

## Grind Boxing Gym Newsletter – July 2018

Dear Grind Boxing Gym Members and Friends,

We've had a busy summer already at [Grind Boxing Gym](#). Many new members have joined us and some of our longtime members had the chance to compete. In August, I am looking forward to taking a trip with my wife, Yvonne, back to New Jersey and then Poland where I'll see many of my old boxing friends and colleagues. Read more in the articles below.

I'll be away from the gym for two and a half weeks starting August 6. During that time, Sue Knaup, my coach assistant and one of Grind's competitive boxers, will be running the evening classes. Danny Hilton, our pro MMA fighter, will also be helping out. They are both very competent, so if you have any questions, they will be happy to help. I'll see you back at the gym on August 23 with stories to tell from my trip.

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### SoCal State Boxing Championships and Next Competitions

In late June, the Grind competitive boxing team traveled to Menifee in southern California to compete at their state boxing championships. Our competitors for this event were Carlos, Rodney, and Sue. We were also joined by a strong crew to help me corner and cheer our boxers on – Sara, Bea, and my wife Yvonne. See more pictures on the [Grind Facebook page](#).



On the first day, Rodney won his first bout (his first competitive bout of his career) with ease. Next, Carlos met a strong boxer and lost on decision. The next day, Rodney met that same boxer, and though he really upped his boxing, he too lost on decision. Sue boxed in the last match of the day, a championship match, and came away with the belt. I'm so proud of all three of them for their commitment to preparing and finally stepping into the ring to compete. They are all winners in

my mind because just stepping into the boxing ring to compete is one of the most difficult challenges anyone could face.



A week later we celebrated their accomplishments as well as Grind's third anniversary at Barnstar Brewery.

The Grind competitive boxing team is now preparing for upcoming competitions. In early September, Miguel and Luis and perhaps others will compete in Phoenix. Then later that month

we will fly to San Jose, California where Bill and Sue will compete at the Dreamland Masters Boxing World Championships. Then we'll look ahead to three more events in the Phoenix area in October and November, including the Gene Lewis Invitational Boxing Tournament.

### **Boxing Training Basics for New and Longtime Members**

This summer I have had the pleasure of welcoming many new members to [Grind Boxing Gym](#). Everyone gets one free trial day. On that day as well as the next several after they join, I guide each new member through important basics that all of their future training will be built on.

Our general public boxing program uses the same boxing training as our competitive boxers, but without contact drills (you don't get hit and you do not hit your training partner). Grind members learn the techniques and attributes of boxing that benefit them in all aspects of their lives.

Before learning and working on techniques and attributes, I show our new members (and remind our longtime members!) how to warm up properly by jumping rope like a boxer and then stretching all major muscle groups. This is where flexibility is gained.

Next we move into technique, beginning with proper stance and movement and then the two most important punches, jab and cross. Training proper technique is necessary to optimize your movements and move your body most effectively through space. For competitive boxers, this means connecting with your opponent before they read your intentions. For our no-contact boxers, this means precision as you hit the bags or shadow box. Either way, training technique refines your body movements, giving you superior balance and power.

Attributes are the elements of boxing that prepare you physically and mentally for the task. Attributes are: flexibility, strength, cardiovascular conditioning, speed, balance, and of course mental toughness. During our evening classes as well as one-on-one sessions, I guide our members through specific drills that emphasize each of these attributes. Our competitive boxers follow a specific sequence of attribute training ending with speed right before your competition. For our no-contact members, I make sure you balance each. In our program, each of you benefits from these types of drills so you can achieve your desired level of fitness.

Because of its comprehensive approach to training, I believe that boxing is the best way to get into great physical and mental shape. Even though it takes time and hard work to achieve your desired results, you will make gains mentally and physically each step of the way. Flexibility prevents injuries and makes your everyday life much more comfortable. Cardio fitness increases the efficiency of your heart and lungs. Strength conditioning strengthens your joints, muscles, and tendons improving the way you move. And along the way you will develop mental strength to help you cope with all of life's difficulties. This makes boxing the best way to get in shape as well as a sport you can enjoy your whole life.

### **Grindings – Boxing As a Lifelong Sport**

I began boxing in Poland when I was a teenager as I explored many sorts of combat sports. This of course led to my career as a coach of boxers and kickboxers. When I moved to New Jersey in

1989, I brought my career with me and soon found myself managing a series of boxing gyms in that state.

In August, I will travel to both of my former homes and meet up with many old friends and colleagues from those days. I've kept in contact with most of them and know that they, like me, have kept boxing in their lives for the health and joy it brings.



This first picture is at a boxing tournament in my home town of Elblag, Poland. It was taken recently so you can see that they are still going strong!

In this second picture, I am standing with many of the boxers I worked with in New Jersey just before Yvonne and I moved to Prescott.

Combat sports like boxing and kickboxing provide an excellent means to improve our physical and mental toughness. I personally experienced this first in Poland then when I lived in Germany and of course here in the United States. Living in a foreign country, especially in the beginning, is not easy. My combat sports training gave me the means to release stress and prepare for new challenges. This goes for everyone who trains in boxing, for all the stress of everyday life.



As a boxing and kickboxing coach, I have always tried to teach this to my boxers using my personal experiences. If we remember that boxing is more than boxing, that we are training not just our punches but our very ability to counter life's attacks, we will tap into the full benefits of our sport. Every time we train for boxing we are gaining confidence and learning to rely on our mental and physical skills. And because we are boxers we can carry this process throughout our lives.

Coach Jarek Slagowski