

### KESSLER MOVES CAMP TO CALIFORNIA THIS WEEKEND

#### Viking Warrior Sends Special Message To His Fans

COPENHAGEN (October 28, 2009) – WBA Super-Middleweight Champion Mikkel Kessler will move his training camp to California at the end of this week to continue his preparation for his Super Six World Boxing

Classic opener against Andre Ward. The November 21 clash will air live on SHOWTIME at 10 p.m. ET/PT (delayed on the West Coast).

Kessler today caught up with his fans, sending out a special newsletter via his website, [www.mikkelkessler.com](http://www.mikkelkessler.com). Feel free to have a look at his Facebook page - it has close to 125,000 fans.

Here is the latest from the Viking Warrior:

“With just 25 days between now and the fight, I wanted to give you a quick update on my preparation. As you know, I am very thankful for all your support. Please keep it up.

“For the last couple of weeks I have been sparring with a rather tough guy, Sergej, from Lithuania. He has given me a good idea about where I stand before the Ward fight on November 21.

“Looking back at the Perdomo fight, I think it was my luck that the fight only lasted four rounds. That made the recovery period shorter, and that is something I benefit of now as I am preparing for the Ward fight. At the same time I also benefit from the hard preparation ahead of the Perdomo fight. Physically, I was in great shape, and I am already close to reaching a good level for my Super Six opener.

“As a result of my physical condition I am now able to focus on the tactical dimensions and how to get one step ahead of my young American opponent. Fighting Ward, who has been called the next big American fighter, is a great challenge for me, no doubt about that. Having said that, I am used to tough challenges, which makes me confident thinking about the fight. At the end of the day I have fought more than twice the fights that Ward has.

“A well-structured preparation is one of the most valuable elements for a win. Is the physical shape as it should be? The tactical understanding - do I know my opponent’s strength and weaknesses? My nutrition - do I eat the right things at the right time? And finally have I adapted to the surroundings in which the fight takes place? My career has taught me that the circadian rhythm is one of those elements that can break you during the fight. With that in mind, I have decided to leave for Sacramento, California at the end of this week. That gives me three weeks to adapt to the US environment and time zone. That should be more than enough to be ready

## **Kessler Coming To Cali**

Written by TSS Press

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on November 21.

“During the last 3 weeks up to the fight I will update you guys in text and pictures on the website as well as on Facebook. Talking about Facebook, I am very grateful about the attention I get at the fan site. More than 100.000 have signed up after the Perdomo fight - which is amazing! My promise to you guys is to do whatever is in my power to win the Ward fight as a thank you for your support and interest in my career!”