

Patrick (Boxer, Fit2XL)

What does boxing mean to you?

Everything. It's part of life. Boxing is your everything. A way of life.

Favourite boxer

Triple G. I like his style.

What's it like to lose?

I haven't really lost, but I've been robbed of fights. It really hurts. It's hard. You put your heart into it. Then you get up and try again. All the hard work pays off then.

What does this place (boxing club) mean to you?

This place. It means a lot. Good coaches. Like home. A second home.

What's it like to be in the ring?

The first time as you walk in.....you feel a bit of nerves. When you get your gloves on....You feel good about yourself. When they raise your hand - the winner - best feeling ever. No other feeling like it. Boxing is everything.

Five words for boxing

Sport

Love

Dedication

Training

Lifestyle

Sophie (Boxer, Fit2XL)

What does boxing mean to you?

It's just a way to keep fit. Something I enjoy. Something that makes me get out of bed.

Favourite boxer

Interesting....I don't watch boxing. I prefer to do it.

What's it like to lose?

I get frustrated. I try harder. Push myself through it. Not something big....I just need to try harder.

What does this place (boxing club) mean to you?

Well...Fit2.....it's my second family, I guess. Got me out of trouble. Helped me out. I go when I'm in a bad mood; punch bags. Friends and family kind of thing.

What's it like to be in the ring?

I love it. Proper adrenaline kick. Fun. Scary as well, if the other person is intimidating.

Five words for boxing

Fitness

Perseverance

Relentless

Fun

Exciting

Mo (Coach, Fit2XL)

What does boxing mean to you?

Confidence. Discipline. Then two key things, I think: self esteem; independence.

Favourite boxer

Muhammad Ali. What he did for people. Religion. The sport of boxing. He's one person - wherever you go in the world - everyone knows him.

What's it like to lose?

That's the hardest thing in boxing, I believe. Hard to come back. Hurts your pride. It happens here with the kids. We've got to bring them back. We build them up to 8 or 9 then they're back to 1. It's hard to bring them back.

What does this place (boxing club) mean to you?

To me? I boxed 12 years ago. Kept me off the streets and violence. Gave confidence in the outside world. You go places. Interacting with people. I became a coach. I understand the kids.

What's it like to be in the ring?

You enjoy it. Beautiful. You're fighting with yourself, if that makes sense. Body shock. Heart pumping. Out of your comfort zone. A test of how good you can control it all.

Five words for boxing

Desire. Will. Passion. Love. Normal / humble.
It's freedom isn't it? If they go home happy - we've done our job.....

Hamza (Boxer, Fit2XL)

What does boxing mean to you?

I want it to be part of my life. I love it and hope it takes me far.

Favourite boxer

Mike Tyson. The way he acted. His boxing skills.

What's it like to lose?

Well, I've lost before, so.....Just lost my first fight. It can discourage, but it motivates me. Just need to work harder. I know what I need to do now to get better.

What does this place (boxing club) mean to you?

Second home.

What's it like to be in the ring?

Nerve - wracking. Exciting. Somewhere to show your skills. hard work.

Five words for boxing

Heart

Skill

Lifestyle

Sacrifices

Determination

Michael (Boxer, Fit2XL)

What does boxing mean to you?

Sport. Life. Just something like....people go for a walk. I like to punch a bag.

Favourite boxer

Mike Tyson. Such a great boxer. World Champion - so young.

What's it like to lose?

I've never lost. I imagine it would be dreadful. You'd lose your pride.

What does this place (boxing club) mean to you?

Like a home. The boxing club and the ring - they're like home.

What's it like to be in the ring?

The crowd's looking at you. A buzz. Can't explain it. Something gets you going.

Five words for boxing

Great

Keep fit

Sport

Eventful

Shock

Ray (Coach, Fit2XL)

What does boxing mean to you?

An in-depth kind of question, that. Gives enjoyment. Hope. Helps others.

Favourite boxer

Pacquiao. His style of fighting. Style. A politician as well. Gives money to the poor. Built houses for the poor. From the Philippines.

What's it like to lose?

Hurts. We're the coaches. You build them up. When they get beat, they never lose. They learn from it. The ones that stick at it - they can become champions.

What does this place (boxing club) mean to you?

Happiness....and misery, sometimes.....

What's it like to be in the ring?

Decision making. If you give the wrong information - they get hurt. There's pressure. From their family. Partner.

Five words for boxing

Dedication

Respect

Desire

Happiness

Toughness (psychological)

Adil (Boxer, Fit2XL)

What does boxing mean to you?

Like a job

Favourite boxer

Lomachenko. His style. Southpaw, like me. Left handed.

What's it like to lose?

Worst feeling ever. You train harder next time. It's like a lesson. You learn more than when you're winning.

What does this place (boxing club) mean to you?

Good to be around this environment. Lot of people with the same goal as me: to be World Champion.

What's it like to be in the ring?

Best feeling ever. When you train hard, the results show. You're more in condition. Also, nerves...pressure.

Five words for boxing

Job

Love

Hard work

Challenge

Reality

Arshid (Parent of a boxer)

What does boxing mean to you?

When I was younger...I was a bit aggressive. I got it out on the bags. Learnt discipline. I became a totally different person. Picking fights; getting expelled....It changes you. Four times a week, running five miles. If you fight (outside the ring/ club) - you lose your badge.

Favourite boxer

Mike Tyson. Similar age to me. He's three years older. I was 14/15 when I knew about him.

What's it like to lose?

Hurtful. Let down. What are people going to think of me, or say?

What does this place (boxing club) mean to you?

School. Like a training camp. You got to go by a code. Arrive on time; leave on time. Teachers. Respect.

What's it like to be in the ring?

Wow. Like another world. You're there to win. Losing is not an option. Nobody wants to lose. Need to win.

Five words for boxing

Ambition

Keep fit

Friends

Skilled career

Discipline