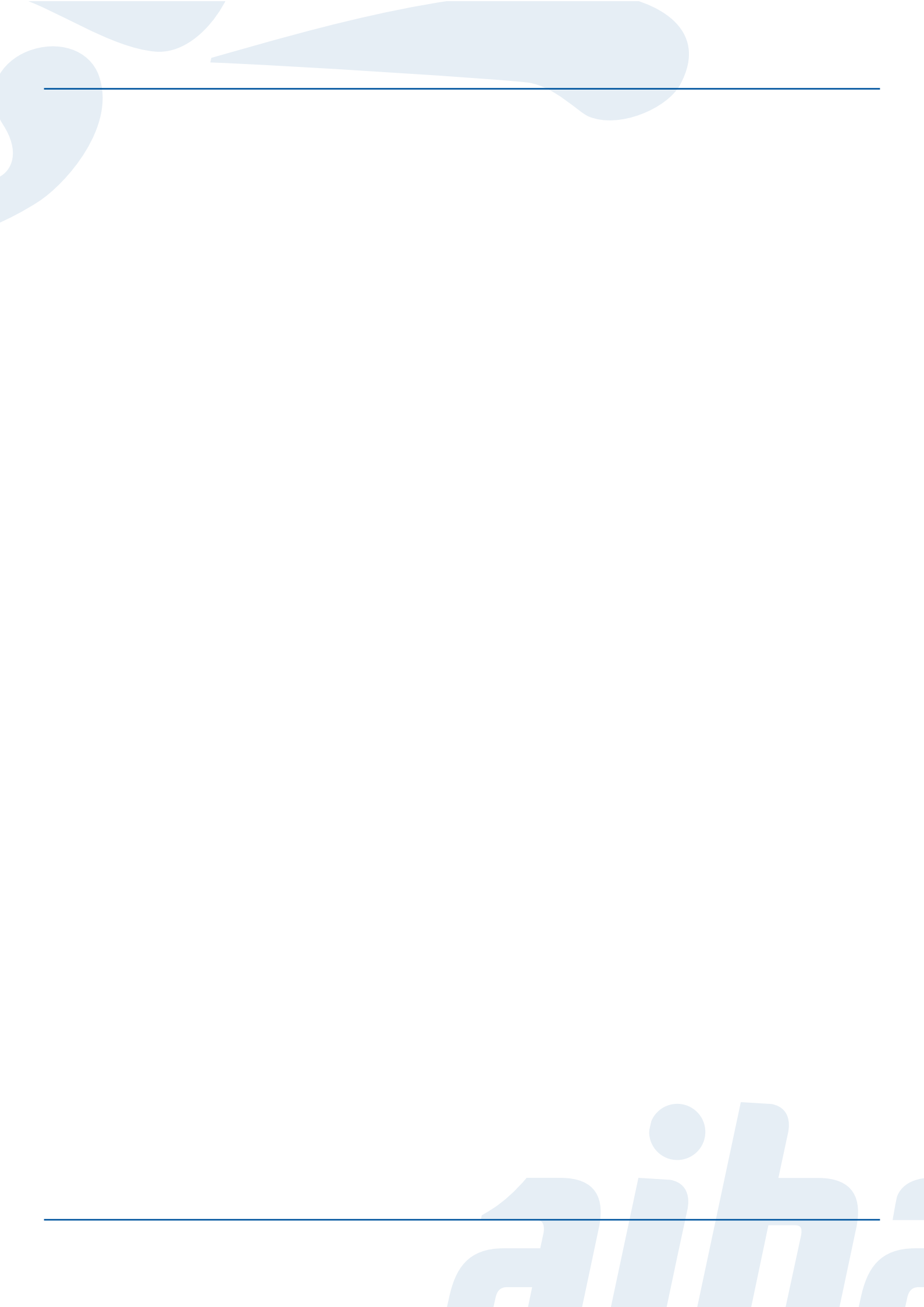


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# COACHES MANUAL

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Dear Coaches,

It is a great pleasure for me to introduce the AIBA Coaches Manual. This document is the culmination of many hours of work by our Coaches Commission members and it represents the first standardized coaching manual to be made available to all of AIBA's member federations and will play an important part in AIBA's development program.

We can only hope to develop the sport of boxing worldwide if we have sufficiently qualified coaches at all levels. Until now, coaches relied on coaching manuals developed according to a localized style, either using the documents of their own national boxing federation or borrowing those from other federations. In the latter case, coaches often found it difficult to adapt manuals created in different boxing cultures to their own specific needs.

In order to solve this problem, the AIBA Coaches Commission and the AIBA Academy worked together throughout June 2010 in Becancour, Canada to produce this first AIBA Coaches Manual.

Part 1 of the AIBA Coaches Manual is aimed at beginner-level coaches who have just started out in their coaching career and aims to develop their skills for qualification as 1-star AIBA coaches. It covers subjects such as coaching styles, teaching and training methods, basic techniques, evaluation, responsibilities in competition and anti-doping. Part 2 targets 2-star and 3-star coaches with the aim of further enhancing their skills and knowledge, ultimately allowing them to gain experience of different boxing styles and to adapt their knowledge and skills to their local boxing culture.

The AIBA Coaches Manual has been written in a very simple form and language with illustrated pictograms to aid with the understanding of its contents and to allow coaches to implement the skills and knowledge from the manual without difficulty.

I would like to take the opportunity to thank all those involved in this project – in particular the members of the AIBA Coaches Commission – for all their hard work.

I am convinced that aspiring coaches will find this new Coaches Manual an indispensable reference work and encourage them to study it in depth in order to help them develop their coaching career.

Yours boxing,



**Ching-Kuo Wu**  
AIBA President



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## **FOREWORD**

On AIBA's initiative this Coaches Manual has been developed in order to help coaches who are working with young athletes and beginners.

The objectives of the manual are to develop a coach's career and his/her abilities from beginner to advanced, to standardize teaching methods and to create reference material which can be useful to coaches.

Contemporary boxing training is a complex and composite process. Beginner coaches must get to know many fundamental factors which determine and influence training results. To control and manage the training process correctly, it is necessary to have comprehensive knowledge and skills, because the coach is fully responsible for the boxer's development and sports progress. Finally it is important to remember that boxing training is a changeable, non-constant process and must be adapted to various conditions.

In this manual, you can find recommended, verified, methodical and rational ways of reaching training objectives.

It is impossible to cover all boxing knowledge in one manual. Therefore, this manual covers only the most important aspects of coaching, such as organization of the training process, technique, tactics and physical preparation. Selected illustrations and the descriptive part of this manual present elementary boxing techniques in an easy to understand way.

Some additional aspects are also covered in brief. The examples of basic teaching methods in this manual will be useful to coaches and will help them to become a better coach.

AIBA Coaches Commission



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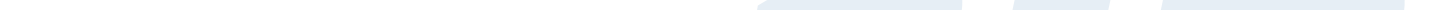


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CHAPTER I  
**COACHES**



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## 1.1. DEFINITIONS

### 1.1.1. THE COACH

The coach is a teacher, a role-model and a friend in boxing who will organize, supervise and conduct the training to help to reach the athlete's best potential.

*"All coaching is, is taking player where he can't take himself."*

*– Bill McCartney (American Football Coach)*

*"I think parenting and coaching or teaching are the same thing. And they are the two most important professions in the world."*

*– John Wooden (Basketball Coach)*

*"A good coach will make his players see what they can be rather than what they are"*

*– Ara Parasheghian (American Football Coach)*

### 1.1.2. THE SECOND

When the coach enters into the FOP, he/she shall be referred to as the Second. The Second has to be a coach who takes care of a boxer before, during and after the bout. He/she must follow the AIBA rules and regulations. The second's first priority is the safety of the boxer.

*\*Field of Play (FOP) refers to the competition area, which extends for at least 6 meters outside of the platform of the ring.*

## 1.2. AIBA COACHES MANAGEMENT SYSTEM

### 1.2.1. COACHES QUALIFICATION POLICY

- All AIBA Coaches must be members of National Federations
- AIBA only acknowledges Coaches affiliated with National federations
- Only AIBA certified Coaches will receive all benefits from the IOC Solidarity fund and be allowed to officiate in AIBA and Confederation competitions
- AIBA Coaches could become WSB Coaches after having followed the WSB coaching program
- WSB Coaches should be AIBA Coaches without any restrictions
- AIBA Coaches are also allowed to take positions in National Federations as elected members

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### **1.2.2. COACHES QUALITY ENHANCEMENT MANAGEMENT**

New initiatives on developing new competition and Coaches system, implementation of the R&J management system and the AIBA approved events guidelines; require the developing off an overall enhancement plan in boxing competitions.

Currently there is a lack of improvement in the level of quality of Coaches across nations and continents. Coaches education, training and certification is not implemented and coaches should be educated in ethics, dress code, etc.

