

LORISSA RIDLEY-FINK



Owner, Operator, USA Boxing Coach

- 1970-1986 Member of Clarabell's Dance Studio, Junction City, KS
- 1977 Miss Star Pageant winner "Talent Competition"
- 1977 Began own choreography for Clarabell's Dance Studio, Area Pageants, Talent Shows and 4-H Day performances
- 1983 Directed a tumbling program for the YMCA, Junction City, KS
- 1984 Started the gymnastic program for Chapman High School
- 1985 Created Dancenastics, Junction City, KS
- 1985 "15 Year Award" - Clarabell's Dance Studio
- 1985 Captain of Chapman High School Varsity Cheer Squad
- 1985 "Miss Supersensational" Dance Champion - K-State Dance Camp
- 1985 "Creative & Performing Arts" 1st place award - Tri-County Pageant
- 1986 Captain of Chapman High School Drill Team
- 1986 Senior to receive the "Physical Education Award" - CHS
- 1986 Lead Choreographer - Tri-County Pageant
- 1987 Began weight training with Mr. Kansas 1986 Body Building Champion
- 1987-89 Free-style elite level gymnastic routine Choreographer - Wichita, KS
- 1990 Founded CATT'S Gymnastics & Dance, Wamego, KS
- 1990-93 High school & Pageant Choreographer, Alma, Wamego, Onaga, KS
- 1991 Began CATT'S's Adult Fitness Programs, Wamego, KS
- 1994-96 Professional Dance Performances: CMT, NBC, The Phoenix Suns
- 1994-96 Program Director for The Little Gym, Phoenix AZ
- 1994 Brought Dancenastics to the Little Gym, Phoenix, AZ
- 1995 Traveled locally teaching a Women's Self-Defense program, Phoenix AZ
- 1996 Began boxing training with a Golden Glove Personal Trainer
- 1997 Founded U-Can Personal Training, Dallas, TX
- 1996-98 Sales Director for Nautilus Sport & Fitness, Dallas, TX
- 1999 Brought U-Can Personal Training business to Kansas, Junction City, Chapman, Milford and Manhattan (Cottonwood Racquet Club)
- 1999 Re-developed U-Can Personal Training - added fitness classes including boxing, kickboxing, and Pilate's
- 2000 Founded Kansas Oasis Day Spa, Chapman, KS
- 2004 Added Dancenastics program to the Manhattan location
- 2004 Began offering boxing classes through UFM non-credit & credit
- 2004 Renamed U-Can PT as K.O. Boxing...Gymnastics, Dance & Fitness
- 2006 Relocated K.O. Boxing...Gymnastics, Dance & Fitness to it's own facility, Blue Hills Shopping Center, Manhattan, KS

BRING IN THIS TICKET

Time: TBA

MAIN EVENT
YOU'RE FREE CLASS

info.
785-341-1708

Professional Boxer David Medina



**K.O. GIVES YOU
OUR SUPPORT!**



K.O. BOXING... HIT HARD!



**K-STATE CREDIT
UFM PROGRAMS
AVAILABLE**

2303 Turtle Creek Blvd. Manhattan, Kansas
in the Bluehills Shopping Center

**K.O.-
BOXING**

**USA
YOUTH
BOXING**

Lorissa Ridley-Fink

**PERSONAL TRAINING
AVAILABLE**



USA OLYMPIC STYLE BOXING 785-341-1708

K.O. BOXING TRAINING PROGRAM

K.O. BOXING TRAINING PROGRAM (Ages 17 and up) Mon - Thur 7:30- 8:30 pm OR Tue & Thur 10:30-11:30 am
Ongoing class. MONTHLY FEES: 1X a week \$38mo. / 2X week \$48mo. / 3X week 58mo. / 4X week 68mo.

“Doin’ it the K.O. way!”

The K.O. Boxing Training Program is designed to create athletes in the sport of boxing. K.O.’s Boxing Training Program is physically and mentally demanding. It is diverse in boxing techniques allowing boxers to train under the training methods of several Professional Boxers and well-known Professional Boxing Trainers, along with my 25 years experience training athletes. I wanted to create a program that will appeal to men and women alike who have the desire to box though this desire may be for several different personal reasons the K.O. program is professionally designed to appeal to all. Whether you are interested in losing weight, getting in great shape, stress relief, self-protection, gaining boxing knowledge, and even wish to become an amateur boxer, K.O.’s Boxing Training Program will fit your needs. You are encouraged to train at your own level. There is a reason boxing is called the “Sweet Science”. It is just that, a science. If you don’t plan on understanding it, you better plan on not doing it. Anyone who says, “Okay, so I learned how to punch; now I’m ready to fight.”, Is a fool.

