

A “Boxing” champion in our midst

The story as told by our very own Hal:-

On the 30th of March 2019 I had my debut boxing match against a quality, highly regarded opponent weighing in at 125kg, known for his knockout power.

The event was run by Combat Sports League with a portion of the proceeds going towards the Mental Health charity MIND. A cause close to my heart.

Just 3 days before the bout I was in hospital due to soft tissue damage and swelling in my left foot. I was told it would not be wise to still compete but I ignored the doctor’s warnings and decided I’d try my best.



The first round began with the opponent swarming me with powerful haymakers and wild hooks. I kept my distance as best I could with my footwork and jab. Despite this I was still caught a few times and realised how much power my opponent had. Not only this but I tripped due to my injured foot and fell flat on my face. The opponent and his fans roared raucously in pre-emptive victory. However, the referee ruled it a slip and the bout continued.

By now I had gauged his tempo and began to open up more with simple 1-2 combinations. Letting

him swing wildly while I kept my distance. The round ended with my opponent already breathing heavily while I felt bruised but fresh.

As the second bell rang I knew now was my chance to open up more. As the tide turned, my opponent began to use unconventional tactics such as hitting the back of my head in the clinch and spitting out his mouth guard for respite.

I kept the pressure going and by 1 minute into the 2nd round I caught him with a well timed hook to the temple. As he wobbled back I went for the kill and barraged him with more left hooks and straights. He swung frantically one last time which I ducked under and came up with one last right hand that I turned my body into. His head jarred back and the body followed, slumped to the canvas unconscious. Despite being out cold for 4 minutes and taken to hospital, I'm glad to say my opponent made a full recovery and we congratulated one another afterwards.

I'd like to thank all my family, friends and coaches for my first victory. As well as my opponent for giving me the chance to fight.

There will be many more to come as I plan to compete again in the near future. Next time it would be great to perform in front of my fellow masons. Details to follow.