



Soweto Boxing Organisation

Training Clinic – 29th March 2014

Training Future World Champions Hosted at The Bronx Gym by The No Mercy Development Program



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Introduction

Soweto Boxing Organisation is a non-profit organisation whose primary concern is the development of amateur boxing within Soweto. In the past we have produced many World and South African professional Champions that have come through our ranks. We intend to produce more champion boxers in the future. That requires proper development. As part of their development strategy for 2014, SOBO has introduced training clinics wherein coaches and boxers are introduced to high performance sport centres and trained by world class sportsmen and coaches. This will ensure that talented boxers and their coaches are given the opportunity to develop and excel in the sport of boxing.

Due to the resounding success of the first clinic we are pleased to announce this initiative is to continue in conjunction with the Bronx Team. On Saturday the 29th March 2014, The Bronx Gym hosted the second of these development clinics.

The following stepped up to the plate again to assist SOBO in making this a reality:

- Takalani 'Panther' Ndlovu – Undefeated SA, Undefeated WBF, Former IBO and IBF Champion
- Gert Strydom – Top world renowned Boxing Trainer
- Anthony de Agrela - Owner of The Bronx Gym, situated in Hillbrow
- Grant Reneclé – Managing Director of Combustion Technology for sponsoring transportation for the coaches and boxers so that all could attend

A special mention and thank you to the following:

- Jackson Chauke for helping out with the boxers.
- Rene Du Plooy of the We Care Foundation for the donation of gym shoes for the younger boxers
- Mr Mashilo Philemon Mokgesi, Sport Officer Outreach Programme, City of Johannesburg Region F Sport & Recreation for joining us.



From Left: Takalani Ndlovu, Gert Strydom, Jackson Chauke

Objectives

- Basic boxing skills for the novice boxers
- Advanced boxing skills for non-novice boxers
- Strength training for boxers
- Motivation of the boxers
- Coaches training skills
- Coaches introduction to strength training

Participants

- More than 60 Soweto affiliated young amateur boxers, male and female
- 12 Soweto affiliated amateur boxing coaches
- 10 Soweto affiliated amateur boxing clubs
- Takalani Ndlovu – basic skills training for beginner boxers and motivation of all the boxers
- Gert Strydom – power training, advanced skills training of boxers and coaches
- Jackson Chauke – bag and footwork for advanced boxers



Schedule

- 09h20 – Takalani – Skipping with participants
- 09h50 – Gert - Welcome to the boxers and coaches, introducing the Bronx Gym resident champions – Takalani and Jackson
- 09h53 – Takalani introduces himself as the clinic coach and explains how training will be run, boxers split up into groups
- 10h00 – Takalani takes younger and beginner boxers to aerobics area for training
 - Footwork and stance
 - Movement
 - Punches
 - Defences
- 10h00 – Gert takes older boxers and splits them into 4 groups
 - Power training
 - Movement – foot and head
 - Shadow boxing [Jackson Chauke]
 - Bag work [Jackson Chauke]
- 11h30 – Takalani takes all boxers through their warm down routine
- 11h55 – Takalani gives a motivational talk to all boxers and coaches on what it takes to become a world champion. Underlining message – commitment, hard work and listen to their coaches.
- 12h00 – Clinic ends with photo opportunities with Takalani
- 12h05 – Light snack for boxers and coaches



Summary

The attendance of this clinic was fantastic. More than 60 eager young boxers, boys and girls, wanting to learn and train hard. Training took place in the boxing and aerobic sections of the gym. All objectives were met.

The coaches were introduced to power training that any gym can do with the equipment that they either have or can get free of charge e.g. used car/truck tyres, bricks instead of weights, old hosepipes filled with sand instead of heavy ropes. The only items that a gym may need to purchase would be a rope/clothes line and elastic band. Each exercise and its benefit was explained to the coaches.

The boxers and their coaches were introduced to foam paddles that can be used instead of hand pads. These foam paddles can be bought or made. It improves the boxer's speed and accuracy, while saving the coach arm and shoulder pain from heavy hitters.

Most importantly is the positive motivation of hard work and commitment which these young boxers have obtained from a World Champion and a true role model, Takalani Ndlovu, and will hopefully pass on to their fellow boxers and communities.

All members of SOBO worked together and completed their assigned jobs without flaw, from office bearers, the club coaches and the boxers to make this a memorable and worthwhile event.

This is a step in the right direction in 'Reawakening the Giant'



Satisfaction Summary

From the coaches:

- “In all my years of boxing I never thought of doing that” when Gert was demonstrating advanced defensive techniques
- “These kids are learning from the best” while watching Takalani with the beginners
- “When is the next clinic”
- “This is definitely good for boxing”

From the boxers:

- “I have learnt so much today”
- “My coach must do these exercises with us”
- “When is the next clinic”
- “I am being coached by a World Champion, wait until I tell my friends”

Takalani Ndlovu:

- “I see some good talent here”
- “There is a girl here that has been boxing for one week, she is a natural”
- “When is the next clinic”

Gert Strydom:

- “Some good raw talent here”
- “This is where the heart of boxing is – Soweto.”

Gert Strydom Facebook:

- **Archie Nyingwa [BSA]** - Doing something for development that is great really appreciated
- **Alex John Nels Moshodi [Boxing NW]** - Thank Gert your doing a great job, sure the boys and girls around Gauteng have taken this opportunity with both hand, and used to their advantage, that will reflect on the upcoming National youth and junior championship that start next week in Pretoria. Congregations Gert you will be blessed.
- **Alex John Nels Moshodi [Boxing NW]** - If I was around GP I could have brought my boy to attend the boxing clinics at you gym, a world class facility
- **Tshikangu Teez Makuebo [EFC Africa Fighter]** - Ur one of the best coaches in S.A, WELL DONE
- Other People that like the initiative:
 - Jeffrey Steven Ellis [African Ringside Magazine & Promoter]
 - Chris Van Heerden [Pro Boxer – SA, ABU, IBO Champion]
 - Elvis Moyo [Pro Boxer – WBA Africa Champion]
 - Oscar Chauke [Pro Boxer – SA, WBF Champion]
 - JP Kruger [EFC Africa Fighter]
 - Sean Smith [Pro Coach – Smith’s Gym]
 - Sebastiaan Rothmann [Pro Boxer – SA, WBU, IBO Cruiserweight Champion]
 - Koos Siphon Sibiya [Pro Boxer - Gauteng junior lightweight Champion]
 - Irvin Buhlalu [Pro Boxer – SA Champion]

Soweto Boxing Organisation Facebook:

- 56 likes - people that subscribe to our Facebook
- Reach of 109 people who read our posts