



***"You hate it when you are doing it and when you don't, you miss it"***

***"Big Bad" John McDermott, Inside Boxing - Seconds Out!***

Helsinki film producer Media4You is proud to announce the release of its **new documentary about professional boxing, Inside Boxing - Seconds Out!**

Featuring candid interviews with **boxing insiders** at varying stages of their careers – young hopefuls, champions, journeymen, retired - including **John McDermott** ("the only fighter to beat **Tyson Fury**"<sup>1</sup> but for "one of the worst [decisions] ever witnessed"<sup>2</sup>), trainer **C J Hussein**, and one of the most influential promoters in Europe **Nisse Sauerland** from Team Sauerland, in which they bare their souls about their experiences of the fight game. With footage from top gyms and boxing rings as far flung as East London, Copenhagen and LA, Havana, Helsinki and Härmä, **Inside Boxing - Seconds Out!** is **essential viewing for hardline boxing fans and anyone who wants an intimate peek inside the hearts, minds and lockers of those inside the ropes of professional boxing.**

In 2017, Media4You produced *Avustajat kehästä - Seconds Out!* A Finnish language documentary about professional boxing in Finland featuring interviews with several greats of Finnish boxing, including gentlemen Olli Mäki and Pekka Kokkonen. Finnish version has been broadcast numerous times on MTV3 (a Finnish free-to-air channel) and C More Sport (subscription channel).

Links to our web site and Facebook. We are extremely grateful for any published reviews and feedback.

<http://media4you.fi/contact-us1/seconds-out1>

<https://www.facebook.com/BoxingDocumentary/>

<https://vimeo.com/ondemand/insideboxing>

Please direct any enquiries to Riitta Jalonen, e-mail [rta@media4you.fi](mailto:rta@media4you.fi)

---

<sup>1</sup> C J Hussein, *INSIDE BOXING – SECONDS OUT*

<sup>2</sup> The Guardian, 14.9.2009