

HEAT SHEET

ISSUE
#7



January 2020

The Round Up

Heatseeker

UPW: Academy Feature

What's Coming up

A Letter from the Editor

Oh man, it's a new year. While watching Wrestle Kingdom, I stopped and thought about all of the wrestling I'd be watching this year. The sheer amount of wrestling I force myself to keep up with for no reason other than I want to. It felt overwhelming, but exciting. I'm very ready for what 2020 has to offer!

With my space this month, I want to talk about something that can go under the radar in local wrestling: commentary. Most of the local wrestling I watch is live and in-person, and many places don't broadcast their commentary booth to the crowd. But as more and more promotions pick-up streaming services, or YouTube channels, commentary becomes a prevalent feature. I'm of the firm belief that bad commentary can't ruin a match, but good commentary can elevate one. If I don't like the commentary team for whatever reason, I can mute the stream and sit peacefully. But if the commentary team work effectively, I'm more invested, I'm more passionate, I'm in the moment, and it's wonderful.

Commentary teams do a lot more than just talk over a match. Just as with any part of making a wrestling match work, commentary has an important role to play. Communicating the emotional significance of the fight, hyping up the involved parties, reminding audiences of important details in a story or a match – all while keeping track of the sequence of events and relaying those events. I get flustered trying to order food, let alone trying to process the sequences going on in the ring. And while I'm no expert on commentary, I am a former choral vocalist and taking care of your throat is hard when you have to use it for extended periods of time.

I guess what I'm trying to get at here is commentary is hard and can go underappreciated. If you're a commentator, thank you for your work. Please drink some water and keep those pipes healthy. If you're not, go thank your local commentators. Give them a big high five.

And with that, please enjoy this issue of Heat Sheet, from us, to you. Stay safe and happy.

Charlie Anderson

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We spent a long time looking for a nice photo of Rip Rielly for our cover, but we couldn't find one, so here is with blood coming out of his head.

- Photo Courtesy AWL

The Round Up

Venom: Elimination Lockdown 5

By Lachlan Albert

On January 4th there was a wrestling show, and I'm not talking about Wrestle Kingdom.

Venom Pro Wrestling made the decision to compete with NJPW's biggest show of the year with the fifth instalment of their annual Elimination Lockdown event. With three championships on the line and a seven-man elimination cage match main event, it's lucky that Wrestle Kingdom is recorded, because the energy of a VPW crowd is irresistible.

Elimination Lockdown 5 set up a lot of changes for Venom in 2020, the first being a new general manager. Owner Anthony opened the show by announcing (through mic troubles) that he'd be taking on more work behind the scenes and had to hand off general manager duties to Rob Levy. Rob has experience as an announcer for Queensland Wrestling Alliance in North Queensland, and his experience dealing with wrestlers immediately came into play when his introduction was interrupted by Zac Reynolds. The Natural showed up to demand a rematch for the Venom Origins Championship.



Jason Hyde defying gravity (shoutout musical fans)

Hearing that Zac wanted a match, Rob brought out a returning Johnny Hardwood. If you're not aware, both of his names are slang for male genitalia, and he seems very proud of his butt. Johnny had a lot of crowd support, as most people do against Reynolds, and the bout went back-and-forth. Zac was unhappy with the work of ref Seb, who deserves props for refereeing the whole show by himself, and these moments of distraction gave Johnny chances to wrest back control. Unfortunately, Zac ultimately came out on top, much to the crowd's dismay.

A triple-threat match was next up, with two local favourites taking on an interstate interloper. The Magnificent Mat Gauge looks like a circus threw up on him, leaving a path of purple glitter that could be tracked all the way

back to Newcastle. He faced off against the Asian Sensation, Shinji, and the popular up-and-comer Jason Hyde. Gauge was an excellent bad guy here, and Shinji was his usual hard-hitting self, but this was a star-making performance for Hyde. The end of the match came when Shinji hit Gauge with a kendo stick before Hyde ripped it away and hit Shinji with the loudest kendo

stick shot I have ever heard. Follow up with some high-flying technical wizardry, and bingo bango, Hyde wins in decisive fashion.

The Venom Women's Championship was on the line between reigning champion Tarlee and challenger Jasmin Vittora. The crowd was clearly on the side of Tarlee, and Jasmin lashed out at the crowd over it. Tarlee had early control but Vittora took back the momentum. A quick roll-up saw Tarlee retain her title, though, moving into the crowd to celebrate.

