

Small But Mighty



Pound 4 Pound offers Junior Muay Thai classes in Pickering twice a week, Fridays and Sundays.



Pound 4 Pound instructors enjoy getting involved with the class.



The Junior Muay Thai students do a mantra at the end of their Muay Thai class at Pound 4 Pound. Pound 4 Pound always reminds their students to respect themselves and to respect others.

A Dream In The Works

Photos/Story By: Kayla Allen

The smell of sweat permeates the room and sinks into your pores as you take your first step into Pound 4 Pound Pickering, a multi-purpose gym.

Thirty pairs of children's running shoes are scattered all over the floor. While you're trying to make your way through the pile of shoes, all the colours become noticeable: red, blue, pink, orange, yellow and purple. Grunting and heavy breathing are the dominant sounds you hear coming out of these young children's mouths as they punch the air with more power and determination than a 30-year-old man.

The front desk is covered in flyers promoting local fights and posters highlighting featuring Pound 4 Pound MMA fighters. All the championship belts are shined and on a shelf on the wall above the secretary's desk. In the glass case beside the front desk, there are about 50 UFC bobble head dolls, all looking like they are half asleep. At least they always agree with what you ask them.

An hour passes and the final bell goes off in the main ring. Two older gentlemen climb through the white ropes and take a seat on the edge of the stairs. Finished with their workout, they watch the children's lesson about to end. As they finish, the children chant the motto "I'll be the best I can be!"

All 30 children run towards the exit of the gym like a pack of hyenas. Running shoes fly across the room and jackets are zipped up by parents trying to gather their children.

Ten minutes go by and Pound 4 Pound is as quiet as a meadow during the sunset. The owner of the gym walks out from behind the front desk and turns off all the lights, grabs his jacket and leaves with a sense of accomplishment.

Walking back to my car, I think to myself, now wouldn't that be a great career. Teaching people the skills you've learned to prepare them to become 'the best they can be.'



"Leg raises make your core strong, and if you want to become a champion you need that," 8-year-old student Owen Jennings says.



A trainer moves through the six main offending MMA moves with the students.