

Grind Boxing Gym Newsletter – January-February 2019

Dear Grind Boxing Gym Members and Friends,

This winter has brought terrible cold and nasty weather, but our members have continued to come to the gym. I'm so impressed by all of you and your commitment to boxing, whether for fitness or competition. Every evening, members are practicing boxing techniques through my drills and then on the bags and in the ring. Because of all of you, I can see that 2019 is going to be an excellent year for [Grind Boxing Gym](#). We've already had an exciting start with the all-women's national tournament in Atlanta.

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Grind Women's Team Rocked Atlanta Tournament

I can hardly believe that I am coaching a women's boxing team. But to be the coach of such excellent women boxers as the three who competed this past weekend... I'm still expecting to wake up from this dream.

Sara Holtzman, Becki Gardner, and Sue Knaup hit this two-day tournament with all the skills and passion they had trained for over the past months. Most of you saw how hard they worked in the drills and sparring sessions at the gym. Trust me, they brought all of that and more to each of their bouts.

The first day, Saturday, were the first competitive matches for Sara and Becki, the fifth for Sue. Becki and Sue captured decisive wins leaving their opponents wondering what hit them. Sara faced a very experienced boxer, but stayed with her the entire bout. Though she lost, I'm sure that it was only by a handful of punches. Excellent boxing by all three ladies!

On Sunday, our Grind ladies met even stronger opponents and again gave them tough battles. Though all three lost, I was once again proud of each of them for performing so well under pressure. They were all formidable inside, trading punches like pros and when their opponents moved out, they chased them down to stay in the pocket just as we had practiced at the gym. They made their opponents work for their wins.



Of course I was most nervous for Sara and Becki because this was their first competition, but both eased my mind as they adapted to the unique styles of their opponents. And while I knew Sue would be comfortable in the competitive ring, I have never seen her attack and pressure her opponents as she did in her two bouts. All three gained important experience to prepare them for their next competitions.

I am one proud coach of the world's most badass women's boxing team. Let's see where we can take this next! Come celebrate with us at Barnstar on Saturday March 9th. Find the details below.

Next: Danny Hilton's First Pro Boxing Fight, Phoenix Show, and Brooklyn, NY



Our next competition is coming up fast – the first pro boxing fight of Danny Hilton's career, March 23 in Lufkin, Texas. Danny has a successful career as a professional MMA fighter with a current record of 7-5. But he has always wanted to compete as a boxer. We're both looking forward to this opportunity for him to showcase his striking skills.

Grind's competitors will keep the momentum going as we prepare for a one-day competition in the Phoenix area this spring. These boxing shows are generally posted about two weeks before their date, so we'll need to be ready.

Mid-way through the year, June 12-15, the Grind Masters Boxing Team (boxers over 35) will finally get our chance to compete at the world-famous Gleason's Gym in Brooklyn, New York. When I was coaching in New Jersey, I often brought my boxers to Gleason's for events and to soak up the atmosphere. Though

Gleason's moved to Brooklyn in 1984, you can still feel their history since 1937 and imagine the famous fighters who trained there including LaMotta, Duran, Ali, Holmes, Spinks, and Hearn.

Gleason's International Masters Tournament draws boxers from all over the world because they were one of the first to offer competition for masters boxers starting back in 2009 with their one-day show. In 2015, they added their multi-day tournament, which has become the premier event for this division. We can hardly wait to show the world how tough Prescott boxers are.

Saturday March 9 Celebration at Barnstar

This year is starting off at full speed for all our members whether you plan to compete or not. But there is always time to celebrate! Please join us at [Barnstar Brewery in Skull Valley](#) **Saturday March 9th from 2:00-5:00pm**. We'll share stories from Atlanta and look ahead to the next competitions for what is sure to be an exciting year for [Grind Boxing Gym](#).

Grindings – The Most Important Punch

After 40 years in this sport, I have learned that the jab is the most important punch in boxing. Because the jabbing arm is upfront, it allows the boxer to use this punch as both a weapon and a tool for attacks. In fact, a boxer who injures their other arm can finish and even win their bout using only their jab. But an injury to the jabbing arm ruins the bout for the boxer.

So when you are at Grind Gym, make sure to fit lots of jabs into your workout whether you are on the bags, shadow boxing, or working mitts with a partner.

The jab has many applications and purposes. The three main types of jabs are the one's you'll want to practice most:

- Diversionary jab (or as I call it, the “set-up jab”)
- Offensive jab
- Defensive or counter jab

The set-up jab is very important for controlling competitive bouts. It is thrown much like an offensive jab with full extension and proper form, but its purpose is quite different. Its main application is setting up the distance and range so the boxer will know the precise moment to through their power punch or combination. The strongest and fastest punch is useless if it is out of range. Instead, the boxer can use the set-up jab to slow their opponent's attack or discover the amount of distance they need to close in order to land their hard weapon on the intended target.

You can also use the set-up jab to obstruct the vision of your opponent or smother his or her guard. This does not mean leaving your jabbing arm out there, which leaves you open to their power punch. Instead, keep throwing your set-up jab, but with the intention to confound and frustrate your opponent.

The offensive jab is usually used to launch an attack. Think of it like your battering ram or snow plough to create an opening for your next punches. With full power behind your offensive jab, your opponent will be forced to pay attention and defend against it, so you can surprise them with your next punch.

The defensive or counter jab is an excellent response to many punches thrown by your opponent. It can be used off the spot, moving back or even sideways. Because this jab relies on deflection and speed, timing is critical. Lots of training and practice are required to perfect the defensive or counter jab, but once you have, it will be a crucial part of your arsenal.



No matter which of these three jabs we may talk about during our evening classes, remember that the jab, in general, is the most important part of a boxer's arsenal. Keep these three types of jabs in mind as you work out at [Grind Boxing Gym](#) and no matter what drill you are working on, always include as many jabs as you can.

Coach Jarek Slagowski