Following this match, another beloved champion defended against a challenger that the fans are less fond of. The "Good Man" John Skyfall came to the ring, and as usual looked like a D-Tier Batman villain, with his insane laugh, bulging eyes, and signature baseball bat. The champ, Tequila Young, continued his habit of dancing into the hearts of the audience, but he was as serious as could be when he faced down the man who attacked him pre-match at the last Venom show. The match was cut short – ref Seb couldn't keep the baseball bat out of Skyfall's hands, and Young took a nasty hit. The DQ decision didn't keep Skyfall from attempting to continue the assault, but one more vision of Queensland Wrestling's future was out to save the day. In another appearance that solidified Elimination Lockdown 5 as his coming-out party, Jason Hyde took the bat from Skyfall and held him off with some solid offense. Hyde helped Tequila to his feet and went to pass him the Origins Championship belt, but as Young pulled it, Jason couldn't quite let it go. Eventually dropping the belt and raising Young's hand, Hyde looked like a credible challenger and an exciting future matchup for the title.

The pre-intermission portion of the night ended with a triple-threat tag-team match for the Venom Tag Team Championship. Champions The Night Terrors (Damien and Ryan Thorne) were accompanied by Kobra Jones; Gen Next (Mitch Ryder and Cedric Brave) were accompanied by Todd Eastman, and El Cartel (Diablo and Flashman) were accompanied by... Nobody. The match was classic tag team chaos, with Gen Next providing the old-school tag-team style, Ryan Thorne making a great good-guy-in-peril-desperately-trying-to-tag-his-much-larger-partner, and El Cartel providing the chaos, including Diablo stealing a camera and photographing himself flipping off the crowd. Eventually the Night Terrors made the tag and looked in charge when the behemoth Bruiser made his way to ringside. Bruiser broke a cover by one of the Thornes on one of the Gen Next boys, before taking out Gen Next and aligning himself with El Cartel in order to make them the new tag champs.



John Skyfall not understanding the concept of yoga

Intermission was used as the opportunity to set up the cage for the main event.

The match started with two of the best challengers VPW has to offer in the form of EC Diamond and Jake Nova. An immediate impact was felt when the third entrant, Tim Kade, threw himself

all over the ring. The fourth entrant was Jackson Spade, and he threw other competitors into the cage with such force that officials outside the ring had to move quickly to ensure the structure stayed upright.

This force was matched by the first surprise entrant of the match, Spaceman Dacey. His signature spear dealt a ton of damage and multiple men were bleeding by the time defending champ Jaxon Cross made his entrance. Spaceman was unhappy about being eliminated, but he was swiftly replaced with the final, surprise entrant, a newly bleach-blond Big Boi Renegade. The six men in the ring caused plenty of chaotic fun, with the highlight coming when Kade rode Renegade like a horse to deliver a clothesline to Spade. The eliminations came thick and fast at this point, with Spade, Diamond, and Renegade all eliminated in quick succession.

Cross was clearly unhappy with his Next Level teammate Nova being indiscriminate in his attacks, whaling on him while yelling “you were supposed to be my brother.” Cross managed to eliminate Jake, but The King used this distraction to his advantage. Taking control and hitting a top-rope sit out fireman’s carry slam, Tim Kade became a two time Venom Pro Wrestling Heavyweight Champion.

I watched Wrestle Kingdom the next day. It was good. I think I made the right choice for the night, though - VPW put on an awesome show, and if this sets the tone for them in 2020, international wrestling will have to take a back seat. *photos courtesy Barbs Photos



Tim Kade standing tall as the new Venom Champ

UPW: Revival

By Matt McQueen

United Pro Wrestling was at The Shed at Aussie World on 17 January for Revival, their first show of the year, and my first live show of 2020.

We kick things off with Mohammed Ali Vaez v Jack Tucker. Tucker is an athletic and generally crisp performer – he is a classic white bread good guy, who is over with the kids, and whose entrance music is over with everyone. It’s an uncomplicated gimmick and plays well opposite the equally straightforward obnoxious American of MAV. They deliver a brisk five minute match, a good opener, with enough wrestling to draw a reaction from the crowd and a win for the good guy, despite a big screen distraction, to get the night off on the right foot.

Tucker calls out 13 after getting the win, but the Worm knows better than to turn up when he is expected.

