

TURNER
BOXING ACADEMY

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BOXING MANUAL

A GUIDE FOR THE BEGINNING BOXER

BY JOHN BROWN



BEST
BOXING GYM
IN
AMERICA

TURNER BOXING ACADEMY

PURPOSE OF MANUAL:

To give a brief, but inclusive introductory course to the great sport of amateur boxing. Amateur boxing parallels life in many respects. It's important that you learn and grow every day. The boxer who thinks he knows all there is to know will never achieve his full potential. Even we do not claim to have all the answers. It is your job to listen to and implement the instructions your coach gives you and practice fundamentals until perfect, particularly those pertaining to defense. A boxing match is meant to be a contest of skill rather than power, brute force, or toughness. It is extremely important to remember that amateur boxing should be fun!

WHAT IS AMATEUR BOXING?

Amateur boxing is a very positive sport as well as a terrific way to combat the issues and challenges that our youth face, including negative peer pressure, bullying, and low self image. It is completely different from professional boxing in its goals, objectives, scoring and equipment. Amateur boxing is an excellent source of conditioning for the high school athlete to supplement other sports training. It also provides an option for a youngster who is not involved in school sports or doesn't desire to participate in team sports.

This sport can also provide a young person with the opportunity to satisfy the basic human need of recognition in a positive manner. All too often this need is met through delinquent behavior.

When properly coached and supervised, amateur boxing can be an extremely fulfilling and beneficial experience for young people. It can be used as a vehicle to instruct sportsmanship, the value of conditioning, and a positive release of frustrations and energies, in addition to building self-confidence, respect, and character.

IS AMATEUR BOXING SAFE?

The safety of amateur boxing has been well documented. The 1998 National Safety Council ranked boxing 71st in sports injuries, well below wrestling, football, baseball, soccer, and even bowling. Most of the negative impression of the sport centers around pro boxing, which is a much different sport than amateur boxing. NO other amateur sport takes more precautions in regard to safety, than amateur boxing. Amateur boxers receive a physical exam before and after each bout. The primary directive of all amateur referees is the safety of the boxers. In addition, all competition gloves and headgear contain exact combinations of shock-absorbing foams to reduce the impact of a blow. Every possible precaution is taken to keep amateur boxing safe.



WHY BOXING



Recently I was asked the question that I am asked with a fair amount of frequency, "Why boxing?" Boxing is my sport and being a girl that participates in boxing is somewhat of an anomaly. So, the question, "Why boxing?" has become a recurring query from family, friends, as well as strangers. My usual reply is simply to grin, shrug my shoulders, and quietly say, "I don't know, I just love it." This is my quick answer. This is the answer that allows the conversation to move forward and hopefully past me. I've never felt that people truly want to talk about me. However, the last time I was asked "the question," I wondered if I gave the expanded version, maybe...just maybe, someone would truly be interested to hear the truth...my truth.

Boxing is far more than just a past-time for me, or something to keep me in shape. If I were to find something to correlate my relationship with boxing to, it would be religion. From the first moment I was introduced to my sport I felt I had found my religion. It seemed as if some divine intervention had occurred to bring me to this sport, gym, and trainer. This is the only explanation I can find. Religion, to me, always seemed to be about devotion, sacrifice, and the will to be better every day, in every way.

Although I felt that this is what religion was, it had never hit me with such clarity

and a sense of purpose than on the first day I stepped foot into my new life. I have to admit, boxing was not something I had a driving desire to pursue. My dad had a heavy bag in our basement that was fun to hit and work out a little anxiety on from time to time. So, when my mom suggested maybe attempting boxing as something fun to do to keep me in shape, it never entered my mind that it was something that I could achieve.

My dad, a retired firefighter, contacted a firefighting buddy of his who happened to have been a professional boxer, and set up my first lesson. I was petrified. Not only was I going to attempt something new, something I felt like I was clearly going to fail, I was going to do that in front of someone who had so much success in the sport.

