

PAWEL “Raging Bull” WOLAK

Age: 30 (9-26-81)

Residence: Rockaway, New Jersey

Birthplace: Debica, Poland

Record: 29-1-1, 19 KOs

Height: 5'8"

Reach: 68"

Stance: Righthanded

Manager: Ivan Edwards

Trainer: Tommy Brooks

Corner: Tommy Brooks (chief second), Aroz “Terrific” Gist (assistant), Darren Antola (cutman)

PAWEL (pr. “pa-VEL” in Polish, “Paul” in English) **“Raging Bull” WOLAK** (29-1-1, 19 KOs)...

- Ranked WBC #3, WBA #3, WBO #3, IBF #8 at 154 pounds...
- Former New York state middleweight champion...

At the age of 30, Pawel is a seven-year pro. A contender at 154 pounds, he is undefeated – 8-0-1 with 5 knockouts - since his only loss in August, 2008.

He has an aggressive style, constantly pressures his opponents, and always makes exciting fights. Pawel has stayed active in the ring, given several impressive performances, and climbed into the Top 10 world ratings.

He is coming off a 12 round draw against **Delvin Rodriguez** in his last fight on July 15 – it was a incredible battle, one of the best fights of the year.

Thomas Hauser wrote on TheSweetScience.com [excerpts]: The best of boxing was on display by this man, **Pawel Wolak**, and his foe **Delvin Rodriguez**. No, not technical superiority, or flashy showmanship. Miles and miles of heart were on display....

Pawel Wolak sat on a chair in a small dressing room on the second floor of Roseland Ballroom in New York. The entire right side of his face from his mouth to his hairline was grotesquely misshapen and swollen. His right eye was completely shut and looked like **Sylvester Stallone’s** after **Rocky Balboa’s** first fight against **Apollo Creed**. It was as though someone had shoved a tennis ball beneath the skin and painted the entire area purple.

“I wasn’t hurt,” Wolak said. “I just couldn’t see out of my eye. I don’t let people hit me on purpose. But this is boxing, so you’re gonna get hit. The doctor asked me a couple of times if I could see. How could I see? But I’m a fighter, so I said yes.”

“Have you seen your face yet?” Wolak was asked.

“Not yet. I imagine it looks pretty bad.”

We live in an era when the fundamental assumptions that underlie boxing are sorely tested. The “do-or-die” attitude that once illuminated the sport often seems like fantasy. **David Hays** punked out against **Wladimir Klitschko** because (he says) he hurt his little toe three weeks before the fight. **Shane Mosley** and **Devon Alexander** disappointed in multi-million-dollar outings.

Wolak had just fought Delvin Rodriguez.... In an era of overhyped, overpaid, manufactured-story-line encounters, they’d reminded people of what boxing is about. [End Hauser item]

Pawel scored his career-best win as a pro in his previous fight on March 12 - a sixth-round TKO win against former WBA super welterweight world titlist **Yuri Foreman**.

Pawel said, “I got great conditioning. I’m strong, I’m definitely an inside fighter. I’m very durable. My trainers are making me smarter - how to fight, how to come in behind the jab, jab step, throw the right kind of punches.”

Regarding his nickname, he said, “People around the gym just started calling me that when I was about to turn pro. It’s just my style of fighting. I’m always going forward and attacking.”

Fight by Fight – 2011 - in his last fight on 7-15-11 in New York, NY, he had a 12 round draw against **Delvin Rodriguez** (25-5-2): the fight headlined at the Roseland Ballroom, and it was fast-paced and exciting, one of the best fights of the year; Rodriguez, at 6'0" tall, had a four-inch height advantage, and the momentum shifted back and forth; Pawel constantly pressed forward, outworked Rodriguez, and scored with repeated body punches, but Rodriguez boxed well and landed sharp combinations; Pawel's right eye was swollen shut from the 7th round on, but he kept pressing forward; Rodriguez boxed and move more than in the early rounds, but was repeatedly trapped and mauled on the ropes; scored 97-93 Rodriguez, 95-95, 95-95; after the fight, Pawel said, "It was a tough fight. I give it up to Delvin, he really tested me. My eye started closing and I really couldn't see much. That's why I tried to get inside and keep my head in his chest."...

