Local gym an outlet for young boxers

The sweet science of boxing | A local gym provides good, clean, violent fun for those interested in Rockefeller

By Nate Persia

The thought of somebody trying to let you as hard as they possibly can is a scary one. The idea that it is completely legal is even more scary.

On a regular training session, there is between 10-15 fighters training at Refuse To Lose boxing gym.

"They come and they go," said owner, Joe Cardenas. "No contracts, they train. They train for fun. They train for fun."

Refuse To Lose boxing gym is located at 1311 19th St., and is open from 3:30 p.m. until the last person leaves, usually between 7:00 and 7:30 p.m.

"I think it's a great environment with always going on every three minutes. The sounds of grunts being let out every three minutes doesn't help."

The walls of Refuse To Lose boxing gym are adorned with some of boxing's greatest moments to provide inspiration.

A typical day's training has fighters jumping, running, shadow boxing and working on the speed and heavy bags before working in the ring with a trainer.

For a fee of $45 per month, people can train at Refuse To Lose Boxing Gym at 1311 19th St.

Ready for their next sparring sessions, a pair of gloves and headgear hang from the turnbuckle of the ring.

Refuse to Lose Boxing Gym has a regulation boxing ring for sparring sessions and matches.

Tony Morales, 11, prepares for an upcoming fight by doing some sit-ups at Refuse to Lose Boxing Gym on 19th Street on Nov. 24.

"You have to really love it. You can love something, but you can't love it enough to actually do it. You can do it for the sport, but when you love it, you'll do anything."

--Joe Cardenas,

Owner of Refuse To Lose boxing gym

Boxers are required to wear proper safety equipment when sparring.