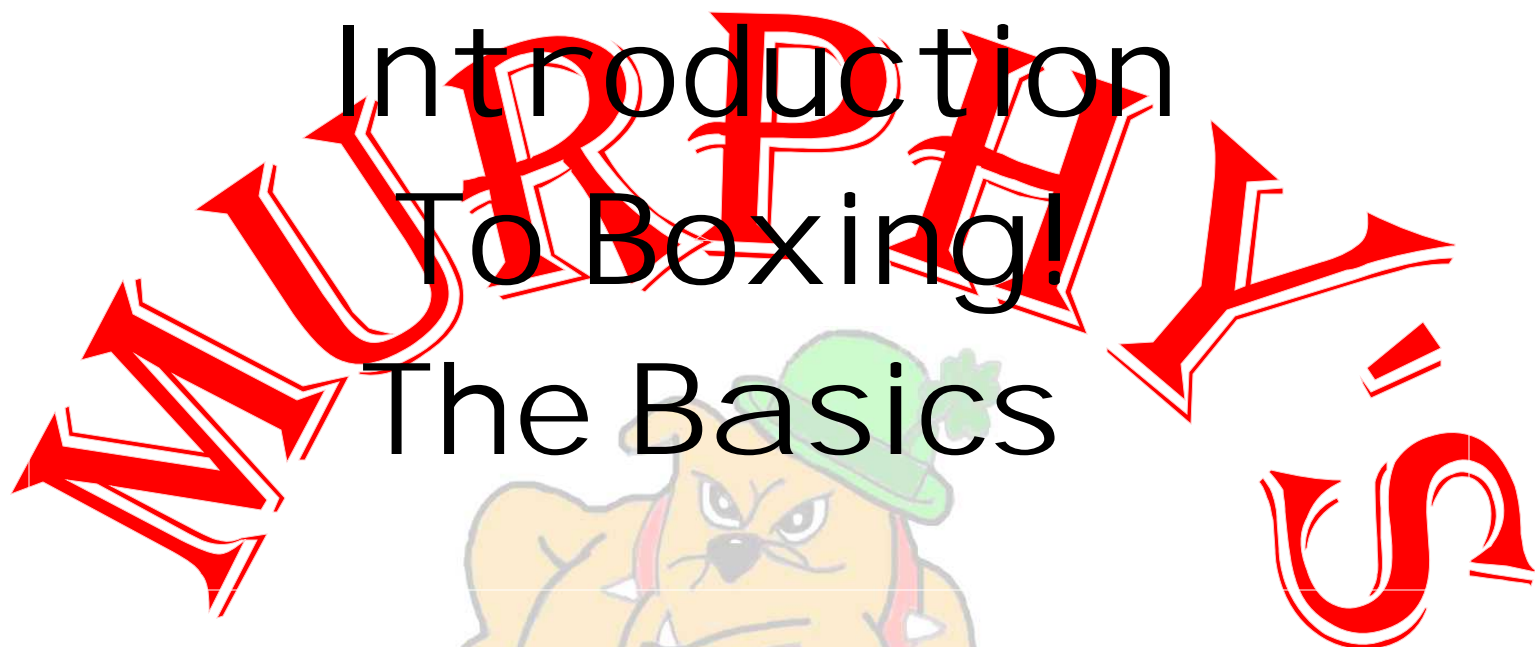


# Introduction To Boxing! The Basics

- ◆ Stretching
- ◆ Stance
- ◆ Footwork
- ◆ Power
- ◆ Punches
- ◆ Defense
- ◆ Hand wrapping



# Stretching

(A Boxer should always stretch 5-10 mins. Before training..)

