

HINTS
& TIPS



TRAINING GUIDE

BOXING



Heritage
GOLD'S GYM. 65

BOXING TECHNIQUE TRAINING GUIDE

INTRODUCTION

Boxing is a great activity to improve stamina, speed, power and body tone. This guide will show you how to throw the perfect punch and give you some top training tips.

TRAINING

Boxing will improve your strength, speed, aerobic and an aerobic fitness, and muscular endurance. As such it is a great activity to incorporate into your training programme.

Other activities which will improve and compliment your Boxing are:

- Running
- Skipping
- Weight Training
- Calisthenics (using your own body weight)
- Core Training
- Circuit Training
- Flexibility Exercises

BOXING TOP TIPS

- Shadow box in front of a mirror as it's a great way to perfect your technique.
- Always stay on the balls of your feet, and keep your guard up.
- Try to work on the hand speed and power of every punch.
- Cardiovascular fitness is very important, and running pays great dividends to the boxer. Try running sets of three minutes with one minute breathers. Each set represents one round in the ring.
- Using your own body weight for strength and toning exercises is great. Push ups, sit ups, squats and lunges work all your major muscle groups.

THE STANCE



Stand with your feet slightly beyond shoulder width apart, with your left foot at 12 o'clock and your right foot at 4 o'clock. Knees slightly bent and on the balls of your feet. Body weight should be slightly on your front foot.



HAND POSITION

Both hands are held at chin height, with your right hand close to your chin and your left about 8" in front. Your elbows should be tight into your sides.

THE STRAIGHT RIGHT



This is the classic power punch. Throw your right hand from its starting position near your chin in a straight line to the target. Turn your hips and shoulder with the punch. Transferring body weight from back to front foot. Punch should land as body weight is fully transferred onto front foot.

SUPER SETS



= 3 minutes

A great training tip is to box non stop for three minutes, then without rest move onto another exercise such as push ups or sit ups for one minute. Have a quick breather and repeat.

BOXING TECHNIQUE

WARNING

ALWAYS CHECK WITH
YOUR DOCTOR BEFORE BEGINNING
ANY EXERCISE PROGRAMME:



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THE LEFT JAB



Widely regarded as the most important punch and should be the first one you practise. Snap the left hand to the target in a straight line. Turning the left hip and shoulder will add power.

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THE HOOK



Great for getting through your opponents defence. Shift your body weight onto the side you intend to throw the punch from. Bring your shoulder back and bend your arm at the elbow 90 degrees. Launch the hook at the target, hitting through the target keeping your arm bent.



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THE UPPERCUT

A really powerful close range shot, usually thrown with your strong right. Lower your body weight, dropping your shoulder and bending your knees. Drive upwards from your legs, simultaneously driving your punch upwards in a vertical plane, hitting through your target.

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COMBINATIONS

Here are a few classic punch combinations. Once you have perfected these try increasing the number of punches in your combinations.

- Left jab, Right hook, Left hook
- Left jab, Right uppercut, Left hook
- Left jab, Straight right, Left hook, Right Hook

These instructions are for right-handed boxers. Please reverse instruction if you are left-handed.



CONTACT US:

Model Number: GH-B21212

Email: info@heritage65.com
Contact Technical Support: 08714 742614
RFE International, The Performance Centre, Maidstone Road,
Kingston, Milton Keynes MK10 0BD, UK