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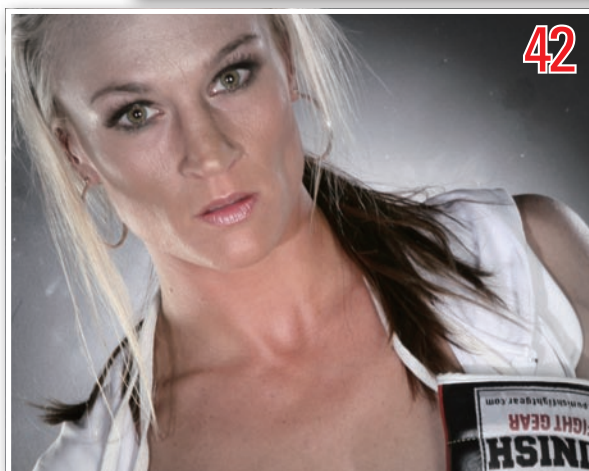
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Nugget & **THE CHALLENGER**

THE
CHALLENGER
MUAY THAI

Aussie super coach Nugget just got back from the filming of *The Challenger* and had this to say about the new series:

"What a fantastic series this is – 16 of the world's best fighters met in Malaysia in Serdang, where they trained twice a day in a vigorous camp-style place at Hanarong. Stephan Fox and I watched closely over all of them. There were some standout fighters like Cedric Muller, Fadi Merza, Marco Pique and Jordan Watson. Thailand was represented by Tum Mardsue. Keep your eyes peeled...it is going to be the biggest thing in Muay Thai!"



CHARLIE SURIANO

It's Showtime call out K-1

To go along with all of the other dramas that K-1 has experienced, It's Showtime has now officially come out with this statement:

"For more than half a year K-1 has owed us more than US\$400,000 and several fighters which we represent have not been paid. Until now, we have never contacted a lawyer to claim our credits because we granted K-1 the time they need to financially recover. However, we were very surprised to hear that DREAM and K-1 want to organise a number of smaller events. In our opinion that isn't possible before K-1 first pays its debts to fighters who already have fought. Therefore, now is the time for us to hire a lawyer.

"The fighters still waiting to receive big amounts of money from K-1 are Giorgio Petrosyan, Tyrone Spong, Hesdy Gerges, Daniel Ghita, Melvin Manhoef, Pajonsuk Superpro Samui, Chahid Oulad el Hadj, Gago Drago and Dzevad Poturak.

"These are only the fighters who are represented by us. There are a lot of fighters still patiently waiting for their money. We would like to emphasise that it's incorrect that K-1 even organises events without paying their debts to these fighters."



K-1 champ Petrosyan is just one of the fighters owed money by K-1

Kitchen girls rising stars on the British Muay Thai scene

There hasn't been any bad press for Allaya and Amber Kitchen, twin daughters of 13-time Muay Thai World Champion Julie Kitchen, who are continuing to firmly make their marks on the British Muay Thai and both only recently turned 12.

They chose to fight in different weight categories at the British Open Junior Championships in Solihull, West Midlands recently, after having to fight each other in the final at the championships last year. Allaya took out the Girls 12-14 under 40kg and her sister Amber took out the Girls 12-14 under 45kg category, both adding British Champion titles to their list of achievements so far.



KNEES OF FURY 34: AUS VS USA

At the next big Knees of Fury event an Australian contingent headed up by Paul 'The Sting' Slowinski will be taking on an MMA crew from the US headed by former UFC fighter Justin Bucholz. The event is on 16 September at Etsa Park, log onto www.kickboxermag.com.au for all the details.



IK Forum! Log on to www.kickboxermag.com.au

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RINGSIDE ROUND UP

IN SEARCH OF AMERICA'S MUAY THAI TEAM

A new reality TV show is currently being filmed in the US called *In Search of America's Muay Thai Team* and is a competitive reality series developed by Muay Thai in America. Professional Muay Thai fighters will be travelling from around the country to audition for a spot on the show. If a contestant makes the show and becomes a member of America's Muay Thai Team they will be offered a lucrative contract to go on a world fighting tour competing in countries such as Thailand, England, Japan, China, Korea, Dubai and India, to name a few. The filming will take place at a local Muay Thai kickboxing gym in Fontana, California.



Four WBC titles on the line in the US



Thai legend and five-time world champ Sakmongkol Sithchuchoke will take on superstar Cosmo Alexandre in a WBC superfight main event in Nevada as American Muay Thai starts to take off.

Sithchuchoke is coming off a third-round TKO victory over James Martinez, a K-1 USA veteran and contestant on the 2008 first season of *The Contender Asia*.

"We are excited about producing another card loaded with some of the finest Muay Thai talent on the planet," said Scott Kent, president of Lion Fight Promotions, who is putting four WBC Muay Thai titles on the line at the 20 August event. "Muay Thai is an incredible martial art and combat sport that requires its athletes to be skilled in every area of striking — from punches and kicks to elbow and knee strikes — and Lion Fight Promotions is committed to bringing fans the best possible match-ups between the world's greatest fighters in this fast-growing sport."



Muay Thai for bullies

Ten News recently ran an unbiased story about 11-year-old Reece Mears, who started up Muay Thai at XL Martial Arts in Mandurah, Western Australia, with Eric Jensen to learn to defend himself against bullies at his school. His mother said as a last resort she has taken her son to training so he can learn to defend himself as the parents and teachers have failed to help them. Reece has now admitted that he believes he has the confidence and skills to now take on the bullies if need be.



WIN! PRIZE PACK

We are giving away copies of the first season of the top martial arts show *Fight Quest* to *International Kickboxer* readers. Some free subscriptions are also up for grabs.

All you have to do is go to www.kickboxermag.com.au and fill out the all new IK survey and tell us what you want in the mag. Help us make a better magazine for our fans and win some great prizes in the meantime!

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Badato takes it home

Sydney fighter Reinhardt Badato recently travelled to Manila in the Philippines to fight in the first big, live Muay Thai ever in the Philippines and was televised live in the Philippines, China and Malaysia.

Reinhardt fought for the WBC Super Featherweight international title against a Malaysian champion.

"This guy was fast, explosive and powerful," said Reinhardt. "In the first round he gave me so many kicks to my lead leg, ribs and I was lucky to block the fast head kicks. He threw so many elbows and I was able to dodge most of them but one solid one got me and almost put me out. I could feel the pain in my jaw growing but I had bus loads of people from the province where my family comes from to support us. Their church- and work-mates were there to cheer me on! They were screaming all in one voice: 'BA DA TO, BA DA TO, BA DA TO.' I couldn't let them down, the pride of my family name was on the line.

"I though, if I'm going down – I'm gonna go down firing!

"So I kept on going forward, then as he went forward for an elbow, I knew he was in perfect range for my punch, so I threw it as quick as I could and I got him right on the jaw and to my surprise he dropped like a sack of rice. I looked at him as he was being counted; I was actually hoping he'd get up and I was already planning my next move, but his eyes were rolling and I knew he wasn't going to make it. The whole stadium was roaring so loud, I felt so lucky to receive this ovation. TV, newspapers and magazines were in my dressing room already lining up to interview me. They said they were proud to see me wave the Filipino flag and that I haven't forgotten where I came from — we felt like superstars.

"The promoter is now asking for us to fight in China in October, and then they want the three Badato brothers to fight again on a huge show in Manila, then the Philippines again in November. They said it's a MUST that we fight again."



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WMC Online

As you might have noticed, the WMC website is evolving on a daily basis.

Last month they added an events calendar, which is under NEWS -> EVENTS CALENDAR. This allows everyone to keep updated with all WMC events all around the world. So please make sure you send them ALL your events posters and information. Log on to WMC now for the latest Muay Thai news and action
www.wmcmuaythai.org



TAIPAN FP

RINGSIDE ROUND UP

STING VS THE CHIEF BACK ON!

Following the anti-climax of the century when Paul Slowinski failed to meet Peter Graham in the ring, we now have a chance to see this historical bout finally go down when The Sting will attempt to take The Chief's ISKA World Championship belt on Kings of Kombat 4. The action will go down in Melbourne on 20 August — check www.kickboxermag.com.au for all the details.



GEORGI STEPS UP

Following his upset win over Bruce 'The Preacher' Macfie, Frankie Georgi will now step it up another notch and take on the eight-time World Champion himself 'John' Wayne Parr, who is coming off a first round knockout in his last fight against Iron Mike Zambides. It's all happening at Evolution 24 on Saturday 3 September at The Sleeman Centre. Don't miss out!



FIGHTS TO
WATCH OUT
FOR IN
2011



Fought for a cause

Congratulations must go to Scott Langelaar, who completed 100 rounds of sparring to raise money for young Queensland stroke victim Sarah Gapp. It took Scott about four and a half hours to complete and he changed opponent's every four rounds.

Not only did they raise over \$4000 for Sarah but following the last round, George Mindis (who was also the last opponent) awarded Scott with his 2nd Dan BJC Black-belt.



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- Former All-Styles Martial Arts Champion
- 20 Years Security/Bodyguard Experience
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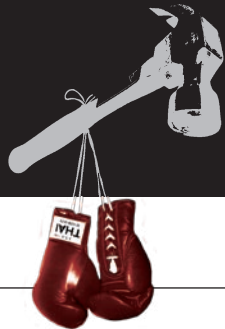


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UNDER THE HAMMER

With Mark 'Hammer' Castagnini

• Former World Kickboxing Association Aust Champion • FoxSports Specialist Commentator • International Kickboxer Executive Editor and General Manager



Who will be... The Next Big Thing

In this instalment of Under the Hammer we'll look at a question that I have been asked numerous times by fight fans at recent events or even out on the street. The question is always: who is going to be the next big thing?

People want know who is going to be the one under the spotlight and keep Australian kickboxing and Muay Thai as popular as it has been for the last five years and even take it to the next level.

Obviously, with John Wayne Parr getting to the twilight of his career — although I do believe he will be going strong into 2012 — fans are looking for someone to take his place.

Nathan Corbett has proven almost unbeatable in his weight division and a lack of fierce challenges being brought from overseas keeps him to fighting only periodically.

Bruce 'Preacher' Macfie is also having mixed fortunes of late and Soren, Boom Boom and Chris White have now all retired.

Fortunately, a bit of life has been breathed back into the heavyweight division with Paul Slowinski and Peter Graham making charges up the ranks and Andre Meunier, Ben Edwards and Thor Hoopman always put on a great show. These guys will continue to be the crowd favourites into the New Year.

But looking past that, who is going to be the next contender?

When it comes to exciting and gutsy fighting styles, Michael Thompson has reignited the imagination of Queensland fight fans, and Fox Spots viewers in particular, with his dynamic fighting style and never-say-die attitude. For me, he is a personal favourite and personifies everything that makes Australian Muay Thai such an exciting

spectator sport — he is certainly someone that we hope continues to grow as a fighter and a crowd favourite over the coming years.

We have the likes of Frankie Giorgi also, who has shaken up the middleweight division and is always going to be a serious challenger to anyone in that weight division. Frankie is a real tradesman in the ring and his fight style is very strong and gutsy, but whether this is enough to inspire crowds to follow him, we'll have to wait and see what he does next. You cannot question his heart or his ability — but has he got that certain something that will cause the crowds to turn out in droves to see him fight? That remains to be seen.

Michael Thompson in action at Evo

Another exciting prospect that I think is going to develop as a potential crowd favourite is Wes Capper. His challenge may be that he is based in Perth. While I'm sure Perth crowds embrace him, because of his lack of exposure in the Eastern states, it may prove to be a hindrance for him and prevent him from capturing the popularity of fans.

There are plenty of great fighters from WA now, but sometimes those logistical problems can get in the way from them becoming true A-list popular fighters.

Kym Johnson is another fighter that could break through if he was more active and probably should receive more attention than he gets. Greg Foley has the makings to be a JVP-type fighter but perhaps hasn't had the opportunity or the fights to take him to that level.

Rhyse Saliba is another young Jabout fighter to look out for and when his game matures a little, hopefully he will be part of the charge of the new breed.

The million-dollar question is still out there and I have mentioned some names that could take the baton, and I'm sure that I've missed one or two. Whichever way you look at it, there is a great up-coming talent pool in Australian fighting, so it is just a matter of seeing who you — the reader/fight fan — is going to embrace the way Stan The Man, Sam Greco and Gurkan Ozkan have been in the past.

Hit the IK forums and tell us who you think will be the next big thing. **IK**

Mark 'Hammer' Castagnini
www.hammersgym.com.au

Dane 'Daddy Cool' Beauchamp

1. What would you be doing if you weren't a fighter?

Probably playing footy.

2. Do you have any superstitions when fighting?

No, not really.

3. What is the most embarrassing thing you've done during a promotion/fight night?

I fell into the ring jumping the ropes in my third fight — so did the guy I fought. Hilarious, but embarrassing at the time!

4. What is a surprising fact about you?

I've got some serious dance moves.

5. How would someone close to you describe you?

A massive smart arse!

6. What is one thing you are good at (apart from fighting)?

Drinking beer [laughs].

7. Favourite fighter?

Giorgio Petrosyan and Nathan Corbett.

8. Favourite food?

Thai food cooked by my mate Goht!

9. Favourite drink?

Love a good coffee.

10. Favourite tunes?

Biff Rockmore and Electric Six.



11. Favourite TV show?

Flight of the Conchords.



12. Favourite movie?

Love bad 80's movies for all the wrong reasons (e.g., *Road House*), the cornier the better!

13. Dream girl?

Easy — my wife Aleisha.

14. Dream wheels?

Daihatsu HI-JET mini van.

15. Dream bout?

Kunetuka — Japanese fighter who beat me!

16. What can't you stand?

People who don't think for themselves and follow trends (materialistic people).

17. Best fight memory?

Beating those by KO who have beat me — nothing better.

18. Biggest/best break you ever got?

My first gym folded and I got to train at Nugget's Gym with all the fighters I looked up to.

19. In 10 years I'll be...

Catching waves and raising kids.

20. What piece of advice would you give to an up-and-coming fighter?

Don't take shortcuts, always stay fit, and learn from your mistakes.



20 from the forum

www.kickboxermag.com.au

- 1. What was the first amateur title you won and can you remember who it was? – Woolley**

I think it was my third fight, a Queensland AM title I won by KO in the second. Forget his name, he was from Rockhampton though.

- 2. What advice would you give up-and-coming pimps? – Avery**

[Laughs] Powder up that pimp hand and keep it strong! Dress to impress.

- 3. Does the fact that your pimp pulls more chicks than you frustrate you? – cargs**

[Laughs] I think I know who this is. No, I'm married! And there was that time he slammed your mum!

- 4. Now that you have stepped up in weight, who do you rate as the top three people at the new weight? – stalker101**

In Australia: Flip, Tomohawk and Sarra.

- 5. Who do you want to fight in your next three fights? – stalker101**

I will fight any Aussie in front of me! I'm not fussy. There is a guy, Irshaad Sayed, I'd give him a crack. Would be a good match.

- 6. How did the 'Pimp/Daddy Kool' ring entrance get started? – Cedric**

Nugget came up with it, there is a reason he runs the best fight shows in the country — good ideas!

- 7. Who works you harder on the pads? Soren or Nugget? – Timebomb**

Good question. Very different

styles of pad holding. Nugget is in your face like you're fighting him; Soren makes you do all the work and catches anything I throw (doesn't call anything). They're both hard work. To be honest I'm gasping for air with both!

- 8. Who would you most prefer to pimp-slap out of everyone in your division? And why? – xillion**

Whoever is ranked number one. To be the best you've got to beat the best.

- 9. Where do you see yourself in eight years time? – Wiseyoda**

Raising kids and drinking beers.

- 10. How did you get into the sport of kickboxing? – LOCO**

I went to a gym to do boxing when I was 13 and went on the wrong night. There was a Muay Thai class and I thought, 'I'm already here' — I fell in love with it.

- 11. Outside of NTG are there any fighters who inspire you and give you motivation to train and fight to the next level? – Dreamer**

Yes, un-Australian to not say JWP, Carnage and Ts2 when he was fighting, plus Petrosyan, Sudsakorn and Seanchai.

- 12. What sort of recovery regime do you have, and how long does it take you to be 'fight fit' again? – Bushi**

Nowadays I'm usually not injured after fights, and can fight straight away. Touch wood.

- 13. How are you going to knock out Flip at the next Evolution? – Jay123**

[Laughs] The old 1–2 kangaroo.

- 14. Are you comfortable at your new weight? – Jay123**

I'm loving the new weight. More opponents and more food!

- 15. What are your plans if you do well in the Aussie circuit at your new weight? Will you go to Japan or Europe? – Jay123**

I would jump at both Japan or Europe if offered, the Daddy needs to get more global.

- 16. Do you spar the big guys at NTG such as Cedric and Tyson? – Jay123**

I used to spar Tyson all the time before he joined the army. Caddy is too big and won't hit the little guys, lucky for me [laughs].

- 17. What training did you do to get bigger and still remain sharp in fighting? – Jay123**

I have hit the weights and am smashing the food, I'm a fat guy trapped in a little guy's body. Nugget and Soren on the pads keeps me sharp, also good sparring.

- 18. Other than the 'pimp slap' what is your favourite technique? – Behan**

I love grappling.

- 19. How long have you been involved in the martial arts world and how many martial arts have you done? – daaskapital**

I've only done Thai boxing for about 14 years now.

- 20. How strong is your pimp hand? – kingwaa**

[Laughs] Nice one. I slapped a guy once and knocked his tooth out! He deserved it. **IK**



TRAINERS FORUM

LEADING TRAINERS LEND THEIR ADVICE

Fight purses... what are you worth?

This issue, we ask the trainers to talk money. Fight purses are a murky topic with no definitive salaries in place. Determining what a fighter should be paid comes down to a number of variables including experience, rules, rounds, notice and following. *IK* wanted to know how leading trainers believe a fighter's purse should be determined.

BY SYLVIA SCHIAVONI, IMAGES BY X

DARREN REECE Riddler's Gym, WA

I think there is a general guideline and level when it comes to fight purses and there are many factors that help decide the level of pay for a fighter. I think the main deciding factor is the experience or number of fights that the fighter has had. This sets a level for what should be their skill level, and when matched with another person of the same kind of experience, should determine the quality and excitement of that fight. Therefore, the more fights they've had, then the better the fight should be, the more importance it should have to the fight-card and the number of fans and spectators coming to watch that fight in particular.

When it comes to actual numbers for a pro-fighter, I think for 5x2-mins full Thai rules, it should be about \$800 to \$1000. For 5x3-min full Thai rules about \$1500. From these levels then I think you can work or negotiate on their extra experience (more pay), less experience (less pay) the fighter's popularity (more pay), who the opponent is (more or less pay depending on who), what they are fighting for (more for a title or prestige bout), if the





Muay Thai fighters just don't make 'boxing' money

fighter is running hot on wins (more pay), if they have lost a few (less pay), if they are stepping in short notice (more pay), their level and importance to the fight-card, and of course the promoter's budget!

