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BLITZ PRESENTS

INTERNATIONAL KICKBOXER

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ISSUE!

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WAYNE PARR

FOX SPORTS
FULL FIGHT GUIDE INSIDE

Vol. 17 No. 1
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WHY THE HATE?

I have noticed lately on various internet forums – many on our own International Kickboxer forum at sportzblitz.net – disparaging remarks between fans of kickboxing, Muay Thai and K-1. For the most these comments have me completely miffed.

The martial arts is not a mainstream sport, with enough internal divisions without fans adding to these woes by taking stabs at each other by championing their preferred style as “the best to watch” or “the most exciting” or containing “the best fighters.” However it seems the more we push to grow the sport’s popularity, especially via television exposure, the more divisive fans become. I have also noted sadly a holier-than-thou attitude that many hardcore Muay Thai fans seem to be taking, which comes across as almost looking down on other fight sports and fight brands as being inferior or lesser in some way.

I see constant criticism of K-1 shows as being all about razzle and dazzle and less and less about fighting. People criticize K-1’s production – the theatrical entrances, the pyrotechnics, the lights and sound – and claim that “real” fighting isn’t about all the glitz and glamour but about the fights only. These are the same fans who champion Evolution Promotions as the best promotions in Australia with the best fights and best shows. I agree Evolution is the stand-out promotional juggernaut on the local scene,

but it’s hypocritical to lash out at K-1’s production extravagance yet not bat an eyelid at a local ring entrance in which a man dresses as a street pimp and shoots fireworks out of his hat; or in which scantily clad dancing girls gyrate on the stage not only between fights but between rounds. It really is the pot calling the kettle black. Evolution does an outstanding job in entertaining the crowd with top notch fights and visual entertainment, which is why they are the only Muay Thai promotion to have every show broadcast to a national television audience.

Likewise I’m disturbed by Muay Thai fans who seem to dismiss as second-rate or inferior any fight promotion that doesn’t allow elbows. Those championing Muay Thai as the be-all-and-end-all of fight sports claim that K-1 is a lesser product and that K-1 fighters or fighters participating under kickboxing rules or modified Thai rules don’t deserve the same acknowledgement as Muay Thai fighters. These are the same fans who were so delighted to watch The Contender Asia series and who ovated a brilliant final fight between Wayne Parr and Yodsanklai in which I can’t recall an elbow being thrown and if there was surely there were none that connected! Did Yodsanklai even grapple once with Wayne? Not that I can remember.

If these stubborn Muay Thai fans want to ride the high horse and turn up their noses at every other fight sport, then what is stopping

Mixed Martial Arts fans from turning their nose up at Muay Thai fans? After all, Muay Thai doesn’t allow chokes, submissions and groundwork. In Muay Thai fighters wear regular gloves, as opposed to MMA’s four ounce gloves. In Muay Thai fighters only do three minute rounds, whereas in MMA they do up to ten minutes a round with more than three times the weapons. So by the very same argument that Muay Thai fans use to put down K-1 and kickboxing, couldn’t MMA fans highlight the inferiorities of Muay Thai? The answer is that they do. If you surf the many MMA sites on the internet you will also notice a holier-than-thou attitude among MMA followers.

When it comes to anything in life of course we will have our likes and dislikes. Some will like Formula One racing and some will like Nascar. Some will like League, some will like Union. Some will like Tests, some will like Twenty/Twenty. There will always be divisions within divisions, but it saddens me that in our sport of striking the divisions run so deep and does nothing to further us in the mainstream.

As a fight fan you should respect all forms of fighting. Respect what goes into each fight, respect how hard the participants train for each fight, respect the hours of dedication, respect the spectacle of it all and simple enjoy the fact that we have so many different fight styles of a high level to embrace. **IK**



Hari Stripped Of Heavyweight Title K-1 Cracks US TV Market

Badr Hari shocked the world at the K-1 Grand Prix final when he became the first fighter in the sport's history to be DQ'd in the final match.

Hari threw two illegal punches and a foot stomp to a downed Remy Bonjasky, handing Bonjasky the title. Hari was duly punished by FEG who stripped him of his K-1 Heavyweight Title (now vacant) and fined him his GP purse.

The K-1 Grand Prix in December was broadcast to a record 138 countries including a live broadcast to the United States for the first time ever on the Mark Cuban owned HDNet.

Following the success of the broadcast to American audiences, HDNet have signed a 12-event deal with K-1 in 2009 to broadcast all K-1 heavyweight and K-1 MAX shows live.

The deal kicks off on February 23 with the K-1 MAX Japan tournament. Australia's own "The Voice" Michael Schiavello will helm HDNet's K-1 broadcasts this year, alongside special guests including Mike Kogan, Ernesto Hoost and Ray Sefo.



MMA Trumps K-1 at Dynamite!!

It was a sad night for K-1 fans at Dynamite!! 2008 on New Year's Eve with DREAM MMA fighters coming up trumps in three fights against K-1 fighters under K-1 rules.

Tatsuya "Crusher" Kawajiri annihilated former Rajdamnern Stadium champion Kozo Takeda with three brutal knockdowns, including a brilliant flying knee. DREAM Middleweight Champion Gegard Mousasi of Holland obliterated K-1 stalwart Musashi also with three knockdowns in the first round. However the biggest shock of the night came when DREAM Heavyweight fighter Alistair Overeem, in only his third fight under K-1 rules (and his first since 2004) demolished Badr Hari in just one round!

In a night of surprises, 89kg Melvin Maenhoff, who made it to the semi-finals of the DREAM Middleweight Grand Prix in 2008 knocked out the 115kg-plus Mark Hunt in just 17 seconds under DREAM MMA rules.

K-1 GP semi finalist Errol Zimmerman made his MMA debut with a first round heel hook loss to DREAM veteran Minowaman and former three-time K-1 GP Champion Semmy Schilt triangled Mighty Mo for a first round MMA victory.

The full English PPV of Dynamite!! 2008 along with a bonus package of over 60 K-1, MAX and MMA fights can be seen at eventmagic.tv

You can also watch individual K-1 PPV events at eventmagic.tv including the K-1 MAX Final 8, K-1 MAX Final, K-1 World GP Final and K-1 GP Last 16.

Facebook The Stars

Facebook is bringing more and more people together in particular the kickboxing and Muay Thai community.

Among the star names to have profiles on facebook are: Wayne Parr, Soren Monkongtong, Bruce MacFie, Peter Graham, Ian Schaffa, Ray Sefo, Gokhan Saki, Nicholas Pettas, Gary Goodridge, Quentin Jackson, BJ Penn, Doug Viney and more.

You will also find Fox Sports commentary duo Michael Schiavello and Mark Castagnini listed, offering you a great way to keep up to date with their regular broadcast bulletins.

IK FORUM: Log on to www.sportzblitz.net



TRAIN WITH WAYNE PARR & NUGGET IN MELBOURNE



Melbourne Muay Thai enthusiasts will have the opportunity to train exclusively with Nugget and Wayne Parr at Hammer's Gym every month.

You can train with Wayne or Nugget as part of a class or in your very own private lesson in which the country's leading Muay Thai trainer and our leading Muay Thai fighter will help hone your Muay Thai skills to the highest level.

For information about personal training with Nugget or Wayne contact Mark Castagnini at info@hammersgym.com.au or call (03) 9878 9266



Yodsanklai Wins 8-Man

The Contender Asia champion Yodsanklai continued his winning ways over the Christmas period with a win in Guinea in a star-studded 8-man tourney.

The tournament featured Yodsanklai, Yohan Lidon, Ali Gunyar, Farid Villaume and Lamsongkran.

Yodsanklai defeated Lidon then Lamsongkran by first round KO to win the tournament. Farid Villaume was defeated by decision in the semi finals by Lamsongkran.

TRANSPORTER 3 Tickets Giveaway

International Kickboxer has passes to give away for Jason Statham's new action fest, TRANSPORTER 3.

If you've seen the first two TRANSPORTER films you will be itching to get to the cinema and see Statham tear up the screen as only he can do. And to make things even more interesting for us fight fans, TRANSPORTER 3 sees the movie debut of triple K-1 Champion Semmy Schilt!

To win a pass to see TRANSPORTER 3 simply email your answer to the following question to admin@blitzmag.com.au with the subject heading: TRANSPORTER IK GIVEAWAY:

Q: In which three years did Semmy Schilt win the K-1 Grand Prix?

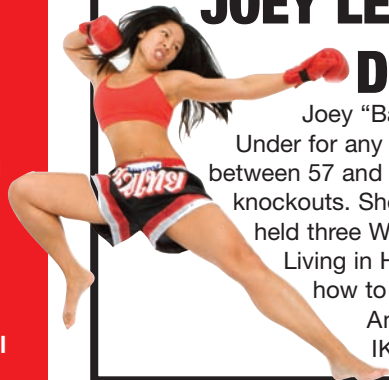
JOIN THE FIGHT AGAINST CANCER

Tan's Martial Arts supplies is a name synonymous with Australian martial arts. On Friday April 3 Tan's will present the UNITE AND FIGHT CANCER fundraising night at Happy Receptions in Ascot Vale, Melbourne, in association with the Australian Cancer Research Foundation.

The fine dining event will feature a number of martial arts demonstrations.

Martial arts schools wanting to stage a demonstration in the name of fighting cancer should contact the event organisers on 9870 0813. Tickets are \$60 per person and will sell out, so get in fast and join in the fight against cancer.

JOEY LEE LOOKING FOR FIGHTS DOWN UNDER



Joey "Bam Bam" Lee is looking to secure fights Down Under for any interested opponents or promoters. Joey fights between 57 and 60kg and holds a pro record of 6 - 2 - 1 with 2 knockouts. She stands 160cm and is a Muay Thai stylist who has held three WMC titles including the WMC Asian championship. Living in Hong Kong she's a close by competitor who knows how to sell a show and put on fantastic fights. Anyone interested can contact Joey through IK magazine.

➤➤➤ FOR MORE RINGSIDE ROUND UP, SEE PAGE 70

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WBA International
Middleweight Title
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vs Shannan Taylor
7.00 pm - 11.00 pm
LIVE

Friday 20 February

Fox Sports 1
7.30 pm - 11.00 pm
Australian Fight Night
LIVE

Sunday 1 March

**Fox Sports Pubs/
Clubs & Main Event**
Lightweight Contest
Juan Manuel Marquez
v Juan Diaz

1.00 pm - 4.00 pm
LIVE

Friday 13 March

Fox Sports 3
7.30 pm - 11.00 pm
Australian Fight Night
LIVE

Sunday 15 March

**Fox Sports Pubs/
Clubs & Main Event**
IBF / IBO Lightweight Title
Chad Dawson v
Antonio Tarver
1.00 pm - 4.00 pm
LIVE

Friday 20 March

Fox Sports 1
8.30 pm - 10.30 pm
Friday Night Fights



On the commentary team, the former Australian Cruiserweight Champion, Mark "The Hammer" Castagnini, and his verbal sparring partner, "The Voice" Michael Schiavello. They're the experts who call the shots ... every month on FoxSports.

KICKBOXING

Tuesday 24 February

Fox Sports 1
9.30 pm - 11.30 pm
Muay Thai BattleGround #28 (Sweden)

Friday 27 March

Fox Sports 2
9.30 pm - 11.30 pm
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10 YEARS OF THAILAND!

It's hard to believe that the years have gone by so fast.

This year will be my 10th IK Tour to Thailand and as always I'm thoroughly looking forward to it.

Over the years there have been many highlights. From last year's tour training with the Contender guys and the many before have all had their highlights, every tour we do the regular sightseeing in Bangkok from the Speed Boat ride up the Bangkok River to the Wat Arun and past the Royal Barges through the canals to get a sense of what "real" Thai living is like. Also in Bangkok the regular destinations include the picturesque Grand Palace and visits to the major stadiums to watch modern day Muay Thai at its best.

Seeing the professional fighters execute the techniques is truly inspirational and really motivates everyone to strive to improve their skills at the upcoming training sessions, and gives the guys and girls who plan to have a bout in Thailand while on the tour in some insights as to what they need to prepare for. Training sessions start almost as soon as we land in Bangkok where we visit gyms like Eminent Air Gym and more recently, one of Bangkok's more historical and famous gyms Sot Chitlada Gym, home of Samart Payakaroon and Pud Pad Noi among others. You can just feel the atmosphere and fighting spirit all around you in these great Muay Thai surroundings.

Of course in Bangkok, along with the great sightseeing events and

training, there is always the world famous shopping and nightlife that has sent some Aussie tour members a little crazy at times.

After our initial few days in Bangkok, it's onto beautiful Koh Samui, the world famous WMC Camp where in the past we have trained alongside many Thai and International champions.

The training is lead by Contender mentor Stephan Fox and his head trainer Hanarong. In fact so good is their training during the tour that you may remember Inside Sport



Muay Thai is everywhere in Thailand

magazine running a major feature story on the IK Thai Tour a few years ago! And this year there may even be Foxsports camera's along filming.

While in Samui, the training conditions are always challenging but the rewards received through the intense training cannot be denied. Even the most beginner leaves Samui with a vast improvement. And the training often leads up to a fight night at Chaweng Stadium where some of the guys and girls on the tour and also

from the camp are matched against either Thai opponents or other visiting foreigners, this is always a great night and the guys that want to test their skills are given the opportunity. Not only has Koh Samui offered some great training for all but in training and on tour, life long friendships are forged with many of us leaving with new acquaintances and great experiences to remember.

But our time in Samui is not just all about training, there is always time for looking around what I consider to be one of the world's most beautiful island locations. Samui offers the favorite tourist attractions from the elephant rides, jet skis, snorkeling, everything you would expect on a holiday island location but also delivers some fascinating historical locations that really bring the Thai culture experience to life.

This year's tour is the 10th anniversary tour and I am just as excited as I was to go this time as I was the first tour. With special places to visit and "even" more surprises and sites to see this tour will be the best ever.

I look forward to catching up with all my old friends in Koh Samui once again for the 2009 IK Thai Tour.

Anyone interested, please email mark@blitzmag.com.au.

Places are limited.

2009 Tour Dates – 29th May – 14th June 2009 (see page 17 for more details)

Mark 'Hammer' Castagnini

*Your stories or comments welcome.
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CHANGE ROOM RITUALS

JOHN IANNOU JNI RINGSIDE GYM

Well let me tell you each and every fighter is different when it comes to the way they behave just before a fight.

The experiences I've had as a trainer with fighters before they jump into the ring has been all weird, wonderful, funny and even sad.

The fight preparation is complete, the weigh all finished and now just the fight to go but

wait I forgot we have the change room rituals.

I won't use any names but these people will know who they are,

One of my female fighters gets so happy before a fight I have to keep on reminding her that she is fighting shortly and to stop smiling so much. (I reckon she'd smile even if she lost)

I have one male fighter that I give a pep talk to before the fight and it is as if he is in another world or another

zone as one of the other fighters puts it. (sometimes I think he forgets that I am his trainer)

The same guy as above sometimes goes for walks before a fight. (It really bugs the hell out of me, I wish he wouldn't do it)

I had one young fellow many years ago tell me in the change room that he can't go out and fight. I told him I would organize with the MC for him to take the mic and announce



LEADING TRAINERS LEND THEIR ADVICE

it to the audience that he wasn't fighting. (funny thing I never saw him again after that)

One of the female fighters doesn't say a damn word all night, she sits quietly on her own, has the best poker face you have ever seen. (I wish she could play cards though)

One of my guys prays before the fight so I pray with him.

(He prays for the other guy and I pray for myself)

Another guy always used to ask me before the fight, do you think I'll win? I always replied no and he would always say, well I'm going to prove you wrong. (I hope he really gets it one day)

One of the females always buys her opponents a gift and shows everyone in the change room to get there approval if it's nice enough to give her. (Any present is OK after a fight)

One guy sleeps before his fight. (One day I will wake him after his fight)

This is a classic, one of my guys fought and when back in the change room as we attempted to remove his gloves he asked why we were trying to take them off, I haven't fought yet. We all just looked at one another. (Music playing softly in the background, theme to the Twilight Zone, well if you didn't fight then who did?)

As I said earlier each and every fighter have their own thing that they do before a fight and as a trainer I suggest you just let them do it no matter how peculiar you think it is.

PAUL MADIGAN MAD X GYM

In the dressing room, just as all fighters have different styles, I find that they all have their own way for preparing for the fight. As a Trainer it is important for me to know what they all need as individuals. Some of my fighters like to come in and have a sleep or just chill in the corner listening to music. But for all my fighters, the first stage of getting into fight mode is to wrap hands. I think it sends a signal to the brain that it's 'Fight Day'.

The next stage depending on when they are fighting is having a Thai oil rub. For anyone who has had a fight the smell of Thai oil in the dressing room starts the adrenaline running. After this they will have a skip to start the warm-up, then I stretch them and start to talk about the fight plan. I also like them to hit pads - I can tell if they are ON or not depending on their power. If any of their skills feel weak I will have them do some shadow boxing then bring them back on pads until I'm satisfied with their power.

ring. This can involve hitting them around the head with pads!

Some have bad nerves and need some calming down by being reminded that they have done the hard work and are ready to fight. Some worry about winning or losing so I try to emphasise that it's more about earning the right to enter the ring rather than the result. The final stage is a spiritual stage where the armlets are tied, the gym robe is worn, the leis are placed around their neck, and the mongkong is



That's the physical side. The mental side is a bit more personal. For example my son Eli likes to be left alone. I make sure that he is not distracted by others and I don't really say much to him. We say 'he is in the zone' and we know he is ON. Some of my other fighters are so casual I need to psyche them into the fight by talking them up and getting them pumped so they are ready when they get in the

placed on with the gyms blessing. Then they are ready for the fight.

So as a Trainer I think you have to learn what each fighter needs to do their best both physically and mentally when you're in the dressing room preparing for a fight.

MARK PEASE STRIKEFORCE GYM

Well here is something that you are going to get a lot of different answers



to, and we all will swear black and blue this is the right way for your fighter to get ready out the back.

As you all know I have traveled to a lot of countries for fights and I must say I have seen some funny things happen before fights with what some guys do out back, but the funniest thing I have seen before a fight in the change room happened a few years back.

I won't mention names or places as somebody may know this person, anyway we were

So you can probably guess - out the back in our rooms it is very relaxed, with most guys just talking, sitting around and not doing a lot of physical activity - or at least nothing that will endanger the fighter before he fights.

Our routine is as follows: We get to the venue and always go up to the ring first to check the ropes and also to get the feel of the place. This is the time when the fighters can get a real sense that they are about to be in a fight. Then it is down to the change

When they have finished the massage most will start doing shadow boxing, but none of my guys do pads before as I believe they have done enough leading up to where they are, and I wouldn't want them falling over either or injuring themselves.

If they throw any techniques, it will be to someone's legs slowly and to open hands sometime a little grapple with knees as well. This is something that Aaron TS2 will do just before he puts the gown and flowers on.

Last but not least I put the Mongkong on and give a final blessing. It's funny, as we have been late coming out cause I have been busy, but all the fighters stick to this, with me giving them the final blessing before they walk out to fight.

So if you guys listen to ipods or do pads in the change room before you fight and if it helps you relax before you fight keep doing it cause as I say there is no set rules on how you should get ready before a fight.

DARREN REECE **RIDDLER'S GYM**

As is always the case my fighters are all different with how they are before their fight. Some get really stressed out, some get a little nervous and some don't seem to get nervous at all. Each have their own methods of relaxing but once they re at the fights I get them to follow a bit of a process.

Early in the night when arriving at the venue I get them to go out to see their friends and family or visit people sitting on tables to say their hellos and shake off some of the nerves that usually hit when you get to the venue. Talking and hanging out with friends can relax some fighters. Others can get more nervous with the "so how you feelin?" questions so this can have a lot to do with their friends or the experience of their friends and supporters so I like to get this out of the way early in the night.

I also like to get their hands wrapped early particularly if there



getting ready out the back and this guy was next fight on and he was still doing pad/shadow work - not light, but very hard, when all of a sudden this guy slips and falls forward, cracks his head on the bench and knocks himself out. The cut on his forehead was deep enough that he required stitches. Obviously he couldn't go on at all and it was sort of a strange thing to happen, but it did.

room and do nothing more than sitting and relaxing for a few minutes, some may even just put the ipod on and go into a place they like for a while, until it's time to get them ready.

All the fighters like a good massage and by this I mean a Thai massage. During this some go to sleep as they are that relaxed and cant help but drift off, which I find is good for them as it keeps their mind off things.



are a few fighting so that I'm not left having to rush to get wraps done. I try to use this time with the fighting as one on one time and talk to them about their day and importantly about things we have worked in training and how to use them in the fight as our tactics or gameplan.

With hand-wraps and greetings done and out of the way I then like them out the back with the other fighters from the gym relaxing. Some are happy to sit around and talk keeping their mind off the fight to relax, some like to zone out and listen to their ipod and think about their fight while a few of my fighters like to bring a pillow and doona and have a sleep (or at least pretend to).

When the time comes to get ready my team know we follow an order of things that lead up to the fight time but the amount of time we spend on things changes from fighter to fighter.

Using Thai liniment for the rub-down some like more oil and heat than others but for all of my fighters this is where they really start to switch on and know it's time for business. After the rub-down then it's time to warm-up and loosen them into shadow-boxing and stretching. After fight gloves are put on then it's time for some pad-work for the final part of fight preparation. The amounts of time spent on each

of these vary from fighter to fighter, particularly the pad-work. Some like to only hit pads a little before they feel warm and ready to go while others feel they need more to get warm and get going. It is my job to know each of my fighters and what they like.

With all this done it's then time for pra-jied, Mongkong, flowers and robe. Couple of deep breaths and out we go!

JOHN SCIDA TEAM ULTIMATE

In the dressing room it is very important to keep a positive spin on everything, to keep your fighter in the best frame of mind. I have been in a lot of back rooms over the years and sometimes it's overkill and sometimes it's the total opposite, you don't have what you need.

Sometimes, if it's available, the promoters will give you a large room and sometimes all you end up with is a phone box. You have to take the good with the bad and it is no good jumping up and down, the only person you're going to upset is your fighter.

For a young trainer you can learn good techniques in the back room watching some of the big name fighters. Every fighter has a different routine, some fighters just like to put

their ipod on and relax in the corner or some like to go out and watch the fights others like to warm up two or three times prior to the fight and some fighters like to have one hard round prior to the fight so as they walk out pumped. I've had fighters that I didn't think were religious and all of a sudden they will start talking in tongues, which freaked me out, but oh well what ever it takes!

I personally like to come out of the red corner as I think red is a good strong colour, however if we are in the blue corner I'll tell my fighter that I prefer blue as there is no point in stressing them out about myths.

I have seen some trainers in the back room that have no consideration for anyone else, they spread their stuff all over the place. They have a novice fighter fighting and will have a massage table with two blokes rubbing the fighter down and two extra seconds giving him advice. It would be hard not to mistake him as a pro going for the world title. People get all caught up in the moment, they can't see past their own self importance. Everyone thinks their pit crew has got it worked out when in fact they haven't. This is why I think it is good that young trainers watch some of the more experienced fighters and corner people and see how they operate.

When I was taking Chris Chrisopoulidis over to New Zealand for the K-1 shows I learnt a lot from watching some of the big name fighters in the back room; how they warm up and how they prepare. The likes of Alexey Ignashov, Peter Graham, Jason Suttie, Steve McKinnon, Andrew Peck and Paul Slowinski just to name a few. Everyone was so polite in the back room, everyone knew when it was time to give space to other fighters to get themselves ready and I never saw one diva trainer. Everyone new when to warm their fighter up and when to leave the room. It was great to see how the top end of the sport do it, like a well oiled machine. I liked seeing the Russians warm up,





FIGHTERS
AS SEEN ON
FOX
SPORTS

Shannon
Watkins

Wazza Elson

Ben Cronin

Derek
Hervey

Big Matty
Richardson

Kurt
Finlayson

Saenchai
Sor Kingstar
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Heather
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they were so relaxed on the pads. I picked up a lot of small bits and pieces from my time in New Zealand.

As a closing for young trainers: if you're not sure what to do, always be humble, respectful and courteous and you can't go wrong.

NUGGET **NUGGET'S THAI BOXING**

Back stage past the security guards is a place many fight fans dream to get into. Just like being in the corner for a fighter at an event, the dressing room is another side of the fight game that most fight fans don't get as close to the action as they would like. From fighters warming up to promoters matching up fights with trainers for future events, the dressing room holds many secrets and untold stories of the fight scene in any country.

Out in the dressing room you'll see all styles of pre-fight preparation. Trainers wrapping fighters' hands, cornermen flat out rubbing down their fighters with Thai liniment and preparing the fight bucket with everything they'll need in the corner in the match. Most gyms have

a basic routine out the back at an event getting their fighter or fighters ready. But as I've said in other columns each fighter is an individual with their own particular needs on the night. So it's not unusual to see some fighters going hell for leather on the pads warming up and then look over to his opponent sitting back with his ipod on relaxing on a chair or lightly doing shadow boxing in the corner of the dressing room. From pad work to dancing, even fighters having a little nap the dressing room is something you have to see to believe.

I personally feel on the night of the fight wrapping your fighter's hands would be one of the most important times in the dressing room. Just the trainer and his fighter, its a very intimate moment (in a very non-homosexual way haha!) where I guess the fighter knows it's time to turn on and get ready to do the business. Sometimes the fighter and trainer may not even speak as the hands are being done or in my case I'll joke around and whip out some of my granddad's favourite Frank Sinatra classics in the middle of wrapping the fighters hands. It may

take 10 minutes or it might take 40 minutes depending on the trainer's style and the fighter's likes and dislikes, but this is a moment that should have minimum interruption from other people if possible.

