



Welcome to Ashley Cupitt Boxing Academy.



ACBA is previously known as Atherton Amateur Boxing Club, Lotus Glen Boxing Club and Yungaburra Boxing Gym. We are a local gym run by Volunteers providing a service to our community. Old school training by old school Trainers. Our gym is very family friendly. Come for fun, fitness, self defence or choose to box competitively as an amateur or professional boxer. We don't train thugs. Our gym goes comment that it's not intimidating, with a good hard workout.

Trainers

Our expert Trainers are Volunteers, have Blue Cards and Boxing Trainer qualifications with at least 4 years of Boxing Technique training. There are plenty of people on site with First Aid (some of our gym members are Emergency Services personnel).

Ashley Cupitt AFSM OAM (Head Trainer)

Ashley has been voluntarily coaching and mentoring Atherton Tablelands' Boxers since 1978, teaching hundreds of locals how to box. A truly excellent coach, Ashley has taken several club members to glory at State, National and even World Competitions. He instructs people of all ages, abilities and disabilities, running regular classes that harness boxing to keep healthy and fit. We also have plenty of people that learn boxing just for fun, fitness or self defence. Ashley is registered and qualified to teach both Amateur & Professional Boxing and has a Certificate 3 in Fitness.

Louise Anderson-Clemence (Boxing Trainer)

Starting in 1993 at the Atherton Amateur Boxing Club, Louise was the first girl to join the club and started boxing training due to the bullying she was receiving at school. Ashley was good friends with Louise's Dad Tony and they decided that the best method would be for her to learn self defence. She trained until she left school in 1999. Moving away from the Atherton Tablelands to find work and study, Louise travelled the world. During the 8 years Louise lived in the UK, she worked at St John's College, at the University of Oxford for 4.5 years. In 2013, Louise moved back home to Yungaburra and rejoined her old gym, leading her to assist with training again, as well as helping with the advertising, photos and collating Ashley's history of boxing. Louise is registered and qualified to teach Amateur Boxing.

Ray Seres (Kru Muay Thai Trainer)

His roots began with Ashley Cupitt in boxing in 1988 for six years at the Atherton Amateur Boxing Club and evolved under the expertise of Peter Brind-House (Muay Thai world champion) and Trevor Madin in Muay Thai, both of whom also studied boxing under Ashley.

Ray has a passion for teaching and a sizable knowledge for this art. On a suggestion by Peter Brind-House, Ray set out on his own and founded Rayzor-House Muay Thai Gym in 2011 in Malanda. The name stems from a combination of Ray's fight name "Rayzor Sharp" that represents precision and sharpness in his fighting techniques with "House" that symbolises the gym where the art is practised, emphasising a sense of unity and belonging. Ray is registered and qualified to teach Muay Thai, Amateur Boxing and has a Certificate 3 in Fitness.

Boxing

Keen to address juvenile crime in the region, Ashley and Louise use the club to mentor troubled youths in the community, helping them channel their energy into sport. Some of Ashley's Boxers have gone on to work at: Acting; Administration; Agriculture; Australian Defence Force (Army, Navy, Airforce); Banks; Farmer; Fire Brigade; Fitness Trainer; Hairdresser; Hospitality & 5* Hotels in England, Europe and Asia; Life Be In It; Medical Field; Mines; Model; Muay Thai/Kickboxer; Photographer; Police, Politician, Public Service; Sales & Marketing; Singer; Trades - Boilermaker, Bricklayer, Butcher, Concreter, Electrician, Plumber, Road Construction, Shed Construction; University of Oxford, England; Singapore University.

At the Ashley Cupitt Boxing Academy, we like to have our competition boxers do 3 months of training before stepping into the ring for sparring; and 1 year of training before competing at a tournament. This does vary from person to person. Decisions are made by Ashley, our Head Trainer.



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Amateur Boxing with Sunstate Amateur Boxing League Inc (SABLI). Ages 10-40yo females and males.

