



■ boxing

Fighting not just for guys

‘You can be totally feminine – and a warrior. There is no doubt about that’

By BARRY GREEN

THE gloves are on at Underwood Park as Logan women embrace a new concept sweeping sport and fitness training – the art of Butterfly Boxing.

Butterfly Boxing is the brainchild of specialist boxing trainer Gareth Williams and his partner, elite performance coach Hula Hikaiti, who own and operate The Boxing Shop.

The sport is also listed on community website www.wherelive.com.au, which is run by Quest Community Newspapers.

“We have designed Butterfly Boxing so that, no matter where you are at, you can learn to master the art of boxing and have a great time doing it,” Williams said.

Boxers can advance through various training levels depending on their goals.

“Even if you don’t want to fight, you can still challenge yourself and measure your progress by completing all three levels of training,” Williams said. “This helps to keep you motivated and on track if you are the kind of person that needs a challenge to step up to.”

Hikaiti said the most important thing about Butterfly Boxing was that exponents learned to become a fighter from the start.

“We teach the basics and encourage mastery of them so that it becomes like second nature,” she said. “From there, the sky is the limit.”

“We are all about encouraging healthy

balance and a positive attitude.

“You can be totally feminine – and a warrior.”

“There is no doubt about that.”

“Trainers are accredited through Boxing Australia as a minimum requirement and have undergone specialist training to ensure the highest standards are met.”

Hikaiti said the business name Butterfly Boxing had obvious links with one of the great Muhammad Ali’s most famous fighting quotes, “Float like a butterfly, sting like a bee”.

“We also thought it was such a feminine name,” she said.

The Butterfly Boxing Challenge started on Wednesday and training will continue for five weeks at the Underwood Park facility.

More challenges are planned for 2007, along with a move from Springwood to the Griffith University Nathan campus.

For further information on Butterfly Boxing, log on to www.theboxingshop.com.au or phone 1300 660 017 to register your interest.

www.questnews.com.au

■ Butterfly boxing life coach Hula Hikaiti in action. www.ql.com.au

ALBERT AND LOGAN NEWS, FRIDAY, NOVEMBER

■ gridiron

Night of night

THE Daley Hill Wildcats gridiron club hosts its annual awards presentation at the Slacks Creek RFLC at Usher Park in Rose St at 6.30pm on Friday. Spokesman Henry Shelton, said the night would offer a big week for the WFL after the junior and senior bowl season finishes.

■ netball

Selection tri

SHARLER Park Netball club's representative and selection trials will be held on Saturday and Sunday at Bryants Rd, Corrobora. The trials and representative will be held on Saturday 9 to 12pm for players born in 1985. CSC (Premier) and senior rep players will be held on Sunday 10 and 11.30am-1.30pm. Phone 1287 7640 for de

■ golf

Stars to

THE Tiger Woods will tee off on Sunday at the Master of the Fox 18 at The Hills 18-hole course at Jimboomba nine-hole competition for male and female 12 years and younger compete across three

■ pony club

Finale for s

CRESTMead-BASED Pony Club finished with a fancy dress event on Sunday at its Jubilee. The fancy dress incorporated horse and knowledge. The event is Dec

■ athletics

Lindsay t

LOGAN'S Lindsay has won the state javelin at School Champions Queensland Athletics and the 90 National All Stars in Sydney

■ hockey

Champ

THE State Hockey side will host men's hockey. The Australia ranked world No. 2 the games on Thursday and Saturday the matches.