Kanji Kid was up next, and entered to some pretty solid appreciation from the crowd. However his opponent was the Stockman, who is also widely popular with the UPW crowd. This was always going to be a mismatch between the 140lb Kanji Kid and the 305lb Stockman, and sure enough, as soon as the big man managed to get his hands on Kid, the match was over. My notes from the match record that Stockman was more vicious than he needed to be to get the win, and I was a little surprised that the crowd were still fully behind him afterwards, but they were.

Next up was 13 v Renegade. I really enjoyed this. I've seen 13 in a few matches now, though as he is a big guy they have generally been against smaller wrestlers. The Big Boi was a more even match-up and I got the impression that both performers revelled in the opportunity to unleash a few more power moves. There were some great hits in this match, and the (almost) mandatory trading of forearm blows was thunderous and genuinely impressive. In the end 13 picked up the win with the assistance of a crow bar to the back of Renegade's head... which brings us to the theme of the evening.



Gospel demonstrating how not to lift with your back

I suspect refereeing is not easy. There is a lot going on, there are many rules, and there are certain wrestlers who have a penchant for resorting to nefarious actions when one's back is turned. However UPW head ref Grant Simmonds probably needs to lift his game. Granted he is not one of these annoying refs who sees blatant cheating and lets it slide, but the number of times at Revival that he was able to be distracted by the bad guys, or their hangers on, was frankly not befitting an official of his standard. There had been shenanigans in the first match with MAV's flag waving buddy Noman Mikalov which had not impacted the match outcome, but in this one they had, and they would again in the title match later in the evening

After the match, 13 called out Jack Tucker. Tucker dutifully arrived only to be blindsided by a freak show Mojo Powers who spat liquid in his face, leading to a 13 power bomb.

After an earlier promo, Gospel returned to the ring to defend his title against EC Diamond. Just as I enjoyed the power v power display of 13 and Renegade, I also enjoyed the clash of styles of the bigger more grounded Gospel against the mobile EC Diamond. Diamond had the clear

support of the crowd, but that was of little benefit when Gospel had the support of two masked disciples and a ref, who only seemed to notice them when it afforded the champion the opportunity to put an illegal hold on the challenger. For the finish Gospel didn't need any assistance, locking in a submission move and forcing Diamond to tap out.

Malibu has a beef against Gospel, and challenged him after the match. Given the champion had already successfully defended his belt, he was never going to risk it a second time, so Malibu turned it into an open challenge, which was answered by Moko Kai. They had a competitive match – the power of Kai against the technique and ring savvy of Malibu. In the end it was the experience of Malibu that scored him the win, getting a roll up pin against his less than impressed opponent. The crowd had been happy to see this as a face v face match up, but when Moko Kai refused a conciliatory handshake from Malibu after the loss, they were also happy to tell him what they thought about poor sportsmanship.

Vegas Star left the commentary table, only to return minute later to present his in-ring talk show segment. His guest: an injured, smartly dressed Ricky Rembrandt.

There are a lot of Stockman shirts in a UPW audience: he has an uncomplicated aesthetic and a straightforward style that plays well in the shed, so watching him beat up the Kanji Kid, even if he went harder than was strictly necessary, was not going to be enough to turn the crowd against him. Even the idea that he might be working with everybody's least favourite showboat Vegas Star probably wouldn't do it. But have him come out and choke slam an already injured Ricky Rembrandt? The same Ricky Rembrandt who has just told the crowd that he has been advised by doctors to retire because of injury? The same Ricky Rembrandt who had just had the entire audience wish his daughter a happy birthday? Yeah that will probably do it.

The main event pitted the Cluck and Duck Connection against the odd couple pairing of Jesse Love and Sirius Lee Clean in a match for the tag team championship. There were some clever spots in this match and some great attention to detail. Cluck tried, unsuccessfully, to lift and slam each of his opponents in turn. He failed on both occasions, and it gave the momentum to the heels. On the third occasion, his partner ran in and assisted with the lift, allowing him to perform the move. A tag match (not surprisingly) involves tagging hands with one's partner. For Sirius, who might have some understandable concern as to where Jesse Love's hands may have been, that of course required multiple pairs of rubber surgical gloves, and the occasional pause in the action while he removed or replaced tainted gloves. In the end the Cluck and Duck Connection retained in a finish that did not even require the intervention of Tugboat.

Cluck closed out the night by thanking the UPW audience in what might be the most bizarre, and what without the timely translation of ring announcer Abbie Mac, would have definitely been the most incomprehensible promo ever.

