

# Lawyers come out punching

Sparring in the courtroom isn't unusual, but a group of Brisbane lawyers are taking it to the next level with weekly boxing sessions at a Brisbane gym.

Criminal lawyers Daniel Hannay and Adam Magill are members of the group, which meets for training on Wednesday nights at Dundee's Gym in inner suburban West End.

"The law can be highly stressful and highly taxing on the body and mind," Daniel, from Hannay Lawyers, said. "Boxing is a great stress relief. It has really helped with my focus and memory.

"It really increases your confidence and has helped me when I'm appearing in court and advocating for my clients. Somehow, it has helped when putting on my armour for court."

Adam, a former rugby player who has always been active, enjoys boxing as a fitness regime and makes sure he finds the time to spar.

"Boxing is learning another discipline," he said. "It's technically based so you are not exercising randomly and it's fun to do some sparring so you can utilise the technique and even get to spar at the end of the session with a mate.

"Going down to Dundee's a few times a week has had some very positive reinforcement in my life. It really has had a ripple effect – I want to train harder, so I eat better, and I don't drink the night before because I have training in the morning. So it all is very positive.



"It is so easy when you have had a hard day at work to have a drink with other legal professionals and download. It is an accepted form of stress relief. Going down to the boxing gym is just a much better alternative for all generations."

Dundee Kim, a two-time amateur boxing champion in South Korea and owner of the gym, has a 16-week training program suited to his legal clients.

"Basically the lawyers sit down all day and fight using their brains – boxing helps improve posture and is also a great stress relief," he said. "They love punching the bag and sparring each other, literally.

"We also look at the long-term goals for the lawyers. Often they get burnt out, so we focus on their professional endurance. Most of the lawyers that come in to the gym are overweight and often suffer from poor blood pressure. We need to get them moving and doing something they enjoy."



He said boxing was a dynamic sport, compared to bike riding and running.

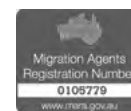
"Boxing is more exciting," he said. "It is more focused and at my gym we teach proper boxing techniques with personal interaction."

*Top:* Daniel Hannay spars with trainer Dundee Kim.

*Above:* Gym owner Dundee Kim, second from left, with lawyers Scott Lynch, Angus Edwards, Daniel Hannay and Ashkan Tai.

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