Having a lot of fighters over the last 20 years has helped me work out what works for some fighters may not really work for others in the dressing room. From when the fighter should change into his warm up shorts and start stretching, to when to tie the groin cup on without the fighter telling you he needs to do a number one or two between the rounds in the bout. Some fighters are social and need to be dragged in the dressing room in time to prepare for their fight, others may not leave your side once you get to the venue. Some fighters need to hear how great they are and how they're going to crush their opponent, others are happy to listen to their ipod and mentally prepare themselves for the bout. It all comes down to each fighter your working with and what he or she needs in the dressing room on the night of the fight to get the best out of them. **IK**

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BLITZ PRESENTS **INTERNATIONAL KICKBOXER**



First Ever IK Belt Holder Talks 2009

It was with the greatest pleasure that INTERNATIONAL KICKBOXER MAGAZINE presented the first ever IK BELT to Wayne Parr following his win over Scotland's Sean Wright at Evolution 15. In the following interview MICHAEL SCHIAVELLO catches up with J-Dubya for a 2008 retrospect and a gaze into the crystal ball for 2009.



SCHIAVELLO: Wayne congratulations from all the IK staff and readers on being the first ever INTERNATIONAL KICKBOXER champion. How does it feel to be the first man to hold the belt?

PARR: Going into the fight I was just working on what game plan we were going to take into the fight and make sure there was no mistakes, if I won the fight then the belt was a bonus and very happy to have it put around my waist. After everything I have done in the sport I am stoked to put this in my list as things I have accomplished (plus the belt looks sick too).

SCHIAVELLO: You minced Sean's midsection with body shots, was this always going to be the game plan?

PARR: I heard Sean had a hard time getting to Australia with the Bangkok airport closures, he had to catch three different flights plus lose weight so by the time he got here he looked knackered. When I seen him at the weigh-in I saw he looked drained so we thought we would jump on him early. I hit him with some nice body shots early and after one of them I heard a noise to say "I am not really appreciating what you are currently doing to my mid-section" so that was the target I honed in on. Round two I could see the pain on Sean's face and was only a matter of time. Little sad for the crowd it wasn't a devastating knock out but you got to take a win whatever way it comes.

SCHIAVELLO: Let's recap some of 2008, a year of highs and lows.



The Contender was a massive turning point and exposed you to a worldwide audience, as you look back on it now what comes to mind about the whole Contender experience?

PARR: The Contender was so much fun and such a learning experience. In the loft was sort of surreal that you couldn't believe that everything we were doing people all over the world were going to see. When walking through those big doors out to the arena it felt as if you were walking through a big TV screen. It was such a buzz to see how it all worked behind the scenes and how many people are really involved with the whole production. In the house I wanted to make the final so bad for myself and my country, but after watching it all

a smaller scale I am now writing blogs for the Boxing Contender on an American cable channel website, I write a blog per episode and they pay me money each time, amazing. See kids, next time your parents tell you that you need a education tell them "look at John Wayne", because all the computers have spell check these days!

SCHIAVELLO: Yodsanklai proved to be your arch nemesis again. Fans are calling for part three in the trilogy against Yod, if you were to take him on one more time what would you do differently?

PARR: I already have a game plan if our paths happen to cross again. I was going to do it the second time we fought but then decided I would try and swarm him with hard and fast punches instead. That hasn't worked

I already have a game plan if our paths happen to cross again. I was going to do it the second time we fought but then decided I would try and swarm him

come together and aired then it really kicked in as to how important it was to make it as far as I did for my world wide profile.

It's been a crazy year traveling all over Australia teaching seminars, to walk through every airport and have people coming up asking for photos and just saying g'day from being fans of the show. It is a time in my life I will take with me to the grave.

SCHIAVELLO: So it's an experience you'd happily relive?

PARR: Of course! Later this year I have a small part in a up and coming film along side Richard Norton and I have action scenes and lines to speak so I am very excited about that project. I have also been asked from Jason the guy that plays "Mark Loves Sharon" to help do fight scenes for his up and coming show Wilfred that will be shown on SBS and maybe sold overseas at a later date. On

twice now so number three I promise I won't make the same mistake again and I will win (if I don't get dropped and make the distance that would be winning for me). He is a great fighter though with great eyes and timing, but he is human. Please don't give up on me yet Australia, I lost to Nungtrakan three times in a row before I finally beat him in the final of S-1. Revenge is always a dish best served...with chips!

SCHIAVELLO: How does Wayne Parr at the start of 2009 compare and differ to Wayne Parr at the start of 2008?

PARR: This time last year I was in a very dark and lost place after hearing news of my father's illness. The first half of the year was the roughest months I have ever had to go through in my life. There is nothing that any one says that can prepare you watching a loved one go

through a terminal illness. I fought Kozo for a win end of January then Contender April. After that I had to turn down two fights one in Jamaica and one in Sweden. I missed out on some big shows, big prize money but got to have two great fights with Dzabhar and Sean. 2008 was only four fights but I will mainly remember the year as the year I lost my Dad and one of my best mates.

SCHIAVELLO: Fans also want to see Parr vs Preacher part 3. What are your thoughts on this and how a third match against Preacher would go?

PARR: After Preacher beat Dawson I was excited as it threw a curve ball into the ratings. Dawson had been number two for so long and now Preacher had stamped his authority on the division. I am happy to fight Bruce again but not too sure if it will be the same excitement as the first two had. Bruce had a great first half of the year beating a lot of good guys, but lost to Sean and Dzabhar two fighters I have already beat. If the Australian public want it then I'm happy to keep them happy.

SCHIAVELLO: Who are some of the fighters you would like to take on in 2009?

PARR: I would love to get a crack at a few Dutch fighters, there is Marco Pique and also Nicky Holtzen, anyone who has a big name and a title I would love to have a shot at. Would also like to travel a little this year and get a few more stamps on my passport to countries I haven't been to yet. End of the day just get as many fights as possible and make a few dollars along the way.

SCHIAVELLO: There is rumour that Evolution may come to Melbourne in 2009 with you as a main event. Is this something that may be in line in 2009?

PARR: I certainly hope so. I think Melbourne has been starved from seeing a good Muay Thai promotion for so long. The crowd really need to see close matches with big names to appreciate the sport and be educated with the knees and elbows to see how devastating they are in real life. It's great to have the fire works and ring girls like Tarik used to but end of the day it's all about the fights



J-Dubya lands a heavy body shot on Scotland's Sean Wright

and that's what people are paying money to see.

SCHIAVELLO: There is also rumour of a certain promoter trying to match you against Mike Zambidis as this is still such a demanded match. What are your thoughts on Zambo circa 2008 and how a rematch would go down between the two of you?

PARR: Yes the rematch is in the pipeline and it's very exciting to get my little mate out here again. I got a feeling he doesn't like me though after the interview he did! I don't care, I thought I won the first fight and he thought he won. We have a score to settle and I hope I can prove (again) that I am a better fighter than him.

SCHIAVELLO: As a fan of the fight game, what were the stand out fights you saw in 2008?

PARR: The K-1 Max with the 8 man eliminators and the 4 man final. Both promotions I was on the edge of my seat loving every second of it. All the fighters are there because they are the best and have the determination to win, it's so good to see two blokes just smash each other not giving an inch and giving it straight back. Evolution also had great match ups, Slamm in Holland was also great to watch. There was also some great boxing promotions with Manny Pacquiao, Oscar De la Hoya, Joe Calzaghe and

then you have the UFC with Rasheed Evens, Forest Griffen, George St Pierre, Rampage. So many great fights this year.

SCHIAVELLO: Has your meteoric rise to fame following the Contender made life easier or harder for you in terms of match making and in what way?

PARR: At this stage it is the same. I still had offers coming through before the end of the year and always have those offers fall through the fingers with broken promises. I love the fight game but have learnt now always believe 50% of what you hear. I know my name is out there but Australia is so far away from Europe that it's hard to get the fights that will make you a world wide star.

SCHIAVELLO: Eli will fly the Aussie flag in Contender Asia Series 2, what are your thoughts on Eli and how he will do?

PARR: I am so happy for Eli. He hasn't taken any short cuts to where he is in the world today and has all the tools to be one of the best fighters in the world. I am sure he will do Australia proud and will be good to cheer on a fellow Aussie and mate. If you read this Eli, if you win I would like to talk to you about a loan for making an investment in this little company that I know, can't lose, will double your money. Will tell you more once you win! **IK**

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THE HARI EFFECT

Brilliant Bad Boy Badr Hari lands a blow in his Fight of the Year against Errol Zimmerman



BIRTH OF THE ANTI-HERO

What do you make of Badr Hari? K-1's English language commentator **MICHAEL SCHIAVELLO** takes a look at the sport's troubled genius – a man you either love or hate but will tune in to watch!

Watching the 2008 K-1 season unfold was like watching your favorite television show, laced with twists, turns, upsets, heartbreak and a cliffhanger of an ending that has fans worldwide chomping at the bit for Season 2009.

Like any good drama fans embraced the heroes of the series - Bonjasky, Texeira, Karaev, Aerts, Saki – as fighters who displayed aesthetic beauty of technique, guts, intestinal fortitude and true budo spirit. They found fighters to dislike

such as Musashi for his lackluster performances against opponents who wouldn't have beaten him 18 months ago and the overly dominant Semmy Schilt, who even as a three-time Grand Prix champion failed to endear himself to fans on a personal level.

However by 10pm on December 6, 2008, in a last minute twist that M. Night Shyamalan could not have penned, K-1's true anti-hero was born: Badr Hari. After a torrid start to his K-1 career in which he infamously began a press conference street fight in New Zealand (2006) and busted up backstage equipment in a post-fight tantrum in Osaka (2006), Badr Hari's quieter, matured approach to K-1 life since winning the world heavyweight title in Honolulu 2007 lulled most every fan into thinking Hari had expelled his demons.

However in an eye-popping twist comparable to Verbal Kent transforming into the uber-villain Keyser Soze at the end of *The Usual Suspects*, it took two illegal punches and one unforgettable stomp of his foot on a downed Remy Bonjasky for Hari to be inducted into the Hall of Shame as the first fighter ever disqualified from a K-1 Grand Prix final.

It is said there is a fine line between genius and insanity. Unfortunately within Badr Hari's wealth of in-ring genius, it took just one moment of insanity to forever taint his career. Like French footballer Zinedine Zidane's illegal headbutt to the chest of Marco Materazzi in the final of the 2006 World Cup, or SuperBrat John McEnroe's expulsion from the 1990 Australian Open for intimidating a lines woman and smashing a racket, Badr Hari's foot stomp will forever shadow his career despite what accolades the brilliant Moroccan will achieve in years to come.

I maintain that Hari is the most naturally gifted fighter I have ever seen and presents a perplexing conundrum for K-1. On one hand he brought disrepute to the world's leading fight brand and made a streetfight of the brand's biggest match, for which he was duly disciplined, being fined Grand Prix purse and stripped of the heavyweight title. While some fans call for harsher punishment the fact is that K-1 needs Badr Hari. Hari is the archetypal Generation Y fighter: unique, loud and confident that he can tear through the opposition with more dramatic flair than anyone else in the sport's history. Just

as Peter Aerts epitomized Generation X by headkicking his way through the 1990s in devastating fashion (including his still record 6:43 victory in the 1998 Grand Prix) so Hari is the headkicker of Generation Y, with an ability to not only knock out opponents but also obliterate them in highlight reel fashion. Hari himself is aware of the comparisons between himself and a young Aerts. The Moroccan has said on more than one occasion that he wants to bring the Golden Years of K-1 back to the sport, recalling the heady days when as a kid he would watch his idols Aerts, Hoost, Hug, Greco



History is made: Kakuda-san red cards Hari out of the K-1 GP Fina

In a day and age where efficiency and instant gratification is sought in all aspects of life, Hari delivers on both fronts

and Bernardo hunt for knockouts from the opening bell. Indeed it may be his disdain for slow-starting, defensive-natured fighters that led to Hari's stomp in the Grand Prix Final. He gave no respect for Bonjasky's cover-and-counter style but got on his knees and bowed in worship to Peter Aerts after dismantling Aerts in their quarter final (a gesture sadly overlooked in the brouhaha surrounding the final).

My verbal-sparring partner Mike Kogan, from FEG USA summed up the Hari effect perfectly during our broadcast of the K-1 Grand Prix when he said upon Hari's entrance in the quarter final: "Whether you love him or hate him you're going to have an opinion of Badr Hari."

Hari is K-1's Kurt Cobain, Mike Tyson, John McEnroe and Diego

Maradona: an artist who blazes brightly but can darken just as quick. His stoppages of Errol Zimmerman, Glaube Feitosa, Domagoj Ostajic, Hong Mann Choi and Ray Sefo in 2008 were all acts of brutal beauty appreciated and applauded by fight fans the same way a movie-goer ovates Orson Welles's *Foster Kane* or Marlon Brando's *Terry Malloy*. Indeed in comparing Hari to a similarly troubled genius in the late actor Marlon Brando I am reminded of an article by Richard Schickel in *TIME* who wrote in a story entitled 'Hostage of his Own Genius': *For an important time in his life — and ours — Marlon Brando was touched by genius, by which we mean that he did things in his art that were unprecedented, unduplicable and, finally, inexplicable.*



Likewise, Hari does things unprecedented, unduplicable and inexplicable. This, in short, is the Hari Effect. You never quite know where a Badr Hari fight is going to take you. Watching him is like being drugged. Let his fights consume you and you're guaranteed a roller coaster of incredible highs and the very real chance of soul crunching lows. In his 18 K-1 fights he has never produced a dull moment; only two fights going the distance, the other 16 ending in Hari knocking out his opponent in ridiculously stupendous fashion (see Stefan Leko spinning heel kick KO in 2005; Ruslan Karaev single right cross in 2007; Domagoj Ostajic first punch of the fight 2008) or being knocked out in a similarly stupendous fashion (see Peter Graham breaking his jaw with 10 seconds remaining in their fight in 2005; see Alistair Overeem monsterring him at Dynamite!! 2008).

It is the Hari Effect that has drawn a new generation of fans to K-1. In a day and age where efficiency and instant gratification is sought in all aspects of life, Hari delivers on both fronts. His fights are quick, nasty and so chock full of action that one dares not blink for fear of missing a Hari highlight reel shot.

I have witnessed Hari single-handedly make K-1 converts of my friends. A couple of weeks ago I showed the K-1 Grand Prix to two friends who had never seen K-1 action before. One of them is a flight attendant and the other an architect: neither a fight fan. As the action and drama of the Grand Prix played, I watched as my friends jumped out of their seats, cheered at the top of their lungs and pumped their fists into the air every time Badr Hari landed one of his salvos. When Hari stopped Aerts, my friend the architect turned to me and said, "This guy is wicked!" When Hari knocked out Zimmerman, my friend the flight attendant jumped up and down and said, "Oh my God! Fucking amazing!" Then an



Badr Hari head kicks his way to stopping the legendary Peter Aerts

Hari does things unprecedented, unduplicable and inexplicable. This, in short, is the Hari Effect.

interesting thing happened. When Hari was disqualified in the final, my two friends both looked at each other in disappointment then turned to me and said: "Can you get us Badr Hari t-shirts when you next go to Japan?"

"You don't want Remy t-shirts?" I offered. "After all, he is the champion."

"He's the champion but Hari is the fucking bomb," said the architect.

"He's boss," said the flight attendant. "The guy's a fucking star! I'm a medium size t-shirt by the way."

"I'm a large," said the architect.

And that, in short, is the Hari effect. The madness, the mania ... and the merchandise! **IK**

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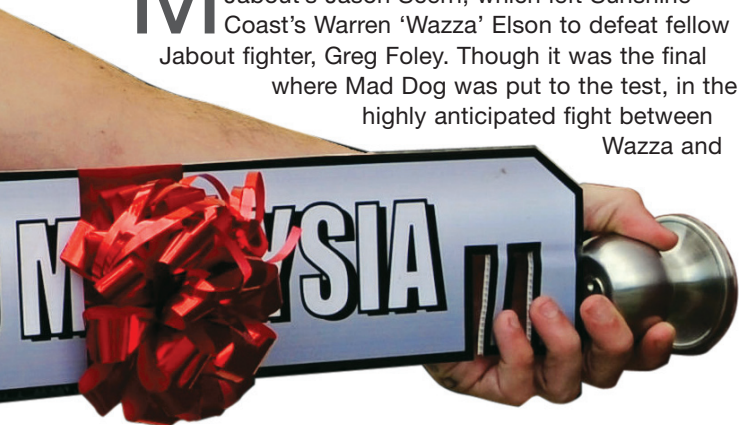
KEY TO



MAD DOG GETS THE KEY

Australia knew Eli 'Mad Dog' Madigan deserved to be included in the 4-man Contender eliminator, but most speculated how he'd go against two of Australia's top middleweight fighters in the one night. It was to be decided at Evolution 15, in front of another packed crowd at Chandler Arena.

Mad Dog graced through the first fight with Jabout's Jason Scerri, which left Sunshine Coast's Warren 'Wazza' Elson to defeat fellow Jabout fighter, Greg Foley. Though it was the final where Mad Dog was put to the test, in the highly anticipated fight between Wazza and



himself. The crowd held their breath as the fight played out over the full 3x 3 minute rounds, but it was the Mad Dog's hand raised in victory and given the chance to represent Australia in series two of the Contender Asia.

IK: Firstly I'd like to congratulate you on behalf of everyone here at International Kickboxer Magazine on making it through the 4-man eliminator.

EM: Yeah thanks, everything went to plan and we drew the fight that I'd wanted first with Jason Scerri.

IK: You seemed to have no trouble getting Scerri out of the way nice and early.

EM: I had wanted to fight him earlier in the year but he'd pulled out once or twice, so I was pretty keen to get that fight out of the way first. I knew they were pretty good boxers and I knew they were both good with their hands. The plan was to go and work the grapple, work the elbows, and all went to plan and I stopped him halfway through the first round with a knee.

IK: How do you think you would have gone if you'd been up against Foley?

EM: I know Foley's pretty good as well, and he's up there. He's fought Wayne Parr, but I still think I would have gone pretty well against Foley. He's got big bombs for hands, but I probably would've just worked him the same; got him in the grapple and just worked him with elbows.

IK: In the last issue of IK, you correctly predicted that it would be yourself and Wazza battling it out in the final. Is this a fight you would have liked to organise if it weren't for the Contender eliminator?

EM: Yeah definitely. Wazza's right up there with the best in the world, so it was a good opportunity to get my profile out there a bit more by fighting the higher ranked people. I knew the final was going to be a slugfest with Wazza. Not many people have dropped him because he's got a hard jaw, but I went the three-rounds with Wazza, and I got the better of him.

IK: Wazza is tall like yourself and you both have quite a long reach, did this pose a problem for you?



EM: Not really because a lot of my sparring partners here at the gym are tall, lanky boys. I knew Wazza's plan was to come in and grapple me, so I was trying to fight him at a distance. When we did grapple I was closing it up, and I got a few good dumps on him.

IK: If the fight had gone over five rounds, how do you think the last two rounds would have played out?

EM: I was a bit fresher than Wazza, and I think he would've blown out after the third. He's tough and was there to fight though, so I think it would have been a five-round slugfest.

IK: Shortly after the fight you headed over to Bali for a well-deserved holiday. Are you back into the training now for the last week of December?

EM: Not yet. We're starting training next week. It will just be me for a few weeks until all the boys get back from Bali.

IK: You've been training with your father Paul Madigan and Tyson Murphy for some years now, are you looking forward to mixing it up with the Contender trainers?

EM: I am looking forward to it. It's good to get points from all different trainers, and I don't mind. I'm ready to take on whatever.

IK: Viewers of the series will remember the confrontations between French man Rafik Bakkouri and Russian Dzhabar Askerov. How would you handle a similar situation?

I was a bit fresher than Wazza, and I think he would've blown out after the third.

EM: I don't really psyche up that much and it would take a bit to piss me off, but if it come to the crunch I'm sure something would flare up in there.

IK: As with any reality television program, popularity can play a big part in your success after the show. What sort of Eli will we see on TV?

EM: I'm just going to be myself, and play up a bit in there.

IK: Anyone you feel will be a particularly tough opponent?

EM: Maybe Matt Sui if he's in? He's one of the Thai favourites I think? I fought him previously on an Evolution show and it would be good to get a rematch against him in the house. I lost by a KO in the second round after he got me with a big dump and I landed on the back of my head. I was a bit dazed when I got up and he dropped me with a big right. I know he's a strong grappler and we've been working on the grapple heaps lately.

IK: Have you found somewhere to put that ridiculously huge key yet?

EM: [laughs]

IK: The series is due to kick off in February, so until then what are your plans?

EM: I'm just going to get as fit as I can and try to stay around the 72kg mark so I don't have any troubles while I'm in the house... and I'm ready to take on anyone.

IK: Wishing you all the best, and look forward to seeing you represent Australia in Series two of the Contender Asia. **IK**





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The Next Generation

30 FIGHTERS TO

If the likes of Wayne Parr, Bruce MacFie, Soren Monkontong, Eugene Ekkelboom, Greg Foley and Tenille May are the Generation X of Aussie fighters, then the current crop of fighters set to fly the Aussie Muay Thai flag into the future is Generation Y – a generation that is sure to produce champions of the highest calibre KATHY PURCELL looks at 30 of the hottest Generation Y fighters to keep an eye on in 2009.

>> AARON GOODSON

Age: 20
Location: Brunswick
Gym: Powerplay Gym
Training for: 6 months
Fight record: (2) fights (2) wins (0) loss (0) draws (0) (T)KO
Weight Division: 78 kg
Best fight to date: On Powerplay Promotions round 8
Next fight is: March 13th Powerplay Promotions round 9
Your strong point(s): Composure ability to read my opponents
What do you hope to achieve in 2009: To have 8 fights and win some titles.

>> ADAM BROOK

Age: 17
Location: Tamworth
Gym: Tamworth Fighting Arts
Training for: 4 years
Fight record: (5) fights (2) wins (3) loss (0) draws (0) (T)KO
Weight division: 53-56 kilos
Best fight to date: Detonation 2 at Coloundra
Next fight is: February 26th
Your strong point: Fitness
What do you hope to achieve in 2009: State title

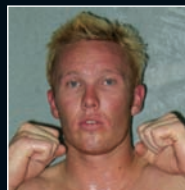
>> ADAM DARE

Age: 21

Location: Sydney, NSW
Gym: Bulldog Gym Manly HQ
Training for: Roughly 18 months
Fight record: (2) fights (2) wins (0) loss (0) draws (2) (T)KO
Weight division: 86 kg
Best fight to date: October 15 2008, Sinister Intentions (Wagga)
Next fight is: March 27th Manly Leagues club
Your strong point: Strong kicks, knees and good clinch
What do you hope to achieve in 2009: I really want to push my fitness to extreme levels and fight as much as possible in 2009. I also wish to go back to Thailand for more training.

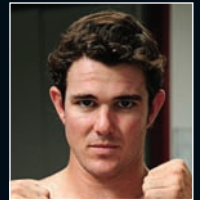
>> ANDY MCLAGEN

Age: 25
Location: Rockingham
Gym: Lana Muay Thai at XL Martial Arts Academy
Training for: 2.5yrs
Fight record: (4) fights (1) wins (3) loss (0) draws (1) (T)KO
Weight division: 78kgs
Best fight to date: Daniel Skinner
Next fight is: Soon I hope
Your strong point: Kicks
What do you hope to achieve in 2009: Get a few more fights and maybe a title



>> ANDY "THE ASSASSIN" SMITH

Age: 25
Location: Logan City
Gym: Ironfist
Training for: 8 1/2 years in Taekwondo and 4 1/2 years in Muay Thai
Fight record: (6) fights (5) wins (1) loss (1) TKO
Weight division: Junior Middleweight
Best fight to date: Versus Phil Ramskill 7th June 2008 at Boonchu Amateur Tournament
Next fight is: March 14th 2009 for a WKBF Qld Title
Your strong point: Listening and learning as much as I can so that I continue to improve
What do you hope to achieve in 2009: To win a state title and to progress from there



>> BEN SANDEJAS

Age: 23
Location: Sydney
Gym: Bulldog Parramatta with Tim Fisher
Training for: 2 years
Fight record: (9) fights (8) wins (1) loss (0) draws (0) (T)KO
Weight division: Lightweight 61kg

WATCH IN 2009

Best fight to date: Nathan Gamble

at Prosecution Show in Melbourne
Next fight is: Prosecution show in Melbourne in Feb.

Your strong point: I want get more experience. I will be fighting in Bangkok in April and hopefully have more success in Sydney and interstate.