AWA: Purge: New Dawn

By Aisling Taylor

The 2020 Purge was a show of both firsts and lasts: firsts because it was my first wrestling show of the year (and my first anniversary of going to indie shows), and lasts because it was the last show with AWA as we know it. Before the show began, MC Sebastian James and Commissioner Syam came out to explain the changes that were announced at the end of PWL's Project Revolution 2. Following them out was "Smashface" Mitch "Mitchy 2 Belts" McCarthy, closely followed by the ever predictable tantrum from Jesse Daniels. Once he calmed down, it was explained via a super cool trailer (seriously check it out if you haven't seen it yet) announcing AWL: Australian Wrestling League. The video also released the names of shows coming up in 2020, and showcased the new brand's logo.



(AWA + PWL = AWL)

The first match of the night featured the reliable right hand of the Daniels Republic, Draegen. With a new wild sycophant vibe (and a new mask that perfectly matches his teenage goth makeup), Draegen stalked around the ring waiting for his opponent. He wouldn't have to wait very long, because soon the newly unmasked Renegade (formerly Hugh Manatee) entered the scene, freshly blonde and on a quest to destroy the Republic at all costs. The mutual contempt



Draegen bringing his new mask to Show and Tell

was palpable throughout the match as both men worked to push each other to their limits. In the end the Big Boi Renegade was able to defeat Draegen, but unfortunately for the former aquatic mammal, he still has many more Republic members to get through before he gets to Jesse Daniels. It's anyone's guess as to who he goes after next. I enjoyed the new character angles from both Renegade and Draegen and am interested to see where they evolve to from here.

Tag Team Champs GenNext (minus injured Cedric Brave) were up next, in their first title defence, against previous champions The Retro Bros. Subbing in for Brave is former Heavyweight Champion and fellow client of manager Todd Eastman: Jake Nova. Even a man down, GenNext managed to maintain the arrogance they are known for, attempting to wear

out Retro Bro Bobby Bishop before he successfully tagged in the much larger Rip Rielly. The Bro's teamwork aside, they didn't have quite enough power to beat GenNext. This loss didn't go over well with Rip, who quickly turned on his (Retro) Bro, in what was one of the biggest shocks of the night. With the Purge Rumble coming up later in the night, one thing was clear: this wasn't over.

We then got the advertised Fatal Four-way for the Openweight number one contendership between Zac Reynolds, Jason Hyde, CJ and Spaceman Dacey. The match did a great job of showcasing each of the participant's strengths: Hyde's ability to seemingly float through the air, Dacey's sheer size, and Reynolds' quick but ruthless improvisation. Surprisingly, each man's attributes didn't prepare them for CJ's sudden unwillingness to lose the match, in the end getting the pin against Hyde and becoming the next contender for Xander Sullivan's coveted Openweight Championship.

The last match before the Rumble was the Heavyweight championship match between Mitch McCarthy and Jesse Daniels. Both men had been in the title picture for much of last year and faced off during the PWL Five Man Ladder match that saw McCarthy win the two belts he is known for. Neither McCarthy nor Daniels held back, with the Republic intervening in an attempt to soften Mitch on Jesse's behalf. Even with the numerous shenanigans, McCarthy was able to successfully retain, sending a bruised and defeated Daniels back to his Republic to heal.



'Mum says it's my turn to play Xbox!'

I'm not going to lie, the Rumble was wild, and at times hard to follow, so I am going to give the official order of entrants and some anecdotes, because only the three-person commentary team at the show could come close to giving an accurate play-by-play.

Renegade - back in the ring after his win earlier in the night, the Big Boi was able to stay in the Rumble for one of the longest times.

Cockroach - accompanied by prison mate Skinny D, formerly Kelso of

Sober Nation, it seems he is no longer sober, and has traded his suit for an orange jumpsuit.

Jaxon Cross - after cutting an angry promo earlier in the night, Cross returned to wrestle this time, and wrestle he did.

Xander Sullivan - the Openweight champion didn't let his current title get in the way of him trying to get access to the Heavyweight title too.

Blair Seeker - freshly returned from training in Canada, it's nice to see Seeker come back with a new spirit.

Roberto Puccino - mistaking the Rumble for an open mic night, Puccino did his best to avoid having to actually wrestle, but did eventually thanks to Lucille Brawl.

Double Denim Danger Dan - on a night full of stunts, the emergence of DDDD was no exception, even taking a break mid stunt to eat a banana (maintaining energy is important for stunt success).

