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## Wall Street Warriors: Money, Stress, Kickboxing

OCTOBER 23, 2006, 3:19 PM

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Given its ferocious-sounding title, “Wall Street Warriors” started on a relatively peaceful note. The documentary series, which follows some ambitious financial-services workers through their daily lives, aired its first episode Sunday night on INHD, a cable network that broadcasts high-definition programming. Here at DealBook — where we watched the show on our decidedly low-definition television — we were a bit surprised by the show’s lack of screaming, hurling of objects or other stereotypical Wall Street histrionics. But maybe we have just been watching too much “Project Runway.”

The “Warriors” cast includes Guy de Chimay, who manages a long-short equity fund; Jill DiLosa, an analyst who “retired” at the age of 27 and is now launching her own hedge fund; Alex Gerchik, a Russian-born day trader who drove a cab when he first came to the United States; Parker Quillen, a hedge-fund manager; and Sandra Navidi, whom the show calls a “deal maker” and describes as recruiting wealthy investors for an asset management firm.

The show’s twin themes seem to be money and stress, and how getting a lot of the former involves a lot of the latter. The glamorous Ms. Navidi, who seems to wear a different designer dress in each scene, tells the camera that she has begun studying quantum physics as a way to relax in her spare time. Ms. DiLosa blows off steam with a training regimen that includes jogging and kickboxing.

The cast largely keeps their cool on camera, although there is some colorful (but bleeped-out) cursing and a story of a stock-exchange worker getting bitten, literally, on the exchange floor.

There is bound to be more volatility in episode two, however, when Tim Sykes, an excitable young hedge-fund manager, makes his series debut. A preview shows him clutching his head shouting “I’m losing money” and, in another scene, kicking a piece of furniture.

[Go to Web Site of “Wall Street Warriors” »](#)

5 comments so far...

1. October 24th, 2006 1:34 am

This is boring. Let's get some AJ-type arrogance in the mix, that'll make things a bit more interesting

— Posted by I'm Bored
2. October 24th, 2006 4:39 pm

Story about me is 100 % truth .. I did came in 1993 to the usa and made money from o .. I did drove a cab for years .Its not boring its a reality and truth about people who maid it in this life..

— Posted by alex gerchik



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- 3. October 26th, 2006 12:46 pm Super show ,alot of fun to watch it.Some guys look realistic some not,but overall A+++ ,something that i never seen before.  
— Posted by trader

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- 4. October 29th, 2006 2:11 pm A.J, kid's a liar and was the biggest clown at Fordham University  
— Posted by jm

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- 5. November 5th, 2006 8:43 pm Hi i am a 20 year old mother of 3 small children all under the age of 5, i have a small querie, in regards to kickboxing and stress. I am always feeling so stressed out all day through and i constanly snap at the smallest thing, i am looking for something that helps reduce my stress level as my mother had the same problem and had a heart attack at 30.I believe that kickboxing could help alot, so i was wondering if anyone had actually proved it was good to reduce the stress?  
Thankyou for taking the time to read my E-mail,  
Jessica Dickman.  
— Posted by Jessica

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