>> BRUCE ATKIN

Age: 29

Location:

Mandurah, WA

Gym: Lanna Muay Thai. At XL Martial Arts Academy

Training for:

9 years

Fight record: (10) fights (7) wins (3) loss (0) draws (2) (T)KO

Weight division: Previously 75 to 81kgs but now 84 to 86 kgs

Best fight to date: Against Vince Betham, NZ

Next fight is: Soon I hope

Your strong point: Hands and leg kicks

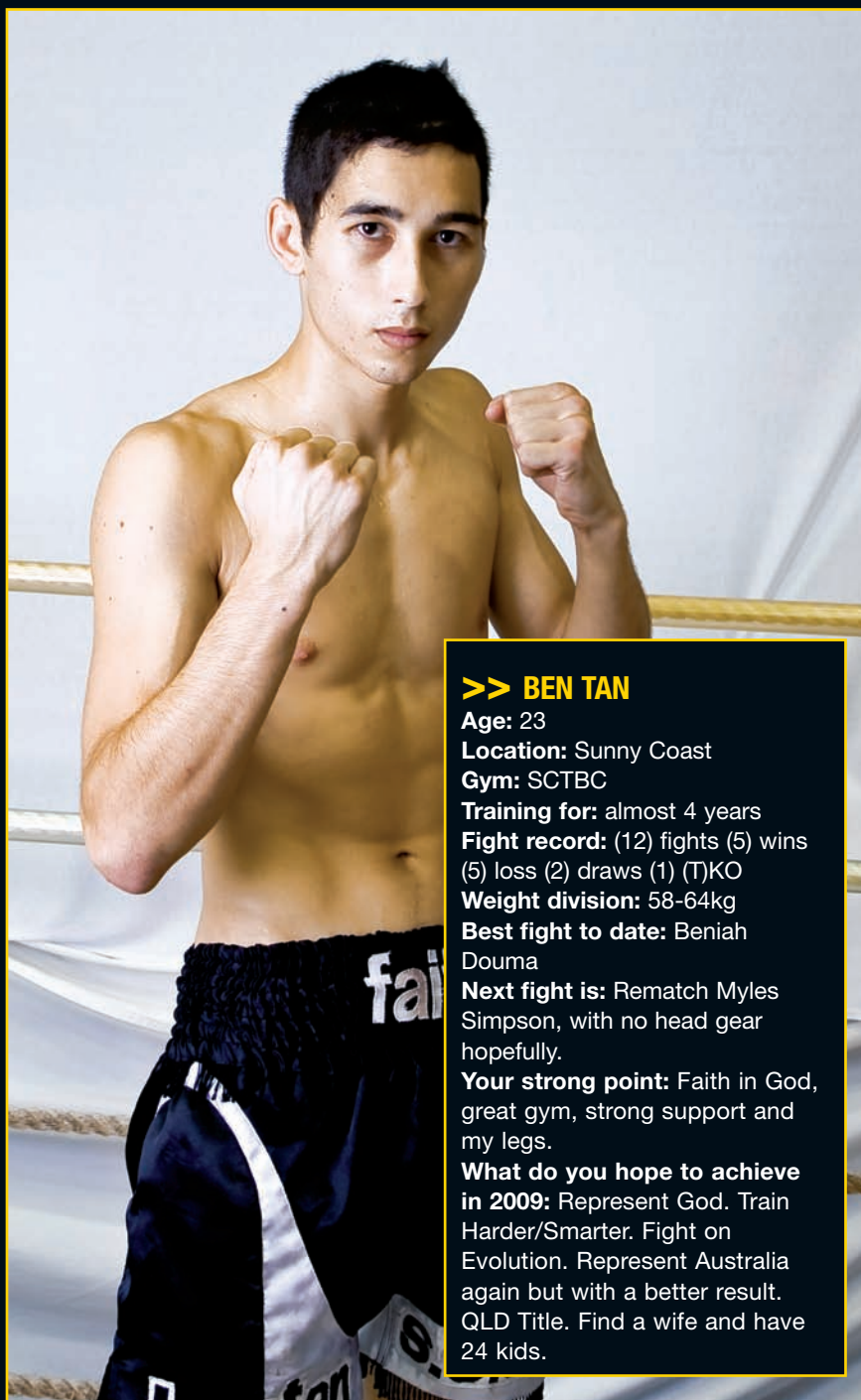
What do you hope to achieve in 2009: A few more fights, maybe a title.



>> BRYCE CRYER

Age: 17

Location: Tamworth



>> BEN TAN

Age: 23

Location: Sunny Coast

Gym: SCTBC

Training for: almost 4 years

Fight record: (12) fights (5) wins (5) loss (2) draws (1) (T)KO

Weight division: 58-64kg

Best fight to date: Beniah Douma

Next fight is: Rematch Myles Simpson, with no head gear hopefully.

Your strong point: Faith in God, great gym, strong support and my legs.

What do you hope to achieve in 2009: Represent God. Train Harder/Smarter. Fight on Evolution. Represent Australia again but with a better result. QLD Title. Find a wife and have 24 kids.

>> JOSEPH CONCHA

Age: 21

Location: Blacktown

Gym: Full Force

Training for: 5 Years

Fight record: (12) fights (12) wins

(0) loss (0) draws (6) (T)KO

Weight division: 59 - 61kg

Best fight to date: My best fight would've been my first ever fight.

Next fight is: My next fight is in Canada 24th January.

Your strong point: I'm a good all round fighter, but I love to use my right cross

What do you hope to achieve in 2009: In 2009 I want to be a stronger fighter, I want to keep my fights consistent hopefully every month and maybe sometime during this year fight for a State Full Thai rules Title



Gym: Tamworth Fighting Arts

Training for: 3 Years

Fight record: (7) fights (3) wins

(4) loss (0) draws (0) (T)KO

Weight division: 63.5 Junior Welter

Best fight to date: Rodeo Rumble Tamworth August 08

Next fight is: February 7

Your strong point: Boxing

What do you hope to achieve in

2009: Would like to fight for a state title, win and hopefully Australian.

>> CRISTIAN GAMARRA

Age: 18

Location: Manly, Sydney

Gym: Bulldog HQ

Training for: 2 years

Fight record: (3) fights (3) wins

(0) loss (0) draws (1) TKO

Weight division: 79kg

Best fight to date: Last fight against an older more experienced, southpaw Thai opponent, win by TKO (knee cut to chin) in the 1st round.

Next fight is: Hopefully early 2009

Your strong point: Aggression.

What do you hope to achieve in

2009: I'd love to fight for a belt or compete in Amateur world Muay Thai championships in Spain.

>> DOMINIC GALL

Age: 19

Location: Tamworth

Gym: Fighting Arts

Training for: I started training in the art of Kyokushin Karate at the age of four with John Hallford until the age of 10. I returned at 15 to learn the art of Muay Thai with Ben Burrage as my trainer.

Fight record: (10) fights (7) wins

(3) loss (0) draws (0) TKO

Weight division: 63.5 Junior Welterweight

Best fight to date: Leeton Tough Man

Next fight is: In March on Fox Sports

Your strong point: I have good straight punches, strong leg kicks and I like to work the body.

What do you hope to achieve in

2009: I hope to achieve a NSW Muay Thai title and maybe later in the year an Australian title.

>> EILLEN FORREST

Age: 22

Location: Gladstone, QLD

Gym: Gladstone Martial Arts

Training for: 2years, fighting 1yr, 2 months

Fight record:

(10) fights (9) wins

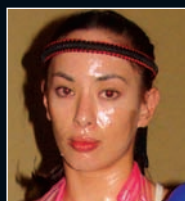
(1) loss (0) draws

(1) (T)KO

Weight division:

59-61kg

Best fight to



date: Heather O'Donnell

Next fight is: Chicka in Feb.

Your strong point: Grappling.

What do you hope to achieve in 2009: Becoming a more smooth, clean and technical fighter.

>> JAKE TOMLINSON

Age: 25

Location: Perth, originally from Victoria

Gym: OP NAKORNTONG

Training for: Been training on and of since I was 18, but last 3 years have taken it seriously

Fight record: (9) fights (7) wins (2) loss (0) draws (5) (T)KO

Weight division: Fight between 76kg to 81kg

Best fight to date: When I won my state title

Next fight is: In April against Jarrod Gigor in Melbourne on Mat Reid's show, and I hope for one in February

Your strong point: Probably my punches like overhand right and uppercuts and having a head like a coconut helps

What do you hope to achieve in

2009: I just want to fight to my full potential every fight and win as many as I can.

>> JANE WILSON

Age: 32

Location: Tamworth

Gym: Tamworth Fighting Arts
Training for: Two years
Fight record: (3) fights (2) wins
(1) loss (0) draws (2) (T)KO

Weight division:

Lightweight

Best fight to

date: First Fight in
May 08

Next fight is:

Hopefully April/
May

Your strong point: Strength, power,
passion and a height advantage.

**What do you hope to achieve in
2009:** Will travel to Thailand to train
and hopefully fight in April. Plan on
having as many fights as I can to
gain ring experience.



>> JUN LEE

Age: 25

Location: Gold Coast

Gym: Boonchu gym

Training for: 2 years

Fight record: (8) fights (5) wins
(3) loss (0) draws (1) (T)KO

Weight division: 72 kg

Best fight to date: 23rd Aug 2008
ISKA Queensland title match

Next fight is: I'm not sure but ASAP

Your strong point: Passion

**What do you hope to achieve in
2009:** Australian title

>> "KANDY" KANE HENDERSON

Age: 16

Location: Perth WA

Gym: West Australian Thai
Boxing Centre

Training for: 3 yrs

Fight record: (11) fights (4) wins
(6) loss (1) draw (1) (T)KO

Weight division: 67kg

Best fight to date: Supremacy part
3 I fought a guy at 72kg and he was
20 years old. He had TKO'd me on
another show before. So it was a
rematch.

Next fight is: Supremacy part 6 in
March 2009

Your strong point: Kicks to the Head

**What do you hope to achieve in
2009:** I hope to win a WA state title

>> LITTLE B NTG

Age: 17

Location: Brisbane

Gym: Nuggets Thaiboxing Gym

Training for: Roughly 1.5 years



>> 'STONE COLD' STEVE MOXON

Age: 21

Location: Victoria

Gym: Team Ultimate Bacchus Marsh, Zeestraton Stables

Training for: 3 years

Fight record: (10) fights (10) wins (0) loss (0) draws (4) (T)KO

Weight division: 67kg - 72kg

Best fight to date: Nov 08-South Pacific title fight against 2 times NZ champ.

Next fight is: Australian Title fight in May.

Your strong point: Big heart, tough chin

What do you hope to achieve in 2009: I hope to take on the best, fight as
much as possible and to travel around fighting.

Fight record: (2) fights (2) wins

(0) loss (0) draws (0) (T)KO

Weight division: 52 - 54kg

**What Do you hope to achieve in
2009:** Just fight as much as possible

>> LUKE ARAM

Age: 23

Location: Perth

Gym: Riddlers

Training for: 4 years

Fight record: (13) fights (12) wins
(1) loss (0) draws (3) (T)KO



Weight

division:

57-59kg

Best fight

to date:

Fight no.

9 against

Jake

Marks

Next fight is: March

Your strong point: Fitness, speed,
mindset.

**What do you hope to achieve in
2009:** I would like to fight for the
Australian title at my natural weight
57kg (featherweight) and to just
fight good opponents and continue
to train and fight the way I have
been doing.

>> MARK (LUCCH) LUCCHIARI

Age: 30

Location: Gold Coast

Gym: Strikeforce Thai
Boxing Gym

Training for: 2 years

Fight record: (6) fights (6) wins (0)
loss (0) draws (2) (T)KO

Weight division: (6) fights (6) wins (0)
loss (0) draws (2) (T)KO





>> RUAN DU PLESSIS

Age: 22

Location: Perth WA

Gym: Riddlers gym

Training for: 1 year and 2 months

Fight record: 5 fights, 4 wins, 1

loss, 0 draws and 2tko

Weight division: 72.5kg-78kg

Best fight to date: That is hard to say, but I would probably say my last fight.

Next fight is: 24 February 2009

Your strong point: My strong

point at this stage is definitely my kicks

What do you hope to achieve in 2009: I would like to have as many fights as I can and to enjoy them all, just as I did in 2008.

Best fight to date: My last fight on War on the Shore against Steve NTG
Next fight is: Tyson NTG on War on the Shore 13

Your strong point: I listen to my corner they always know best in a fight

What do you hope to achieve in 2009: The Qld title then the Aussie but first I Have to beat Tyson NTG so we'll just take it one fight at a time.

>> MATT JACKSON

Age: 24

Location: Brisbane/Sunshine Coast

Gym: Sunshine Coast Thai Boxing Centre

Training for: On and off 5yrs (massive breaks)

Fight record: (11) fights (7) wins (3) loss (1) draws (3) (TKO)

Weight division: 63.5- 66kg

Your strong point: Fitness and not a bad Boxer, I guess.

What do you hope to achieve in 2009: Train again properly, My first two or three years with Joe were stepping stones, and my only losses have been to Flip Street, Brodie Smith and Taylor Harvey. Towards the end of this year I'd like to fight them all again, see where I'm at.

>> MEREDITH GAY

Age: 24

Location:

Penrith

Gym: Jabout

Training for: About 2 years ago I started training to fight.

Fight record: (7) fights (3) wins (3) loss (1) draws (0) (TKO)

Weight division: 54kg

Best fight to date: My East Coast Title Fight on New Generation Fight Night on 21st November 2008.



Next fight is: 6th March 2009

Your strong point: A big right, and not liking to let the boys beat me.

What do you hope to achieve in 2009: What do you hope to achieve in 2009: In 2009 I hope to continue the winning streak I started at the end of 2008 and to keep improving as a fighter. Fingers crossed that I might even get the opportunity to fight overseas in Japan by the end of the New Year (which is my biggest goal as a fighter).

>> MICHAEL '300' DEMETRIOU

Age: 23

Location: Melbourne

Gym: Don's Thaiboxing Gym

Training for: 24 months

Fight record: (12) fights (12) wins (0) loss (0) draws (5) (TKO)

Weight division: 68-70kg

Best fight to date: Khmer fighter in SA

Next fight is: Powerplay 9 in Melbourne 14 march

Your strong point: Thai style and good left kick. Calm and like to go forward.

What do you hope to achieve in 2009: Fight who ever Don matches me with and my goal is to win WMC Aus Pro title.

>> NICOLE BROLAN

Age: 27

Location: Melbourne

Gym: Don's Thai Boxing

Training for: 3 years

Fight record: (14) fights (8) wins (6) loss (0) draws (0) (T)KO

Weight division: 57 - 59

Best fight to date: Against Heather O'Donnell

Next fight is: Alicia Pestana in March 2009

Your strong point: Like to kick

What do you hope to achieve in 2009: Want to rematch Caley Lewis for the WKA Aus title. Fight Amy Rodgers for the Vic title & rematch Heather O'Donnell. Overall, I want to fight as many girls as possible.

>> ONEAL 'OLE' ORTEGA

Age: 25

Location: Melbourne

Gym: Don's Thaiboxing Gym

Training for: 4 years

Fight record: (10) fights (6) wins (0) loss (0) draws (3) (T)KO

Weight division: 57-59kg

Best fight to date: In Esaan Thailand I fought a very tough lad who never gave up and kept the pressure on. Also Luke Aram was my hardest fight in Australia.

Next fight is: Powerplay 9 in Melbourne 14 march

Your strong point: Big heart and entertaining!

What do you hope to achieve in 2009: Win state title and keep busy.

>> RHYS GADISCHKIE

Age: 17

Location: Cleveland

Gym: Ironfist

Training for: 3 years

Fight record:

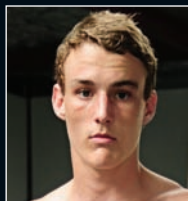
(2) fights (2) wins

(0) loss (0) draws

(1) (T)KO

Weight division:

Junior middleweight



SCOTT MCALINDEN



>> SARAH O'CONNELL

Age: 24

Location: Gold Coast

Gym: Boonchu Gym

Training for: 2 years

Fight record: (10) fights (5) wins (4) loss (1) draws (1) (T)KO

Weight division: 53-55KGS

Best fight to date: Bridget Woods and Pepita Howell

Your strong point: My fitness. I'm a bit of a freak in the gym. I'm like the Energizer Bunny!

What do you hope to achieve in 2009: I am hoping to go to the Games in Darwin and represent Australia. I want to fight as much as I can and have an opportunity to fight for a title belt. I want to keep improving and growing as a fighter and represent Boonchu proudly and become a role model for future female fighters.

Best fight to date: Arana Hills, Peter Beazleys Show

Next fight is: Paul Democoli's at Beenleigh

Your strong point: Fast combos followed up with strong leg kicks and knees.

What do you hope to achieve in 2009: Just get as many fights as possible and keep winning. Hopefully fight for a Queensland title later on in the year.

>> RYAN MITCHELL

Age: 27

Location: Gold Coast

Gym: Boonchu

Training for: 2yrs

Fight record: (5) fights (4) wins (1) loss (0) draws (1) (T)KO

Weight division: 72kg

Best fight to date: 13/9/08 Against

Sam Commerford

Next fight is: Early 2009

Your strong point: Strong heart

What do you hope to achieve in 2009: Fight as much as possible and hopefully get a title shot **IK**

THE MAN, THE MYTH, THE LEGACY^{Part 1}

There is, was and probably never will be a bigger name in Australian kickboxing than former 8-time world heavyweight champion Stan “The Man” Longinidis. In the following exclusive two-part mega interview, INTERNATIONAL KICKBOXER speaks to Stan about his current life, what it took to get to the top, the decline of Melbourne kickboxing, the Zambidis era, his relationship with K-1 and his thoughts on some of Australia’s current stars.

IK: What have you been up to Stan? These days we occasionally see you ringside at local shows, but not many people know what you’ve been doing otherwise?

STAN: Well as many people know I’ve been involved on the motivational speaking circuit for the last few years, on a secular and spiritual level. It’s been a positive and rewarding experience travelling throughout Australia and speaking on a corporate level, to school kids, to prison inmates

and so forth and that’s branched out into a project I’m now involved in that specialises in mentoring and helping young, underprivileged kids. I’m working with many charities such as Temcare and right now I’m involved in a project where we are developing a site where we have a place for kids, kids who don’t have opportunities, haven’t had a good father figure. The aim is to mentor them and put them on the right track. It’s activity based mentoring. Young people will be able

to participate in a range of activities like trampolining, air hockey, pool tables, video games and more. We want to include a soup kitchen for poor people and have a day once a month that specialises in children with downs syndrome. The centre will be open in March. Helping kids is and has been a passion of mine.

IK: Best of luck with that Stan. Do you still follow of sport at all?

STAN: I still get invited to the local shows, I do a bit of guest commentating, but

to be quite honest I don’t follow it all that much anymore. I keep up to date with what’s happening of course, and there are some homegrown fighters I like to watch.

IK: What do you think has happened to Melbourne kickboxing? The glory days of the sport, defined by the rise and peak of yourself along with the stars of what many term the golden years of the sport, appear to be over. Is it simply a case of Muay Thai taking over or is it something a little deeper than that?

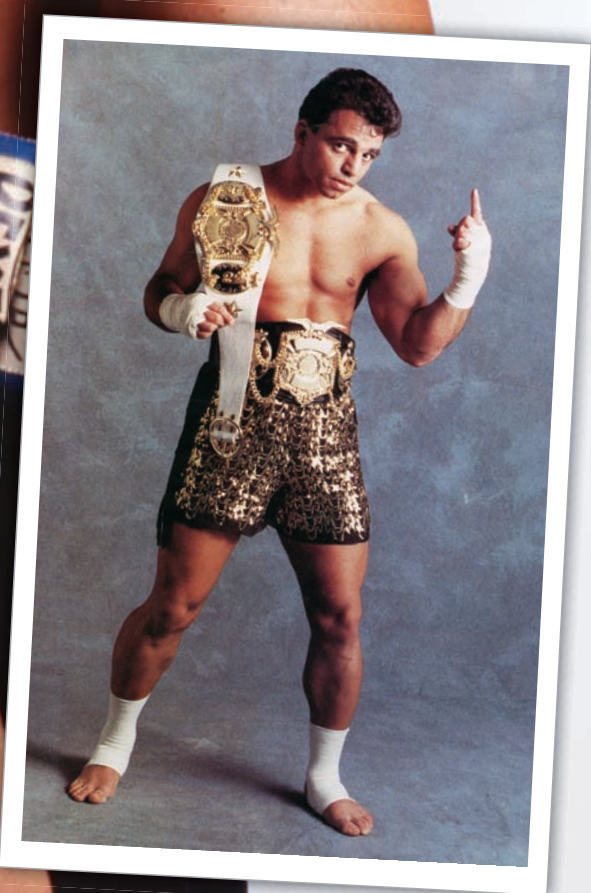
STAN: Well my protégé Mike Zambidis filled in some gaps here for a short time, but it seems like that’s run its course. It’s simply a case of lack of product. It doesn’t matter whether it’s Muay Thai, kickboxing or MMA, and you can be the best promoter in the world. Without a product to promote, or in this case a star fighter, you’ve got nothing. There’s not really anyone here who captures the mainstream attention. It’s a shame.

IK: Then why did the Mike Zambidis era faze out?

STAN: Look, I think he was an incredible talent, a great discovery



Stan and his late trainer Dana Goodson



and I still think he's a great talent. I was very proud of him, when I first took him to Japan, the Japanese thought he was my son. In Europe they called him Stan's mini-me. But our relationship ran its course, I had to end our relationship because I wasn't happy about the way things were going. It's a bit of a sensitive issue. Look, to create a legacy, sometimes you need more than talent. I wish him luck with whatever he's doing.

IK: Did you happen to catch his last K-1 fight with Albert Kraus?

STAN: Yes, and I thought he won pretty clearly after 3 rounds.

IK: In your day, its fair to say the amount of media coverage and fan support you generated was unheard of, before or since. In your day, there was no Fox Sports, no International Kickboxer, no Pay Per View. How did you manage to become as close to a mainstream star as this sport has ever known without these avenues?

STAN: How did I get it? Sacrifice. I think the sacrifices I made to get where I had to, sacrifices that were unprecedented, had a big part. I knew from day one what I wanted to do and I knew what my target was. To be the face of the sport. Benny The Jet, one of early mentors, once told me something that stuck with me. There are plenty of good fighters, but people only remember the special. I wanted to raise the profile of the sport. When I started in 1983, the sport's profile was terrible. The shows were all in pubs and clubs and the only time the public heard the word kickboxing was when someone was involved in a crime. I wanted to rise above the notions of what a kickboxer was. And more importantly, I wanted to be the world champion, I wanted to be Australia's first world kickboxing champion, and Australia's first world heavyweight champion. I wanted to become the first international star and put Australia on the map in our sport. So how did I do it without the media? I created publicly demanded fights. I made a name in the States, the first export from Australia that had success overseas I'm proud to say, and I created demanded fights. The aim was to become a commodity. People still talk about the night I fought Dennis Alexio as the peak of the sport. And

it was. As far as media coverage and nationwide and worldwide anticipation, that night was huge, it's hard for people who weren't around then to grasp how big it was. We haven't had a night like that since. But not many know the extremes we had to go to to get him here. For four years I ran up a string of wins and called Alexio out, Alexio was the guy to beat. End of story. He was the mega star, he



was the Hollywood guy, he had all the connections and all the publicity, he had the most imposing record in the sport, 54-1 with 50 knockouts. When the time came to make the fight, Chris Chronis, my Australian promoter back in the day, took me aside and told me that to get this guy out here, and just to break even, we need to sell out the venue, which was 8500 people, and get another 2500 into the Metro nightclub where we had a closed circuit screening set up. All that, and that was just to break even without me making a dime. Alexio's financial demands were ridiculous for the time. Just for airfares he wanted six first class tickets for him, his corner and friends! (laughs) I didn't make a cent. How many guys today would agree to fight a guy with that reputation, the biggest name in the sport and the biggest box office attraction in your backyard, a guy with a record and reputation like that, knowing you wouldn't make a dime. On top of that, 2 of the judges were hand picked by him and brought in from America.

And he made a bunch of demands regarding rules and shin pads and so forth. And let me tell you, nobody gave me a hope in hell. Not many people remember that today, but back then, nobody gave me a chance. It was purely about getting my shot at the guy, to create my own legacy. It wasn't about the money, or the fame, it was about chasing the dream. If you sacrifice, dreams come true. That's why I slept on the floor of the utilities room in the Jet Centre in America for three years. Look, to create a legacy, it takes more than a guy who's a champion in the ring. I wanted to set the benchmark of what a true champion's qualities are in and out of the ring.

IK: Is it true that yourself and Dennis almost came to blows before a couple of years before you eventually got in the ring?

STAN: Yes, after a fight in America, I called out Alexio who was sitting ringside. Afterwards, in the dressing room, he stormed in screaming and cursing that I embarrassed him in front of his people! (laughs!) Anyway, words were exchanged between us and it might have gotten ugly but Chuck Norris and Richard Norton came between us and broke it up.

IK: It's ironic that after all that build up and preparation, the win was one of your easiest.

STAN: Look, there's no doubt I would have preferred the fight to be a war, but the win was still sweet because of what we went through.

IK: Did you see Alexio after the fight?

STAN: Look, despite winning, I was disappointed the fight was over in 6 seconds too, I wanted a war. Dennis was furious (laughs) I went to see him twice in the hospital after the fight and once in his hotel room, and every time he cursed me out of the room. That just says something about his character I guess. I wonder how he would have felt if he knew about his manager Bob wall. You remember him, the guy who starred as a villain in Enter The Dragon? Anyway, whilst Alexio was going to hospital after the fight, Bob Wall was partying with us at the Metro Nightclub. (laughs)

IK: There was a rumour about a substantial wager on the side between your team and Alexio's team before the fight?

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STAN: All true. Part of Alexio's team was Barry Bonds, the famous American baseball player. Anyway, a couple nights before the fight, my team and I were eating on Lygon Street, when in walks Barry Bonds and a few other backers of Alexio. A few words were exchanged, and then, in front of everyone, and in a loud enough voice to make sure everyone in the restaurant could hear, they challenged members of my management to a side bet on the fight. My management said no problem. Then Alexio's guys come back with a \$100,000 figure, probably expecting my guys to knock it back. They didn't, and the bet went ahead with the funds

locked away in a safe deposit box for the winning team to collect. And my team collected.

(Laughs)

IK: Two years before the famous



Alexio night, you caused quite a stir when you won your first world title, and became Australia's first world kickboxing champion, only to vacate the title the next day. Run us through the events leading up to that.

