May 2016

Rolling With the Punches

Meredith Kestel
Iowa State University

Follow this and additional works at: http://lib.dr.iastate.edu/ethos

Recommended Citation
Available at: http://lib.dr.iastate.edu/ethos/vol2016/iss4/13

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in Ethos by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Rolling with the Punches

How beating each other up brings people together

Story and photo by Meredith Kestel  Design Alixandra Collins
Try to use only two colors per spread, sometimes there are exceptions. You can use tints of those two colors, though.

WITH THE

How beating each other up brings people together
You enter State Gym like any other ISU student. Instead of swiping your student ID card, you head down a set of stairs towards the Outdoor Rec offices. You open a door and walk down a bright, white hallway. In the distance, you can hear the loud bass of a song playing and people yelling. Next, you enter a room, fenced-in equipment on one side and a ring on the other. You do some warm ups and the next thing you know, you’re swinging punches at your best friend and get a black eye. No, this is not an underground fight club — this is ISU Boxing.

Camryn Linster, sophomore in mechanical engineering calls ISU Boxing her home. She joined the team in September 2015, less than a year ago. Linster and her best friend, Brandon Krumm, heard about the club and decided to join. Together, they decided to tie up their free time by wrapping up their hands and putting on boxing gloves.

Linster stands, sweaty after a practice, long hair slicked back into a ponytail, mouth guard tucked into the strap of her tank top. When she talks of the club, her eyes gleam. “In all honesty, I really like fighting movies,” she laughs. “I’m kind of an aggressive person. I jokingly tell people I’m going to fight them all the time, so I thought I might as well, like, actually know how to fight.”

Brandon Krumm, sophomore in philosophy, is Linster’s counterpart, in the ring and out of the ring. Krumm speaks with the sound of a constant laughter in his voice, seemingly never discouraged. He stands, back against the wall, hair matted with sweat, hands bound in pink wrap.

“I basically had a semester when I was only taking twelve credits and I needed more to do; so I picked up boxing to fill up some of my time. In high school, I was kind of the semi-athletic person. I did this so I could prove to myself I could do more than what I always thought I could. I really pushed myself quite a bit.” Krumm says.

The ISU Boxing club has around 100 student members. Throughout the semester, the number fluctuates, as people tend to drop out. Out of the entirety of the boxing club, there are about 15 dedicated members that form the Boxing Team; Linster and Krumm are two of those members.

“The club and the team are two different things. The club has people that show up just to work out, but the team has people that want to compete. The club is a way on to the team basically. Kind of like stepping stones,” says Linster.

The group meets daily in the basement of State Gym from 5:30 p.m. to 7:00 p.m. Practices vary day to day some days are for offense practice, other days are for defense. Members start out by wrapping their hands and warming up with jumping rope, shadow boxing or some head movements.

After that, they either do a defensive or an offensive day. Defense day is more sparring drill-type stuff — practicing head movement and blocking punches. Offense day is working more on punches, mostly with heavy bags and mitts. The group usually does sparring or conditioning at the end. For conditioning, boxers do heavy bag drills and a drill with the medicine ball or sometimes sprints. And that is an evening in the life of a boxing club member.

“If they actually want to succeed, they come practice, they train hard, they show that they want to be in it. [The friendships that I have made on this team,] we’re all really close. We push each other,” says Linster.

Friendship and trust are a huge part of this club. Strangers walk into a room together at the beginning of the semester and before they know it, they’re sparring against someone. With such an atmosphere, friendships are bound to be formed.

“When you start working with people and you are actively punching them in the face, it’s kind of hard not to become close to each other. I spend at least six days a week, two hours each day, with these people,” Linster says.

Not only are friendships made, but also better lives are a result of this club. Linster says since joining the club, she has changed her lifestyle dramatically. Physically and mentally, the boxing club changes a person.

Weight loss and gaining muscle strength are just some visible results seen in a dedicated member of the team. Members push their bodies to levels they never knew were possible. That is what they do every day: pushing it to the limit.

“I really like being able to push myself to see what I can do,” Krumm says. “It’s also a great stress relief reliever. When you just finish all your exams and stuff to just be able to come and blow a bunch of steam off, it helps.”

No, this is not an underground fight club — this is ISU Boxing.
You enter State Gym like any other ISU student. Instead of swiping your student ID card, you head down a set of stairs towards the Outdoor Rec offices. You open a door and walk down a bright, white hallway. In the distance, you can hear the loud bass of a song playing and people yelling. Next, you enter a room, fenced-in equipment on one side and a ring on the other. You do some warm ups and the next thing you know, you're swinging punches at your best friend and get a black eye. No, this is not an underground fight club — this is ISU Boxing.

Camryn Linster, sophomore in mechanical engineering calls ISU Boxing her home. She joined the team in September 2015, less than a year ago. Linster and her best friend, Brandon Krumm, heard about the club and decided to join. Together, they decided to tie up their free time by wrapping up their hands and putting on boxing gloves.