- Arm & Chest Stretches

*Elbow Pull over Stretch*



*Straight Arm Finger lock.*

Over the Head



Behind the back



*Chest Stretch*



*Back of shoulder stretch*



- Leg Stretches

*Calf Stretch*

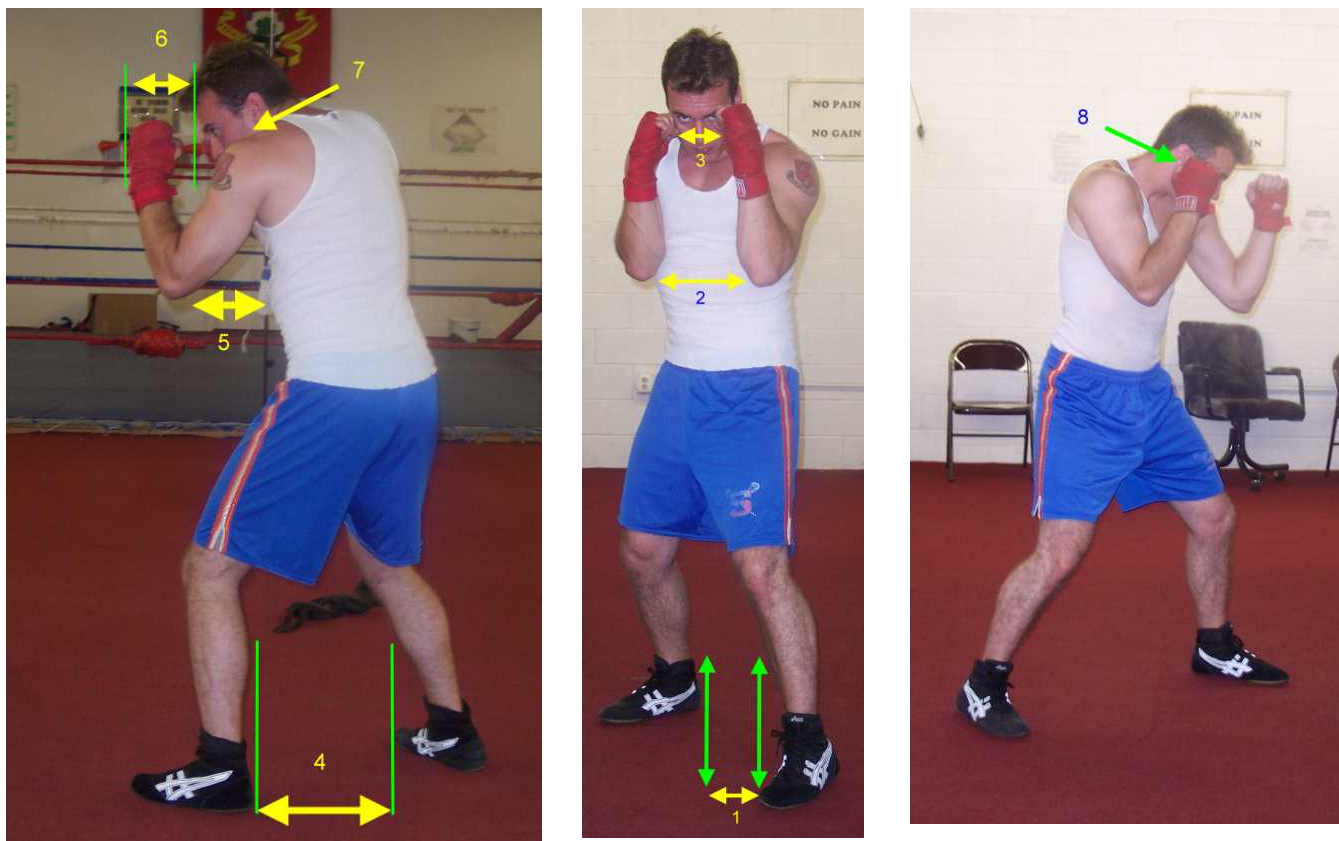


*Quad & Shin Stretch*



All Stretches should be held a minimum of 20 sec.

# Stance



A good stance is very important. Without it, a Boxer has no ability to get out of the way quickly or persevere his opponent. And is unable to deliver Maximum power.

All weight should be on the balls of your feet, with a gap between the front toe and back heel as shown in center picture 1. All gaps vary depending on height and size of boxer.

Elbows should be close to the ribs for protection against Body punches as shown in 2. Hands split just enough so boxer can have a clear and unobstructed view of his opponent as shown in 3.

Also, a gap between the front heel and back toe as shown in 4. Shoulders are at a 45 Degree angle along with the rear foot

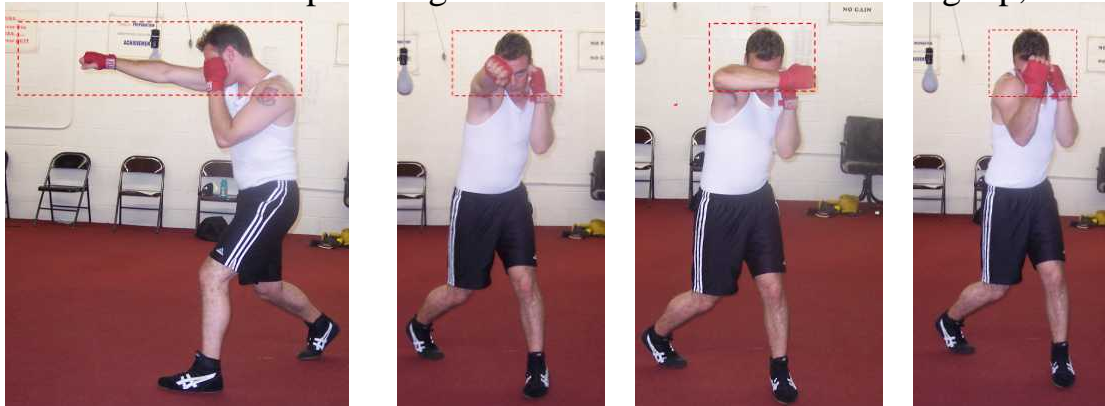
Left hand should be extended forward for quick punch delivery as shown in 6 and directly in front of the lead rib as shown in 5. Jaw behind lead shoulder for protection while hand is extended as shown in 7.

Right hand is on the temple for protection of the jaw and elbow slightly forward for protection of the midsection and back rib as shown on the right in 8.

# The Box

The Box, is an imaginary area, you want your fist to stay in. Keeping your Hands in the Box will make it easier to deflect any of your opponents in coming punches as you are punching.

The Box area is from the top of your shoulders to the top of your head and as wide as your shoulders. Think of it as punching inside an Air Duct without hitting top, bottom or sides.



## Swimming and Cranking

Are common mistakes people make, When there hands do not stay in the Box. Which in doing so, Leaves them open for a counter attack.

### Swimming

Swimming is what happens when someone tries to get the punch that was just thrown out of the way in order to throw the next Punch. \

However this is a wrong and dangerous way. Dropping your hand Leaves you open for a counter attack.

The Punch should always come straight back. Which Enables you to deflect any incoming Counter Punches. Her is an example of Swimming.



## ***Cranking***



**First Jab**



**Second Jab**



**Third Jab**



**Fourth Jab**

Cranking most commonly happens when multiple single hand punches are thrown. Because a boxer concentrates on only the punching hand and not the Defending hand, thus leaving the head more exposed

For example: As seen above, this boxer is throwing a quadruple Jab. With each Jab the Defending hand drops more and more. This can be avoided by making sure the defending hand is touching the temple during the entire combination.

# Footwork

Footwork is so important, It's all about balance. Having balance while in motion is necessary to deliver an attack or respond to an opening and get out of the way from an attack quickly.

You must never Cross your feet or narrow the gap between your feet as explained on page 3. Expanding the gap several inches, however is usually ok.

