

I just get in and do what I have to do. I mean, yes, I do have a disability, but I don't let it get in the way of what I have to do, what I want to achieve.

And when you learn something for the first time, you feel off balance and it feels like, 'this doesn't feel natural'. And then gradually I got better and the punches were pretty hard. The reason why I like boxing is it's a way of de-stressing and getting your frustrations out. My coordination is not good but I've been taught how to control it and throw pretty wild punches. Everyone's bodyie are different and boxing might not be right for somebody else, so you need to find an activity that you enjoy doing at your pace, at your leisure.

Yeah I do have some limitations of what I can and can't do and I thought boxing was one of them. When I got into it, I'm thinking 'This is really hard'. You've got to learn to crawl before you can walk and then you just grow.