Lucille Brawl - channelling the first avenger and wielding a very cool shield, Brawl cleaned house and by extension cleaned up the streets.

Zac Reynolds - at a disadvantage by following the undisputed best person wearing green (don't tell Mick Moretti), Reynolds also had a run-in with the aforementioned shield.

Skinny D - this time entering legally, Skinny D quickly made everyone in-ring uncomfortable with his wild antics.

Jack Tarr - a sailor man in a jungle bar might seem odd, but in wrestling it makes perfect sense.

Mitch Ryder - while sadly without his fellow tag champ partner, that didn't stop Ryder from making his mark in the Rumble.

Super Titan Jr. - arriving in the ring with an autograph book and a seemingly infinite number of merch shirts, Titan's only downfall was entering the Rumble before Draegen, and therefore was unable to get that prized autograph.

Combat Wombat - the universal favourite arrived and wasted no time getting the audience to love him.

Draegen - the second member of the Republic in the Rumble, Draegen quickly became the target of Renegade again.

Tim Kade - Kade entered the Rumble at an advantage, having not had a match yet tonight, but unfortunately there



When you go too hard at the sleepover in year 9

were too many opponents still to come out, so his chances were slim.

James Jaeger - the ref turned Republic cult member made his official match debut during the Rumble.

Jake Nova - former Heavyweight champ entered the Rumble, a win would of course give him the chance to reclaim the tile he had lost at Homecoming.

Yng Chad - arriving with a basketball (surprising no one that the tallest person in wrestling probably plays basketball).

CJ - fresh off his number one contendership win, CJ joined the rest of the Republic still in the Rumble, though not for long.

JL Gold - while not able to sync up with fellow headstrong member Xander Sullivan, gold was still able to eliminate a couple of opponents on his own.

Spaceman Dacey - Dacey arrived in the Rumble just in time to do what he does best: spear people.

Raven Spears - Spears' debut was at the PWL Revolution Royale, and he did good work during the Rumble, making him one to watch.

Jason Hyde - the champion of anti-gravity returned to soar even more.

Bobby Bishop - Bishop returned to the ring after his beating, but this time he made sure everyone knows he is worthy, wielding and promptly knocking down the competition with a hammer befitting a god of thunder.

Rip Rielly - Bobby didn't have long though, with his assailant following him to the ring to continue demolishing anyone in his way.

Outback Adam - celebrating his debut-iversary with party hats and his usual level of cheer, Adam did a great job of raising the morale of the ring.

Jesse Daniels - the final entrant was the Devil's Double, who was promptly knocked right back out of the ring.

Eventually the ring was only occupied by Rip Rielly (bleeding after taking a collection of skewers to the forehead from Tim Kade) and the debutday boy Outback Adam. Despite his cheery demeanour, Adam didn't hold back, even putting Rip's head through a chair (which is this issue's cover image). It wasn't quite enough though, with Rip throwing Adam into a ladder leading to a towel being thrown in on Outback's behalf. This didn't stop Rielly's pursuit however – even with people coming into the ring to separate the final two, Rip was able to eliminate Adam and become 2020's first Heavyweight Title contender.

Heatseeker

TIM HAYDEN. Duh

Q: All time favourite Wrestler

A: My fav wrestler apart from myself is Chris Jericho, especially his 2008 gimmick

Q: All time favourite match

A: Bret Hart vs Shawn Michaels ironman match from wrestlemania 12

Q: Where and when did you start Training?

A: IPW, September 2017 a year later in September of 2018 i got to train at Black and Brave in Davenport, IA.

Q: Where, when and against whom did you make your debut?

A: December 2018, I debuted in a tag team match at SCW in Walcott, IA with Val Eden (a French Wrestler) who I carried through the whole match, against the team of Finger & Thumb. I was the best thing in the match obviously.

Q: Your Favourite match you've been in.

A: My favourite match I've been in is my match with Zeke Andino for the IPW heavyweight championship in my IPW debut. Title shot on debut, what does that tell you.

Q: Favourite match you've not yet had?

A: Theres a ton of people i wanna wrestle but I think wrestling Mick Moretti would be good fun.

Q: Favourite Move?