On 3-12-11 in Las Vegas, NV, he TKO'd former WBA super welterweight world titlist **Yuri Foreman** (28-1): the fight was co-featured with the Miguel Cotto-Ricardo Mayorga main event, and Pawel dominated; Pawel pressed forward and consistently outworked Foreman; he landed the harder punches, steadily wore down Foreman, and Foreman did not continue after the 6th round; after six rounds, Pawel led by scores of 60-54 on all three scorecards; after the fight, Pawel said, "I applied pressure. I was able to stop his movement, and I avoided his jab. I worked the game plan perfectly."...

2010 - on 12-4-10 in Anaheim, CA, he TKO'd **Jose Pinzon** (18-1-1): the bout was one of the co-features with the Nonito Donaire-Wladimir Sidorenko main event, and it was a fast-paced, exciting fight; Pinzon scored a knockdown with a right uppercut-left hook combination in the 2nd round, but Pawel recovered and rallied in the following rounds – he pressed forward, landed the sharper punches, and steadily wore down Pinzon; he staggered Pinzon with a right hand in the 7th round – he was out on his feet, and the referee stopped the fight at 2:24...

On 6-5-10 in Bronx, NY, he won a 10 round unanimous decision against **James Moore** (17-2): the bout was on the undercard of the Miguel Cotto-Yuri Foreman main event at Yankee Stadium, and it was a fast-paced, exciting fight; Moore started fast, but Pawel steadily wore him down and rallied in the middle and late rounds - he generally outworked Moore and landed the harder punches; scored 97-93, 97-93, 96-94...

On 1-23-10 in New York, NY, he won an 8 round unanimous decision against **Ishmail Arvin** (15-1-4): the fight was on the undercard of the Juan Manuel Lopez-Sтивен Luevano main event; Pawel pressed forward, outworked Arvin, and dominated most of the fight; scored 79-73, 79-73, 80-72...

2009 – on 10-10-09 in New York he TKO'd **Carlos Nascimento** (24-1): the fight was on the undercard of the Juan Manuel Lopez-Rogers Mtagwa main event; both kept fast paces, and it was an exciting battle; Pawel generally landed the harder punches, and Nascimento was cut over his right eye in the 1st round; Pawel staggered him with a series of punches in the 4th round, then scored a knockdown with a left hook in the 5th and Nascimento did not continue after the round...

On 6-5-09 in Westbury, NY, he won a 10 round unanimous decision against **Vinroy Barrett** (22-7): the fight headlined at the Capitol One Theater, and Pawel dominated; he kept a relentless pace, consistently landed the harder punches, and steadily wore down Barrett; Barrett was penalized one point for holding in the 9th round; scored 100-89, 100-88, 99-89...

On 2-21-09 in New York, NY, he TKO'd **Norberto Bravo** (27-16-3): the fight was on the undercard of the Miguel Cotto-Michael Jennings main event at Madison Square Garden, and Pawel dominated; he pressed forward, consistently outworked Bravo, and rocked him several times in the 1st and 2nd rounds; Pawel staggered Bravo with a series of punches in the 3rd, and the referee stopped the fight at 1:35...

2008 – on 9-26-08 in Melville, NY, he TKO'd **Chad Greenleaf** (10-10-1): the fight headlined at the Huntington Hilton on Pawel's 27th birthday, and he dominated; he consistently outworked Greenleaf and rocked him several times; Pawel scored a knockdown with a series of punches that dropped Greenleaf to his knees in the 3rd round, and the referee stopped the fight at 2:40...

