



Kickboxing friendship stands the test of time



They are three friends who trained and toured in Thailand, then taught the martial arts to many South African students.

Brakpan's Raymond Phillips and Jacques Bosch were recently awarded the rank of seventh degree black belts, while Anita Phillips received the rank of fifth degree.

Raymond and Jacques have represented their country on many occasions.

According to Raymond, Jacques and Anita were his first students more than 20 years ago and are still going strong in the sport.

Raymond and Jacques recently visited Tiger Muay Thai in Phuket, in Thailand, where they underwent intensive training with 22 of their students and fellow instructors.

On a previous trip Anita started learning the art of Krabi Krabong (Thai stick fighting).

Raymond, who has been involved in the sport for more than four decades, said: "It is a hard sport, but the rewards are great, in having a healthy, strong body."

The kickboxing, Muay Thai, MMA and now the new martial arts fitness

programmes that he and Jacques have designed come over a long period of time, but they are very happy with the results.

The testing period is now over and men and women who are interested in general mixed martial Arts fitness training can join them.

Raymond said that one of the great things that he has learned from his time in the sport is to never give up, even if the going is tough and the odds against you.

Jacques, who underwent a major back operation more than 10 years ago, was told by his doctor that he should stop participating in martial arts.

Six months after his operation he fought for a SA title and won.

"When we look at training there is no easy way to get fit," said Phillips.

"It takes a lot of hard work, sweat, blood and tears to become a champion in any sport."

"We, as instructors, aren't perfect, but we realise we have a great responsibility towards our students, who trust and look up to us for guidance."

For more information, contact Raymond Phillips on www.toyforce.co.za or 083 701 2154.