

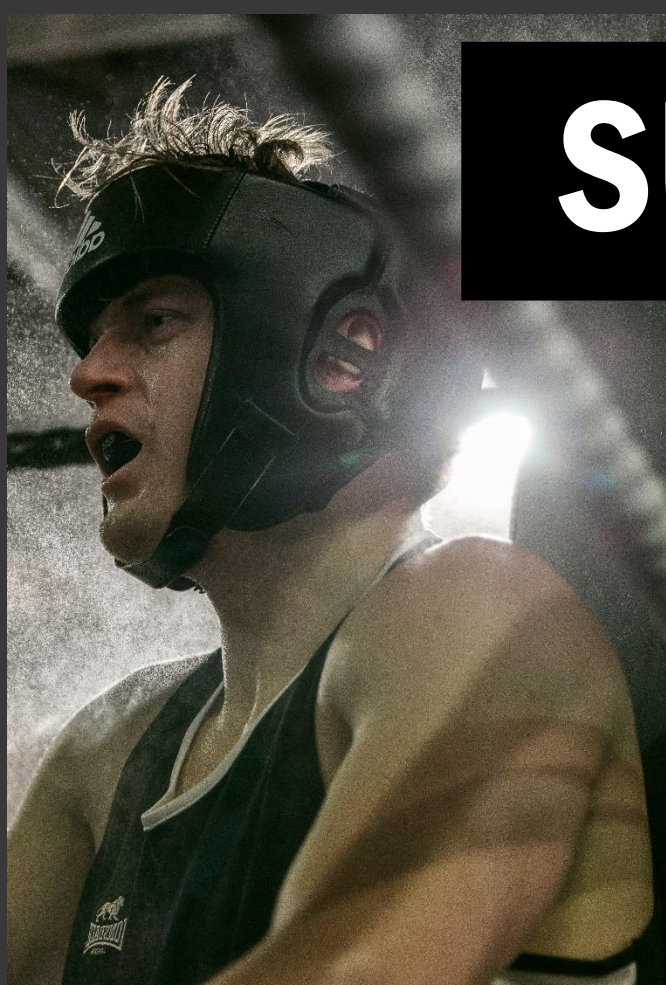


INFO PACK

Facebook: The Hurt Business Boxing

www.thehurtbusiness.co.uk

Instagram: @thehurtbusinessboxing



SUMMARY

WHAT IS IT?

- 10 week exclusive training camp with 20 x 90 min sessions.
- Includes over 25 hours per week of free access to the gym during open training times.
- Hosted by award winning gym with numerous champions.
- Coaches with real fight experience deliver authentic boxing sessions focused on technique.
- Lots of sparring opportunities giving you chance to practice your skills in a competitive setting.
- Professional photographs will capture you in action.
- Take part in a competitive match against a carefully chosen fair opponent.
- Fight at a huge event whilst your family and friends support you ringside.

HOW MUCH IS IT?

- Potentially nothing! There's a £200 deposit when you sign up but this is fully refunded if you sell 20 tickets by week 6 of the training camp. If you are able to do this, you in effect get all of the training and the event for absolutely nothing!
- If you don't sell the tickets, the deposit is lost, but it still works out to only £10 per 90 min session and includes over 25 hours of free access to the gym per week.
- There is a one-off doctor fee of £20 per person which pays for your pre-fight medical check.

WHAT MAKES THE HURT BUSINESS DIFFERENT?

- **TECHNIQUE.** Many white collar organisations have a reputation for offering substandard coaching and offering boxercise style classes from coaches with little to no boxing experience. With our background in Olympic style amateur boxing we are able to equip our members with a comprehensive understanding of the sport by providing sessions that teach accurate boxing technique delivered by credible coaches. We build the foundations of your future as a fighter and we take this job very seriously.
- **ACCESSIBILITY.** We are not your ordinary white collar club and in fact our brand has no association to the 'white collar' concept as we have created an experience that is accessible for everyone. Our price points are significantly lower than our competitors owing to our belief that everyone should have the opportunity to lace up the gloves and feel the benefits of this life changing opportunity.
- **SAFETY.** With horror stories circulating of white collar matches with over 2 stone difference between competitors we have made it an integral component of our brand that we will not make unsafe matches at any cost. In the event that we are unable to give you a fair and equal opponent we will offer you to roll over to our next event. You can rest assured we will never make unsafe matches just to fill a show.



