



FLOW SPARRING

Newsletter

Level 1, Suite 108,
Norton Plaza,
55 Norton Street,
Leichhardt



August!

We have hosted a couple of brilliant In-house fights since our last update, and the Flow Sparring system has proven undefeatable

Flow Sparring **Fight Team**

Members who have completed Part One of the syllabus and have shown a determination to apply the system. They have dedicated their time and continue to prove they hold a keen interest in taking their skills to the next level... They are invited to join our Fight Team.

We are committed to providing the Fight Team with new opportunities to further develop themselves, their styles, our systems and take their boxing careers wherever they desire; olympics, amateurs, pros, in-house and charity expos. The sky is the limit, and we are proud to be part of the journey!

As of today, we have 7 members in the fight team!

Adz



Jerome



Bashar



Jerry



Ethan



Josh



Toby





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IN CASE YOU MISSED IT...

In-house Fights

| | |
|--------------------------------|---------------------------------|
| Adz (Flow Sparring) | Ethan (Flow Sparring) |
| vs | vs |
| Nixon (Self Trained) | Ren (Singhaganta) |



Always brings us such joy and pride to see our boys apply the Flow Sparring systems and coaching! Well done boys, first of many!



Thank you Ref, Jerome





GENERAL BUSINESS INFORMATION

Open Mat

Open Mat means you get access for as long as you like within our trading hours. Utilising the facilities and always having access to at least one coach to run you through the training of our 17-step syllabus. Our Syllabus teaches you boxing from the ground up by distilling only the most fundamental ingredients required for success and stripping everything else out. We achieve this by breaking everything down into a series of digestible, easy-to-follow steps, taking you from absolute scratch to full-contact sparring in WEEKS, not years.

Female-Only Morning Classes

Enjoy learning how to box while getting a workout with our female-only class

Kids Classes

Start 'em Young! For kids between the ages of 5 - 13 years old, come learn self defense from the ground up

COMING UP... NEXT MONTH

13 Sep - Canelo vs Crawford

Live on Netflix, streaming in the gym

TBC Sep - In-house Fights with Jerome, Josh, Jerry, Bash...

September to bring us more in-house sparring experience with external fighters



Happy Birthday Members

Celebrated their
Birthday this
August

Jerome
Nathan
Vinnie
Enchoc
Fynn
Leo
Fiz
Hussein

**Missing your birthday
shout-out? Send your
DOB and name to
0456 053 672*