

## Grind Boxing Gym Newsletter – Spring 2019

Dear Grind Boxing Gym Members and Friends,

Spring energy has been buzzing at [Grind Boxing Gym](#). All types of boxers are making the most of my evening classes—new members learning their first punches, experienced fitness members, and our competitors. Read below about our next competition and check out the excellent article in *Prescott Woman Magazine* about our ladies' team. I almost hate to be taking a short break amidst all these great happenings, but I am looking forward to returning to the East Coast and on to Poland to visit my family. We'll be back in action on July 1<sup>st</sup>!

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### Preparing for Brooklyn, NY Tournament

The Grind Masters Boxing Team is heading to the area where I coached boxing for 25 years. Sue Knaup and Keith Rosdahl will compete at the [Gleason's International Masters Tournament](#) June 12-15 in Brooklyn, NY. Gleason's is likely the oldest, and certainly the most famous boxing gym in the U.S. Though Gleason's moved to Brooklyn in 1984, you can still feel their history since their start in 1937 in the Bronx and imagine the famous fighters who trained there including Tyson, LaMotta, Duran, Ali, Holmes, Spinks, and Hearns.



Sue and Keith have been training hard as they prepare for this three-day competition that draws boxers from all over the world. Gleason's was one of the first to offer competition for masters boxers (age 35 and over) 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. I'm also looking forward to introducing Sue and Keith to some of the champion boxers I coached in New Jersey. The fights will be livestreamed on Gleason's home page.

## Prescott Woman Magazine Features Grind Women's Team

Our Grind Women's Boxing Team is featured in the current June/July edition of *Prescott Woman Magazine*. So far, our team includes four boxers and we look forward to adding more. You can read about Sara, Sue, Leslie, and Becki in the article online here:

<http://online.fliphtml5.com/ebse/cqju/#p=71> or pick up a copy around town.

## Grind's Fourth Anniversary

Can you believe it has been four years since I opened the gym in May of 2015? I certainly cannot. But here we are and it has been an exciting journey. Thanks to all of you who have made [Grind Boxing Gym](#) thrive!

We won't have time for a celebration this year because of the upcoming trips, but mark your calendar for next May or June when we will definitely find time to celebrate year number five.

## Grind Closed for Last Two Weeks of June

Grind will be closed between June 17 and June 30, reopening on July 1. I will be gone starting June 11 as I travel with our masters boxers to New York. Then I will continue on to Poland to visit my family until the end of June. Fortunately, Danny Hilton, one of my two coach's assistants, will keep the gym open in the evenings for the first four days, so we'll only be closed for two weeks.

Normally when I take a trip, either Danny or Sue Knaup, my other assistant, are able to keep the gym open. But this time Sue will also travel from New York to Europe (Sweden and Ireland) and Danny will have to focus on his training for his next MMA competition August 9<sup>th</sup> in Prescott Valley.

## Grindings – Footwork

One of my old coaches back in Europe used to say, "In boxing and kickboxing this is the order of importance: head, legs, arms." This means that first you have to see what's going on in front of you in order to choose the proper offense or defense. Then you need to use your legs and proper technical footwork to position yourself in the best distance and range. Only then comes punching.



### Grind Gym is Home to Prescott's Competitive, All-Women Boxing Team

By Sue Knaup

Prescott has its own women's competitive boxing team, and it's building pride and changing lives.

Each team member has risen to this skill level for different reasons. Sara Holzman, a student at Embry-Riddle Aeronautical University, described a recent encounter with a small group of her fellow students.

"Our discussion heated up and a new student blurted, 'Wanna fight?' Though I knew he was joking, my hands shot up and I moved toward him. Another shouted, 'Stop! She really knows how to fight!'" Sara laughed. "I've become a much different person from the one who walked into the gym two years ago."

Coach Jarek Slagowski opened Grind Boxing Gym in 2015 after 40 years coaching in Europe and New Jersey. He wanted a simple gym where anyone could get fit following real boxing training.

"I never dreamed I'd coach a women's team," he said. "They are highly skilled and yet so supportive of the other members. They inspire the others to push harder, not just at the gym, but in life."

Grind Boxing Gym is licensed with USA Boxing and follows its strict guidelines. Only licensed boxers can spar

This is especially true when it comes to offensive measures like single punches and combinations. The fastest and strongest punch is useless if it is out of range. Missed punches from the wrong range not only cost you a lot of energy, but could be very dangerous by creating the opportunity for your opponent to successfully counter.

Effective distances (mid and full distance) require proper range—not to be too far or too close. If you are too close, you will have passed mid distance and you will lose power. If you are too far, you cannot connect. Finding the proper punching range for effective distances is one of the most important issues in boxing and kickboxing. Add kicking range to kickboxing.

Footwork is also crucial for defensive measures such as angles, side steps, back slides, back steps, and hopping back. That requires a lot of leg work on strength conditioning and plyometric strength.

Boxers and kickboxers should always remember that your legs position you into the connecting range and take you out of harm's way. So when you are at [Grind Boxing Gym](#), pay special attention to my lessons on footwork and leg strength. At the gym, I will teach you the details of technical footwork as well as range and distance. If you have any questions about footwork, please ask me. Footwork is so important to proper technique, I am very happy to help.

Coach Jarek Slagowski