



The Cobra: My Story

Carl Froch

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Carl Froch's revealing story from inside the high-stakes world of boxing pulls no punches, from his first discovery of his talent to his ascent to World Champion

The former World Boxing Council super middleweight is followed every step of the way as he prepares for, and fights, the most important bouts of his life. Carl Froch, known as "the Cobra," was brought up tough on a Nottingham housing estate. His dad encouraged him to start boxing at just 9 years old, thinking it would keep him out of trouble. He was obviously talented, but as teenager he lost direction, taking up a series of dead-end jobs and getting into pub fights. His family knew that what he needed was to get back in the ring. And once Carl returned to boxing, he never looked back. Carl Froch is Britain's world champion at super-middleweight. His 28 professional fights have seen him win 20 knockout and 7 decision victories, and suffer defeat only once. His greatest fights have already gone down in boxing history. In 2009 he was knocked down for the first time in his career by Jermain Taylor. Behind on everyone's scorecard but his own, until, with just 14 seconds of the fight to go, he came back in spectacular fashion with a stunning knockout. In late 2010 he put up arguably the best performance of his career in the innovative new Super Six Boxing Classic, which pits the best six fighters in the world against each other. Froch won through against bookie's favourite Arthur Abraham in what was a unanimous points victory and a stunning match. That Froch is a fighter at the peak of his career was then further proven by the masterclass in boxing he delivered against Glenn Johnson in the semi-finals.

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