

Grind Boxing Gym Newsletter – Nov.-Dec. 2019

Dear Grind Boxing Gym Members and Friends,

As we finish this year, I've had lots to reflect on. We've lost some members to the complexities of life as well as tragedy. We've gained new members who bring their enthusiasm for boxing to my evening, no-contact classes. I also have no doubt that 2019 will be one of the most memorable years of competition for [Grind Boxing Gym](#). I look ahead to next year and new opportunities for bringing the benefits of boxing to the Prescott area. I hope you'll join me at our Christmas party where we can share ideas and toast a remarkable year for our gym.

1. [Final 2019 Competitions – The Good, the Bad, and the Ugly](#)
2. [Grind Christmas Party Friday December 20th](#)
3. [Holiday Hours for Grind Gym](#)
4. [Grindings – Next Steps with the Boxing Square](#)

Final 2019 Competitions – The Good, the Bad, and the Ugly

Competitive boxing is not for the faint of heart. It takes great courage and heart to step into the ring to face an unknown opponent. But even the journey to the competitive ring can bring unexpected tests for a boxer's commitment to our sport.

After a spring and summer filled with rewarding competitions all across the U.S. (read more in our summer edition on the right side of the [Grind website](#)), our Grind competitors looked forward to capping the year with two boxing tournaments in our home state: the Gene Lewis Invitational Oct. 25-27 and Sonny's International Masters Nov. 15-16.

However, when we arrived at the Gene Lewis tournament, we all realized it was not going to go as smoothly as our previous competitions this year. Instead of their normal 300 plus registrants, more than 500 boxers along with their coaches, families, and friends crowded the venue, inside and out. Chaos was an understatement. This chaos likely led to the unfortunate results for our two boxers. Leslie did not get matched with an opponent. That was bad.

Blake was matched. He prepared well, warmed up with me, was completely ready, but when he climbed into the ring, his opponent was nowhere to be found. There is no excuse for a boxer who registers, weighs in, and commits to a competitive bout, then vanishes at the last moment. Blake got the belt, but it was a hollow victory. That was ugly.



Fortunately, we had one more tournament. Sue had been training hard along with Leslie and Blake as well as our Grind members who engage in sparring. She entered the ring prepared and pounded her opponent through all three rounds, winning the championship belt with a unanimous decision from all three judges. That was good, and a very good way to finish this year.



Grind Christmas Party Friday December 20th

We have lots to celebrate as we wrap up 2019. Please join me at our Grind Christmas party on Friday December 20th at 6:00pm. The gym will be open as usual at 5pm so you can work out before we settle down to enjoy the party. I'll have some drinks and snacks available, but if you prefer something special, please bring it along.

Holiday Hours for Grind Gym

The gym will be closed on these four days so we can all enjoy our families and friends for the holidays:

- December 24th and 25th
- December 31st and January 1st

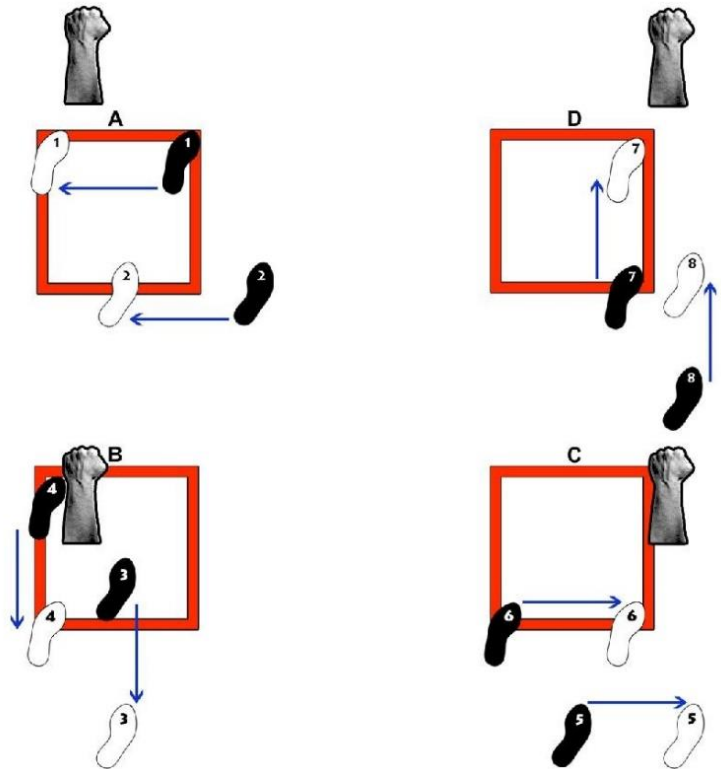
Grindings – Next Steps with the Boxing Square

In the summer edition of Grind News (right side of the [Grind website](#)), I introduced the Boxing Square and its importance to ensuring you will keep your stance during your workout or in the ring. Also in that article, I described how to make your own Boxing Square at home. Even the most experienced boxers drill with the Boxing Square.

While you are using the Boxing Square, always check and correct your stance. By using it properly you will set proper boxing movement into your muscle memory so you will not have to think about it in the ring. Once you have mastered the initial four moves without losing the proper width or length of your stance, you can learn the next steps in this drill, which include adding the jab.

In this drill, use the diagram below to add the jab while moving. This diagram is designed for right handed boxers. If you use a southpaw stance, reverse the directions of squares A and C.

Upper left image (A) is the beginning. You place your lead foot in the upper right corner of the red square (black 1) and the rear foot is on outside of the square (black 2). You move your lead foot along the front edge of the square to upper left corner (white 1) and the rear foot along the back edge of the square (white 2) and simultaneously throw the jab. Then (B) you move your rear foot one step back (black 3 to white 3) and throw the jab then lead foot back to the bottom right corner (black 4 to white 4). Next (C) you move your rear leg to the right (black 5 to white 5) and throw the jab then lead foot to the bottom left corner (black 6 to white 6). Now (D) lead foot moves forward to the upper right corner (black 7 to white 7) with the jab then rear foot forward (black 8 to white 8).



You can start this drill in any corner, but follow the same pattern. Follow it carefully and you will begin to lock this important rhythm into your muscle memory so your jabs will snap at your opponent at just the right time.

Coach Jarek Slagowski