



PRIMATIV WARRIOR & JOE'S BOXING

FEBRUARY 2010



**JOE'S BOXING CLUB  
SYDNEY**

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

**BRING IT ON 2010**

**Corporate Contender**

Friday 25th March 2010 7.30pm

The Cabana Bar and Lounge  
80 Christie Street  
St Leonards NSW 2065

Cengis is putting on a bigger and better show in a venue that should hold 500-600 spectators.

There are quite a few more possible matchups.

I have already volunteered the people I had put forward at the end of last year but if anyone else boy or girl wants to have a guy please see me as soon as possible.

This is a great chance to enter competition safely and clock up your fights in sanctioned amateur competition.

Entry is free but you will need to be registered with Amateur Boxing Association which costs \$45 and have the medical requirements completed before the competition night. I will help you with this process.

**WHAT'S UP 2010**

Happy new year everyone it's great to be back. It has been nice to catch up with everyone and if I haven't seen you yet it's time that I did.

Thanks everyone for being patient and letting me have a great break where I was able to have a whole new adventure but also refresh, reflect and plan for this year.

2009 saw us enter competition and state titles and our own fight night was again hugely successful.

We had our annual (not) boot camp and I have laid the foundations for outback adventures and projects in Bourke. We also made a connection with the wildlife boxing club in Port Moresby which I would like to see us develop as well with a possible visit in 2010 and at some-time combining with a walk along the Kokoda track.

This year I want to continue to develop our boxing program adding more structure and defined syllabus matching to shirt levels and from March 2010 every night will include an advanced class concentrating on the skills I want each shirt level to attain.

I also want to see more people taking advantage of the Mixed Martial Arts adding other self defence skills to compliment your great boxing skills.

Our kids program is also very important to me and I am adding two kids classes during the week at 4pm.

*Quick Calendar 2010*

- 1st February 2010 classes resume
- 1st March New Timetable
- Thursday 18th March General Grading White to Red Shirt
- Thursday March 25th Corporate Contender Cabana Bar St Leonards

**Grading Results 26/11/09**

Below is the general grading results plus the presentation of Black Shirts for those from our fight-night 25/10.

- Black Shirt Tory Virtu  
Andy Madden  
Emma Fitzwilliam  
William McDonnell  
Matt Conacher
- Red Shirt Adam Alembakis  
Miguel Joya
- Blue Shirt Matthew Robin  
William Doomadgee  
Aidan Crouch  
Tulin Pillay  
Roshan Karunaratne
- Grey Shirt Sam North  
Mark Zullo  
Daniel Boyd  
Lindsay Owen Taylor  
Jenny Owen  
Anneka Boughen  
Philip Shaw

Good Job don't forget to add your visits to computer !

**Corporate Contender II**

Thursday 25th March

**First Grading for 2010**

Thursday 18th March 7pm

A Traditional Karate forms class followed by a Samurai sword class will be starting in March. This will be open to all ages concentrating on forms and technique and explanation of the history of Martial Arts.

**Danny Green vs Roy Jones Jnr**  
 Take that Anthony Mundine !  
 I will eat some humble pie too  
 what a fantastic win. Looks  
 like the re-match is on, what-  
 ever happens Danny done  
 good and Anthony Mundine  
 has become the forgotten man  
 of Australian boxing and his  
 antics are making him a joke.



Focus: Danny Green  
 Pictures: Gregg Porteous

Danny Green displays perfect form  
 notice how his front heel is turned  
 out for stability and back heel is off  
 the ground on the way locking out!

**Black Shirt  
 Graduates at  
 Joe's Boxing  
 since inception  
 of program**

- Adrian McCabe
- Andy Madden
- Ben Duffy
- Blake Shave
- Bruce Maddock
- Damien Dooley
- Daniel Midghall
- Emma Fitzwilliam
- Gaurav Sodhi
- Matt Conacher
- Oscar Garcia
- Patrick Hofmeister
- Paul Sullivan
- Peader Cullen
- Salvatore Indovino
- William McDonnell
- Tory Virtu

**First Women black Shirt  
 Joe's boxing  
 Emma Fitzwilliam**



**Congratulations  
 May you be  
 the first of many**

**AND THE  
 WINNER IS...**



Tory Virtu was awarded the  
 Joe's boxing championship  
 belt at our annual fight night  
 25th October 2009. Each  
 year a fighter is awarded the  
 belt and their name is en-  
 graved on the belt. Ben  
 Duffy was the winner in  
 2008.

**Be Ready**

William Oliver 1952-2004

William Oliver one of seven step brothers and sisters rose from an impoverished family from Tennessee to become All American Karate Champion, his recorded equalled only by the famous Chuck Norris. His fighting skills and superb technique mastery was surpassed by his huge charisma, superb teaching skills and incredible spirit and compassion. I was proud that he called me his friend and alot of my skills , especially the culture of Primativ Warrior & Joe's Boxing comes directly from him. His photo is on our front wall.

Oliver would go to his gym (dojo) everyday and religiously workout with 10 rounds on the bag. He had long since retired so someone asked him.

"Why do you train so hard?"

Oliver " I want to be ready"

"Ready for what"

Oliver "I don't know but when it happens I will be ready"