MARK PEASE **Strikeforce, QLD**

For me now it's about what a fighter can bring to my show as in ticket sales or table sales and I do believe most promoters think this way also. I mean if a fighter asks for say \$3000 to \$5000, we are talking about some of Australia's best in this range, we would be wanting him/her to at least sell close to that amount with tables and seats. In most cases a fighter will do that anyway.

I have mostly gone with a first pro fight at \$500 and then the next range would be up to \$1000, and this is usually someone with at least 15 to

20 fights behind them. After that, it's time to sit down with a fighter and trainer/manager and negotiate a deal with what they want and then strike a deal with what they can also bring to the show.

I'm not going to get into what we pay to the more experienced fighters but to pay a big purse, as most of these guys are worth this and more, we do have to work out if its beneficial for both and in most cases it is.

Plainly, it's up to the fight teams and the promoters to work out among themselves what they want as in both cases it's also a business.

PAUL MADIGAN **Mad X Gym, QLD**

I have eight pro-fighters in the gym, and what they think is fair and what the promoter thinks is fair is quite different a lot of the time. As their

trainer and manager I do the best I can for my fighters, but of course the purse depends on how many fights they have had, what titles they hold, and how exciting they are in the ring.

For the promoter, it depends on how many bums they can get into seats, which is understandable. In the end I try to agree on somewhere in the middle of what a promoter thinks is fair and what the fighter thinks is fair, and get a cut on tickets and tables sold.

I think the purse for the fighter should depend on the quality of the opponent and how much the public wants to see the fight. I believe Muay Thai is the most exciting fight style, yet the fighters are paid a relatively low price compared with similar sports. Only the top 5 per cent of fighters can actually make a living out of it. Let's hope this changes soon.



TRAINERS FORUM

LEADING TRAINERS LEND THEIR ADVICE

Fighters can sell tickets to make more



MAT REID

G.V. Martial Arts, VIC

The topic of fighters' salaries comes up a lot, and never gets resolved. It has so many variables you couldn't pigeonhole it correctly. Things that are taken into consideration by the promoter are: 1) can the fighter ensure a certain amount of ticket sales, which would go towards working out their fight fee?, 2) is the fighter marketable, will the average punter want to come and watch 'X' compete because they are flashy/tough/big-hitters?, and 3) can you help a fighter further their career, and give them a cash incentive to fight on your promotions? Muay Thai and kickboxing simply does not have the exposure that boxing and the more mainstream sports do, so the pay grade will reflect that. Many fighters are happy to fight for free for the love of it, some are unrealistic as to what they are worth, and a miniscule minority can live off their fight fees/sponsorships/endorsements.

JOHNNY SCIDA

Ultimate Muay Thai, VIC

On this subject I think I am very qualified, considering next year is my

20th year promoting. I have seen a lot of promoters come and go in the past 20 years, and the problem has always been how much do you pay the fighters? If you pay too much and blow the budget you won't be around long. I think all fighters, as in any sport, train hard and deserve as much as they can get.

The Melbourne kickboxing scene has never had amateur and pro status up until now, whereas in boxing you'll find amateurs who have had 50-100 fights without being paid, then turn pro and get paid \$250 per round for four rounds. Then you would have some trainers ringing me asking for \$200 for a kickboxer having his first fight.

Fighters and trainers want more fights but if they squeeze the promoters for more money they will squeeze the promoters right out of the business. Then they will only be fighting on a few shows a year and getting paid as opposed to fighting more often with lower pay.

As a rule, a B-grade show with a small budget would have two or three paid fights at the top and the undercard would be classed as novice or amateur.

Some promoters come along with big chequebooks and start paying the fighters unrealistic money, do a couple of shows and disappear. Then the fighter has to scale down their expectations of the money they want to earn each fight.

If you take up this sport, in the short term to make money you might as well stay at work and do overtime. Ask John Wayne Parr how many fights he had before he started making any money.

There is only a handful of fighters in Australia that could make an average wage out of fighting; most of them do private lessons, run or work in a gym to back-up their purses from fighting. I would love to pay more money if there was more money to be had. Without TV and big name sponsors the purses will stay the same.

CARL DRAPPER

Hangar 4, VIC

As a trainer and promoter, we don't usually pay any money for fighters with less than five fights. When it comes to full Thai rules, I would expect to pay a minimum of \$100 per round, i.e., \$300 for a 3-rounder and \$500 for a 5-rounder.

When the guys are main-events, it depends on each individual. The other thing that all promoters in Melbourne do is give them a ticket deal with a commission from their own ticket sales or a catered table the fighter can sell at his own discretion. There are plenty of variables that come into play but this is just a rough outline.

DANNY JONES

Khrop Khrua, NSW

I guess, basically, it's a very personal and private type of thing. For most fighters, it's a pretty guarded thing — they won't let you know how much they get or how much they earn.

The way I look at it is, if you're going to pay someone, they should be a decent level to start...and by saying that I mean they should have worked their way up, and not for any

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ABC title, but more so for fighting credible opponents.

Promoters work in different ways. Some will offer you a set amount, some will get you to fill corporate tables or do both. Some will let you sell tickets and keep a portion. There are heaps of different ways promoters will do it because at the end of the day the promoter wants to make money as well.

The bigger the show, the more money the fighters will get. Look at shows like Evolution, which is the pinnacle show for fighters to get on, they'd all be getting decent money — well, the top guys anyway.

I know in Thailand they have a structure where most of the fighters get similar money. The top guys like Saenchai are on big money for Thais but they make most of their money when they fight overseas.

There isn't a set standard but if you've been around a long time and fought decent people then you'll get a decent salary, and that's taken a while. I wish everyone could get good money but unfortunately it's not the case and I don't think it ever will be, especially when you compare it to other sports



like MMA. But then they get more sponsorship and more TV...it all comes down to money in the sport.

NUGGET **Nugget's Gym, QLD**

This is a topic that will be talked about forever. It's like the Super League in NRL...there is always going to be people who think they're worth more but aren't good enough and people who are worth more but aren't smart enough to get paid more.

After the last year spent talking to other promoters around the world and in particular after being in *The Challenger* series, I have come to realise that Australian fighters are quite well paid in comparison to other fighters around the world. I do think there is a massive separation from where you don't get paid to where you start getting paid.

From a promoter's point of view, I think there are a lot of people out there who dream.

A lot of fighters over-value themselves and think everyone should get paid. I remember myself, Brian Murphy and Josh Sexton used to fight for trophies back in the day and we were happy to do it. I think the money side of things has made a lot of people forget that side of Thai Boxing and about fighting purely for the love of it.

Being an ex-fighter, I understand how many sacrifices you have to make to become a fighter. But you have to crawl before you can walk. Established fighters like John Wayne, Frank Giorgi and Bruce Macfie all get what they're worth. But, I think that people fighting three-round modified rules can't expect to get paid what people fighting five-round full Thai rules get. Fighters should get paid their value in terms of how good, entertaining and popular they are.

I feel sorry for the smaller promoters because people think they're cheapskates but running big shows is hard and it takes time to get to that level of promotion. I think there is a difference between fighting on a big promotion and in a PCYC. If you love fighting and are fighting on smaller promotions, sometimes you're better off taking a small purse but getting the experience and the chance to display your skills.

Josh and I realise that sometimes fighters just price themselves out of a fight, they forget that along with fighting, you have to bring people to watch you, so once you gain that experience and a following, you also gain the bargaining power with the promoter. **IK**



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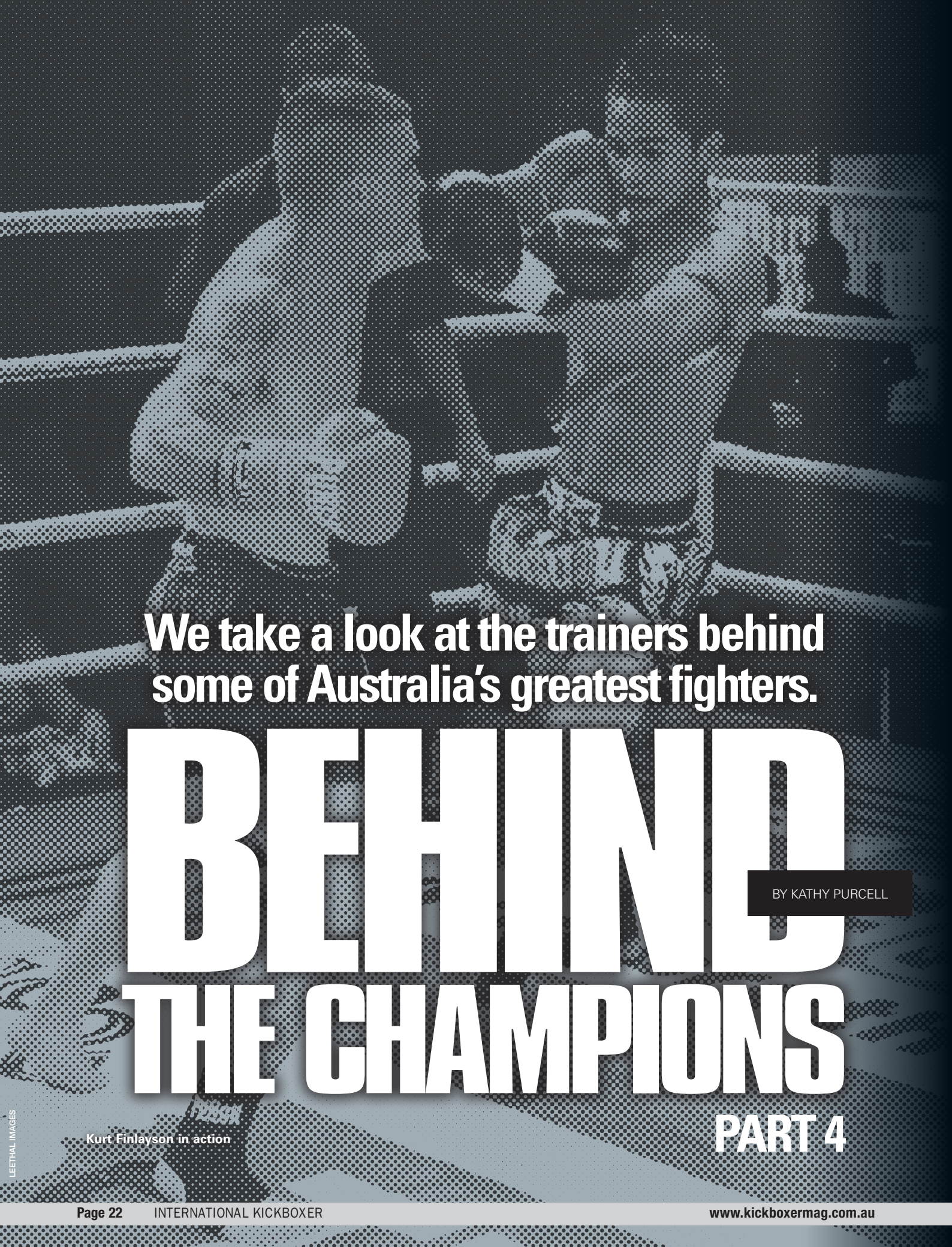
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**We take a look at the trainers behind
some of Australia's greatest fighters.**

BEHIND THE CHAMPIONS

BY KATHY PURCELL

PART 4

Kurt Finlayson in action

KURT FINLAYSON

TRAINED BY JOE HILTON

What's your background and how did you get involved in martial arts?

When I was a junior I did a bit of judo and boxing training. Then, at 16, my brother-in-law introduced me and my brother Roger to Bob Jones Zen Do Kai karate. I loved the training and challenges of Zen Do Kai and went on to reach the level of probationary 4th Dan with multiple schools on the Sunshine Coast.

When and why did you decide to start training fighters?

I started training fighters back in the late 1980's after becoming somewhat disillusioned with the path Zen Do Kai was going down. Bob Jones went to Thailand and came back and started up BJC Muay Thai in Australia. It all started from there and the rest is history.

What does it take to become a trainer?

I think a good trainer needs to have an understanding and passion for the sport. They need to have good communication skills with their students. A very understanding wife and family is also important especially when, at times, you spend more time with your fighters than you do with your own family. We have welcomed many of our fighters into our extended family over the

Joe Hilton with Kurt Finlayson



LEATHAL IMAGES

years.

If you weren't a trainer, what would you be doing?

Good question... I can't see myself doing or enjoying anything else. Muay Thai training is in my blood. I truly love seeing people achieve their goals and dreams.

How did you come to train one of Australia's best?

Kurt originally trained with my brother Roger and when he retired from training I was approached to train Kurt, and we have had great success since then. I have also trained many other state,

national and international fighters, including former WMC World Champion 'Wazza' Elson.

What sort of relationship do you have with your champ?

At times it's been a very interesting relationship. We are like father and son. So, like most father/son relationships, I have to give him a kick in the bum to motivate him from time to time. And, like most kids, he doesn't always listen to me and thinks he knows best, but as a whole we get on great and have a high respect for each other.

What sort of influence do you feel you have over your fighters?

I would like to think I have a large influence. Most of our fighters come to us at a very young, impressionable age. I like to keep them grounded by encouraging their schooling, respect of others and to lead a clean lifestyle. I also try and help with choosing a career path.

How active are you in the process of accepting or declining opponents?

I control all my fighters' matches. I would never put them in the ring without knowing about their opponent and feeling confident they have the ability to, if not win, be able to put up a very good bout. We also only fight on sanctioned WMC shows as the trainers associated have a high standard of morals and ethics.

How do you pick your fighter up from a run of losses?

Another good question... I always know that they have prepared well as I have a set standard of not allowing anyone to fight unless they have done the required training for it. So I'll sit down with them and go over what went wrong in the fight and see where their mind is at. I will then work on any areas that can be improved. One thing I always tell them is that it's no use beating yourself up again; you can never change what's happened in the past, but you can change the future.

Kurt, Joe and their crew



In your opinion, what's the worst thing a fighter can do in or out of the ring?

Carry on like a 'pork chop' when a decision has gone against them. It is up to the corner to put in a proper complaint to the sanctioning body. It's not the opponent's/trainer's fault. Being too big headed and showing disrespect to opponents and officials is also something I think is not a good look.

What makes a champ?

There is no one thing that makes a champion. You have to have a number of qualities: dedication, respect for yourself and others, skill, and a want to achieve, improve and succeed are the first things that come to mind. A true champion needs to be both physically and mentally strong to be able to handle the demands of training and everyday life. Juggling work, training and personal life is very hard for most people.

What advice do you have for up-and-coming fighters?

Train hard and fight easy. Always respect your trainer, gym and training partners. When your fight career is over, give something back to the sport by helping others to train, or become a referee or judge. This will ensure that Muay Thai in Australia continues for a long time to come.

AARON LEIGH

TRAINED BY MARK PEASE

What's your background and how did you get involved in martial arts?

I grew up in Melbourne, and at the time I did amateur boxing and karate, which my dad was involved with (Go Ju Kai).

When and why did you decide to start training fighters?

In 1988 when I went to a kickboxing show with my karate instructor and fell in love with the sport. My instructor said he couldn't teach me, so I decided to do it on my own. Being young, I learnt the hard way.

What does it take to become a trainer?



Aaron Leigh

To become a trainer, it takes a lot of hard work, persistence, dedication and also being a fighter yourself helps a lot. You have to be able to read each individual fighter and work out what makes each one tick to help them reach their full potential.

If you weren't a trainer, what would you be doing?

If I wasn't a trainer I would have to be involved in the sport in some way. That's just the way it is.

How did you come to train one of Australia's best?

Aaron came in to the gym one night with his surfer mates about 11 years ago and as soon as he started training, you could pick his talent straight away.

What sort of relationship do you have with your champ?

Aaron and I have a great relationship. We have the same circle of friends so get along really well. We definitely enjoy ourselves going out at night on overseas fight trips.

What sort of influence do you feel you have over your fighters?

You would have to ask them. I would hope it would be a positive one.



Mark Pease

LEETHAL IMAGES

How active are you in the process of accepting or declining opponents?

I am very active and quite particular about who fights who. I like to think that each of my fighters has a 50/50 chance of winning a fight before accepting one for them, and if they have put the hard yards in, they will win.

How do you pick your fighter up from a run of losses?

Again, this is a key point in being a trainer and you have to be able to motivate your fighters after any loss and this sometimes can be hard.

In your opinion, what's the worst thing a fighter can do in or out of the ring?

In the ring — be over-confident. I do not like fighters that are in any way disrespectful. Outside the ring — be respectful to everyone that comes to the fight show to watch you fight... these people are fans.

What makes a champ?

A champ is made from hard work, determination and some natural ability helps.

What advice do you have for up-and-coming fighters?

Set out some goals for yourself, train hard and most likely your goals will be met.

ELI MADIGAN

TRAINED BY PAUL

**MADIGAN
AND TYSON MURPHY**

What's your background and how

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did you get involved in martial arts?

PAUL: My background in martial arts started when I was 16 with boxing at Woolloongabba in Brisbane. At 22 I began taekwondo, and achieved a 2nd Dan. I was instructing in that style for around 12 years before some of my students introduced me to kickboxing and I loved it. Over time I left taekwondo to become more involved with kickboxing, which grew to become Muay Thai as we know it now.

TYSON: At 10 years old I started training in Zen Do Kai, and as a teenager I got into gung fu and boxing. When I turned 17 I joined the Army and was posted to infantry. In 1992, while on a three month tour of South East Asia, I was on leave in Bangkok and some Thai soldiers took me to see some fights. I was shocked and in awe, and this is when my love affair with the country and sport started. In 1998 I got out of the Army and I was a bit lost. After training in Australia for a short time I went back to Thailand and spent the next four years (apart from a few short trips home) training, fighting and partying (a lot!) I was trained by Kru Poo and Kru Vichan from Stipolek Gym in Pattaya and had my first fight.

When and why did you decide to start training fighters?

PAUL: I started training fighters around 15 years ago when I was an assistant instructor to Garry Wilkinson and Wayne Lovelock. Sadly, Wayne passed away, and Garry took over the gym before eventually moving on and leaving me as head trainer of Woombye Fight Centre. I re-established the gym on my property as Mad X in 2004.

TYSON: After a few more bar fights and copping a bashing up North, I trained at different camps in Bangkok, Samui and Korat, but due to a medical condition from my Army service I was unable to continue fighting. In 2002 I returned to Australia and joined K6 Gym in Noosa,



SCOTT MCALINDEN

Paul, Eli and Tyson

where I spent three years training, holding pads and helping to prepare fighters. We shared this gym with a boxing club, and I did a lot of training with them and learnt some good hand skills. In 2006, I and three fighters from K6 relocated to Mad X. It was a perfect fit and we've never looked back.

