



# Plant Chess Coaching

## *Planting seeds for your chess growth*

### Chess Boxing

Our chess boxing sessions involve non-contact boxing exercises alongside chess play that will help you level up both your physical fitness and your chess skills. As the old saying goes: “*a healthy body ensures a healthy mind*”.

👉 *What is the best move in chess boxing? A mean right-rook.* 👈

### Super Coach

Every session will be led by the incomparable Super Coach John-Stuart Plant, who mastered both chess and boxing under the mentorship of his father John-Bruce Plant (the formidable professional boxer – Queensland Light-Heavyweight Champion and Australian Number One Contender).

👉 *How do you survive against the best chess boxers? Always check them.* 👈

### Pricing

Free one lesson trial if you are new to John-Stuart Plant  
\$30 per session  
\$1000 per year (unlimited lessons)

👉 *What makes knights so great at chess boxing? They can hook around a corner.* 👈

### Next steps

We are currently taking expressions of interest for our chess boxing program. Sessions will begin once we have a quorum. If you are interested in taking both your chess and fitness to the next level, please submit the form on our website.

👉 *Why are pawns so good at chess boxing? They know how to double up.* 👈