

MISAGH NOROUZI KICKS OFF BOXING JOURNEY WITH BOBBY MAYNE

BY PARVIZ ISKENDEROV - August 5, 2019



Misagh Norouzi (pictured left) in Muay Thai bout in October 2018 | Pic: Emanuel Rudnicki

Misagh Norouzi from The Art of Eight Limbs to The Sweet Science

Misagh Norouzi is the Australian competitor born in Tehran, Iran. The Perth-based athlete started training in Muay Thai at the age of 18, and already in three months **debuted in the square circle**.

Within the first year of training Norouzi competed five times, as well as once appeared inside the ring in March 2016. In August the same year he **was expected** to switch to boxing, but the circumstances forced the plan change.

After two years of layoff Norouzi returned to action in 2018 and **fought twice in Muay Thai**. To date he has recorded the 6-2 record, winning six recent outings.

Mid this year 22-year-old Norouzi started training with Bobby Mayne. The latter is a prominent boxing trainer, who over the years has coached, built and helped prepare champions in Australia and abroad.

"I have only been training Misagh for just over a month now. It is a difficult transition from Muay Thai to boxing, but he can see the difference between the two sports. It is all babysteps taking things slowly. With much repetition will become more natural," says Mayne.

When asked about transition to boxing from Muay Thai Norouzi says that "the difference that shocked me is how perfect boxers punch. I never thought of it, even I thought I could punch like them. We all punch, but it's completely different punching style."

"Bobby Mayne brakes everything down to me and repeats it until it sinks in. There is no such thing as 'that's an okay punch'. It has to be perfect."

THE ART OF BOXING ?

FAMED TRAINER @BOBBYBOXRITE WITH #MUAYTHAI FIGHTER
@MISAGHSOUTHPAW PIC.TWITTER.COM/CT4DMXUBMV

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The “Boxrite” coach Mayne says that so far it has been an exciting experience for both.

“I did not really know too much about Misagh only from watching a couple of his Muay Thai fights. Two sports are very different. Certain things needed slight changes, such as his stance and footwork, as he no longer needs to worry about checking an opponent’s kicks or grappling.

“Boxing requires more footwork for attacking and defensive manouvers, and using his jab not only to score on an opponent, but also in finding range to setup power punches, and closing off range to punch in combinations.”

“I like the tough mindset of a Muay Thai fighter, but to succeed in boxing a fighter must have a ring IQ, not putting all their effort and energy into every strike and wear punishment. The aim of boxing is to ‘hit and not get hit.’”

Misagh Norouzi is expected to make his pro-boxing debut end of this year or early 2020.

“We are not in a hurry to get him in the ring for sparring just yet, let alone competing,” says Mayne. “The next stage will be applying what he has been taught so far in sparring. This will indicate what he is confident with and which skills require extra attention.”

“I think it is fair to say Misagh will be ready for his first pro boxing fight towards the end of 2019, if there are any boxing promotions scheduled. If not, then it will be early 2020”.

The video below features Misagh Norouzi in his previous Muay Thai bout in October 2018.

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Parviz Iskenderov is a Muay Thai fighter from Perth, Australia. He is a former National champion of Belarus, and also a finalist of IFMA European Cup. He is an editor and journalist at FIGHTMAG. Iskenderov is also the World Kickboxing Network (WKN) international coordinator for Australia.