On 8-1-08 in Brooklyn, NY, he lost a 10 round unanimous decision against **Ishe Smith** (19-3): the fight headlined at the Aviator Sports Arena, and Pawel was favored to win; he pressed forward and kept a busy pace, but Smith, a natural counterpuncher, boxed and moved effectively and consistently landed the sharper punches; the crowd booed the announcement of the decision - scored 97-93, 96-94, 96-94...

On 5-17-08 in Brooklyn, NY, he won a 10 round unanimous decision against 40 year-old lefthander **Troy Browning** (20-1-1): the fight headlined at the Aviator Sports Complex; Browning gave a good effort and it was a fast-paced, competitive fight, but Pawel had the edge in nearly every round; he was cut over his right eye in the 1st round, but constantly pressed forward, outworked Browning, and staggered him in the 3rd; the middle rounds were close, but Pawel rallied and dominated the late rounds; scored 100-90 on all three scorecards; after the fight, Pawel said, "He was one tough fighter. Wow, could he take a punch!"...

On 3-15-08 in New York, NY, he knocked out lefthanded **Dupre Strickland** (18-2-1): the fight was co-featured at The Theater at Madison Square Garden; Pawel was cut over his right eye by a clash of heads in the 1st round, but staggered Strickland with a right hand, then scored a knockdown with a series of punches in the 2nd and Strickland was counted at 3:06; after the fight, Pawel said, "Different styles - you never know. I expected a long fight."...

2007 – on 12-15-07 in Warszawa, POL, he won a 10 round unanimous decision against **Sammy Sparkman** (20-16-1): scored 100-91, 97-94, 97-95...

On 11-10-07 in Wildwood, NJ, he TKO'd **Jonathan Reid** (34-7): the fight was on the undercard at the Convention Center; Pawel constantly pressed forward and scored repeatedly to the body and head; Pawel scored two knockdowns in the 4th round – both with a series of punches; Reid got up both times, but Pawel rocked him with another unanswered series of punches and Reid's corner threw in the towel to stop the fight at 2:39; after the fight, Pawel said, "He was one of the strongest guys that I have ever fought. I felt I had to get inside and wear him down. I kept landing sneaky left hooks and uppercuts, which did the job."...

On 9-14-07 in Melville, NY, he TKO'd **Dan Wallace** (9-1): Pawel constantly pressured Wallace and quickly wore him down; he rocked Wallace with a series of punches in the 4th round and the referee stopped the fight at 2:10; after three rounds, Pawel led by scores of 30-27 on all three scorecards...

On 7-14-07 in Atlantic City, NJ, he TKO'd **Edgar Reyes** (10-7): the fight was on the undercard of the Alfonso Gomez-Arturo Gatti main event at Boardwalk Hall; Pawel scored a knockdown with a series of punches in the 2nd round – Reyes got up, but Pawel rocked him with another series of punches and the referee stopped the fight at 2:05...

On 5-18-07 in New York he TKO'd **Anthony Little** (7-6): Pawel was cut over his right eye in the 1st round, but quickly wore down Little, who did not continue after the 2nd round...

WON VACANT NEW YORK STATE M TITLE - on 3-23-07 in Huntington he TKO'd lefthanded **Keith Sims** (25-13-1): the fight headlined at the Townhouse; Pawel was cut over his right eye by a clash of heads in the first 20 seconds of the 1st round, but scored a knockdown with a left hook later in the round; he scored another knockdown with a three-punch combination - left hook to the body, double right hand to the head – and the referee stopped the fight in mid-cont at 3:00...

On 2-17-07 in New York he TKO'd **Luis Hodge** (5-2): the fight was on the undercard of the Paulie Malignaggi-Edner Cherry main event at Madison Square Garden, and it was a fast-paced, exciting fight; Pawel was cut over his right eye in the 1st round, but steadily wore down Hodge, who did not continue after the 4th round...