STAN: The reason I started the sport, the reason I pursued my dream and left my job and took up the contract that was offered to me by the Jet Centre, was to become Australia's first world kickboxing champion. So they bring out Anthony Elmore from the USA, who was the Super Heavyweight champion. Now picture this, we had an unprecedented 7500 pre-sold tickets before the fight and a major pre-fight promotional campaign. And with that, 24 hours before the fight, Elmore turns around, and reneged on his contractual agreement for a 12 round kickboxing fight with low kicks and flat out refused to fight with low kicks. He wanted above waist kicks only. On top of that, he demanded I wear shin pads. Now imagine this, a major campaign, thousands of tickets sold, and he puts a gun to our heads. I remember Chris Chronis pleading to me to agree to his terms. So I agreed, we fought and to be honest it was a scrappy fight, we went 12 rounds and I won the decision and became Australia first world champion. But despite realising my dream, despite fulfilling the goal I had set, I felt I didn't live up to my expectations, I wasn't satisfied with my performance and the next day I vacated the title in front of the TV cameras. It was all over the six o'clock news. I wanted something special for my growing fanbase, and that wasn't it. It wasn't satisfying. Keep in mind, this was before the days of a million world titles floating around. Back then, to be ranked and to be champ meant something. Anyway, we agreed to fight a rematch, then he got knocked out by Melvin Cole, so I fought Melvin Cole instead on the Gold Coast the next year and knocked him out in 12 seconds to win the WKA title.

IK: It was an illustrious career with a lot of highlights Stan. You won 8 world titles, compiled an 88-8-4

record, became the first foreigner to fight for and win the WMC heavyweight title in Thailand and are credited with being a pioneering force and the original ambassador for Australian kickboxing. What would be the highlight?

STAN: I had some great fights and some great moments, but one thing I can look back on proudly was the fact that during my era, there were four heavyweights in particular who were the champions. Dennis Alexio, Maurice Smith, Branko Cikatic and myself. I'm proud of that fact I fought all those guys here in Australia, we were able to bring major heavyweight title fights to Australia for the first time. Prior to that, events of that calibre had never been on Australian soil.

IK: I'm going to reel off a few names of some of the modern Australian stars, give me your opinions.

STAN: Sure.

IK: Wayne Parr.

STAN: I think he's the greatest ambassador for Muay Thai, he deserves to be credited as the Australian face for Muay Thai.

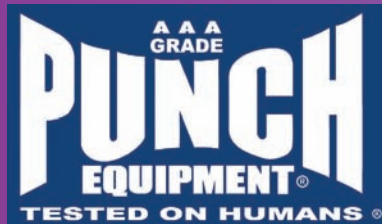
IK: Nathan Corbett.

STAN: He is one guy I would go out of my way to watch. I like his composure, his tenacity and his intensity. I'd like to see him put on a few kilos and I think he'd surprise quite a few heavyweights. I think he's got what it takes.

IK: Paul Slowinski.

STAN: I actually caught up with Paul a few nights ago. He was in town with Tony Torcasio. I gave him a few encouraging words, he's the most powerful kicker in Australia right now. He's a nice guy, I really wish him the best. I'd like to see him work on his defence, if he does that I think he'll be an all rounder. And he couldn't have a better mentor and in his corner than Ernesto. Out of all my peers, Ernesto is one of my most highly regarded as a fighter and gentleman, and today a good family man. **IK**

* Don't miss the next issue of IK magazine in which Stan talks about K-1, fighting for the WMC world heavyweight title in Thailand, the evolution of the sport, and what defined him as a fighter.



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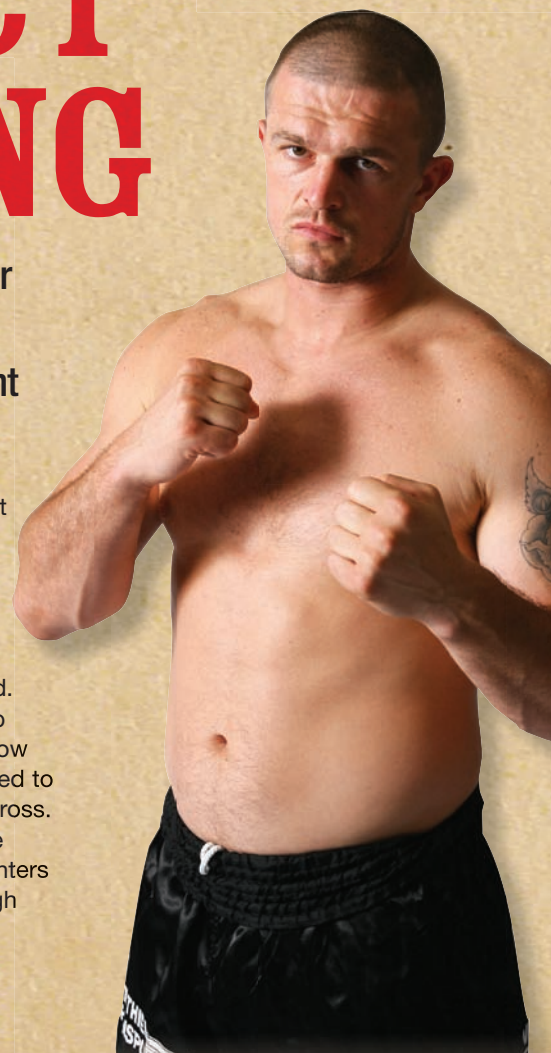
International Kickboxer's JARROD BOYLE attended K-1 star Paul Slowinski's Melbourne seminar to find out some of the Ernesto Hoost honed training secrets that have brought Slowinski K-1 success.

Paul Slowinski is a more complete and successful heavyweight fighter than any other our region has produced. He has been a world Muay Thai Champion who trained extensively in Thailand and, in the last few years, has been taken under the wing of the most successful champion in K-1 history, Ernesto Hoost. On Saturday February 18, a group of students at Melbourne's best new gym, Hammer's Gym in Blackburn, got the opportunity to find out what makes a champion when Paul taught a seminar. We got a chance to see what Hoost has been putting him through, but also got the

opportunity to measure up against Australia's best heavyweight.

Paul was a gracious, communicative teacher, who started by splitting the class into pairs. We began with drills work, the foundation of the Dutch method. The first exercise was slipping a jab and countering with a hook and a low kick. After a round of this, we learned to apply the same counter to a right cross. With both of these techniques were under control, we added other counters for a low inside thigh kick and a high kick off the left leg.

Once each of these scenarios had been practised, Paul got us



2 MAN DRILL



ZONE DEFENCE



to mix them up. The drills work was demanding on all muscles, none more than the brain! To anyone who has watched K1, the method was very obviously Hoost's. It was counter fighting based on an intelligent response to the opportunities an opponent's attack provided. By having four possible scenarios to respond to, you had to be continually reading your partner to defend, and then respond and counter.

Slowinski channelled the spirit of Hoost directly into the room for the next lesson; Hoost's famous 'zone defence'. The zone defence is all about covering one's head with the back hand and forearm to step through an attack. Properly executed, the front hand is used to stiff-arm and push the opponent backward as they throw punches. This knocks them off balance and ties up their hands. The counter fighter can now step in and attack with leg kicks and knees.

Watching Paul explain and demonstrate the technique was exciting and inspiring, but like a kid with a new Lego set, it was another thing to make it look like what you saw on the box. Paul was very encouraging, telling stories about how difficult and confusing he had found the training with Hoost

when he began. He stressed the importance of practice and patience, walking around the gym to offer encouragement to everybody.

After this, we got an opportunity to use what we had learned in a practical situation. A popular drill at Team Perfect is for the fighters to get into groups of three. One fighter stands in the middle with the other two at either side. They take turns attacking for part of a round. In this case, Paul had each attacker throw two punches, allowing the one in the middle to counter the attacks with whatever they liked. There was a lot of tension in the room after the demands of the drills, so everyone was pleased to be able to take it out on one another! The sparring drill sapped almost all of what was left of people's fitness.

The last part of the seminar was consumed by conditioning exercises. Each group had to throw three sets of three punches to their partner's mitts and drop to the floor for a sequence of push ups. To already burning shoulders, this was a lot less than fun. From here, Paul led us through a series of push ups, working in lower half and upper half of the range of movement, as well as having to hold in various positions. It wasn't fully compulsory, though. He gave

us the option of stopping, provided we stood up and told the rest of the seminar that we were whiny little bitches who couldn't do it!

After this, half the class was sent to the punching bags, while the other half duck-walked in a crouch around the gym. The duck-walk built up lactic acid in the thighs, making sure there was plenty of pain. The other half of the class on the bags had to throw round kicks at a ridiculous pace as directed by their partner. It could have been low, mid or high, depending on how cruel your partner was, which was pretty cruel, given the outcome of the sparring!

People were relieved to finish at the end of this, flopping down into exhausted pools on the mat for questions. Paul talked about the experience of training in Holland as opposed to Thailand, giving us a unique insight into the personal challenges he faced on his way to the Final 16. The cold weather, the isolation and intense brutality of the training sessions were major obstacles. From the drills and exercises we did, Paul showed us things that were very much a part of the great fighter he has become, and presented them to us as roads that any of us could take to improving our fighting and training. **IK**

2 MAN DRILL continued



HEUSTON, WE HAVE LIFT & OFF!

Western Australia continues to produce a bundle of quality Muay Thai talent of which Kate “K8” Heuston is no exception. A feature on Supremacy’s outstanding shows, her and trainer Peter Boyd have their sights set on a major take off in 2009.

It was in February 2006 when Kate Heuston first walked into the West Australian Thai Boxing Centre. Never having tried a martial art before, Kate was encouraged by one of her friends to give it go to lose weight.

It was all about the weight loss at first and lose weight she did -- over 20 kilos. Kate fell in love with Muay Thai and nothing could keep her out of the gym. After watching other girls fight she thought it was time to give it a go.

In September 2006 Kate stepped into the ring for the first time. Her first two fights were non-decision bouts against Caley Lewis and another local girl. Since then Kate has had 11 fights against such opponents as: Alison Smith (WA), Caley Lewis (WA) Melissa Norton (WA), Mae Lin (Adelaide), Kate Bruzzaniti (Melbourne), Karen Coutts (NZ), Theresa Carter (WA), Joey Lee (Hong Kong), Alicia Pestana (WA) who she also rematched, and Sarah O’Connell (Qld).

“They have all been strong opponents,” says Kate, reflecting on her fights thus far. “The toughest has been Theresa Carter. She had more grappling skills than me and a height advantage and was just a very tough girl.”

In 2008 Kate earned herself a No.6 ranking at 57kg in the International Kickboxer fighter rankings. Now moving into 2009 alongside head instructor Peter Boyd, Kate has dropped a weight division to 55kg and has become a full time instructor and fighter at the West Australian Thai Boxing Centre.

“I’m psyched for the year ahead,” says Kate. “I train in the morning and evenings and am looking forward to a busy schedule this year. I already have three fights scheduled on Supremacy and am looking for interstate fights to gain as much experience as I can. There are some really great female fighters in Australia in the 55 to 57kg divisions. I would like the opportunity to fight them all.” **IK**

THE TOP 5 WOMEN IN AUSTRALIA INTERNATIONAL KICKBOXER

(as of December 2008) 57kg

Heather O’Donnell

Theresa Carter

Eillean Forrest

Caley Lewis

Alicia Pestana



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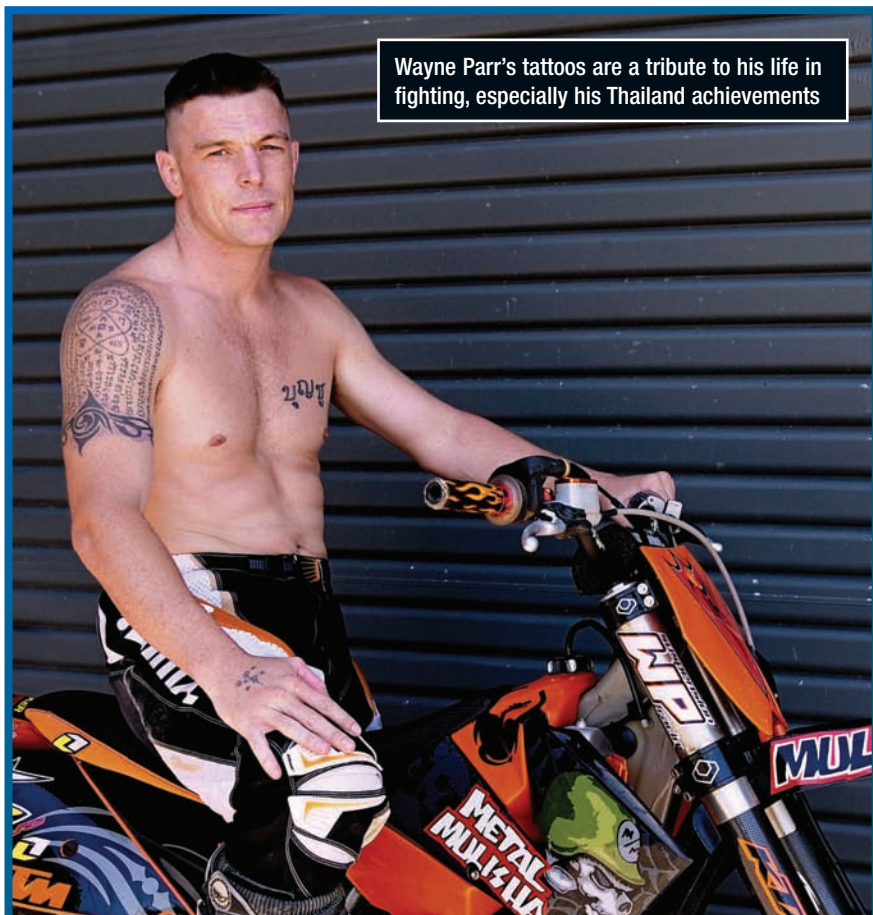
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FIGHTERS INK

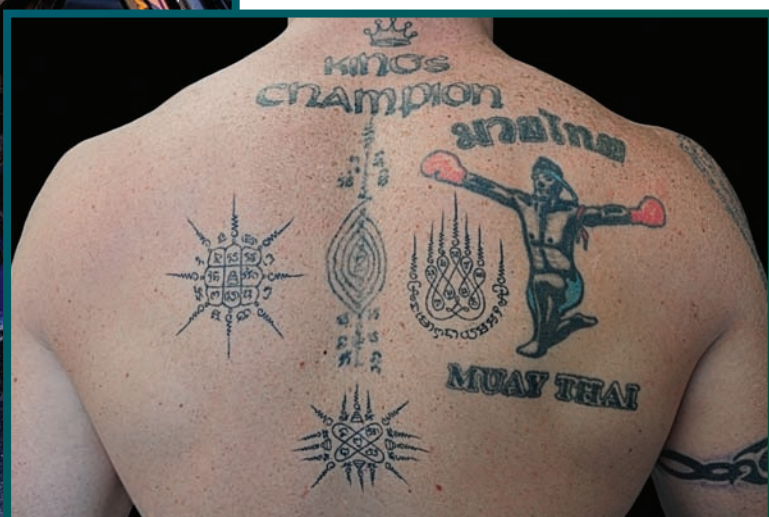


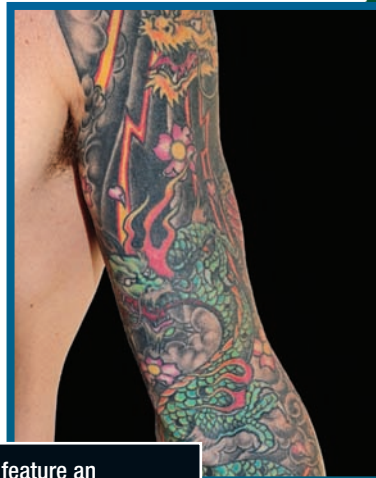
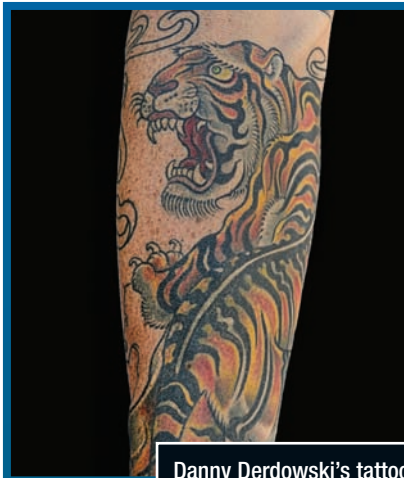
We've all seen them. The full sleeves, armbands and leg tattoos briefly flashing past the camera lens or peaking out the bottom of a pair of Thai shorts. It seems as if half the fighting population is 'patched up', and apparently sporting a tattoo doesn't only serve as a conversation piece. Surprisingly the tattoos you'd think hold meaning, often turn out to be rebellious teenage indicators.

It's not often you get a good look at a fighter's tattoo, and rarely do you get to sit down and chat about the story behind it. So here are a few you can get a good look without missing the fight.

WAYNE PARR

After getting his armband at 18, it would be another year before Boonchu Restaurant owner Richard Bell would pay for Parr to wear a tattoo of the Muay Thai fighter on his back shoulder. The idea inspired by a sticker on the restaurant's window.





Danny Derdowski's tattoos feature an awesome tiger... just because he likes them!

"The tattoo on my chest was next, and says 'Boonchu' in Thai. It means 'blessed by the gods' and to say thank you to Richard I got it tattooed across my heart because it means so much."

Parr fittingly decided that he deserved his next tattoo after fighting at the Kings birthday four times, and winning three times in a row. He's now the proud owner of the words 'Kings Champion' across his upper back.

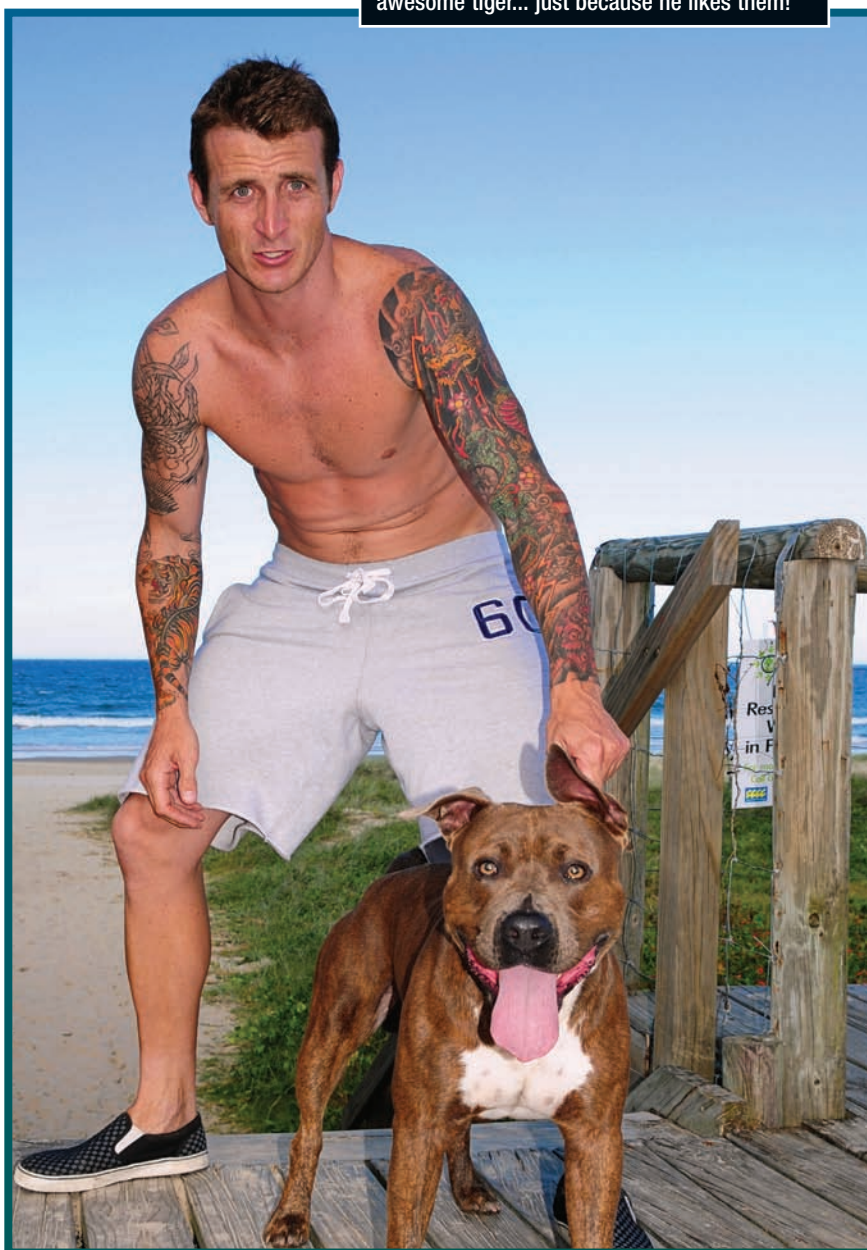
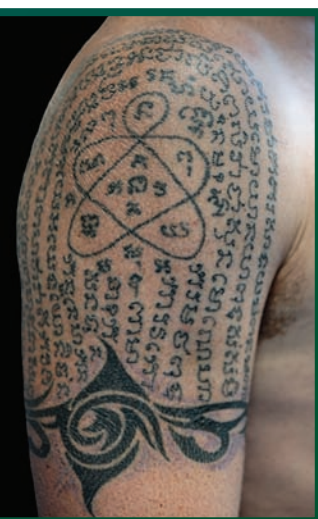
It was after spending time as a Monk in Thailand for a week that Parr decided to get his first lot of traditional tattooing. He sat for six tattoos in the space of two days, and decided to mix it up a little with half being traditional, and the other completed with a gun.

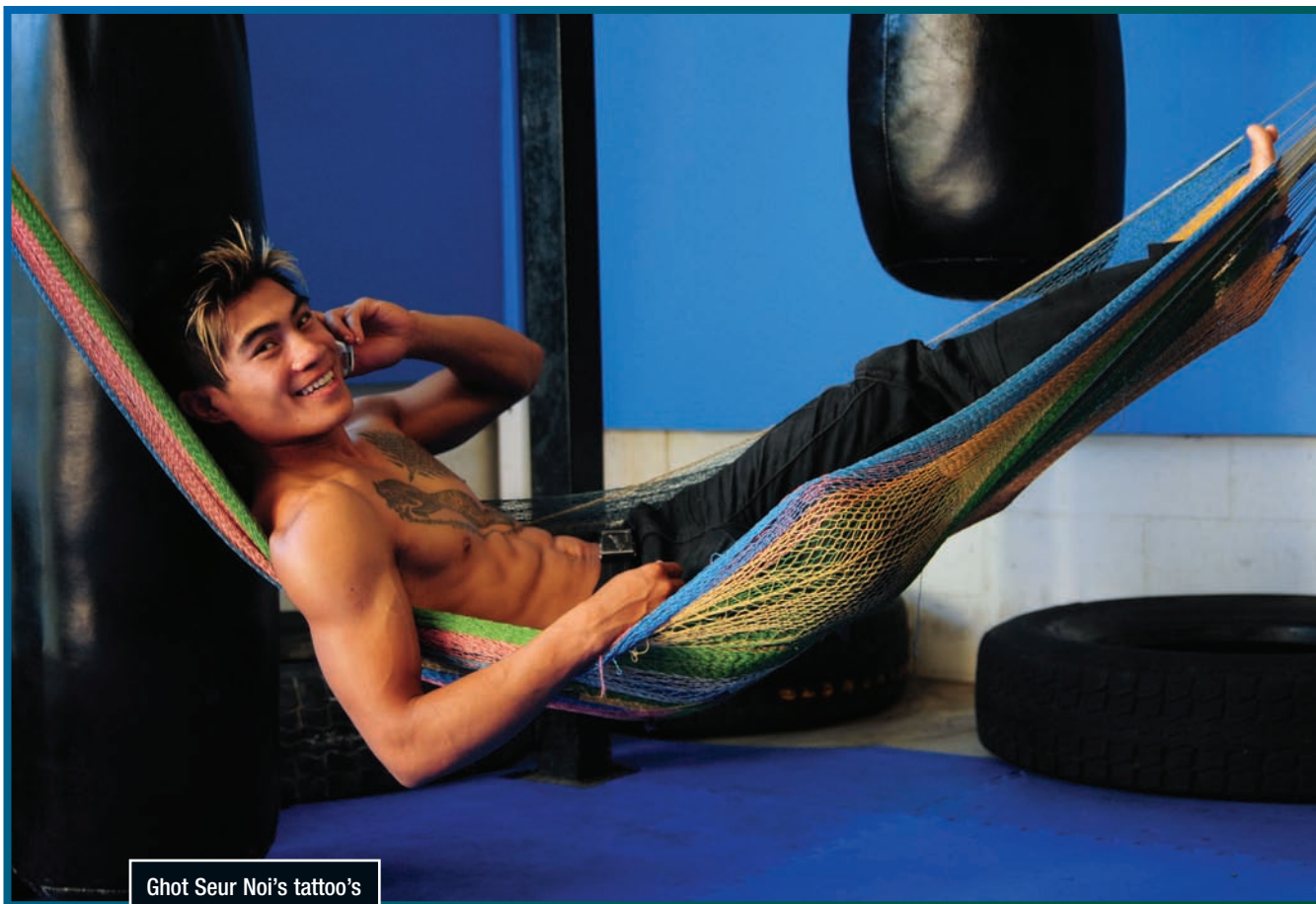
"The traditional tattoo on my hand represents an arrow punch. Strong,

sharp, and on target like an arrow." Told Parr.

