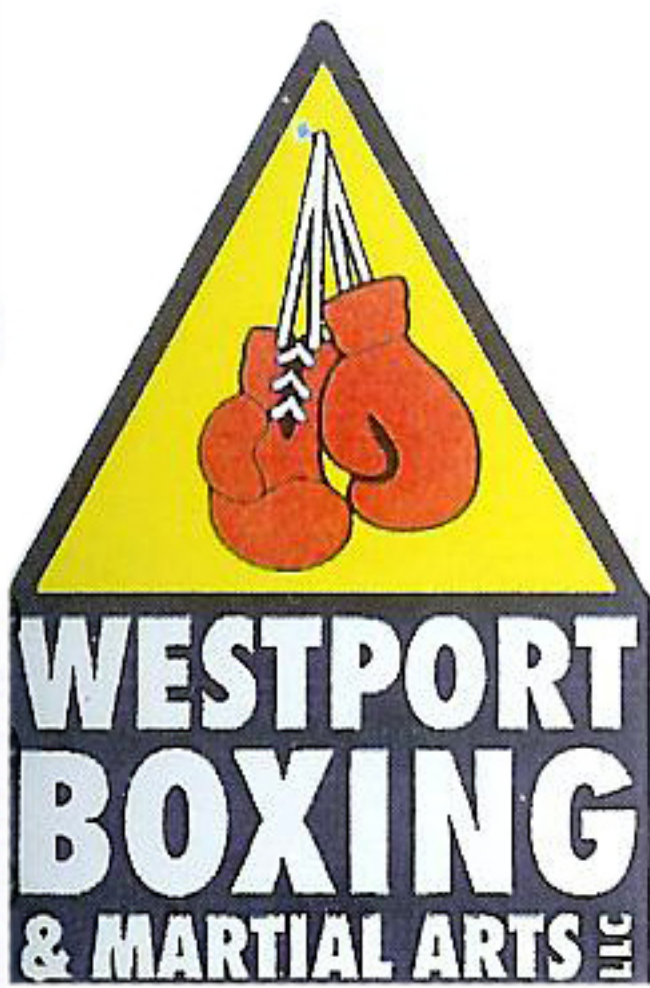


# WESTPORT

## MAGAZINE



what's new

### An Uppercut Above

One, two, keep those hands up," the trainer says from the sidelines. "Stay on your toes, work on the hook, the jab, the right cross." No, it's not a clip of Mickey coaching the fictional Rocky Balboa. Nor is it a scene from a documentary on Gleason's Gym. It's just another training session in the Westport ring.

Westport? That's right. What was historically the province of male scrap- pers trying to belt their way out of poverty has somehow been transformed via technology into gender-balanced chichi pugilism at the newly opened **WESTPORT BOXING & MARTIAL ARTS**.

A flat, wide-screen TV offers the *Thrilla in Manila*. The dance here pits you against imagined combatants.

Westport Boxing comprises a bright, airy studio replete with bleached open space, loud music, pli  bars, mirrors — and female participants. Still, vestiges of the old sport remain. There are heavy punching bags, medicine balls, jump ropes and gloves.

Owner/ trainer Adam Colberg, a Westport native, says that he offers the ultimate fitness challenge. Given the arduous task of simply shadowboxing for a minute (try it, you'll see), it's hard to disagree. Colberg's instructors include fighter Terry Southerland (three-time

national champion with a professional record of twenty-one and three as a middleweight and former captain of the Navy boxing team) and martial arts experts and innovators Master Chung K. Chow and Fabio Araujo.

Classes are ranked novice and intermediate. Individual training sessions and scheduled class times are offered.

For more information, please visit [www.westportboxing.com](http://www.westportboxing.com)