TRAINING

DO I NEED ANY PREVIOUS EXPERIENCE?

No, you don't even need to have tried on a pair of gloves to sign up - in fact most of our sign-ups are people with very little experience. Remember, we match you with your opponent based on weight, size, experience and ability, meaning you'll only ever be matched with someone that's at a very similar level to yourself.

WHAT IF I CAN'T MAKE EVERY SESSION?

Don't panic! There is no obligation to attend every session and even small interruptions won't have a huge detriment on your training. Naturally we would advise you to attend as many as possible but we would also encourage you to attend the gym's recreational sessions and open drop-ins to maintain your fitness and practice your technique during any times when you can't make the camp.

HOW WILL WE BE TRAINED?

The training is designed to be the most intense workout you have likely encountered but we promise to support, encourage and stay by your side through it all. You will be pushed to your limit both physically and mentally to ensure that you are every bit prepared for fight night. You will also have conditioning sessions which will prioritise building stamina, strength and general fitness. We will provide diet and nutrition advice to complement your training and towards the end of the camp we will discuss psychology and learning to think like a fighter. Unlike many of our competitors who don't encourage sparring to avoid participant drop out, our ethos is train hard; fight easy so you'll be introduced to controlled competitive sparring at any early stage giving you the best opportunity to practice your skill in a competitive setting.



WHAT KIT WILL I NEED?

- Boxing gloves
- Hand wraps
- Trainers for a warm-up run outside
- Gumshield (for sparring sessions although we recommend you do all your training with your gumshield in)
- Groin guard (optional for men during sparring sessions)
- Boxing boots (optional – trainers will suffice although boots are highly recommended)
- Skipping rope (optional)

HOW CAN I GET ADDITIONAL TRAINING?

Sign up to the camp includes free access to the gyms open training hours Mon-Fri 7am-12pm and Sun 12-2pm. At an extra cost you can also join Double Jab's gym recreational boxing sessions every night from 6pm -10pm which are perfect for keeping the fitness up and reinforcing technique. If you are looking for a more a personalised session, one-to-one's will be available throughout the camp with any of our qualified PT's.



SAFETY

HOW SAFE IS IT?

Boxing by its nature has some inherent risks but your safety is our utmost priority. For the fight itself and any sparring beforehand all fighters will wear gum shields, head guards and 16oz boxing gloves (bigger than normal gloves for your protection).

WILL WE RECEIVE A MEDICAL CHECK BEFORE WE FIGHT?

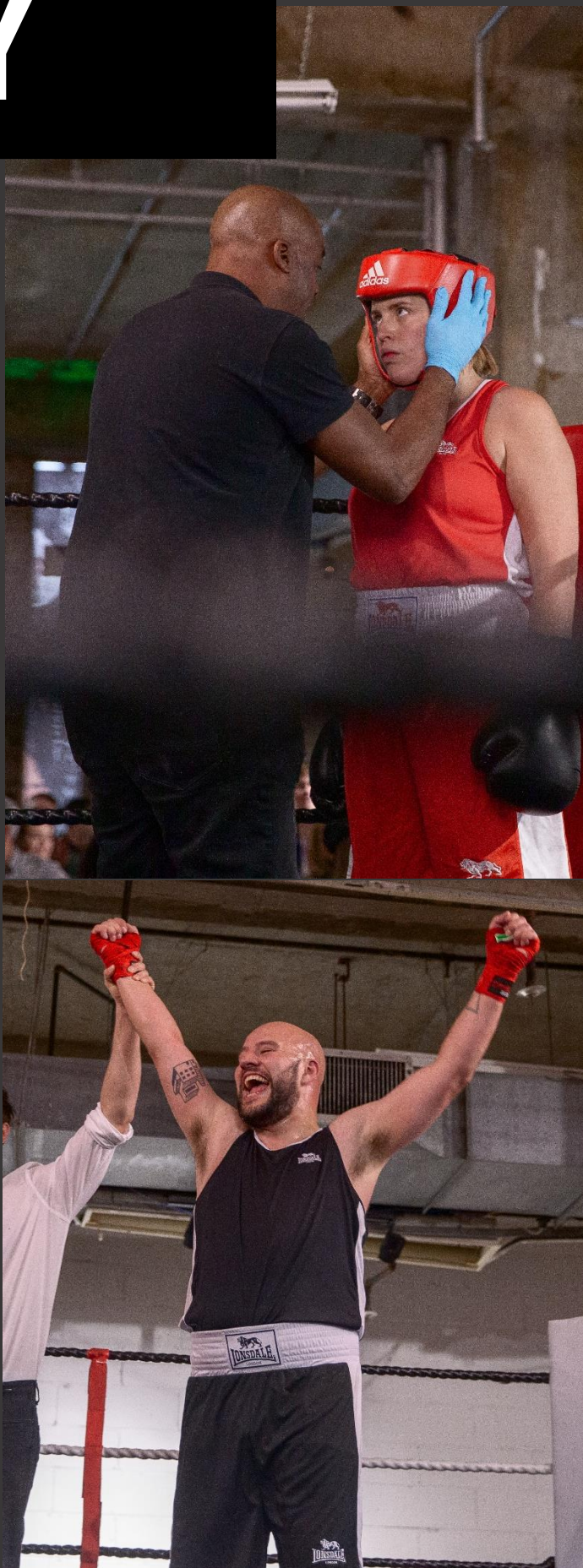
On fight night, you will be approved fit to box by a medical professional who will also be ringside for the duration of your fight. If your ability to box is at any point compromised you will not be able proceed with the fight.

