

## Hungary for Success

**23 July 2011**

Highland Boxing Academy ABC's Head Coach, Liam Foy had a busman's holiday this July. Having contacted Janos Vona, Head Coach of the University Boxing Club, Budapest, Liam worked the gym for 3 hours on each of 5 evenings. Liam trained, sparred, did pad work and took the boxers through his training regime. Both Liam and Janos gained from the exchange of ideas and techniques and the boxers gave Liam the warmest of welcomes.

Having made the connection, Liam hopes to take a party of Highland boxers to Hungary next year to share the experience of boxing in a top class gym in another country.

In the attached photo, Head Coach Janos Vona with Liam Foy to the right and Beata Szabo, Olympic contender to the left.



Featured on the IASC web site.