Linster stands, sweaty after a practice, long hair slicked back into a ponytail, mouth guard tucked into the strap of her tank top. When she talks of the club, her eyes gleam. “In all honesty, I really like fighting movies,” she laughs. “I'm kind of an aggressive person. I jokingly tell people I'm going to fight them all the time, so I thought I might as well, like, actually know how to fight.”

Brandon Krumm, sophomore in philosophy, is Linster's counterpart, in the ring and out of the ring. Krumm speaks with the sound of a constant laughter in his voice, seemingly never discouraged. He stands, back against the wall, hair matted with sweat, hands bound in pink wrap.

“I basically had a semester when I was only taking twelve credits and I needed more to do; so I picked up boxing to fill up some of my time. In high school, I was kind of the semi-athletic person. I did this so I could prove to myself I could do more than what I always thought I could. I really pushed myself quite a bit.” Krumm says.

The ISU Boxing club has around 100 student members. Throughout the semester, the number fluctuates, as people tend to drop out. Out of the entirety of the boxing club, there are about 15 dedicated members that form the Boxing Team; Linster and Krumm are two of those members.

“The club and the team are two different things. The club has people that show up just to work out, but the team has people that want to compete. The club is a way on to the team basically. Kind of like stepping stones,” says Linster.

The group meets daily in the basement of State Gym from 5:30 p.m. to 7:00 p.m. Practices vary day to day some days are for offense practice, other days are for defense. Members start out by wrapping their hands and warming up with jumping rope, shadow boxing or some head movements. After that, they either do a defensive or an offensive day. Defense day is more sparring drill-type stuff — practicing head movement and blocking punches. Offense day is working more on punches, mostly with heavy bags and mitts. The group usually does sparring or conditioning at the end. For conditioning, boxers do heavy bag drills and a drill with the medicine ball or sometimes sprints. And that is an evening in the life of a boxing club member.

“If they actually want to succeed, they come practice, they train hard, they show that they want to be in it. [The friendships that I have made on this team,] we're all really close. We push each other,” says Linster.

Friendship and trust are a huge part of this club. Strangers walk into a room together at the beginning of the semester and before they know it, they're sparring against someone. With such an atmosphere, friendships are bound to be formed.

“When you start working with people and you are actively punching them in the face, it's kind of hard not to become close to each other. I spend at least six days a week, two hours each day, with these people,” Linster says.

Not only are friendships made, but also better lives are a result of this club. Linster says since joining the club, she has changed her lifestyle dramatically. Physically and mentally, the boxing club changes a person. Weight loss and gaining muscle strength are just some visible results seen in a dedicated member of the team. Members push their bodies to levels they never knew were possible. That is what they do every day: pushing it to the limit.

“I really like being able to push myself to see what I can do,” Krumm says, “It’s also a great stress reliever. When you just finish all your exams and stuff to just be able to come and blow a bunch of steam off, it helps.”
But ignore the weight loss, the new muscles and the Transformation Tuesday posts. Not every change is reflected on social media. There's more to it.

"Mentally, my attitude has changed by learning to overcome all the obstacles. It's very much a mental sport as much as a physical sport, if not more. I've learned to let my mind not get in the way. My attitude has changed in just how far I can push myself," says Linster.

"I feel a lot more confident in myself now than I did before I joined boxing. There's a mentality that goes in it that helps a lot," Krumm says. "It definitely gives you the mentality of what you need to do and you're more focused, more object-oriented of what you need to get done and how you get it done."

As an engineering student by day and badass by night, the club is more than just an extracurricular to Linster, "It's pushing yourself beyond what you thought your limit was. Bonds between athletes and coaches with lots of support and help. If I feel like I'm not going to succeed in something, my team reminds me how hard I have trained and help me to work on the things that I feel like are my weakness," she says.

"It's a place I can go to let off steam and know that I'll come out feeling better than I did before. It has helped me be more confident in everything that I do."

It's pushing you beyond what you thought your limit was.
But ignore the weight loss, the new muscles and the Transformation Tuesday posts. Not every change is reflected on social media. There’s more to it.

“Mentally, my attitude has changed by learning to overcome all the obstacles. It’s very much a mental sport as much as a physical sport, if not more. I’ve learned to let my mind not get in the way. My attitude has changed in just how far I can push myself,” says Linster.

“I feel a lot more confident in myself now than I did before I joined boxing. There’s a mentality that goes in it that helps a lot,” Krumm says. “It definitely gives you the mentality of what you need to do and you’re more focused, more object-oriented of what you need to get done and how you get it done.”

As an engineering student by day and badass by night, the club is more than just an extracurricular to Linster, “It’s pushing yourself beyond what you thought your limit was. Bonds between athletes and coaches with lots of support and help. If I feel like I’m not going to succeed in something, my team reminds me how hard I have trained and help me to work on the things that I feel like are my weakness,” she says.

“It’s a place I can go to let off steam and know that I’ll come out feeling better than I did before. It has helped me be more confident in everything that I do.”