What does it take to become a trainer?

PAUL: To become a trainer it takes dedication, a good facility that your students want to take ownership of, and the right people around you. Mad X's other trainer Tyson Murphy has been a huge asset, as has Dr Saul Geffen with medical assistance. Being a trainer involves a team effort.

TYSON: Giving up a lot of your own time for other people, and sticking with it even when it's a grind.

If you weren't a trainer, what would you be doing?

PAUL: If I wasn't a trainer

I'd be surfing.

TYSON: I don't know.

How did you come to train one of Australia's best?

PAUL: Eli is my son and I have trained him from an early age. He started off with me in taekwondo where he received his junior Black-belt at age 13. When I moved over to kickboxing and then Muay Thai, he came along too. As my skills as a trainer developed, I think Eli's skills as a fighter evolved. I knew I wanted to take Eli to the top and always believed he had the talent.

TYSON: I found my home at Mad X.

What sort of relationship do you have with your champ?

PAUL: Eli and I have two different relationships. In one sense it's my relationship as a father to a son, which has the usual ups and downs as all fathers know. In the other sense our relationship is as a trainer to a fighter, which I try to maintain equally with all of my

KAEL FP

fighters. I think we blend both relationships well, and I'm proud of the man he has become.

TYSON: I've trained him for five years and he trusts my judgement.

What sort of influence do you feel you have over your fighters?

PAUL: I feel that I have a very strong influence over my fighters. They trust in the skills we are teaching them and follow my advice regarding their medical/physical/emotional needs... most of the time! I like to think that the boys look at me like a father figure and will turn to me for what they need in any aspect of their lives. It's been a privilege to see the lives of some boys turned around for the better.

TYSON: Big brother, father, best mate. We have to be all of these.

How active are you in the process of accepting or declining opponents?

PAUL: I manage all my fighters, so the process of accepting/declining opponents is left to me. Of course I consult the fighters regarding the opponent as well as consult Tyson for his opinion. Our gym is known for taking on most challenges as it raises the quality and level of the fighters to take on the hard ones. It's not always about the win, and sometimes we have the boys take on fights they may think is above their ability — but it's the only way to raise the bar.

TYSON: If the money and weight are right, our boys will fight anyone.

How do you pick your fighter up from a run of losses?

PAUL: How a fighter takes a loss is very individual. A run of losses for a fighter can be very difficult psychologically. I always point out to them to take into account the opponents they have lost to. Beniah Douma has had three losses in a row against some A-grade Thai fighters with 3-4 times the number of fights he's had. He has put up a strong fight, went the distance in all of them, and didn't have an eight count put on him. So there were a lot of positives



LEETHAL IMAGES

to be pointed out, which is an important thing to do for your fighter when they have had a run of losses.

TYSON: Pay them out.

In your opinion, what's the worst thing a fighter can do in or out of the ring?

PAUL: In my opinion, the worst thing a fighter can do is misuse the abilities he/she has been trained in. Our sport teaches honour and respect, so I have a low tolerance for fighting outside the ring unless it's in self-defence, or in the defence of someone who needs help.

TYSON: Talk shit after you win, not before.

What makes a champ?

PAUL: I think the qualities that make a champ are: consistency

in training, dedication, a strong mental edge, the love of the fight, extreme focus on your goals, natural talent, a degree of humility, and the knowledge that you only get back what you put in.

TYSON: First in the gym, last to leave, always goes hard. Champs are made in the gym, not the ring.

What advice do you have for up-and-coming fighters?

PAUL: I would advise up-and-coming fighters to select a gym to be loyal to, to listen to and trust your trainer, to be consistent in your training, stay humble, and if you want to reach the top you have to make Muay Thai your life.

TYSON: Learn the right technique and form, and train hard. Do hundreds of reps every day. **IK**

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THE RISE AND FALL OF A FIGHTING JUGGERNAUT

BY JARROD BOYLE IMAGES COURTESY FEG



The merits of various martial codes and their true point of origin will always be up for debate, but as far as codifying stand-up fighting and putting it on the international stage, K-1 takes the honours. The glory has not been without incident, however; K-1 is now fighting not only for pre-eminence, but also for its survival. JARROD BOYLE examines the history of one of fighting sports' most sacred, hallowed codes.

Since martial artists first lined up in dojos, the argument 'which martial art is the strongest?' has possessed the minds of most. Martial arts are about self-defence, and when it comes down to fighting for survival, everyone wants assurance that they have invested their time and effort in the best way possible.

Kazuyoshi Ishii, a one-time Kyokushin karate practitioner, broke away from that organisation to found Seidokaikan karate in 1980. Kyokushin, at that time, had been the world's largest full-contact organisation. It was also avowedly amateur and soon to be riddled by politics. Recognising an audience for the search for dominance, Ishii first founded his own style which would allow professional participation, and then set about luring the world's strongest martial arts talent towards it. Established stars like Kyokushin's Sam Greco and Andy Hug were swift to make the move.

To both its credit and downfall, K-1 has always had marketability uppermost in their minds. The rules were crucial to this. The 'K' in K-1 stands for *kakutogi*, which is a Japanese word to describe any form of stand-up, striking martial art. Ishii formulated a set of rules under which all stand-up martial artists could come together to test their skill. While K-1 bears the closest resemblance to Thai boxing, grappling and elbows were eliminated. This was to ensure the

contest would flow better from a spectator's point of view, as well as removing promoter's nightmares connected to heavyweights fighting with elbows. K-1 soon proved how strong international interest was, with competitors emerging from a range of nations.

The first Grand Prix final in 1993 was won by Croatian Branko Cikatic in the Yoyogi National Gymnasium in front of a modest audience of 12,000. He won each of the three tournament legs, victorious over three opponents by knockout wins in each bout. The first round of competition also introduced the world to the competition's two most dominant and successful fighters, Ernesto Hoost and Peter Aerts (Hoost defeated Aerts in the first round by



Ghita and Kharitonov go at it

decision). The Dutch would soon become the sport's ascendant superpower; Dutch fighters have gone on to capture the GP title a total of 15 times. In fact, the only non-Dutch champions have been Cikatic, Andy Hug and Mark Hunt.

Rather than a single-bout structure like a boxing card, Ishii opted for a knockout tournament, Kyokushin-style. This not only allowed for a broader showcase of fighters, but also introduced a greater degree of luck for the outcome, as well as requiring a considerable degree of fortitude from the contestants. The winner would have to fight three times in the course of the competition, putting up with sometimes long delays and the onset of injury in between bouts.

In 1995, the international structure was properly implemented. Ishii set up a grand prix format with a qualifier in every part of the world, to effectively draw on the disparate but potent pockets of international fighting culture. The organisation went from strength to strength, growing its audience numbers as its roster of fighters increased. As far as popularity and audience numbers were concerned, K-1 peaked around 2002, the time that Bob Sapp appeared.

Sapp, a journeyman NFL player, appeared in K-1 on the basis of his extraordinary size; standing around six feet four and weighing in at an astonishing 150kg, Sapp successfully tapped into the Japanese fascination with freaks. Coupling his extraordinary stature with two astonishing wins over Ernesto Hoost, Sapp developed a strong relationship with the box office. Unfortunately for K-1, this did a great deal to further undermine the organisation's credibility. Fighters like Aerts, Hoost, Greco and Filipovic were regularly delivering stunning performances, proving that kickboxing was as sophisticated and legitimate a sport as any other. Sapp, who had almost no skill whatsoever other than his theatrical appeal, did a great deal to undermine that.

The Japanese judging also drew the sport into disrepute. Much like Kyokushin karate, in which no non-Japanese has ever won the



world tournament, K-1 showed a blind preference for Japanese fighters. Musashi, who suffered more grotesque hidings than any other fighter in the competition, was often propped up or promoted by spurious decisions. Even Peter Aerts, three-time GP winner, publicly criticised the organisation. Possibly the most famous incident of spurious judging took place at the Amsterdam leg of the K-1 World GP in 2006. Remy Bonjasky was awarded the decision over Frenchman Jerome Le Banner, who had battered Bonjasky from one side of the ring to the other like a dog with a rag. The decision was later reversed, but the damage had been done.

Mixed Martial Arts had always been showing K-1 solid competition,

and for whatever reason, audiences seemed to show a preference for no-rules fighting. While MMA had temporarily suffered a setback in America when it was banned from cable television broadcast, Pride in Japan provided a competition ground for Americans such as Chuck Liddell and Rampage Jackson, as well as luring K-1 favourites such as Mirko Filipovic. Once the UFC had been bought out by its current owners, the rules codified and its reality television show, *The Ultimate Fighter* implemented as a platform for reaching – and educating – the US mass-market, K-1 appeared to have been well and truly eclipsed.

K-1 and its parent organisation, FEG (Fighting Entertainment Group), continued to produce events, both as

iKnead FP

Many are claiming K-1 owe them money



Schilt



Petrosyn



K-1 and under the Dream label, its mixed martial arts promotion. Earlier this year Simon Rutz, promoter behind the 'It's Showtime' events in The Netherlands, announced that many fighters from the previous year's GP were yet to be paid. Shortly after, K-1 announced that it needed to halt production for a while in order to 'restructure'. To make matters worse, the recent Tsunami, which precipitated the nuclear crisis, had a profoundly negative effect on both the country and its economy.

Added to K-1's woes is its most dominant yet controversial champion, Semmy Schilt. Schilt probably fits into the freak category, standing six foot 10 and weighing in somewhere around the 130kg mark. He is, however, a vastly

different fighter to the likes of Sapp; he is highly skilled, very fit and has the ability to fight strategically. Unfortunately, such skills don't quite balance his charisma. Famously asked by an interviewer seeking to lighten his public persona, "Tell us, Semmy, what makes you laugh?" Schilt replied deadpan, "Jokes."

In recent times, the brand seemed to have bounced back with the under-63kg division K-1 Max, and K-1 representatives remain adamant that the Japanese promotion will continue its push back into the kickboxing world, the promotion's transitional period continues to be plagued by the issue of fighter payment with accusations of huge amounts of money being owed to fighters and claims by some that the company is

actually close to bankrupt. Whether K-1 can survive in the current sports marketplace is anyone's guess. Its number-one commentator, Michael Schiavello, had this to say;

"I think it will be a major blow for the stand-up combative arts if K-1 dies. K-1 is a name, a brand, an institution; it has the prestige, the history, the pride. It has, for 18 years, been the pinnacle of stand up striking to which every heavyweight kickboxer aspires and for the last nine years to which every middleweight also aspires. If K-1 dies, there will be other promotions who will pick up the slack, most notably 'It's Showtime', but it would be a long time before another organisation builds the prestige and brand name of K-1". **IK**

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REPUTATION JOHN RETRIBUTION WAYNE & RETIREMENT PARR

J-Dubya was able to settle the score once and for all against his nemesis Zambidis at Payback Time III with a KO victory that left no room for discussion. The first bout of an action-packed retirement year for the 'Gunslinger' has left fight fans wanting more. However, it's not all about JWP this year with his daughter Jasmine making her debut in the ring. 'Princess' Jasmine's first fight exploded into a media frenzy with the Parr's parenting being called into question and Muay Thai hot under the spotlight.

BY SYLVIA SCHIAVONI // STUDIO IMAGES BY VINCE VALITUTTI

John Wayne Parr commenced his retirement year by taking on long-standing nemesis, Mike Zambidis. The score was even and the moment of truth finally came for JWP and Zambidis to put all debate to rest once and for all.

"I trained really hard for this third fight as there was plenty of honour on the line, I didn't want to lose, otherwise the second fight might have looked like a fluke and even though Zambidis is a great fighter, I really didn't want him having another win over me."

No stone was left unturned. Knowing Zambidis likes to box, JWP worked with Les Sherrington to have his hands as sharp as possible. He went into the fight with the intention of keeping Zambidis on the end of his teep and punches ensuring he did not end up against the ropes on the receiving end of Zambidis' swinging punches.

"I also noticed from watching Zambidis' fights that not many people push him back, it's as though they are afraid and let him pick the pace of the fight, I wanted to change that and stay in front of his face, lucky for me it worked."

A KO victory for JWP was not the game plan but two eight-counts and a barrage of punches later left 'Iron Mike' on the canvas before the end of the first round.

"It is the greatest feeling I have had in years, most of my fights have gone the distance the last few years, so I was never thinking of knocking Zambo out, just winning. I was so excited after the fight, I don't think I had a good night sleep for about five days I was buzzing so hard."

Now, the eight-time world title holder is set for a very active six months. Canberra fight fans can expect to see him face off on 30 July against Vuyisile 'The Cheetah' Colossa.

Then on 3 September, Frank Giorgi will be stepping up to take on the 'Gunslinger' at Evolution 24. With a chance to return to Melbourne to fight in October and at Evolution in December, JWP is looking for opponents.

"I love to fight big names in the sport as it makes me excited to train and gives me butterflies in the tummy. Having that little bit of fear of getting smashed brings out my best, so the scarier the opponent the better."

JWP has more than made his mark in the sport and with a long list of achievements, what else is he possibly hoping to achieve?

"I have no idea, I have lived my dream so many times. I am just happy to fight and make money for my family; the more I win, the more good stuff happens. So, as long as I remain focused, I hope my profile grows with every fight."





It may supposedly be his retirement year but it is not all about John Wayne any more...his eight-year-old daughter Jasmine is already making a name for herself and showing that Muay Thai is in her blood.

'Princess' Jasmine Parr made her debut on 18 June against Georgina 'Punch Out' Barton on an amateur Muay Thai tournament, Tomorrow's Champions, with a percentage of the funds raised being donated to the Cancer Council in honour of Wayne's father's anniversary.

An exciting moment for young Jasmine who had been taunting her parents for some time to fight. The media were invited to partake in her debut but what started as relatively positive exposure soon exploded into a media frenzy with the Parr's parenting being called into question and a lot of skepticism surrounding the safety of the two little warriors.

It has obviously been a very difficult few weeks for you, how has this ordeal made you feel?

The whole Jasmine thing was such a load of crap, I rang the local paper seeing if they would run a story about Jasmine so she could get her photo in the paper to remember her first fight. The paper were the ones who wrote the crazy story and then every outlet across the world ran with it, even though half of it wasn't true.

I have worked so hard to be a positive role model, doing seminars and visiting schools, and then with one story in the paper I have become the worst parent in the world and

MEDIA MAYHEM:

Australia's elite trainers voice their opinions on pint-sized fights.

This has been a crazy run of media attention where as per normal the media has focused on a negative aspect that they don't like

about the sport. The media took what John Wayne Parr thought was going to be some positive and useful promotion for his show and flipped it around to make him look like a father pushing his daughter into fighting.

It has been Jasmine that has asked Wayne time and time again when she will be able to compete – just like kids in other sports who get to compete. Don't worry about the media focusing on how getting kids training in Muay Thai gets them away from the X-Box, gets them exercising, makes them fitter, stronger and more coordinated and teaches kids discipline, respect and not to bully people.

If this was a junior football game and a boy got bowled over from a hip-and-shoulder bump and was in tears as he played on...would it be all over the news? I think the media just focused on the fact that they hate our combat sport and just see it as violence against another person and used the fact that it was two young girls competing to make it that much more dramatic.

Hopefully it hasn't damaged our sport again considering nobody actually did anything wrong. While all this media frenzy was going on over two little girls competing for the first time, Caley Reece competed against the European champion Madeleine Vall (51 fights) from Sweden for the WMC World title in Perth. These were two of the top girls in the world and we couldn't get one bit of interest from local paper, TV or anything! Not even after local WA girl Caley won her second World title! Nothing!

-Darren Reece, Riddler's Gym

I train kids too and have done so for a very long time and all the kids and their

parents think it's the greatest thing around to get their kids competing and learning the ancient art of Muay Thai.

The kids are the same weight and age, there are strict rules of what they can do, they have two very important people standing no more than three metres away from them at all times...I am talking about the referee and the doctor of course, not Mum and Dad.

Every week I have some of my young kids come to class with either bad bruising or injuries from playing rugby where there is no weight divisions at all – so should we not look at that to be regulated rather than Muay Thai? These two young, fantastic little ladies showed that they can do this sport and at the end of the day, even at the young age of eight, kids still know what they want to do and if they didn't want to do it, they would say.

-Mark Pease, Strikeforce Gym

As we know in the sport, our youngsters are well looked after in the ring. They are well padded and watched carefully by the referee. I do a lot of shows with my ring-hire and have never seen any youngsters get hurt. However, I have seen them show courage and respect for each other.

The media, unfortunately, see it as kids fighting – they don't see the discipline in training and the team spirit in the gym. They should look a little harder into the sport and see that the kids learn many skills that will help them face the challenges in their lives. If you can get into the ring at that young age with hundreds of people watching you and earn everyone's respect, imagine what you will be capable of in your life?

-Paul Madigan, Mad X Gym

If I was not involved in the sport, I would say Jasmine fighting at the age of eight was barbaric. As in anything in life, if you don't know the sport you shouldn't have a hardcore opinion. Most of these people who object to her fighting are probably not involved in the sport and are not qualified to

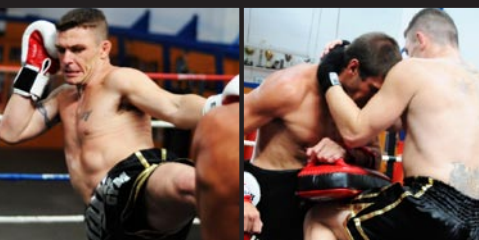
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Anna Bligh was seeking to have my promotion and parenting investigated.

I even had *Today Tonight* at my door at 6am trying to get the exclusive. I will never trust the media again, or believe any of the crap they air, no wonder we have invaded two countries with the right media spin.

Why do you believe children should be allowed to fight?

I've been doing it for 10 years and I get nothing but thanks from the fighters and parents, as it changes people's lives forever. Not everyone can win, but that excitement and buzz you get from performing in front of a crowd is the most amazing feeling, plus you learn to

have an opinion. If you ask me about jump racing I would say 'ban it'. But as I know nothing about jump racing, I don't think I should have a hardcore opinion on the subject.

Would I want my son or daughter to fight? No, but my son does fight and I support him. I make sure everything is done right leading up to the fight so that he is as well prepared and as safe as he can be.

Would I want my eight-year-old daughter to fight? No, but if she wanted to, I would put all safety measures in place. I am sure John and Angie have done the same to protect their daughter as much as they can.

Being involved in this sport for so many years, I know that the kids are a lot more protected than in many other sports. When my daughter was riding horses competitively I had no control over what was happening, and it was a lot more dangerous for her than fighting with all the protective gear on.