### **1.2.3. COACHES PERFORMANCE MANAGEMENT - COACHES EVALUATION**

In order to become an AIBA classified Coach, its data must be submitted to AIBA which will be evaluated by the AIBA Coaches Commission. In Appendix E you find the example of this dataform. Only data that is submitted by the National Federation will be taken into account. All Coaches data submitted by the in the National Federation will receive an official AIBA status. The evaluation will be according to the following criteria:

#### **3 STAR COACHES**

- Current National Head Coach
  - Former National Head Coach within 10 years
  - A Coach who possess the highest national coaching school certificate
  - A Coach who has over 20 years coaching experiences without stopping
- (\*) any Coaches who satisfy 3 conditions of these 4 requirements*

#### **2 STAR COACHES**

- Current National Head Coach
  - Former National Head Coach within 10 years
  - A Coach who possess the highest or the second highest national coaching school certificate
  - A Coach who has over 20 years coaching experiences without stopping
- (\*) any Coaches who satisfy 2 conditions of these 4 requirements*

Or

- Current National Assistant Coach
- A Coach who possess the national coaching school certificate
- A Coach who has over 10 years coaching experiences without stopping

#### **1 STAR COACHES**

- Current National Coach
  - A Coach who has over 5 years coaching experiences without stopping
  - A Coach who possess the national coaching school certificate
- (\*) any Coaches who satisfy 2 conditions of these 3 requirements*

---

#### **1.2.4. COACHES IN-COMPETITION MANAGEMENT**

For all AIBA 3 Star Events each participating federation must have at least one 3 Star level Coach because only 3 Star Coaches allowed in the position of seconds. In this case, each country (federation) can have one mandatory 3 Star Coach along with other level coach.

In the registration of the team delegation form, a copy of the 3 Star coaches certification must be submit and coaches will need to bring their valid AIBA ID card.

Also all registrations of 3 star events will be checked through our AIBA database to make sure that the subscription is valid

Until the new Coaches Management System is in place, a two years grace period is active until the end of December 2012 for all coaches.

##### **1 STAR LEVEL COACH:**

- All coaches that are qualified up to national level and are active in national and AIBA 1 star events only

##### **2 STAR LEVEL COACH:**

- All coaches that are qualified up to national and international level and are active in continental and AIBA 2 star events only

##### **3 STAR LEVEL COACH:**

- All coaches that are qualified as National Coach and active in AIBA 3 star events.

##### **COACHES CONTROL TEST:**

To ensure that Coaches remain active and updated to the AIBA Coaching Requirements the Coaches have to be active at AIBA approved events corresponding their star status according to the frequency given below. If not, the coach loses his star status and an AIBA Coaches Control Test needs to be conducted.

- 1 Star Coach: every 4 years
- 2 Star Coach: every 3 years
- 3 Star Coach: every 2 years

The validity period of the license will be extended 4-2 years from the data of that tournament when active.

#### **1.2.5. COACHES DATABASE**

All Coaches dataforms submitted by National Federations will be registered in the AIBA Coaches Database. In this case, the National federations are responsible to send the filled AIBA Coaches Datasheet (find in Appendix E) to the AIBA HQ Office. All registered coaches will receive an AIBA certification when being evaluated.

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### **1.2.6. COACHES ACADEMY MANAGEMENT**

The AIBA Coaches Commission does not only evaluate the current level of the Coaches, it also develops the training courses and examinations in each level. This allows that all Coaches can follow the process of obtaining the right level of certifications.

- Graduation from 2 star coach becoming a 3 star coach, all course and examinations will be organized by the Coaches Commission and only taken place in the AIBA Boxing Academy.
- Graduation becoming a 1 star coach and from 1 star coach becoming a 2 star coach, examinations will be taken place in each different region by the Academy instructors and AIBA designated examiners
- For obtaining 1 – 2 Star Coaches certifications, the Coaches dataform must be submitted to AIBA HQs and an evaluation by the Coaches Commission will determine your level following the criteria given.

Details of the courses, examinations and training of the Academy instructors is still under development for the Boxing Academy to open its doors but Coaching is one of the main pillars for the Academy.

### **1.2.7. WORLD SERIES OF BOXING COACHES MANAGEMENT**

With the launch of the World Series of Boxing in 2010 further development and guidelines are set towards the Coaches involved in this new and exciting program. The following issues are applicable for WSB Coaches:

- All WSB Coaches should be trained from existing AIBA Coaches
- All WSB Coaches should be developed from 3 Star Coaches
- AIBA will prepare a pool of available Coaches for each franchise to hire
- AIBA Coaches could become WSB Coaches after having followed the WSB coaching program
- AIBA should also allow WSB Coaches to come back to AIBA without any restrictions



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### **1.3. SKILLS AND RESPONSIBILITIES**

#### **SKILLS**

- In order to effectively communicate with boxers and all other people involved in the training process, communication skills are necessary
- In order to effectively transfer the knowledge and help the understanding of boxer, teaching skills are necessary. Teaching skills include demonstration, explanation, and leadership skills.
- In order to effectively plan and conduct the training, prepare boxers for the competition, organization skills are necessary.

#### **RESPONSIBILITIES**

- The first and most important duty of the coach is the safety of the boxer. The coach must ensure the boxer is healthy all times.
- Must provide a safe environment to the boxer for training, competitions, travel, and other boxing related activities.
- Appropriate teaching approach must be applied in a non-abusive way. Not all boxers have the same learning capacity.
- Plan and prepare training programs prior to the training sessions. Competition schedule shall be considered during the planning.
- Communicate with boxers and all others who are involved.
- Evaluate the training program, boxer's progress, and boxer's performance during the competition.
- Must know and follow the AIBA competition rules and regulations and obey the Code of Conduct.

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## **1.4. COACHING STYLES**

### **1.4.1. AUTOCRATIC COACHING**

Coach makes all the decisions related to the training and all other aspects in boxing. The boxer is expected to follow the command, listen, and comply. Allows boxers to be greatly disciplined and structured. However, this coaching style can also prevent the boxer from developing his/her own thinking skills.

### **1.4.2. DEMOCRATIC COACHING**

Coach makes decisions based on the suggestions and opinions from the boxer. The boxer has an input on training process and all other aspects in boxing. Allows coaches to build an excellent relationship with the boxer. However, this style requires coach to be highly knowledgeable and experienced to work effectively.

### **1.4.3. CASUAL COACHING**

Coach has a small input on the training and other aspects of boxing. Boxers are allowed to run his/her own training program with their pace and condition. Allows boxers to enjoy their training and helps to develop thinking skills. However, this style may slower boxer's development in technical and physical aspects of boxing.

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CHAPTER II

# **TRAINING**



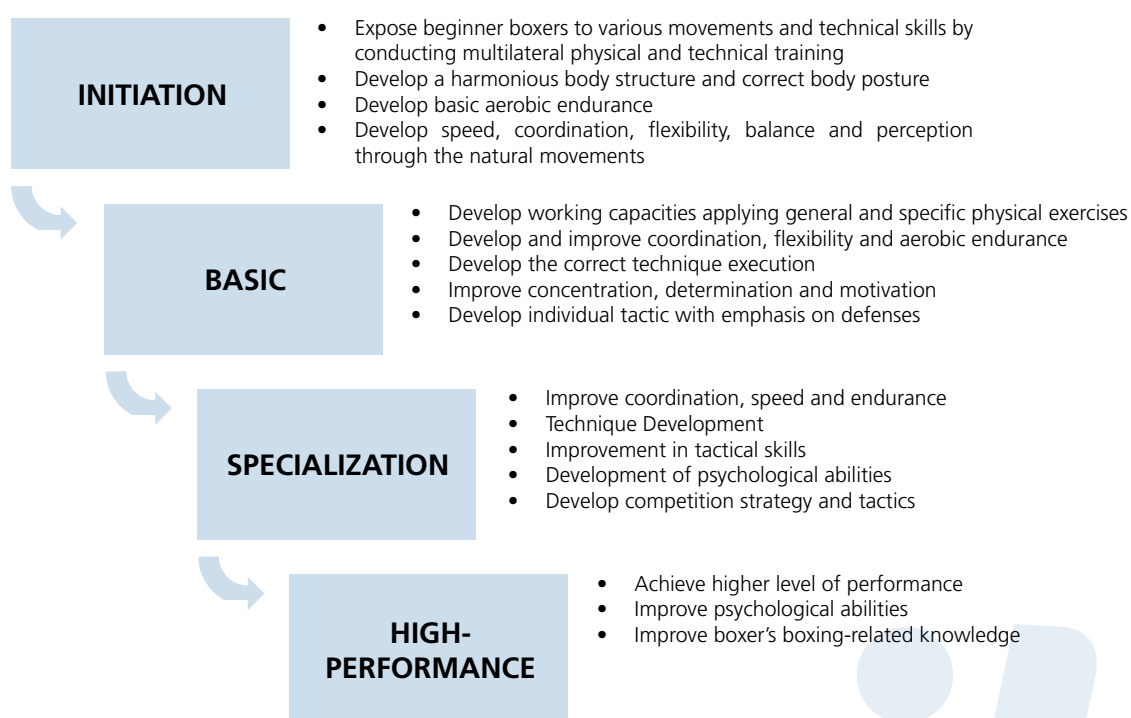
## 2.1. TRAINING WITH BEGINNERS

- Development of general fitness should be a priority for the beginner boxer, regardless of age and experience.
- In this particular stage, it is also important to develop coordination and speed. Development of coordination and speed training shall be implemented.
- Strength training with heavy weights is not recommended especially for young age boxers. Such training may interfere their physical development
- Each training session should be planned accordingly to teach and train both physical and technical elements.
- Always start the teaching from simple tasks to complex tasks; the more complex the tasks, the easier it is to lose the attention and interest of the boxer.
- Should incorporate different games and plays for training sessions to create an enjoyable and interesting training environment.

### 2.1.1. TRAINING STAGE

When working with beginner boxers, the coach should keep in mind that the results will come in later stages and the whole training process should be divided into separate stage accordingly to boxer's physical growth and age, fitness improvement, and technical skills acquisition.