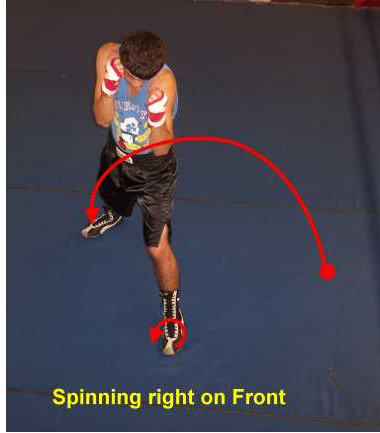
When moving forward always move the front first then the rear. And visa versa. Moving right, always move the right foot first. When Moving Left always Left foot first. Any other way you risk being Knocked off Balance by any punch that land or even if you block a punch because blocking a punch delivers force that with out the proper balance, will knock you off balance.



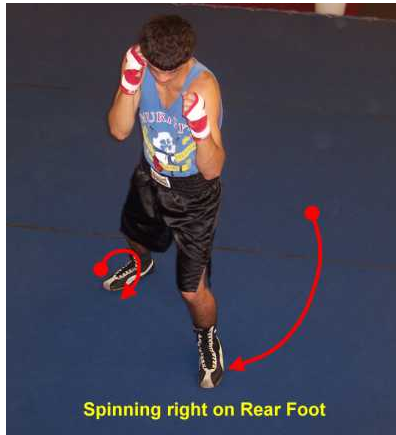
# Spinning on Front & Rear Feet



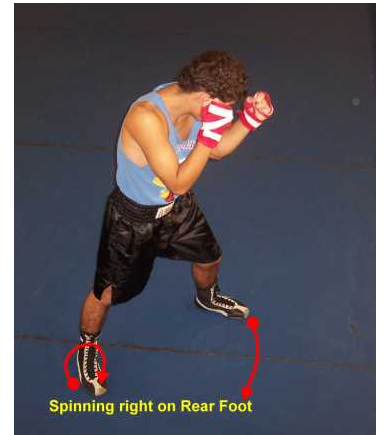
Spinning right on Front



Spinning right on Front



Spinning right on Rear Foot



Spinning right on Rear Foot



Spinning left on Rear Foot



Spinning left on Rear



Spinning right on Rear Foot



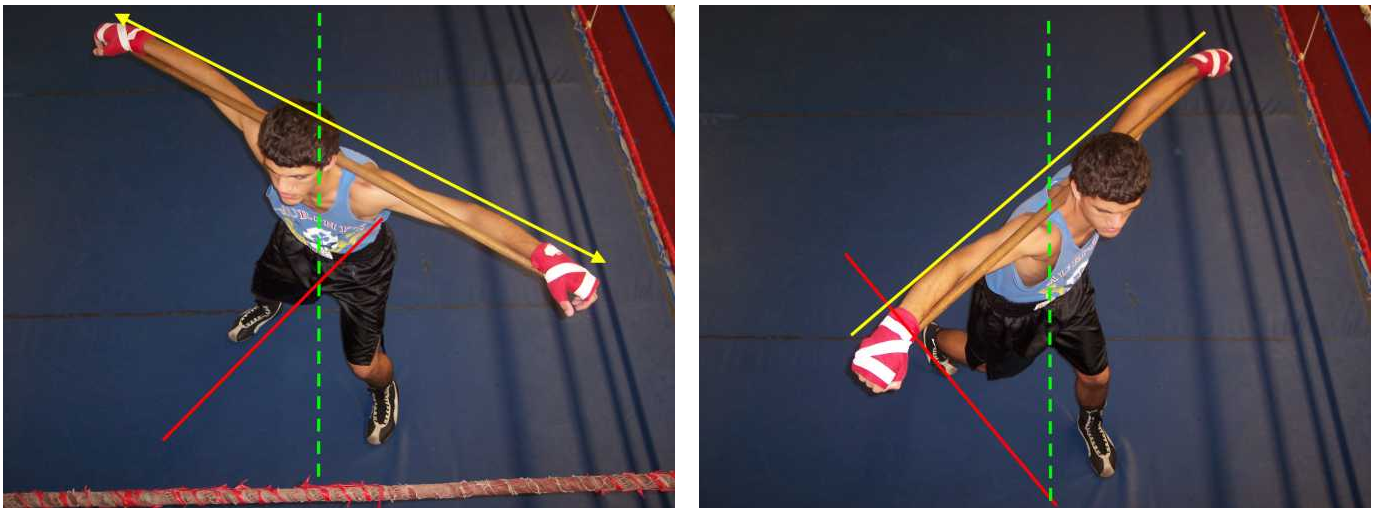
Spinning right on Rear Foot

## **Pivoting**

Pivoting delivers power with balance, If done properly. It's done to deliver more power and reach in rear hand punches. And more power in two of the three lead hand punches such as the hook and Uppercut Because of the shifting of the weight. The exception being the Jab, which gets it's extra power by stepping forward.

When the rear foot and lead shoulders should at opposite 45 degree angles. When they both the very opposite angles as shown below.

When pivoting the pivot foot ( Rear Foot ) always bend that knee a little more in order to keep the body centered. If this is not done it tends to shift too much weight to the lead foot, Thus if the punch misses your opponent, the momentum could put you off balance, making your vulnerable to counter attack.



## **Power**

Power in a punch is obtained by Leverage, this is done by having proper body positioning when a punch is Landed. A persons power is determined by his or her weight and how fast they can shift that weight. Not the pushing of Arm muscles.

Shift weight is most efficiently done by Pivoting on the rear foot.