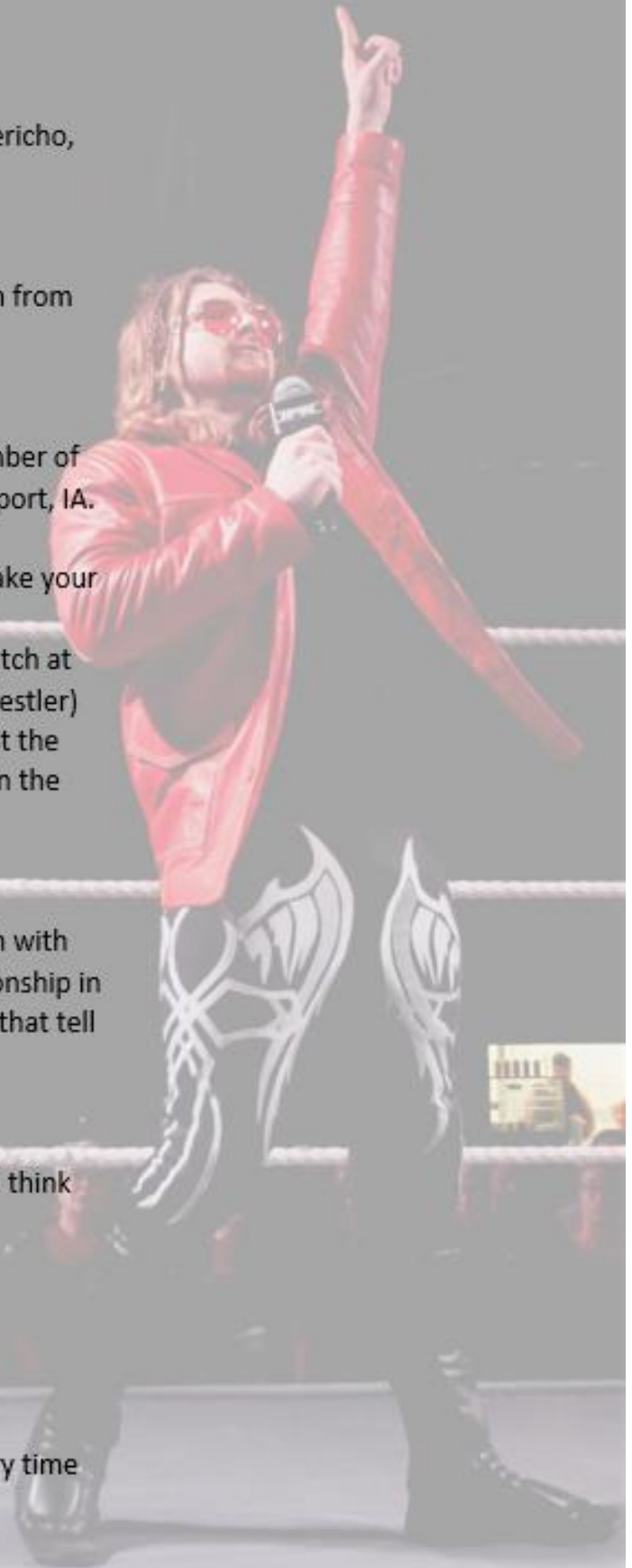
A: Big fan of the Dragon Suplex

Q: What titles have you held?

A: Haven't held any titles, ref screwed me every time

Q: Describe yourself in three words.

A: The Best... Duh



Learning the Ropes at UPW Academy

By Matt McQueen

We get to United Pro Wrestling's new base in Caboolture about 11:45 am – 15 minutes before the try-out is meant to start, and 30 minutes after we had intended.

There is already a decent size group, sitting or standing on the bleachers around the ring.

Some of them we recognise as UPW performers. Matthew "the Gospel" Gabriel is off to one side quietly checking his laces. Today he is "Coach Gospel", which in itself is disconcerting.

Mojo Powers is in the ring, chatting, laughing, casually testing the ropes.

UPW's owner and head coach is scanning the new trainees, and greets us warmly when we arrive. He invites us to have a look around, watch, take photos, speak to people, and let him know if there is anything he can assist with.

It's a genuine welcome, but his alter ego '13' is lurking, mischievously, not too far below the surface.

We get a glimpse of him as he is running through his plans for the day with Gospel, smiling a little as he absentmindedly suggests 'blowing up' the trainees early with squats and high knees and brookside.

UPW normally runs try-outs every three months, and having held one in October it would normally have been January before they ran another. But November saw UPW move their base from Beerwah to Caboolture, and they were keen to run a try-out in the new venue as soon as possible, both to establish the promotion's presence in the region, and to see what talent there might be in the area.

