

Press release

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*Miss
Boxing*



Miss Boxing, Women's boxing

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Summary

All the symbolism
of **women's** fight
inspired
the Miss Boxing
project

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Miss Boxing

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Abstract

MISS BOXING



Miss Boxing is all about female empowerment.

Miss Boxing coaching started out of a desire to encourage women to reconnect with their strengths through Full-Contact.

This fighting sport is a form of Karate, also known as American Boxing. It gives its practitioners self-control, agility and improved physical conditions.

Miss Boxing offers private training sessions from woman to woman. Marion Cochener, high level sportswoman, invites every woman to take their place in the boxing ring.

Welcome to Miss Boxing!

Portrait

MARION COCHENER, FOUNDER

Determination, self-confidence and precision.

Marion Cochener takes her first steps in the ring at a time when women's boxing is not very popular yet, becoming the first woman of the Angers club, American Boxing Club, France.

Her mentor is none other than Sébastien Château, double Full-Contact World Champion, who teaches her how to box and confirms her as a black belt. To perfect her technique, she travels to Miami for several months and undergoes intensive training to prepare for the League Championships. In 2017, her efforts pay off. She becomes the ambassador of Full-Contact in Angers by winning the French Cup in the -55kg category.

Alongside her trainer, who has now become her life partner, she founds the first women's Full-Contact class in 2019. This class, exclusively reserved for women, intends to encourage women to walk through the front doors of the gym to begin her life-changing journey.

Today, Marion Cochener is embarking on a new fight: the individual coaching of female boxers. With Miss Boxing, she passes on to women, beginners or confirmed, the alliance of physical and mental strength through her art.



QUALIFICATIONS & TITLES

Winner of the Full-Contact French Cup in 2017
League Champion in 2017
Qualification for the 2018 French Championships
Full-Contact black belt

Olivier Pipala

DIPLÔMES

Technical training by Sébastien Château, 2018 World Champion,
and Jean-Baptiste MVogo, French Taekwondo Champion
Certified as physical activities for all instructor
Certified as martial arts instructor
Certified to the Pilates Method
Trigger point formation

Miss Boxing

COACHING

«It's a very complete class that works cardio, muscle building and technique! And all this in a very good mood with a dynamic and passionate teacher.

Relaxation and letting go are guaranteed.»

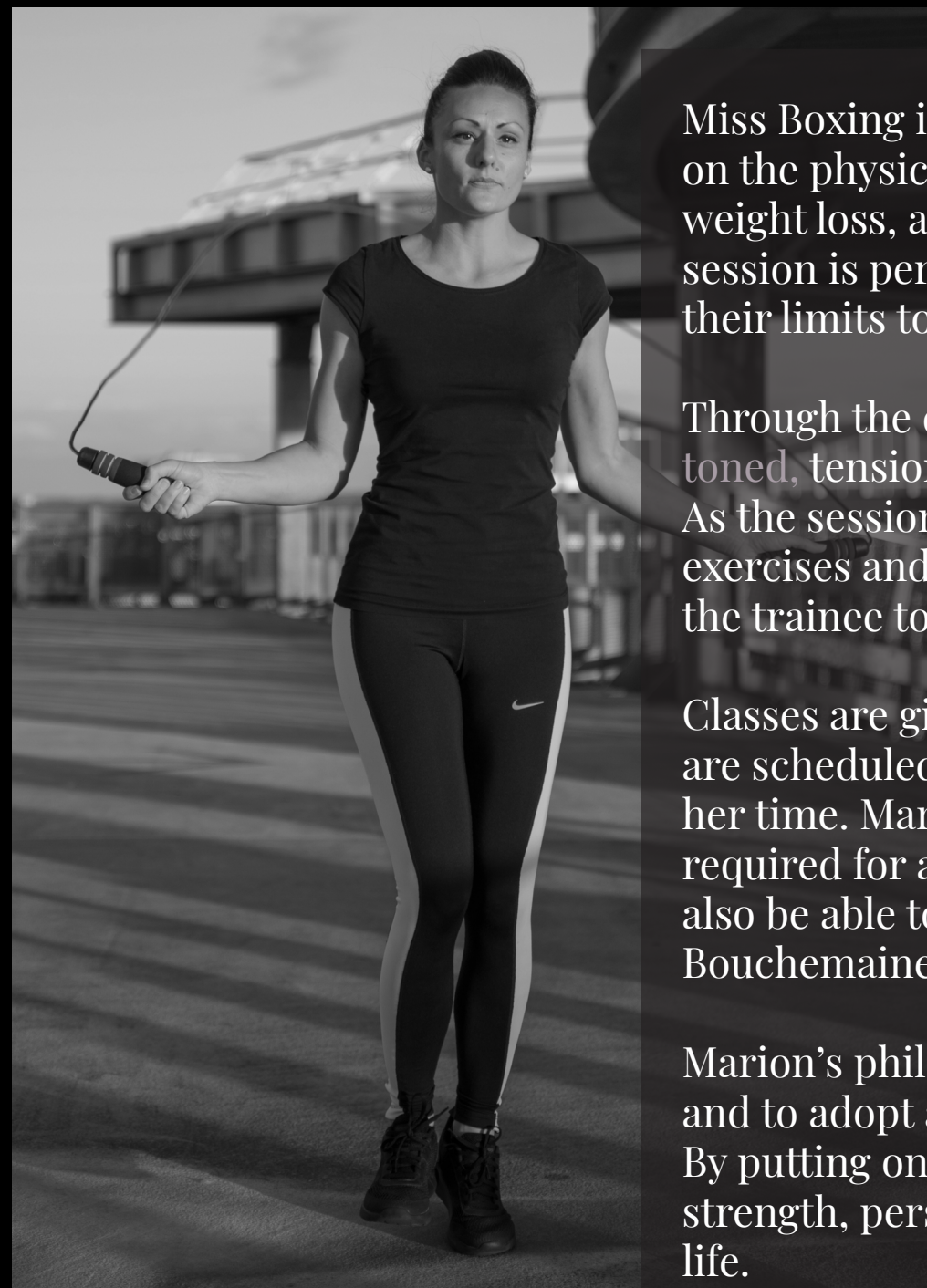
Aurélie

«It's a class for all women who want to practice boxing. The profiles are very varied. The exercises are adapted and progressive. Marion knows how to motivate the students in a positive attitude.»

Charlotte

«Dynamic, challenging and stimulating course.»

Céline



Miss Boxing is a tailor-made Full-Contact program based on the physical condition of the coached woman. Fitness, weight loss, and preparation for competitions: every training session is personalized and pushes each person to go beyond their limits to reach their fitness goals.

Through the demanding practice of Full-Contact, the body is toned, tensions are released and confidence is enhanced. As the sessions progress, the weight training, cardio exercises and technique improvement intensify to encourage the trainee to go outside of her comfort zone.

Classes are given at home or at the student's workplace, and are scheduled according to her agenda in order to optimize her time. Marion moves around with all the equipment required for a successful session. The first students will also be able to inaugurate the founder's new studio in Bouchemaine in January.

Marion's philosophy is to live the sport beyond the physical and to adopt a fighting posture in and out of the ring. By putting on the gloves, Miss Boxing students cultivate strength, perseverance and well-being for a more balanced life.



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