



JOE'S BOXING SYDNEY

OCTOBER 2012



JOE'S BOXING CLUB
SYDNEY

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

LESS THAN TWO WEEKS TO GO TO FIGHT NIGHT!

PROUDLY PRESENTS

TOURNAMENT.

FIGHT NIGHT
SATURDAY
13TH OCTOBER

Don't Miss Out !

See boys and girls locked in mortal combat competing for the championship belt

DOORS OPEN 7PM

TICKETS
GENERAL ENTRY \$20
VIP \$50
DOOR PRIZES
BEST DRESSED

www.joesboxing.com.au
The EVENT of the SEASON

Coming Up

State Boxing Titles Wollongong University - Friday 5th to Sunday 7th October

Joe's Boxing Fight Night Saturday 13th October from 7pm to be held at the Gym 20/118 Queens Rd Five Dock

Shirt promotion grey to red Thursday 25th October from 7pm

Tickets & Information

Tickets can be got at the venue on the night or beforehand at the gym or online at www.joesboxing.com.au.

General entry tickets are \$20 and you will get a raffle ticket included.

VIP tickets are \$50 and include 'refreshments' within reason for the duration of the matches. One drink per person at a time sorry.

There will be some food provided and splits and water are free. No byo while the boxing event is on but stay on after you are welcome to do so.

Please no bad attitudes!



A BIG VOTE OF THANKS TO JUSTANN CRAWFORD AND ALEX TUI FOR AN AWESOME SEMINAR ON THE 16TH SEPTEMBER STARTING AT 10AM AND NOT FINISHING TILL 2PM. FOR THOSE WHO STAYED THE DISTANCE IT WAS EXHAUSTING BUT MOST WILL BE THINKING OF IT LONG AFTER THE EVENT AND HOPEFULLY WILL HELP IMPROVE YOUR BOXING. MOST PEOPLE REALLY ENJOYED THE PRACTICAL SESSION THAT JUSTANN WITH SIMPLE TWO MAN FORWARD AND BACK DRILLS WITH EXHAUSTING REPETITION AS THE KEY. ALEX'S SESSION WAS A TOTAL CONTRAST WITH MANY OF US TRANSFIXED AND MESMERIZED AS HE DEMONSTRATED A SHUFFLE. I HAVE ATTENDED MANY SEMINARS ALL AROUND THE WORLD NONE OF WHICH WERE BETTER THAN THIS. THEY DON'T COME AROUND TOO OFTEN MAKE SURE YOU DON'T MISS OUT NEXT TIME.



Our fight night is a fund raising opportunity and there will be a silent auction , raffles, mystery envelopes and prizes for best dressed so please enter into the spirit of the event and bring some extra cash or card as there will be some once in a lifetime items as well as some bargains to be had.

Fight Night Fight Card

Michelle Muchatuta
Rachel Parmeter

Benjamin Ramjan
Greg Haynes

Gary Ge
Mark Anglin

Jack Dobbin
William Shaaker

Jack Lombo
Jason smith

Jamal elkout
Zac Doomadgee

Samir Ademovic
James Klotz

As in past years the fights are judged by the crowd so the more friends and family you bring to cheer for you the better chance you have of winning!

Good Luck to you all