

# BOXING 101

## MASTERING THE BASICS

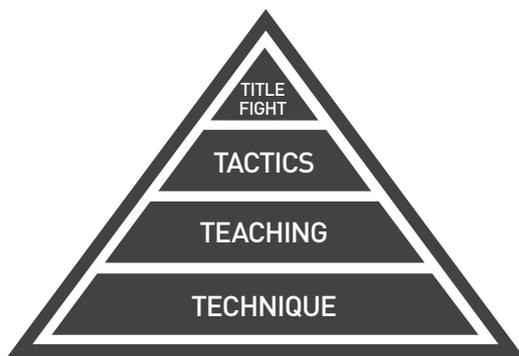


**PERFORMANCE**  
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## Boxing 101 - Mastering the Basics

Boxing has always been a great way to train and to get into shape. Over the last few years boxing has been a very popular tool for personal trainers to help their clients achieve their desired goals. With this increasing popularity many people who are new to the fitness industry have been putting their clients through their paces with mixed success. Some do it well some not so well, and ultimately they can put their clients at risk of injury and also their workout is often less effective.

The performance boxing model objectives are to progress you through the four stages of performance; Technique, Teaching, Tactics and eventually the Title Fight!



**Technique** – firstly you must learn the correct technique yourself. This includes how to stand, move and punch. This is the key to be able to generate speed, power, endurance and develop strength co-ordination and sharpen your reflexes

**Teaching** – Secondly you learn how to teach. Knowing and teaching are two different things. To successfully instruct someone to both box (stand, move and punch) and how to safely and effectively use focus pads first you need to be proficient yourself and then master the art of teaching and communication to enable your client to understand what you want them to do.

**Tactics** – This is where we go deeper and learn advance conditioning drills on how to use boxing as a cross training method for sporting teams, athlete's and advanced trainers who want to push their limits. At this stage you have mastered the basic and now it is time to get more advanced with work rest ratios, combinations and integrate boxing into your participants training goals.

**Title Fight** – is the peak of the performance boxing model. This is where you start moving and training like a professional boxer. Including how to safely do body work light sparring and a variety of boxing specific drills

## 5 Key Strategies

### 5 Key Boxing Strategies

1. Authentic Boxing Technique
2. Structure
3. Strategy
4. Timing, Body Movement & Weight Transfer
5. Evasion & Defensive Drills

### Authentic Boxing Technique

Authentic boxing technique is the foundation of both the Performance Boxing Course and the Advanced Boxing Course.

Authentic boxing technique is what separates our course from many of the other boxing courses on the market; it is because our courses are designed and implemented by the world best boxing trainers and often you will see some of the world's best boxers presenting part of the course. Not only is having correct technique essential for the safety of the client and the trainer, it gives the client a greater workout, enables them to develop more power and has greater recruitment and muscle innervation which results in a greater caloric expenditure.

Authentic boxing technique is all about how to stand how to move and how to punch. Not only will this give you a greater workout it will lesson the risk of injury and increase the levels of enjoyment of your sessions to your clients.

### Structure

The structure of a session should always follow the sequence of

#### warm up – conditioning – cool down

Structuring boxing within your personal training session is something you need to consider first. i.e. Do you plan to do weights or core stability before you include boxing in your session? Or do you plan to do boxing first?

The rule is start your session with whatever your priority is.

Generally boxing should be considered a separate part of your session, do not try and combine core work and boxing. If you are going to do core work do core work, then boxing same applies for resistance training.

The structure within your boxing session include the following options:

- Continuous boxing for endurance
- Rounds, where you can manipulate your work rest ratio's i.e. 3 minute round with 30 second rest
- Combinations/ graded combinations; using a set combination for a certain number of repetitions then gradually adding in extra punches or movements to the combination in a sequential manner
- Reflex Style/Freestyle: this is where you put the workout together as you go. You may call the punches out as you go or use the reflex style where you hold the pads up and the client has to react and hit them. If you have a thorough understanding of strategy you can conduct a very challenging and effective workout together.
- Technique: this is where the focus is purely on technique; ideally this should occur as a part of every session. You may chose to focus on one punch i.e. focus on the left hook for that session and you use different teaching strategies to work on that one area. Be careful to choose one maximum two aspects to work on as trying to be too specific with every aspect will only confuse and frustrate your client.

You can chose to have your session consist of a combination of structures, so the types of workouts and variety is only limited by you imagination.

## Strategy

Strategy is all about how to put combinations together and why certain combinations or movements are put together. Once you have an understanding of boxing strategy you will never struggle to come up with combinations that keep you workout fresh and exciting. You shouldn't have to rely on list of combinations written by someone else and often these combinations are just a group of punches thrown together.

Understanding boxing strategy gives you the ability to conduct workouts like a professional boxing trainer.

## Timing, Body Movement and weight transfer

Timing, body movement and weight transfer is what separates a beginner from the advance trainer and if you can teach your clients these concepts they will reap the benefits.

## Evasion and Defensive Drills

Evasion and defensive drill can add a fun component to your session. Borrowing from these strategies of ducking, blocking and evading a punch can add more variety and authenticity to your session.



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