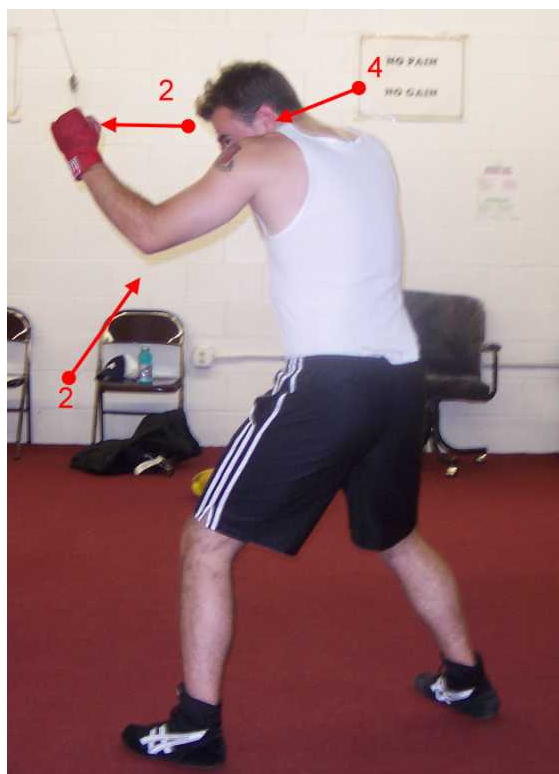
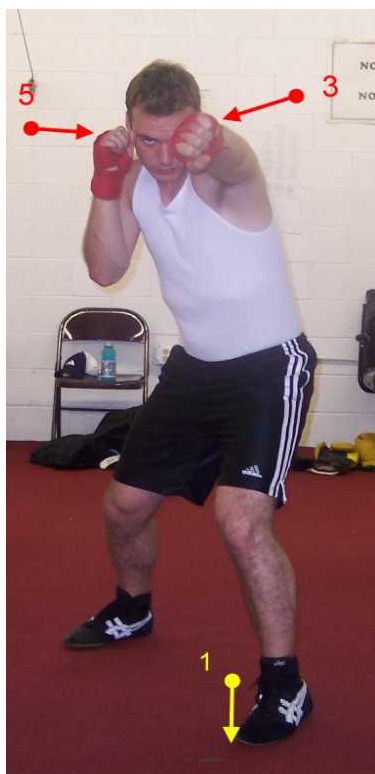
# Punches

## The Jab

The Jab is the lead hands straight punch. The Jab is probably the most important punch. It should be the busiest Punch. If used frequently it can heap your opponent on the defensive, so you can set him up with a more powerful punch such as the Cross, Hook or Uppercut.

The Jab is not as Powerful as the other punches, Because it usually not your Dominant hand, like the hand you use all the time to Write or throw a ball with. However, Power can be increased by stepping forward. As shown in the below in 1.

The punch should extended forward with the elbow always pointing down as in 2, think of it as hammering in a nail into the wall with out the wrist not turning until just inches before the target is reached giving the ribs protection during the extension of the punch. If the wrist turns too soon, your opponent will see the punch coming. Inches before the target is reached the wrist is turned thumb down and small figure up as in 3. With your chin protected by your shoulder of extended hand as in 4 and back fist on the temple as in 5.



## **The Cross**

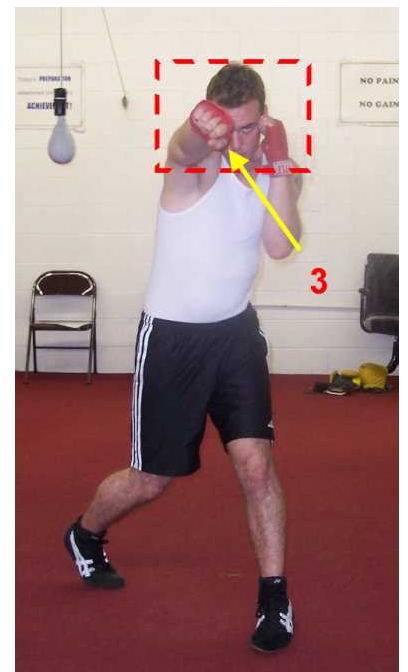
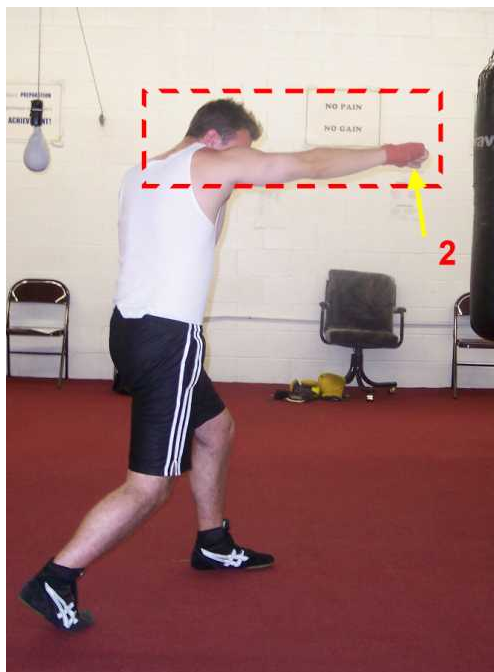
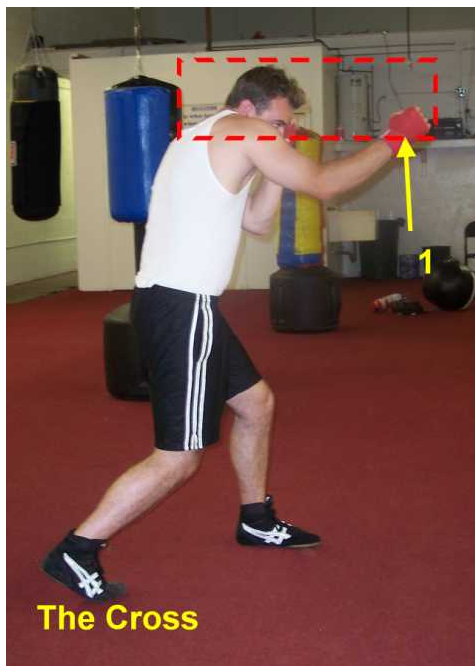
10

The Cross is the rear Hand straight punch. Also considered a power punch, Because it is usually the dominate hand the one that is used for writing, throwing and eating.