As each day to "the lesson" grew closer, my anxiety and dread increased. Finally the day came. The car ride to "the lesson" was a special kind of torture. As we pulled into the parking lot, I was visibly shaking. How was I ever going to pull this charade off without total humiliation to me, and my family? But there was no turning back now.

I got out of the car, the hardest thing I've ever done, and followed my parents into the fire station. Yes, I said fire station...a fire station full of men that I had never met, to me, there was nothing more intimidating.

But an interesting thing occurred when we came through that door. My dad was greeted with warm handshakes and hugs, there was laughter and joy. I had heard so many stories about the brotherhood of the fire department growing up, but I never fully understood it until this moment.

My dad introduced me and I was greeted with the same warmth. I felt like I was meeting uncles that I had known all of my life, yet had never met. I was in the presence of family. I began to relax slightly, this firehouse was a safe haven. There was history here. My dad spent many years, living one-third of his life, in that station. I had heard so many larger than life, yet absolutely true stories; heroic stories, hilarious stories, heartbreaking stories, heartwarming stories.

From that very moment, I felt a spiritual connection to that firehouse. If someone were to ask me now where my church is, I would tell them in the very back of this old firehouse. I felt it even on that very first visit...the warmth, acceptance, and safety. Although I wasn't fully aware at the time, this was my sanctuary. This is where I would find salvation, worship, solace, and redemption.

I had found my church, and I was about to meet my preacher...Craig Cummings, Mr. Cummings to me. I was oblivious to the fact that my life was about to be powerfully altered. At the time, all I knew was that I was about to meet my dad's buddy, who happened to be a professional boxer. I was, to say the least, quaking with apprehension. In my imagination, a boxer would be a tough, gruff, no nonsense, intimidatingly foreboding persona. I just knew that he was going to take one look at me and



Yet, when he entered the station he had the brightest smile on his face and greeted my dad with a bear-hug of an embrace. Then I was introduced...this was it...I was going to have to speak. I wasn't sure if I would be able to find my voice, but something happened that had never happened to me before. I spoke with ease.

I was still uncomfortable, but that was more about me not being comfortable in my own skin. I felt a sense of peace talking with Mr. Cummings. It has always been simple with Mr. Cummings. I knew that this was going to be a profound relationship in my life. We spent a few minutes getting to know one another, and then the lesson began; my introduction to the single thing that was going to change everything in my life.

The lesson itself was basic, but empowering. Not that I felt I-could-take-on-the-world empowering, but quietly empowering. I saw a tiny flicker of light inside my soul ignite where there had only been darkness before.

I would later discover that boxing often attracts people with a story. There are common themes that run through these stories. Some people use boxing as a way to overcome wayward or criminal behavior. Others may have been bullied

and belittled and need a means of self-defense. None of these were my story.

I was my own bully. I could not remember ever liking myself. I'm not sure why I didn't like myself, but I never did. I certainly didn't understand anyone who said they liked or loved me. Why would they? What was there to like? No one ever treated me badly, it was completely internal. My family loved me, but in my mind, they had to love me; what kind of monsters would they have been to not love their daughter/sister. So, for what it's worth, that was my story.

But on that fateful day, something inside of me began to change. For the first time in my entire life, I felt something besides despise for myself.

In the weeks and months that followed, I would return to my "church," and just as any preacher does, Mr. Cummings would teach me; put me on the right path in my new-found religion. He gives me guidance with patience and acceptance. He believes in me, and that is everything. I can now believe in myself. I've set goals, attained them, and moved on to other goals. I have been allowed to work with kids who are brand new to boxing. To me, that means someone has enough confidence in me to let me help someone else.



I can honestly say that I like who I am now. I find new confidence and reasons to enjoy my life every day. This is why I equate boxing to religion. It is necessary to me; it has filled my soul with light.

When I'm training, I think of winning my fight against myself... left, right, slip, left, pull back, right, left, hook, dip under the hook, three straight jabs; this is like a prayer to me. It connects me to something powerful. There is a peace that comes over me when I'm in that ring. When my work is done, I feel like I was just baptized, freed and forgiven.

So the next time someone asks me, "Why boxing?" I'll probably still answer quietly, but with an enlightened smile. I'll say, "I have to box, it's my religion."