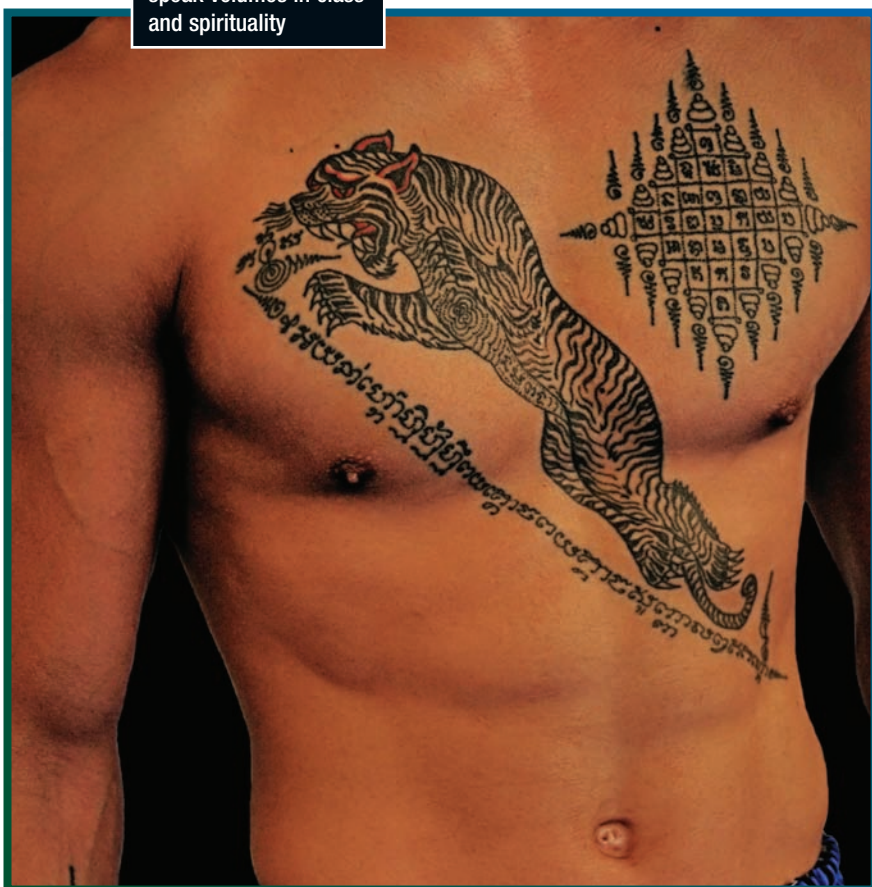
His most recent additions are also of the traditional variety, and Parr describes his lower back tattoo well.

"I'm a Gemini and the scriptures are similar. Outside of battle I'm nice and humble. People aren't afraid to





Ghot Seur Noi's tattoo's speak volumes in class and spirituality



come up and say 'G'day'. But on the other side, when it's time to go to war I'm not afraid, and willing to sacrifice my life just to get through."

DANNY 'DDD' DERDOWSKI

"Nothing really, I just like tigers." Replied Derdowski, when asked the meaning of the vibrant tiger on his right forearm. Also featuring a large phoenix on his upper right arm and shoulder, Derdowski plans to finish the arm with more vibrant colours, lightning and clouds to tie in with his left arm.

"I've had the left sleeve for about 4 to 5 years now. The tattoo represents all the 'hocus-pocus' sort of stuff, and in the Chinese zodiac I'm a dragon."

Derdowski claims that the traditional tattoo received from Ajahn Lao is his most meaningful, offering protection and good luck. Quite fittingly the traditional tattoo surrounds his first tattoo that he received at the tender age of 18, a bold Thai script that we'd recognise as the words 'Muay Thai'.

GHOT 'NTG'

Thai born Ghot, features some of the most recognisable traditional tattooing in Australian Muay Thai. It certainly helps that his trainer Nugget, organises Ajahn Lao to visit the Gym to offer the traditional Sak Yant once or twice a year.

Ghot's largest tattoo is the running tiger, which sprawls across his chest and features just a splash of colour around the face.

"The tattoo is powerful and intimidating like a tiger, and the script underneath is the magic part."

He also received another traditional tattoo at the same time, roughly a year ago. The second tattoo on his chest represents his softer side and is more spiritual. This tattoo offers protection, charm and good luck.

Ghot also displays the Master's "signature" on his forearm as well

as a modern tattoo of a panther on his shoulder, but he wasn't too keen to discuss it further.

"I wouldn't mind getting a couple more traditional pieces, but at this time I wouldn't like anymore."

SAK YANT

Sak Yant is a traditional form of tattoo art still practiced in Thailand and surrounding Southeast Asia. Much more than a tattoo as we know in the Western world, it is said that once receiving a Sak Yant, the wearer will be protected by the powers within.

Sak Yant is definitely not for the faint-hearted, and it's often said that the pain of traditional tattooing is high.

"The pain is in the mind, and whether or not the person is ready." Mentioned visiting Disciple Willy.

The tattoo is delivered by a Buddhist Monk, who uses a large

rod to individually pierce the ink or oil into the skin. Upon completion the wearer must recite a chant whilst the power of the Sak Yant is being delivered.

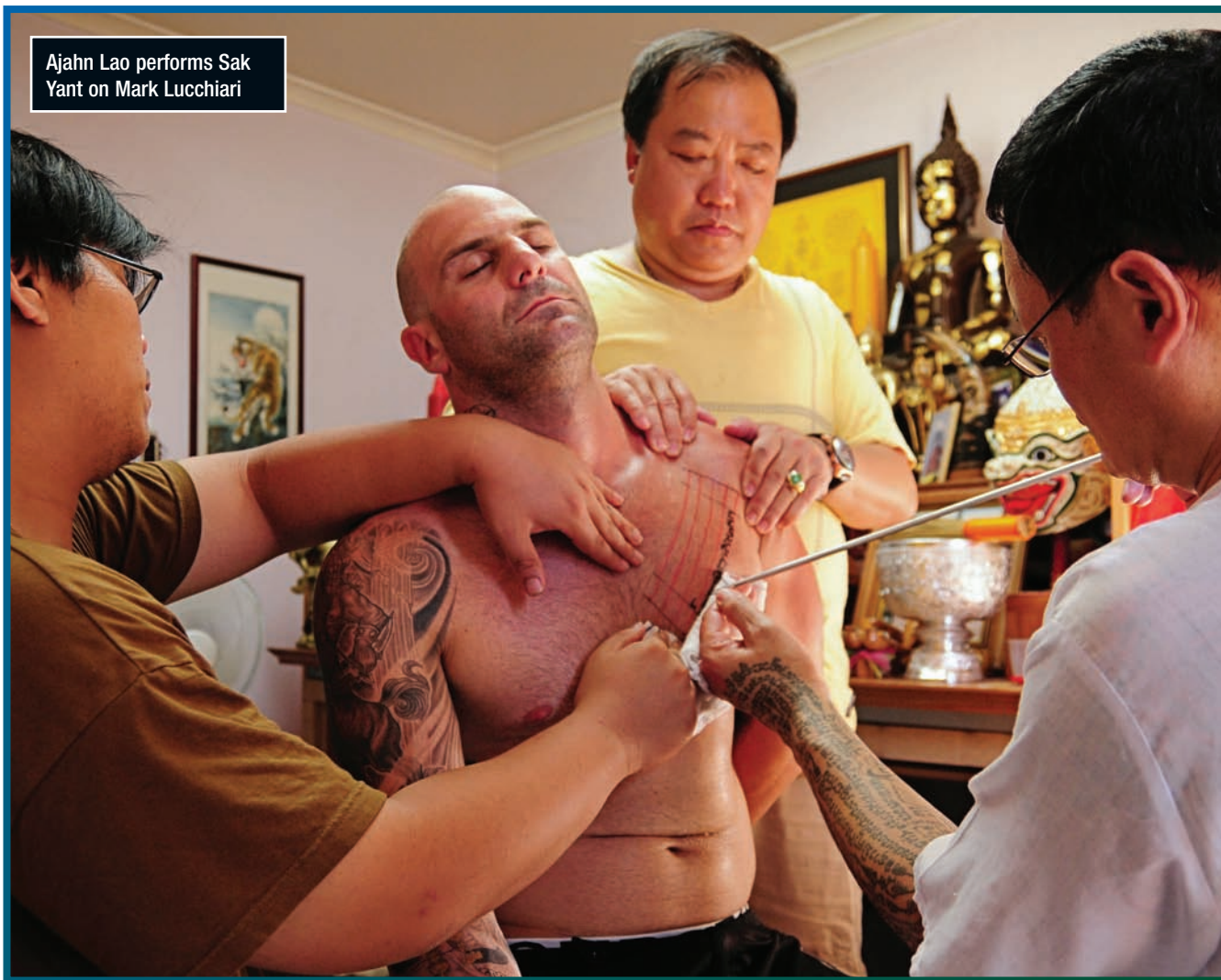
It's not uncommon for the newly tattooed to feel the power enveloping them following the tattoo, and although Sak Yant isn't only for those of Buddhist faith, receiving a Sak Yant certainly demands respect.

Both men and women may receive Sak Yant, and whilst men may receive the tattoo on locations all over their body, women may only receive a tattoo from the waist up.

Mark Lucchiari from Strikeforce is pictured receiving Sak Yant from Ajahn Lao while visiting Nuggets Gym.

Look out for Part 2 of Fighters Ink in the next issue of IK magazine, on sale April 15. **IK*

Ajahn Lao performs Sak Yant on Mark Lucchiari



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How to Fight as a Taller Fighter

Does being a tall fighter give you an added advantage in the ring? Of course it does – but only if you know how to fight as a tall fighter. JARROD BOYLE examines how to fight as a tall fighter using K-1 triple champion Semmy Schilt (6' 11") as a perfect example.

If I landed a shot for every time someone said my height was an advantage, I would never have lost a sparring session. The annals of K-1 are littered with tall fighters who have at one time or other, ruled their division or at least made a lot of trouble for everyone else. There are, of course, fighters like Ray Sefo, Gokhan Saki and Chalid Die Faust who, scraping six feet and weighing not much more than 100kgs, also create a lot of trouble of their own. This has everything to do with exploiting the weaknesses of fighters taller than them. In short – it's one thing to be tall, but quite another thing to take full advantage of it.

The most dominant K-1 champ in history is Semmy Schilt. His height and weight are obvious assets, but beneath a seemingly awkward style is an ingenious approach that makes the most of his natural advantages. By examining two of his fights, both against Peter Aerts, you can see how the assets of Schilt's physicality are fully exploited and then, thanks to the greatness of Aerts, eventually used against him.

First up, let's talk fundamental physics. The longer the and heavier the lever, the more power delivered

at impact, provided it's moving fast. Speed is the stand-out distinction between boxers and kickboxers. Kickboxing allows fighters to push, so therefore, many of their strikes, especially punches, have contact before they have velocity. Boxers, however, know they have to be quick to land a strike, but also to generate power. A taller fighter will have longer, heavier levers, and provided they work on their speed, they will hit harder than a shorter fighter of the same weight.

The most obvious visible advantage of being taller is that your head is a lot harder to reach. Punching up also drains strikes of their force, so a tall fighter should always seek to stand up and over their opponents. A less experienced fighter (like me) tends to bend down, in the hope of making himself as small a target as possible. This might instinctively feel better, but like most things in fighting, has to be undone and reworked through many hours of focused sparring.

The third of a taller fighter's advantages is their reach. When people talk about reach, they mean, most simply, the ability of one fighter to hit another one first. The principal weapon in the Schilt arsenal is his

front kick. He uses it less to inflict damage and more to position his opponents for a punch or round kick. Schilt uses mainly straight kicks and punches. This is because he understands it is one thing to hurt his opponents, and another to beat them. He maintains all his assets by keeping other fighters at a distance.

More than any other skill set, K-1 is a banquet of advantages for a taller fighter. The use of knees means that for a shorter person, there is no safe distance. Shorter fighters have to battle past the kicks and punches to get in range for their own strikes and then once inside they have to deal with the knees, which are probably Schilt's most dangerous weapon - just ask Glaube Feitosa, or Paul Slowinski!

The 2007 K-1 GP Final saw an ever-gutsy Peter Aerts fall victim to Schilt's third consecutive K-1 title. The two minutes of that single round showcase everything not to do against a taller fighter.

Semmy has an undeniably ungainly style. From the bell, the majority of his strikes are straight punches and kicks, predominantly off his leading leg. This is because the initial stages of the fight are all about Semmy trying to keep Aerts at bay.



6' 11 or 211cm and keeps his head high and hard to reach

Has a smart fighter's brain that allows him to use his height advantage cleverly

Hard to reach chin

Uses his jab at full extension

Uses step up knees

Uses his front kick to great effect

When Aerts finally gets in, Semmy leans back to get his head out of danger and brings up the knee.

Aerts is well-prepped, but undeniably fighting on Schilt's terms. He lands the occasional overhand and blocks Semmy's knee, but is soon dropped by the sheer force of a round kick. Aerts continues to try and bluster his way in, striking whatever he can reach before tying Schilt up. Semmy allows this, but always stands up and over. This is safer and also has the advantage of making him look dominant to the judges.

Referee Kakuda separates the fighters and shortly after, Schilt drops Aerts with a succession of quick jabs with 1 min left in the round. 'Just' a jab doesn't fully describe Semmy's power. He once KO'd Ray Sefo and fractured Bjorn Bregy's skull so badly at Final Elimination in 2006 that he still doesn't have any feeling in his teeth on his right side and his vision disappears in that eye when he lies down.

Peter Aerts and his trainer, Jan Plas, had done their homework by the time Schilt and Aerts met again, this time at Final Elimination last year. Schilt leads off with a push kick and Peter grabs the leg and redirects it. This throws Semmy off-balance and turns him to one side, allowing Aerts to get close enough to start punching. If there is one thing Semmy doesn't cope well with it's being on the back foot, and leaning backwards to keep his head out of range seems to make this worse. Aerts backs Schilt up so that he can't retreat and has to cope with flurry after flurry of punches. The other positive of Aerts being so close is that without room to extend, Semmy simply can't generate as much power.

Aerts fights at a more measured pace than he has previously, making good work of negotiating the distance. When outside,

he peppers Schilt's thighs with a succession of well-timed low kicks. When left without an option, simply landing the kick means he can keep scoring.

It's a fairly simple approach, and with the assistance of a liberal referee's attitude to holding, Aerts lands enough techniques and manages enough of a show of dominance to earn the judges' decision. He seems to focus most of his punching attacks to Schilt's head, however, and could perhaps have made better use of Schilt's body.

Having once sparred a man who was 7'2" I remember being close enough to understand what was so great about getting inside the reach of a taller fighter. The targets, especially the openings along the ribcage between hip and elbow, are enormous. Being that close allows you to hook and rip up into the floating rib. The solar plexus is also close and difficult to defend. When Chalid 'Die Faust' Arrab fought Ernesto Hoost in 2006 at the GP Final he brought the fight to a very close draw on the basis of his exceptional hand skills. He exploited these larger targets and larger openings, staying inside the range of Hoost's maximum extension. He struck the body to bring down the hands and then threw overhand punches up and over the taller man's lowered guard. A shorter man is also in a better position to uppercut to the chin and Arrab made full use of this, testing Hoost to the limits of his skill, almost delivering a major upset.

There are many advantages to being tall, but they come at a price. When you understand the asset and watch a fighter like Schilt, you realise that his record isn't simply the result of a mere physical advantage. It has everything to do with a well-conditioned fighter who has a smart, strategic gym behind him. **IK**

GIANT EXPECTATIONS



Andre “The Giant” Meunier is something of an oddity. A stand-out Muay Thai heavyweight in Melbourne, he maintains the fight schedule of a middleweight and plows through opposition with little fanfare or accolades. **MICHAEL SCHIAVELLO** caught up with the Team Ultimate heavyweight for his first ever IK interview.

SCHIAVELLO: Andre you had an amazingly busy year in 2008. How many fights in total did you have in those 12 months and how did you handle the high work rate?

ANDRE: Yeah it was busy, I can still feel it. I think I had 9 or 10 fights, which I really liked because you don't get too bored just with training. When you are only having a couple of fights a year the training can get a bit boring. When I know I have a fight it motivates me to keep training hard. As for the hard work rate my body handled it pretty good, but I don't think I had a fight without some sort of injury, but that's what we do.

SCHIAVELLO: Melbourne used to be the hot spot for heavyweight

fighters going back to the likes of Stan, Sam Greco, Phil Fagan, Clay Auimatagi, Fadi Haddara, but now there seems to be a lack of good Melbourne heavyweights. As the Melbourne flag bearer for heavyweights, why do you think this is?

ANDRE: I am not too sure why that is, I think that some of the heavyweights that we do have are pretenders. They don't want the hard fights. If you want to be a good fighter you need to fight the best heavyweights. Some of the names you've just mentioned would fight any one, any time, any where. Where as now some of the heavy weights want to know how many fights your mums had before they fight you.

SCHIAVELLO: K-1 is the pinnacle for any heavyweight, is that something you'd like to have a crack at in the near future?

ANDRE: Yes I would love to have a crack at it. It's where all the toughest and best heavyweights are, and to fight at that level would be an achievement and something to remember.

SCHIAVELLO: What are your thoughts on the current crop of K-1 heavyweights and who you like in particular?

ANDRE: I think the current fighters in the K-1 are a good mix of fighters. You have all types of sizes fighting each other, which keeps it interesting. The level of skill is high which makes it good to watch. As for the fighters I like the most would be Paul Slowinski because of his tough and hard fighting style. I also enjoy watching Badr Hari because of the way he fights and his KO technique.

SCHIAVELLO: You've been in some absolute wars against the likes of Haddara, Fogarty, Hoopman and more. Who has been your toughest opponent so far and in what way were they so tough?

ANDRE: It's hard to say which one has been the toughest opponent. But a couple of fighters that come to mind are Rob Fogarty for the five round war we had, (but I walked out of the hotel the next day and Rob got wheeled out in a baggage trolley).

Others that come to mind are Thor Hoopman and Kar Glyschinky from Germany, both of them being tough world class fighters.

SCHIAVELLO: What is your preferred rule set?

ANDRE: I love all of them, I don't have a certain one that stands out, I just like to fight just like when I fought Rob Fogarty for the Australian Muay Thai title I only trained full Thai for a week before the fight. As long as I am fighting I am happy.

SCHIAVELLO: You have become a bit of a celebrity in Adelaide. Outside of Melbourne is that your favourite place to fight these days?

ANDRE: Yes for sure. The crowd in Adelaide is the best, they love their fighting and they love someone who will have a go. As for Ethan Shepp he is one of the best promoters I have fought for. He looks after you A1 and he is top bloke. What you see is what you get.

SCHIAVELLO: I want to get your thoughts on some of the ranked heavyweights in the country: Ben Edwards (IK# 4 super heavy), Matt Samoa (IK#3 super heavy), Thor Hoopman (IK#3 heavy), Steve McKinnon (IK # 2 heavy).

ANDRE: Well, Thor Hoopman what I have felt and seen he is world class. Steve McKinnon is another guy who I think has got it all. Ben Edwards and Matt Samoa I haven't seen them fight so I can't say too much about them. I have heard they are good tough fighters, but

in saying that in the end it doesn't matter because I would fight anyone of them. This is the only way I am going to improve myself as a fighter. These guys are the ones I have to fight. If it means losing at least I would lose to the best.

SCHIAVELLO: What does an average training session consist of for you?

ANDRE: In the morning I get up at 6am and go for a 4km run. Following that I go to the gym for a weights session then off to work. After work then to the kickboxing gym for 1 ½ hours of kickboxing, drills, bag work pad work for 5 rounds, skipping, sparring, sprints etc.

SCHIAVELLO: There has been a lot of internet discussion about George Longinidis lately. Is he someone who you would like to fight and is there a message you'd like to give George?

ANDRE: I would love to fight George as I would love to fight any other heavy weight in Australia. Just in case people haven't heard I have been trying to fight him for the last two years. I personally think he should fight me, because I am a heavyweight, he is a heavyweight, we are both local Melbourne boys and it would be a fight the crowd would love to see. Promoters have approached me and I said YES anytime any time, anywhere, but I'm yet to get an answer from George. Nothing personal, just business, George. Let's do it! **IK**



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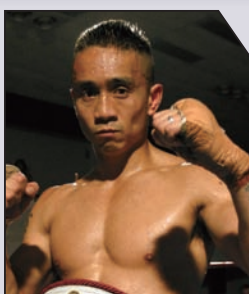
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2009

GYM GUIDE



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Western Australia



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HAMMER'S GYM
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BOONCHU GYM
Queensland



WATBC GYM
Western Australia



PHON'S GYM
Western Australia



DIP MUAY THAI
Queensland



NUGGETS THAI BOXING GYM
Queensland



STRIKEFORCE GYM
Queensland



MASA GYM
Queensland

BOONCHU GYM

Queensland

BOONCHU GYM

Boonchu is all about keeping a family atmosphere and making everyone of all levels feel welcome to train in the art of Muay Thai. From kids as young as eight doing our kids classes all the way up to the middle aged who want added fitness to be able to keep up with the grand kids, Boonchu provides Muay Thai training for all.

Head trainer Wayne Parr prides the gym in keeping with traditional Thai training and making sure that all students have near text book Thai technique. Wayne spent five years all up living and training in Thailand with Thai super star Sangtien Noi and took in as much as possible from his time in the Muay Thai motherland. Now with Boonchu Gym he is happy to pass on his knowledge of Thai boxing to his students.

Since opening Boonchu in 1999, the gym has had many fighters from all levels competing from amateurs to state, Australia and even world champions. However if fighting isn't for you then don't hesitate because the classes are always fun! Wayne Parr, Angie Parr and Thor Hoopman take the classes, so students know they are in the best of hands when it comes to learning effective and real Muay Thai. Boonchu also offers Kettle Bell classes three times a week with Sarah O'Connell to work the core muscles and make you nice and strong to help execute your Thai technique with power.

Boonchu is open Monday to Friday with classes at 9:30am and 6:30pm for beginners to intermediate, and fighters' classes from 4pm till 6:30pm. There are also sparring sessions every Saturday from 9am till 11am giving you a good chance to put into safe practice what you learnt in class during the week. Also this gives prospective students a chance to come, have a watch and see if what we teach is to your liking.

Interstate enthusiasts are also welcome to visit Boonchu whenever they are in the Sunshine State. The gym offers casual classes for everyone, so if you're in Queensland and want to do some authentic training with the champions, pay Boonchu a visit.

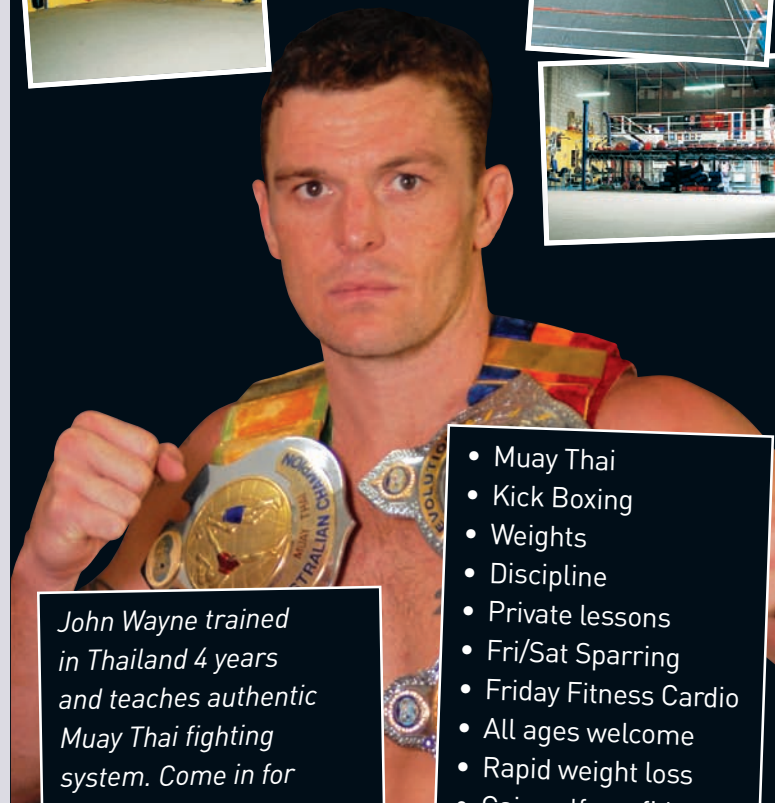
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- Train to be a fighter



HAMMER'S GYM

Victoria

Hammer's Gym is Australia's newest full time Muay Thai and Fitness training centre, opened in Blackburn in Melbourne's eastern suburbs.

The gym is the brainchild of former WKA Australian cruiserweight Muay Thai champion and Fox Sports specialist commentator, Mark "The Hammer" Castagnini.

Hammer's Gym opened spectacularly in 2008 with a number of special guests turning out for the unveiling of the massive, fully equipped venue. **World boxing champion Danny Green, who officially opened the gym, described Hammer's Gym as a "world class" facility and among the very best he has ever seen.**

The gym's facilities are second to none and include: a full sized boxing ring (AIBA endorsed), modern weights and cardio training area, huge matted floorspace, an entire wall of heavy bags, social area, male and female change rooms and showers, club shop and more.

Students of all levels participate in a fully structured Muay Thai training system, giving you the chance to set constant goals. Students are welcome to take the next step to become fighters, but if fighting isn't for you yet you'd still like to test your skills, the gym houses frequent light tournaments in which students are matched on weight and experience.

Hammer's Gym also offers exclusive opportunities to train with some of Muay Thai's biggest stars. World Champion Wayne Parr and Hall of Fame trainer Nugget are guest instructors every month and can also be booked for private lessons. Hammer's Gym also conducts regular



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JWP, Hammer, Nugget and Danny Green

seminars, the most recent being with K-1 European and Oceania Champion Paul Slowinski. Also coming up early in 09 there are special training sessions with MMA champions and even traditional Martial Arts self defense specialists. Hammers Gym also recently appointed a specialist Boxing coach former Pro and Amateur champion Stuart Patterson, to help work on members' Boxing skills, the gym also has a number of personal trainers that are available at any time.

