



## ALL THE WAY TO THE TOP

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Boxing phenom Dorian Anthony is, in many ways, unlike most athletes in the world today. This 22-year-old LBCC student-athlete has a true passion for his sport; that passion shines through and is always evident.

A big factor that makes Dorian different from many other athletes is that he didn't start to box at a young age, his talent had to develop quickly. Maybe the most important character-

istic that makes Dorian stand out is his volunteer work with young kids who want to learn how to box. He is a true mentor and friend to every child he helps.

In 2008, Dorian became the men's national champion in the light-heavyweight division. The championships were in Colorado Springs. He said that becoming national champion was the proudest moment of his

career so far. He compared the feeling to that of being on a reality TV show, because competitors were eliminated as time passed on.

"When my name was announced, I just looked over to my coach (Joe Zanders), gave him a huge hug and told him that 'we've done it,' because without his expertise and faith in me, none of this would be possible," Dorian said. Besides the national title, Dorian has won many other championships, including four LA Golden Glove titles.

On May 14, 2008, the promising boxer's career was put in jeopardy after he passed out while playing golf with his father. Traces of blood were later found on his brain. After 40 days in the hospital and a three-hour brain surgery, it was determined that he was born with cavernous malformations of the brain, which caused the bleeding. Because the injury put him in the hospital for such an extended period of time, he had to work harder than ever to recover. He has since fully recovered and is back in the ring competing at a high level again.

"God destroyed the world in 40 days, so I feel that God was breaking me down to rebuild me back up, to be better than ever," Dorian said. He said that the physical and emotional pain was harder than anything he had ever had to endure. He felt unstable. "I

kept my faith and just prayed and prayed and God showed me how mighty He was."

After his recovery, Dorian got right back to work. The young boxer wakes up at 6 a.m. each day to begin his training. Running comes first on the agenda. After the run, he heads home for breakfast. "I usually eat some oatmeal or eggs and bacon with some toast on the

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Dorian Anthony

side and some cranberry juice," Dorian said. After breakfast, it's off to school. He attends classes at LBCC from 9 a.m. to 3 p.m. After school, Dorian heads to the DG boxing gym in Long Beach to train other boxers from 3:30 to 4:30 p.m. At 6 p.m., Dorian begins his own training.

When the day, at least for a typical person, is winding down and coming to a close, Dorian's is just beginning. He trains for about two hours on average each night. His workout consists of stretching, foot work, shadow boxing, heavy bag, jump rope and much more. After training, Dorian heads home to study, and finally relax. Ironically, he enjoys watching reality TV.