

Why I Train at Phoenix – Pia Salgado

I joined Phoenix Gym in February 2012 in an effort to get fit. I had done a kickboxing style class before, which I found fun but more focussed on workout than technique. I had heard about Phoenix from a few friends and it had a reputation for being a real kickboxing gym. I had been to Thailand before and seen Muay Thai fights and had always admired the fighters so I took the chance and joined up.

It was everything I'd hoped for and more. The friendly and motivated team of coaches taught us all proper technique AND it was the hardest workout I'd ever done. There is a huge variety of training options from Muay Thai, BJJ, wrestling and boxing to strength and conditioning, which makes every class new and enjoyable. Slowly building up strength and confidence I found myself addicted. As I improved I wanted to take my training to the next level, to learn to utilize the skills taught to us and learn to spar. I came to a few "hard sparring" days and got my a\$\$ handed to me but it showed me a whole other side to my training, learning to fight.

Fighting is a mental game, both problem solving and having the perseverance to keep trying and not give up. This taught me a lot about myself and what I could achieve. I never thought I would compete in this sport but thanks to the inspirational coaches and fighters/training partners I have now had 7 fights and hoping for more. The coaches have gone above and beyond what any regular gym would to encourage and support me and all the other fighters. They take their own time and money to help build us as fighters and as people and I can never thank them enough for this. I remember watching the advanced students train and thinking how great they were and being totally inspired by their discipline and courage. Our training partners are the reason we have such a successful gym and I can't thank them enough either for all their guidance, encouragement and inspiration.

From all the blood, sweat and tears (literally) it really does feel like a family. So why do I train there? Because phoenix has the hardest working coaches, most inspirational people and best level of training you could ever want. They are more than a gym they are a family and they have taught me more about myself than in any other sport. So whether you want to take your training to the next level or just come and in and have fun with the most welcoming and awesome like-minded people in Canberra phoenix is the place for you! TTFU!