Hammer's Gym is Australia's newest state-of-the-art Muay Thai and fitness training centre. No matter what your fitness and fighting needs, Hammer's Gym will cater to you. Located only two minutes from the Eastern Freeway Hammer's Gym welcomes ALL to come down and have a workout. For more info and photo's visit; www.hammersgym.com.au





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DIP MUAY THAI

Queensland

Mr Samnang Yuanjit, better known as Dip or Kru Dip, moved to Australia in 2004 and was unsure how well known Muay Thai was here. A retired professional fighter and long time trainer he was not counting on Muay Thai being his sole income.

Dip first moved to Canberra and opened some Muay Thai classes for kids at a PCYC, for adults at the Australian National University and he also trained a couple of people privately while working full time elsewhere. In addition he demonstrated Muay Boran, Krabi-Krabong and traditional Thai massage at various functions, all under the business name 'DIP MUAY THAI' – a business centered around promoting and developing Muay Thai and the culture of Thailand in Australia.

After a year Dip and his family moved to Brisbane and things

started to really take off. Dip began classes at the Martial Arts Centre in South Bank and assisted with fighter training at Boonchu Gym on the Gold Coast before joining the newly opened Advance Martial Arts facility in Coorparoo, out of which he operates DIP Muay Thai. He also takes Muay Thai classes at the University of Queensland.

Muay Thai in Australia has provided Dip with opportunities well beyond what he expected when moving here. DIP Muay Thai is a full-time operation, with organized classes 9 times a week, fighter training 6 days a week, kids' classes and a number of students also train privately with Dip. A former professional fighter with more than 20 years coaching experience, Dip is also a qualified physical education teacher. He has a Master of Sports Science for which he researched and wrote a thesis on Muay Thai.

Dip has a longstanding business relationship with Raja Boxing, stemming from his days working at Rajadamnern Stadium in Bangkok. Anyone with a keen eye for quality Muay Thai equipment or shorts will notice the variety at Dip Muay Thai gym. A 'hobby' designer, Dip custom designs shorts for his students and has them made in the Raja factory in Thailand.

In order to ensure his fighters get some ring practice Dip has begun hosting sparring events. The inaugural Star Search Sparring Challenge was held in December 2008. Fighters from around Brisbane and from Boonchu Gym were paired up for some invaluable sparring practice. The Star Search Sparring Challenges are planned for the third Saturday of the month for 2009 and there are future plans for a more formal competition to be held sometime this year.

Dip Muay Thai



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Based on the Gold Coast in Miami the Masa Thaiboxing gym is relatively young in some words, established in 2006, but on the inside it houses a wealth of knowledge in its team when it comes to background experience in the Thaiboxing industry.

Head trainer Jason Hawker moved to the coast from Victoria in 2003. Jason's martial art background as with many began with Zen Do Kai and furthermore moving into the Muay Thai when Bob Jones began promoting this new found art to Australia in the late eighties. After a two year training/fighting stint in Melbourne, and a state Thai-boxing title to his credit, Jason moved back to the Goulbourn Valley and recreated gyms, fighters, officials and spectator base and hence promoting 17 shows throughout Country Victoria breeding a new generation of Muay Thai fighters.

This brings us back to Queensland where some of these lads Jason trained and promoted are now part of the backbone at Masa. Danny Maksacheff now retired from fighting also helps out with the bruises on the pads, while Clayton "The Kid" Collyer (one of Australia's deadliest fighters) still mixes it up against Australia's best centre ring, along with the direction of Paul "The Hurricane" Briggs in the hands department - the sky's the limit at Masa.

With the depth of knowledge around the gym we will be around for a long time to come and now with a base of Pro and Amateur fighters, the lads are pulling together, driving each other and showing real promise.

We also run classes for the general public to share in the learning of Muay Thai. Their first interest is in the fitness & self defence aspect but soon get the flavour and become our support crew or grow in confidence stepping up to test their skills centre ring.



The gym itself has an array of bags, full sized training ring, mirrors, weights, cardio, training supplies, social area, full amenities, in-house massage therapist and specialised training with our personal trainers - Clayton Collyer (Muay Thai/Boxing), Paul Briggs (Boxing), while keeping the balance around the gym. Jason's wife Kerryn looks after the girls and runs classes and runs front of house and has been in the industry since the early nineties.

Our website is now set up at www.masagym.com.au and offers a little more insight to the gym we also invite any of the fighters/trainers travelling and competing around the Gold Coast/Brisbane area and need to do that little extra before their bout our doors are always open.

Enquiries Jason Hawker 0417 391 142

masa

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HEAD TRAINER: JASON HAWKER

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NUGGETS GYM

Queensland

For over 20 years, Nugget's Thaiboxing Gym (NTG) has been at the forefront of Queensland Thai boxing. The gym was founded by Nugget, underpinned by his vision for a truly authentic Thai boxing gym, for professionals who wanted to train and fight as the Thais do.

While NTG has moved location from time to time, the premises have grown and many new faces have emerged over the years, the gym remains true to Nugget's vision, and is now as much as ever a true professional fighter's Thai boxing gym, with the track record and long list of fighters to prove it. Better known names include Brendon "Humpty" Short, Soren Eminent Air NTG, Ghot Seur Noi and Dane Daddy Cool, among others.

Inside, the full sized regulation boxing ring is positioned as

something of a centre-stage for training and sparring, with a large matted area surrounding. Punish Fight Gear sponsor the gym and provide a comprehensive range of top quality bags and training equipment for the fighters as well as a full range of professional equipment for the pad holders. The gym's core pad holding talent comes from the bulk of the professional fighters and ex-fighters who've worked through the NTG ranks over time. Thailand connections are routinely drawn on to recruit top tier Thai trainers at strategic times throughout the year to complement the existing talent.

While NTG is and will continue to be designed specifically around the needs of the elite professionals of the sport, beginners and amateurs can benefit from the environment

with a range of training and development programs, after all, that's where Nugget identifies the fighters with the determination and talent to make it in the sport. Nugget's other related interest, Evolution Promotions, continues to raise the bar as the country's premier Thai boxing event promoter. Josh Sexton, business partner, close friend and the first great professional fighter to join the gym, is completely focussed on building the business of putting on the country's best ever shows.

Nugget remains very hands on with the training at NTG and can often be spotted holding Thai pads and sparring with the gym's leading fighters. It remains a gym where everyone pitches in and nothing less than 100% is the minimum commitment expected from the fighters, as it has been for more than 20 years.



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WATBC GYM Western Australia

The West Australian Thai Boxing Centre is located in Morley 10 minutes from the Perth CBD. The owner and Head Trainer Peter Boyd has been involved in Muay Thai in W.A for the past 13 years. Peter's Journey into the world of Muay Thai started at Phon's Gym. Training along side Thai Fighters such as World Champion Sanapar Noi and Rhino, was a great learning experience for Peter. Turning his focus onto Training Techniques and dreaming of Teaching and Training Fighters in his own gym one day.

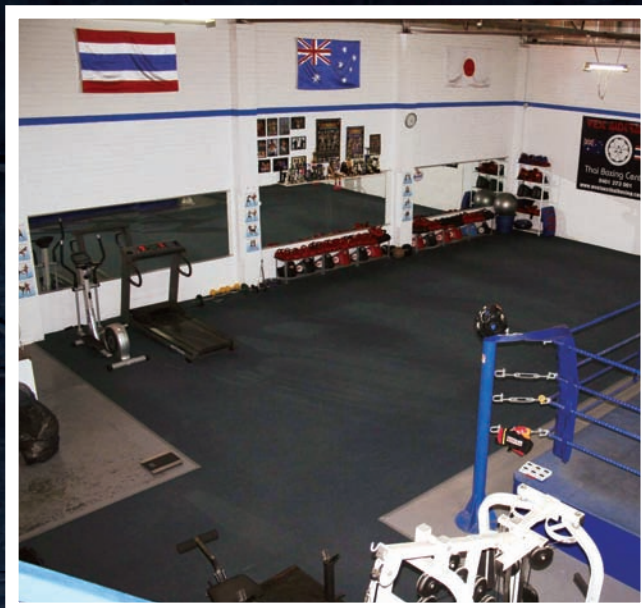
In 2004 the dream became a reality and The West Australian Thai Boxing Centre opened its doors. Peter and former World Champion, 2x Australian Champion, 5x State Champion and World Amateur Bronze medalist Oliver Olsen and former International boxing champion Craig Thomson have worked hard to establish the W.A.T.B.C with an on going success by gaining 6 WMC State Titles and 2 WBC National Titles to thier credit as trainers.

Peter is also partners with Darren" Riddler" Reece in The Perth Thai Boxing Promotions who Promoted The Supremacy fight show featured on Fox Sports Muay Thai Battle Ground Series # 22.

The West Australian Thai Boxing Centre is a member of The World Muay Thai Council and is a fully equipped gym with a full size raised boxing ring, running machine, bags and wieghts area. Womans Kickboxing classes for Fitness are available 3 days a week, Beginner Muay Thai classes 2 days a week and Fighter training 6 days a week.

1on1 training is available with Oliver Olsen and current fighters.

The gym has a friendly atmosphere with all new comers made to feel welcome and encouraged to be part of our growing team.



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Riddlers Gym has been a successful West Australian gym since 2003. Head trainer Darren "THE RIDDLER" Reece, lived and fought in Thailand for many years and continues to pass his extensive knowledge onto his students on a day to day basis. Riddlers Gym has a great and well known reputation for creating quality fighters with all round Muaythai skills.

Riddlers Gym is the home to many well known fighters such as WMC World Champ Eugene "BOOM BOOM" Ekkelboom, WMC Intercontinental Champ Chris "TIGER" White, WMC Intercontinental Champ Chad Walker and Australian Champions Kim "KOOL AS" Olsen, Luke "PITBULL" Aram and Caley Lewis.

Darren is a 73 fight veteran who not only spent his time in Thailand, but also in Japan. He was the 1998

Kings Cup Champion and "best boxer" and was the proud holder of WA, Australian and Oceania Titles.

Riddlers Gym is located 5 minutes from the City and is fully accessible by public transport. The 220sqm gym is fully equipped with a boxing ring, 12 bags, cardio equipment and weights.

Classes for beginners and intermediates run 4 times a week and there is a traditional fully graded and certified muaythai system with coloured level shirts for those who choose to participate. Womens classes are taught by Australian womens champion Caley Lewis and run twice a week. There are also Kids Kickboxing classes 4 sessions a week for kids aged 4 and above who also have a fully graded system to participate in. Fighters have training six days per week and it caters from brand new novice fighters right up to

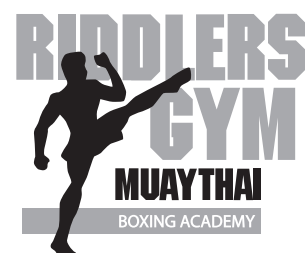
Professional World Champion level. Personal training with Darren or Caley is also available throughout any day by appointment. Darren is also majorly involved in promoting Muaythai fight shows in partnership with Peter Boyd called Perth Thai Boxing Promotions. They promote the popular Perth show Supremacy which showcases Perths elite fighters and have been successful with FOXTEL coverage on several occasions. They also promote the novice fight series, ROAD TO SUPREMACY which is an amateur event for novice fighters which is helping to build the strength of fighters coming out of WA.

Riddlers Gym is a friendly and relaxed atmosphere to train in. Everyone is treated equally and Darrens passion for Muay Thai is evident in every class he takes giving nothing less than 100% to his students every session.

??? RIDDLERS GYM ???



- Head Trainer: Darren "THE RIDDLER" Reece
- Beginners, Intermediate, Womens + Kids Classes
- Fighter Training – Amateur to Professional Level
- Private Sessions Available
- Full time centre



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STRIKEFORCE GYM

Queensland

2008 was a very busy year for the fighters at Strikeforce Gym. Most guys fought on a regular basis here and overseas, so again the frequent miles have been building up for a few of the boys mainly in Hong Kong and also in Thailand.

2008 saw Pixie Burton fight 3 Thai's in 5 weeks to some mixed results, but gaining a lot of admirers along the way with his never say die attitude. Pixie did a training stint over at Eminent Air Gym Bangkok before he fought the Thailand super star Saiyaknoi Sakchainarong in Hong Kong and then flew back home to Australia to fight the Thai Superboi to a win.

Aaron TS2 had most of his fights last year in Hong Kong and along the way established himself over there as a superstar doing TV interviews and shirt and poster signings.

But in doing all this he still had to fight with most ending in the way of KO as the Japanese and Thai boys found out. With his last fight of the year being the main event on the Gold Coast, Aaron came out to a thunderous applause and winning against his Japanese opponent in champagne form..

Danny DDD ventured back into the ring in June to what can only be said was to most the fight of the year against Tyson NTG. Danny fought a fantastic fight and won by unanimous points. Daniel Moulder won the Fighter of the Year for the gym and by all accounts has now put himself well and truly on the Australian welterweight scene by winning the WMC Australian title in fantastic style. Not to be outdone Mark Lucchiari keeps going from strength to strength and now has clocked up 6 wins from 6 fights. Some other fighters who did well last year were Judd Cornwall, Brodie Smith Matt Mctavish, plus Keiran Fahye who stepped back in after a 3 year break and is looking to keep it going in 2009 as are Mark Bowman and Ben Peasley, Arkheem Lucchiari, Ben Council,

Ross Emerton and Kirshall Wallace. Evan Morris is due to comeback from injury and after his stint over at Eminent Air, we are looking for big things for him this year, as we do with Rhys Mirkin and Sean Gregory both training in Thailand.

In 2008, in our 20th year, we moved to a full time location in Burleigh Heads this factory has enough room for an 8 bag work station and 2 rings one being full size and a small weights section, so with this fantastic new gym here for the fighters 2009 should be as big if not bigger than 2008.



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Aaron TS2 Leigh
The Current I.M.K.O World Bantam Weight Champion
W.M.C Commonwealth Feather Weight Champion

Danny DDD Derdowski
The Current W.M.C Australian Light
Heavyweight champion.

Daniel Moulder
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Contact Mark

P: 0412 189 024

E: strikeforcethaiboxing@hotmail.com

A: 2/26a Leda dve

Burleigh Heads, Queensland

www.strikeforcemuaythai.net/

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Phon's Thai Martial Arts Centre is a name that remains synonymous with excellence, strength and a history like no-other, since its inception in 1989.

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- 0413 813 887
- www.muaythaipromotions.com



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Ph/Fax: (08) 9227 5296

Mobile: 0413 813 887

Email: phonsgym@hotmail.com

Website: www.muaythaipromotions.com

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Full Force Gym is Sydney's West (Blacktown) best kept secret in kickboxing. Tucked away in the Summit Complex at 40 Third Ave, Blacktown is World Champion Reinhardt Badato's family-run haven. Since January 2003, Reinhardt has cultivated a close-knit kickboxing family that is unwavering in their passion and determination to conquer the kickboxing industry. Full Force Gym has produced champions like Von Badato, Michael Badato, Henry Pinto, Ray Linfanti & Joe Concha with the undeniable promise of many more champs in the making.

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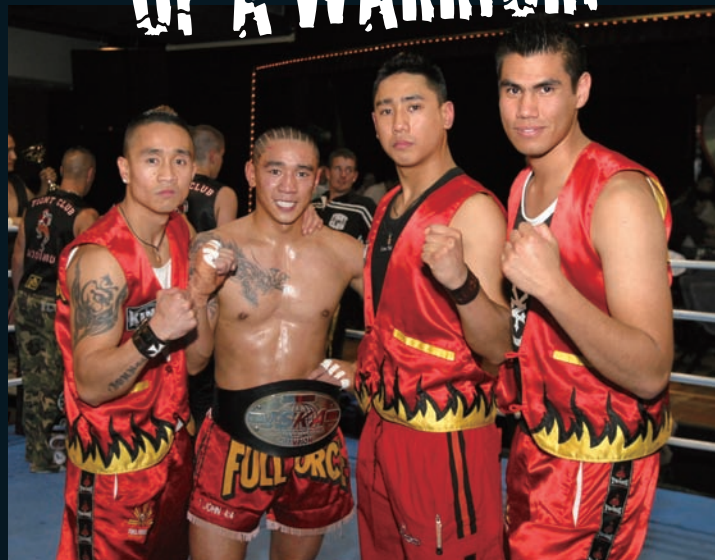
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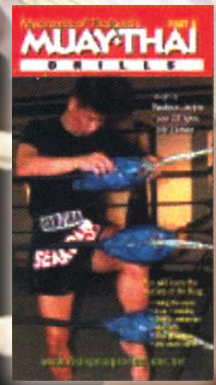
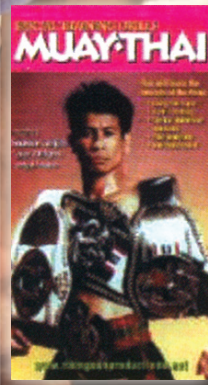
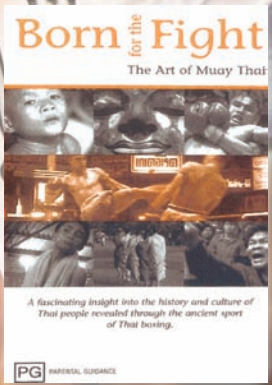
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BLITZ PRESENTS
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RINGSIDE ROUND UP

BLITZ PRESENTS **INTERNATIONAL KICKBOXER** NEXT ISSUE OF IK

Don't miss the next issue of IK Magazine, on sale April 15. Check out the second part of our exclusive interview with Stan Longinidis, and more of Australia's fighters best tattoos. Plus we'll be chatting with the world's hottest female fighter, Gina Carano, and take a look at the world's best female Muay Thai exponent, Germaine de Randamie. There will be the latest news from Thailand, some heated words from Peter Graham, plenty of K-1 news and more!



SUPREMACY MARCH 14

Western Australia's leading promotional juggernaut, Supremacy, kicks off the year on March 14 with a stacked card featuring Eugene Ekkelboom against a European opponent and the much awaited showdown between Dane Daddy Cool and Chris White.

Also on the card Luke Aram steps up against a Thai opponent, as does Kim Olsen, while Caley Lewis, Amy Rogers and Kate Houston also feature.

Steve Zankl takes on Josh Lanna Gym Chiang Mai, Ben Wells takes on Melben Alejaga for the WA State Title and Kane "Candy" Henderson will also make an appearance.

WAR ON THE SHORE 13 FLIP vs PUMIPEE SET TO EXPLODE!

War on the Shore 13 takes place March 7 at the Southport RSL and will feature the much anticipated WMC Lightweight South Pacific title fight between Flip Street and Pumipee Ngaronoa.

Also on the card Danny DDD Derdowski the elbow machine takes on the ever-improving Daniel Jones. Then maybe what could be fight of the night, two very tough fighters with a never say die attitude pits Strikeforces Mark Lucchiari against Tyson

The next Than Samai Promotion will see a team coming from Hong Kong with the main fights being set up for Aaron TS2 Leigh and Ben Pixie Burton with both boys eager to keep their run of fights going in front of the Gold coast crowd. This show is set for the 25th of July at the Southport RSL.



Muay Thai Stars to Clash in England

Muay Thai Legends on February 7 in London will see Liam Harrison go to war against the man listed as the greatest Muay Thai fighter in the world in the last issue of IK Magazine, Saenchai Sor Kingstar.

Saenchai was recently awarded the Thailand Sports Writers Fighter of the Year for a second time and kicked off 2009 in style with a knock out over Nong-O on

February 6. Harrison will have his hands full with the inventive Thai who is renowned for his crazy moves including rolling carthwheel kicks.

The fight takes place at the Fairfield's Hall in South London.

GET IN ON THE IK FORUM

The International Kickboxer Forum is the place to be online these days with plenty of information, fight reviews, previews and heated debate!

Check out the forum at www.sportzblitz.net, register and become a participating poster. Among the big names to post on the forum are Wayne Parr, Ben Edwards, Nick Stone, Bruce MacFie, Fox Sports duo Michael Schiavello and Mark Castagnini and more.



IK FORUM: Log on to www.sportzblitz.net



WHAT'S HOT, WHAT'S NOT

HOT

MELVIN MAENHOFF – at only 89kg he knocked Mark Hunt out in 17 seconds at Dynamite!! This is Carnage's weight division – hint hint!

YODSANKLAI – wins the Guinea 8-man tourney with ease. He just keeps getting better.

ELI MADIGAN – young, hungry, aggressive and technically superb. There's nobody we'd rather fly the Aussie flag in The Contender, he just needs to up the personality a little.

FIGHT GIRLS – on Fuel TV. They're all hot.

WAYNE PARR – Fittingly the first holder of the INTERNATIONAL KICKBOXER belt. You could dip him in ice and he'd still be red hot.

ARTUR KYSHENKO – showed what could have been in the MAX final by beating Yoshihiro Sato at Dynamite!! on NYE in a great match

FRANK MIR – Pounding out Nog and setting up a rematch with Brock

EVOLUTION MELBOURNE – Just a rumour but word is it could come to fruition

DYNAMITE 2008 – watch it at eventmagic.tv and freak out at the results. An incredible night

TYRONE SPONG – danced rings around Zabit Samedov and then knocked out his opponent in Surinam in just one round. Guy's on another planet of awesomeness.

NOT

QUEENSLAND POLITICS – leave it off the internet. It has just become messy.

THAILAND AIRPORT CLOSURES – made Sean Wright extremely easy for J-Dubya to thump. Three flights will do that to you!

USELESS INTERNET POSTS – someone on sportzblitz suggested Dane "Daddy Cool" Beecham vs Mike Zambidis in 09. Drugs are bad people!

KOZO TAKEDA – he got out-Muay Thai'd by an MMA fighter

MUSASHI – he needs to retire. Now.

MIRKO CRO COP – a cure for insomnia these days

TONY ANGELOV – seriously. Come on.

GENERAL MEDIA – not one Muay Thai / Kickboxing / MMA mention among the best sports performances of 2008.

KICKBOXING WITH ELBOWS – a suggestion on the internet from a Melbourne promoter. Just adding more confusion. What other sport changes its rules to suit its participants as much?

ZAMBO vs PARR II – It's On!?

As this issue goes to print we hear the interesting news that Powerplay Promotions (Joe Nader) is close to locking in the rematch we have all been waiting for between Mike Zambidis and Wayne Parr in May in Melbourne!

Word is that the mega match could take place at Hisense Arena (formerly Vodafone Arena) which has a capacity of around 10,000. We're not sure yet on the finer details regarding rules, but we can tell you that this match has been a long time in the making.

Check onto sportzblitz.net and the International Kickboxer Forum for all the updates as this rematch looks set to be a lock in very soon.

IK FORUM: Log on to www.sportzblitz.net

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Saturday, March 21, 2009 | Sunday, March 22, 2009

Alexandria Town Hall, Sydney, New South Wales

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dominic@rollersaustralia.com.au

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Information on Senshido
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**RICHARD
DIMITRI**

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TIME TO SHINE in 2009

The following fighters would have featured in our "Up and Comers" sections over the last couple of years. Now with ring maturity and solid records under their belts, it is time for these stars to shine in 2009 and make the step up to the big time. KATHY PURCELL looks at the fighters poised to make the jump to career light speed this year.



ADAM TAYLOR

Age: 22

Location: Lugano, NSW

Gym: Taipan Muay Thai Gym

Training for: 7 years

Fight record: (19) fights (15) wins (3) loss (1) draws (5) (T) KO

Weight division:

71.5kg – 75kg

Best fight to date:

Adam Debono

Next fight is: TBA

Your strong point:

Elbows

What do you hope to achieve in 2009: Contender Muay Thai



CHIKUITA LOVINI-JORGENSEN (CHICKA TSUNAMI)

Age: 22

Location: Noosa

Gym: Mad X Gym with Tyson Murphy and Paul Madigan

Training for: 3 years

Fight record: (18) fights (12) wins (6) loss (0) draws (5) (T) KO

Weight division: 64kg

Best fight to date: Sasha Gill from Canada at 2008 World Games

Next fight is: Pending

Your strong point:

I've got a hard head, big heart and strong hands. Craig Glover once told me from the first second you hear that bell go forward not backwards so you can release the proper adrenalin to win the fight.

What do you hope to achieve in 2009:

I want to be the best in Australia and one day the world. I would love to go to Europe and fight all the girls there in my weight division.



DANIEL MOULDER

Age: 25

Location: Gold Coast, Queensland

Gym: Strikeforce

Training for: 5 ½ years

Fight record: (16) fights (10) wins (5) loss (1) draws (T)KO

Weight division: Welter Weight

Best fight to date: Australian

WMC Welter Weight Am against Wayne Martin on War on the Shore last July

Next fight is: Hopefully Mark Staiti in July!

Your strong point: Height and reach and knees

What do you hope to achieve in 2009: More good fights with consistency and more travel.

DIMITRI ILIEV

Age: 18

Location: Punchbowl

Gym: Taipan Muay Thai Gym

Training for: 4 years

Fight record: (20) fights (15) wins (5) loss (0) draws (0) (T)KO

Weight division: 62kg - 65kg

Best fight to date: Andrew Berridge

Next fight is: TBA

Your strong point: Knees and punches

What do you hope to achieve in 2009: WMC Australian Title

FLIP STREET

Age: 26

Location: Gold Coast, Queensland

Gym: Boonchu

Training for: 6 years including a 2 year break

Fight record: (25) fights (20) wins (5) loss (0) draws (6) (T)KO

Weight division: 60/61kgs

Best fight to date: Against Genki Nakamura of Japan

Next fight is: Pumipee from NZ on the next War On The Shore in March 09 for a title.

Your strong point: I can kick, punch, knee and elbow and I don't rely on just one technique.

What do you hope to achieve in 2009: I will continue to fight as hard as I can to beat who ever I

can. I want to continue to be challenged. I have a long way to go in this sport, but am prepared to keep going as long as it takes me to get to the top.