The Cross works off the pivot of the rear foot. Think of it as your shoulders and hips are unable to move freely as if they were welded together or as if you were in a Body cast. And only you can move your rear shoulder forward is to pivot your rear foot bring the back shoulder forward and the front shoulder back.

When this is done, the rear hand travels forward without actually moving from the temple until forward and in the center of your Body. Then just like your were Hammering a nail in to the wall, As shown in 1 you deliver you hand forward with the point of the elbow pointing down. Until just inches of reaching the target or the Arm is fully Extended as shown 2, Then an only then do you turn your Wrist. A Thumb up to Thumb Downward motion as shown 3.

To Retract the punch. Simply pivot the foot back to it's original position, while pulling the hand back to the temple.



## Uppercuts

The best and most protective way of throwing an uppercut. Is think of it as pushing a heavy box onto the back of truck.

Keeping your triceps on your ribs and lifting with your Legs. This way head and ribs are protected longer, while using the power of the legs.

### **Rear Hand Uppercut**

The Rear hand uppercut is delivered, By pivoting rear foot inward to opposite 45 degree angle with the bend of the knee if nessacery . To get the body into positioned under the target area for maximum power.

With your fist on the temple all the in as you pivot your back shoulder forward. Then lifting with the legs, remove the fist from the temple to appropriate distance, Just inches before contact with the target turn the Wrist inward Thumb out, Small finger in, while never leaving the box. When Punching to the body never drop the hand below the box to uppercut. Drop the Box it's self when punching to the body this will giving you a better defense . Because the hand will be with the head longer and head will be moving making it harder to be hit by you opposite.



## Lead Hand Uppercut

The lead hand uppercut in almost the exact same way. The exceptions are the Lead shoulder and Hip are already forward limiting Power.

Shifting weight is how the Rear hand gets most of it's power. This also can be done with the Lead hand by adding in one extra step, Pivoting the rear foot sending the rear Shoulder and Hip forward and the Lead Shoulder and Hip back, The back to the front again as the punch is delivered. Just as in the delivery of the Rear.

Adding this extra step can be done in a number of ways. 1) Off the pivot of a rear hand punch or a Fake rear hand punch, 2) Slipping a rear hand punch or 3) Bob & Weaving. All which shift the body weight so that you can throw your Lead Shoulder and Hip in to the punch.



## Hooks

Think of a hook like throwing an Elbow. Raising you Elbow stiffening your arm ad Shoulder, then shifting your weight by pivoting the rear foot, slamming with your body weight. A Hook punch is done almost the same way, Except you extend your fist out. Striking with the fist only not the Elbow.

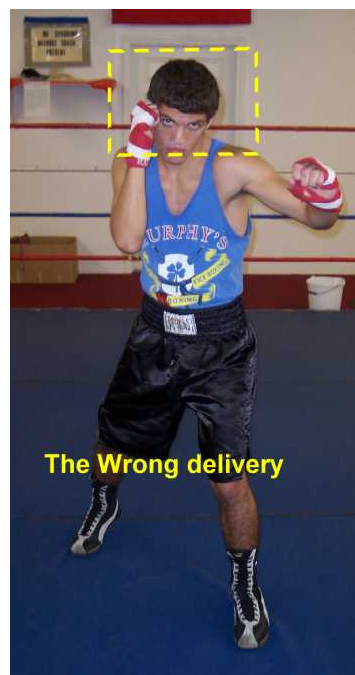
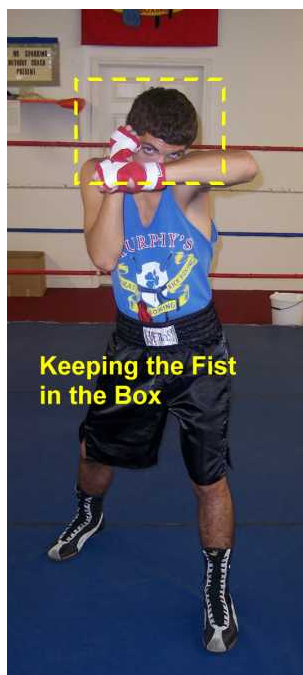
## Rear Hand Hook

The Rear hand Hook is delivered by pivoting the rear foot inward while raising the Elbow and extending the Fist to the appropriate position slamming it in to the target with your body weight



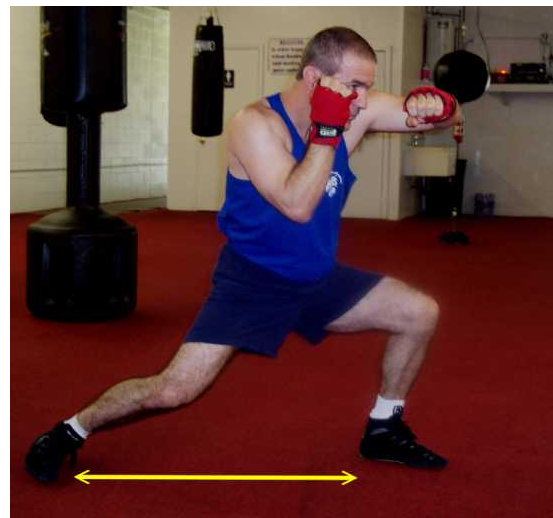
## Lead Hand Hooks

Lead Hand Hook is done in almost the same way. With One exception, just as in the Lead Uppercut, you must shift the lead shoulder and back then forward again for maximum Power.



## *Punching Lower Target area*

Punching Low Targets such as the Body. One must step up or back into a longer and wider stance. While lowering the Box to protecting the Head. And giving you more Power because you are punching up from the floor and shoulders.



## *Defense*

Don't forget in Boxing there are Two important key skills you need, Offence skills & Defense skills.

In having a good Defense skills you need— Proper Stance, Blocks, Footwork, Slipping, Ducking, Bob & Weaving. In Boxing You are always open somewhere. A Proper stance will cut down on the area you can be hit. Blocks, Ducking, Slipping, Footwork, Bob & Weaving will be your options to fill or move those opening.

