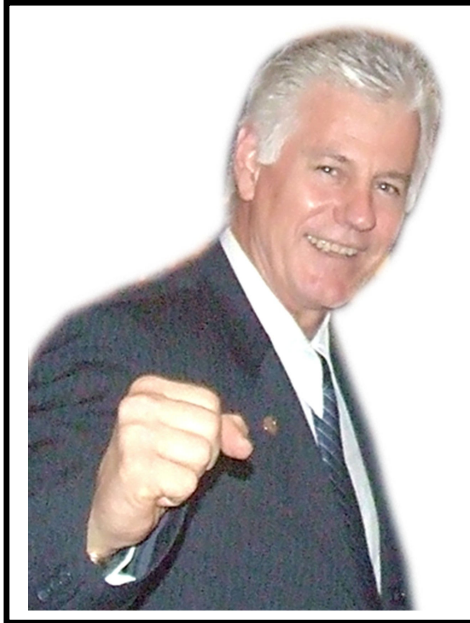


The Healy's freestyle Tae Kwon Do & Boxing Academy System for Boxing 'Skills & Drills'



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www.anbhof.com

30 years ago Martial Arts Instructors would definitely underestimate 'Boxing' as a self-defence system although having a 'boxing' family background I could never understand why (apart from Ignorance & lack of understanding) .

30 years later and everybody wants to learn 'the way of Boxing' as a sport, a form of self-defence, and the Ultimate Physical Conditioner used by personal trainers made popular by the various 'ROCKY' movies and Muhammad Ali in the 1970's and more recently 'Million Dollar Baby' with Clint Eastwood

In this review I will discuss the 'pro's and cons' for correctly taught Boxing techniques of the 'Healy's family boxing system'

(Refer www.isdaselfdefence.com & www.healyshealthandfitness.com Home Page-Boxing History)

1) The Difference between the Healy's System and Boxercise Circuit Classes ?.

I my opinion why just 'run around' in a circuit 'pretending' to do Boxing on Boxing equipment and not be taught correct technique in the process?

Why not learn correct boxing combinations, Skills & Drills and in the process become 'conditioned' in the 'skill' of Boxing's speed timing & power and 'smart' footwork.

This will achieve all the 'fitness' requirements and be a valid form of self-defence at the same Time
THIS IS THE KEY DIFFERENCE AT HEALY'S

Training for a 'specific purpose' and the 'side benefits' are the 'specific' fitness & Conditioning not the other way around-in other words you become 'conditioned' for the purpose, not 'conditioned' without a purpose which is 'useless' in my book

I personally find Training with no purpose or objective in mind extremely boring and difficult to maintain Interest over any length of time .

My Clients both Female & Male once they understand the 'principals of properly executed Boxing techniques' and 'see the rest' they can see the weakness in other systems as 'simply moving hands' without purpose rhyme or reason'

2) MARTIAL ARTS CAN LEARN FROM BOXING 'SKILLS & DRILLS'

When I asked the famous Grandmaster Yun 9th Dan Yun Jung Do and former Chairman of Technique World Wide for ITF Tae Kwon Do the question who had the best 'Hands'

he quickly answered "Boxers do"

I would go further than that, and say that they (boxers) are the 'founders' of 'freestyle' 'hands' Fighters like the Greats Muhammad Ali , George Forman, Joe Fraser ,Sugar Ray Robinson and Australia's Koysta Tsu , Johnny Famechon ,Vic Patrick, Lionel Rose , Tony Mundine refer www.anbhof.com (Australian National Boxing Hall of Fame)

they are the Masters of SPEED,POWER & TIMING and 'smart' FOOTWORK.

When you compare the fluidity of a boxing movements with the 'Robotic' movements of traditional Martial Arts systems like 'traditional' TKD/Karate in long forward stances and horse-riding stance mid section punch , L 'Stances' etc where the movement is not 'natural and fluid' but 'robotic' and 'predictable' you find that generally some of the Martial Arts are moving slowly toward being 'less Robotic' and attempting to be more 'freestyle' however, it's a long slow process that the 'Traditionalist' generally cannot in my opinion 'break the mold' or 'mind-set'.