KYM JOHNSON

Age: 21

Location: Modbury, SA

Gym: Flinders Uni Muay Thai Club with Alan Wong, Jeremy Keeping

Training for:

6 years with my trainer Jeremy and 4 years at FUMTC

Fight record: (18) fights (12) wins (6) loss

(0) draws (3) (T)KO

Weight division: 70kgs

Best fight to date: My last fight against Jason Scerri

Next fight is: Knees of Fury 23, Feb 21 – against NZ Champ Shannon Foreman. He has fought Yodsaenklai and Dzhabar

Your strong point: My Speed, Kicking and being a technical fighter

What do you hope to achieve in 2009: To fight on some Qld shows to get my name out there and show everyone I can mix it with the best in Australia.



HEATHER O'DONNELL

Age: 23

Location: Sunshine Coast

Gym: Sunshine Coast Thai Boxing Centre

Training for: Nearly 5 years

Fight record: (20) fights (14) wins (6) loss (0) draws (4) (T)KO

Weight division: junior

featherweight/ featherweight

Best fight to date: Michelle Preston in New Zealand

Next fight is: 4 woman eliminator in NSW

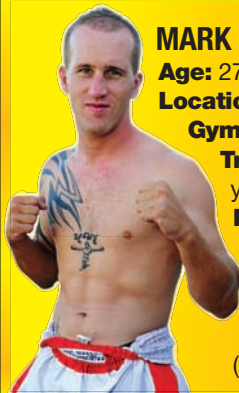
Your strong point: Bit of everything I like to think but

grappling is always fun

What do you hope to achieve in 2009: Challenge

Tiana Caverly for the WMC Intercontinental title. Compete in

the Arafura Games and keep as busy as I can, hopefully 10 fights for the year.



MARK SARRACINO

Age: 27

Location: Brisbane

Gym: Boonchu

Training for: 8 yrs

Fight record:

(24) fights

(16) wins

(7) loss

(1) draws

(6) (T)KO

Weight division: 63.5kgs

Best fight to date: Last fight with Mark Staiti.

Next fight is: Got a few, just waiting for confirmation

Your strong point: Powerful, aggressive, and I like doing little tricks

What do you hope to achieve

in 2009: Defend my title/ win some more. Fight on more Evolution shows, and interstate and overseas!

MICHAEL 'TOMAHAWK' THOMPSON

Age: 19

Location: Brisbane

Gym: Ironfist

Training for: 4 years

Fight record: (18) fights (12) wins (6) loss (0) draws (5) (T)KO

Weight division: 57-59kg

Best fight to date: Would have to be the rematch between myself and Ghot NTG

Next fight is: I'm not 100% sure on whom I'll be fighting, but I should be fighting on a show in February

Your strong point: I think my punching would have to be my strongest point followed by my knees

What do you hope to

achieve in 2009: Well my biggest goal for '09' is to finally be the holder the Australian title, but that's going to take a lot of hard work in and outside of the gym.



STEVEN ZANKL

Age: 21

Location: Mandurah WA

Gym: Lanna Muay Thai at the XL Martial Arts Academy Mandurah

Training for: 9 years

Fight record: (27) fights (16) wins (11) loss (0) draws (7) (T)KO

Weight division: 63.5kgs

Best fight to date: Flip Street

Next fight is: Knees and elbows

Your strong point: Supremacy 6

What do you hope to

achieve in 2009: A few belts around my waist

THOR HOOPMANN

Age: 24

Location:

Gold Coast

Gym: Boonchu

Training for: 3

and ½ yrs

Fight record:

(20) fights

(16) wins (4) loss

(0) draws

(11) (T)KO

Weight division:

86 to 100+

Best fight to date: Was against Steve Mckinnon as well as winning the Planet Battle Tournament.

Next fight is: Knees of Fury in Adelaide on Feb 21st

Your strong point: I think I've got good fitness and stamina for a big fella. Strong defence, quick and powerful punches

What do you hope to achieve

in 2009: For 09 I want to have as many fights against quality opponents as I can



CALEY LEWIS

Age: 23

Location: Perth, WA

Gym: Riddlers Gym

Training for: 10 years but only fighting for 3.

Fight record: (13) fights (11) wins (2) loss (0) draws (1) (T)KO

Weight division: 57/58kg

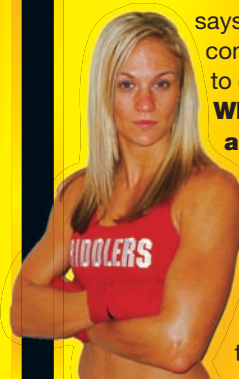
Best fight to date: Best and hardest – either Nicole Brolan or my second fight with Alicia Pestana

Next fight is: One in Thailand, then Theresa Carter in Perth on Supremacy 6 – March 14th

Your strong point: Darren says my speed and combinations. I also love to grapple.

What do you hope to

achieve in 2009: I want to keep busy and keep improving with every fight and to fight the best female fighters out there at my weight. I look forward to defending my title in May in Vic. **IK**



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A TROJAN WITH NOTHING TO HIDE



THE STUART MCKINNON STORY

Stuart Mckinnon is regarded as one of the best kickboxers to ever come out of New South Wales. His sheer speed and effortlessly precise kickboxing techniques made him one of Australia's most popular fighters.

SHOTOKAN KARATE – THE BEGINNING

Stuart began his martial arts journey at the tender age of four. His father was a master of a Shotokan Karate who owned Karate schools in Scotland and Australia. His father's passion for the martial arts influenced Stuart to a great extent. Stuart achieved his black belt at ten years of age and competed in numerous karate tournaments competing in over one hundred and thirty bouts. He was virtually undefeated as a junior and at seventeen Stuart had his first introduction to kick boxing when he attended a professional kickboxing fight night in Sydney. After just watching a couple of fights Stuart had decided that professional kickboxing would be his next big challenge.

Initially, his father began teaching Stuart and his brother Steve kickboxing (Steve is the Current WBC Muay Thai World Cruiserweight Champion) in the garage of the family home. Stuart had his first three kickboxing fights as a middleweight with his father being his trainer. After tasting success in the ring Stuart decided that he wanted to 'go all the way' and see how good he could be. The first decision he made was

picking the best gym he could find. At the early kickboxing fight nights he noticed that the fighters from Nick Stone's Bulldog Gym in Manly were nearly always the winners and by asking around he found that Nick Stone himself as he was one of the most qualified instructors in Australia. As a result Stuart began his long association with Nick Stone and Bulldog Gym.

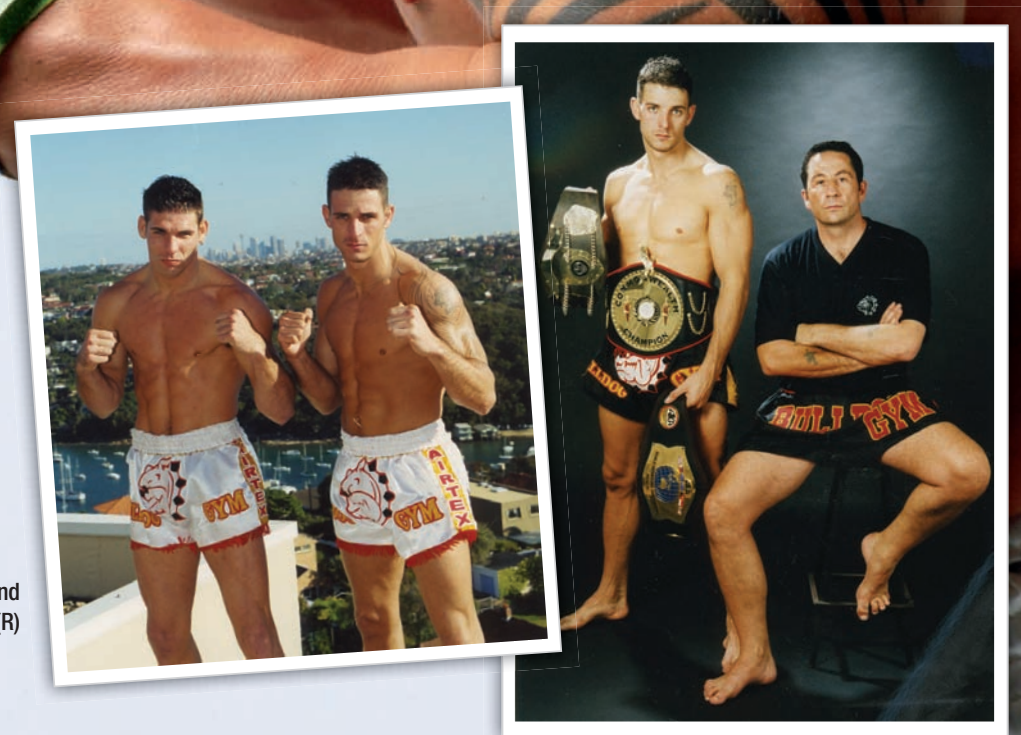
BULLDOG GYM – FIGHTING CAREER

Following just six kickboxing fights under Nick Stone, Stuart won his first title, the WKA NSW light heavyweight title. Then after fifteen kickboxing fights Stuart defeated current K1 superstar Paul "The Sting" Slowinski to capture the Australian WKA Light Heavy Weight title. The fight was an absolute war, as to get a victory of Slowinski requires an extreme level of violence! Stuart dropped Paul several times with devastating running leg kicks and applied an insane intensity for the full five rounds to seize a unanimous point's decision. This impressive win of Slowinski was the catalyst for even bigger fights throughout Australia and the rest of the world. Stuart ended his kickboxing

fight career with an impressive record of 30 fights for 27 wins, 17 in the way of knockouts and incredibly he won his last 20 fights, which included two World Kick boxing title's and one Commonwealth Muay Thai title.

PROFESSIONAL BOXING

In the middle of his kickboxing career Stuart started professional boxing mainly for the challenge and to improve his boxing skills for his kickboxing fights. He compiled an enviable record of six fights for six wins. Stuart believes that training and fighting as a professional boxer is a great asset to a kickboxer, but said the footwork and balance of a boxer needs to be adapted to a kickboxing. "For example" Stuart says "I wouldn't recommend ducking and weaving to much in a kickboxing fight as it can leave you open to some damaging knee strikes. I will never forget the night when Mike Cope suffered a big knock down by Mike Zambidis. Cope miraculously beat the 8 count then as Zambidis began ducking and weaving trying to set himself up for a big hook, Cope charged forward and latched on to Zambidis with a Thai clinch and delivered a devastating knee strike to the centre of Zambidis'



With brother Steve (L) and
with trainer Nick Stone (R)

face splitting it in all directions. It was a lesson I learnt from. Boxing is great but needs to be modified and adapted to become an asset for Muay Thai. You can't duck and weave to much as this leaves you vulnerable to being clinched and kneed in the face or body; and you can't keep a classical boxer's stance where you are equally balanced on you front leg as this leaves you very exposed to low kicks that will have a devastating impact as a lot of your weight will be on your front leg."

THE COMEBACK!

Stuart initially retired in 2003 but got the urge to make a comeback after a four year lay off from professionally fighting. He was matched up against John Gelea from New Zealand. Although Stuart had a long lay off the script remained the same and he knocked out Gelea in the first round with his trademark devastating switch kick to the body.

A year later the urge to return to the ring surfaced again and he fought the John "Wayne" Parr trained and current Muay Thai Star Thor Hoopman, in a full rules Muay Thai fight. Although Hoopman was

a 'different actor' Stuart was still reading from his winning script and he won a convincing unanimous points decision over Hoopman.

FAVORITES TECHNIQUE

Stuart says "my favorite Muay Thai technique is the switch body kick as this technique when executed properly is totally devastating. The speed and power that a good fighter can generate with this kick is easily enough to TKO your opponent when it smashes on to his ribs. Even if your opponent manages to block the switch kick with his forearms you will have done damage and this is an area that you can concentrate on to simply batter your opponent into submission. The switch kick when executed with full power and speed is akin to a battering ram – you opponent may be able to withstand a few of the barrages but after a while you will simply explode through your opponent defence."

BEING A CHAMPION

Stuart believes that "a champion fighter needs to be fit, possesses excellent Muay Thai technique and be mentally strong. If a fighter has made the sacrifices and suffered in the gym he should have no doubts about his ability. It's only when a fighter has cheated on his training that the mental questions and self doubt start to arise.

If you have trained as hard as you could possibly have trained

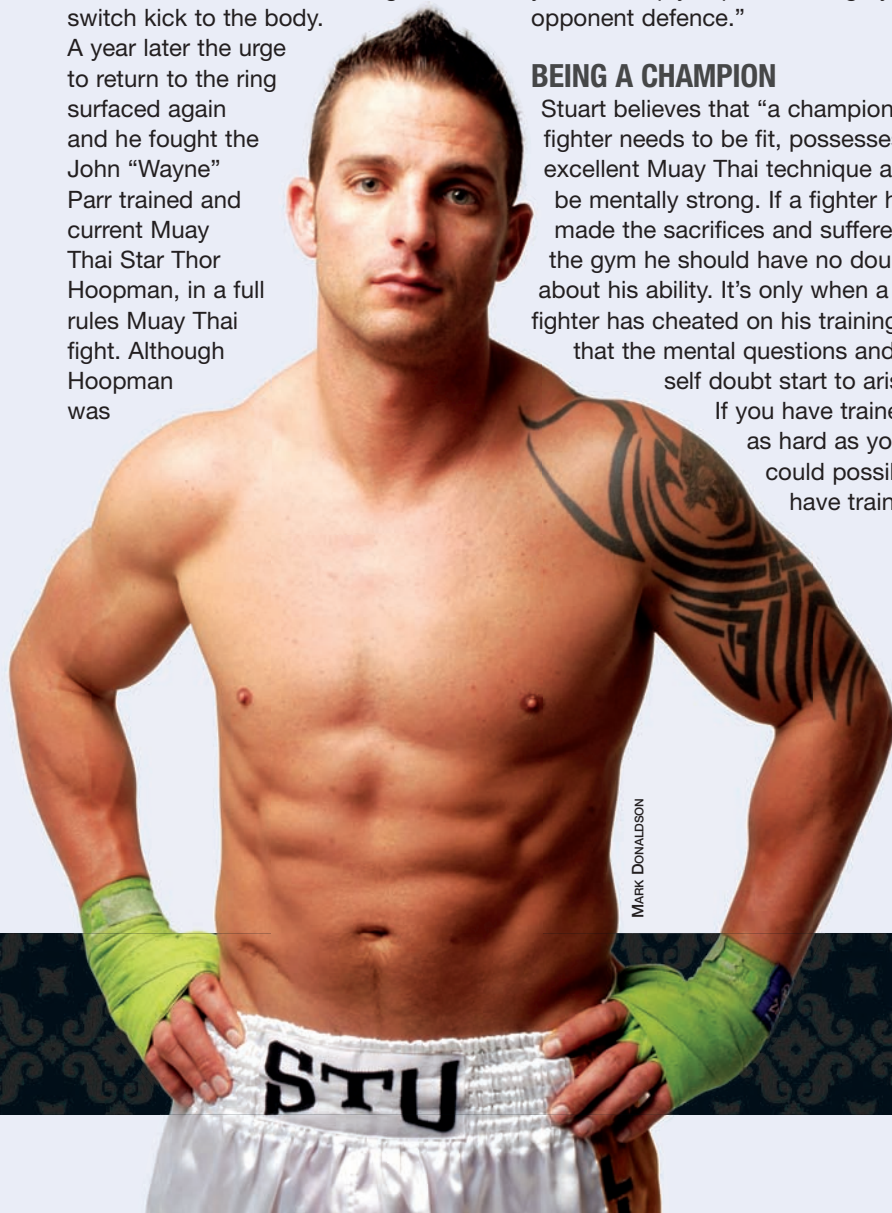
then mentally you shouldn't have any reasons to doubt yourself."

TRAINING IN THAILAND

Training Muay Thai in Bangkok at Fairtex Gym Stuart cites "as a major influence in my Muay Thai career. I began training at Fairtex with Nick Stone about twelve years ago and really love it there. The training is really excellent and has helped me prepare for some of the bigger fights I have had. For the last several years of my fight career I was also sponsored by Fairtex which was a big help as it's a struggle to get proper sponsors. Even now I always made a least a couple of trips to Fairtex a year to train."

BULLDOG GYM - CASTLE HILL GYM

Stuart as a fighter was known for his speed and precision techniques which he now passes onto his students at Bulldog Gym - Castle Hill. Now Stuart is 'definitely retired' his absolute focus is on running his gym and training his brother, Steven McKinnon who recently won the WBC Super Cruiser weight title in Jamaica. Stuart has also trained several world and national Champions some of these include Shane Meads, Frank Zammit, Danny Abdullah and Mick Neilland. Stuart says "whilst I was fighting I was also operating a full time gym (Bulldog – Castle Hill) which was very hard to juggle. If you are a professional fighter you need to focus solely on training for your fights as it's simply too difficult to try and combine the two. Although you think that you can manage fighting professionally and running a full time gym at the same the reality is that you simply cannot devote enough time to each and consequently both will suffer. Now my total focus is on running my gym and I have now taken the gym to an entirely different level. I train professional fighters, run general kickboxing classes and offer private lessons – that is now my priority and it shows." **IK**



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THAT TIME OF THE MONTH

Love us and hate us but bear with us, that "time of the month" is never going to be something that goes away for us girls.

Our hormones are something that we can't avoid. As much as we would love to be able to stop the feelings that come with our monthly cycle, we can't. Realistically and depending on the girl, we suffer changes for 1½ weeks/2 weeks out of the month, which to put it in a nutshell is half the year.

The week leading up to our due date, things can get a little shaky. Without warnings, we can get upset over the silliest things (guys please bear with us if this happens), we feel bloated, overweight, our bodies are more sensitive at training and we crave foods we should be avoiding. Throw that all in with intense training and it can get extremely overwhelming.

There are things we can do to help ourselves to keep on top of things and minimise its effect when we are focusing on training or preparing for a fight.

Water is essential and crucial for training. Even though you feel bloated and your training shorts feel tight, we must keep our fluids up. Leaving ourselves not hydrated because water makes us feel even more bloated, is only going to lead you to feeling tired and without energy. Your muscles need the fluid to perform and leaving them thirsty is going to decrease your output in the gym.

Increase your green leafy veggies and fruits. This will help reduce any toxicity level build ups and keep your natural energies high. As much as we crave chocolates/ lollies for short term satisfaction, do your best to avoid them as later in the day you will feel sluggish and hit a sugar low. Maybe reward yourself every couple of days with something small to reduce the cravings but do your best to steer clear of binging.

Keep your iron levels in check by eating the correct foods. Anaemia (iron deficiency) is extremely common in females and this can result in more bruising than normal and most commonly lack of energy and decreased physical output. Taking iron tablets daily during your period will help eliminate tiredness and aid with reducing any bruising. Taking evening primrose oils will also help balance out your hormone levels and help with moods. Let your trainer know when it's your time of month so he/ she understands and is aware that there may be some changes.

Take some time out to yourself at the end of the day. Meditate for ten minutes before you go to bed

and focus on reminding yourself you are training just as hard and well even though it may not feel like you are. It's purely a phase of not feeling 100% and will pass so don't concentrate on how horrible you feel, concentrate on your dedication and perseverance.

It's an unfortunate process, especially for elite athletes. Female fighters can suffer the effects of having trouble cutting weight due to our bodies retaining fluids so it's best to watch your weight around these times and practice on doing what's right for your body. All we can do is our best, look after ourselves the best we can and stick to focusing on what we know how to do best, training Muay Thai. **IK**



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YOUNG GUNS IN ACTION

On the 4th of November at Lumpini stadium, Petchsuphapaan promotions held a show featuring many of the big named rising stars of the Thailand fight scene.

Nongbonlek Sitmutu had another battle against Moo4 SitThor. Nongbonlek one of the strongest clinch and knee fighters in the game, pitched against one of the hardest hitters. Nongbonlek started well smothering Moo4's attacks, but Moo4 came forward relentlessly with strong punches and lowkicks and in the 3rd the pressure came to be too much for Nongbonlek, who crashed to the canvas after a barrage of hard punches and lowkicks, where he was counted out by the referee.

Hogun Sitkruuwat faced a tough battle against Wanchailek Kiatphukam. Hogun started positively, landing with some fast counterkicks. Wanchailek's workrate was non-stop though and he gradually wore down Hogun, with strong knees and kicks and took the fight on points.

The main event saw former Lumpini 105 pound champion Nongnaen Kiatprathum, take on the current 105 pound champ Petchmorakot Theedet 99. The fight was a classic battle between two very talented young fighters, with the momentum going back and forth between the two, Nongnaen, scoring with aggressive bursts of kicks and knees, but Petchmorakot coming off with a big barrage of kicks in the 4th to pull ahead. The final round saw Petchmorakot seal his victory, with lack of action recently for Nongnaen proving too much to overcome.

2 MILLION BAHT THRILLER

On the 11th of November at Lumpini stadium Kiatpetch promotions held a nice show with a vacant Lumpini title belt on offer and a huge bet in the main event.

Noppadet Chengsimiw gym took on Kongfar Uddonmuang for the vacant Lumpini 140 pound title. The fight was a close, action packed battle. Kongfar took the early action with some solid punchers and strong kick attacks. Noppadet came on strong in the 4th with knees and the final round was very close with both landing good shots. The decision went to Kongfar though, on virtue of his higher workrate, with Noppadet seen as leaving it a little too late to get going.

Saenghiran Lukbanyai took on Mongkhonchai Petchsuphapaan in another of his comeback fights since returning to Muay Thai from international boxing. Mongkhonchai looked by far the sharper of the two in the early rounds, picking off Saenghiran with sharp roundkicks to the body and a few to the head. Saenghiran came to life in the 4th though and landed with several big punches and kicks in the second half of the round to pull ahead. A sharp pushkick at the start of the final round, that sent Mongkhonchai flying off his feet to the canvas, sent Saenghiran further ahead. Mongkhonchai started to punch now in an attempt to try and get back into the fight, but Saenghiran's international boxing skills served him well, as he jabbed and moved to a points win.

The show's main event featured a huge side bet between the two camps, with each side putting up 1 million baht and the winner walking away with a cool 2 million. The fight between Rungrat Naratrikun and Wanchalerm Sitsonong was a thriller, with Rungrat taking the early running with some solid punches and kicks. Rungrat looked like he was heading for victory after some solid knees in the 3rd and start of 4th, but Wanchalerm came back in the second half of the 4th round with a huge barrage of knees and kicks that saw Rubrat



looking spent. Wanchalerm further dominated the final round to take a stunning come from behind win and take the huge prize at stake.

NONG-B GETS REVENGE

The 20th of November at Ratchadamnern under Kiatyongyuth promotions saw a rematch between Nong-B Kiatyongyuth, one of the biggest names in the sport for the last 10 years and young rising star Petchasawin Seatransferry. Petchasawin won the first encounter in a thrilling battle where his youth and enthusiasm shone through. The return was another close exciting battle with both firing in solid kicks and knees throughout. Nong-B looked a little sharper in the return and possibly had prepared a lot more thoroughly as he never slow the pace throughout and took a close decision victory.

SAENCHAINOI STRUGGLES

On the 21st of November at Lumpini stadium as main event of Pumphuanmuang promotions, Saenchainoi Toyotarayong came off a recent loss to Saenchai Sor Kingstar, looking for a win against



Petchmankong Petchfergus to get his career back on track. Saenchainoi was originally the favorite, but after a big struggle to make the weight in the morning Petchmankong started as favorite. The fight reflected the odds though as Saenchainoi struggled to get going and let Petchmankong pull ahead with big knees to take the win.

JAPAN VS SWEDEN AT LUMPINI

The 25th of November at Lumpini stadium saw, Petchyindee promotions put together an interesting card. With a Japan vs Sweden world title fight and several of the young up and coming stars.

Nakamura Or Piriapinyo from Japan faced Sweden's Chris Foster for the vacant W.P.M.F Super-featherweight world title. The fight was very evenly matched with Nakamura scoring with solid lowkicks early on and Chris coming back with solid knees. Chris pulls in front with some good clinch and knees, but lets Nakamura back into the fight in the 4th as he lands with some solid bodykicks, as Chris starts to look tired. The fight is very close in the final round, both land with hard elbows, Nakamura pulls ahead slightly with some good kicks. Chris can take the win, but doesn't push forward enough and allows Nakamura to take the decision.

Duangpikart Kor Sapaonthong took on Sailomnoi Theedet 99, in a battle of two rising stars. Sailomnoi starts aggressively, working over the legs of Duangpikart with hard lowkicks and firing in solid punches. Duangpikart has a considerable height and reach advantage though and takes over with hard knees and strong clinching and takes the points decision.

Moo4 Sitthor continued his winning streak with a exciting win over Saenkon Mor Muangchaiyaphum. Moo4 fought in his usual aggressive hard hitting style,

but faced some stiff resistance and some sharp elbows from Saenkon. Moo4 switched to solid knees in the 4th and wore down Saenkon to take the win.

The main event was a rematch from the previous month between Khunponjiew Saengsawangpanplaa and Yodpetch Wor Sangprapai. The first fight was for the vacant Lumpini and Thailand titles and this time saw just the Thailand belt up for grabs. Khunponjiew starts well with strong kicks and punches. Yodpetch comes on strong in the latter rounds, using his height to tee off with solid knees, but as in their first encounter, Yodpetch just isn't quite positive enough in the final round and allows Khunponjiew to snatch a draw.

LUMPINI BIRTHDAY SHOW

The 9th of December saw the annual Lumpini stadium birthday event, with several big names on the card and a few titles up for grabs.