-Johnny Scida, Ultimate Muay Thai

I feel bad for Wayne and Angie. Putting up with the ignorant comments must have been terrible for them. But I understand the outcry. Muay Thai is still regarded as a 'brutal' sport. The public is slowly coming around to the idea of it being a fantastic pastime to get into, but when you have kids competing, you bring out the P.C. hand-wringers calling for community services to come in and take the kids away, and sensationalist headlines undoing all the hard work, and we are back to square one.

Personally, if the children are covered in the correct equipment, the referees are vigilant on ensuring safe competition, and the kids are thrilled to be doing it, then there should be no problem. I have four daughters, and though I would not like them competing as young as eight, if they wanted to when they were 13-plus, could commit to the training and lifestyle, then I would support them 100 per cent.

-Mat Reid, G.V. Martial Arts Gym

I don't know about the old saying 'any publicity is good publicity'; sometimes it's not. Look, Wayne's daughter trains

and her mum and dad are fighters and they know the negatives of the sport and the things that can go wrong...and it's not a concern for them.

Personally, I don't see anything wrong with kids training. I wouldn't train any kids younger than 14 because I don't think they have the concentration span and it tends to be more like after-school care for the parents. Sometimes kids at school tend to do things that they shouldn't be doing and if you're showing them things that could hurt people, it's not a good thing. I'm not saying all kids will but you always get a percentage that do and then it gives the sport a bad reputation.

I know other kids out there do other martial arts but when you are looking at a martial art when you're punching and elbowing and kneeing, etc., it's a bit young. But that's only a personal opinion. I know in Thailand they do it but it's completely different. They do it to escape their lifestyles, to make a better life for themselves and their families.

Queensland does not have a lot of legislation like we do, for instance, we have to have stringent medicals and you have to be a certain age. With boxing, the kids have to be at least 14 and it's hard because other kids in other states are boxing at younger ages but they have passed that legislation for a reason, whether you like it or not. Queensland didn't have to do that but now that the media have been involved, it puts a lot of pressure on politicians and once politicians get involved it will cause a lot of problems up there.

If Jasmine wanted to do it and have a go, that's great! Both parents are responsible and they know what's involved so I can't see the problem. But you have to look at it from the perspective of people who don't know anything about the sport who think it's barbaric and brutal.

Also, kids will cry in anything, even on stage they freeze and cry because they get anxiety and nerves and they want their mum or dad, or they're out of their comfort zone. It's just one of those things. It's just a shame that it got all the attention it did for the wrong reasons.

-Danny Jones, Khrop Khrua



have respect for your opponent, the referee and judges, as well as learning to be a team player by wanting to win for your gym. It is a good thing for sure.

Although the media have said this is about age rather than gender, do you believe the only reason this is so topical is because Jasmine is a girl? Pretty much the whole thing is about the fact she is a girl. There were two eight-year-old boys on the show and no-one even bothered to mention that in a single story [laughs].

There are many accepted combat sports, such as karate and taekwondo, why do you think there is such a negative stigma attached to Muay Thai?

Maybe because of the movies with characters like Tong Po [from

the film *Kickboxer*]. Also, perhaps because people see blood in the pro fights from elbows. People have to understand it's a slow progression — you start in the kiddie pool with floaties, then make your way to the bigger pool, and then hopefully to the Olympics.

Obviously you have taken some harsh criticism with your parenting being called into question, how has that made you feel?

It was a pretty bad feeling for a week or so but then I had so much support from people on Facebook and on the street. I knew I was a good dad and I also know how good martial arts is for everyone. I had nothing to hide and was happy to take on every reporter that came at me, and by the end of every

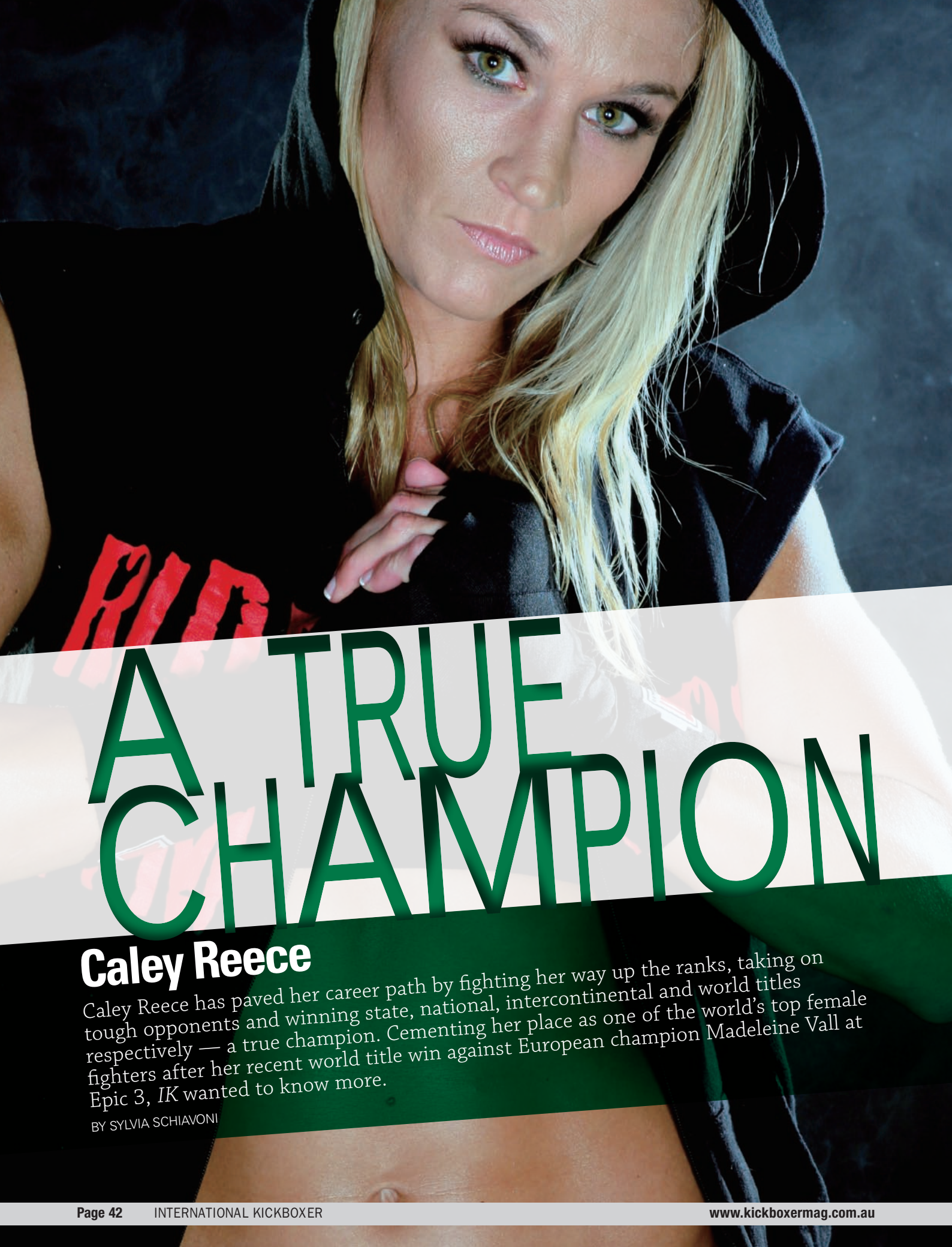
interview I was happy to get my story across and have them change their minds.

Although this has been quite a negative experience, what have you taken from it?

The press was evil, but the sport is now out there and people are talking about it on their lunch breaks and on the bus. They might not like it but at least they are learning how to say 'Moouuu' Thai now.

Final thoughts...

I hope people can use common sense before making judgments on things they know nothing about. I respect everyone that does any type of sport and keeps fit. Unless you have been in the gym or felt how big the gloves are then you will never understand. **IK**



A TRUE CHAMPION

Caley Reece

Caley Reece has paved her career path by fighting her way up the ranks, taking on tough opponents and winning state, national, intercontinental and world titles respectively — a true champion. Cementing her place as one of the world's top female fighters after her recent world title win against European champion Madeleine Vall at Epic 3, *IK* wanted to know more.

BY SYLVIA SCHIAVONI

You recently won the WMC World title? How does it feel to win your second world title?

It's such a strange feeling because you just go through life doing your usual things: training, seeing friends and family; accomplishments like this are so gradual, you actually have to pinch yourself to make sure it's real, that you really have finally got what you set out for. The WMC title was the one I had my heart set on from the beginning, after winning the WMC State title and Daz (trainer and husband Darren Reece) telling me I could go as far as I wanted to, so to actually have it strapped around my waist really is a dream come true.

You faced a very tough opponent in Madeleine Vall, how did she stack up compared to other girls you've faced?

I'd seen Madeleine fight a few times at the World Games and spotted her as someone I'd definitely like to fight in the future because she had great Thai technique and looked supremely fit. She is the Swedish and Nordic champion and the WMC ranking committee had no hesitation in putting us on for the title after she had just won the 2011 European Championships a few months ago, after beating tough countries such as Belarus, Turkey and Finland. She was a great opponent with an amazing record of 51 fights, 43 wins and had awesome all-round skills. I've fought some tough girls from Belarus, Morocco, Russia, Canada, and of course we have some tough Aussies here and she is definitely a world-class athlete both in and out of the ring.

What was your training schedule like leading up to this bout?

I fought only four to five weeks prior to this in Thailand and even though I won my fight, I sustained a crack in my rib and a broken nose (which began healing and was re-broken by accident on the pads two weeks before the fight), so I had absolutely no sparring at all going into the fight.

My padwork had to be extremely modified because any form of twisting for about the first three and a half weeks made it extremely uncomfortable. I don't think I left-



Cales with he husband and trainer Darren Reece

kicked on pads until the last week. I only grappled 40–50 per cent to what I do normally, after having to have two weeks off grappling.

I had to make sure that I mixed up my cardio by doing extra and changing up intensities all the time; sprints, longer runs, etc., and had to get a personal trainer to help me with exercises to keep the strength in my abs because I couldn't do normal ab exercises due to the rib pain.

Evening times were just the usual with pads, bag, etc. — same as other gyms — but I just had to skip the sparring. Heading closer to the fight, as the rib started to heal, I would

do a lot of careful technique work in the mornings too, just moving around the ring at a steady, light pace, blocking and throwing back. Basically, my training consisted of just doing what I could do and trusting my ability would get me through on the night.

How did you prepare yourself mentally?

I have a good mental build-up regime for fights but this was the most difficult fight I've gone into, knowing that I hadn't done any sparring and it was the title that I'd worked hard for so long for.

I admit I had days of doubt as to whether or not I was doing the right thing but most of the time I had trust in myself since I'd done it 39 times before, and that it would be like getting on a bike and riding it [laughs].

At the end of the day, I did my best not to think about what I hadn't done and focused on what I had done. I had to just believe in myself and go out there and give it my best shot.

Take me through the fight itself...

To be honest, this fight was not one of my better ones but I'm happy with how I performed under the circumstances. During sparring you get to work your distancing and reaction times, so without it my





distancing was out with kicks a lot and Madeleine was very quick at evading them.

I also hadn't been hit or kicked for nearly five weeks so I wondered how my body would handle it. She chose to use her hands quite a bit and we both looked for the grapple very early on and I was happy with the knees that I was landing. Overall, we both had a pretty similar style. I felt fit and strong going into the fight with the training I'd done, especially in the grapple. It was nice to be able to grapple with someone that actually wanted to instead of trying to stop it.

You have truly fought your way to the top facing 'legitimate' opponents and building your career with 'legitimate' titles, how does that make you feel?

I think it's only fair in sport, or anything in life for that matter, to work your way to the top legitimately. I told Daz when I got serious about fighting that I wanted to do this properly and take no shortcuts so that when I got there, I knew I had done it the right way.

When I went to Beijing last year after qualifying for the Games and won silver in the 60kg category after beating the two-time world champ from Belarus and the Moroccan champ that won silver in Thailand

last year, I knew that all the fights I had had over the years had finally got me to where I needed to be to fight for this WMC title.

I'd won the Aussie and Intercontinental WMC titles and defended it, so it was naturally the next step to take. I take pride in knowing that a large number of these girls overseas I have fought have had loads and loads of fights in European championships etc., and I am happy to know that I didn't fight someone that I knew was an easy match with much less fights. I wanted someone that was



internationally recognised as a legitimate fighter.

What has the highlight of your career been so far?

Obviously, other than winning the WMC World title, the highlight was probably winning silver at the Sport Accord Games in Beijing. I had three major tough fights over six days (Belarus, Morocco and Russia) and had Valentina Shevchenko, who normally fights at a much higher weight in the final. I lost to her on points, but I gained more experience in that fight than any win. She is the quickest, hardest-hitting (she broke my nose too, with an axe kick of all things!), most experienced fighter in the world, with over 300 fights, and a bloody southpaw. So, I'm happy to have had the chance to fight such a talented athlete.

You're a true champion and great role model, what's your advice to aspiring Caley's?

Fighting is a tough gig. It's a hard road to the top if you want to do it properly. So, my advice is, if you really want to get there, stay true to yourself, take no shortcuts, believe in your ability and train your arse off to get to the top because once you're there, the feeling is incredible. And most of all remember it's a sport — so have fun! **IK**

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INTERVIEW

Josh Scida

The son of respected Victorian trainer John Scida, Josh has begun to make a name for himself in his own right, notching up a perfect record of 11 wins from 11 fights. Jarrod Boyle talked to Josh to find what the future has in store for the Melbourne kickboxing native.

BY JARROD BOYLE

"I started fighting when I was 18, but I've been training forever."

There wouldn't be a time when Josh Scida hadn't been soaking up kickboxing, even in the cradle. John, Josh's father, is one of Australian kickboxing's most venerated trainers. He has seen the sport change from a back-alley affair, barely recognised as something up from street fighting, to his days as a disciple of Zen Do Kai. Bob Jones integrated Thai boxing with more traditional martial arts to produce a style defined by its practicality and effectiveness. Courtesy of Jones, kickboxing became the natural extension of that style and Scida, as a trainer, was probably the first to make a significant mark. Names such as Vella and Behic were tossed around the Scida household long before they grew into reputations across Victoria and then the country.

"Dad would have been my number one influence, but there was always Jenk [Behic] and Anthony [Vella]," Josh recalls. "I really admired their charisma; the way they were in the ring. They loved to fight." Josh also spent a lot of time growing up around

John's other famous fighter, Jason Tramsek. "Jason and I worked together as bricklayers; we did our apprenticeship together. We did a lot of training together also, but it was hard to spar because he was so much bigger."

Many would assume that having John as a father first and a trainer second would make life easier for an aspiring fighter. For Josh, however, it has been the opposite.

"There's not a lot of benefits. If anything, it's harder; a lot harder because of expectations. Everyone thinks I get an easy ride. I have to train extra hard to make the fights easier."

It seems to be working thus far; Josh has an impressive record of 11 fights for 11 wins, with eight of them finishing by way of KO. "I might fight K-1 rules, but I won't fight Thai," he says. "I don't train



BUSINESS

it, so I can't see myself actually doing it any time soon."

Early on in his career Josh distinguished himself as a boxer, something John had also been able to do. One of the highlights of John's Christmas break-up parties for his gym is when he has pulled on gloves with the immensely talented Amanda Graver, kickboxer-turned-stuntwoman, and done a few

exhibition rounds. "I used to think my strongest skill was my hands," says Josh, "but the last two fights, I stopped my opponents with my leg kicks."

Josh has to work hard to strike an effective balance between his training and working lives. He has worked as a concreter for the last three years and was a bricklayer before that. "I try and train six days a week. I go straight from work to the gym. It can become exhausting, trying to fit it in with a girlfriend and everything else."

One would expect that with such success so early and the benefits of such a strong kickboxing gym behind him, Josh might be pushing hard for a professional career. At 24

years of age however, he seems more philosophical. "It's a bit of fun, more than anything else. I'll just see where it takes me."

The conversation soon returns to John and his role in his son's preparation. "He's always there; holding pads for me, watching over my training, getting me ready for the night."

I ask Josh whether or not his father handles him differently; whether or not watching his own flesh and blood up there is a difficult experience.

"I think Dad would prefer if I didn't fight, but he has to put up with it." **IK**



Brian 'The Murph' Murphy

The 'Murph' is one of Australia's leading referees, and was formally known as 'The Head Hunter' many moons ago. This issue we find out 10 things we didn't know about him.

1. I am Nuggets long lost love child [laughs].
2. I am my own biggest fan.
3. I actually used to be fit and skinny!
4. My fight weight use to be 72-75kg. So John Wayne Parr is lucky I found Cadbury Chocolate and got old!
5. I was superstitious to the point where I would not fight unless I had lemon-lime Gatorade to drink in between rounds.
6. I used to have a pitbull, but now I have a pomerian x shitzu – mmm, is someone trying to tell me something?
7. I have been married for the last 13 years... and yes, she is the boss but don't tell anyone as I have a reputation to up hold.
8. I also have two beautiful daughters named Lilly Rose and Paris Lea.
9. I love my toys with my new one being a custom built, turbo charged Harley built by Chopperworks.
10. I've never watched a Harry Potter movie. **IK**



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OPTIMUM PE

PART II – Cutting weight

Cutting weight in the lead up to a fight is a fine art, a balance between dieting and maintaining the ability to train at a high intensity. Knowing how to cut weight in the lead-up, along with those final kilos before the weigh-in, fundamentally affects your performance in the ring. If done incorrectly, it can be very damaging and taxing on the body. In this issue, *IK* asked Glenn Gattellaro and Corina Burrows from Athletes With Attitudes for some pointers.

BY SYLVIA SCHIAVONI

What is the best approach to weight cutting in the lead-up to a fight?

With correct planning, nutrition and supplementation, weight cutting can be achieved safely and with no risk to the fighter. Can you imagine how it would feel to go into a fight where you are hydrated, rested and full of energy as opposed to dehydrated, carb-depleted and exhausted?

How does a fighter lean down without compromising their training?

It is a fine line to walk when training at such a high intensity and wanting to lose weight at the same time while not losing muscle, however, it can be done. Using the age-old formula of expending more calories than what are consumed is the first step. Secondly, eating six small meals a day will speed up the metabolism and keep the body fuelled for training and day-to-day activity.

Meals need to be small and portioned correctly and weighed. It is very easy to consume excess calories when you don't weigh your



MICHAEL NEVELX

PERFORMANCE

food. Eating the RIGHT food is also essential. All meals must contain a source of lean protein such as beef, kangaroo, chicken, fish, turkey or eggs. Carbs are also essential; without carbs the body will cease to function, training ability will decrease and you will go backwards rather than forwards. The body will go into starvation mode — if you starve it of carbs, it will cease to drop body fat. It is important though to eat the RIGHT carbs. Sweet potato, brown or basmati rice and oats are all good low GI options. Lastly, but not least, are your green veggies. Broccoli, asparagus, broccolini and spinach are all good options, low in calories and very filling. Eating this way requires time and planning but once you get the hang of it, it is very simple.