There are nine trainees signed on to be put through their paces today, and they are a mixed bunch. You can start at the UPW Training Academy as young as 16, and there are a couple of teenagers here with their parents in tow. There are older trainees too, mid to late twenties, and a variety of body shapes. They are all wrestling fans, eager to get inside the ring and see if they have what it takes, united by a shared rejection of WWE's oft stated directive to 'don't try this at home.'



There is a certain satisfaction in watching other people suffer.

It's a decent turnout in the circumstances, and 13 wastes no time in testing them out.

Sophie* is the only girl in this try-out. She is young and keen and fit, and as the warm up starts to bite into the group, she powers through it. She is here with her dad Bryan* and step mum Bella*. I grab a seat beside them and ask them about how they came to be here. They are all wrestling fans. Bryan and Bella live in Ipswich, and when Sophie is with them on weekends, they are regulars at Venom Pro Wrestling. Through the week though Sophie lives with her mum in Caboolture, so if this is something she wants to do and she is serious about committing to training up to three times a week, UPW is the place for her.

As the group moves from cardio into the ring, Sophie starts to struggle. She has never done a forward roll before, and is having to learn, on the fly, the confidence and body awareness that comes with more acrobatic manoeuvres. And that's when you can see the coach emerge, encouraging, teaching and talking her through it.

We'd never seen The UPW-Academy setup at Beerwah, so I can't tell you how the Caboolture facility compares, but the first thing we notice is the size of the new space. It's big: a double size industrial unit that wouldn't be out of place as an airplane hangar. The ring, mats and weight equipment that make up the training area barely account for a third of the available floor space. The balance includes an air-conditioned office but is largely empty at the moment. They have started to make the space their own – the walls have been painted in the blue that is UPW's signature colour and a line of event posters have been posted along the far wall.



JingleJam hadn't even happened yet and the poster had already been added to the wall.

United Pro Wrestling have plans for it though, and during the introductions it is announced that they will be running shows from here starting in early 2020. I imagine the space set up for a performance, with a concession stand and merch table, trying to estimate how many seats they could fit. I'm not good with numbers, and give up.

I did get the chance to ask more about their plans for these shows, and in particular whether they will be along the lines of an Academy 'Showcase' show. 'Not really,' was the answer.

While they will be doing Caboolture shows, UPW will continue to run monthly shows at "The Shed" – a venue that they have made their own and at which they have well and truly established their brand. The Caboolture shows will be in addition to the Aussie World shows, and obviously

running shows more regularly will create more opportunities for the growing UPW roster. More performers will get more ring time and more chance to learn and grow in front of an audience. But UPW is looking to expand its audience, not just develop its roster, and the Caboolture 'house shows' will still be anchored by the core of experienced in-ring performers that you can see at The Shed.

Every wrestling trainer needs a Mojo Powers. He is like some specially designed wrestle-centric live action Mannequin, with an uncanny ability to take the Coach's explanations of a move or a drill, and execute them in an easy to follow manner.

Coach says, "Forward roll, fists down, kick off, come up on your right foot, set forward with your left hands up."

And Powers does it perfectly, and all of a sudden those words make perfect sense.

Coach says, "Back bump, fall flat, forearms flat, as close to shoulder level as you can."

And Powers does it, and wrestling is a little bit easier to understand.

Attending a try-out is only the first step in actually becoming a wrestler.

Get through the warm up, and the basic rolls and bumps that they are being put through today, show some glimmer of talent or drive or potential, and the trainees will be offered the chance to join the Academy.

Once in the program they will start in the junior class, learning the basics and building fitness and ring awareness. From there they will progress to hold sequences, and match structure and finally to developing a character that is ready to reveal to the UPW Audience. It's a process that takes time and commitment, and while the program is based around fixed terms, no-one is guaranteed success.

As they make clear, progressing to the next class is dependent on having satisfied the trainers that you are ready for the next class. People pick things up at different rates, and UPW are much more interested in ensuring that all of their trainees are ready and able to move on safely than rushing people through a course structure and out the other side.

It also takes dedication. Training is twice a week. Miss a training session, miss the skills or the drills that are learned in one session, and you might find yourself struggling to catch up. Miss multiple sessions and you may find yourself well behind the eight-ball.

It's a well established formula, and one that has been heavily influenced by the training regime at Al Snow's 'Ohio Valley Wrestling'. UPW work closely with Trainer Mohammed Ali Vaez, who was himself trained at OVW by Snow, and who visits UPW regularly both to appear on shows and to conduct training.



Some days all you really need is a place to sit and sweat.