The Likes of Bruce Lee did , but then again he was 30 years ahead of his time , I sincerely believe that NOW in 2006/7 some 30 years after Bruce Lee's death that some of the progressive Martial Arts Instructors have 'evolved' into the mentality of "absorb what is useful and disregard the rest" The 'essence' of any Martial Arts System should be 'Instantaneous action and reaction' to any self-defence situation based on some proven simple basic 'skills and drills'.

**3) BOXERS GENERALLY ONLY HAVE ONE OR TWO GOOD TECHNIQUES !
BUT WHEN EXECUTED 'IN COMBINATION' & 'TIMING' IT COUNTS BIG TIME !
& IT WORKS EVERY TIME !**

Boxers have either a 'good left hand' or a 'good right cross' or like the classic 'left hook' of Joe Fraser or Henry Coopers 'Henry's Hammer' You will find that Professional boxers usually specialize in 'one major punch' that their whole Boxing strategy relies on to set up this 'special punch'.

When you observe Koysta Tsu move and 'set up' his 'crushing' right hand as when he knocked out the American Zab Judah (refer <http://www.boxinggurus.com/judahz.html>) this one 'punch' hits the mark its 'good night & Lights out!'.

This may sound too simplistic, however the 'Boxing science' of learning to execute a 'knock out' straight left ,as my father had, may take years , he personally told me it took him 10 years to perfect his left hook after thousands of hours of bag work and sparring to perfect these techniques.

When I hear that common statement from Martial Arts Instructors 'yeah we know Boxing' as if they can add that to the multitude of 'skills and drills' with a '2 week boxing course' makes me 'smile quietly' and when I see the Martial Arts Instructors using 'traditional' blocking methods in Magazine 'self-defence' frames to 'block punches' it is a 'laughing matter' to all boxers of any substantial training (and to Bruce Lee looking down from the 'Big Do-Jo' in the Sky) .

TRADITIONAL BLOCKS WILL NOT STOP A BOXERS STRAIGHT LEFT HAND !

(a parry , slip or back move is all you will have time for in reality)

In 'Real' time action 'speed & Timing' is the 'key' and 'diversion' attack or counter-attach is the 'key' If 'traditional' Blocking and Punching methods worked WHY don't the boxers or kick-boxers use them ?

DEEP DOWN YOU ALREADY KNOW THE ANSWER DON'T YOU ?

(Because they don't work ...re-read all of Bruce Lee's basic training manuals he said it 30 years ago!)

THE HEALY'S SYSTEM BEGINS

THE METHOD ©

a) “HEALY'S GOING THROUGH THE PUNCHES ©”

The key to the Healy's system is the systematic repetition of the Boxing 'set combinations' called 'Healy's going through the punches' © this is the foundation to the Healy's Method.
(refer the appendix at bottom of this review listing the training combinations)
also refer www.healyshealthandfitness.com and www.isdaselfdefence.com (Home pages)
For downloadable Video's of Healy's method and system

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b) THESE COMBINATIONS or 'SKILLS & DRILLS'

are practiced in a 'special way' the 'trainer' (in most cases Graham Healy or one of his Black-Belts) uses special Padded Gloves and trains the 'trainee' 'one to one' with these combinations and basics

c) WHAT IS THE DIFFERENCE IN THE HEALY'S METHOD FROM 'TRADITION' MARTIAL ARTS SYSTEMS ?

For a start the use of 'special boxing padded' gloves enables the 'trainee' to build up the power, speed and timing' and 'footwork' specifically for the 'purpose' of the 'particular combination'
The Boxing Combinations are broken down to smaller 'parts' and the 'parts' are 'hammered out' in this training drill called 'Going Through the Punches' © until the 'trainee's' punching combinations are SOLID, POWERFULL , and INSTANTANEOUS

This varies greatly with Tae Kwon Do traditional training as most training is 'done in the air' without the required time spent on focus mitts ,bags ,speed balls(floor to ceiling) and Gloves.
(The hands ,arms ,Shoulders, Chest & Especially the Back muscles have to be 'conditioned' 'specifically' to the Speed, Timing & Power of Boxing Combinations'

AT THE 'END OF THE DAY' YOU WILL ALWAYS REACT HOW YOU TRAIN !