- Initiation Stage
- Basic Stage
- Specialization Stage
- High Performance Stage



---

### **2.1.1.1. INITIATION STAGE**

#### **TRAINING OBJECTIVES**

- Overall, multilateral physical and technical training, by exposing the beginner boxer to various movements and technical skills
- Develop a harmonious body structure and correct body posture
- Develop basic aerobic endurance without exposing the beginner to stressful training loads
- Develop speed, coordination, flexibility, balance and perception through the natural movements

#### **IMPLEMENTATION**

- Introduction to the basic elements of boxing technique
- Implement the exercises of running, jumping, and throwing
- Strength training exercises with own bodyweight or partner, not with weight equipment
- Participate in technical sparring with different punches; emphasis on straight punches
- Participate in various boxing events; Emphasis on gaining experience, having fun and motivate to win, but do not put stress on winning
- Participation in various sports, sport games with simplified rules, such as basketball, football and other team sports
- Various exercises to generate interest of the boxer

### **2.1.1.2. BASIC STAGE**

#### **TRAINING OBJECTIVES**

- Develop working capacities applying general and specific physical exercises
- Develop and improve coordination, flexibility, and aerobic endurance
- Develop the correct technique execution
- Improve concentration, determination, and motivation
- Develop individual tactics with emphasis on defenses

#### **IMPLEMENTATION**

- Fitness Exercises, such as running, skipping and etc.
- Exercises for coordination and flexibility
- Endurance exercises with all team sports, long-distance running and alternate running and walking in different conditions.
- Strength exercises to overcome own or partner's body weight
- Boxing technique learning and improvement of basic technical skills
- Participate in some exhibition bouts in accordance with individual capabilities

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### **2.1.1.3. SPECIALIZATION STAGE**

#### **TRAINING OBJECTIVES**

- Improve motor abilities which are dominant in boxing, such as coordination, speed, endurance
- Technique Development
- Tactical skills improvement
- Developing psychological abilities, such as anticipation, overcome anxiety, decision-making, and etc.
- Develop competition strategy and tactics

#### **IMPLEMENTATION**

- Specific boxing exercises, such as heavy bag punching, sparring, pad work and etc.
- Continuation of fitness exercise
- Exercises for coordination and speed
- Exercises for general endurance improvement
- Introduction of specific endurance
- Strength training with weights
- Participation in different competition against various opponents
- Increase volume and intensity of training workloads without reaching complete fatigue

### **2.1.1.4. HIGH PERFORMANCE STAGE**

#### **TRAINING OBJECTIVES**

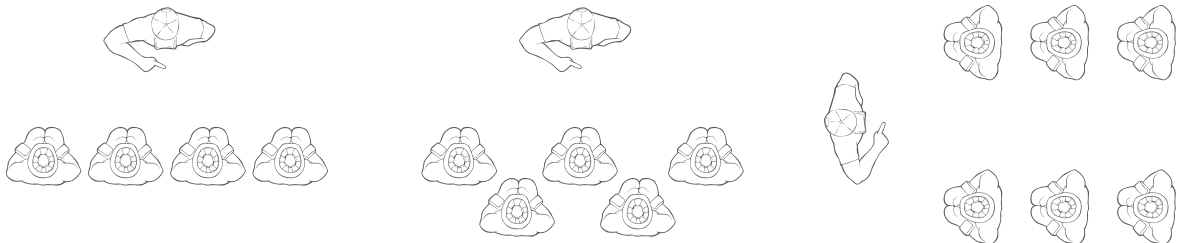
- Achieve higher level of performance
- Improve psychological abilities, such as initiative, self-control, coping with stress in both training and competition
- Improve boxer's boxing-related knowledge
- Willingness to win

#### **IMPLEMENTATION**

- Continuing exercises for motor abilities with emphasis on individual potential and needs
- Increase volume and intensity of training
- Exercise to improve individual's physical abilities
- Continuing technical and tactical training
- Focus on winning
- Administer adequate recovery

## 2.2. GROUP TRAINING

- When coaching a group, it is essential for coaches to position him/herself where he/she can observe all boxers' movement and actions and can be seen by all boxers.



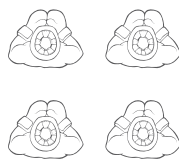
- When coaching a group of boxers who have different skill sets and physical characteristics, it is recommended to split groups based on the skill sets and physical characteristics. For example, advanced skill boxers with advanced, short-height kids with short height, tall boxers with tall boxers, and by weight categories.



*Short-height Boxers*



*High-height Boxers*



*Advance Skills Boxers*



---

## **2.3. TEACHING AND TRAINING METHODS**

### **2.3.1. TEACHING METHOD**

#### **DEMONSTRATION METHOD**

Demonstrate, step-by-step, using the exact physical procedures if possible. While demonstrating, explain the reason for and the significance of each step. To be effective, plan the demonstration so that coach will be sure to show the steps in the proper sequence and to include all steps.

This method is recommended for teaching technique-related skills because it covers all the necessary steps in an effect learning order. The demonstration step gives learners the opportunity to see, hear

Effective

- Technique training
- Physical training

#### **EXPLANATION METHOD**

Explanation is use of statements to describe facts to clarify the questions or unclear contexts. To be effective using the explanation method in teaching, the coach or instructor must have clear understanding of the facts or subject that is going to be explained.

This method is different from the demonstration method. While the demonstration method is good to clarify or help understand physical procedures, explanation helps the learner to understand the subjects.

Effective

- Tactical training
- Understanding of training program
- Understanding of Nutrition and Weight management

#### **DISCUSSION METHOD**

Discussion is an open forum in which coach and instructor express their opinions and facts, as well as learners also expressing their opinions. The discussion method is a natural opportunity for learner and coach to interact and build understanding.

The discussion method can benefit coach and athlete to share a variety of information including attitudes, opinions, insights and talents.

Effective

- Tactical training
- Mental training
- Motivation

---

## **ANALYSIS METHOD**

The analysis teaching method breaks down a complex topic or information into smaller parts to help the learner with a better understanding of the topic or information. To be effective, the coach must plan and pre-study the topic or information.

This method is recommended during the review of the boxer's training, competition performance and the boxer's development progress.

Effective:

- Technique training
- Physical training
- Training session review
- Competition performance review

## **VISUAL METHOD**

Visual materials are very important tool in teaching. Depending on the different tool, the visual method can teach athletes from physical aspect to mental aspects. The Coach must select the appropriate visual product, in order to increase effectiveness and meet the purpose.

However, a disadvantage of visual method is the lack of interaction and possibly visual material is too general to focus on specific issues.

Effective:

- Technique training
- Physical training
- Tactical training
- Mental training

---

### **2.3.2. TRAINING METHOD**

Training methods, which are applicable in the training process, are divided into two groups, Uninterrupted and interrupted method. Uninterrupted method is training certain exercises without rest period in between sets. Interrupted method is training exercises with rest periods between sets.

Terminologies

- Sets: group of repetitions
- Repetitions: number of exercise
- Rest period: rest time
- Heart rate: number of heartbeats per certain amount of time
- Work period: duration of exercise

#### **UNINTERRUPTED METHOD**

The essential principle of the uninterrupted method is the lack of rest period between exercises. Uninterrupted method can also be divided into two categories; with steady intensity and changeable intensity. Intensity refers to how much work or effort athletes put into the exercises.

Intensity can be measured by the athlete's heart rate. When heart rate is much higher (close to double) than normal heart rate referred intensity of the exercise was high, while heart rate is close to normal heart rate referred exercise was conducted at low intensity

##### **Uninterrupted Method with Steady Intensity**

Conduct an exercise without changing difficulties or intensity. For example, long distances run on a course with soft surfaces, at steady pace.

Training Effects: Development of general endurance and strength endurance

##### **Uninterrupted Method with Changeable Intensity**

Conduct an exercise with constantly changing difficulties to change intensity. For example, long distances run on a course with uphill, downhill, soft surfaces and hard surfaces.

Training Effects: Development of general endurance and strength endurance in advanced degree

---

## **INTERRUPTED METHOD**

The essential principle of interrupted method is the combination and ratio between intensity and duration of exercise and rest period.

### **Repetition Method**

The repetition method is a combination of three elements: duration of exercise, number of repetition of exercise, and rest period. In repetition training method, intensity of exercise shall be maximal, therefore, in order to achieve best outcome, exercise conducted should be familiar to the athlete.

Rest period in repetition method should be long enough for the athlete to achieve full recovery (close to normal heart rate). The reason that the athlete must achieve full recovery is because he or she will carry on the same exercise again with maximum intensity. Without full recovery, exercise with repetition method cannot be performed properly.

In the repetition method, one set of exercise should be no more than 6 to 8 repetitions and shall be no more than 3 to 4 sets.

Training Effects: Development of speed, speed endurance, maximum strength and dynamic strength

### **Interval Method**

For interval method, the coach has to program the training session with carefully considering duration of exercise, intensity of the exercise and rest period. Unlike the repetition method, the athlete will not get enough rest periods to have full recovery. For example, short-distance running with maximum intensity for 30 seconds, rest for 30 seconds then start another short-distance running with maximum intensity for 30 seconds, next 30 sec rest, start running and etc. On the basis of training objective, the coach should select the proper duration of effort, duration of rest and number of repetitions.

