

FIGHT FOR PLAY

Fighting doesn't have to be just about anger and aggression. Mental discipline and muscle strength combined with your skill and knowledge of your own reactionary senses makes you a boxing champ! This issue since we're all about designing and playing - we're going to show you how you can design your body with a type of play!

Type of play-fighting

Muay Thai - a form of Thai mixed hard martial arts. It's different from the normal known form of boxing as this type of boxing allows attack on eight points of the body (normal boxing only allows 2!) It looks quite scary on film & tv (and woah! In real) however imagine the skills and strength earned through hard and focused training!

Good sportsmanship is an unspoken rule to boxing, its just one of those things you don't even have to ask! What is it? Good sportsmanship is when teammates, opponents, coaches, and officials treat each other with respect. With sports, real winners are those who know how to persevere and to behave with dignity - whether they win or lose a game.



Watch it! Movies with Muay Thai (check out your nearest Movieland!) **ONG-BAK (2003)** followed by its sequel **ONG-BAK 2 (2008)**, Van Damme action in **KICKBOXER (1989)** & **BLOODSPORT (1988)**

CAUSE TO FIGHT



VANDA PROMOTIONS

Every year, twice a year, Vanda Promotions puts on a show. Not just any show mind you. An event that brings boxing, aggression, bankers, sportsmanship, charity & children under one roof. How?

White Collar Boxing Event, recently held at the Inter-Continental Hotel in Hong Kong on the 5th September 2009 raising money for children charities and Hong Kong Red Cross by way of nominated bankers (and lawyers!) to train and compete on the day of the event.

So who is Vanda Promotions?

For us at SKY, Vanda Promotions are not just the first to come forth and show us their support by donating to us - they are our believers and friends and represent a lifeline, a supporter and its all because of one man. We like to see him and call him our demigod - but to others he is Mr Ian Mullane, a passionate lover of boxing, children, helping and aiding children in need, passionate about journalism, incredible at ensuring the success of his events but most of all he makes things happen. He also proves to us all that multi-tasking is not just reserved and expected out of women - it's all down to how much you want things and how willing you are to make them happen!



Mr Ian Mullane

FIND OUT MORE RIGHT HERE! [HTTP://VANDAPROMOTIONS.COM](http://VANDAPROMOTIONS.COM)

at the

IMPAKT
ACADEMY OF MIXED MARTIAL ARTS
2/F WINGS BUILDING
110-116 QUEENS ROAD
[HTTP://IMPAKT.HK](http://IMPAKT.HK)

KONTACT
9/F LKF TOWER
33 WYNDHAM STREET
[HTTP://KONTACT.COM.HK](http://KONTACT.COM.HK)

FIGHTIN' FIT
MARTIAL ARTS CENTRE
Suite 303, 3/F PETER BUILDING
58-62 QUEENS RD Central
[HTTP://FIGHTINFIT.COM.HK](http://FIGHTINFIT.COM.HK)

JAB
MIXED MARTIAL ARTS STUDIO
5/F KIMLEY COMMERCIAL BUILDING
142-146 QUEENS RD CENTRAL
[HTTP://JABMMA.COM](http://JABMMA.COM)