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## Slipping Punches



## Ducking Punches



Ducking is done by bending the knees. Causing the attackers punch to miss.

## Outside Blocks



Outside Block-Forearm is swung a short distance from the outside to the inside deflecting incoming punch.

Slipping a punch is the term for moving the Head and Torso Left and Right in order to make attackers punch miss, Without stepping away.

This is done by bending a single leg or Pivoting on the toe.

## Rolling w/ Punch



Rolling with a punch is done to minimize impact of a punch.

This done by moving rapidly in the same direction as the incoming punch.

## *Inside Block*



Inside Block is best used against a Hook Punch.

The defender turns wrist and thumb hard to the outside, Connecting with forearm to attackers forearm. Totally stopping or minimizing impact .

## *Catch Block*



Catch Block by absorbing the impact of the punch with the palm.

## *Punching Block*



Punch Block is done by throwing a Proper straight Counter Punch. Slightly higher than the incoming punch 1 . Keeping elbow down 3 connecting with attackers forearm 2 deflecting attackers arm down and away.

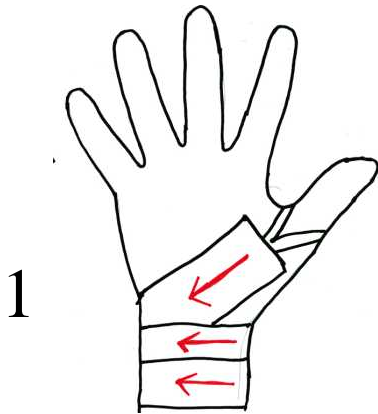
## *Arm Block*



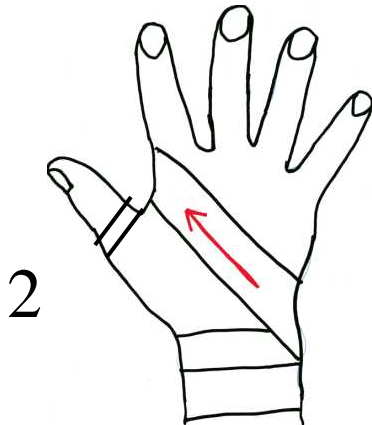
Arm block is done merely by getting the Forearm between you and the punch.

# Hand Wrapping

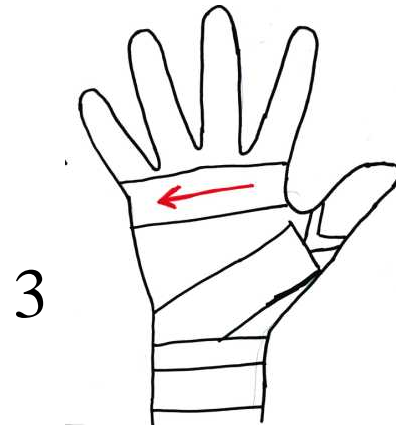
Right hand page 1



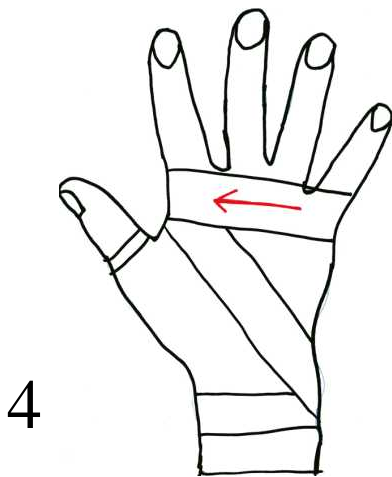
1  
Put Loop around thumb, Run down to bottom of hand to the Wrist, Wrap around the wrist Twice.



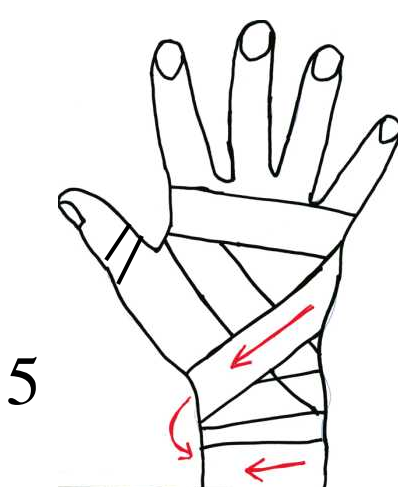
2  
From the bottom of the wrist, over the top of the hand to the Knuckles.



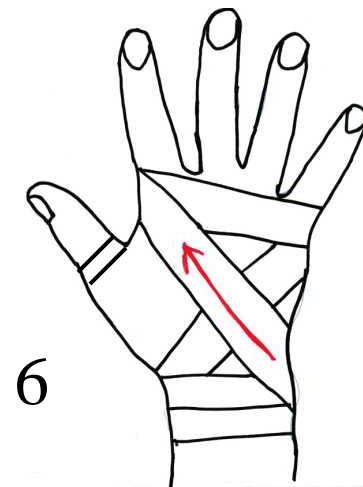
3  
Across the bottom of the Knuckles to the top of the Hand.



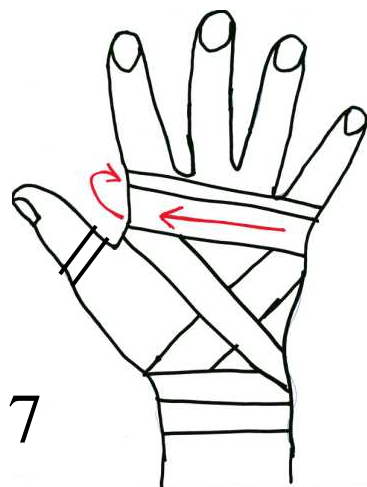
4  
Across the top of the Knuckles and around the bottom of the Knuckles again back to the top of the Hand.