By Missy Fitzwater



CONDITIONING THROUGH TRAINING

CONDITIONING IS 80% OF AMATEUR BOXING

Training is essential preparation for providing the strength and endurance needed for boxing. Success in competition is directly proportionate to the amount of effort that is put into training. Training should be conducted at a rapid pace to train the body, particularly the cardiovascular system, for quick, explosive action. Currently, in amateur boxing, bouts are three rounds, which does not leave time for "feeling out" your opponent or pacing yourself. A boxer should train for the same duration in which he is going to compete. Both open and novice boxers should be working on no more than a 2 or 3 minute clock, and working at 100% effort. All too often a boxer working longer than 2 or 3 minute rounds conditions his body to work at 80% of his/her physical potential. Unfortunately, 100% is required for competition, and he/she is not prepared for that. The key is to train at the same duration as competition and at 100% intensity. Most gyms are open only three or four nights a week, which is adequate and keeps the coach and boxers from getting burned out. To complement the gym work, you must workout two or three additional days of the week. It is also helpful to have a heavybag at home so that shadowboxing, heavybag work and running can be conducted when the gym is closed.

The following list of exercise and cross training sports programs will greatly increase your conditioning and cardio levels:

AERBOBICS, YOGA, SWIMMING CIRCUIT TRAINING, WEIGHT LIFTING



The following is a recommended workout schedule. Remember, don't just go through the motions. Work on your fundamentals. Each boxer, depending on physical makeup, temperament and agility, will develop a style which he feels comfortable with. In amateur boxing, due to its short duration, you may not have time to make your opponent "fight your fight". In this case, it would be to your advantage to do what may not normally be your style. In order to be prepared for this situation, you must work on all three of the following styles when you are training:

- Mike Tyson/Joe Frazier: Going after your opponent, keeping constant pressure on him/her, moving in with hands held high, bobbing weaving and slipping punches. This style is necessary to negate the skills of a good stick-and-move-boxer. DO NOT punch while you are moving in. This is what the boxer wants you to do so that he can step back out of your punching range and stick you in the nose with his educated left jab. Move in, get close and then unleash a barrage of punches. Constant pressure and not hitting until you are very close to your opponent is key
- Muhammad Ali: Boxing, sticking and moving. When your opponent gets set to punch, step back or sidestep and throw your left jab. His punches should land short and your jab should connect. When your opponent leaves himself open, fire a quick combination and then get out of his punching range
- In and Out: This is probably the most effective of all styles because of the way amateur bouts are judged. The idea is simple, move in, hit, and move out before you get hit. When your opponent moves in, step out of his punching range and then slide in and hit.

FREQUENTLY ASKED QUESTIONS



What does it take to be a successful boxer?

First our boxers must learn and perfect the basic fundamentals. FUNDAMENTALS ARE EVERYTHING. The great UCLA basket ball coach, John Wooden, would tell his champion players, "It's about basics, fundamentals, fundamentals, fundamentals." Substance over style. You MUST be coachable.



What is the learning process?

You will first learn your offensive fundamentals which will give you a solid foundation to learn proper defensive fundamentals. Learning the proper defensive fundamentals makes boxing fun. Getting hit in the head is NOT fun!



What comes after the fundamentals?

Once you learn the the offensive fundamentals, then you practice them by shadowboxing, and hitting the heavybag. All emphasis is put on performing the fundamentals properly, so that you become programmed to do it right; create proper muscle memory



What are partner drills?

You will be assigned a partner. You will then be demonstrated the following drills: Jabs Only, Counterpunch Drills, Reaction Drills, Corner Drills, Light Sparring Drills.



When do I get to Spar?

After you are proficient at counterpunch drills, and at a reasonable level of conditioning, a new boxer is ready to spar. All initial sparring is done with experienced teammates who know how to work with new boxers. No one gets beat up, no one goes home with a headache. The objective is to teach new boxers how to relax and execute their fundamentals in a stressful situation.



Do I need a special diet?

