



Our Mission

To empower people in our community, through the Sweet Science, to conquer personal obstacles and achieve a better quality of life

Our Vision

Create a boxing community which supports and encourages the resilient spirit of one another and celebrates the craft of boxing

Our Values

Righteousness, Godliness, Faith, Love, Endurance, Gentleness

- Fundamental boxing training offers unique and exceptional physical and mental health benefits and should be accessible to any human who desires to learn, regardless of age, ability, background, or beliefs.
- There is power in community. We achieve more by supporting others with common struggles.
- Humans are not defined by age, ability, life station, or a diagnosis. We are more than conquerors.



Let us be in your corner!