



BOXING

Activity Type:
Sport

Date:
October 2021 -
Present

Referee:
Salih Yinal at the
Hands of Stone
Boxing Centre

Description:

The best part of boxing is the person that I have become because of it. I practice by sparring, via hitting mitts and punchbags, shadowboxing and jumproping. Boxing is improving my strength, increasing my muscle mass, improving my stamina, helps me get better balance and coordination, and reduces my stress levels. I also learnt discipline, self control, and gained enormous self confidence by spending time in the gym and in the ring.



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