Not necessarily, but remember...You are what you eat!!! Chicken, fish, fruit and vegetables are your friends. Lower your consumption of sugar and processed junk food. DRINK LOTS OF WATER!



The most asked question...When will I be able to compete?

TBA has competitions and tournaments throughout the year for our boxers who are "competition ready". This process usually takes 3-6 months depending on the effort applied by the athlete. We NEVER put anyone in competition unless they are ready. We are not playing tennis or volleyball. Boxing is a contact sport with the object to hit each other in the head. This is serious business. You must be in shape to go three rounds and your defense must be solid. If you are a young boxer, aged 12 and under, four times a year TBA puts on our Young Tigers show, which consists of 2 (1 minute) rounds of highly supervised sparring in front of family and friends. All for fun, and everyone gets a reward for their effort!



What equipment do I need?

TBA supplies all equipment, except hand wraps and mouthguards, which you can purchase at TBA. Bring a towel and a dry shirt for after your workout. We WILL make you sweat. If you wish to purchase your own gloves and headgear, you are able to do so at TBA at discount prices.



Will running help make me a better boxer?

Heavens Yes!!! 80% of amateur boxing is conditioning. A well conditioned boxer will almost always defeat one that is not. You must run for this sport. We have a large sign in the gym that tells you how to run. READ IT. DO IT.



Remember the four C's of amateur boxing:

COACHABILITY+CONCENTRATION+CONDITIONING=CHAMPION

BASIC FUNDAMENTALS

In order to be a competent boxer, you must master the basic fundamentals. Every advanced move or technique is based on having solid fundamentals. Take your time and learn them well. This is the most important step in amateur boxing.

FOOTWORK:

Place your left foot and left shoulder out front. Your feet should be the length of a normal step apart. Your left knee should be bent for balance, and your feet should be pointing toward your opponent. Your feet must also remain apart for purpose of balance. If you move forward, move the left leg first and pick up the distance with the right foot. If you move backward, move the right foot back and then move the left foot after. Moving left or right is accomplished by stepping sideways with the foot of the direction you wish to move. For instance, if you want to move left, move the left foot to the left and then bring over the right foot. Do the opposite to move right. Do not get into the bad habit of bringing your feet together after you throw punches. It is a waste of energy. Plus, whenever your feet are together, you're susceptible to being either hit or pushed off balance. Also, when you move forward, don't drag your right foot. Use it. Make it work so that your weight is evenly distributed.

It is extremely important that your left shoulder is "out front" or pointing towards your opponent. This will allow for full rotation of the shoulders and hips when throwing the right hand. It also puts you in the proper defensive position to guard against the right hand.

Make sure the left shoulder is always higher than the right. If not, you will be susceptible to right hands. A good technique for raising the left shoulder is to bend the right knee. This actually lowers the right shoulder, which should then make the left higher.



ELBOWS IN FRONT OF BODY:

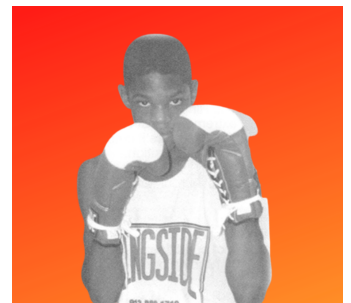
This will protect your body against body punches, but more importantly, it will cause your hands to be positioned in front of your head. This is the ideal defensive position. Also having the elbows in front of the body is the proper position from which to throw punches and also to block uppercuts.

HANDS IN FRONT OF HEAD:

Your hands should always be held at cheek level to protect the head against your opponents blows. The arms from the elbow to the fist must be in vertical (straight up and down) position at all times.

THROW PUNCHES STRAIGHT OUT AND BRING STRAIGHT BACK TO HEAD:

When punches are thrown, the hands should be returned to their on-guard position as quickly as possible to protect the head.



BASIC OFFENSE



LEFT JAB:

This is the most important punch in boxing! The purpose of the left jab is to keep your opponent on the defense and to accumulate points. If you are keeping a jab in your opponents face, he will have to concern himself with defense which will afford him less time to work on his offense (hitting you in the nose). You can use the jab to disrupt your opponent's rhythm and timing, in addition to using it to control the bout.