Nongnaen Kiatprathum put his Thailand Light-flyweight title on the line against Jomhod Eminent air. Jomhod starts the fight looking real sharp and firing in fast explosive punches. He controls the ring well and looks in control in round 3, but Nongnaen's determination and stamina prove too much as Jomhod

fades off in round 4 and allows Nongnaen to cruise to the win.

Ruangruanglek Lukprabart and Wanchalerm Sitsosong squared off in a fight with a 600,000 baht side bet at stake. Wanchalerm started well, but Ruangruanglek took over with solid knees in the 3rd. Wanchalerm looked like he had forced his way back into the fight in the 4th with some big knees of his own, but Ruangruanglek managed to find another gear and upped the pace again with a big barrage of knees to move well in front and take the win.

Petchboonchu F.A Group put his recently won Lumpini Featherweight title on the line against the hard hitting Saenghiran Lukbanyai. Saenghiran starts strongly, working Petchboonchu's legs with hard lowkicks and firing in clubbing punches. Petchboonchu's height and strength gradually prove to be too much though and he takes over with strong knees and defends his title on points.

Sam-A Thor Ratonakiat put his Lumpini Super-bantamweight title on the line against Ganchai Fairtex. Ganchai beat Sam-A fairly convincingly earlier in the year, but it looked like a different fighter turned up on the night, with Sam-A controlling the action from the off and



Nakamura vs Chris



Ganchai never really getting going. Sam-A dominated with left kicks to take the win by a large margin, with Ganchai's performance put down to a big struggle to make the weight and a probable step up in divisions for him in the future.

The main event saw Nong-O Sir Or step in to fight Wuttidet Lukprabart. Wuttidet was originally due to fight Saenchai Sor Kingstar, but Saenchai was unable to make weight in time after a difficulty journey to Europe to fight due to earlier closure of Bangkok airport. Nong-O came into the fight looking to avenge a 4th round K.O loss to Wuttidet, after looking good for the win at Ratchadamnern a few months previous. In this encounter, Nong-O didn't put a foot or fist wrong, as he outclassed Wuttidet with blinding speed and sharp counterkicks to take a comfortable win.

SAENCHAI TAKES BIG AWARD

The first of the two big boxer of the year awards was announced in December and the Award for Sports authority of Thailand Muay Thai Fighter of the Year went to Saenchai Sor Kingstar, widely regarded as the pound for pound best fighter on the planet. All eyes will now focus on the results from now until April when the

Saenchai vs NongO



Sportswriters of Thailand award is announced and on current form Saenchai would be a strong contender to pick this up for the second time in his career.

NEW YEAR THRILLER

The first show of the year at Lumpini saw a couple of big guns in action on a Praianan promotions show, with Saiyok Pumpanmuang vs Samranchai 96 Penang. Both fighters had been plying their trade abroad in recent months. Samranchai looked the sharper of the two for the first three rounds, picking off Saiyok with sharp kicks

and counters. Saiyok, the younger and more recently active of the two, took over from the 4th onwards though and his more recent activity proved the deciding factor as he managed to land with some strong knees and kicks and Samranchai's ring rust was just a little too much to see him take the win.

The main event between Kangwanlek Petchyindee and Petchsiri Por Siripong, proved to be a very early contender for the fight of the year, with a bloodbath of a battle. Kangwanlek cut Petchsiri badly in the 4th with some razor sharp elbows, but Petchsiri showed an incredible will to keep going and he cut Kangwanlek with a sharp elbow of his own in the 5th. Both gave it their all and the judges were unable to call a winner at the end, with the fight ruled a draw and a rematch, a sure fire stadium filler on the cards.

PETCHSUPHAPPAAN SUPERFIGHTS.

The 6th of January saw a huge show from Petchsuphapaan promotions with many big names on the card.

Petchmorakot Theedet 99 took on Thanupet Luknongpai with a 900,000 baht side bet at stake and the Vacant Thailand Lightflyweight



Nongnaen vs Jomhod



belt up for grabs. The action was back and forth between the two, with Thanupet landing with sharp counter kicks and fast punches and Petchmorakot with solid kicks and knees. Petchmorakot took over in the final round to take the win.

Rungpetch Wor Sangprapai took on Duangpichit Or Siripon in a battle of clinchers. Rungpetch looked strong early on, but Duangpichit proved to be the smarter of the two, smothering Rungpetch's attacks and picking him off with hard knees through the middle to take the win.

Petchmankong Petchfergus took on Lo-ngern Por Muangthongsong in another battle of clinchers. Lo-ngern's determination was impressive throughout the fight as he attacked Petchmankong with knees, elbows and punches, but Petchmankong's superior size was too much and Petchmankong took the win with some heavy knees.

Sam-A Thor Ratonakiat took on Pornsaneh Dangdang-mookatachiangmai in a fight that had the fans stirred up. Pornsaneh took the fight to Sam-A from the off with some brutal punch attacks and looked like he may finish the

fight in round 2 with some vicious body shots. Sam-A came back with his trademark, razor sharp kicks and was in front at the end of the 4th. Pornsaneh came out strong in the final round and looked to have done enough for the win, but Sam-A snatched the victory from his grasp in the dying seconds of the round, spinning down Pornsaneh twice from the clinch to secure the win.

The main event saw Saenchai Sor Kingstar take on Nong-O SitOr. This fight had Nong-O, coming into the fight on the back of a stunning performance in the Lumpini birthday show. Nong-O showed his blistering speed again early on, landing with some fast counters and had a few wondering if he could pull off a stunning upset, but Saenchai showed why he is considered the best there is in the 3rd with some blisteringly fast punches that sent Nong-O crashing to the canvas where he was counted out.

SONGCHAI SUPERFIGHTS.

The 14th of January saw Songchai Ratanasuban, Thailand's number one promoter, show just why he is considered the best there is when it comes to match making, with an action packed fight card at Ratchadamnern stadium.

Singthongnoi Por Telakun took on Petchthawee Sor Kittichai in their third encounter with Petchthawee having won the first two. This fight was just as exciting as the previous two, with the action in the clinch non-stop, both landing with quality knees and some fierce elbows also thrown into the mix. Singthongnoi, just took the win with his size being the deciding factor as he landed with the heavier shots throughout.

Noppakrit Namplaatraahomuk took on Rittijak Kaewsamrit and both put on another thrilling battle for the fans. Rittijak's superior speed and sharpness proved to be

too much for Noppakrit, who never stopped pushing forward, but got caught by too many sharp counters from Rittijak.

Chartchainoi had to give Luknimit a huge 5 pound weight advantage, to make the fight a close one. This proved to be too much for Chartchainoi to overcome as Luknimit edged the fight with big, long knees on route to the win. Chartchainoi kept the fight very close throughout though, with some razor sharp roundkicks and a rematch with the weights closer will surely happen soon.

Petchsanguan Sitniwat came off a win against the hard-hitting Bovy Sor Udomson to face Puja Sor Suwanee. The fight looked a well-matched affair for the early rounds, with the sharp technical Puja, having to be at the top of his game against the tall rangy, hard knees of Petchsanguan. Petchsanguan came on strong in the 4th and looked to be pulling in front, but midway through the round, Puja lashed out with a fast, accurate high kick that crashed into the jaw of Petchsanguan, knocking him out cold.

The main event saw Thong Lukmakamwan give up 4 pounds in weight to rising superstar Pakon Sakyothin. It was another seesaw battle that had the crowd roaring their approval. Thong was in front going into the final round with some sharp counters and solid knees in the clinch. Pakon came out determined in the final round and managed to spin Thong off balance from the clinch 3 times to pull in front. Thong countered again and both fighters stood off for the rest of the round, preferring to take their chances with the judges than get caught with a big counter that could cost them the fight. The result was a split decision win for Pakon with two judges giving him the victory and one scoring the fight a draw. **IK**



Sam-A vs Pornsaneh

THAILAND'S KING'S CUP

Over 200,000 spectators watched The King's Cup



THE ENORMITY

The WMC-One Songchai once again wowed the crowd in honour of HM's birthday celebrations. The World Muay Thai Council, the world governing body for Muay Thai under the directive of the Royal Thai Government again joined forces with WMC Super promoter Songchai Ratanasuban to stage this spectacular event outside the beautiful setting of Wat Phra Kaew (The Temple of the Emerald Buddha).

December 5 is the day when the whole kingdom celebrates

His Majesty's birthday and only the recognised federation has the permission to stage the Muay Thai gala to honour this glorious day. This year, the trophy was again donated by His Majesty the King, and the show was a truly special one. It was televised in over 160 countries with fighters from around the world participating on both the under and main fight cards.

The main card that everyone was glued to was the WMC-One Songchai super 8, which was a mega tournament that allowed

the winner to advance into the next qualification round for The Contender Asia season 2. Other events included a female super 4 tournament, junior and amateur fights that were witnessed by well over 200,000 spectators. Among the spectators the event were many VIPs and representatives from various embassies who all came to support their athletes and wish the King a happy birthday.

Embassies present included the likes of Kazakhstan, Malaysia, Germany, France and Canada. The



Kem Fairtex on his way to becoming King's Champion

candle ceremony was breath taking as it is every year, with the boxing ring in the middle of a sea of over 500,000 people lighting candles in honour of His Majesty. Following the sea of candlelight on the ground was a fantastic display of fireworks that painted with bursts of colour an excitement.

CAVERLEY WINS FOR AUSTRALIA

The King's Cup gala main fight card not only included the male Super 8 tourney, but also featured a Female Super 4 tournament which illustrated throughout the bouts that the female of the species is no less a fighter than their male counterparts.

The Super 4 line-up included Sainumdoi Pitaklo-Ngen (Thailand) VS Jubjang Lookmakarmwarn (Thailand) in the first match. Both girls were neck and neck, but Sainumdoi proved her worth to the judges who awarded her the win after the final bell. Next up was Tiana "Tiger" Caverley VS Moddang Sit Ja-Dang. This bout saw another explosive wow from the crowd when Tiana displayed her Muay Thai proficiency and showed Moddang the short cut to the canvas with a spectacular KO in the 2nd round.

The final was an engaging cat fight between Jubjang Lookmakarmwarn and the Tiger Tiana Caverley. Jubjang came off the starting line hard and fast, but then ran out of fuel in the early stages. Tiana, with endurance and stamina to her advantage then pounced on the opportunity and worked her relentless combos. The decision was clear. It was Tiana who took the victory on points and made her a superstar in Thailand

KEM FAIRTEX BECOMES KING'S CHAMPION

The main card of the King's Cup gala was the Super 8 tournament in which the stakes were high. The winner of the event would proceed to the final qualification in which Contender Asia season 2 hopefuls would earn the right for a spot on the show, slated for production in Malaysia in 2009.

The first match of the 8 man tourney was between Nopparat Keitkhamtorn (Thailand) VS Mertens Christophe (France). Nopparat took the win by point decision. It was a great performance by both fighters, and the Frenchman proved that he could go toe to toe with the natives. Next up was Egon Racz (Slovakia)



Our new Queen, Tiana Caverley, is the King's Champion

VS Josh Palmer (Canada). A close fight with the decision going to Slovakia. Third fight of the tourney was a battle between Kem Fairtex (Thailand) VS Berat Aliu (Germany). This match had the crowd glued to the ring, both fighters on level pegging, but Kem Fairtex took it home with a points decision.

The first semi-final of the tournament brought Nopparat face to face with Egon Racz. This match had the crowd stunned when Egon knocked Nopparat out cold in the 3rd round with text book muaythai. The next semi-final saw Kem Fairtex against Vlado Konsky. Kem once again proving his dominance and won on points. The final of super 8 had arrived, and it was down to Kem Fairtex VS Egon Racz.

Both fighters battled hard in a tumultuous struggle, showing world class Muay Thai skills, but in the end, it was Kem Fairtex who brought the victory home, earning the right to proceed to the next qualification round for Contender Asia season 2. **IK**

FIGHTS

THE FANS WANT TO SEE

Fight fans on the International Kickboxer Forum at sportzblitz.net were asked to nominate the local and international fights they most want to see in 2009. Following are the TOP 20 matches the fans want to see.

Soren Monkontong has been fighting in Thailand, but we all want to see him more back home

NATHAN CORBETT (IK # 1 CRUISER) VS MELVIN MAENHOFF

Corbett's lack of truly challenging opponents lately and Maenhoff's knockout of 105kg Paul Slowinski and 120kg Mark Hunt in December make this a fight fans are demanding highly. Maenhoff packs the greatest power-to-weight ratio in the world, tipping the scales at only 89kg!

WAYNE PARR (IK CHAMPION) VS MIKE ZAMBIDIS II

One of those much-touted rematches that never seems to die. Last time out it was Zambidis who edged a controversial decision on a K-1 Max Oceania show in Melbourne. Would the rematch be different? Most fans believe Parr wins it second time round.

ELI MADIGAN (IK # 7 JUNIOR MIDDLE) VS BRUCE MACFIE (IK # 1 JUNIOR MIDDLE, #4 MIDDLE)

A fight that has to happen in 2009, most likely when Eli emerges from The Contender Asia Series 2 house. He has already beaten two of Series One's fighters in Zidov Dominik and Soren Monkongtong, but Bruce MacFie presents a whole different scenario and more aggression than Soren and Zidov.

YODSANKLAI VS BUAKAW

Most fans want to see it under Full Thai Rules though K-1 Max rules will suffice. The two most famous Thai fighters on the planet, one a two-time Max champion, the other a Contender Champion and both Muay Thai world champions. A marquee match of the highest order.

WAYNE PARR (IK CHAMPION) VS YODSANKLAI III

In their two previous fights it was Yodsanklai who came up trumps. Could Wayne Parr find a way to finally



defeat his arch-nemesis and the man who has given him the hardest fights of his career? Or does Yodsanklai genuinely have Wayne's number?

NATHAN CORBETT (IK # 1 CRUISER) VS TYRONE SPONG

Was in much more demand in 2008 but given Spong's move to heavyweight and K-1 and Corbett's refusal to go there, this match may never take place. Would settle a lot of arguments if it did!

BADR HARI VS REMY BONJASKY

The hottest rivalry in the world at the moment. Hari is 0 - 2 against Bonjasky, getting himself disqualified in their last outing. Would he be able to penetrate Bonjasky's water tight defence or is Bonjasky the one man who will always haunt Hari?

BRUCE MACFIE (IK # 1 JUNIOR MIDDLE, #4 MIDDLE) VS DANIEL DAWSON (#2 MIDDLE)

These two middleweight titans are 1-1 in previous encounters. Dawson had MacFie's measure the first time, MacFie avenged in the rematch. Fans say it is time for a tie-breaker and yet again it would produce a fantastic contest.

ARTUR KYSHENKO VS BUAKAW

Kyshenko is the new MAX star who came agonizingly close to taking the title in 2008 while Buakaw was knocked out of contention by Sato (who Kyshenko beat on NYE). A showdown between old guard and new generation.

ELI MADIGAN (IK # 7 JUNIOR MIDDLE) VS SOREN MONKONGTONG (IK # 2 JUNIOR MIDDLE, # 5 MIDDLE) II

A much anticipated rematch. Soren had valid excuses for losing their first match, but would he be able to overcome Eli's precision and aggression in a rematch? Fans want to find out.

NATHAN CORBETT (IK # 1 CRUISER) VS THOR HOOPMAN (IK # 3 HEAVY)

It would take a drop in weight from Thor and a step up for Corbett to make this happen at a catch weight. Fans keep throwing up ideas for genuine Corbett challengers but one feels this would be a big ask for Thor especially under Full Thai rules.

KYM JOHNSON (IK # 13 MIDDLE) VS SOREN MONKONGTONG (IK # 5 MIDDLE, # 2 JUNIOR MIDDLE)

Huge step up in class for Johnson but fans feel that South Australia's latest star is ready for it. Would be a technical battle between experience and youthful aggression. A definite prospect to have on Evolution or Knees of Fury.

AARON LEIGH (IK # 1 BANTAM) VS DANE BEECHAM (IK # 2 BANTAM)

The mother of all bantamweight matches between two of the countries finest show stoppers. Who would emerge victorious between the experience of Leigh and the unpredictability of the little pimp Dane Daddy Cool? A must happen fight in 2009.

GHOT SEUR NOI (IK # 2 FEATHER, # 3 BANTAM) VS AARON LEIGH (IK # 1 BANTAM)

At the time of printing this fight is scheduled to take place on February 21. Two guys who can play the technical game but can also knock you out and you know they won't gas or produce a dull moment.

BADR HARI VS SEMMY SCHILT

Only two men have ever defeated Semmy under K-1 rules, being Hong Mann Choi controversially and Peter Aerts. Does Hari have the mettle to defeat the three-time K-1 Grand Prix champion? **IK**

Will we see Carnage truly challenged in 2009?





* International Kickboxer Australian Fighter Ratings are compiled independently and without influence from any sanctioning body. While the utmost effort is made to include all top active fighters we urge trainers fighters and promoters to submit fighter records and updated fighter results as they happen to ikratings@blitzmag.com.au

MALES

JOCKEYWEIGHT 53KG

- 1 Aaron Leigh, QLD
- 2 Brodie Stalder, QLD
- 3 Chiko Noi, QLD
- 4 Mitchell Seth, WA
- 5 Tom Murray, VIC

BANTAMWEIGHT 55KG

- 1 Aaron Leigh, QLD
- 2 Ghot Suer Noi, QLD
- 3 Chris White, WA
- 4 Dane Beauchamp, QLD
- 5 Brodie Stadler, QLD

FEATHERWEIGHT 57KG

- 1 Chris White, WA
- 2 Dane Beauchamp, QLD
- 3 Ghot Suer Noi, QLD
- 4 Luke Aram, WA
- 5 Kevin Lay, QLD
- 6 Michael Thompson, QLD
- 7 Jeff Llanes, NSW
- 8 Oneal Ortega, VIC
- 9 Kirshall Wallace, QLD
- 10 Ben Tan, QLD

LIGHTWEIGHT 60KG

- 1 Phillip Street, QLD
- 2 Corey Gwaliasi, VIC
- 3 Beniah Douma, QLD
- 4 Matt McTavish, QLD
- 5 Chris Petrie, QLD
- 6 Luke Aram, WA
- 7 Andrew Berridge, QLD
- 8 Dylan Resnekov, NSW
- 9 Kevin Lay, QLD
- 10 Ben Burrage, NSW

JUNIOR WELTERWEIGHT 63KG

- 1 Joel Fisher, VIC
- 2 Brodie Smith, QLD
- 3 Mark Scaracino, QLD
- 4 Mark Staiti QLD
- 5 Beniah Douma, QLD
- 6 Matt McTavish, QLD
- 7 Steve Zankl, WA
- 8 Damian Kelly, NSW
- 9 Kevin Lay, QLD
- 10 Matt Jackson, QLD

WELTERWEIGHT 66KG

- 1 Kurt Finlayson, QLD
- 2 Mark Sarracino, QLD
- 3 Kym Johnstone SA
- 4 Mark Staiti QLD
- 5 Paul Smith NSW
- 6 Brodie Smith, QLD
- 7 Andy Colgrave VIC
- 8 Derek Harvey QLD
- 9 Ben Councel, QLD
- 10 Charlie Bechwaty, NSW
- 11 Oliver Warren, WA

- 12 Andrew Fenton, QLD
- 13 Yusha Ozhan, WA
- 14 Daniel Moulder, QLD
- 15 Josh Burns, QLD
- 16 Clinton Corke, QLD
- 17 Tom Lello, QLD
- 18 Wayne Martin, QLD
- 19 Jimmy Erwin, QLD
- 20 Kane Henderson, WA

JUNIOR MIDDLEWEIGHT 68KG

- 1 Bruce Macfie, QLD
- 2 Soren Monkotontong, QLD
- 3 Eli Madigan QLD
- 4 Greg Foley, NSW
- 5 Ben Burton, QLD
- 6 Jason Scerri, NSW
- 7 Tim Drury, NSW
- 8 Tim Haitley, VIC
- 9 Paul Smith, NSW
- 10 Jason Lea, WA
- 11 Ross l'anson, QLD
- 12 Oliver Warren, WA
- 13 Wayne Martin, QLD
- 14 Milan Milosovic, SA
- 15 Daniel Holmes, NSW
- 16 Daniel Moulder, QLD
- 17 Adam Smith, SA
- 18 Mark Boman, QLD
- 19 Bryce Watts, QLD
- 20 Ben White, VIC

MIDDLEWEIGHT 72.5KG

- 1 Wayne Parr, QLD
- 2 Bruce Macfie, QLD
- 3 Warren Elson, QLD
- 4 Daniel Dawson, WA
- 5 Soren Monkotontong, QLD
- 6 Kym Johnson, SA
- 7 Jason Scerri, NSW
- 8 Jason Edwards, NSW
- 9 Shannon King, QLD
- 10 Frank Giorgi, QLD
- 11 Robbie Filiponi, QLD
- 12 Milan Milosovic, SA
- 13 Evan Morris, QLD
- 14 Michael Demetriou, VIC
- 15 Kris Bayntun, QLD
- 16 Ross l'anson, QLD
- 17 Marco Tentori, WA
- 18 Adrian Ruggieri, VIC
- 19 Ben Mountford, VIC
- 20 Adam Taylor, NSW

SUPER MIDDLEWEIGHT 76KG

- 1 Eugene Ekelboom, WA
- 2 Chris Johnson, NSW
- 3 Emilio Schmidt, QLD
- 4 Kim Olsen, WA
- 5 Jared Grigor, VIC
- 6 Sean Dunleavy, VIC
- 7 Gary Williams, SA
- 8 Kris Scharper, VIC
- 9 Luke Irwin, QLD
- 10 Stuart Boner, VIC

LIGHT HEAVYWEIGHT 79KG

- 1 Chad Walker, WA
- 2 Harald Olsen, WA
- 3 Danny Derdowski, QLD
- 4 Mat Reid, VIC
- 5 Daniel Jones, QLD
- 6 Brett Franklin, VIC
- 7 Tyson NTG, QLD
- 8 Daniel Richards, NSW
- 9 Lachlan Stuart, NSW
- 10 Will Shortland, WA

SUPER LIGHT HEAVYWEIGHT

- 1 Jason Tramsek, VIC
- 2 Chad Walker, WA
- 3 Rob Powdrill, WA
- 4 Charles August, SA
- 5 Mat Reid, VIC
- 6 Trevor Loomes, WA
- 7 Daniel Jones, QLD
- 8 Grant Millwood, QLD
- 9 Tyson NTG, QLD
- 10 Chris Johnstone, QLD

CRUISERWEIGHT 86KG

- 1 Nathan Corbett, QLD
- 2 Stuart McKinnon, NSW
- 3 Gary King, NSW
- 4 Kim Loudon, NSW
- 5 Joshua Primmer, NSW

HEAVYWEIGHT 95KG

- 1 Paul Slowinski, SA
- 2 Steve McKinnon, NSW
- 3 Thor Hoopman, QLD
- 4 Wesam Eldahabi, NSW
- 5 Michael Bishop, QLD

SUPER HEAVYWEIGHT 95+

- 1 Paul Slowinski, SA
- 2 Peter Graham, NSW
- 3 Ben Edwards, NSW
- 4 Matt Samoa, QLD
- 5 Thor Hoopman, QLD
- 6 Andre Meunier, VIC
- 7 Kevin Blanch, NSW
- 8 Cedric KongaiKa, QLD
- 9 Eric Nosa, NSW
- 10 Wessam Eldahabi, NSW

FEMALES

FLYWEIGHT 50.5KG

- 1 Jessica Tolhurst, QLD
- 2 Serin Murray, NSW
- 3 Sarah George, NSW
- 4 Carly Ringe, NSW
- 5 Candice Keenan, QLD

JOCKEYWEIGHT 53KG

- 1 Wendy Miranda, NSW
- 2 Melissa Norton, WA

- 3 Amy Dutton, QLD
- 4 Serin Murray, NSW
- 5 Jenny Stachfancy, NSW
- 6 Jodie Palozzi, NSW
- 7 Bree Milne, NSW
- 8 Lucy James, QLD
- 9 Jagdeep Rana, NSW
- 10 Sylvia Schiavoni, VIC

BANTAMWEIGHT 55KG

- 1 Pepita Howell, QLD
- 2 Heather O'Donnell, QLD
- 3 Narelle Leahey, QLD
- 4 Caley Lewis, WA
- 5 Melissa Norton, WA
- 6 Amy Dutton, QLD
- 7 Kate Heuston, WA
- 8 Sarah O'Connell, QLD
- 9 Bridget Woods, QLD
- 10 Carina Salvemeni, NSW

FEATHERWEIGHT 57KG

- 1 Heather O'Donnell, QLD
- 2 Theresa Carter, WA
- 3 Eileen Forrest, QLD
- 4 Caley Lewis, WA
- 5 Alicia Pestana, WA
- 6 Kate Heuston, WA
- 7 Nicole Brolan, VIC
- 8 Kate Bruzzaniti, VIC
- 9 Tina Ayer, VIC
- 10 Jade Carol, NSW

LIGHTWEIGHT 60KG

- 1 Tenille May, SA
- 2 Eileen Forrest, QLD
- 3 Emma McGuire, QLD
- 4 Leonie Macks, NSW
- 5 Nicole Brolin, VIC

JUNIOR WELTERWEIGHT 63KG

- 1 Sandy Furner, NSW
- 2 Emma McGuire, QLD
- 3 Hayley Lingard, QLD
- 4 Leanne Reid, NSW
- 5 Asha Ingegneri, NSW

WELTERWEIGHT 66KG

- 1 Carly Giumelli, QLD
- 2 Sandy Furner, NSW
- 3 Leanne Reid, NSW
- 4 Claire Gabhrial, ACT

JUNIOR MIDDLEWEIGHT 68KG

- 1 Sindy Maricic, NSW
- 2 Carly Giumelli, QLD
- 3 Sarah Martin, QLD
- 4 Sarah O'Shea, QLD
- 5 Sarah Yeouart, QLD

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