

# Kout

Women are  
gloving up for  
working out in  
boxing gyms



Marae Martella, a student, lands a right hook against the heavy bag.

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Daily Camera



Charlie Gutierrez, left, shows Christy Shannon how to wrap her hands properly.

Hope Walweer  
shows a straight left  
at Rob Nostz during  
a sparring session at  
Dave Gaudette's  
Front Range Boxing  
Academy.







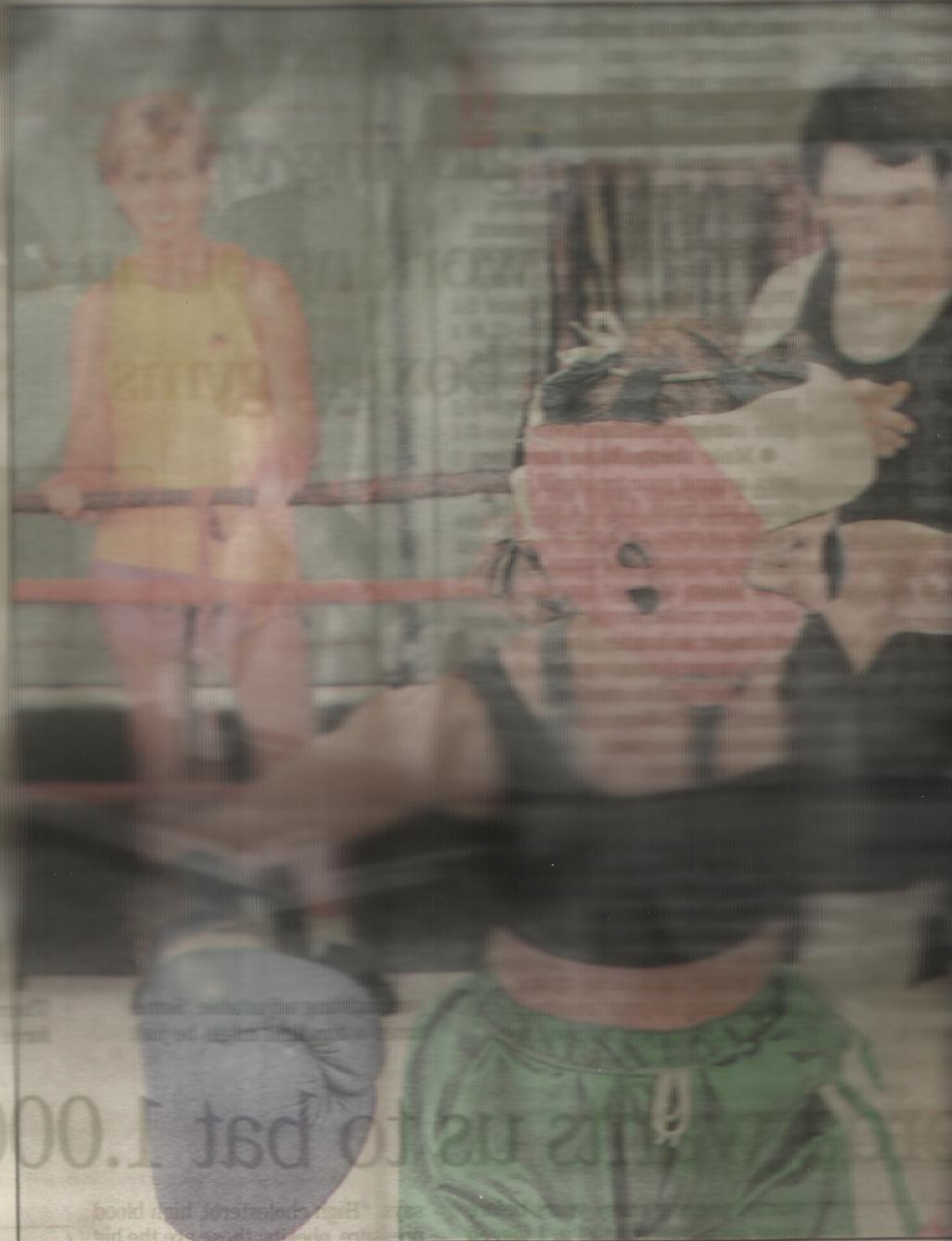
The shuttlecock



The straight right



The guard position



It's a usual Tuesday night at Dave Gaudette's Front Range Boxing Academy in Boulder. Gaudette is in the ring with his latest star student, who is working on a new combination of uppercuts, weaves and right hooks. The two are engaged in a kind of dance, with Gaudette softly chanting the repeating routine. The student moves fluidly through the combination, muscles flexing in motion and body soaked in sweat.

Three years ago when Gaudette first opened his boxing gym, this scene would have been an anomaly — his student is a woman. Now he says one third of his students are women, with new ones continually filtering in.

A variety of women — from those who have never exercised before to serious competitive athletes — are discovering the benefits of boxing, historically a sport

restricted to men. Women say they're drawn to boxing because of the full-body workout, the break from monotony of running or aerobics, stress release like no other sport.

### Sparring for fitness

Fitness, not hurting people, will be most women's goal. Most of them through the workout of a prize fight have no interest in actually participating in a fight, called "sparring."

For example, Hope Walsweert, Gaudette's Tuesday-night student, is a physical therapist. She was a cheerleader at a small college in Florida and has had extensive experience in gymnastics and dance. No other female-dominated sports, Walsweert competed in surfing on a national level. Now in her first season as a boxer, Walsweert boxes three times a week as cross-training for her career.