The left jab is thrown by extending the left hand and arm fully, keeping the left elbow down and turning the forearm so that the knuckles land in a horizontal position. Speed is derived by keeping the elbow down and snapping the arm forward at the elbow joint. Power is possible by lightly pushing the body, particularly your left shoulder, forward with your right foot and leg when the jab is thrown.



LEFT JAB

STRAIGHT
RIGHT



- 1. Throw from the head.**
- 2. Keep your elbow down.**
- 3. Snap the arm forward at the elbow joint.**
- 4. Push the left shoulder forward by pushing from the floor with the right foot.**
- 5. Return the jab back to the head as quickly as you throw it out.**
- 6. Do not move your right elbow when throwing the left.**

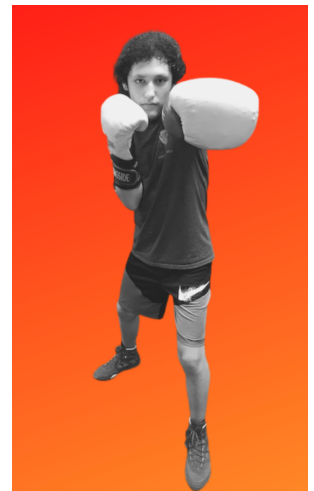
How to jab is as important as knowing when to jab. Unless you are using the jab for probing purposes, it should not be used unless your opponent is within punching range. Don't throw it just to be doing something. Doing so will afford your opponent the opportunity to gauge your speed and time your punches. Work on the jab until your left arm almost falls off. Take a whole week in the gym and throw only this punch. If you can develop a solid left jab, you will be a good boxer



STRAIGHT RIGHT:

For the beginner, this will be your power punch because it is delivered with the weight of the body

- 1. The right is normally thrown after the left jab.**
- 2. Throw the right from the face and bring the right elbow up to about shoulder level.**
- 3. The left knee should be bent for balance.**
- 4. Your power will be derived by pushing and pivoting the right foot, whipping your right shoulder forward and pivoting the hips.**
- 5. Return the right immediately to the head.**



LEFT JAB

STRAIGHT
RIGHT



BASIC DEFENSE

These basic defensive maneuvers should be practiced over and over with a teammate so that they eventually become a reflex action. Have your partner throw punches in slow motion while you block them. After the technique is mastered, have him pick up the pace to simulate the real thing.



THE CATCH:

The left jab is caught in the palm of the open right glove (catcher's mitt). Do not reach out for the jab. Let it come to you. Be sure to keep up resistance in your right hand so you don't hit yourself



SLIPPING:

This involves avoiding a blow without actually moving the body out of range. The purpose of slipping is to avoid the blow and maintain the position to counter. It calls for exact timing and judgement. To be effective, it must be executed so that the blow is escaped by only the smallest margin. The two basic slips are: outside and inside.

OUTSIDE SLIP:

This involves bending at the knees and dropping the upper body forward and to the right, outside of your opponent's left hand. The outside slip is relatively safe because you are slipping away from the right hand. Always take your catcher's mitt with you when you slip as a backup system.



INSIDE SLIP:

This involves bending at the knees and dropping the upper body forward to the left, inside of the opponent's left jab. Your head should end up directly over your left knee. This is a somewhat dangerous move because you are moving into your opponent's right hand.

DEFENSE AGAINST THE STRAIGHT RIGHT:

Keeping the left hand in proper position in front of the head should block most rights.

2. **Duck or Slip:** Drop the upper body and head forward and to the left, allowing the right to pass safely by. Be sure to keep your hands in front of your head as a backup system and also that you will not be cautioned for head-butting.

