Golden Gloves

New to the GG? You have 1 thing to do, wear the punch trackers!!

GG COMP RULES, using HYKSO punch trackers.

1. Enter scores weekly to paul@ttfkickboxing.com.
2. Highest Intensity score wins.
3. Fair mix of classes & private sessions accepted.
4. In class you may replace kicks with punches.
5. AVG. Velocity over 15km ph by months end.

Red highlights ineligible to win.
Nicknames & alias's welcome.
No darkhorse entries, No walkover winners under 200k int.
Gamed Results refused *(T's & C's may apply)*

HIGHEST GG SINGLE SESSION RECORD

Date	Member	Punch Count	Intensity	Avg. Velocity	Intensity per punch	Acceleration	Class
04-Oct-18	Thao Stuart	3574	18100	15.7	5.06	32.26	LIFT

The Golden Glove Champions

Month / Year	Member	Punch Count	Intensity	Avg. Velocity	Int per punch	Acceleration	Sessions	Top Class
September 2018	Laura Michelmore	41015	201000	15.7	4.91	31.21	20	CORE
October 2018	Joe Perry	58400	254200	17.5	4.35	24.87	24	HIIT
November 2018								
December 2018								
January 2019								
February 2019								
March 2019								
April 2019								
May 2019								
June 2019								
July 2019								
August 2019								
September 2019								

Golden Gloves

November 2018 LEADER BOARD

Intensity & Velocity over 15km/hr rated highest

Last updated 12:00pm 4th Dec

Rank	Member	Punch Count	Intensity	Avg. Velocity	Int per punch	Acceleration	Sessions	Top Class
1	T-Towel	55203	306100	17	5.50	32.62	23	HIIT
2	Fiona J	35000	165740	17.7	4.74	26.75	14	LIFT
3	Burgs	14125	86480	19.5	6.12	31.40	14	EXPRESS
4	Alison W	8228	23700	11.3	2.88	25.49	14	HIIT
5	Batman	11700	112280	21.5	9.60	44.64	13	BUTT
6	Monaro Girl	1578	5670	14.2	3.59	25.30	1	EXPRESS
7	You							
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