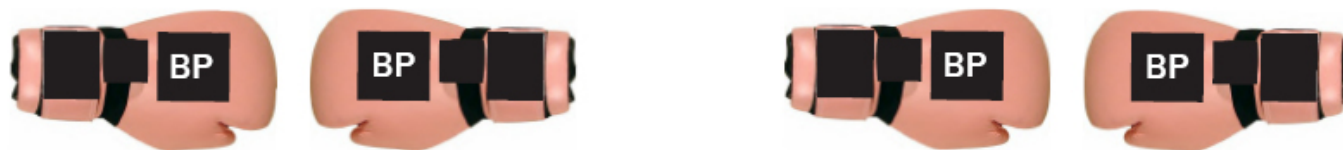


Billy Willis

BEING UNPREPARED GETS YOU KNOCKED OUT



It's hard being a fighter and having a family, unless you are a Godly man. With God as the head, all is well. No man can supply what God can. You get caught up easy in drugs, females or anything in the world, if you don't have any direction – whatever it is that can easily catch your attention and distract you. You need to stay focus and be mentally prepared for every fight, not just some of them. That's why proper eating and training are very important for you physically and mentally.

Always watch what you eat. I recommend eating chicken and fish – something with protein and you still need carbs. Eating chicken and fish are good, because they won't sit on the stomach like burgers. You can also eat steak, but let it be 2 to 3 days before the fight, giving it time to digest. Stay away from soda and anything with acids and of course liquor. I say this because acids keep you bloated and liquor throws off your coordination.

As far as training, you need to commit every-

day except Sunday to working out at least two hours in the gym. I prepare myself by running two to three miles a day. I fluctuate in between running outside and on the treadmill, devoting three days to running outside and two days to exercising on the treadmill. That does not include the gym work.

Even when I do everything I should do, I fight an almost perfect fight and still come out with the short end of the stick. It sometimes makes you feel bad when training as much and as hard as you have and end up not winning the decision. It kind of makes you feel like you are doing it for nothing. You'll probably half train for the next fight that you get. That's why it's more of a mental sport than physical, because you must have your mind together or you'll get a little lost.

Also, a fighter must learn to accept the good with the bad. Things may not always go your way, even though you've done your best. You must keep on moving on despite everything. And never let them see you sweat.

It is said that you can never stop learning, and during these three years as a professional, I have learned quite a bit. I have won a Texas Cruiserweight Title and a Missouri State Title during my short years as a pro – still working on making it in the top ranks. I've had two chances and out of those two had one draw and a decision. So, I've knocked on the door, but just have not gotten in yet.

Quite often you will have to push yourself farther than what your mind is telling you. Believe me your body can do things you never thought it could do.

Middle weight fighter Billy Willis began his amateur career on May 11, 1988. He became a pro on July 30, 2003, winning his first fight on Aug. 13.