Vaez's involvement goes further than an emphasis on fundamentals, however. Wrestling is an industry that is built on connections and personal relationships, and UPW encourages its graduates to make use of those connections in developing their performance. Former UPW champion EC Diamond recently returned from what will no doubt be only his first trip to the United States and a successful run with Ohio Valley Wrestling.

Chad Atlas isn't here to find out if wrestling might be for him. He isn't interested in playing at being a wrestler. As at November 2019, Chad Atlas has been training with Impact Pro Wrestling Australia (in Nerang)

for over a year. In September he had made his in-ring debut at IPW's Area 51 and at Escape from Nerang he picked up a surprise win against Dick Brutal. Chad Atlas knows he wants to wrestle, and he is here to take the next step. His aim today is to impress the UPW team enough to make their roster and to start appearing on UPW shows. He comes with a level of intensity and precision that the other trainees can't muster. This is not his first rodeo.

There is a ring bell by the door. The coach makes the suggestion early that anyone who wants to quit can ring the bell.

No-one is keen to quit, but as the try-out progresses, it becomes apparent that some trainees are handling it better than others. It's a hot day in November, and even with the roller doors fully open, any breeze does not reach all corners of the unit. There is no air conditioning in the training area, and the group starts to split.

Those who are handling it stick close to the ring, where the head coach can see them, and where they can compete, if only in their own minds, with the other trainees and the existing roster members present. Those who are struggling seem to drift into the corner, where coach Gospel guides them through the drills at what might be closer to their own pace.

Some trainees drop out for a second, pacing themselves, sitting out a drill while recovering, only to step back in when they feel able.

Nobody can do everything perfectly first time, and it is a useful reminder that they are only on the first rung of the ladder. There aren't a whole lot of ways to prepare for wrestling training, other than wrestling training.

Jesse* is a Morayfield local. He is 26. That makes him one of the older trainees here today, and a late starter to wrestling. He admits that he hasn't been to a UPW show before. In fact despite being a long-time wrestling fan, the fact that there was such a thing as local wrestling, let alone a local wrestling school, was unknown to him until he saw the advert for the UPW Academy. He doesn't know how far he will go with wrestling. He just wants to try it and see.

We leave before they are finished. It's a Saturday and we have chores to do, and later that night we have a show to get to. Nobody has rung the bell yet.

Nobody has left.

Nobody has thrown up.

Nobody has given up.

A couple of days later I make contact with UPW again to get their thoughts on the day. The coach is pretty satisfied with the try-out. Nine trainees was a decent number given the short turnaround and the brand-new venue, and there was some talent or potential talent on display.

He tells me that two of the trainees have been enrolled in the program and are progressing well. Three others had shown enough that they have been recommended to work on their fitness, a not uncommon outcome. They will schedule another try-out in about three months, In the meantime they will continue to work on the venue, and develop their plans for the Caboolture shows.

A new base, a new venue and new shows all add up to a brand new chapter for United Pro Wrestling, and the first chapter for their latest Academy trainees.

**names have been changed*

Coming Up



United Pro Wrestling have wasted no time in turning their new training base into a show venue and will throw open the doors at Caboolture South for the first time on 1 February 2020 for the aptly named ‘Welcome to the Neighbourhood’

After a well earned rest through the first month of the year **Impact Pro Wrestling Australia** are :”Back in February” at William Duncan State School on 8 February. Matches announced so far include LFB v RIP for the IPW Unified Championship, and Bodhi Jackson (winner of the Santa Rumble) against Skhorn for the Heavyweight Belt.



Venom Pro Wrestling will be back at Yatala Showmen’s club on 22 February for Reload. Not only will it see Tim Kade make the first defence of his VPW Championship against Craven, but Jason Hyde will get his first chance at QLD Gold when he takes on Tequila Young for the Origins Title.



Kedron Wavell will be the venue for the first **Australian Wrestling League** show on 29 February, which will see

new bad guy Rip Rielly challenge Mitch McCarthy for the championship, and the Daniels Republic’s CJ try to dethrone Xander Sullivan.



Coming up in Heat Sheet.

After the disappointment/ debacle that was his trip to Sydney for Liger, we decided to give Lachlan a month off from his foreign affairs. He will be back next month though, as will our feature on Openweight Champion and arguably the nicest guy in QLD wrestling the War Head Xander Sullivan.

**Never ask Tommy
Knight for a piggy back**



**HEAT
SHEET**

