# Melbourne Boxer Chloe Chaos Overcomes Trauma Through Boxing



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Chloe Chaos, a professional boxer from Melbourne, has opened up about how boxing has helped her cope with significant childhood trauma. In 2010, at the age of 12, Chaos’s best friend, Asia Osborne, and Osborne's siblings were murdered by their father in Roxburgh Park, Melbourne. The incident profoundly affected Chaos, leading to mental health struggles and substance abuse.

Chaos recounted the traumatic event to the *Herald Sun*, describing how her world was disrupted and her trust in people shattered. Teachers at her school were unsupportive, and she left education in Year nine. Chaos fell into a party lifestyle and began using drugs, including marijuana and ice, while also caring for her father who had a work-related accident.

Her life took a positive turn at 17 when she discovered boxing. This sport provided her the structure and purpose she needed. Turning professional in 2022, Chaos has since secured several victories, including the Victorian middleweight title.

Chaos also made significant personal changes by moving out of home and legally changing her surname from Tarzcon to Chaos, reflecting her desire for a fresh start and to distance herself from her father.

Despite her traumatic past, Chaos has found empowerment and direction through boxing, establishing herself as a professional athlete known for her resilience and determination.