

Boxing to Me Defines Life Itself

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The way we choose to lead our lives, how we treat ourselves and everyone around us, what goals we achieve and how we achieve them---this is what defines us as individuals. For those that have allowed themselves to take up boxing, to fearlessly dive into the dance and struggle of the sport, an understanding about our own lives comes alongside learning the sport. Boxing is more than just a sport. If we could see past the brutality its presented to be in society, we will come to understand that Boxing is a symbol of Life, and more than just a metaphor. Boxing and life go hand in hand. The opportunity to learn life lessons begins with the work you put in the gym, and continues past the fight you put out in the ring. For me, boxing has opened my eyes to my life and the way I am leading it.

Growing up in the boroughs of New York, it was confusing and conflicting times, especially as a teenager. There are many pressures and influences that tend to change how we behave and feel about ourselves--the desire to fit in, peer pressures, empty friendships, self esteem and confidence issues---these are all just a few factors that have always controlled us during our youth. We all grew up having the desire to "fit in", and although this desire prevents us from becoming loners and "misfits", I ask the question, "Is it worth it?"

The difficulties faced by our youth is greater than its admitted by our society. Being unable to understand ourselves and our life choices, puts us in great danger---the danger of failing ourselves. The inability to see the long term effects of our actions, results in the continuance of all wrong doing. In other words, if we don't realize we are doing the wrong things in our lives, we will continue till its too late to fix.

Never fear, an answer is here: Boxing. Boxing should not be taught for the purpose of fighting, but to teach discipline, hard work, and love. Any sport and activity, when a person devotes their time to it, will teach something about themselves and about life. All these issues that the youth go through, it can all be eased through a sports activity like boxing. Boxing is teaching me to love myself--- for the hardest people to love in the world is ourselves. It gives the student confidence, boldness, strength, esteem, and self worth. Self worth, two words that not many people seem to take into consideration. It is the way you see yourself, and it can be the difference between a life wasted and a life gained. If you feel you are worth living a good life, then you will live it. Our youth will be prevented from walking into the darker, confusing times. They will grow to be strong, confident, bold people who don't need to involve themselves in the wrong crowds and actions---they will lead their lives fearlessly.

There are many factors that affected me as I delved into the world of boxing---training, fighting inside the ring, the relationship with my coaches, and the companionship between everyone at the boxing gym. As a boxer and amateur fighter, two of the hardest things I do is training and fighting. Training is the most difficult and tiring thing I've done in my life. Though I've faced plenty of personal struggles on my part, the work I put into my boxing has been one of my greatest difficulties.

I get so tired of the day in-day out training, but as cliché as it sounds, it really is a test. Because when I am at the edge of giving up, something brings me back up. I don't know what it is, but maybe it's because I don't want to give up so easily. I never even thought about going into boxing, but I believe it came to my life for a purpose. It came to me through my father.

My father has been boxing since he was 13 years old; he is my head coach, and the only boxer I look up to. Without him I'd never be where I am now. He has been in my corner every fight and every training session I've had. He is the reason how I've come to understand boxing as a way to understand life. I started participating in Amateur Fighting because of him; I wanted to be strong, smart and disciplined like him. I wanted to be one of the best boxing trainers and female fighter in the world. And I had to begin my success from the bottom up.

In the beginning, I was sloppy and a sore-eye. My movement in the ring was tainted the name "flop". Nevertheless, I persevered, I fought and I practiced. As a result, my first five months took me to the finals of NY Golden Gloves in Madison Square Garden, and I brought my father the gold. I still work in and outside of the ring, but as a result of both, I have grown immensely into myself. I believe in myself, and what I'm doing. Although I still have struggles, I don't let them take away from my life, because I am not only strong, but a strong Woman. I am thankful for the lessons I've learned thus far, and am grateful that I will continue to learn more.

Day in,

day out.

I train

To get out,

Of the slums of my life

And the vicious cycle of strife.

There is a lot left to learn,

for I am only 22 years young,

and not even close to done.

I have been training for a year now, and I am already a different person. I am just one tiny voice, one small story. Imagine what boxing can do to the entire community of our youths and adults.