Thirdly, correct supplementation will assist you in your leaning-up journey. We spoke about BCAAs (branch chain amino acids) in the last article. By using a BCAA formula such as Scivation Xtend in your training instead of drinking just plain water, you will be preventing muscle breakdown and preventing DOMS (delayed onset muscle soreness). BCAAs also aid in recovery and are a godsend to any athlete training hard.

What type of supplements facilitate weight loss?

Acetyl L-Carnitine is a safe and stimulant-free supplement that is used for athletes leaning up. It comes in a powder form and is a key player in the transportation of stored fatty acids into the powerhouse of the cells in the body (the mitochondria). In a nutshell, ALC helps move your body fat to the spot where it can be burned as energy. ALC is thought to be slightly superior to plain l-carnitine in the sense that it crosses the blood-brain barrier and assists in memory and mental function. This can be a

big advantage to athletes who are dieting and training hard.

Fat burners or thermogenics are another good way to assist in the leaning-up process. There are many available; however, it is a good idea to chat to someone like us beforehand because certain products, while still legal, contain ingredients that may not pass a drug-tested sport. Geranium is one of those ingredients that drug-tested athletes need to be aware of. It is found in many fat burners and pre-workouts. For non-tested athletes though, a fat burner with geranium in it may significantly assist them in their training. It has been known to suppress the appetite, enhance moods, increase energy and stamina significantly and is a potent thermogenic (warms the body up).

What type of supplements should fighters avoid?

Supplements to avoid when trying to lean up would be any sort of mass-gaining protein; so a protein that contains a high quantity of calories and carbs. While these products are ideal for a fighter trying to gain size, they will have a detrimental effect on a fighter trying to lean up.

Another product to avoid too close to weigh-in would be creatine. While it is amazing for strength and stamina, creatine is known to hold water and can increase weight by doing this. I would cease using a creatine a fortnight out from weigh-in. Most pre-workouts contain a small amount of creatine, at least two–three grams if it's a good product, and three grams is what you would take in the maintenance phase of a creatine cycle so it is enough to have an effect on the amount of water you are holding.

It is also important to know that for every one gram of carbohydrate you have, there are three grams of water attached to it. So, in the days

leading up to your fight, your carb intake must be monitored very carefully.

Is there any way to know if you are retaining fluid?

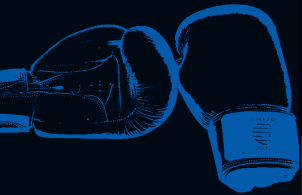
One way to tell if you are holding excess water is to press your fingers into your skin. If your fingers leave an indent or white mark then you are holding water. Use a natural diuretic such as Scivation Showtime to assist you in shedding a couple of kilos of excess water without putting the body under too much stress. Again, it is important that you talk to a professional before using a product like that to ensure you are doing it correctly and safely.

How do you reconstitute once you have weighed in, particularly if you have ended up in the sauna?

I would like to think that if you have planned the lead-up to your fight correctly, there would be no requirement to do this. If you do however, it is important to rehydrate yourself using a BCAA/ electrolyte formula like Evolve Agent Orange to ensure you give your body the best chance it has to get back to 100 per cent.

The 'weight cut' is an element of our sport; what advice do you have around it?

I believe that by maintaining a balanced and planned regime, weight can be stabilised to something very close to your fighting weight. By following a six-meal-a-day eating plan on a day-to-day basis, and not just for your fighting preparation, you will have a conditioned and healthy body that will perform better for you. That way, when a fight does come up suddenly, you will be in much better shape to accept it and there will be no need for starvation, sweat suits and saunas. **IK**



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THE OFTEN INURED MENISCUS

An excerpt from *Sports Medicine for the Combat Arts*

BY JOSEPH ESTWANIK, MD

Patients over and over again express disbelief that signs of a torn meniscus arrive without a significant traumatic event; "I didn't do anything to tear it," they profess. "How can this happen? I was simply doing an exercises that I do every workout. I don't remember hurting it."

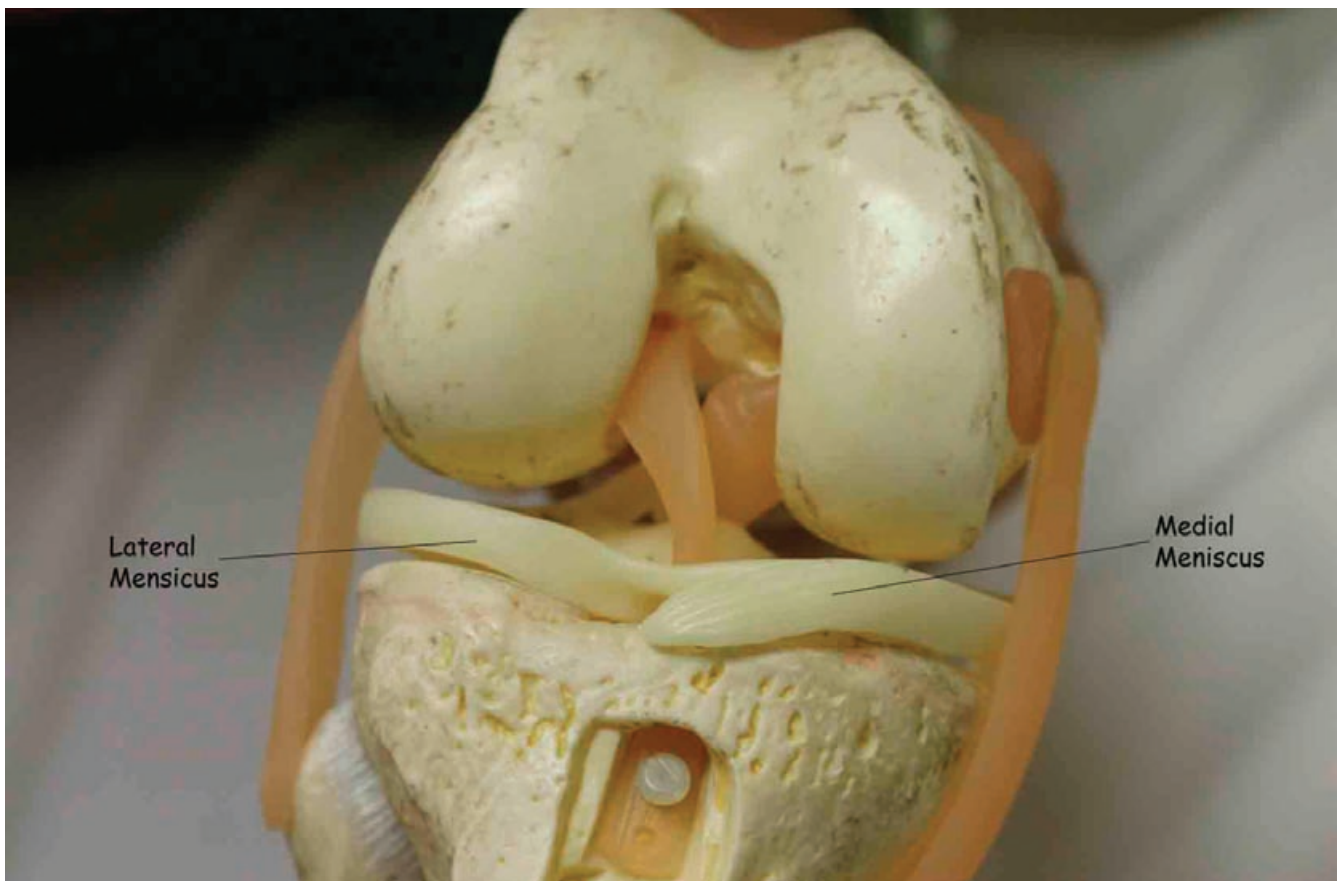
They forget all the soccer games, deep squats, basketball games and long distance runs. My lecture always draws upon the example that cars can be damaged either slowly (by gradual wear and tear forces) or suddenly in an accident – same with the knee joint. If one inappropriately bounces and twists many, many times over the years,

the damaged and weakened tissues can finally tear through. One always questions, "Why did my achy knee so suddenly get sore and luck up on me?" – the weak spot finally tore through!

Maybe my 'fan belt' theory may also help. How many travellers have been stopped in their car tracks as the engine overheats and a broken fan belt becomes the culprit? We all understand that some inconspicuous fraying had to be present within an apparently functional fan belt before the tear occurred, it just happens. The disruption of functioning parts doesn't have to follow a major insult such as an auto accident or a hot summer drive. The meniscus

can work reasonably well until an unnoticed twist or deep squat delivers the 'coup de grace'. We can't always peer back into our extensive, compulsive runner's log and pinpoint that one critical mistake. It may simply be related to many training miles, poor alignment, earlier injuries or bad luck.

The menisci can also acutely tear by sharp, sudden overloading forces impacted into a sharply flexed knee or rotational forces driven into a weight-bearing knee. If one violently twists or rotates in an untimed movement, while throwing a punch or being dropped to the mat during a swift single-leg takedown, a healthy part can tear. Keep your footwork



and body movements coordinated, smooth, and adhering to the proper form. Ask your coach to critique. If you suddenly slip in class, on the soccer field, or on wet leaves in the parking lot, an acute tear may occur. Unfortunately even brand new cars can get in wrecks. It is not always possible to prevent accidents.

You can help yourself by recognising common mechanical symptoms of a misshapen, torn meniscus. If your knee grinds, locks up, catches, pops, or swells, a torn meniscus is a distinct possibility. The meniscus is your shock absorber. A torn and displaced meniscus must be treated before that sliding tissue harms the other weight-bearing surfaces of your joint – actually creating permanent arthritis. Most will understand that grit must be removed from a bearing before it scratches the opposing bearing surfaces and burns out the bearing. Seek care if mechanical ‘happenings’ alert you.

Meniscus tears don’t show up on plain x-rays so more sophisticated studies such as MRI must be performed to outline and confirm the tear. Dye studies are painful, invasive, old-fashioned and no longer state of the art.

Eventually, arthroscopic surgery must be performed to remove or occasionally re-suture the mobile segment. The meniscus may be irreparably damaged or possess such a tenuous blood supply that the torn portion rarely heals, thus it often requires removal.

You ask, “Isn’t it bad to remove an original part of the knee?” Yes, but I always explain it to my patients this way: the best way to have your knee is the way God made it. The worst way is to have a piece scratching the joint. The best compromise is to remove the damaged portion. Arthroscopic surgery is generally an out-patient procedure and only tape or a single suture are utilised to close three of four small incisions. **IK**



DR PETER LEWIS

Dr Lewis is internationally recognised as a medical authority in the martial arts field. He has also been studying and teaching martial arts for 34 years.

Dr Lewis is best known as a ringside physician. He is often seen on televised shows in many countries. He has worked in 28 cities internationally, 22 of these on World title standard events. He has performed every ringside role, including doctor, referee, judge, rules co-ordinator, timekeeper, commentator, ringside announcer, matchmaker, trainer, cornerman, cutsman and has competed in karate, taekwondo and kung fu. He has had the pleasure and honour of looking after some of the most important fights and fighters in history.

Dr Lewis is also well known as an international lecturer and writer on martial arts medicine. He has consulted at ReCreation Medical Centre for 24 years.

He has also recently established a new clinic at Malvern Martial Arts, which is especially for martial artists. Dr Lewis works with a team including a nurse, physio, chiro, podiatrist, psychologist, exercise physiologist, dietician and masseurs who all have extensive experience in martial arts.

Contact info@malvernhealthandfitness.com.au

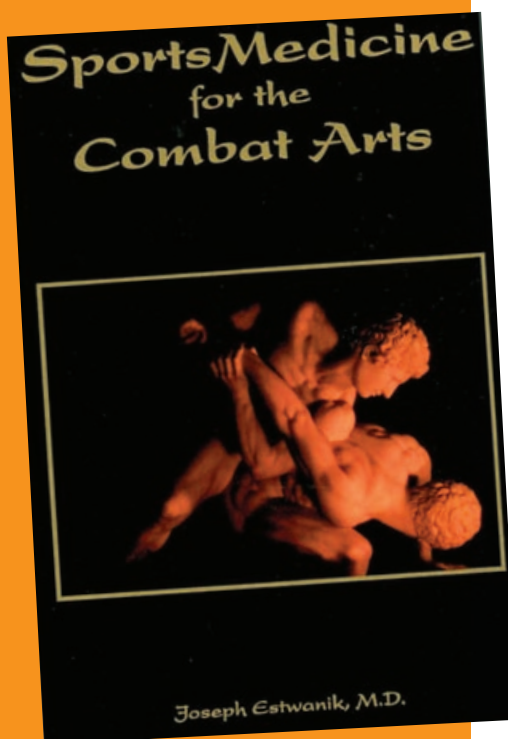
SPORTS MEDICINE FOR THE COMBAT ARTS

This book is an absolute must for anyone involved in combat arts such as wrestling, boxing, kickboxing, Muay Thai, BJJ and any other martial art. Estwanik has put together a thorough and comprehensive book that covers injuries that the fighter is likely to suffer. Accidents happen and most injuries can be prevented if one knows what to look for – this book covers it. This book explains the mechanisms of many common injuries in the combat arts and their immediate management on the mat. The only textbook on the diagnosis and treatment of martial arts injuries.

Written by famed American sports medicine physician Dr Joseph Estwanik.

The only place to buy it in Australia is www.sportzblitz.net for a discounted price of just \$39.99

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THE WMC REPORT

The Challenger, new WMC logo and more!

It has been a busy couple of months for Muay Thai, with many successful events during the start of 2011!

BY WMC VICE PRESIDENT AND IFMA GENERAL SECRETARY STEPHAN FOX

Who Will Rise To The Challenge?

Things are about to get bloody exciting on AXN. The network is bringing the heat of the fight back to TV screens with a brand new series, *The Challenger Muay Thai*, and in high definition no less!

Produced by the Imagine Group and The Group Entertainment, under supervision of the World Muay Thai Council (WMC), the world's governing body for the sport of Muay Thai, the reality competition series will be set and shot in Malaysia. Whether for glory or gain, 16 world-class fighters will fight it out to win the ultimate title of Muay Thai World Champion and the grand prize of US\$100,000! The fighters have been hand picked from a selection of international professional fighters from the WMC 128 member countries.

No one is more apt than renowned Muay Thai personality Stephan Fox as host of the series, an industry veteran with over 30 years of experience. With his illustrious background as the vice president of the World Muay Thai Council, Fox will also play mentor to the fighters and take

a hands-on approach in grooming these talents, hand-picked from the best breed of fighters around the world. Next to him, hosting the fight nights, will be the gorgeous Asian TV celebrity, Sonia Couling.

From Malaysia and Thailand to Israel and South Africa, the motley crew of fighters trailblaze an impressive track record both in their countries and in the international arena, with numerous championship titles under their belts. With ages ranging from 18 to 35, the calibre of fighters is certainly unparalleled. Some started their training at the tender age of seven, while others have fought The Contender Asia champion Yodsanklai and even won. With intimidating monikers like 'The Cheetah', 'The Sniper' and 'Black Dynamite', it is clear that the boys are not in town to play. With such high stakes, each and every fighter will not go down without a fight.

Each week, the fighters will be subjected to a rigorous bout of training from their two trainers, Hanarong and Nugget, revolving around the 'weapon of the week'. These include spiritual ideals such as respect and fearlessness, as well as



focusing on each component of their body, their natural weapon in the context of Muay Thai.

"As the entertainment destination for action and adventure, there is no other cable channel that is a better fit for the sheer adrenaline and thrill of *The Challenger Muay Thai*. We are pleased to be working with the Imagine Group for the show, with their proven track record in producing top-notch reality series in Asia," said Mr Ricky Ow, senior vice president and general manager of Sony Pictures Entertainment Networks, Asia.

"Nothing on the planet brings you this close to the action...our viewers will be on the edge of their seats," added Mr Riaz Mehta, president and founder of the Imagine Group.

Watch out for the titillating drama that will unfold in the fighters' villa as tension runs high with the progression of each fight night and the numbers dwindle. Alliances will be forged, blood will be shed and the fighters will be scraping through each win by the skin of their teeth. Who will rise to the challenge and emerge as the Muay Thai World Champion? Who will overcome all odds and walk

away with US\$100,000? All will be unveiled on *The Challenger Muay Thai*, set to premiere on AXN (Astro channel 701) and AXN HD (Astro B.yond channel 721) in the fourth quarter of this year and foreseeing over 400 Million spectators worldwide.

NEW WMC LOGO

On July 11th, the World Muay Thai Council's president, General Chetta Thanajaro, proudly unveiled the new WMC logo design.

Two major changes can be noticed. Firstly, the design of the Muay Thai fighters depicted in front of the globe have now taken a more traditional concept and style to reflect WMC's aim of maintaining the culture, historical roots and traditional aspects of the martial art form, typical only to Muay Thai.

The other major change is the single globe in place of what once were two overlapping globes. This seeks to illustrate more clearly WMC's motto, One world – One Muay Thai.

The new graphics also follow a more simplified colour scheme for a more clean and minimal effect for greater impact.

European Championship 2011, Antalya

The European Championships were held this year in the city of Antalya, bringing together 28 countries from across Europe and more than 300 participants. It was a great success.

The opening ceremony was of



the highest level, with a parade taking place along the spectacular waterfront with the accompaniment of the Turkish national orchestra. The parade was then followed by a performance by the National Turkish Ensemble inside the venue, which was yet another great show of the host nation's culture and traditions. The highlight of the evening was the celebratory firework confetti show, which created a friendly atmosphere before the beginning of the Championships.

The ceremony was attended by honorary guests Dr Sakchye Tapsuwan, president of IFMA, and Somchai Sripiw, commission chairman of IFMA from Thailand, central municipality of Antalya and the executive board of the European Muay Thai Federation.

Muay Thai History Made in Iran, Kish Island

The Open Asia Championship President's Cup recently held on the beautiful island of Kish, Iran, can only be described as a resounding success with a total of 28 countries participating. The event was organised and hosted by the Iranian Muay Thai Association, under the umbrella of the Federation of Amateur Muay Thai Asia and IFMA, with the full support and assistance of the government of the Islamic Republic of Iran.



The event was opened by His Excellency Mr Esfandiar Rahim Mashaei, high advisor and secretary to the president of Iran, and Dr Sakchye Tapsuwan, president of IFMA and president of the Amateur Muay Thai Association of Thailand.

The athletes stayed in luxurious hotels and attended special programs organised to promote aspects such as the fundamental importance of

cultural aspects within Muay Thai. This ensured that they would perform at their best and were therefore able to attain their highest standards, which reflected in the enthusiasm of the spectators.

