

# FIGHTIN' WORDS

March 2008

Round 11

## BOXING CO. & UND1SPUTED JOIN FORCES

Notice any changes lately? New paint... new trainers... new additions to the program... new UND1SPUTED banner... Yes, the BOXING CO. has combined forces with "UND1SPUTED Training Center" located in North Park to offer more to its members. By beefing up the program and adding everything from fitness seminars to a fight team, the BOXING CO./UND1SPUTED-Point Loma now fills all ends of the spectrum. And, with a new UND1SPUTED location slated to open by early summer in El Cajon, members will have multiple places to train in San Diego (and one in Tuscon, AZ).

Mark your calendars for Saturday, April 26<sup>th</sup>. We'll be hosting a Grand Opening party under the "UND1SPUTED – Point Loma" name featuring member exhibitions, music from DJ Pepe and hamburgers from HODADS.

### MARK YOUR CALENDAR:

**Thurs, March 13<sup>th</sup>:** DJ PEPE returns for a night of music and training. Sparring at 6:30 pm & 7:30 pm.

**Sat, March 15<sup>th</sup> & 29<sup>th</sup>:** Support our own Derby Doll members: "W.M. DEE, Steely Jan & Aunt Flo" in a bout starting at 6 pm at Skateworld in Linda Vista. (Some tickets available at the Front Desk)  
[www.derbydolls.com/sd/index.html](http://www.derbydolls.com/sd/index.html)

### FIGHT TEAM HITS IT HARD

Over the course of two Saturdays, more than fifty people tried out for the UND1SPUTED Muay Thai Team and Boxing Team. After four hours of brutal calisthenics followed by sparring with current fighters and trainers, only an elite handful was left standing.



Thanks to all trainers and members who participated in this grueling event. And, CONGRATULATIONS to Mel Nasirpour and Ky Brown, our newest Muay Thai fighters, and to Dena Sutton, our feisty female boxer, all of whom represent Point Loma!

See Coach Ed for details of any upcoming fights or for information about the next round of team tryouts.

**SAN DIEGO  
HARD CORPS**



### Thanks to the following members for their time and energy to help paint our gym!

- |                |             |             |                 |                         |
|----------------|-------------|-------------|-----------------|-------------------------|
| Michael Bailey | Tom Paul    | Tracy Logan | Brin Plourde    | Kendra & Callie Keating |
| Amy Nehrich    | Uriel Lopez | Josh Fuller | Andrew Soto     | Chris Jaramillo         |
| Raul Casillas  | Ky Brown    | Tomas Pena  | Marcela Aguirre | Aziz                    |
|                |             |             |                 | Carina                  |