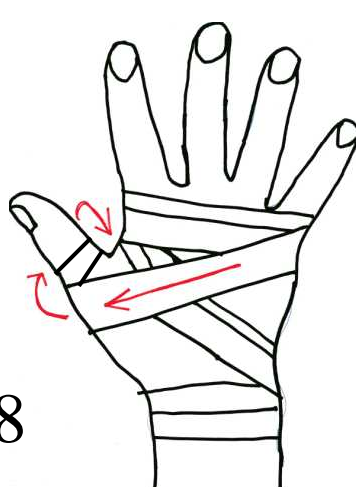
5  
From the top of the Knuckles down to the Wrist and all the way around the Wrist once.



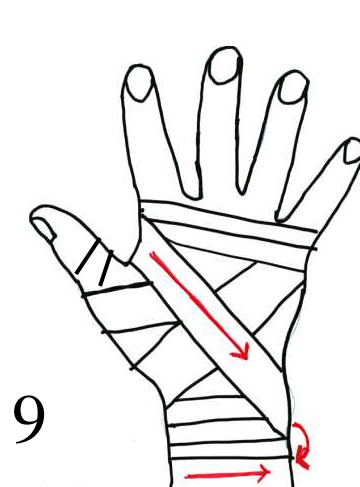
6  
Across the top of the Hand to the Knuckles again.



7  
Once around the top of Knuckles And across the Bottom of the Knuckles Back to the top of the hand.

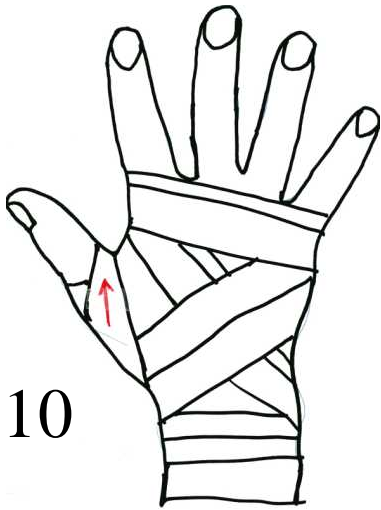


8  
From across the top of the hand to the Thumb and around the Thumb to the top of the hand again



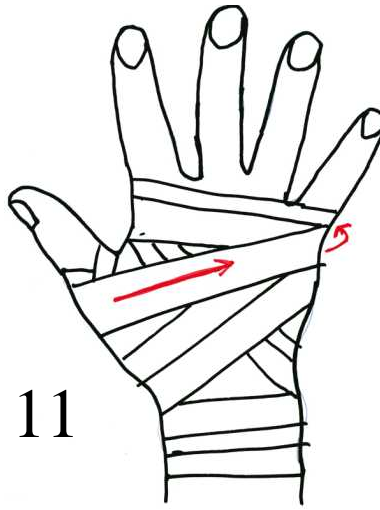
9  
Down across the top of the hand down to the Wrist and around the Wrist once, back to the top of the hand.

**Right hand page 2**



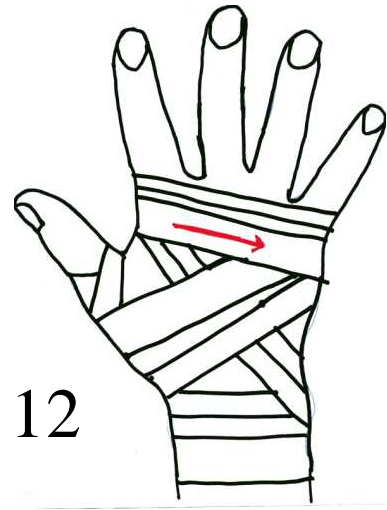
10

Up around the Thumb from the Bottom Wrist.



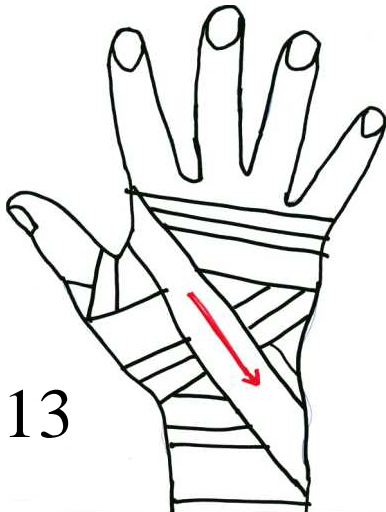
11

Across the top of the Hand to the Knuckles. Across the Bottom of the Knuckles.



12

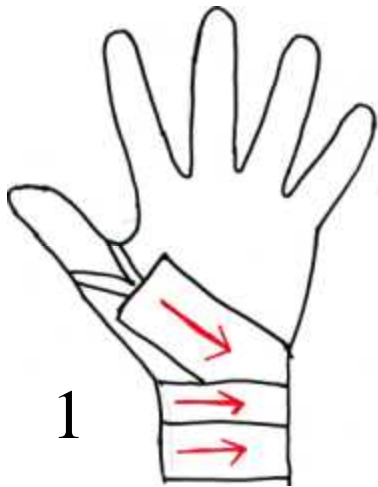
Across the top of the Knuckles and around the Bottom of the Knuckles again.



13

From the top down the Wrist. What ever is left of the wrap, Finish Wrapping around the Wrist.

Left hand page 1



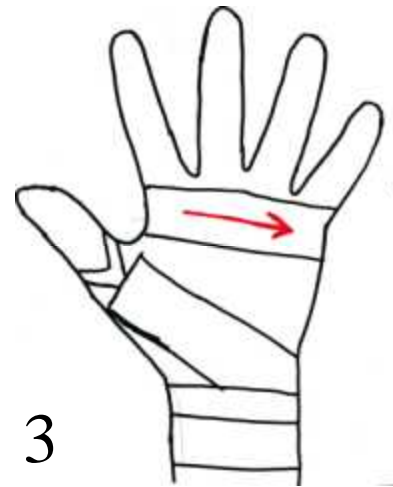
1

Put Loop around thumb, Run down to bottom of hand to the Wrist, Wrap around the wrist Twice.



