

# MAN ALIVE!

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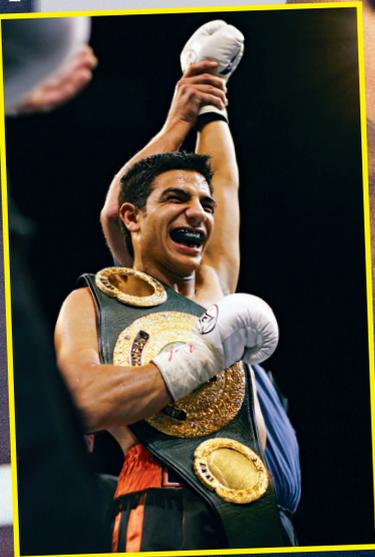
## TRAIN LIKE A BOXER

### Billy Dib

Fitness tips from one of Australia's biggest boxing talents

**S**uper fit, fast and tough, Sydney boxer Billy "The Kid" Dib was indeed little more than a kid when he won the IBO super featherweight world crown at just 22. A points loss to Steven Luevano in New Jersey last year was Dib's first setback and forced him to reassess his career, most notably his attitude and his training. Now he's back, training the house down and bringing you the benefit of his regimen in the house of pain.

PHOTOGRAPHY: JAMES DEMITRI (MAIN); SAM RUTTYN (INSET).



#### MOTIVATION

I'm motivated to be the best. I'm not worried about what people say or if they want to put me down. At the end of the day, achieving greatness as a fighter and being one of the best fighters to come out of Australia, that's an achievement I want for myself. All my life I've been trying to do things for other people; I want to do this for myself. I'm more switched on now. It's not a game anymore.

#### ATTITUDE

I've always had the speed and the agility. But now people are going to see a more aggressive fighter. That's the one thing I was lacking. As a kid I was very aggressive but as I got older I became more cautious, more like Lennox Lewis cautious. Now all I care about is getting in there and doing the business and fighting in a spectacular fashion.

#### MIND

I believe that it's all in your head, it's all mental and you've just got to put your mind to it. As I've got older, it's got better. I've kept a clearer head. And as you go through adversity, you either let it overtake you or you overcome it. And I've overcome it plenty of times. I just keep going.

#### AMBITION

When I was a kid I was in such a rush; I was young and wanted things quick. If I wanted something I got it, which is a good thing, because it proved I'd do whatever it takes to get what I want. But sometimes things are better when they come at the right time rather than pushing too hard for something. Sometimes it takes a tough time to make you better. It happened with Kostya Tszyu and with Vic Darchinyan and they got back to being on top again.

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