

Cory Spinks Trains In Isolation

Written by Robert Ecksel

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Spinks trains at Don King's facility in Orwell

Former welterweight champion **Cory Spinks**, in preparation for Saturday's IBF junior middleweight title fight against **Roman "Made in Hell" Karmazin** from St. Louis (ShoBox), is keeping his focus by training in solitude in Orwell, Ohio.

According to St. Louis Today, Orwell is 90 minutes into northeast Ohio to the edge of nowhere. After driving 18 miles through fields and forests, Hang a right onto the driveway at the small "Camp of the Champs" sign, ignoring the warning about vicious (but invisible) dogs. On that property, in one of two no-frills boxing gyms, is where Cory Spinks is trying to find himself.

The facility was built by **Don King** in 1974 on 2,000 sprawling acres of land and **Ken Norton**, **Larry Holmes**,

, **Hector Camacho**

and

Julio Cesar Chavez

, among others, once trained there.

As Spinks' manager/trainer **Kevin Cunningham** put it, "There's nothing out here but cows, horses and Amish people."

It's been a year and a half since Spinks lost his IBF, WBA and WBC belts to Zab Judah and his 11 week exile has given him a chance to put things in perspective.

"I grew up a little more," Spinks said. "I understand things a little more. I'm taking care of business and I'm tremendously focused. My mind is not on anything else but winning this title."

Things have not been especially quiet since Cory lost to Zab. For instance, his wife Kim stabbed him with a knife in the shoulder and abdomen during a domestic dispute in September; Spinks was hospitalized briefly. But at least the struggle to make the welterweight limit of 147 lbs. is finally at end.

"Cory was around 171 or 172 pounds when we went to camp for the Judah fight," Cunningham remembered. "That was a long way to go to get to '47. I told him, look, man, we can call the whole thing off. He said, shoot, man we can't. I said, why can't we? And he said, there's 1-point-4 million reasons why we can't."

Spinks hit camp for the Karmazin fight in March about 14 lbs. over the 154 lb. junior middleweight limit. But training has been going well; he told the boxing press last week on a

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telephone conference call that he was at 155 and ready for Saturday's fight. [Read more at the BLOG](#)