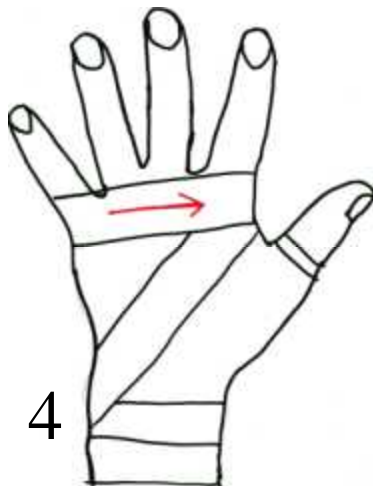
2

From the bottom of the wrist, over the top of the hand to the Knuckles.



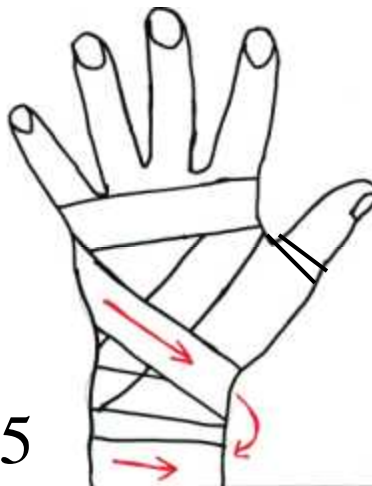
3

Across the bottom of the Knuckles to the top of the Hand.



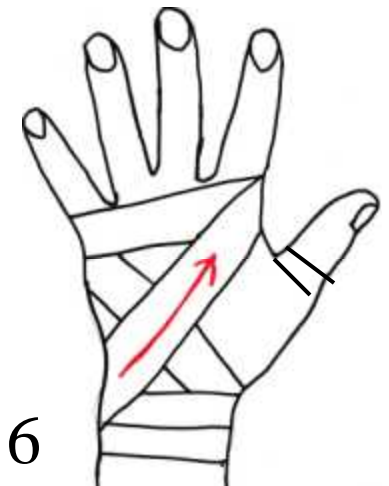
4

Across the top of the Knuckles and around the bottom of the Knuckles again back to the top of the Hand.



5

From the top of the Knuckles down to the Wrist and all the way around the Wrist once.



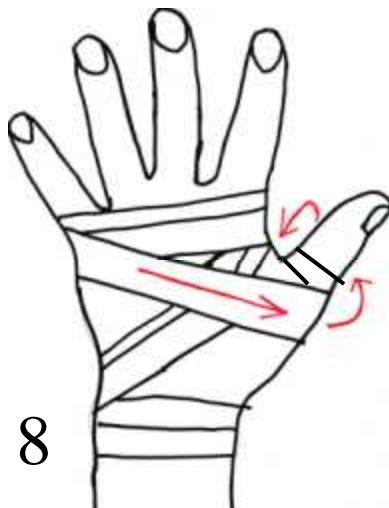
6

Across the top of the Hand to the Knuckles again.



7

Once around the top of Knuckles And across the Bottom of the Knuckles Back to the top of the hand.



8

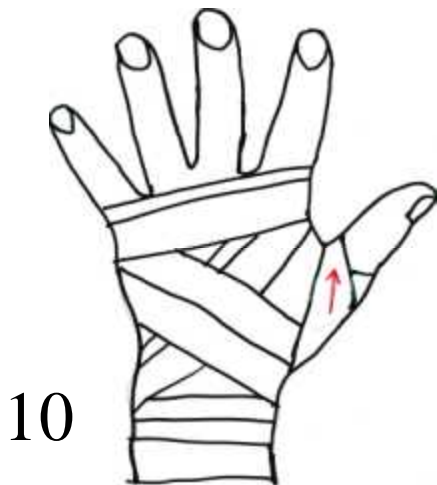
From across the top of the hand to the Thumb and around the Thumb to the top of the hand again



9

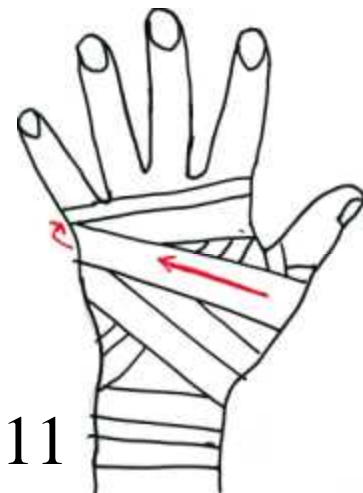
Down across the top of the hand down to the Wrist and around the Wrist once, back to the top of the hand.

Left hand page 2



10

Up around the Thumb from the Bottom Wrist.



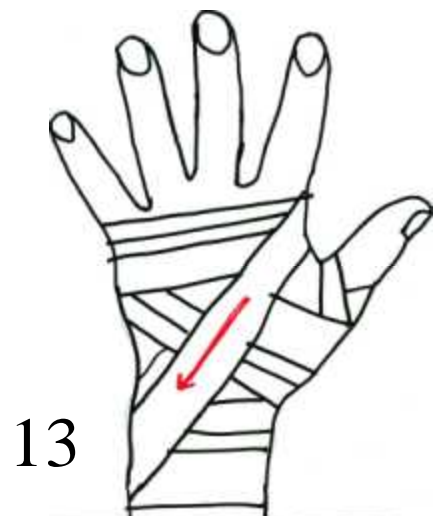
11

Across the top of the Hand to the Knuckles. Across the Bottom of the Knuckles.



12

Across the top of the Knuckles and around the Bottom of the Knuckles again.



13

From the top down the Wrist. What ever is left of the wrap, Finish Wrapping around the Wrist.

**Optional:** Use one layer of 1/2" White athletic or Hockey tape in the figure 8 manor as in 2 thru 5 in the beginning of the Hand Wrapping Instructions.