You need to register with SABLI and pay them a yearly fee, Ashley sends off your forms, photo, photocopy of birth certificate/driver's licence and fee. SABLI sends back a Boxer's Medical Book, you then need to go to your GP/Doctor and they will give you a medical and complete the book. Medicals with your GP are to be done every year. Girls and women (regardless of age) must do a pregnancy test before each tournament. Masters is 41yo+

Professional Boxing with Australian National Boxing Federation. Ages 18yo+ females and males.

Women must do a pregnancy test before each tournament.

Ashley has run training sessions at Atherton and Malanda High Schools. Some other schools, including Mount St Bernard's, Ravenshoe and School for Field Studies have brought bus loads for training sessions.

Tournaments

Everyone is welcome to attend boxing tournaments to watch. At amateur tournaments there are whole families and people with prams. There is usually some food on sale.

Muay Thai

with Muay Thai Australia Queensland (MTA-Q) and Muay Thai Australia (MTA). Ages 10-40yo females and males ("Transgender / Gender Reassignment / Transsexual athletes need to apply to the National executive board to be accepted as a competitor in either the male or female categories. As it is a gendered sport, we must do our utmost to be inclusive of all genders but our first responsibility is to protect our athletes in competition.").

If you do Muay Thai competitions locally there is no rego fee but if you venture to Muay Thai Qld/ Australia fights you need to register to fight and pay them a yearly fee. Medicals and Blood Tests with your GP are to be done every year. Girls and women (regardless of age) must do a pregnancy test before each tournament.

Muay Thai, which translates to "Thai Boxing" and is a martial art with roots originating from military use dating back to around the 13th century. Muay Thai is known as the "Art of 8 limbs" because it makes use of 8 points of contact incorporating fists, elbows, knees and kicks, as well as an element of grappling. This differs it from other stand-up combat sports such as boxing (2 points - fists) and karate (4 points - fists and feet). **You must not train in Muay Thai during your Boxing competition training, to stop the kicking muscle memory.**

Cost

Children (5yo-14yo) - \$2 Members discounted rate per group class and Membership is \$30 per year.

Teenagers (15yo+) and Adults - \$5 Members discounted rate per group class and Membership is \$70 per year.

Casual (no membership) - \$20 per group class.

Personal Training - \$80 per hour (Members). \$90 per hour (non members).

No lock in contract. We try to keep class prices as low as possible and cover our insurance, administration, rent, equipment and club registration fees. Hand wraps, club shirts, singlets, etc are optional to purchase.

Sponsor a Boxer and Academy Sponsorship

If you are interested in being sponsored, please talk to Louise or Ashley. To become eligible for this sponsorship, you must attend the gym regularly for 3 months initially. By doing this, you are showing that you are committed to the Boxing program. You don't have to compete and are not expected to win Titles or Medals.

Businesses and individuals may purchase class cards or packages to support a Boxer in need of financial help. Or you can help the Academy provide this service to our Community and build a new facility through Donations, paying for Rent, Insurance, Equipment or Volunteering. We will put pictures up on Facebook, our website and send it into the Newspapers. For sizable donations & repeat support, you will go on the Sponsor Board at the Gym. Or you may remain anonymous if you prefer.

www.acboxing.com

0444 550 072



Ashley Cupitt Boxing Academy.



History

2018-present	Ashley Cupitt Boxing Academy.		
2003-2017	Yungaburra Boxing Gym. Reopened by the request of the Mayor and Police.		
1994-1999	Boxing in Yungaburra. Retired from boxing.		
1990-1995	Ashley volunteered and ran Lotus Glen Correctional Centre Boxing Club.		
1985-1993	Atherton Amateur Boxing Club.		
1978	Ashley started Coaching in his Dad's (Brahma's) shed.	www.acboxing.com	0444 550 072

Some tips on finding the right gym.

