



T T F

Golden Gloves



If you want something you've never had - do something you've never done.

SEPTEMBER 2019 LEADER BOARD

Intensity & Velocity over 15km/hr rated highest

Last update 3-Oct 12:13 PM

Rank	Member	Punch Count	Intensity	Avg. Velocity	Int per punch	Acceleration	Sessions	Top Class
1	Jonathon.D	65400	390640	19.3	6.0	30.9	23	HIIT
2	Julie De Beer (1 X GG Champ)	73900	390260	18.4	5.3	28.7	23	LIFT
3	Vanj	55800	331220	18.1	5.9	32.8	20	HIIT
4	Shawn	13401	76200	18.8	5.7	30.2	17	LIFT
5	Teresa. B	6545	20080	10.9	3.1	28.1	3	CORE
6	Batman	4627	24670	14.2	5.3	37.5	5	CORE
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GG RULES:

1. Email scores every 7 days during competition: paul@ttfkickboxing.com
2. 5k intensity penalty per late day (no hiding scores).
3. Fair mix of classes & private sessions accepted.
4. Class routines must be followed (no extra punches).
5. Velocity over 15km ph AVG by months end.
6. No walkover winners under 200k int. Following rules, **Highest Intensity wins.**

Acceleration Formula: INTENSITY/P.COUNT/AVG VELOCITY X 100 = Acceleration. EG: 17240 / 2235 / 15.3 X 100 = 50.4