Training Effects: Development of specific endurance, speed endurance, strength endurance,

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## **2.4. ORGANIZING TRAINING SESSIONS**

### **2.4.1. FACILITY**

#### **GYM EQUIPMENT**

- Boxing Ring with Four Ropes (Minimal Dimension: 4.9m x 4.9m)
- 20 Kg Heavy Bags (Minimal Dimension 120cm x 40cm)
- 8 Kg Maize Bag
- Double-ended Bags
- Speed Bags
- Different type of gloves
- Floor Mattress (Minimal Dimension 2m x 1m x 0.05m)
- Wooden Ladders (Minimal Dimension: 2.5m x 1m)
- Wall Pads and Wall Mirrors
- Medicine Balls (Different Weights)
- Free Weights and Dumbbells (Different Weights)
- Tennis Balls
- Skipping Ropes (Jump Ropes)
- Electronic Scale
- Clock/Timer

#### **SAFETY GUIDELINES**

- Boxing Gym
  - Gym floor material should be non-slip materials
  - Proper lighting all around the gym
  - Proper ventilation in the gym is essential, not only for the odor around the gym, but also for the air quality and sanitary issues
  - Follow the proper local, regional, or national building code of the country
  - Separate dressing rooms for men and women
  - Boxing Ring must be placed a minimum 2 meters away from the walls
  - For each boxing rings, corners must be well padded, ropes and canvas must be in good condition (no wear and tear)
  - Heavy Bag must be hung securely
  - With multiple heavy bags, each heavy bag should be placed 2 meters from each other and away from the wall
  - All equipment must be securely tighten and hung on the wall or ceilings
  - All equipment must be in good condition (no wear and tear)
  - All athletes in the gym must wear gym shoes or flat-sole shoes
- Safety Approach by coach
  - All activities in the gym and locker rooms must be supervised the entire time by the coach or assistants
  - All equipment must be constantly examined throughout the day
  - Keep a note with the information about the athlete, including:
    - Emergency contact information
    - Boxer's physical information (height, weight and etc.)
    - Date of first medical exam

- 
- Past injuries and sicknesses
  - Current medical conditions (injuries, sicknesses, allergies)

#### **2.4.2. EQUIPMENT**

- TRAINING EQUIPMENT OF THE BOXER
  - Headguard with cheek and chin protector
  - 12 to 16 ounces Boxing Gloves
  - Gumshield and Bandages
  - Cup protector (Men) and Breast protector (Women)
  - Personal Gear (Trunks, Vest, and Shoes)
- COACH EQUIPMENT
  - Focus Pads
  - Whistle
  - Body Protector
  - Stop Watch
  - Track Suit
  - Running Shoes
  - Coach's Diary

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### 2.4.3. PREPARING TRAINING PROGRAM

#### DAILY TRAINING PROGRAM

The training program is an essential element to the development of athlete. The training program can be planned by daily, weekly, monthly, and yearly and etc. Coach must monitor the athlete to progress and change the training program accordingly to their development.

Each training programs should include:

- Objective of the training session
- Training method
- Exercises
- Workload: Duration of exercises and rest periods between exercises and number of repetition
- Organization of the training (location, facilities, equipment)

Training programs must be well-organized and planned in advance to maximize the benefit, and each training session must include proper warm-up and cool-down sessions to avoid injuries and support recovery.

- Introductory – Warm Up
  - Stretching
  - Jogging
- Main – Training
  - Technical Training
  - Tactical Training
  - Physical Training
- Closing – Cool Down
  - Stretching
  - Jogging
  - Relaxation

## DAILY TRAINING PROGRAM

NAME:	Joe Boxer	DATE:	June / 15 / 2010
LOCATION:	Gym	EQUIPMENT:	- 14oz Gloves - Gumshield - Bandages - Headguard

- OBJECTIVES:
1. To learn and train straight rear hand punches
  2. To learn and train defense against straight rear hand punches
  3. To review and train straight lead hand punches
  4. To develop Endurance

EXERCISES	DURATION (MIN)	INTENSITY	COMMENTS
I. General warm-up	10		
Jogging		Low	
Stretching		Low	Upper & lower body
II. Specific warm-up	10		
Shadow Boxing		Medium	
Skipping (Jump Rope)		Medium	
II. Exercise	60		
Demonstration of technique			Rear straight punch to the head
Technique exercise		Low	With standing position
Defense exercise		Low	With standing position
Demonstration of technique			Rear straight punch with movement
Technique exercise		Medium	with movement
Combination of punches		Medium	Lead and rear straight punch
Sparring with partner		High	Alternate attack and defense
Boxing-specific endurance exercise		High	Heavy bag punching
			5 rounds of 3 minutes
			1 minute rest between rounds
III. Cool down	10		
Skipping		Medium	
Stretching		Low	Whole body



## WEEKLY TRAINING PROGRAM

NAME:	Joe Boxer	DATE:	June / 15 / 2010
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EXERCISES	DURATION (MIN)	OBJECTIVES	LOCATION	DURATION	COMMENTS
Monday	June 15	To learn and train lead straight punch to head	Gym	90 min	
Tuesday	June 16	To develop endurance and speed	Outdoor	60 min	
Wednesday	June 17	To learn and train defense against lead straight punch to head	Gym	90 min	
Thursday	June 18	To develop general endurance (jogging)	Outdoor	60 min	
Friday	June 19	To learn and train rear straight punch to head	Gym	90 min	

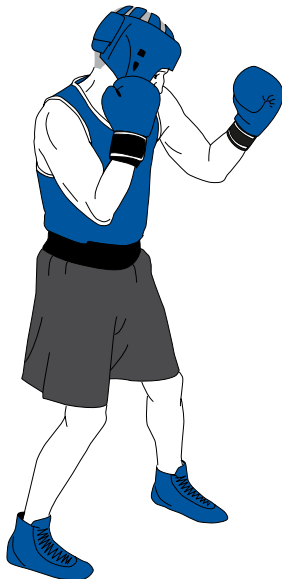
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## 2.5. BOXING TECHNIQUES

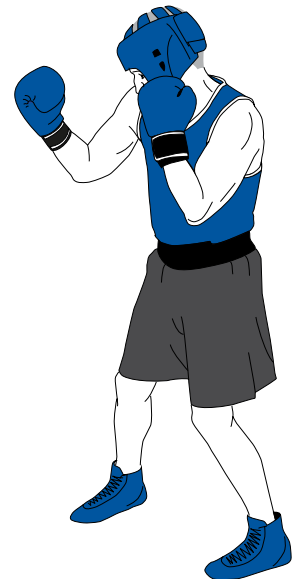
### 2.5.1. BOXING STANCE

A proper boxing stance enables a boxer to effectively move in the ring, and to both attack and defend while constantly remaining in a balanced position.

**ORTHODOX**



**SOUTHPAW**



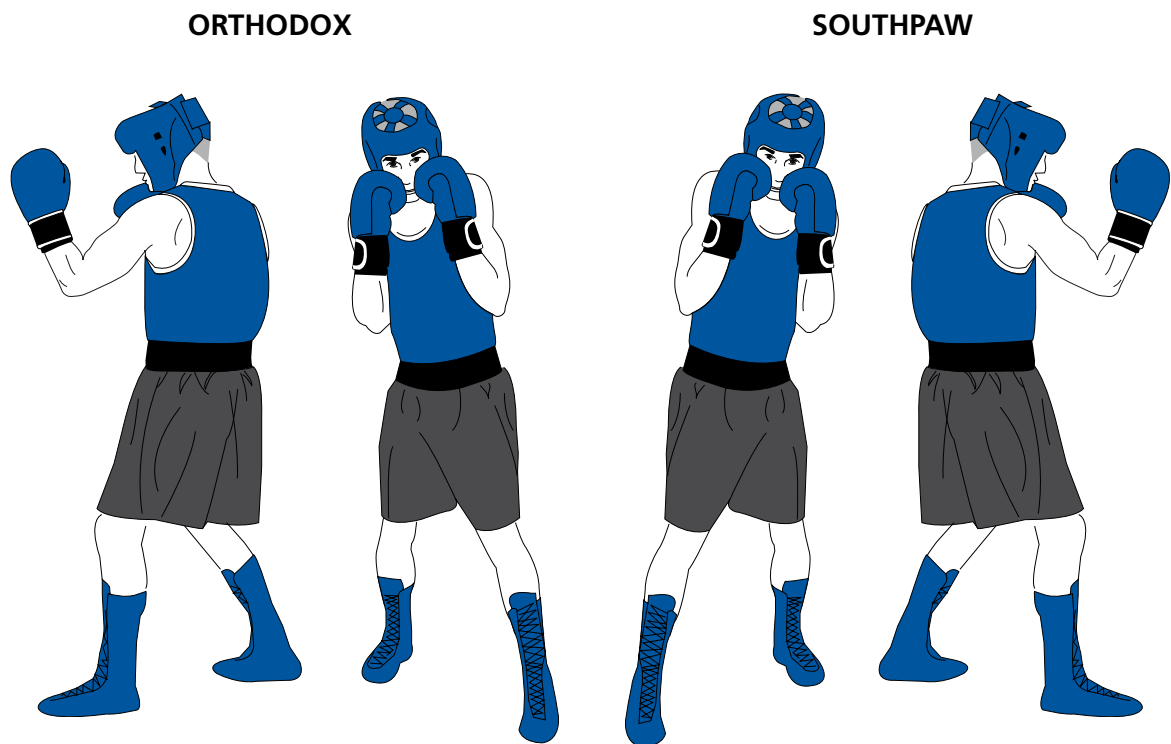
1. Boxer stands sideways on (about 45 degrees angle)
2. Place feet shoulder-width apart
3. Distribute the bodyweight equally onto both feet
4. Bent your knee slightly down and inward
5. Toes of lead foot point slightly inward while toes of rear foot points forward
6. The body (trunk) rotates inward
7. Slightly raise the heel of the rear foot
8. Position lead hand up to the eye level
9. Keep the chin down and protect it by your lead shoulder
10. Pull rear arm elbow close to the body (nearly touches the rib area)
11. Keep rear arm fist up near the chin
12. Keep wrist straight, so that back of the hand should be in straight line with a forearm