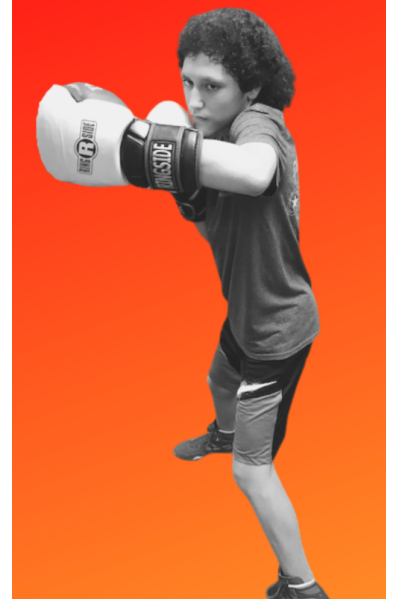
ADVANCED TECHNIQUES



THE LEFT HOOK:

The left hook is the most difficult punch to learn correctly. It should never be used as a lead punch, only when actual openings are present.

1. *This must be thrown from a close position, usually after a left jab or a right hand.*
2. *Use the left foot and hip to pivot or turn your body while bringing up the elbow to a horizontal position.*
3. *The forearm should be parallel to the ground when the hook lands.*
4. *The hook is most often thrown with thumb up: with this hook, the palm of the hand faces your body. This somewhat difficult to master but when thrown correctly it can be extremely effective.*
5. *Keep your left knee bent for balance.*
6. *Return to the on guard position.*



DEFENSE TO THE LEFT HOOK:

1. **Forearm Block:** Cover the right side of your head with your right arm and touch your ear with your right glove.
2. **Ducking:** Bend your upper body forward from the waist and dip both knees allowing your head to drop underneath the hook. While ducking, be sure to not to take your eyes off your opponent.



UPPERCUTS:

These are usually thrown from the inside with the right after closing the distance with a left jab or hook. Your arm should be in a half-bent position and should not dip below the waistline. The left uppercut can also be effective if thrown quickly after a left jab.



DEFENSE AGAINST UPPERCUTS:

1. The most effective defense is merely stepping back out of range.
2. Block with your hands and forearms, kept in front of your head and body.

FEINTING, DRAWING, SHELLING-UP, AND INFIGHTING



FEINTING:

Feinting is a characteristic of the advanced boxer. It requires using the eyes, hands, body and legs in a single effort to deceive the opponent to create openings.

1. **Arm feints:** this includes simply appearing to punch a specific area with one hand and then doing the opposite.
2. **Body feints:** This includes making various movements with the body to check your opponent's reaction, such as advancing quickly, dropping your knees or pivoting your shoulders.



DRAWING:

Drawing is similar to feinting. In feinting, an opening is created, while in drawing, some part of the body or head is left unprotected in order to entice the opponent into throwing a specific blow, so that a counter attack can be executed.



SHELLING UP:



This simply means to completely cover your head and body so that no vulnerable area is exposed. It is especially effective when moving an opponent to work off his chest and cut off the punching room. Your hands must be kept in front of your head or a foul for butting will be called.



INFIGHTING:



This is the art of boxing at close range. To obtain the inside position, it is necessary to advance quickly, slip, weave, duck, draw, or feint.



COMBINATIONS:

This is a series of blows delivered in a natural sequence so that an opening may result. As a combination is thrown, the punches should increase in intensity so that the later blows have more power.

- Double or triple left jab to the chin
- Left jab to the chin followed by a left jab to the body
- Left jab to the body followed by a left jab to the chin
- Left jab to the chin, straight right to the chin (the old one-two)
- Left jab to the chin and a straight right to the body
- Left jab to the body and a straight right to the chin
- Left jab to the chin, straight right to the chin and a left hook to the chin
- Left jab to the body and a straight right to the body
- Hooking off the jab-left jab to the chin and a left hook to the chin
- Left jab to the chin, straight right to the body and a left hook to the chin
- Straight right to the body and a left hook to the chin
- Straight right to chin and left hook to the chin
- Straight right to the chin and a left hook to the body

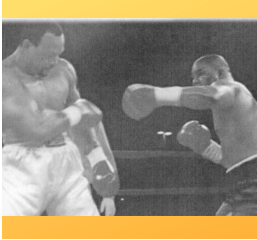
RING GENERALSHIP

Ring Generalship is a general plan of strategy thought out in advance of the bout which attempts to nullify the opponent's strength and take advantage of his weakness. It also means having the ability to adapt one's style to that of the opponent.