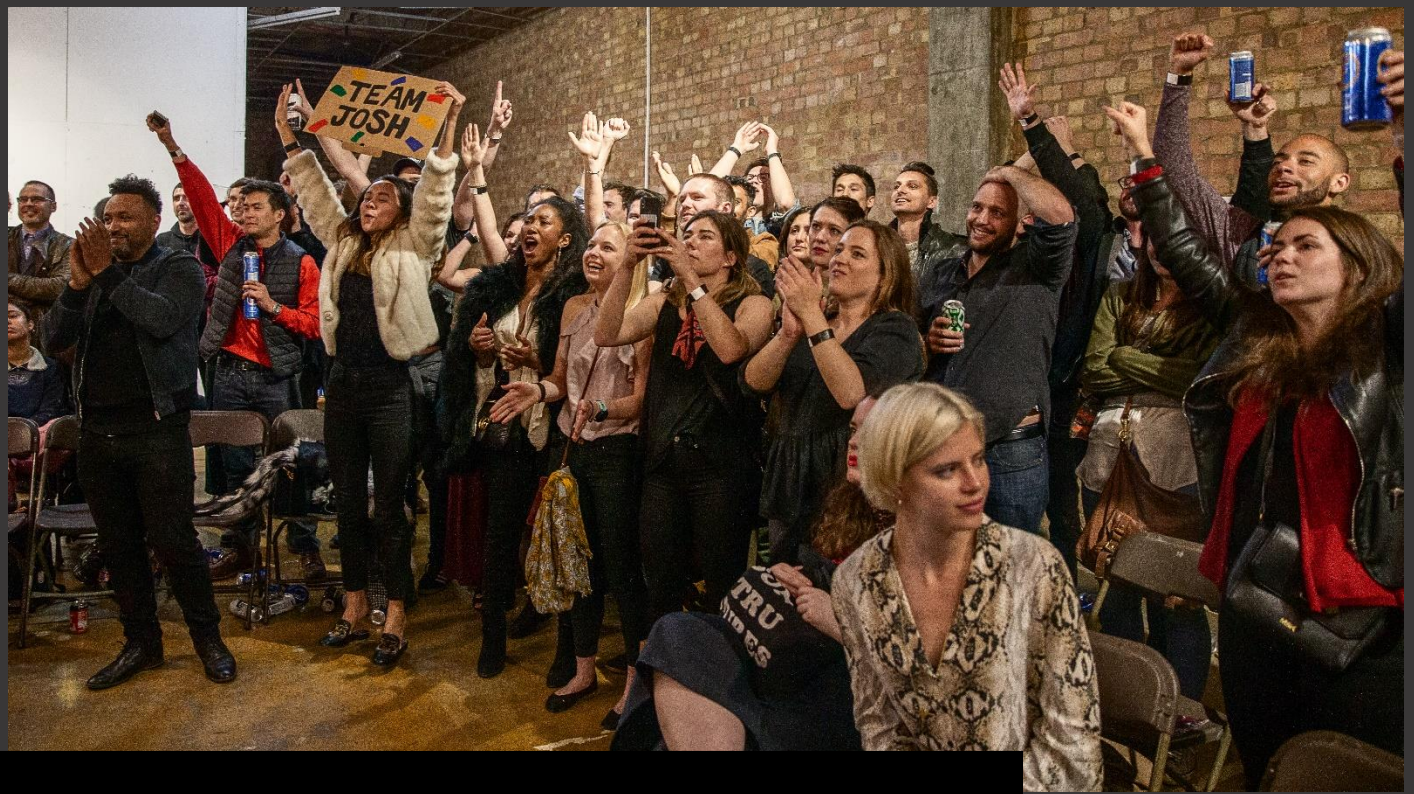
WHAT IF I GET INJURED?

