

Belmont and Gaudette worked some combinations with an eye on his punching and corner movement, with Gaudette from Front Range Boxing and to coach Gaudette to help him with his workouts.

Boxing: Not for bullies

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1971. Today, he instructs at Front Range Boxing Academy and deals primarily with recreational boxers who are concerned with keeping in shape.

But in the process, Gaudette finds that securing some semblance of success with the sport builds both confidence and overall physical capability in his students. The right training methodology develops balance, timing, ability and mobility. In fact, this is one of the reasons he's been commissioned by the University of Colorado's football team to deal specifically with speed, strength and conditioning.

"It's the best workout, bar none, to get all around conditioning," said Gaudette. "You get a new kind of grace and flexibility."

Technique is essential to a boxer's success and Gaudette emphasizes the element of training while building on and enhancing people's skills. There's a focus on balance and technique, specifically in utilizing your center of gravity and your awareness of that center.

To get the proverbial ball rolling, Gaudette offers a free trial lesson that covers the basics of the sport. Specifically, he'll cover basic stance, balance and base level punches like the jab and cross, not to mention the most essential equipment and a basic workout. Then things will get more involved, if that is the route a boxer wants to take, with private

or semi-private lessons that could include sparring.

"Anyone can throw a punch," said Gaudette "to throw an efficient punch, that needs to be taught. You punch from your legs. You get the power from there."

"Out of the thirty to forty, eight or ten will want to spar," said Gaudette, "one or two of those will want to fight amateur or professional."

Gaudette's general policy when it comes to training, and specifically to sparring, is to put a very experienced boxer in with one without that much exposure to the sport. This way, egos are left at the door and the experienced boxer will work the fight in a way that allows the less experienced one to learn.

The challenge is to work the fighting dynamic within the rules of the sport. Gaudette hosts an eclectic crowd at Front Range including lawyers, landscapers, students and nurses, 25 to 30 percent of whom are women. He posts photos of his clients on a wall in the gym and has them select fighter's monikers like "the Animal" and "Killer" and "Buzzsaw" which they write beneath their Polaroid fighter poses.

And although he doesn't promote the sport in terms of "fighting," Gaudette does admire what it does for the conditioning level of his students — the confidence that comes with the ability to defend oneself.

"The best thing a woman expects is for a woman to attack —

with combinations," he says of one of the positive elements of women taking up the sport.

But, Gaudette is quick to point out that he does not encourage fighting as part of his old school outlook on boxing. He even has his customers sign a waiver stating that they won't use the sport for anything other than fitness or self-defense. He considers boxing to be great way to get and stay in good physical shape and the majority of people he's been exposed to are admirable and honorable.

He offers respect to them by posting photos of fight icons in the foyer of his gym, where sit photos of Gaudette himself as a fighter alongside pictures of legends such as middleweights Vito Antuofermo and Marvelous Marvin Hagler. There is even the famous George Bellows painting of Luis Angel Firpo knocking the great Jack Dempsey out of the ring in their 1924 title fight in Madison Square Garden.

Gaudette has his own philosophy when it comes to less famous fights — the street brawls he says most true fighters should do everything to avoid.

But, when pushed beyond reasonability, Gaudette, ever a good corner man, has good advice:

"Put one foot in front of the other and move."