---

### Common Mistakes in Boxing Stance

- Feet too wide – hindering rapid movement
- Feet too narrow – disturbing the balance
- Both heels flat – hindering fluent movement
- Standing straight up – creating a bigger target for the opponent
- Lifting chin upward – bigger chance of getting hit on the chin, which is a knock-out point

### Boxing Stance View from Different Angle



## 2.5.2. BOXING STEPS

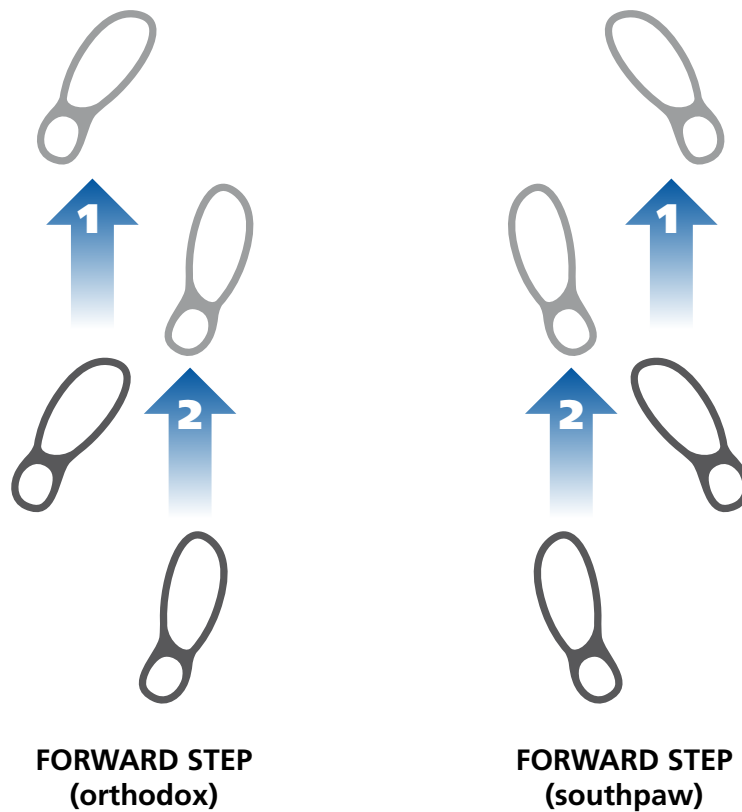
Boxing steps – the way in which boxers move in the ring. The foot which stands closest to the direction of the movement starts moving first

Common Mistakes in Boxing Steps

- Boxing stance with feet too narrow or too wide
- Flat footed movement
- Movement on heels
- Bodyweight not evenly distributed to both legs

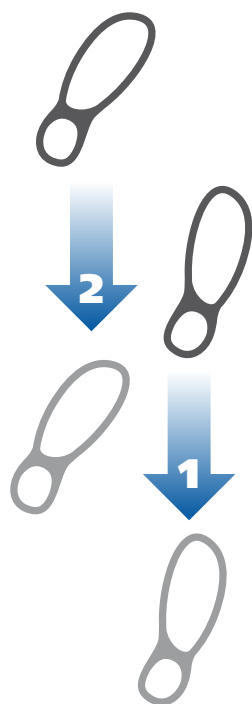
Boxing Stance View from Different Angle

### FORWARD STEP

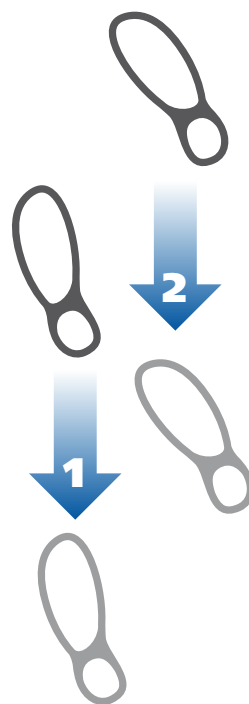


1. Stand with boxing stance
2. Lift lead foot very slightly
3. Push body forward with rear foot
4. After toes of the lead foot touches the floor, slide rear foot forward
5. Keep the feet shoulder width apart and keep weight distribution on both legs

## BACKWARD STEP



**BACKWARD STEP  
(orthodox)**

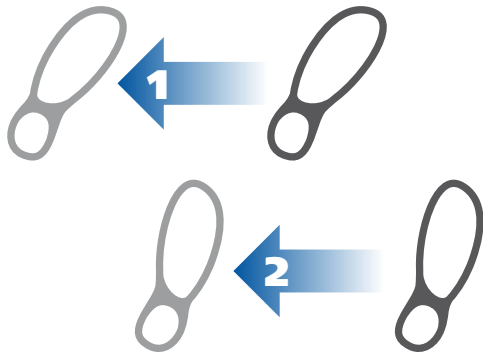


**BACKWARD STEP  
(southpaw)**

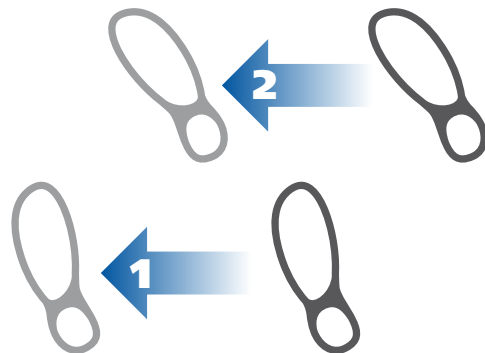
1. Stand with boxing stance
2. Lift rear foot very slightly
3. Push body backward with lead foot
4. After forefoot of the rear foot touches the floor, slide lead foot backward
5. Keep the feet shoulder width apart and weight distribution on both legs

## LEFT SIDE STEP

1. Stand with boxing stance



**LEFT SIDE STEP  
(orthodox)**



**LEFT SIDE STEP  
(southpaw)**

### Orthodox

2. Lift lead foot very slightly
3. Push body to the left side with rear foot
4. After toes of the lead foot touches the floor, rear foot follows

### Southpaw

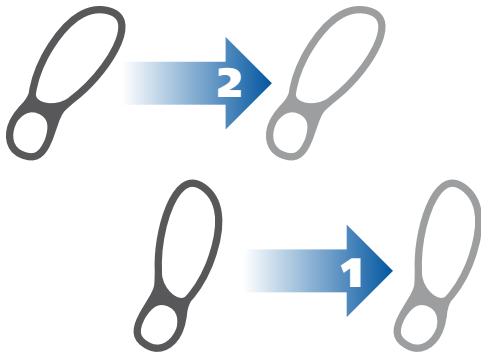
2. Lift rear foot slightly
3. Push body to the left side with lead foot
4. After toes of the rear foot touches the floor, lead foot follows

5. Keep the feet shoulder width apart and weight distribution on both legs

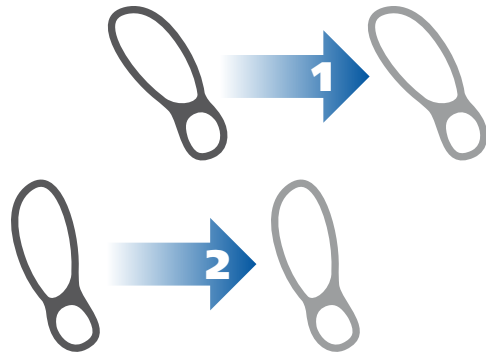
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## RIGHT SIDE STEP

1. Stand with boxing stance



**RIGHT SIDE STEP  
(orthodox)**



**RIGHT SIDE STEP  
(southpaw)**

### Orthodox

2. Lift rear foot very slightly
3. Push body to the right side with lead foot
4. After toes of the rear foot touches the floor, lead foot follows
5. Keep the feet shoulder width apart and weight distribution on both legs

### Southpaw

2. Lift lead foot slightly
3. Push body to the right side with rear foot
4. After toes of the lead foot touches the floor, rear foot follows

---

### 2.5.3. BASIC BOXING PUNCHES

In the early stages of learning techniques, all punches, straight punches, hook, and uppercut must be practiced and mastered in standing position before training with boxing steps. Then practice the punches together with boxing steps. Teaching and training approach for punches must be in following sequence:

- Punch in standing position
- Punch with forward and backward step
- Punch with side steps.

Learn single punch with boxing stance then with movement, learn the next punch with boxing stance and movement. After mastering at least two punches with both standing and with movement, learn to use these two punches as a combination by standing, then with the movement.

#### Common Mistakes in Basic Boxing Punches

- Punching without rotating body
- Bodyweight shifted to the wrong side
- Lifting chin upward
- Chin not protected
- Head leaned forward, backward, or sideways
- Legs in wrong position before and after punching with steps
- Fists not rotated correctly
- Retract arm low or sideways after striking a blow
- Slow retracting hand to base position



---

### 2.5.3.1. STRAIGHT PUNCHES

#### TRAINING OBJECTIVES

Straight punches are very useful against an opponent standing at long distance. Long distance refers to the distance between two boxers being far enough that the boxer cannot deliver the punch without stepping forward.

The straight punch is an important punch as it can be used to prepare for the main attack in a bout. It can also be used to measure the proper distance to the opponent, disturb the opponent's actions and to score blows.

