



"I HAVE ALWAYS ENJOYED SPORT FROM A VERY EARLY AGE. I WAS A HYPERACTIVE KID AND ENDURED A DIFFICULT UPBRINGING. I LOVED TO BOX AND LEARNED EARLY ON THAT I HAD A NATURAL BOXING ABILITY. BOXING NOT ONLY HELPED ME RELEASE ENERGY, BUT AIDED ME WITH MY EMOTIONS AND KEPT ME IN CHECK, FOCUSED AND FIT. I STARTED TRAINING AT 9 YEARS AND HAD MY FIRST AMATEUR FIGHT WHEN I TURNED 12

YEARS OF AGE. I WENT ON TO COMPETE IN 74 AMATEUR FIGHT CONTESTS AND ONLY LOST 4 FIGHTS IN ALL THAT TIME. I WON THE SCHOOLBOYS CHAMPIONSHIP, JUNIOR ABA, NABC, GOLDEN GLOVES CHAMPIONSHIPS AND SENIOR NABC, ALL FOR THE GREAT BRITAIN SQUAD. I WAS SUBSEQUENTLY SELECTED FOR THE ENGLISH SQUAD FOR THE EUROPEAN CHAMPIONSHIPS. THIS IS WHERE I HAD THE OPPORTUNITY TO TURN PROFESSIONAL IN THE 'SPORT OF BOXING'. I HAD THE PLEASURE OF WORKING WITH PROMOTERS SUCH AS FRANK (KELLY) MALONEY AND FRANK WARREN. I SPARRED AND TRAINED WITH BIG FIGHTERS LIKE HOWARD EASTMAN, STEVE COLLINS, DAVID HAYE & DAVID STARRY.



I HAD A TOTAL OF 16 PROFESSIONAL BOUTS AND ONLY LOST 4. I WAS ON THE ROAD TO A WBU (WORLD BOXING UNION) TITLE BUT DUE TO A VERY BAD SHOULDER INJURY, I WAS FORCED TO TAKE EARLY RETIREMENT FROM THE SPORT I LOVED. BOXING IS, AND ALWAYS WILL BE A BURNING PASSION FOR ME. I WISH TO PASS ON ALL MY

LEARNED SKILLS AND KNOWLEDGE, TO THOSE WHO WISH TO LEARN AT WHATEVER CAPACITY, PERSONAL OR PROFESSIONAL, JUST AS I HAD THE OPPORTUNITY AT THE HIGHEST LEVEL IN MY JOURNEY THROUGH BOXING.



THIS IS WHY I HAVE NOW STARTED TO CREATE MY OWN PATH IN TEACHING THE 'NOBLE ART OF BOXING' AT CLASSES IN AND AROUND THE BEDFORD AREA." BOBBY BANGHER



LEARN TO BOX THE 'BOBBY WAY'

CORRECT STANCE / LEARNING TO PUNCH CORRECTLY

(ALL UNDER THE CORRECT BOXING TECHNIQUES)

COMBINATION PUNCHING FROM HEAD TO BODY & BODY TO HEAD

FOOTWORK / CARDIO / CIRCUITS / SKIPPING / BAG WORK

PAD WORK / CONTROLLED (VOLUNTARY) SPARRING

LEARN RESPECT, DISCIPLINE, GET FOCUSED,

OVERCOME MENTAL HEALTH ISSUES & GET FIT...



BOBBY BANGHER BOXING

TEL: 07463 677644 OR 01234 825829

E-MAIL: INFO@BOBBYBANGHERBOXING.COM / WWW.BOBBYBANGHERBOXING.COM





**BOBBY BANGHER
BOXING**

LEARN THE TRUE ART OF BOXING FROM A FORMER PROFESSIONAL

- **BOXING CLASSES:**
7 YEARS + / MALE & FEMALE / ADULTS
- **PERSONAL ONE-2-ONE TRAINING**
- **SMALL GROUP TRAINING**
- **PUBLIC EVENTS**
- **PUBLIC SPEAKING**
SCHOOLS, YOUTH CLUBS, REHABS, ETC.
- **FULLY INSURED & DBS CHECKED**

BOXING CLASSES TIMETABLE

DATE	TIME	VENUE	AGES
MON	4.45-5.30PM	CHURCH LANE COMMUNITY CENTRE,	4-6 YEARS
	5.30-6.30PM	147 CHURCH LANE,	7-12 YEARS
	6.30-7.30PM	BEDFORD MK41 0PW	TEENS ONLY
TUES	6-7PM	QUEENS PARK COMMUNITY CENTRE,	7-12 YEARS
	7-8PM	52 MARLBOROUGH RD, BEDFORD MK40 4LF	13 YEARS - ADULTS
WED	6-7PM	LINCROFT MIDDLE SCHOOL,	7-12 YEARS
	7-8PM	STATION RD, OAKLEY, BEDFORD MK43 7RE	13 YEARS - ADULTS
THURS	6-7PM	KEMPSTON CHALLENGER SCHOOL	7-12 YEARS
	7-8PM	HILL RISE, KEMPSTON, MK42 7EB	13 YEARS - ADULTS
FRI	5.15PM-6PM	OLD SCHOOL HALL, LOVELL ROAD, OAKLEY,	4-6 YEARS
	6-7PM	BEDFORD, MK43 7RY	7-12 YEARS
SAT	10-11AM	SMALL GROUP TRAINING (PRIVATE CLASS)	PLEASE ASK!
	11-12 NOON	OLD SCHOOL HALL, LOVELL ROAD, OAKLEY	13 YEARS - ADULTS

PRICES ARE 'PAY-AS-YOU-GO' - £5: 4-6 YEARS / £6: CHILDREN / £7: TEENS / £8: ADULTS

BOXING PARTIES AVAILABLE - PLEASE ASK!



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**JOIN BOBBY AT HIS NEW CLASS AT
KEMPSTON CHALLENGER ACADEMY
STARTING ON
THURSDAY 7TH JUNE**

BOXING CLASS TIMETABLE

	TIME	AGES
THURSDAY	6-7PM	7-12 YEARS
	7-8PM	13 YEARS - ADULTS

JUNIORS : £6 / TEENS : £7 / ADULTS : £8

£1 DISCOUNT EACH CLASS EXCLUSIVELY TO:

KCA STUDENTS, PARENTS OF STUDENTS & STAFF

BOXING PARTIES AVAILABLE - PLEASE ASK!



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