

Get in the ring

The first rule of white-collar boxing: talk as much as you want about white-collar boxing. The second rule of white-collar boxing: it's nothing like *Fight Club*. But you still get to moer okes.

The reality is that most people (men and women) join The Armoury Boxing Club to get fit – super fit – not to fight. They want rock-hard boxer's abs. I know this because I want rock-hard boxer's abs. And punching air to Lady Gaga tunes at a Virgin Active isn't doing the business.

A round of boxing – one that involves taking punches, trying to land a few and then running away from the blood-crazed beast swinging like a windmill – saps every scrap of energy from your body. Boxing is all about preparing for this eventuality.

I know this because I have seen burly men turned into limp biscuits; soggy-haired okes, biceps the size of kettlebells, with no strength left to keep their gloves up. Fit fighters go the distance. There is no workout more intense than a traditional boxing circuit. The odd thing is, once you learn the technique and start getting fit, you look past the punch bag.

When you feel strong, the urge to punch a face is primal. Even for ordinary folk. That's why they invented white-collar boxing. After three months of training you'll fight an evenly matched blighter. Three two-minute rounds. Head protection is compulsory, amateur boxing rules apply and the crowd goes berserk. There is no winner in white-collar boxing, only heroes fit enough to go the distance. ■

CONTACT:

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OTHER OPTIONS:

Smiths Boxercise Gym (Joburg)

082-444-3490

www.smithsboxing.co.za

Top Box Gym (Joburg)

072-502-4488

info@topbox.co.za

did you know?

1950s light-heavyweight world boxing champ Archie Moore holds the record for most knockouts during a career: 141.

