniques, scientists are uncovering new and surprising truths about what exercise is really doing to our bodies, and why we all respond to it differently.

Michael discovers the complex interplay between genes and environment that helps to explain our individual responses to exercise. He also finds out that, in order for us to get the most out of exercise, we need to do the right type of exercise, at the right time and in the right place - <http://www.sbs.com.au/documentary/program/1087>