



PRIMATIV WARRIOR & JOE'S BOXING

AUGUST 2010



JOE'S BOXING CLUB
SYDNEY

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

WE HAVE OUR FIRST CHAMPION

Will McDonnell Industrie PCYC light heavyweight Champion 16th July

Will fought a great match both rising in weight to fight at light heavyweight and also fighting up at 'B' class and easily winning a decision. He is now focussing and leading our charge at State Titles. Mikel, Sandra & Adam also competed and all performed really well but the tournament was very competitive. PCYC's are still the powerhouse producers of quality amateurs boxers and I am very happy that we are so competitive amongst the likes of Kostya Tzyu's gym, Billy Hussein's gym and others such as Orange PCYC. Tim Tzyu was also fighting these titles and showed exceptional class although he had a worthy opponent who also deserves credit.



Quick Calendar 2010

- 1st August State Titles
Team training Tuesday 7pm, Thursday 7pm Sunday 8am—all welcome to train in these classes regardless if you are competing or not.
- Thursday 5th August General Grading White to Red Shirt
- August 27th-29th Rylstone pre state titles Camp
- September 10th-12th State Titles San Souci Fishing club

Verse and Chorus

To help us get an edge in the up-coming competition I am using an old trick that I learnt in my days competing in full contact karate tournaments.

The routine that we are implementing in less than one hour per week total will bring you to the sort of fitness most appropriate for this style of competition ie short sharp bursts of energy almost phosphate burn and anaerobic in their composition.

The routine combine a chorus of running with a series of exercises called 'verses' with the chorus repeated after each exercise. The great thing is that it only takes a maximum of 20 minutes three times a week and can be done at home as well as group training.

Team Training for State Titles starts August 1 Tuesday 7pm
Thursday pm
Sunday 8am
All Welcome

Next Grading
Thursday 5th August from 7pm
White to Red
Enter your visits in computer to be

Rylstone Camp
For State Titles Competitors
August 27th - 29th

NSW State Titles
Friday 10th September To Sunday 12th September



IBO cruiserweight world champion Danny Green is battling to save his reputation after Wednesday night's farcical bout alienated his fans and cast fresh doubt about the sport of boxing in Australia.

Green labelled Briggs a "canine" and threatened not to pay him a cent after he failed to recover from a glancing left jab to the top of the head, ending the bout just 29 seconds into the first round.

But Green performed the ultimate backflip on Thursday, claiming Briggs did not take a dive and was legitimately hurt by a punch that he believes might have caused a "brain stem kind of injury".

"I caught Briggs on the soft part of the skull on top of the head," Green told a packed media conference before handing out DVDs showing the blow in slow-motion.

"I viewed the footage this morning (Thursday) and slowed the footage down to an incredibly slow speed and I'm happy I did that, because you can actually see the blow that lands.

"To the naked eye it appears it hasn't (landed), but this is proof he's been felled by a legitimate blow to the head and actually a brain stem kind of injury has occurred... it's almost like a collision. The Western Australian Professional Combat Sports Commission, who sanctioned the fight, disagreed.

Continued AAP source

It has launched an inquiry into the fight where the promotion, arrangement and conduct of the contest will be investigated to deter-

'Kizuna'

Kizuna is a Japanese word that means literally 'bond'. This was really emphasized by my Karate master and was a foundation principle of his teachings. There was a reason for this as his style became very successful as many practitioners are still training 30 and 40 years on. There were at least 6 people I started with that were still actively participating in karate 28 years on and we were well down the ladder. This meant that even if you didn't like someone they were likely to be around for a long time and if they left you ended up missing them. Relationships therefore were extremely important the way you acted or treated people had the potential to work for you or haunt you for a very long time. Danny Green and Paul Briggs because of their profile have 'Kizuna' with a whole lot more people than say the average Joe. So especially in Mr Brigg's case this will unfortunately probably define him from now on. I can't imagine his media commentating career will survive so he will have to re-invent his career away from boxing as I can't imagine anybody forgiving him.

Danny may yet have another chance but I actually sent a message via his manager when he was thinking of coming out of retirement imploring him not to break his promise. I was then eating humble pie over the Roy Jones Jnr fight. Was it really worth the money Danny losing the publics adulation for all time and the doors that could have opened for you away from Boxing?

Grading Results 24th June 2010

Red Shirt	Chris Lewis Michal Mazany Daniel Boyd Lindsay Owen Taylor Diana Chirinos
Blue Shirt	Greg Jennings Sargon Lazar Dane Ryan
Grey Shirt	John Dobbin Mark Fisher Pablo Canestro Carlos Perez Pooya Navard Enrico Indorado Paul Dunstan Valeria Versace Matthew Dynon Daniel Blackman Matt Webb

Our standard continues to evolve and the Black Shirt program remains integral to our school. I would like to see more people at the Martial Arts classes and Sword classes so I can start grading people to higher belt levels so that we get people with the black shirt in boxing plus a black belt in martial arts and sword.

Rylstone Camp 27th—29th August pre state titles training

Maybe it's the masochist in me but I am determined to get people to our training camp at our own beautiful retreat at Rylstone near Mudgee.

This will be a hardcore exercise camp and will be the crescendo of our training before state titles. Like a true boxing training camp it is a little rough and will be harder than anything we have done before.

Non-competitors and supporters are welcome. I am charging \$25 per person so I can buy some stuff like arrows for the archery and some common food-stuffs. C'mon don't be a girly man ok !