There are two types of straight punches, straight punch to the head and straight punch to the body. Also, these are divided into straight punch to the head or body using lead arm and straight punch to the head or body using rear arm.

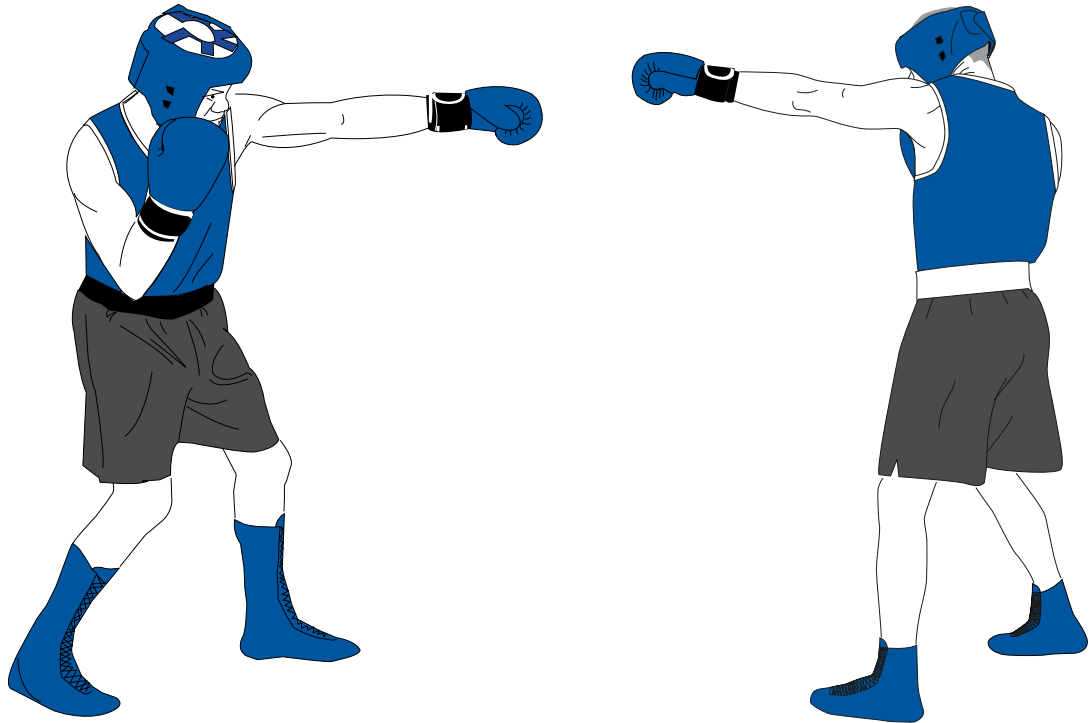
In order to effectively train the boxer, the following sequence of teaching and training is recommended:

- Lead arm straight punch to the head in standing position
- Lead arm straight punch to the head with forward step
- Lead arm straight punch to the head with backward step and side steps
- Rear arm straight punch to the head in standing position
- Rear arm straight punch to the head with forward step
- Rear arm straight punch to the head with backward step and side steps
- Lead arm straight punch to the body in standing position
- Lead arm straight punch to the body with forward step
- Lead arm straight punch to the body with backward step and side steps
- Rear arm straight punch to the body in standing position
- Rear arm straight punch to the body with forward step
- Rear arm straight punch to the body with backward step and side steps

After a boxer masters the punches with movement, coach should start teach basic defense against the punches that he/she learned. After mastering basic defense, coach should start teaching and training the counter attack.

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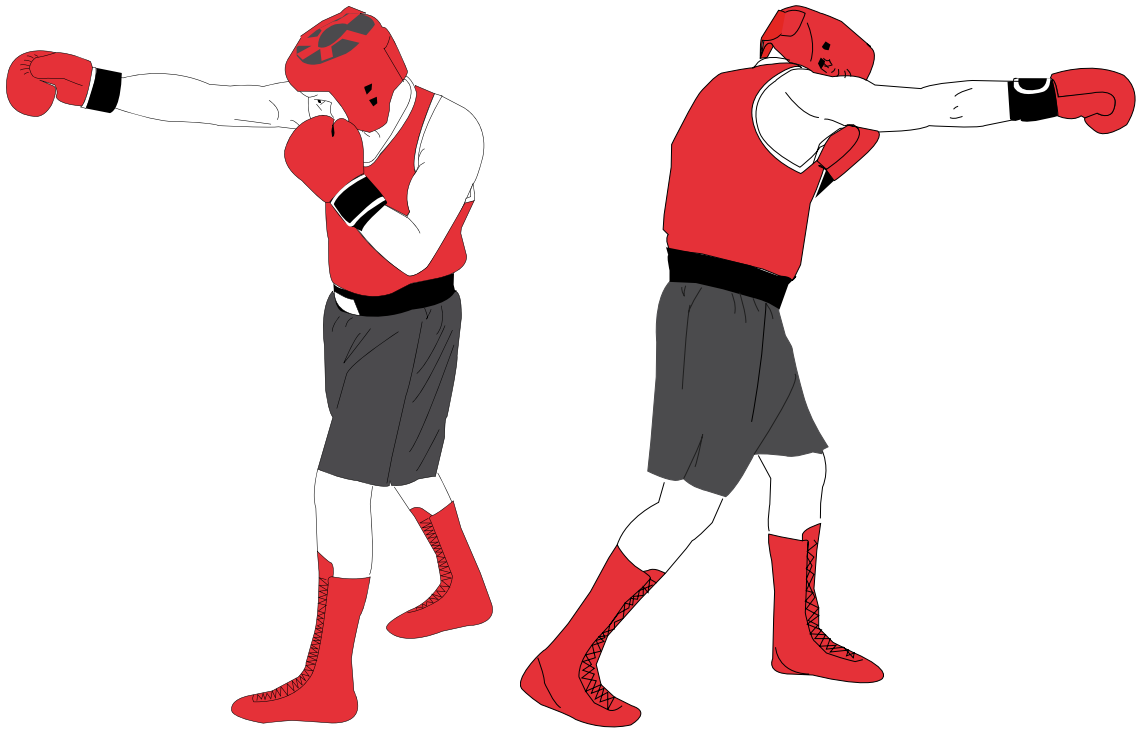
## LEAD ARM STRAIGHT PUNCH TO THE HEAD



1. From the boxing stance
2. Aim at the opponent's chin with knuckles of the lead hand
3. Shift the body weight from rear leg to the lead leg
4. Rotate the body toward the rear side
5. Keep the chin down
6. Extend your lead arm straight out to the target
  - a. knuckles up and palm down
7. After hitting the target, retract the arm quickly along the same path as delivered
8. Return to the boxing stance

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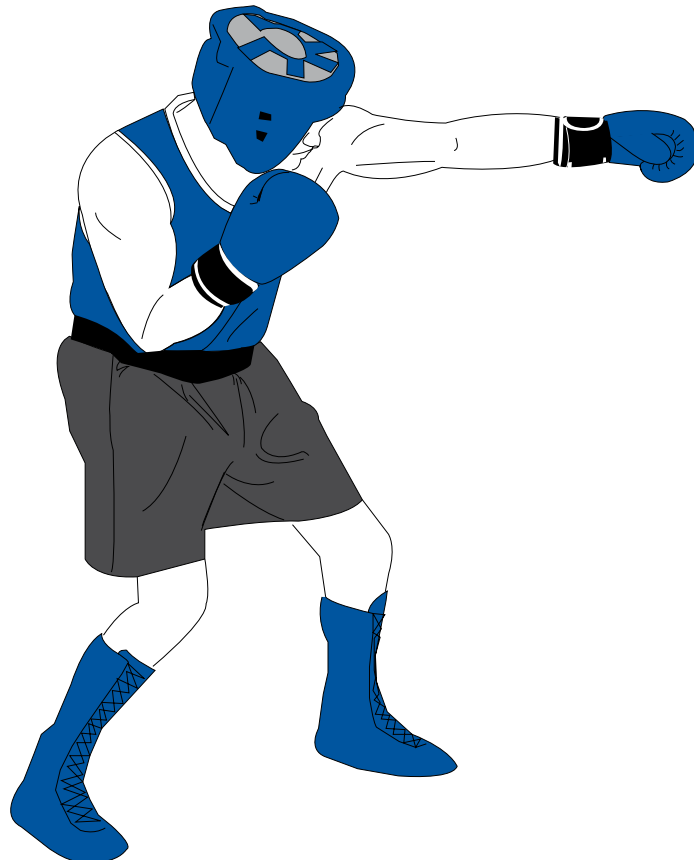
## REAR ARM STRAIGHT PUNCH TO THE HEAD



1. From the boxing stance
2. Aim at the opponent's chin with knuckles of the lead hand
3. Body weight shift to the lead leg
4. Rotate the body to the lead side
5. Keep the lead hand up to protect the head and elbow to protect the body
6. Extend the rear arm straight to the target
  - a. Knuckles up and palm down
7. After hitting the target, retract the arm quickly along the same path as delivered
8. Return to the boxing stance