The Iranian team, with the benefit of the massive support they received as the home favourites, fought beyond anyone's expectations, managing to take the overall team trophy. Thailand came second and Kazakhstan took third place. The title of Top Fighter was awarded to Eisa Almadar from Iran and the Best Wai Kru to Narawut Pleenamram of Thailand.

Asia has truly become a powerhouse of Muay Thai with Jordan, Uzbekistan, Kazakhstan, Afghanistan, India, UAE, Iraq and Korea all providing strong teams to the Championship and going away with medals for their superb efforts. Deserving of a special mention is the team representing the UAE who, against common expectations, won their first gold medal in a masterful display.

The closing ceremony was colourful with the VIP section filled with many dignitaries, celebrities and other luminaries. The goodbye party was also a feast of traditional delicacies and Iranian cultural aspects, providing a platform to cement the strong friendships that were made over the course of these spectacular championships.

A special mention of appreciation must be extended to the government of the Islamic Republic of Iran, the Iranian Muay Thai Association and the president of the Association, Mr Javad Nasiri Mastanabad.

South American Muay Thai Championships

The 20th WMC and IFMA South America Muay Thai Championships were a complete success.

The event saw over 30 amateur fights with the participation of athletes from eight different countries, and 18 professional fights, which pitted the best





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boxers from South America against one another displaying remarkable skills.

The event included a fabulous A-1 Super 8 tournament in the 67kg weight category. It was a magnificent day of pure Muay Thai. A thrilling show of laser and lights painted the night with extreme emotions for the over 1500-strong crowd, who enthusiastically cheered on to encourage their respective countries.

Argentina was awarded the first place on country prize count, followed by Brazil in second, and Peru third.

Arafura Games Finished with a Bang!

The 2011 Arafura Games in Australia, again was a major success for Muay Thai, with the stadium filled

to bursting point every competition day, making Muay Thai one of the main attractions at the Arafura Games.

The final medal tally was a big success for the host of the upcoming IFMA World Championships as Uzbekistan was overall the best team. Australia came at a close second and Thailand third. Macau really improved in the last 12 months and received the 2011 Most Improved Team award.

The Best Boxer award was given to Artur Kodirkulov, Uzbekistan, and the Best Wai Khru went to Toby Wilcox, winner of the Oceania Junior division.

The world is looking forward to the 2013 Arafura Games and IFMA is planning to make this a qualifying event to the 2013 Sport Accord Combat Games, so Darwin will surely be seeing the best of the best attending.

Thank you Arafura and thank you Darwin for an unforgettable 2011 event.

World's Muay Thai Day

For over six months now, the National Culture Ministry, the World Muay Thai Council (WMC), the International Federation of Muay Thai Amateur (IFMA), the Amateurs Muay Thai Association of Thailand (AMTAT), and many other dignities within the world of Muay Thai have been working closely together to establish the World's Muay Thai Day.

The 2nd of May, 2011, will remain as a historical day for Thailand and all 128 member countries of WMC and



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IFMA, as the Ministry of Culture's proposal to declare February 6th of each year Muay Thai Day has finally been approved by the cabinet of the Royal Thai Government.

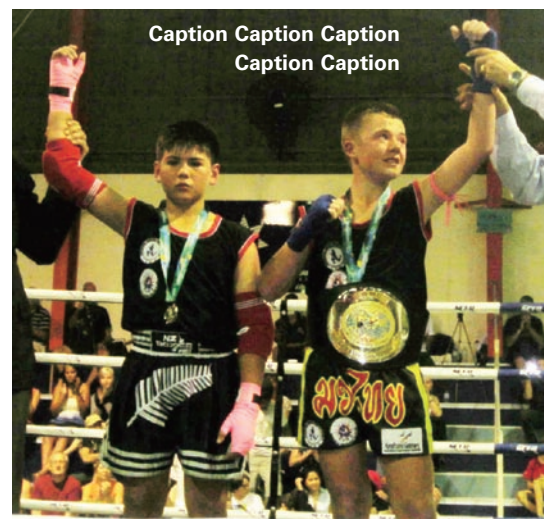
The day is intended to honour King Somdej Phra Sanphet the 8th, better known as Phra Chao Sua, of the Ayutthaya period. He is renowned in Thailand for his expertise in Thai martial skills. Phra Chao Sua rose to the throne on February 6th, 1702.

The Thai minister of culture, Nipit Intarasombat, said in an interview that his proposal was supported by the Tourism and Sports Ministry, the Foreign Ministry, the Fine Arts Department, the Royal Institute, WMC, IFMA and AMTAT.

The president of the WMC, under directive of the Royal Thai Government and established by parliament resolution in 1995,



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General Chetta Thanajaro stated that this is a proud day for all Thais and certainly for all Muay Thai friends from all around the world.

Dr Sakchye Tapsuwan, president of the Amateur Muay Thai Association of Thailand, the sole national Muay Thai federation, under royal patronage, stated that next year will be the inauguration as it is perfectly in line with the concept of Muay Thai trying to become IOC recognised.

Muay Thai Premier League

The Muay Thai Premier League, organised by Warrior Caste Productions, in association with WMC, will be one of the biggest, if not the biggest, Muay Thai series ever staged.

Never in Thailand have the sport and entertainment press shown so much interest in an international Muay Thai event — Bangkok Park Plaza Hotel was filled in occasion of the official press conference. Along came also press representatives from around the world. Cindy Bishop was the official host.

General Chetta Thanajaro, president of the WMC, was the first up on stage expressing his joy and hopes for this Premier League, which will include the best of the best fighters, bringing Muay Thai to the mainstream around the world. He further stated that both the WMC and IFMA will continue their promotion of Muay Thai as more than a sport, rather as a way of life. The Premier League is a fundamental



step towards IOC recognition.

Clifton Brown was next up on stage and, as a former WMC World Champion, he specified that it was a dream come true for him to be able to offer fighters the pay and the exposure they truly deserve. He then showed some highlights of the first episode of 'Into the Fire', an insight into the fighters' lives, which will be broadcast before every live event, showcasing the local fighters where the event is being held, along with their hopes, dreams and sacrifices they have to go through to become the champions of all champions.

Mr Brown also explained that with such important exposure, much good can be done. Every athlete will therefore be part of social projects, joining WMC campaigns such as 'Muay Thai Against Drugs'.

WMC vice president, Mr Stephan Fox, was up next and talked about the growth of Muay Thai worldwide, not just as a competition sport but also as fitness, self-defence, and importantly, as a cultural art form. He indicated that the League will be a huge boost for Muay Thai as it shows a mix of the best fighters and entertainment.

Next up was Sonia Couling, Asian TV personality, who will be the host of the series. Ms Couling stated that she is proud to be part of the Muay Thai community due to her Thai and English heritage, East meets West, just like in the show Muay Thai as the pride of the Kingdom of Thailand becoming a household name around the whole world.

The signing of the main three Thai fighters took place during the conference: Sanchai, Kaoklai, and Yodsanklai. Buakao was also announced to be part of the event. Kevin Ross, from the United States, and Dzhabar, from Russia, were later called up to represent the other 36 international fighters.

September 2nd will mark the start of the League and there would be no better place than Hollywood, Los Angeles, as the starting city.

Let the biggest MUAY THAI production begin! **IK**

GYMS OF THE WORLD

The world's best Muay Thai gyms

Thailand is the home of Muay Thai, but like a game of Chinese whispers, the message has changed into strange and wonderful versions the world over. The Dutch have clearly developed their own method, while nations like Brazil have become a force of their own on the world stage. JARROD BOYLE examines some of the jetsetting kickboxer's options.

BY JARROD BOYLE

THAILAND

Thailand is Muay Thai's origin, the stand-up martial art practised as a sport which bears the strongest resemblance to modern kickboxing. It is also mercifully close to Australia, and courtesy of its third world economy, relatively cheap.

WMC Koh Samui

The WMC (World Muay Thai Council) gym was the first to understand that a particular – possibly more insane than average – traveller would enjoy the combination of a tropical holiday with brutal, train-til-you-drop Thai boxing workouts. While the camp provides access to a long list of holiday pursuits (elephant rides among them), don't be fooled – it has hosted a list of fighters as illustrious as Mark Hunt, Paul Slowinski and even Belorussian K-1 giant, Alexei Ignashov.

Located on the island of Koh Samui, it's a short plane ride



from Suvarnabhumi airport. Once arrived, you have a choice of accommodation, ranging from fan cooled dormitories to private, luxurious air-conditioned rooms. The island regularly hosts fight-

neys at the local stadium, so whether you've trained for two weeks or two years, you can be matched against either a foreign or Thai opponent.

www.lamaimuaythaicamp.com

Fairtex – Pattaya and Bangplee

The original Fairtex camp at Bangplee – a half-hour's drive from Bangkok – is built at the front of the block of land belonging to its owner, textiles magnate and Thai boxing impresario, Fairtex. Home to an impressive stable of fighters, Bangplee boasted a good standard of accommodation and





included meals. Far from anything vaguely distracting, once billeted at Bangplee, you can be sure that little will interfere with the two sessions per day, six days a week training regimen.

The Pattaya camp is more along resort lines; the guest rooms are far more reminiscent of a hotel. The complex also boasts tennis courts, a climbing wall and a fully equipped gym. Pattaya beach is a short walk down the end of the street and Fairtex stadium, a brief drive, provides a location where aspiring trainees can test their skills against a matched opponent.

www.fairtex-muaythai.com

Sityodtong

The original Sityodtong gym, also located on the outskirts of Pattaya, has produced more champions than any other gym in Thailand. It has also played host to many of the world's most famous foreigners, from Ramon Dekkers to Rob Kaman to our own



Wayne Parr. Training at Sityodtong has become a rite-of-passage for many foreigners aspiring to success in Muay Thai.

Its founder, Kru Yodtong, has successfully franchised his gym around the world. There are branches in Australia, the US and Europe. sityodtong.com

EUROPE

Europe has a diverse range of gyms and teams. The world's most successful K1 nation, is the obvious choice, but Eastern Europe is catching up, given the number of champions coming from that region. The Dutch have a different training style of more drills and sparring with far less focus on pads and bags. Europe is the ideal destination for the heavyweight fighter.

Chakuriki

Located in the Dutch capital of Amsterdam, Chakuriki was founded in 1972 by head-trainer, Thom Harinck. He began teaching his own style, called Chakuriki, which was a fusion of boxing and karate



techniques. Naturally, this grew to become Muay Thai. The gym has played host to many emergent champions, most notably Peter Aerts. pancration.net

Golden Glory

Golden Glory/Team Dekkers Sportschool is located approximately two hours train-ride from Amsterdam. It boasts the largest roster of successful K1 and MMA fighters in the world. Golden Glory



is the 'A' class team and closed to the general public, but 'B' and 'C' class fighters training sessions are open. The team's two trainers are Cor Hemmers and his son Ramon Dekkers, the most famous European to ever don the gloves in Thailand. www.goldenglory.com

Bad Company

Leeds Muay Thai, named 'Bad Company', was founded by Richard Smith in 1992. The gym has gone on to host a number of European and World champion fighters. One of the head instructors, Lisa Houghton-Smith, is a former world champion

Bad Company



Bad Company



Bad Company



Bad Company Crew



and remains highly ranked in both boxing and Muay Thai. The gym regularly features guest instructors from Thailand.

www.badcompany.co.uk



The Bad Company Crew

EASTERN EUROPE

Golden Glory has a satellite gym in Romania, and many of the K1s most powerful emergent fighters are from this region. It is difficult to find any of those gyms, however, via Google search. The Chinuk gym currently trains Andrei Kulebin, as well as having produced Zabit Samedov and Alexi Ignashov. Belarus, formerly a part of the USSR, was significantly affected by the Chernobyl nuclear disaster, and Chinuk doesn't show up on google search. If any of you intrepid readers are out there, let us know.

JAPAN

**Weerasakreck Fairtex
Muay Thai Gym**

Weerasakreck Wonpasser opened Japan's first Muay Thai gym in 1997, in Tokyo. He now has training centers around the country. Wonpasser originally found himself in Japan in 1991, fighting the Japanese kickboxing champion. He successfully defeated him, and a string of bouts followed, from all of which he emerged the winner. In those days, kickboxing



Fairtex Japan

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gyms in Japan were very strict. "I found them all kind of oppressive. So I told myself, 'If I'm going to get people to come and pay every month, my gym has to be what they want.' So I put up a big sign that said, 'Lose weight and kick that stress!'"

www.muaythai.jp

Silver Wolf Kickboxing Gym

Masato, Japanese K1 Max 2003 and 2008 winner and champion metrosexual, now owns and operates his own gym in Tokyo.

How could anyone not want to train at a place called 'Silver Wolf Kickboxing Gym'? Imagine what it will do for your hair!



www.silverwolfgym.co.jp

BRAZIL

Brazilian Jiu Jitsu has taken the mixed martial arts world by storm. Brazil has also been producing kickboxers of the highest calibre for some time and given that kickboxing is a significant part of a strong MMA fighter's arsenal, most gyms will offer both jiu jitsu and Muay Thai as part of their training syllabus.

Gym Thai Boxe

Founded in 1999 by Master Osmar Dias Fernandes, the gym now claims over 1,500 members. It has built its reputation on its fighters. The head Thai boxing instructor, Julio Borges, is currently ranked amongst the best Muay Thai fighters in the world. Thai Boxe also coaches Wanderlei Silva, Fabricio Werdum, Mauricio 'Shogun' Rua, Cris Cyborg and Evangelista Cyborg.

www.thaiboxe.com.br





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Thai Boxe

UNITED STATES

Las Vegas is swiftly becoming one of the most powerful epicenters of world fight sports. Long the home of professional boxing, the UFC has continued to increase the desert city's reputation in relation to fighting. Many American fighters train here, as well as fighters from other countries, such as Wanderlei Silva, opening their own headquarters.

Master Toddy's Muay Thai Academy

Master Toddy had been training fighters in Las Vegas long before the MMA boom. He has trained many of the UFC's biggest names, including Randy Couture. Equally famous for training women, courtesy of the



Master Toddy's



Master Toddy's

television show 'Tuff Girls', he is well-known to Australians as having trained Angie Parr. (Be sure to check out the website, if for no other reason than to see Toddy with an afro).

www.mastertoddy.com

TapouT Las Vegas

TapouT Las Vegas is what you'd expect from the world's most recognisable MMA brand; impressive and market-driven. While the facility is top-notch, it is geared to making as much money as possible out of would-be trainees.

www.tapoutlasvegas.com **IK**



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PERIODISATION

How to ensure your fighter turns up on the day

BY NATHAN PARNHAM

Throughout a fighter's preparation, various strategies are implemented by trainers to ensure they perform at their best during a bout. Whether technical, tactical or fitness based the manipulation of these combined variables is what will enable your fighter to 'turn up on the day' with the correct arsenal to win.

The purpose of this article is to provide a brief overview of how to manipulate variables relative to conditioning that will assist in your fighter's preparation. Assuming the fighter has a good base level of fitness, this article will focus on experienced competitors regularly competing in five-round bouts. In an ideal world a fighter would have months to prepare for a bout, however, in order to compete regularly this is rarely an option. Several weeks to prepare is a privilege with many bouts often accepted only a few weeks out. For this reason a six-week preparation phase will be used as an example.

Periodisation may be defined as a training plan, designed to achieve optimal performance at a specific time (often referred to as a peak). This occurs by targeting specific physiological parameters in a desired sequence. By doing so it provides an overload stimulus encouraging the body to adapt and accommodate, and if done correctly through manipulation of load (intensity) and volume (duration/number of sessions) will result in an increase in ones performance ability (figure 1).

Figure 1. Example Six-Week Periodised Plan

Before I go into specifics, let's look at the basics. An overall periodised plan is referred to as a macro-cycle (usually

based around the fighter's desired competition calendar) and will involve a general preparation phase, followed by a specific preparation phase which is further broken down into pre-competition and competition. Within the macro-cycle, various training blocks are implemented referred to as meso-cycles (lasting approximately 3-6 weeks duration). Further to this, each meso-cycle is broken down into micro-cycles (often the weekly training schedule).

Now before I lose you, if I haven't already, let's get specific. In many sports (i.e., field based sports) they have the luxury of having several meso-cycles to peak for their competition, which lasts for an extended period of time and again uses many meso-cycles within it. These meso-cycles may target one fitness parameter only during this time (i.e., aerobic for 3-6 weeks). The unique position of Muay Thai is that fighters train for a bout, compete, and recover before commencing training for their next bout, which

may be only weeks away. The skill in periodising a fighter's training is to selectively change the micro-cycles targeting fitness parameters within the 6-week (example) meso-cycle. Combined with training session variability this will ensure each fitness parameter is optimised and positively transferred into the next.

Weeks 1-2 (aerobic/endurance); should be high in volume involving extended duration of training sessions and in most cases more than one training session on the same day. The objective in these first two weeks is to target the aerobic system and muscular endurance. Other cross training modalities can often be used during this time to supplement regular skill/technical sessions such as running, swimming, rowing, arm cranks/grinders, elliptical trainers and many others.

Weeks 3-4 (anaerobic/glycolytic endurance); here the volume should still remain reasonably high completing a couple of training sessions a day, however,



Energy System Training Examples

1-2	Aerobic	- Repeated bouts of 5min cross-training intervals - Circuit-based training of extended duration (i.e., 20-30min non-stop) - Extended duration of rounds >5min on bags/pads - Unlimited duration sparring rounds (i.e., several partners introduced on a rotational basis to maintain intensity)
3-4	Anaerobic/Glycolytic	- Maximal intensity 60–180s cross training intervals (Work: Rest ratio of 1:2-3) - Maximal intensity repeated circuit options 30s duration (1:2) - High intensity pads 2–3min duration (1:2) - Repeated maximal intensity 30s bursts on bag/pads. For example max no. of power kicks in 30s (1:2)
5-6	Anaerobic/Phosphate	- Repeat 20m shuttles in 30s (1:2) - Repeated max intensity grapple for 30s (1:2) - Repeat 7s sprints (1:3) - Repeat 7–10s max efforts on the bag/pads. For example max no. of kicks, punches, or knees with light shadow as active recovery between efforts (1:3)

now manipulating the intensity of training. High/max intensity intervals of moderate duration should be targeted, and cross training modalities slowly phased out with more specific technical sessions. The objective in this phase of training should be to target the anaerobic energy system, often referred to as 'anaerobic power', encouraging a fighter's ability to perform at a high intensity for repeated bouts of time. In regards to competing, this is an extremely important phase within the plan and should not be overlooked.

