

## The Element of discipline that leads to success

Written by Emily Blodgett, Neighborhood Development Center  
Thursday, 06 March 2014 13:19

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A microcosm of the transformative work that Dalton Outlaw and Element Boxing and Fitness does, comes in the form of a young man named Deonte.

Deonte, according to Outlaw, walked into Element, 655 Fairview Ave. S., St. Paul, about five years ago as an unmotivated teenager on the doorstep of making some pretty bad choices. He stuck with an intense training routine, working and sweating nearly everyday at the Element gym.

"He committed to something positive and that correlated to life in the outside world," said Outlaw.

According to Outlaw, Deonte (whose last name is not provide) now has a good job and is entrusted with teaching boxing skills to the young children in the gym.

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