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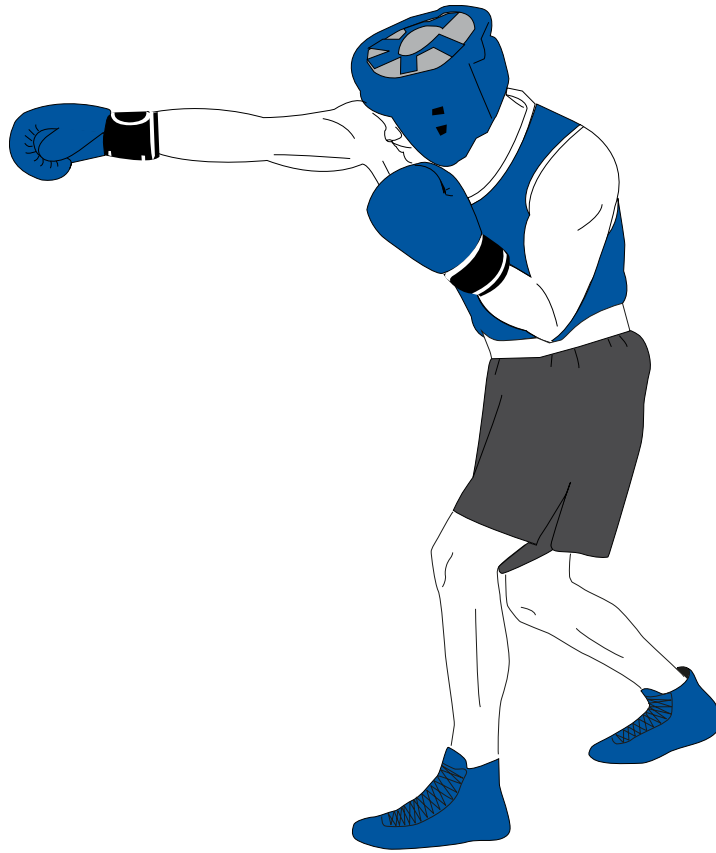
## LEAD ARM STRAIGHT PUNCH TO THE BODY



1. From the boxing stance
2. Bend the knees to have lead shoulder in line with the opponent's body target.
3. Keep the eyes on the opponent's target area
4. Body weight shifts to the lead leg
5. Rotate the hip and shoulder slightly toward the lead side
6. Lead arm extends straight out to the target
7. Knuckle is up and palm is down.
8. The chin is protected by the lead hand shoulder and a high rear guarding hand.
9. After hitting the target, retract the arm quickly along the same path as delivered
10. Return to boxing stance

---

## REAR ARM STRAIGHT PUNCH TO THE BODY



1. From the boxing stance
2. Bend the knees to have lead shoulder in line with the opposing body target.
3. Keep the chin down
4. Keep the lead arm up and rigid to protect the head
5. Keep the eyes on the opponent's target area
6. Body weight shifts to the lead leg
7. Rotate the body to the lead side
8. Lead arm extends straight out to the target
  - a. Knuckle is up and palm is down.
9. After hitting the target, retract the arm quickly along the same path as delivered
10. Return to boxing stance

---

### 2.5.3.2. HOOKS

#### TRAINING OBJECTIVES

Hooks are punches that are used mostly at medium distances. Medium distance refers to the distance between two boxers in a range where boxers don't have to step forward to deliver the punches.

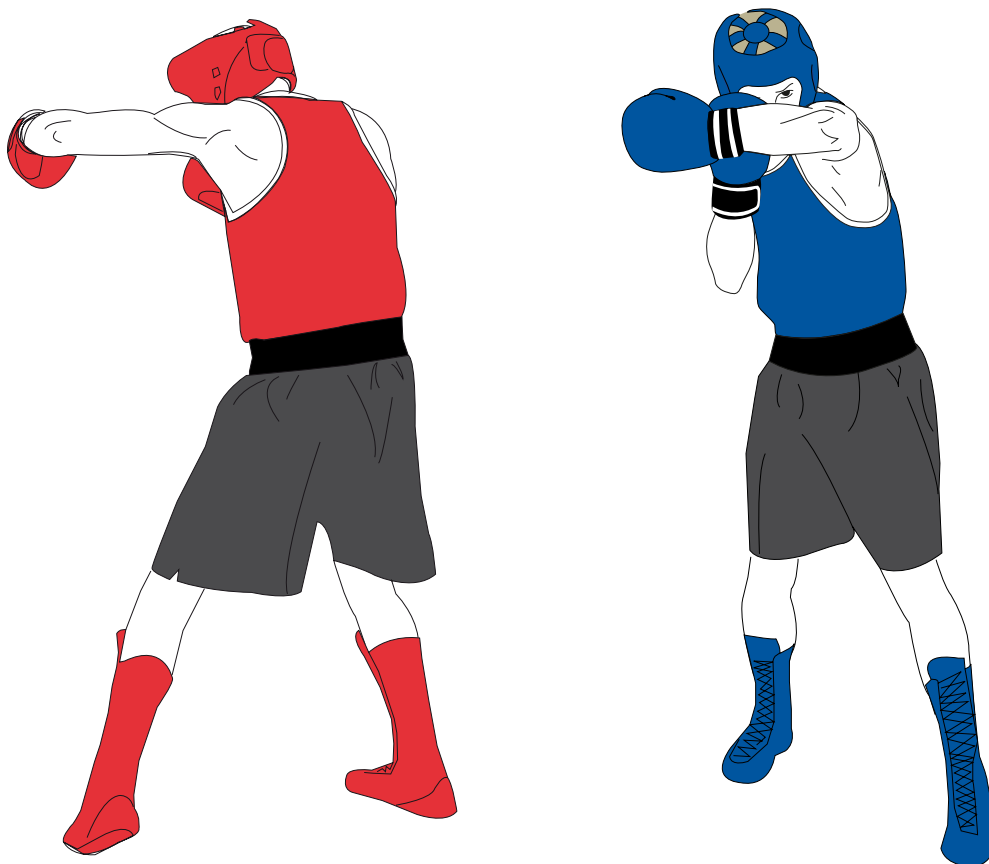
Similar to the straight punches, hooks also have four different types. Hook to the head using lead arm, hook to the head using rear arm, hook to the body using lead arm and hook to the body using rear arm.

Again, similar to the straight punches, in order to effectively train the boxer, the following sequence of teaching and training is recommended:

- Lead arm hook to the head in standing position
- Lead arm hook to the head with forward step
- Lead arm hook to the head with backward step and side steps
- Rear arm hook to the head in standing position
- Rear arm hook to the head with forward step
- Rear arm hook to the head with backward step and side steps
- Lead arm hook to the body in standing position
- Lead arm hook to the body with forward step
- Lead arm hook to the body with backward step and side steps
- Rear arm hook to the body in standing position
- Rear arm hook to the body with forward step
- Rear arm hook to the body with backward step and side steps

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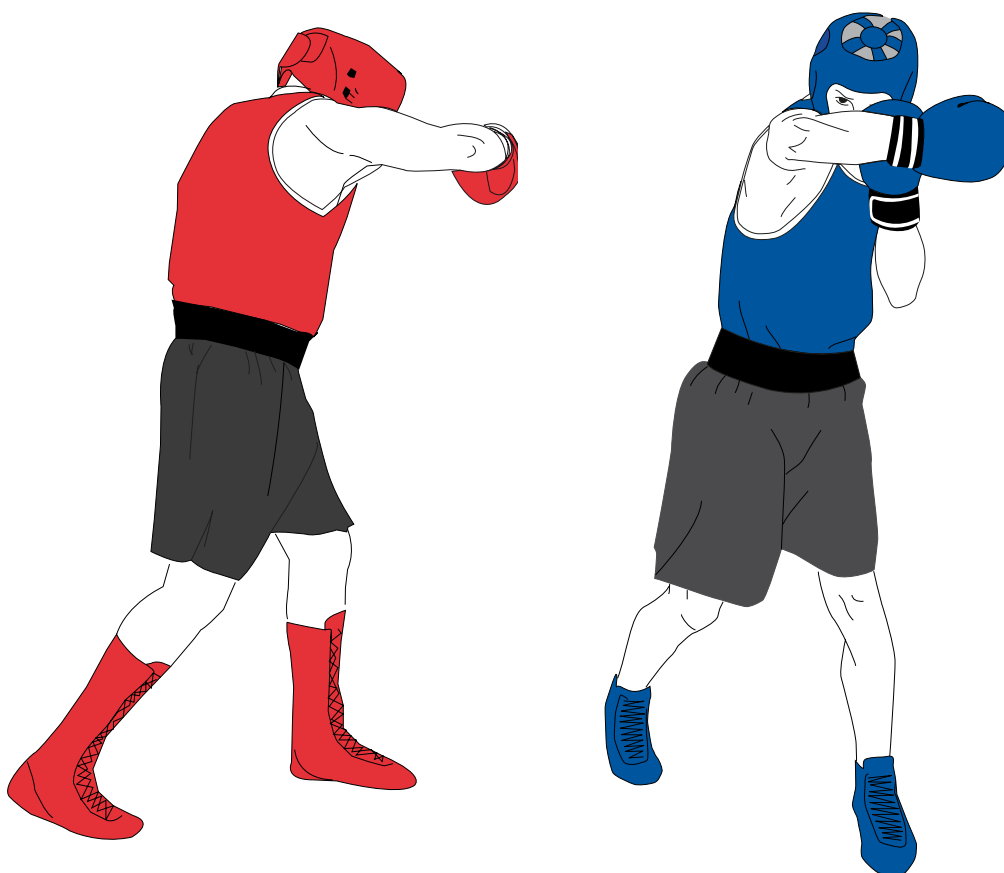
## LEAD ARM HOOK TO THE HEAD