HOW TO BOX A TALL OPPONENT:

1. A tall opponent is probably accustomed to having opponents come to him. Make him come to you.
2. If he won't come to you, move in fast and hit. Remain there if you are successful, otherwise move out quickly.

HOW TO BOX A RUSHER:



1. Sidestep and stick with the left jab followed by a right when possible.
2. If the rusher gets close, shell up and move in, giving him no punching room.

HOW TO BOX A JABBER:



1. Keep your right hand in proper defensive position to catch the jab.
2. Slip or duck the jab and move in to counter the body or head.
3. Continually force your opponent and try to corner him on the ropes so that close range can be attained.

HOW TO BOX A SLUGGER:

1. Keep moving. Don't let your opponent get set.
2. Move in quickly and launch a sudden attack.
3. Move out quickly and don't slug.

HOW TO BOX A SOUTH-PAW (LEFT HANDED BOXER)

1. Don't lead. Make the south-paw come to you.
2. All south-paws have very powerful straight left hands. Always circle to your left, away from the left hand. Keep your right hand (catcher's mitt) ready to catch his big left hand if he throws it.
3. When the south-paw throws a jab, slip to his left and counter with a hook.
4. Remember the left hook is the most effective weapon against a south-paw.

RING STRATEGY

- **USE YOUR HEAD:** fight with your head not your hands. Out-think your opponent, and you will out box him.
- **BE IN CONDITION:** Nothing makes up for good physical conditioning.
- **RELAX:** If you are tense, you expend energy.
- **KNOW THE FUNDAMENTALS:** There will be many chances to use them.
- **APPEAR CONFIDENT AT ALL TIMES:** If you are hurt, don't show it.
- **NEVER FORGET THAT YOUR OPPONENT IS AS TIERED AS YOU ARE.**
- **THE LEFT HAND IS THE SAFEST LEAD:** Use it often.
- **KEEP MOVING:** To stand in one spot means you are an easy target. However, don't jump around and make unnecessary movements.
- **CARRY YOUR HANDS HIGH AT ALL TIMES.**
- **PUNCH WHEN YOUR OPPONENT IS IN RANGE:** If you wait, you will be punched.
- **IF A BLOW IS MISSED OR YOU ARE OFF-BALANCE, COVER UP AND PROTECT YOURSELF.**
- **PUZZLE THE OPPONENT BY A VARIETY OF MANEUVERS:** Rarely do the same thing twice in succession.
- **WHenever your opponent gets set to hit, move.**

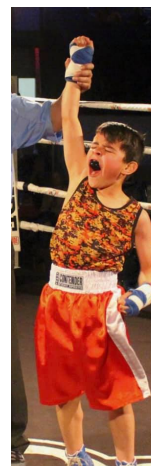
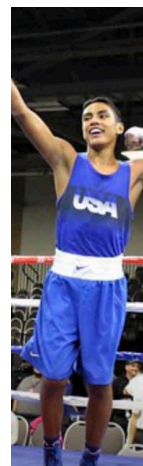
HOW TO WIN AN AMATEUR BOUT

BASIC RULES

- No hitting below the belt or behind the head
- No kidney punches
- No holding
- No hitting with the open glove
- No hitting on the break
- Never talk to the referee or your opponent during the bout
- Protect yourself at all times
- No holding and hitting
- No moving in on an opponent unless your hands are in front of your head
- No intentional spitting out your mouthpiece
- An eight second rest is given when a boxer appears hurt.
- When an opponent is knocked down, proceed to the furthest neutral corner
- Remember that points are scored on boxing ability, not on the power of punches

Amateur bouts are judged by trained officials who are counting the number of effective blows that are landed, but the factor of human nature should still be considered. Judges will look for certain things that can influence their vote. The following are a few of those things.