Week 5–6 (anaerobic/phosphate endurance); this is the final stage of preparation whereby the intensity is performed maximally over much shorter periods of time, leaning towards the body's phosphate energy system. The anaerobic power training is slowly phased out towards the mid week of week five, and maximal intensity shorter duration bursts introduced. It is also an important part of the periodised training schedule to implement a taper toward week six whereby training volume is significantly reduced (training only once p/day on selected training days) and eventually ceased a day or two out from the bout (obviously weight dependant). One important point is while the volume is reduced, intensity must be maintained during

this time. The objective in this phase of training is to target the body's short maximal intensity energy system (phosphate), fast twitch muscle fibres, and neural output (nervous system). Recovery of the body's fuel stores (i.e., glycogen), hormones, nervous system, tissue regeneration, and many others will all be facilitated by this taper phase.

It should be remembered that each fighter is different, all possessing their own strengths and weaknesses relative to their level of fitness. This should be used as a general guide and individual variations should be implemented with regards to planning a periodised model for your fighter. Remember, while I am aware from a technical/tactical perspective some of the training examples may appear backwards (i.e., sparring so far out from a bout), this article focuses on the conditioning aspect only. There are several other components of a fighter's preparation such as strength, technical or tactical that may require their own periodised model. While some elements of the energy systems trained may appear very easy for some fighters (particular those who like to train hard all the time), in regards to conditioning by targeting energy systems in a specific format this will ensure your fighter arrives on the day with a full tank of fuel ready to compete and is not running on empty.

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Nathan Parnham is a strength and conditioning specialist who has achieved success across a variety of sporting disciplines at both amateur and professional levels. He boasts undergraduate and

post-graduate qualifications in Exercise Science and Strength and Conditioning, respectively. Nathan has been a guest physiologist on the Fox 8 boxing series *The Contender*, is currently the Strength and Conditioning Coordinator for Westfields Sports High (Winner of the International Olympic Committee Sport and Youth Trophy), and is currently the Head Strength and Conditioning Coach for the North Sydney Bears NSW Cup Rugby League team. Nathan has been practicing the art of Muay Thai for the past 13 years and has an active involvement in guiding the high-performance component of the newly established PTJ Muay Thai gym based in Sydney.

SHOW REPORTS

Epic 3

Epic Fight Promotions brought EPIC 3 'Believe' to Perth on 25 June with some exciting match-ups and titles on the line.

Kim Olsen was defending his WMC Australian title against Daniel Smyrk from Martial Mix, Victoria. Kim Olsen looked sharp using his favourite weapons to really control the fight from the beginning. Daniel tried to get into the fight and threw his favourite spinning back elbow but not landing. Early in the second round, Kim stepped in and landed a flush right elbow, locked on and landed a knee to the head with Daniel was unable to make the count.

Caley Reece faced off against Madeleine Vall from Sweden (51 fights, European Champion 2011) for the WMC 57kg Women's World title, in what was a beautiful display of Muay Thai technique from both girls. Caley controlled the fight with her kicks and strong knees in the grapple while Madeleine chose to look for hands, low kicks and grapple, with the result ending in Caley winning the title on points.

The super-four final was fought between the local boy Jason Lea and Kym Johnson from Adelaide. Kym's height advantage worked well for him but Jason didn't take a backwards step. Both fighters traded some great combos with the end result going the way of Kym Johnson.

Luke Aram was on fire against the young, undefeated Roy Wills and used his experience to his advantage and pushed the pace for the entire fight, landing long punches and kicks to the legs and body. Roy fought on gamely but couldn't quite match the work rate and speed of Luke. Luke won on points.

Brett Craine-White won a very close, exciting contest vs Glen Purvis from Jabout.

Ruan DuPlessis was in devastating form overpowering his opponent Simone Allaix from Italy, stopping him after several eight-counts from knees and elbows.

In the four-man preliminary final, Marco Tentori and Kym Johnson went to a fourth-round decider after a draw was called with Kym Johnson taking the decision in the end. Jason Lea headed to the final after his win against Harlee Avison.

Linno Tak won on points over Makk McNaught for the 53.5kg WMC Australian title.

Chris Daniels won a split points decision over Alex Job in their rematch.

Beau St Quentin won via KO over James Bertolami in the second round.

Brady Paul won on points over Ryan Langston from Bulldog Gym.

Emma Graham won on points over Christina Jurjevic.

DETONATION 9

Detonation 9 kicked off on 25 June in Caloundra and was headlined by a main event title fight for the WMC World title between Aussie Kurt Finlayson and Thailand's Saenchai.

Unfortunately, another headlining fight was cancelled and the Taylor Harvey vs Billy 'The Kid' bout never happened, but a great action-packed undercard saw plenty of action with a few great KO's.

NTG up-and-comer Chris looked very strong and Kevin NTG look great against Ryan Doyle. Clinton Burton came away with a great TKO win against Damien Hallion and Ben Tan had a big fight against Victor from Dip Muay Thai — both traded non-stop with the crowd getting right

Saenchai on the attack



Saenchai launches into Kurt



Saenchai with his belt



LEETHAL IMAGES



Knockout action at Epic 3



Caley Reece shoots Vall right to the face



behind them and Ben slightly edging the win.

The big main event saw two of the world's very best with Saenchai Sor Sinbi taking on the local crowd favourite Kurt Finlayson. Kurt showed why he's one of Australia's toughest and most experienced fighters by taking the battle the full distance. However, there is little doubt that it was Saenchai's night; he attacked with perfect balance and precision as he went on to take the unanimous decision.

Full results: Hale defeated Max Hoffman via KO, Jodie Hall defeated Steph Cole via UPD, Tom Davis defeated Mayo Flash via UPD, Clinton Burton defeated Damien Hallion via TKO, Chris Smith defeated Ben Brown via SPD, Elliot Compton defeated Joel Anderson via TKO, Ben Tan defeated Victor Dip via SPD, Kevin NTG defeated Ryan Doyle via KO and in the main event Saenchai Sor Sinbi Muay Thai defeated Kurt Finlayson via UPD.

Rumble at the Metro

Rumble at the Metro was a natural step up for the former Rumble at the Ridge. With a new name and a new venue, promoter Ian Bronson knew he had to impress, and that he did with a stellar fight card including the best fighters from

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SHOW REPORTS

Kampan kicks into Beniah



Preacher with his winning belt

Wes and Shaggy brawl



SCOTT MCALINDEN

around the country.

The undercard proved too exciting not to mention, with Boonchu's Zack Short opening up the night with a huge right hand, knocking out his opponent in the second round.

Phil Ramskill from Endurance was in and out of the ring quickly, splitting Liam Doyle in the first round and taking the win by TKO.

Patrick Williams and Adam King didn't hold back. Williams recovered well from eight counts in the second and third rounds to keep

the pressure on, but it was King who walked away with the win for Corporate Box Gym.

Jagdeep Rana from Street Alert Gym put up a solid fight against Boonchu's Sarah O'Connell, but this time around it was O'Connell for the win.

Mad X Gym's Tom Lello had an early KO over his Thai opponent Erawan MTP followed by a TKO win for Michael '300' Demetriou.

Clinton 'Monkey' Krahe kept Demetriou busy in the early rounds

before the fight was stopped due to blood from the cuts above Krahe's eye.

Beniah Douma stood up to Thailand's Kampan Santaweessook and in traditional Mad X style, Douma never backed down and went the distance, losing via points to the Thai.

In what was clearly the fight of the night, Western Australia's Wes Capper surprised the crowd, dropping Shannon 'Shaggy' King for the first time in his career. King recovered well from the first round eight-count and took back the middle rounds, cutting Capper above the eye with precision elbows. Not to be outdone, Capper was able to land another hit flush on the chin of King resulting in one of two eight-counts issued to King in the fifth round. King stumbled his way through the remaining seconds of the round, and an elated Capper took the win.

The main event of the night saw Bruce 'Preacher' Macfie up against Thailand's Nonsai Srisuk for the WKBF World Light-Middleweight title. Macfie was on his game, unleashing strong hand combinations and working the grapple. After Srisuk was given an eight-count in the fourth, Macfie continued to keep the pressure on and went on to take the win. **IK**

By Kathy Purcell

MTG Muaythai Camp Koh Samui Thailand



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THAI NEWS

International Kickboxer's Bangkok-based newshound ROB COX reports on the latest shows from Thailand

Aussie Saliba takes the win at Lumpini

Rhyse Saliba of Jabout gym, trained by Jason Lapin, put in a solid performance at Lumpini stadium on the 12th of July, winning a hard fought points decision. Rhyse's opponent Joseph Pinto from Switzerland was no stranger to the Aussie fight scene, having trained and fought out of Boonchu gym for a spell. Joseph put up a strong fight against Rhyse, rocking him with some solid punches and firing in solid kicks throughout. The difference was in the clinch though and this is where Rhyse dominated the fight, landing at will with solid knees that saw Joseph eventually fade from the fight. Both fighters drew a good response from the local crowd, complimenting them on their heart and also Rhyse's ability to win in Thai style with a strong clinch and knee game.

Chokpreecha in devastating form

The 3rd of May, saw a quality show from Kiatpet promotions, featuring the latest hard-punching knockout artist to catch the attention of the local fight fans.

Tukatathong Petpayathai faced the aggressive F16 Rachanon and at first Tukatatong looked like he would be too experienced and slick for F16. Tukatatong lost his way though in the 3rd round and allowed F16 to come back strong with some salvo's of knees. This got the crowd against Tukatthong, suspecting he wasn't trying enough to win, but Tukatathong never managed to get back into the fight and F16 took the decision.

Penek Sitnumnoi faced Saenkeng Jor Nopparat next and both fighters put on a solid show for the crowd. Saenkeng stole the early rounds with some slick counters and good

movement. Penek came back strong in the later rounds with some solid knees, but the judges couldn't separate the two at the end scoring the bout a draw.

The main event saw Nungthep Eminent air defend his Lumpini Super-flyweight title against the hard punching Chokpreecha Kor Sakunsua. Every now and then a K.O artist comes along and captures the imagination of the fans and usually draws in a big crowd, Chokpreecha has been no exception and winning several fights by devastating KO. At first Nungthep looked to be a class above. Picking off Chokpreecha with razor sharp counter kicks and some solid elbows. In round 3 though Chokpreecha found the target and some solid elbows and a fierce punch sent Nungthep crashing out of the fight.

Ratchadamrnn charity event

The 5th of May saw a big combined effort by the Ratchadamrnn promoters to raise money for people in the boxing community struck down by illness or accidents.

Often one of the main factors in an exciting fight can be a big, high stakes bet between the two camps. The fight between Numtesabarn TSN Motor and Julong Ekbangsai had 400,000 at stake and made for a pulsating battle. It was a battle between the sharp, slick countering of Numtesabarn and the aggressive, strong knees and kicks of Julong. Numtesabarn looked slick at first, but Julong gradually edged ahead through sheer determination and workrate. Numtesabarn had no choice, but to look for a knockdown in the final round, but couldn't find the target and Julong took the win.

Two strong, hard hitters were up

next in Khunsuk PN Gym vs Pentai Singpatong. The fight was fairly even at first, with Khunsuk the aggressor. In round 3 Pentai started to plant his feet and unloaded with some fierce punches, a final straight shot sending Khunsuk to the canvas, out cold.

There was a delay before the next bout as the ring ropes decided to break just as Jomthong Chuwattana was climbing into the ring. He then had to wait with his opponent Nong-O Gayanghaadao gym while they were repaired. The last time they fought both fighters put their purses on the line and Jomthong walked away with 200,000 baht. This time they did it again, with Nong-O looking to get his money back. The fight was closer this time with Nong-O looking a little sharper, but Jomthong just shaded it again and Nong-O again got to fight for free.

Sagetdao Petpayathai fought the resurgent Singdam Kiatmuu 9 in the shows main event, with Singdam showing a strong run of form coming into the fight. Singdam started strongly, hurting Sagetdao in round 2 with some solid punches. Sagetdao came back with some strong knees in the 3rd, but Singdam took over again in the 4th, landing throughout with heavy right kicks that saw Sagetdao out of steam by the end of the round. The final round was a formality and Singdam took the decision at the end.

Kongsak and Sam-A do battle

The 10th of May saw Petyingdee promotions put together one of the biggest cards of the year, with a main event seeing the two strongest performers of the previous year do battle.

Khaimukdam Chuwattana gave a rematch to Kaotaem Lukprabart after



Saliba unloads a knee on Pinto



Aussie Rhyse Saliba (right) with his opponent Joseph Pinto



Jomthong vs Nong-O



Kangwanlek vs Petpanomrung

winning a close fight against him at Ratchadamnern. This time Kaotaem unsettles Khaimukdam throughout in the clinch with some clever spins and lands throughout with strength sapping long knees. Khaimukdam looks out of gas by the end of the 4th and Kaotaem cruises through the final round to take the win.

The hard punching Wanheng Minayothin faces the tall, rangy, rising superstar Petmorakot Wor Sangprapai next. Wanheng attacks Petmorakot throughout with vicious punches and lowkicks, but the younger Petmorakot's height gives him a big advantage and he lands back throughout with hard barrages of knees. Petmorakot cuts Wanheng with a sharp elbow as well and takes the decision at the final bell.

Ponsawan Lukprabart faces Rungpet Wor Sangprapai next. It becomes a real up hill struggle for Rungpet in round 1, after he is dropped by a fast highkick by Ponsawan. Rungpet tries to come back with knees, but Ponsawan is on fire and pulls him around in the clinch and looks totally dominant. By the middle of the 3rd round the referee has seen enough and calls off the fight with Rungpet outclassed.

Sittisak Petpayathai faces takes on Panpet Chor Na Phattalung next in a fight for the vacant Thailand Super-featherweight title. The fight is a close battle with both fighters using their knees well and Sittisak landing with some sharp counter shots. Panpet's aggression separates the two at the end though as he take the decision.

Next up saw Rungruanglek Lukprabart take on Thong PuiD9D for the Thailand Super-bantamweight title. The fight is a little slow to get going, with both fighters looking to save themselves for the later rounds. Thong starts to open up with some sharp punches and elbows and pulls ahead. Rungruanglek tries to mount a strong attack with clinch and knees in round 4, but Thong manages to stifle his attacks and fire back with more elbows and some sharp kicks. Rungruanglek concedes defeat in the last round, allowing Thong to take the title.

The main event is an eagerly awaited match-up between the two hottest names in the sport for the previous year, between the 2010 Sportswriters boxer of the year Kongsak Sitboonmee and the fighter that pushed him all the way in the race for the award Sam-A Tor Ratonakiat. The fight lived up to the hype, with a pulsating battle full of twists and turns. Sam-A looked strong early on as he out sped Kongsak with some fast kicks and a punch that buckled Kongsak's knees. Kongsak finished strongly though and hurt Sam-A in the 4th with a hard uppercut and looked like he had done enough in the final round to take the win, but the judges scored the fight a draw.

Superbon takes battle of heavy hitters

Wanwirapon promotions put together a solid fight card at Lumpini on the 24th of May, show casing some of the best up coming talent and featuring two of the heavier weight fighters on the current scene.

Kumarnngern Jirmuangnon faced Pe-teng Kiatphontip in a fight with 100,000 baht at stake. Both fighters had impressed coming into this fight and regarded as two of the hottest young prospects in the sport today. Pe-teng attacked Kumarnngern from the off with solid knees and some sharp punches. Kumarnngern tried to get off with some sharp kicks, but never managed to make any effect on Pe-teng who dominated the fight to take the win.

Denthorane Sor Wirapon defended his recently won WMC Pinweight World title against Fardantai Windysport and there was another 100,000 baht at stake in this fight. Fardantai took the fight to Denthorane right from the off, opening up with solid kick and knee attacks and some hard punches. Denthorane never got going, he tried to rally in the later rounds, but came back at Fardantai with too little too late and surrender his title.

Tingtong Chor Koiiyuhaaisuzu took on the strong clinching Chartchainoi Sor Prasopchoke next.



THAI NEWS

By Rob Cox in Thailand



Khunsuk vs Pentai



Kongsak vs Sam-A



Nong-O vs F16



Nong-O vs Kongsak

Tingtong had been on a bit of a slump in form recently, but had just started to show signs of his old self with a few recent wins. This fight saw him get back in the imagination of the fight fans with a comprehensive win, where he outclassed Chartchainoi with some razor sharp counter kicks and solid elbows. Chartchainoi pushed forward throughout, but never got close to getting ahead and Tingtong took a comfortable decision win at the bell.

The main event saw two of the bigger fighters showing their skills in Thailand today Superbon Lukjaomaesaiwaree vs Ekpracha Minayothin. Ekpracha came into this fight on the back of another Toyota marathon win, where he destroyed 3 foreign opponents in one day all inside 2 rounds. Ekpracha came out looking like he wanted to walk through Superbon, opening up with fierce punches and lowkicks and elbows. Superbon soaked them up well though and came back at Ekpracha with solid knees and kicks throughout. Ekpracha never stopped looking for the K.O, but never managed to find the target and Superbon took the win.

Chokpreecha hammers out another win

Kiatpet promotions put together the fight card on the 27th of May at Lumpini, showcasing again the latest hard punching rising star.

Penek Sitnumnoi faced Pokkaew Fonjaengchonburi in a battle of clinch and knee fighters. Pokaew tried to get in close and dominate with some strong clinching. Penek never let him get close though and fired in hard long knees from the outside and solid kicks to take the decision.

The main event saw the hard hitting Chokpreecha Kor Sakunsua take on former Lumpini champion Wirachai Wor Wiwatananon. For the first two rounds Wirachai looked in total control, with a sharp pushkick seeing Chokpreecha backed into his own corner unable to find a way to attack Wirachai. As with all the big name punchers in the past though

it only takes one shot to turn a fight around and Chokpreecha possesses the same power. In round 3 he connected with a fierce straight punch and Wirachai was out before he hit the floor.

Singthongnoi still got what it takes

Onesongchai promotions put together a strong card at Ratchadamnern stadium on the 2nd of June

Superbank Sakchaichote took on Pudpadnoi Muangseema. This was a technical masterclass from both fighters, with sharp countering from both throughout. Pudpadnoi just edged the fight in speed and experience, taking the decision at the end, but the young prodigy Superbank walked away from the ring with his head held high after another solid performance.

Prajantchai Por Petnamthong faced off against Detkart Por Pongsawang in a return bout after losing his Ratchadamnern title to him the previous month. The fight was an action packed mirror of the first fight, with both trading solid kicks and knees throughout. Prajantchai looked sharper this time, but still looked like he had not quite done enough to upset the hard kicking Detkart. The judges saw differently though and awarded the decision to Prajantchai.

Singthongnoi Por Telakun faced Noppakrit Namplatrahoimuk in the main event in a battle between the experience of Singthongnoi and the youth of Noppakrit. Singthongnoi although in the twilight of his career showed his usual relentless determination throughout the fight, marching forward constantly and opening up with strong knees. Noppakrit tried to unsettle Singthongnoi with some sharp punches and solid bodykicks, but couldn't find the target with enough to worry Singthongnoi, who took the decision at the final bell.

