



BOXING OUT NEGATIVITY



Boxing Out Negativity (B.O.N) teen program is a unique program which strives to make youth ready for the real world. This program is not about just punches; in fact we don't want our students to be just boxers. The techniques they learn are only tools to find the true meaning of boxing. They will learn many techniques (like using the opponent's power against himself, as well as punches), putting aside the physical aspect of boxing, let's talk about the mental aspect of it.

What makes Boxing Out Negativity (B.O.N.) Boxing program different from others or activities-is-that we place emphasis on the mental aspect of boxing as well as the physical aspect. We believe that with mental training, our students can achieve anything they want (like a high level of physical development and fitness, or academic achievement such as a PhD). Physical training alone, cannot prepare our youth for all aspects of life.

Boxing Out Negativity (B.O.N) training our youth is an art, and as an art it has beauties which we always talk about.

These are some of them:

PERSEVERANCE: Your teen will learn persistence in reaching his / her goals, even in the face of opposition. We will make the classes challenging for your teen and we will teach him / her how to overcome these challenges one by one. Without perseverance there can be no achievement

SELF-CONTROL: It involves self-restraint with regards to your acts and impulses. Teens may get angry easily, even though they may not like it. Sometimes they do not control themselves and may do or say something that can affect the whole family emotionally. Parents want to help them but teens do not want to listen because they cannot control their emotions and anger.

RESPECT: Appreciation and regard we have for others and ourselves, how we value people, rather than their possessions or belongings; the things they own or have. It is because of respect that we do things which we believe are the "right" thing to do; this is what leads others to admire us.

COURAGE: When we think of courage, we often think of personal bravery in a possibly dangerous situation. However, courage can also mean standing up for others and ourselves because we feel it is "right," even if we are outnumbered. For example, a teens needs courage to say "NO" to a friend who is asking him / her to smoke and it will take courage to resist the peer pressure that will follow.

SELF-DISCIPLINE: Dedication to self-improvement. With our programs your teen will learn that the term self-discipline means dedication to self-correction and self-restraint for his / her own improvement—as a student and as a person.

INTEGRITY: Your teen will learn honesty and moral uprightness in all areas of his/her life—whether or not others are observing.

LEADERSHIP: Showing the way by setting a good example. We don't want our students to be a follower only. As your teen gets experience from our programs they will get a chance to help others to achieve their goals as well as their own.

LOYALTY: Loyalty means allegiance or devotion. It can be to a person, a school, a cause, a community, a country, one's family, a team or Academy.

TEAMWORK: Cooperation within a group for the benefit of all of its members. This will help your teen to get ready for the real world. Very soon your teen will find himself / herself in the work place, and as you know teamwork is one of the qualities that one needs in order to be successful.

CONCENTRATION: Focusing on your goals. Our program starts with focusing on a target. This may be punching a target at first; however focusing on goals will direct your teen's energies towards their objectives providing him / her with the power of concentration.

CONFIDENCE: Justifiable belief in yourself and in your abilities. As your teen gets more experience from our program he / she will believe more in him / herself. This confidence is not just a belief; it's a justifiable belief in him / herself and in his / her abilities. To justify confidence, students must be able to show that they deserve to believe in themselves, that they have earned their confidence "fair and square".

So, please do not see our programs like a sport or any other physical activity as they only emphasis' physical training. We emphasize on the mental aspect first and then the physical aspect. We believe that with mental strength, students will achieve anything they want. With only physical strength, they will miss out on other aspects of life.

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