

I trained for 2 years
6 to 7 days a week
in the Boxing Gym BEFORE
I had my first Fight ,
I guess I had thousands of
Rounds of 'going through
the punches' and sparring
in that process.

Bert Healy
Qld Champ
1948

BH

My fathers and trainer
(Bert Healy Snr) Philosophy
was Preparation and
foundational basics FIRST
then he KNEW when I was ready.
as a result I fought and Beat
professional Fighters as an
Amateur with KO's in both
hands (straight left
and right Cross)

Bert Healy Qld Champ 1948