2006 – on 12-8-06 in Huntington, NY, he won an 8 round unanimous decision against **Pat Thompson** (10-7-1): the fight headlined at the Townhouse; Thompson gave a good effort and it was a fast-paced fight; Pawel consistently outworked him, but was cut under his right right eye late in the fight; scored 79-73, 78-74, 78-74...

On 10-19-06 in Franklin Square, NY, he TKO'd **Jose Felix** (10-4-2): the fight headlined at the Plattdeutsche Park Restaurant; Pawel rocked Felix with a series of punches in the 2nd round, and the referee stopped the fight at 0:40...

On 8-4-06 in Whippany, NJ, he TKO'd **Dennis Sharpe** (17-1-3): Pawel was cut over his right eye in the 2nd round, but steadily wore down Sharpe; Sharpe became swollen around both eyes and did not continue after the 5th round...

On 1-13-06 in Monticello, NY, he won an 8 round unanimous decision against **Clarence Taylor** (9-6-2): Pawel was cut over his right eye in the 3rd round, but consistently outworked Taylor and dominated the fight; scored 80-72, 79-73, 79-73...

2005 - on 9-15-05 in Huntington he TKO'd **Julio Jean** (7-5-1): in the 5th round...

On 8-19-05 in Whippany he won a 6 round unanimous decision against **Kareem Robinson** (2-1): scored 60-53, 60-53, 60-54...

On 6-17-05 in Whippany he TKO'd **Jeremie Parks** (0-1): at 0:48 of the 2nd round...

On 4-8-05 in Whippany he TKO'd **Reggie Avent** (3-10): at 2:42 of the 1st round...

2004 - on 11-18-04 in New York he won a 4 round unanimous decision against **Joseph Benjamin** (1-5-1): scored 40-35, 40-35, 39-36...

On 10-14-04 in Newark, NJ, he won a 4 round majority decision against **Anthony Abrams** (1-1): scored 39-37, 39-37, 38-38...

On 8-28-04 in Asbury Park, NJ, he TKO'd **Farrakan Cuttino** (debut): in the 1st round...

He debuted at the age of 22 on 7-10-04 in Asbury Park and TKO'd **John Santiago** (0-1): at 1:27 of the 2nd round...

AMATEUR, PERSONAL BACKGROUND: Pawel said, "I was born in Debica, Poland. I have one sister. My family moved to New Jersey when I was nine years old, first to Parsippany, then we moved further west. My father installs kitchens, cabinets - it's a little bit of carpentry and masonry. My mother actually works in a wallpaper factory. My dad was a boxer, he fought amateur in Poland.

"I started boxing when I was 17. What happened was two things – I used to wrestle in high school and the MMA started around that time. I was watching MMA and I noticed you had to have wrestling and you got to strike. So I just started a little bit of kickboxing, a little bit of boxing. I really wanted to go into that at first. The second thing was when I saw **Andrew Golota** fight **Riddick Bowe** around that time, '95, '96. Since he's Polish, that kind of got me into the sport, too.

"I had 50 amateur fights - I was 43-7. In the Jersey Golden Gloves I got second place both times. Then I won the state championships for Jersey one time, the year before that, though, I placed second in New Jersey. With the Jersey team, I went to Puerto Rico. I fought there, then I fought in England. I went to Lake Placid to fight there for the Eastern championships – I got second there. I fought in the Metros and the Empire State Games.

"I got married in December, 2008, and on May 6, 2009, we had a son. His name is Pawel Junior."...

STRENGTHS: Has an aggressive style and good offensive skills...at his best, he keeps a fast pace, constantly pressures his opponents, and wears them down...a good body puncher...is experienced against good opposition...

PROFESSIONAL EXPERIENCE: 31 fights...162 total rounds...

AVERAGE LENGTH OF BOUTS: 5.2 rounds...

KNOCKOUT PERCENTAGE: 65 %...

DISTANCE FIGHTS: 12 rounds – 1 (0-0-1)...10 rounds – 5 (4-1)...