



PRIMATIV WARRIOR & JOE'S BOXING

JUNE 2010



**JOE'S BOXING CLUB
SYDNEY**

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

GET REGISTERED & BE READY PLEASE !

Cairns Navy Quarterdeck Boxing under 90kg Champion

Gareth Floyd pictured below who has fought in both Contender I & II recently won a tournament for the navy. There was only two weight classes ,under 90kg and over 90kg coincidentally the guy who won the over 90kg Ash had also trained here briefly. Gareth had to go through four separate matches each 5 x 3 minute rounds in one day to win the final. Wow that's crazy! Unfortunately Gareth is leaving us for a land lubbers job back in Cairns, I am really going to miss him as he contributed so much to us not the least being the fabulous rope work he did constructing our unique boxing ring. Thanks Gareth I do hope you can return to us one day!



Quick Calendar 2010

- 1st June New Timetable
3pm boxing Tuesday to Thursday every week
- Thursday 24th June General Grading White to Red Shirt
- Thursday 22nd July Contender III
- August 27th-29th Rylstone pre state titles Camp
- September 10th-12th State Titles San Souci Fishing club

Timetable changes 1st June

We now have a 3pm class Wednesday and Thursdays and I will extend that to Tuesday, Wednesday , Thursday from the 1st July.

I will be offering kids martial arts classes again Monday to Thursday & Saturday 4pm from July or August



The coolest driving range in the world make sure you come to our next camp. An experience you wont forget

<p>Corporate Contender III Thursday July 22nd Cabana Bar St Leonards</p>	<p>Next Grading Thursday 24th June 7pm White to Red Enter your visits in computer to be eligible</p>	<p>Rylstone Camp For State Titles Competitors August 27th - 29th</p>	<p>NSW State Titles Friday 10th September To Sunday 12th September</p>
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Salvatore Indovino



Welcome back to Salvatore who is one of our black shirts and is taking Thursday nights at 8pm. Sal is old school hardcore so if you want the hardest workout ever go to this class. Ok if you are not red shirt and you wish to go to this class until further notice. Ed because of injury has had to take a break from teaching so I will be taking Thursday 7pm and will gear it technical so you can stay on for 8pm torture session.

Please help me to help you

New members are extremely important to the continued health of our school please help me to spread the message by proudly wearing your t-shirts & hoodies and tell everyone that you train here but if you use facebook or twitter could you also join and recommend your own network to join or follow.

www.facebook.com/joesboxing

www.twitter.com/JoesBoxingClub

www.youtube.com/kojoe1

I am videoing and releasing step by step technique and training tips via youtube which then automatically post to facebook and twitter and am also using our website to build a repository for reference purposes.

www.joesboxing.com.au/boxing-tips



**Joe's boxing
Hoodie's
'Cool Mun'**

Lets get ready to Rumble

I am compiling a list of competitors to send to Paul Toweel the NSW Boxing matchmaker to increase our ability to get fights. I need everyone who wishes to compete this year to asap let me know with their weight as well as to get registered . Please get the forms from me and complete requirements with \$50 asap.

If you are not on the list below and wish to compete please let me

Current list of members who wish to have competition fights

- William McDonnell
- Aidan Crouch
- William Doomadgee
- Lyndsey Owen Taylor
- Sandra Payne
- Diana Chirinos
- Johnathan Walsh
- Blake Shave
- Michal Mazany

Registering Now

- Adam Savoldi
- Milan Peronance
- Valeria Versace
- Dane Ryan
- Jack Lombo
- Ryan Joyce
- Greg Jennings
- masters**
- Adrian McCabe

Grading Results Thursday 6th May 2010

- Blue Shirt Michal Mazany
- Guy Hannaford
- Diana Chirinos
- Grey Shirt Johnny Krilamee
- Emanuel Vlandis
- Milan Peronance
- Dane Ryan

Next Promotion

Thursday 24th June 7pm



Dannielle Cody

Graduates from police academy in Goulbourn

On the 7th May I went to Goulbourn and had the pleasure of seeing our Danielle graduate to the rank of constable in what is said to be the third largest police force in the world. It was a tough day for over 100 cadets standing still for three hours with quite a number collapsing. Danni marks the 5th person I have had training here who has joined the force and the third woman. It is the second ceremony I have been to. Sandra Payne is currently doing army boot camp at Kapooka near wagga wagga and is breezing through the PT. I am proud to have a number of people who have used us to prepare for the armed services having trained both boys and girls for police, army, airforce and navy. There has certainly been no complaints about the level of fitness achieved and most give the instructors a run for their money self defence too !