



# TTF

## Golden Glove Champions



| Month / Year                                | Member                              | Punch Count | Intensity | Avg. Velocity | Int per punch | Acceleration | Sessions | Top Class |
|---------------------------------------------|-------------------------------------|-------------|-----------|---------------|---------------|--------------|----------|-----------|
| September 2018                              | Laura Michelmores                   | 41015       | 201000    | 15.7          | 4.9           | 31.21        | 20       | CORE      |
| October 2018                                | Joe Perre                           | 58400       | 254200    | 17.5          | 4.4           | 24.87        | 24       | HIIT      |
| November 2018                               | Thao Stuart                         | 55203       | 306100    | 17            | 5.6           | 32.62        | 23       | HIIT      |
| December 2018                               | Shaun Burgers                       | 21600       | 160730    | 21            | 7.5           | 35.4         | 18       | LIFT      |
| January 2019                                | Fiona Johnson                       | 24300       | 125500    | 18            | 5.2           | 28.7         | 13       | BUTT      |
| February 2019                               | Amanda Davies                       | 58824       | 324500    | 17.5          | 5.5           | 31.5         | 29       | HIIT      |
| March 2019                                  | Hayley Greenwood                    | 74500       | 408560    | 17.1          | 5.5           | 32.1         | 20       | HIIT      |
| May 2019                                    | Julie DeBeer                        | 93500       | 494900    | 19            | 5.3           | 27.9         | 20       | HIIT      |
| August 2019 <small>(rule#4 revised)</small> | Fiona Johnson <b>(2 X GG Champ)</b> | 35800       | 242790    | 20.4          | 6.8           | 33.2         | 16       | HIIT      |
| September 2019                              | Jonathan De Beer                    | 65400       | 390640    | 19.3          | 6.0           | 30.9         | 23       | HIIT      |
| September 2020                              |                                     |             |           |               |               |              |          |           |
| September 2021                              |                                     |             |           |               |               |              |          |           |
| September 2022                              |                                     |             |           |               |               |              |          |           |
| September 2023                              |                                     |             |           |               |               |              |          |           |
| September 2024                              |                                     |             |           |               |               |              |          |           |
| September 2025                              |                                     |             |           |               |               |              |          |           |
| September 2026                              |                                     |             |           |               |               |              |          |           |

### GG RULES:

1. Email scores every 7 days during competition: [paul@ttfkickboxing.com](mailto:paul@ttfkickboxing.com)
2. 5k intensity penalty per late day *(no hiding scores)* .
3. Fair mix of classes & private sessions accepted.
4. Class routines must be followed (no extra punches).
5. Velocity over 15km ph AVG by months end.
6. No walkover winners under 200k int. Following rules, **Highest Intensity wins.**

**Acceleration Formula:**  $\text{INTENSITY} / \text{P.COUNT} / \text{AVG VELOCITY} \times 100 = \text{Acceleration}$ . EG:  $17240 / 2235 / 15.3 \times 100 = 50.4$