



On Wednesday afternoon, exactly one month before he fights Chad Dawson in one of the most anticipated fights of the year, we checked in with Andre Ward at his training headquarters in Hayward, CA,

The super middleweight champ was in full fight mode, sparring ten rounds against two southpaw opponents. Ward's opponents for the day worked five rounds each, attempting to disrupt Ward's controlled pace in the ring, and emulate the tall lengthy Dawson. At one point during sparring, Ward knocked one of his opponents through the ropes and out of the ring, nearly sending him off the mat and to the cement floor before somebody caught him from falling.

The light heavyweight champion Chad Dawson, will travel to Ward's home turf in Oakland, Ca

## Andre Ward Training Camp Notes

Written by Raymond Markarian  
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on September 8th and move down seven pounds from the 175 pound light heavyweight limit to 168 pound super middleweight limit, where Ward resides as the reigning king. After sparring, Andre pulled the soggy blue t-shirt that bares his boxing nickname "S.O.G," off of his back, and wiped his face with a clean white towel, put on a fresh white V-neck, and hit the mitts for another five rounds with his trainer Virgil Hunter. It is this blue-collar approach to fighting that propelled Ward to become the second best fighter in the world behind Floyd Mayweather.

Andre Ward and Chad Dawson will fight on HBO on September 8th. The HBO 24/7 preview show debuts on August 25th. The 24/7 production team worked with Chad Dawson last week, and has followed Ward since Sunday. After training on Wednesday, they interviewed both Ward and Hunter then wrapped their last day of shooting.

"Just another day in the office," Ward's trainer Virgil Hunter told me with confidence. "Andre is doing everything we ask him to do and more. Don't be surprised if we stop him (Dawson)," Hunter also mentioned. Andre Ward is in the heat of training camp.

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### **Radam G says:**

The SOG Ward is gonna beat the tar outta da Super Bad Chad. My note is that SBC has an arse thrashing coming. And he, of course, will blame the weight loss and the home crowd. And then ask for a remake -- I mean rematch. Holla!

### **SouthPaul says:**

War Iceman John Scully! That's my dawg, my comrade. Next time you see 'em ask him bout the legendardy training of Jp1313 Sparring 15 rounds at 6 minutes a click. No resting in between. That's wasuuuup. For that reason I have to cheer for Chad. It's an ice thang', Radam. Unforgivable Coldness! Lmao

### **ali says:**

Dawson wins if he make 168 healthy I promise.

### **Radam G says:**

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Don't fo'get my bean pies and banana pudding, SCLA Ali. "Dawson" is gonna get his arse set on fire by SOG. I'm reminded of brimstone and hellfire. The heat in O-Town will be something SuperBad Chad cannot handle.

@SouthPaul, that ice is gonna be melting and chacadng like the Niagara Falls from SOG's rapid-firing heat missiles. Holla!

### **Carmine Cas says:**

SOG wins, Dawson has periods of inactivity and Ward is just a beast.

### **amayseng says:**

kudos to both guys for making the fight...

i got ward by unanimous decision...

ward is the most FOCUSED fighter on the planet besides bhop and wlad,

chad is the most inconsistent, or close to, mental fighter at the world class level..

wards constant ring generalship and control of doing what he wants when he wants

will make this a decisive win for him with dawson returning to lhw to redeem himself

by beating pascal with ease...

### **ali says:**

This fight is for all y'all who said a young B-Hop would beat the breaks of Dawson. Ward has to get on the inside to win this fight and ain't no way in the world he can beat Dawson on the outside. Chan is a very smart fighter he's going to force Ward to beat him from the outside and Ward is going to get his \*\*\* whoop.

### **ali says:**

Radam what's up with all the bean pie jokes?

### **Radam G says:**

What are you talking about, SCLA Ali? A P-playa just want you to hook him up with a few bean pies and some banana pudding. Ain't no joke. Holla!

### **ali says:**

Radam LOL

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### **brownsugar says:**

I respect Ali's opinion and certainly the fight may evolve into monumental battle of wills.

Dawson has been calling out Froch, Bute, Ward and every supermiddleweight that matters with the goal of securing the big fight he's craved since his name was spoken synonymously with with Pound for Pound Greatness after he beat Tarver the 2nd time.

So Dawson must believe he can be effective.

My argument is that the lean, long, powerful frame of Dawson will be at a deficit once his caloric intake is reduced.

Much in the same way Cotto looked like a shell of himself vs Pac at 145

and Bryd was diminished when he went down to 175 and received a shellacking from a journeyman.

Ward is a boxer who spars frequently,  
So he's prepared to react accordingly in the ring at fight time.

Dawson like to drill repeatedly.

Dawson will see what he has to do but won't be able to react.

Ward (a former light heavy himself)

will work second to second capitalizing on ever faux move Dawson makes.

can't wait, real drama, real execution of the Sweet Science.

Ward wins with a TKO or a UD.

At least that's the way brownsugars laboratories invisions the bout.

### **Real Talk says:**

I'm pulling for SOG Ward!!!! Avenge B-Hop and punish him like the Incredible Hulk!!!!  
YEEEEAAAAH!!!! I got SOG WARD dismantling Chad and becoming a young Master in September. Great early birthday gift for yours truly. Dueces

### **MisterLee says:**

Ward gonna hurt him, real bad. I think Ward could even outbox him from the outside. Even if Dawson were more technical that'd be one thing, but Ward's hunger and pace would make him uncomfortable... BUT he is not more technical nor more versatile. Ward gonna rough him up!