- Look around and find a qualified Boxing Trainer.
- Ask questions - has the gym had any boxers who have fought in the ring?
- Is it a Professional or Amateur Boxing gym? - (Professional being the ones who get paid to box and Amateur being the ones that don't get paid.)
- You can assess the quality of the gym and Trainer by the qualities of the fighters - e.g. Have they won fights and titles (Medals, Trophies and Belts). Normally these things are displayed on the walls of the gym with posters, newspaper clippings, photos, etc. (Although this can depend on whether the venue is owned/rented).
- Another thing to look for - is punching bags, speed balls, floor to ceiling balls, mirror (for shadow boxing), ring for sparring.
- Arrogance of fighters - assess whether you like their attitudes, as quite often, it will become yours if you decide to train with them.
- It pays to look around at different gyms via online, visiting and word of mouth.
- Size of gym - the size of the gym, number of members and number of Boxers doesn't give any indication as to the standard of the gym or how good/bad the Trainers are.
- Are new people thrown into the ring on the first night with experienced people? This is a BIG no-no. How can a trainer expect an inexperienced person with no knowledge, to fight their prize fighter? A new person would need at least 3 months of training before considering entering sparring. At least 1 year of training before their first competition fight. Mouthguards are a must.
- Remember if this is the first time you've visited a gym (or the first time in a long time), you will find that your muscles hurt. It usually takes 3-4 weeks for your muscles to get used to this increased movement, in which time you should keep going to the gym or doing exercise. We also recommend regular massages and epsom salt baths.

Weight Loss

Boxing training in both the fitness circuits and technique is a great way to achieve weight loss.

The boxing technique helps to build co-ordination, speed, strength, fitness, self confidence, awareness of body and is an all-body conditioning program. Because aerobic exercise uses all of the muscles of your body.

On average, 10 months is a good timeline to achieve a good fitness level for boxing and noticeable weight loss.

Weight Gain

We don't encourage unnecessary weight gain for competitive boxing. If it is your goal to put on weight, please discuss this with Ashley.

Do I need to gain or lose weight to compete as a Boxer?

No, quite often as you do your training, your body will settle into a weight that is right for your body. Remember that as you lose fat, you will put on muscle which is heavier.

Your body size and shape is dependent on many factors – including Genetics (what do your siblings, parents, grandparents, etc look like?); Exercise, as well as Food amounts and types.

Diet. What do you recommend I eat?

For a Boxer, we suggest meat and seafood, vegetables, fruit, eggs, nuts, water, milk. (If you are allergic to something, don't eat it.)

Sleep about 8-10 hours a night.

Stay away from alcohol, cigarettes, sports drinks, soft drinks. Please note: we're not dietitians or nutritionists.



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Rehabilitation

Many people over the decades have attended the gym for rehabilitation. Please discuss with our Trainers and we will give alternative training methods to assist you. Don't feel like you have to compete with other members of the Academy. Go at your own pace.

Attendance

Attendance as a general rule of thumb - Boxing gyms don't chase people if they don't turn up to training. As with many fitness centres, we have a high level of people coming and going - they see what the training involves and whether they like the atmosphere and either choose to leave or stay.

We believe that if people want to be here, they will be. Our experience is that chasing people up leads to guilt and a longer period of absence if they intended to stay. Just show up on days you are able to make it.

Feel free to let us know your ups and downs in life and we will help the best that we can.

Children Discipline

Trainers will help the best that we can to guide people. Remember it all begins and ends at home.

We will push your children as much as they need to be pushed - not the amount that you think they need to be pushed. Some children need a gentle nudge and others need firm guidance from the Trainers.

We have a basic timetable that may help, Louise can customise one for your Family if you politely ask.

Dr Phil has a great template called 'Commando Parenting' - whereby you remove all toys, games, distractions from your children's rooms and only give them back one at a time when they have achieved set goals. This is also to aid in 'time out' whereby the punishment is being sent to their room, with nothing to play with.

Time-outs should last no longer than 5 mins. 1 min per year of life is a good rule of thumb. Explain to your child that the time-out doesn't start until they are quiet and behaving. If they're quiet for four minutes and 45 seconds and then they start screaming, start the time over. We have free copies of the publicly available info.

Please don't hover over your children, or try to help them. Remember we learnt by doing things ourselves.

If they need help, a Trainer will be nearby. Feel free to sit and watch.

Friends

Sometimes it is beneficial for your child's friends to join at the same time and sometimes it is not. When the friends are keen, it is beneficial. When the friends are rebellious, it is not beneficial for your child - in these cases it is better to wait 3 months or more before introducing the rebellious friend, that way your child gets into the routine first.

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