Boxing has been ranked the hardest sport due to the extensive physical demands of the athlete’s body including: Endurance (the ability to continue to perform a skill or action for long periods of time), Strength (the ability to produce force), Power (the ability to produce strength in the shortest possible time), Speed (the ability to move quickly), Agility (the ability to change direction quickly), Flexibility (the ability to stretch the joints across a large range of motion), Nerve (the ability to overcome fear), Durability (the ability to withstand physical punishment over a long period of time), Hand-Eye Coordination (the ability to react quickly to sensory perception), and Analytic Aptitude (the ability to evaluate and react appropriately to strategic situations).

K.O.’s Boxing Training Program will extensively cover all of the above categories that go into athleticism. I believe to create an athlete in any sport you must be aware of the many different aspects to the training. To develop K.O.’s Boxing Training Program, I felt it of great importance to seek out the training methods and boxing styles from a variety of Professional Boxers and Boxing Trainers. Creating diversity in K.O. Boxer’s techniques. Combined with my own special training regiments I developed over the past 25 years, the K.O. Boxing Training Program will propel boxers in the art of boxing as far as they wish to go.

INTRO TO THE K.O. B.T.P. (Ages 17 & up) Mon. & Wed. 6:30-7:30pm \$58 1st session \$48 mo. after

This 4 week introductory course will prepare you with K.O. terminology and basic boxing techniques. SEE SESSION SCHEDULE
Suggested to repeat course until students and trainers are confident with boxer’s technique and physical endurance. Repeat for \$48 month.
There must be a minimum of 5 students enrolled for the session to run. Maximum enrollment 14. Now enrolling.

INTRO TO THE *YOUTH* K.O. B.T.P. (Ages 7-16) Tues & Thurs 4:00-4:45pm \$58 1st session \$48 mo. after

This 4 week introductory course will prepare you with K.O. terminology and basic boxing techniques. SEE SESSION SCHEDULE
Suggested to repeat course until students and trainers are confident with boxer’s technique and physical endurance. Repeat for \$48 month.
There must be a minimum of 5 students enrolled for the session to run. Maximum enrollment 10. Now enrolling.

KSU K.O. BOXING FOR WOMEN & KSU K.O. BOXING FOR MEN (DCE or UFM) See session dates on-line.

Session class with enrollment through UFM on-line or see UFM catalog – call 539-8763 or contact K.O. 341-1708

K.O. INTERMEDIATE BOXING FOR WOMEN & MEN (DCE or UFM) See session dates on-line.

Session class with enrollment through UFM on-line or see UFM catalog – call 539-8763 or contact K.O. 341-1708

K.O. BOXING TRAINING PROGRAM

K.O. AMATEUR FIGHTERS (MUST BE USA REGISTERED)

Mondays & Wednesdays 5:30pm-630pm Roadwork (abs, upper & lower body workouts, jump rope, etc.)
Mondays & Wednesdays 6:30pm-730pm Boxing Training (Speed, Power, Agility, Heavy Bag, Reflex training, etc.)
Mondays & Wednesdays 730pm-830pm Sparring (Head Gear & Mouth Pieces Required)

Tuesdays 5:30pm Run (Hit the road)
Tuesdays 6:30pm Roadwork (abs, upper & lower body workouts, jump rope, etc.)
Tuesdays 7:30pm Sparring & Mitt Drills (Head Gear & Mouth Pieces Required)

Thursdays Anytime Run (Hit the road) Practice your technique and fix your bad habits.

Friday 5:30pm Roadwork (abs, upper & lower body workouts, jump rope, etc.)
Friday 6:30pm Sparring (Head Gear & Mouth Pieces Required)

K.O. BOXING TEAM: Your acceptance onto the team will be determined by: Lorissa Ridley-Fink, the K.O. Training Staff and the K.O. Boxing Team. You must attend regular training sessions to complete. See Lorissa for your USA boxing registration.