

TURNER BOXING ACADEMY

DO YOU HAVE WHAT IT TAKES?

A GUIDE TO BECOMING A TBA AND LIFE CHAMP!



HOW TO BE A CHAMPION: AMATEUR OR PROFESSIONAL

TO BE A CHAMPION YOU HAVE TO BE COACHABLE.

The moment a boxer thinks they know it all, is the moment that they begin to go backwards. They are no longer coachable. The great boxers, such as Marvin Hagler and Bernard Hopkins, ensure their success by remaining grounded and coachable.

GOOD IS THE ENEMY OF GREAT.

Most good boxers become satisfied with their level of success and stop learning or progressing therefore never giving themselves the chance to be great. To go from good to great requires a willingness on the part of the boxer to analyze every aspect of where he/she is at this point. How do I make myself hit harder? How do I make myself faster? How do I improve my defense? How do I improve my conditioning, become stronger, become a better person? Additional training & skill development at this level is a process of hard work, technical adjustments, and the ability to recognize areas in which a boxer needs to improve. It requires a dedicated and determined mindset, keen focus, and a tenacious work ethic.



IF YOU TRAIN LIKE EVERYONE...YOU WILL BE LIKE EVERYONE



THE RELENTLESS PURSUIT OF PERFECTION NEVER CEASES

WHAT DOES IT TAKE TO BE GREAT?

- **PASSION:** Nothing defeats undying passion for success
- **WORK ETHIC:** Dedication and persistence,, with these qualities it is impossible to fail
- **COACHABILITY:** Imperative to achieve the greatest heights of success
- **GOALS:** A burning desire to be successful
- **MINDSET:** Mental toughness to endure the monotony of training
- **DIET:** You are what you eat
- **CONDITIONING:** A consistent, strong running program
- **POSITIVE LIFESTYLE:** Help others whenever possible
- **CHARACTER:** Have the integrity to do the right thing, especially when no one else is watching
- **PREPARATION:** I &I, injury and illness, are your enemies. Take the necessary precautions to avoid these

GOING FROM GOOD TO GREAT REQUIRES ATTENTION TO EVERY DETAIL:

- Always wear good protective gloves and only hit soft heavy bags to protect your hands, elbows, and shoulders
- You must have a tough and balanced core strengthening program
- Neck strength is a must. There are only two ways to help avoid concussions, don't get hit in the head and have a strong neck. TBA has one of the only neck strengthening machines in town!
- Develop strength in hands, wrists, and forearms. TBA has a machine for that as well.
- Total body strength and conditioning is paramount to training. This is now easier than ever as most communities have a Planet Fitness and membership is as low as \$10 a month

IF YOU ARE TO BE A CHAMPION, YOU MUST BE WILLING TO PAY A GREATER PRICE. --Bud Wilkinson

WHAT ABOUT TURNING PRO?

- Professional boxing is a business and amateur boxing is a sport.
- Professional boxing is very dangerous !!!
- Pros use smaller, hard padded gloves made to protect the hand and have punches land with a lethal force. Pros don't use headgear and head butts are very common.
- Due to the fact that professional boxers get paid even mismatched bouts are stopped later than sooner.
- 95% OF ALL PROFESSIONAL BOXERS END UP WITH SOME FORM OF BRAIN DAMAGE. Some like KC'S own Randi Carver, die from beatings taken in the ring.
- Participation in professional boxing is a very serious decision and should ONLY be considered by very successful amateurs.
- The only amateur boxers who should turn pro are those with exceptional defensive skills and who have won several National championships. If you do not possess these qualities you will more than likely end up broke and damaged.

FIRST STEPS TO TURNING PRO:

Determine your goals ? Do you want to turn pro and just give it a try, thus making \$300 - \$3000 per bout and end up as an "Opponent" ? Or do you want to turn pro and build a career that garners a Championship title? Either way you have to be with the right people. What does "right" mean? Remember professional boxing is a dangerous business in and out of the ring. It is full of sharks, bullshitters, con men and parasites that want to use young boxers in every way they can to profit off of them. Many just want to hop on a bandwagon that someone else who cares and has invested 5-10 years developing. How do they achieve this? They tell the venerable boxers just what they want to hear and give the boxer lots of "yes man" attention which they all love. They are disgusting parasites and plentiful in our sport because they have neither the skill or patience to develop their own boxers. They try to steal boxers away from coaches that have spent years developing them by offering cash or promises. Be wary of promises that sound too good to be true, they usually are.



WHO DO YOU KNOW WHO TO TURN PRO WITH?

- First and foremost, it must be with someone that is in it for YOUR benefit not theirs
- Above all, they must care about your health, body, and mind.
- My Philosophy: If I can help make you WEALTHY and remain HEALTHY I will be involved.
- It's best to go pro with a person who is financially independent, this ensures that decisions are based solely on what is best for you, not his bank account.
- Your manager must be well connected and respected in the pro sport with the necessary promoters and matchmakers. If these connections are not in place you will be at the mercy of leeches that don't have your best interests; likely you will end up as a sparring partner and an opponent for another rising boxing star. Not a good career prospect.
- It is essential to partner with someone that can start your career at home with the right fights, thus making you a local celebrity, thus building your record and skills to the point that you eventually grab the attention of the BIG promoters.
- If your manager is not your trainer he must hire a trainer.
- The role of a manager: he is the captain of the team, makes all decisions in concert with the boxer. The manager usually takes a third of all revenues and the trainer gets 10% on top of that, leaving only 56 2/3% for the boxer. Smart boxers with better leverage make better deals.



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