Some of the Old Masters used hard 'hand damaging' techniques such as the 'traditional Karate hand toughening makiwara Board practice' but this is rare in Modern schools today due to over commercialization where 'numbers' is the priority 'not effective self-defence methods'.

d) THE HEALY'S SYLLABUS©

'[CLICK HERE](#)' or www.isdaselfdefence.com or www.healyshealthandfitness.com 'download page'
Note: Healy's Boxing Syllabus is copyrighted no unauthorized Copying without express permission from Graham Healy

Special note regarding Healy's Boxing Syllabus the actual teaching of the boxing techniques must be done by an 'Authorized' Healy's freestyle Tae Kwon Do & Boxing Instructor' trained 'Personally' one to one' by Master Graham Healy otherwise correct technique is completely lost being taught by 'unauthorized personal'

e) HEALY'S PERSONAL 'ONE to ONE' Training System

With 'one' personal training session per week plus your normal regular training
(suggest a minimum of 2 normal regular training session)

you will reach a 'competent' level of Boxing 'Skills & Drills' within a 10 to 12 week period .
This is usually enough to reach a 'Bronze Glove' or 'Silver Glove' level of competency in the
Healy's System

If you extend the Boxing 'personal training' a further 10 to 12 weeks
This is usually enough to achieve the 'Golden Glove' level of Boxing 'skills & drills' in the
Healy's system.

Note: It is Critically Important that you receive 'one to one' training from Graham Healy personally.
Graham is adamant regarding this principal he has done this personally in his personal boxing
training where his Grandfather 'Bert Healy senior' and father 'Bert Healy junior' spent the time to
personally train Graham 'one to one' in the 'Healy's family boxing methods'
like the 'apprentice' system father to Son , Master to student .

In the Martial Arts Graham's sole purpose was to train 'one to one' with the 'Master' and he achieved
this becoming a 'Full time' Professional Student in a 'special 12 week full-time' 'one to one' 'live in'
course selected from 500 other Black-Belts conducted by the famous Grandmaster Young Ku-Yun
9th Dan who was formerly the 'Chairman of technique' for the ITF International Tae Kwon Do
Federation worldwide (refer www.isdasefdefence.com home page references)

(GM Yun was a fully bona-fide 8th Dan ITF Master Instructor and South Pacific Commander in Chief
for the ITF under the Direct command of General Choi)

In My personal conversations with GM Yun I asked him one day
"what 'separated me' from the other 500 Black-Belt Instructors?"

His answer was that "whatever the target he presented to me , that I was deadly accurate and would
'HIT THE TARGET EVERY TIME!'"

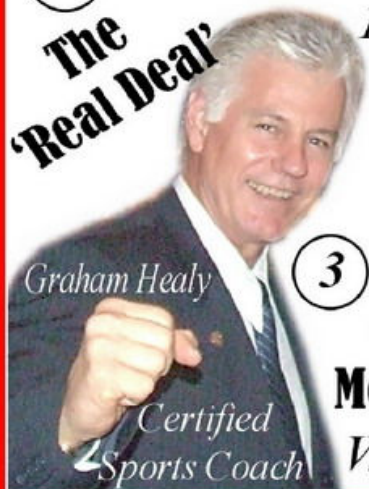
Healy's freestyle Tae Kwon Do & Boxing Academy

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& his Boxing/Tkd Black-Belt Team

Mob 0411-393-503 speak to Graham Direct

*Certified
Sports Coach*

Web: Healyshealthandfitness.com

I attributed my 'accuracy' to my background in Boxing, But the 'Complement' from one of the
greatest first Generation ITF Master Instructors General Choi ever produced I will always 'treasure'
(note Graham went on to become one of GM Yun's founding Instructors for YJD Yun Yung Do,
traveling Internationally to establish YJD in PNG in 1993 with GM Yun personally)

-Graham resigned from YJD in 1995-
refer: www.healyshealthandfitness.com & www.healyshealthandfitness.com home page

How Do I Join the Healy's freestyle Tae kwon Do & Boxing Academy Program ?

Simply Give Graham Healy a Call

Mob 0411 393 503

or

e-mail healyshealthandfitness@hotmail.com

and Graham will work out a plan to suit you personally

refer www.healyshealthandfitness.com or www.isdaselfdefence.com