- When you come into the ring, appear confident, but never cocky. Act like you know what you're doing and try to achieve eye contact with the judges. Smile and nod to them.
- Always exercise sportsman-like conduct, even if your opponent calls your mother a name. Your opponent wants you to display bad sportsmanship for his advantage.
- Never, EVER showboat, such as talking to your opponent shuffling your feet or dropping your hands, etc. The judges do not like it and will vote against you. Judges like and favor boxers who have a classic style of keeping their hands up and moving gracefully.
- If you have been assigned to the red corner, wear a predominantly red uniform. If you are boxing out of the blue corner, wear predominantly blue. This will make you and your punches easier for the judge to identify.



BASIC WEIGHT TRAINING/DIET

Upper Body: Twice a week- Chest, Shoulders, Biceps, Triceps, Back

Lower Body: Twice a week- Quads, Hamstrings, Calfs

Never do the same body parts 2 days in a row

Each body part 3 sets:

12 reps (easy).

10 reps (hard) (add weight)

8 reps (harder) (add weight)

1 minute rest between sets

Diet: Remember, you are what you eat. If you want to get buffed you must eat properly. A low Carbohydrate diet with a good amount of protein (fish, chicken, turkey, avoid large amounts of red meat). Avoid processed foods that are full of chemicals. Sugar is poison to the body; keep its use to a minimum. Drink a large amount of water daily to clean out your system and replenish fluids lost during exercise. Eat lots of fruit and vegetables.



VERY IMPORTANT:

Remember: Always warm up and stretch *before* every workout to avoid injury. Stretch *after* every workout. At the end of each workout do core work (stomach, lower back, and obliques.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A.M.	45 minutes	Intervals	SAME AS Monday	15 sec Intervals	SAME AS Monday	SAME AS Tuesday	Off
	Run	Jog 7 minutes		Intervals			
	Pulse	Sprint 2 min.		Jog 7 min.			
	150-170	Jog 1 min.		1) Sprint/Jog 2			
		Sprint 2 min.		Minutes			
		Jog 1 min.		15 sec sprint			
		Sprint 2 min.		15 sec jog			
		Jog 1 min.		Jog 1 minute			
		Sprint 2 min.		2) Sprint/Jog 2			
		Jog 12 min.		Minutes			
				15 sec sprint			
				15 sec jog			
				Jog 1 minute			
				3) Same as 1&2			
				Jog 1 minute			
				4) Same as 1&2			
				Jog 12 minutes			
P.M.	Hard boxing	Easy boxing day	Hard boxing day	Hard boxing day	Easy boxing day	Hard boxing day	
		At home		Lower Body	At home	Upper Body	
		Upper Body		Weights		Weights	
		Weights					

PERSONAL EQUIPMENT

HANDWRAPS:

The number one health reason that a boxer quits boxing is a hand injury. There are 26 small bones in every human hand, and they take a huge amount of impact during every workout. Handwraps are the first line of defense against injury. There are several styles available. Some are slightly elastic. Others are for smaller hands. Your personal needs will determine what works best for you.

MOUTHPIECES:

Also very important to the safety of the boxer is a properly fitted and protective mouthpiece. Talk to your coach for advice. The assortment of mouthpieces available today is overwhelming, so don't rush into a mouthpiece purchase until you are sure it provides the protection you need. You may want to consult your dentist for some advice. Talking to more experienced boxers can give you some good input on the subject, too.

GROIN PROTECTOR:

The "cup" is another vital piece of equipment. Many styles and designs provide a large variety of personal protection needs. Some of the larger designs not only protect the groin and the lower abdomen, but also the hips and upper abdomen. There are also specific protectors for women.

ADDITIONAL EQUIPMENT:

As you become more proficient in this sport, you will probably want to expand on your personal gear as well as your competition gear. Things like shoes trunks competition headgear and robes are some of the things you may consider as you progress.

GLOVES & HEADGEAR

TBA provides the safest gloves and head gear for you to use while in the gym. All of the gloves and headgear in the gym are regularly checked and maintained to insure that boxers are using only the highest quality and safest equipment. We also offer gloves, headgear, and all of the other necessary equipment for sale at deeply discounted prices, if you prefer to purchase your own.