Lumpini champions krieckkrai superfights

The 10th of June saw a huge show put together by Lumpini stadium with



Nongbia vs Kaotaem



Petmorakot vs Khunsuk



Sagetdao vs Saenchai



Sam-A vs Tingtong

no less than nine titles up for grabs.

Makki Sor Suriyanamchok put his recently won Thailand Mini-flyweight title on the line against Petsakon FA Group. It gets hard for Makki right from the off, as he is dropped for an 8 count, by a fast high kick, in the opening round. Makki had to chase the fight after this and pushed forward opening up with his trademark elbows. Petsakon was too sharp though and controlled the ring well, soaking up Makki's attacks and firing back with click counters that saw him crowned Champion at the end of the fight.

Kangwanlek Petyindee defended his Thailand Bantamweight title against the young prodigy Petpanomrung Sor Thamarangsi. There was a massive 20 years age gap between the two, with Kangwanlek still plying his trade at 36 years of age and Petpanomrung 16. The fight was a showcase of technical Muaythai with both fighters having a similar, southpaw, sharp kicking and countering style. At the end it was youth that stole the show, with Petpanomrung just a little too fast and sharp for the veteran Kangwanlek and Petpanomrung added another title to his growing collection.

The-Lek Wor Sangprai had a rematch with Julong Ekbangsai, this time for the Vacant Light-flyweight title and had the added incentive of a 1 million baht side bet at stake. The previous time they fought The-lek won a huge 3 million baht bet and dominated the fight from start to finish. This time he started as usual, attacking Julong with some fierce knee and punch attacks. Julong did a little better this time in fending off the attacks and using a strong grip in the clinch to keep the fight even. The pressure is too much though and by round 4 Julong looks spent. The-lek cruises through the final round to take the decision at the bell.

Panpet Chor Na Phattalung grants Sittisak Petpayathai a rematch for the Thailand Super-Featherweight title next. This time Sittisak is a little more positive in his attacks and soon takes an early lead with some fast counter kicks and solid knees. Panpet tries to rally in the later rounds, but runs

out of steam by the 4th round and surrenders his title to Sittisak.

Singdam Kiatmoo9 challenges Petboonchu FA Group for the vacant WMC Lightweight title next. Singdam starts well, firing in his trademark right kicks and some solid punches at Petboonchu. The strength of Petboonchu's clinch game has been one of the strongest in the sport in recent years though and as the fight goes on Singdam gradually gets worn down by the solid knees of Petboonchu. Singdam always keeps the fight close, but Petboonchu takes the title at the end.

Sagetdao Petpayathai defends his Lumpini Lightweight title against Saenchai Sinbi Muaythai next. Saenchai puts on his usual show for the crowd early on, with his trademark jumping kicks and fast foot shuffles. Sagetdao pushes forward throughout and opens up with solid knees, but Saenchai looks in control for most of the fight. In the last two rounds Sagetdao ups the pressure even more and just pulls ahead towards the end of the 5th. In the dying seconds of the fight Saenchai tries for a fast high kick, but Sagetdao reads the attack well and kicks out his support leg, putting the fight out of reach for Saenchai.

Sam-A Tor Ratonakiat takes on ThongpuiD9D next and Sam-A's Lumpini super-bantamweight belt is on the line. The fight is a chess match style technical masterclass, with both looking to outwit and outsmart each other and fire back with sharp counters. The solid left kick of Sam-A is the decisive weapon of the fight though, as he lands with enough to see Thong run out of steam towards the end and Sam-A successfully defend's his belt.

The main event sees Nong-O Gaiyangaadao gym defend his Lumpini Super-featherweight belt against the sports latest superstar Kongsak Sitboonmee. Nong-O has looked a little out of sorts in recent fights, but many pundits had him down as being a little too fast and experienced for Kongsak before the fight. The fight was close early on,



THAI NEWS

By Rob Cox in Thailand



Singdam vs Sittisak



Singthongnoi vs Noppakrit



Superbank vs Pudpadnoi



Superbon vs Ekpracha

with both fighters trading razor sharp kicks and kongsak firing in some solid punch attacks. Nong-O seem to just run out of gas in the 4th though allowing Kongsak to surge in front and add another big name scalp to his resume.

Wanmitchai charity superfights

The 7th of July saw Wanmitchai promotions put together a huge line up of big names to raise money for Sirirat hospital. The show was a success with over 10 million baht raised for the hospital and one of the biggest crowds seen at Ratchadamnern in recent years.

The opening fight of the night saw Nong-O Gaiyanghaadao gym take on F16 Ratchanon. The fight had 600,000 baht at stake. Nong-O looked slick at first as he caught F16 with fast counter kickas and some solid punches. In round 4 Nong-O ran out of steam again though and got thrown down several times and caught with several barrages of knees. F16 took the decision at the end and Nong-O left the ring looking like a fighter that needs a bit of a break to recharge his batteries.

Nongbia Chokngarmwong took on Kaotaem Lukprabart next and both put on a close exciting battle for the crowd. Both fighter got cut in the heat of the battle and the judges were unable to separate them at the end scoring the bout a draw.

Petmorakot Wor Sangrapai faced Khunsuk PN Gym in the next test for the tall young prodigy. Khunsuk looked to test Petmorakot's will and chin throughout with some solid shots, but Petmorakot's resolve never wilted as he used his height to outscore Khunsuk with solid knees and take the win.

Rungpet Wor Sangrapai challenged Chartchainoi Sor Prasopchoke next in a battle of two strong clinch and knee fighters. Chartchainoi looked to try and unsettle Rungpet throughtout with hard elbows in the clinch, but Rungpet soaked them up and used his height to get strong leverage into his knee attacks. Rungpet took the

decision at the end.

Sam-A Tor Ratonakiat clashed with Tingtong Chor Koiyuhaasuzu next in a fight between two technical masters. Both scored with sharp kicks and punches throughout, but Sam-A just shaded the fight with a big round 4 that saw Tingtong having to chase the fight in the last. Tingtong walked onto too many counters in the 5th and Sam-A took the win.

Singdam Kiatmuu9 took on Sittisak Petpayathai next and controlled the fight throughout. Sittisak showed some strong knees at times, but looked intimidated by the power of Singdam's right kicks and never mounted enough of a challenge to take the fight.

Sagetdao Petpayathai fought Petboonchu FA Group for the 5th time next, with both fighters having two wins each going into this match. The fight was as expected a battle for dominance in the clinch. Sagetdao didn't look as strong as in their previous encounters though and Petboonchu dominated to take the decision.

The main event was by far the most anticipated match up of the year so far, with Saenchai Sinbi Muaythai taking on the current sensation Kongsak Sitboonmee. With the talk before hand of would Kongsak be able to overcome the speed and experience of Saenchai and how would Saenchai deal with having to drop down to 128 pounds a little under 2 weeks after his dominant display against Kurt Finlayson on Detonation 9 in Australia. Saenchai put on his usually showy display of Muaythai right from the opening round. Kongsak was never intimidated and tried his best to get forward and attack Saenchai with solid kicks and punches. Kongsak cut Saenchai's lip badly in the 4th, which needed 8 stitches to close, but Saenchai proved again why he is regarded as pound for pound the best, with a classy display that saw him out point Kongsak. **IK**

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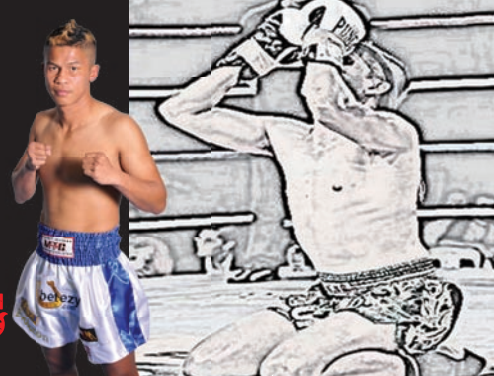
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IK RANKINGS

MALE

53KG JOCKEYWEIGHT

Rank	Fighter	State
1	Aaron Leigh	QLD
2	Brodie Stalder	QLD
3	Linno Tak	WA
4	Aaron Scrimgeour	WA
5	Little B	QLD

55KG BANTAMWEIGHT

Rank	Fighter	State
1	Aaron Leigh	QLD
2	Brodie Stalder	QLD
3	Ghot Suer Noi	QLD
4	Hiep Nguyen	SA
5	Tom Murray	VIC
6	Daniel Williams	WA

57KG FEATHERWEIGHT

Rank	Fighter	State
1	Dane Beauchamp	QLD
2	Jake Marks	NSW
3	Luke Aram	WA
4	Glen Purvis	NSW
5	Nathan Parfoot	NSW
6	Chris Kearney	QLD
7	Brett Craine-White	WA
8	Josh Tonna	ACT
9	Todd Greenaway	QLD
10	Ben Mahoney	QLD

60KG LIGHTWEIGHT

Rank	Fighter	State
1	Phillip Street	QLD
2	Mitchell Seth	WA
3	Michael Thompson	QLD
4	Dylan Resnekov	NSW
5	Joe Concha	NSW
6	Luke Aram	WA
7	Daniel Ketley	QLD
8	Ben Sandejas	NSW
9	Kevin Lay	QLD
10	George Groth	QLD
11	Karim Muradi	VIC
12	Roy Wills	WA
13	Mark Fowler	NSW

63KG JNR WELTERWEIGHT

Rank	Fighter	State
1	Ben Burrage	NSW
2	Tim Drury	NSW
3	Beniah Douma	QLD
4	Mark Sarracino	QLD
5	Joel Fisher	QLD
6	Daniel Shearing	WA
7	Wayne Martin	QLD
8	Chris Petrie	QLD
9	Matt McTavish	QLD
10	Mat Cashmore	NSW
11	Myles Simpson	SA
12	Jake Moulden	QLD
13	Jamie Stamp	QLD
14	Jeff Llanes	NSW
15	Tim Morrison	WA
16	Ryan Doyle	QLD
17	Cheyne Rees	NSW
18	Rhyse Saliba	NSW
19	Ben Cronin	QLD
20	Adam King	QLD

63KG JNR WELTERWEIGHT (CNTD)

21	Liam Everson	NSW
22	Alex Job	WA
23	Scott Hughes	SA
24	Erik Miskle	VIC
25	Andrew Webb	NSW
26	Fareed Habibeh	NSW
27	Junya Ishida	NSW
28	Patrick Williams	QLD
29	James McCorry	WA
30	Matt Jackson	QLD
31	Beau St Quentin	WA
32	Matt Bune	QLD
33	Kieren Elliott	NSW
34	Hamody Najjar	NSW

66KG WELTERWEIGHT

Rank	Fighter	State
1	Superboy	VIC
2	Boy	NSW
3	Kurt Finlayson	QLD
4	Sing Siri	VIC
5	Taylor Harvey	QLD
6	Charlie Bechwaty	NSW
7	Oliver Warren	WA
8	Alan Walkington	SA
9	Von Badato	NSW
10	Daniel Moulder	QLD
11	Tom Lello	QLD
12	Elliot Compton	QLD
13	Nathanael Webb	NSW
14	Ashley Powell	VIC
15	Kenneth Oo	VIC
16	Robbie Nienhaus	SA

68KG JNR MIDDLEWEIGHT

Rank	Fighter	State
1	Bruce Macfie	QLD
2	Greg Foley	NSW
3	Jason Lea	WA
4	Jason Scerri	NSW
5	Michael Demetriou	VIC
6	Billy Degoumois	QLD
7	Clinton Krahe	QLD
8	Aaron Cheney	NSW
9	Toby Smith	WA
10	Jimmy Urwin	QLD
11	Steven James	VIC
12	Warrick Harrington	ACT
13	Sam Edney	VIC
14	Rohullah Paykari	VIC
15	Jared Sableberg	VIC
16	Mark Mullan	VIC
17	Josh Scida	VIC
18	Jamie Gorman	WA
19	Kane Henderson	WA
20	Drew Mackey	VIC
21	Luis Regis	NSW
22	Kieran Walsh	ACT
23	Darrin Scott	QLD
24	Luke Hogan	QLD FB
25	Chris Garner	WA

72.5KG MIDDLEWEIGHT

Rank	Fighter	State
1	Wayne Parr	QLD
2	Bruce Macfie	QLD
3	Eli Madigan	QLD

72.5KG MIDDLEWEIGHT (CNTD)

4	Frank Giorgi	QLD
5	Daniel Smyrk	VIC
6	Harlee Avison	NSW
7	Jason Scerri	NSW
8	Luke Maitland	NSW
9	Wes Capper	WA
10	Steve Moxon	NSW
11	Yoshi Ueda	QLD
12	Dusan Salva	WA
13	Robbie Filliponi	QLD
14	Shannon King	QLD
15	Dane Sky	QLD
16	Marco Tentori	WA
17	Kym Johnson	SA
18	Jesse Booth	QLD
19	Tass Tsitsiras	VIC
20	Rowan Sangster	NSW
21	Aaron Goodson	VIC
22	Ruan DuPlessis	WA
23	Kael Coster	VIC
24	Jun Lee	QLD
25	Jye Demmrich	SA
26	Bryan Hasse	SA
27	Roberto Serola	QLD
28	Arlyn Owens	ACT
29	Kevin Magniez	VIC
30	Steven Richards	

76KG SUPER MIDDLEWEIGHT

Rank	Fighter	State
1	Chris Johnson	NSW
2	Kim Olsen	WA
3	Adam Bailey	WA
4	Jared Grigor	VIC
5	Michael Badato	NSW
6	Tainui Crouch	QLD
7	Ross Emerton	QLD
8	Emilio Schmidt	QLD
9	Mark Lucchiari	QLD
10	Brett Whitton	QLD
11	Trent Hansen	NT
12	Nathan Sundo	WA
13	Andy Regan	WA
14	Martin Kristoffersen	QLD
15	Jason Altman	SA
16	Samuel Ballantyne	WA

79KG LIGHT HEAVYWEIGHT

Rank	Fighter	State
1	Daniel Kerr	NSW
2	Chad Walker	WA
3	Danny Derdowski	QLD
4	Harald Olsen	WA
5	Gary Williams	SA
6	Daniel Jones	QLD
7	Tim Atonio	VIC
8	Jake Tomlinson	WA
9	Maseh Nuristani	VIC
10	Daniel Way	VIC
11	Steve Behan	SA
12	Phil Pylotis	NSW

83KG SUPER LIGHT HEAVYWEIGHT

Rank	Fighter	State
1	Rob Powdrill	WA
2	Charles August	SA
3	Jarred Botha	NSW

83KG SUPER LIGHT HEAVYWEIGHT (CNTD)

Rank	Fighter	State
4	Grant Millwood	QLD
5	Trevor Loomes	WA
6	Chris Johnstone	QLD
7	Andrew Castle	NT

86KG CRUISERWEIGHT

Rank	Fighter	State
1	Gareth Rees	ACT
2	Cody Brooks	NSW
3	Adam Galetta	VIC
4	Alex James	WA
5	Jamie McAuslan	NSW
6	Adam Dare	NSW
7	James Thompson	NT
8	Alick Williams	NSW
9	Brani Zec	ACT
10	Scott Chaffey	NSW

95KG HEAVYWEIGHT

Rank	Fighter	State
1	Nathan Corbett	QLD
2	Steve McKinnon	NSW
3	Thor Hoopman	QLD
4	Daniel Piccolotto	VIC
5	Henry Peters	ACT
6	Shane Tilyard	QLD
7	Trent Gough	NSW

95KG+ SUPER HEAVYWEIGHT

Rank	Fighter	State
1	Paul Slowinski	SA
2	Peter Graham	NSW
3	Ben Edwards	ACT
4	Eric Nosa	NSW
5	Matt Samoa	QLD
6	Mick Siebert	NT
7	Andre Meunier	VIC
8	Felise Lenui	
9	Steve Bonner	WA
10	Cedric Kongaika	QLD
11	Ray Dimachki	VIC



FEMALE

50.5KG FLYWEIGHT

Rank	Fighter	State
1	Jessica Tolhurst	QLD
2	Sarah George	QLD
3	Carol Earl	NSW
4	Christina Jurjevic	NSW
5	Jessica Levido	QLD
6	Carly Ringe	NSW
7	Ali Jensen	QLD

53KG JOCKEYWEIGHT

Rank	Fighter	State
1	Serin Murray	NSW
2	Jagdeep Rana	NSW
3	Natasha O'Neil	QLD
4	Bianca Elmir	ACT
5	Amy Dutton	QLD
6	Jodie Palozzi	NSW
7	Sylvia Schiavoni	VIC
8	Louise Bryan	VIC

55KG BANTAMWEIGHT

Rank	Fighter	State
1	Tiana Caverly	WA
2	Sarah O'Connell	QLD
3	Kate Heuston	WA
4	Heather O'Donnell	QLD
5	Joanna Maceachern	QLD
6	Melissa Norton	WA
7	Emma Graham	WA
8	Anita Pagnani	SA
9	Carina Salvemini	ACT
10	Meredith Gay	NSW
11	Katherine Cusworth	VIC

57KG FEATHERWEIGHT

Rank	Fighter	State
1	Caley Reece	WA
2	Nicole Brolan	VIC
3	Heather O'Donnell	QLD
4	Theresa Carter	WA
5	Alicia Pestana	WA
6	Amy Rodgers	VIC

60KG LIGHTWEIGHT

Rank	Fighter	State
1	Angela Parr	QLD
2	Tenille May	NSW
3	Eillean Forrest	QLD
4	Jane Wilson	NSW
5	Danielle Vass	NSW
6	Laura Bowman	SA
7	Tegan Papasergi	VIC

63KG JUNIOR WELTERWEIGHT

Rank	Fighter	State
1	Sandy Furner	NSW

66KG WELTERWEIGHT

Rank	Fighter	State
1	Sindy Maricic	NSW
2	Sandy Furner	NSW
3	Leanne Reid	NSW
4	Chiquita Lovini-Jorgensen	QLD
5	Carleigh Crawford	WA

68KG JUNIOR MIDDLEWEIGHT

Rank	Fighter	State
1	Sindy Maricic	NSW
2	Sarah Martin	QLD
3	Emma McOrrie	NSW



About the Official International Kickboxer fighter ratings:

At its discretion *International Kickboxer* qualifies fights from national organisations that are deemed to have both the incentive and reputation for signing top-level fighters for their cards. A fighter must have numerous fights to qualify to be ranked. The ratings are compiled independently and without influence from any sanctioning body. While the upmost effort is made to include all top fighters we cannot please everybody — we urge trainers and promoters to submit fighter records and updated results as they happen to ikratings@blitzmag.com.au or the Official IK forum at www.kickboxermag.com.au. Furthermore the final rankings are made at the sole discretion of *International Kickboxer* magazine.

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