If you get injured and are unable to continue with the camp you can transfer your deposit to the next camp where your place will be guaranteed. If you have already sold tickets these will not be refunded but these tickets can also be transferred to the next camp where they will give your guests valid entry to the event.

WHAT IF I CHANGE MY MIND?

As fighters ourselves we totally understand that it is natural to get pre-fight nerves and don't let all the confidence fool you, every competitive fighter has experienced some anxiety about stepping into the ring. We guarantee that we will be there with you every step of the journey and we even dedicate one of our sessions to coaching you on exactly how to channel the adrenaline and keep calm under pressure. If you still decide to withdraw from the camp/event, we won't be able to return your deposit or offer any refund any tickets.





EVENT

WHERE WILL THE EVENT BE?

We use a range of different venues each with their own unique atmosphere but all could be described as authentic, gritty and something similar to the set of Fight Club. We aim to confirm our venue within the first couple of weeks.

WHO WILL I FIGHT?

We take matchmaking extremely seriously and you will never be matched with an unfair opponent just to fill a show! Your progress will be closely monitored and carefully assessed by the coaches and using this information you will be matched with someone else from the group depending on weight, experience and skill level demonstrated. All matches made by the coaches will be reviewed by a panel of coaches and approved by a senior coach to ensure that matches are fair and high safety standards are met. Once confirmed you will be informed of your match one week before the fight. If in the highly unlikely event we are unable to match you fairly any tickets sold will be refunded and you will be offered a guaranteed space on the next camp.

WHAT SHOULD I EXPECT ON FIGHT NIGHT?

You will warm up backstage with our experienced coaches who will get you in the exact right frame of mind for your big moment. You will walk out to the sound of your favourite song with your family and friends screaming your name. After 3 x 2 minute rounds of pure adrenaline you'll wait hand in hand with the ref to find out who was victorious. Whatever the result, you will embrace your opponent and celebrate the whirlwind experience that you both just shared together. It will be one of the most empowering, memorable and defining moments of your life.



TICKETS

HOW MANY TICKETS DO I HAVE TO SELL?

Unlike other boxing promotions companies, we don't impose any obligation to sell any tickets but we do encourage you to sell tickets to help generate an amazing atmosphere on the night. If you are able to sell 20 tickets by the end of Week 6 you will receive your full £200 deposit back so in effect the entire camp become free for you. If you fail to sell 20 tickets by this date you will not receive any of your £200 deposit, even if you exceed 20 tickets at a later date.

WHERE DO I BUY TICKETS?

All tickets will be bought online via our website www.thehurtbusiness.co.uk and remember to ask your friends and family to enter your boxer reference code when they purchase as this is the only way we know how many tickets each fighter has sold.

CAN I RECEIVE A REFUND ON TICKETS?

There is a strict no refund policy. If you are no longer able to participate in the fight, tickets can be rolled over to the next camp but they will not be refunded.

CAN YOU BUY TICKETS ON THE DOOR?

Tickets can be bought on the door but these will be at a premium price of £30 in order to encourage tickets to be purchased online before the link closes.

HOW MUCH ARE TICKETS?

Early bird tickets £20 (available until end of Week 6)
Standard tickets £25.
On the door tickets £30.

CAN I GET A REFUND?

All tickets are strictly non-refundable. If you decide to pull out of the camp for personal reasons you will not receive a refund. If you are forced to pull out through injury, tickets will still be strictly non-refundable but we will offer to transfer your tickets onto the next event.

HOW DO I KNOW HOW MANY TICKETS I HAVE SOLD?

There will be a ticket review released every 2 weeks to allow you to keep track of your ticket sales.

