

First and foremost, I would like to thank Mr. Austin (AP) and the FFC fight team for training, encouraging and giving me the opportunity to fight on both domestic and International platform. I have never in my wildest dream though that this would have been possible for me.

To start with how my experience has been, when I first saw FFC signage and went over to meet AP along with my colleague Pratap from Dell Bangalore, the fight club was in its initial stage without punching bags, kick bags or fight ring. We just thought this could be another regular gym, but after we spoke to AP about the fitness concept and the whole idea of what AP was trying to achieve, it just blew our mind. We decided to try it as it sounded too good to be true then.

Reality hit us both hard when we took the trial class and realized the kind of fitness levels we were at in today's lifestyle and that very moment we decided to join FFC. The decision to join was easy but the fees were painful and hard to part with but believe me, every penny is absolutely worth the spend. At the end of the day it's an investment on yourself towards being healthier in the future. I slowly picked up on fitness, stamina, speed and eventually the technique and skills in the art I prefer which was boxing. Unlike other gyms or training centers in Bangalore, they are not inline and they compromise on both their programs, quality of training and clients.

Fitness Fight Club became my Launchpad as a Boxer.

On October 2012 we heard about the event 'White Collar Bouts'(WCB International) for working professionals coming to Bangalore, December 15th 2012. All the advanced class members were given an equal opportunity to participate, showcase their skill set in both boxing and Muaythai. This was a great opportunity for me (thanks to Austin) to know where I was both physically and mentally.

I trained with him and I won the fight and one of the four Championship belts. I felt like both Mike Tyson and Mohammed Ali put together. Training got a lot more fun after that and then came the World Kick Boxing Federation (WKBF) event in Dubai, March 2013, I went ahead with the usual training not realizing that I had to train on my speed and strength to maintain high stamina levels needed to fight in the international platform.

On the actual day I wasn't able to move both my feet, I had the technique but I couldn't execute or deliver. I was out of air and I couldn't dance my way to win but lost the Fight.

Dubai was an eye opener for me, to improve both my stamina and fitness level. The experience has taught me a lesson the hard way - 'Technique and skill is a very small part when it comes to contact sports, one must train hard to achieve good stamina and speed to go that extra mile towards winning'.

This experience has been a great journey for me as a boxer and I will continue to train harder to stay strong and healthy for both my family and I. My advice to all those who are out there training, maintain high fitness and stamina during your training.

Wise word from my head coach Austin from FFC

'stick to the basic and stay healthy for the remaining years to come'.

Thank you Team FFC
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