

It was a typical day at gym. I just got there to spar. I hopped in the middle to get my shots in. I was doing really well. I got out of the middle and let Joe in. I sat waiting my turn to hop right back in.

George hopped in next he did really good. He got a lot of knees in. Then, Prince jumped in on George and he got a lot of good shots in. The next person who jumped in was Brandon. Brandon is a beast in the clinch he did great.

We all have things we are known for there Brandon is fantastic in the clinch. George is very fast. Prince is an amazing boxer and Thai fighter. I am known for my Muay Thai kicks.

Yesterday was Wednesday, I was sparring my pal Ethan. We were throwing punches and working the clinch a lot. I got Ethan in the clinch pushed him away and threw a middle kick and dropped him. I felt so bad.

I already sparred everyone on the mats, so I went to the octagon. When I stepped in I saw Prince and Juan fighting they were doing great. The next thing that happened was Juan charged Prince and then Prince head kicked Juan. Juan fell down, and we pulled him aside. We kept on going after he was checked on.

Lets go all the way back to my first day at the gym. I remember boxing class. I was so out of shape I vomited. I was dumb at the time and asked to spar. I got my butt kicked that day. I remember running my mile that day with Juan. Juan kept motivating me to not quit.

I remember being able to throw kicks properly and being able to jump rope. When I started I couldn't jump rope at all. I can clearly remember being over weight. That first day taught me something valuable though its to never quit. No matter how bad it hurts, burns, aches, don't quit in the end its all going to be worth it.

This whole part of this is dedicated to my coach Joe. He has taught me to not quit and to dream big. Joe taught me how to fight and stand up for yourself. He gave me the skill to have had a fight. Joe is a motivator he is the best coach out there.

I started taking lunch classes and I am learning so much from them. Its more of a one on one experience and I can soak up more knowledge. I have gained a lot of strength from fighting as well as self confidence. When I started muay thia I was over weight now I am very fit and active. I have started doin more physical activites than ever.

I have recently been interested in starting more martial arts style. To broden my horizon of fighting capabilityys. I have tried taekwondoe. I really have been wanting to try karate.

Jessicahunter31@yahoo.com