

Grind Boxing Gym Newsletter – Summer 2019

Dear Grind Boxing Gym Members and Friends,

This summer we've had a lot of action at [Grind Boxing Gym](#). Between all the hard work from our members at our evening classes, our boxers competing on both sides of the U.S., and being named Coach of the Month by USA Boxing, I'm still taking it all in. What a great summer it's been for our gym! Read all about it below.

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2. [USA Boxing Coach of the Month](#)
3. [Grindings – The Boxing Square](#)

Summer Competitions and More to Come

Grind Gym's competitive boxers have been busy all year starting with the all-women's tournament in Atlanta, GA in February. Read about the exciting results as well as preparing for the summer bouts in our last two newsletters on the right side of any page [on the Grind website](#).

After Atlanta came three summer competitions starting with our big trip to Brooklyn, NY in June where Sue Knaup and Keith Rosdahl competed at Gleason's, the oldest boxing gym in the country. Next we traveled to Las Vegas, NV where Sue competed at another masters tournament, pressuring her best opponent yet through all three rounds to lose a very close bout. Soon after returning, I cornered Danny Hilton at his 13th professional MMA fight in Prescott Valley. Though the bout was stopped by the doctor because of a deep cut over Danny's eye, he is already working on his next bouts, including a rematch of this last one.

We're just catching our breath now as our next group of competitors prepares for the upcoming [Gene Lewis Invitational](#) in Mesa, AZ October 25-27. This all-ages boxing tournament is in its 44th year and attracts over three hundred boxers, at least three of which will be from Grind Gym. They're putting their all into the hard work of preparation so I'm confident our boxers will cause their opponents real trouble.

Just three weeks later, Grind boxers will compete at the [Sonny's International Masters Boxing Tournament](#) November 15-16 in Goodyear, AZ.

If you would like to come down to watch any of the bouts, text me at the gym's number during the particular tournament to find out when our boxers will be fighting.



USA Boxing Coach of the Month

Also this summer, I was thrilled to be named Coach of the Month by USA Boxing. With more than 8,500 boxing coaches registered with USA Boxing, they chose me. What an honor!

I am impressed that they appreciate my 40 years of experience, but also what all of you have done to help me create a boxing gym that welcomes everyone into our sport. It's easy to think of USA Boxing only focusing on finding Olympic champions. As the Olympic boxing association for the United States, that is a big priority for them. This shows that they also care about the quality of their registered gyms around the country.

Not only does this award demonstrate that I have created an excellent boxing program for our members, it brings a great honor to our gym. [Grind Boxing Gym](#) would not exist without all of you, so I thank you for making this award possible.

The Prescott Daily Courier ran an excellent story about this award and our gym, which you can find using search on their website.

Grindings – The Boxing Square

In the [last issue of Grind News](#), I emphasized the importance of footwork. You must use your feet to get into the proper range before punching, otherwise your punches will miss and leave you open to be countered. That also means that you must move your feet correctly.

Moving as a boxer is completely different from the way we move otherwise. Boxers never cross our feet as people do walking. Instead, we must retain our stance at all times so that if we get punched while moving, we withstand the blow without going down. This means that we first move the foot closest to the direction we intend to go.

One of the most effective ways to learn this is the old drill called the “Boxing Square.” Although it looks simple, it is pretty challenging. Using the diagram below, I will explain it, starting with the simplest moves. All you need is to make a square on the floor with sides about 18 inches long. You can use tape or chalk, even paint if you want a permanent Boxing Square. Even large tiles work quite well.

The Daily Courier

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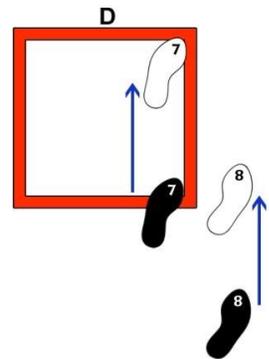
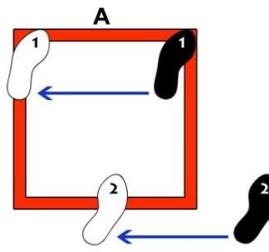
Prescott's Slagowski named USA Boxing Coach of the Month

Boxing

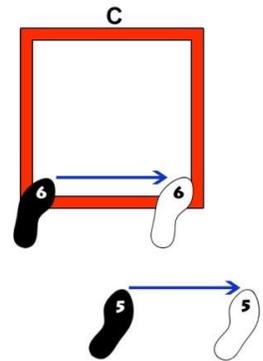
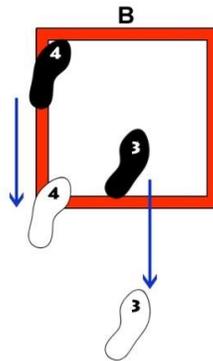


Jarek Slagowski takes a break from prepping for a full day of workouts at his Grind Boxing Gym, which he opened in Prescott in 2015. His efforts to grow the boxing scene in Prescott has garnered much attention and earned him a Coach of the Year recognition from USA Boxing in June. (Aaron Valdez/Courier)

Start with the A square image. For those of you who use an orthodox stance, place your lead foot on the upper right corner of the red square (black 1) and the rear foot outside of the square (black 2). If you use a southpaw stance, reverse the directions of squares A and C.



Move your lead foot across the front edge of the square to the upper left corner (white 1) and your rear foot across the back edge of the square (white 2). Look down to check that your stance retained both its proper width and length.



Following the B square image, move your rear foot back (black 3 to white 3) and then lead foot back to the bottom right corner (black 4 to white 4). Check your stance and adjust it if needed.

Next, following the C square, move your rear foot to the right (black 5 to white 5) and lead foot to the bottom right corner (black 6 to white 6). Check and correct your stance.

Finally, following the D square, move your lead foot forward to the upper right corner (black 7 to white 7) and then rear foot forward (black 8 to white 8). Check and correct your stance.

By learning these first moves, when you are in the ring, you will never have to look down to know that you are in the right stance and position to land devastating blows on your opponent and withstand anything they throw at you.

Next time you're in the gym, I can answer any questions you might have about setting up and using the Boxing Square so you will always have this drill available to practice your proper boxing movement.

Coach Jarek Slagowski