1. From the boxing stance
2. Body rotates to the lead side slightly
3. Body weight shifts to lead leg
4. Keep the rear hand up and close to chin and rigid
5. Swing the lead arm to the target without extending the arm straight (when swinging the arm, keep the elbow bent in close to 90 degrees)
6. Keep the eyes on the opponent
  - a. Should be watching above the arm, not below
7. Knuckles point to the opponent, knuckles should never point upward or downward
8. After hitting the target, retract the arm quickly along the shortest path as possible
9. Retract quickly

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## REAR ARM HOOK TO THE HEAD

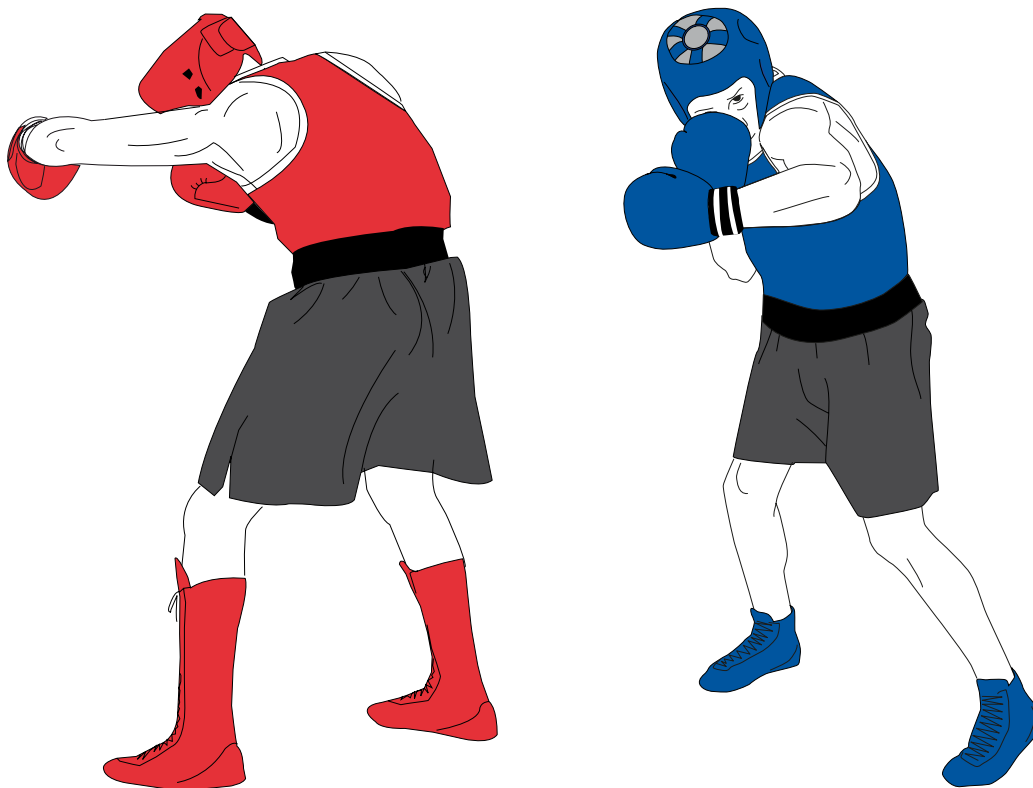


1. From the boxing stance
2. Aim at the opponent's chin with back knuckles of the lead hand
3. Body rotates to the rear side slightly
4. Body weight shifts to lead leg
5. Keep the lead hand up and close to chin and rigid
6. Swing the rear arm to the target without extending the arm straight
  - a. When swinging the arm, keep the elbow bent in close to 90 degrees
7. Keep the eyes on the opponent
  - a. Should be watching above the arm, not below
8. Knuckles point to the opponent, knuckles should never point upward or downward
9. After hitting the target, retract the arm quickly along the shortest path possible
10. Return to the boxing stance



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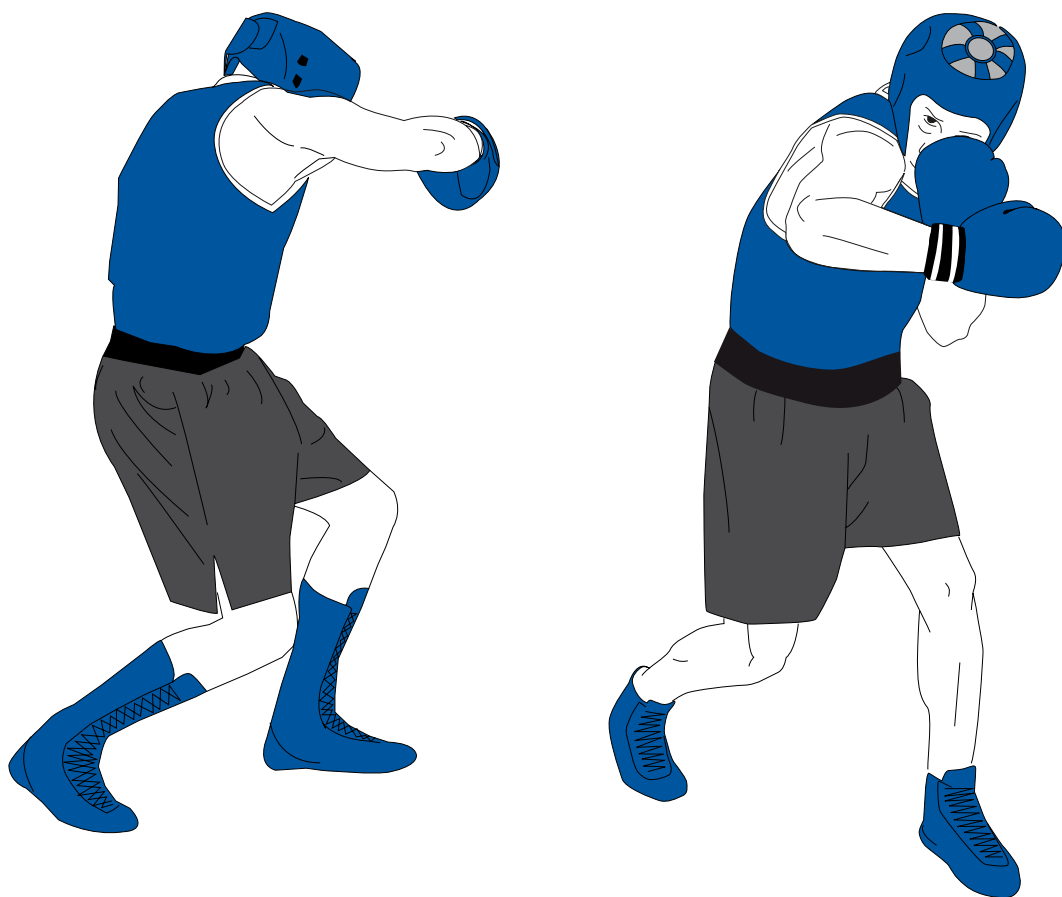
## LEAD ARM HOOK TO THE BODY



1. From the boxing stance
2. Bend the knees until the shoulder is in line with target
3. Keep eyes on the opponent
4. Keep the rear hand rigid and close to the body
5. Body rotates very slightly to the lead side
6. Shift body weight to the lead leg
7. Swing the lead arm to the target without extending the arm straight
  - a. Keep the elbows bent with 90 degrees angle or close
8. Knuckles point to the opponent, knuckles should never point upward or downward
9. After hitting the target, retract the arm quickly along the shortest path possible
10. Return to the boxing stance

---

## REAR ARM HOOK TO THE BODY



1. From the boxing stance
2. Bend the knees down until the shoulder is on line with target
3. Body rotates to the rear side slightly
4. Body weight shifts to lead leg
5. Keep the lead hand up and close to chin and rigid to protect the head
6. Swing the rear arm to the target without extending the arm straight
  - a. When swinging the arm, keep the elbow bent in close to 90 degrees
7. Keep the eyes on the opponent
  - a. Should be watching above the arm, not below
8. Knuckles point to the opponent, knuckles should never point upward or downward
9. After hitting the target, retract the arm quickly along the shortest path possible
10. Return to the boxing stance

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### 2.5.3.3. UPPERCUT

Uppercut is a punch that is used mostly at short and medium distance. Short distances refer to the short distance between two boxers. Boxers' gloves almost or do touch each other.

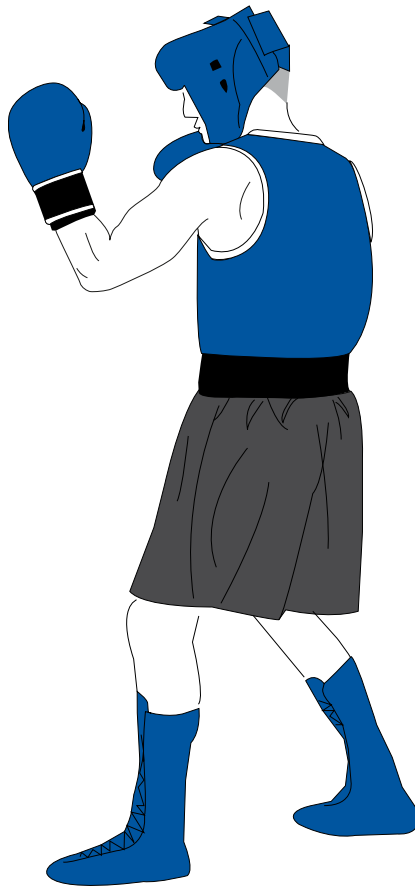
Again, the uppercut also has four different types, uppercut to the head using lead arm, uppercut to the head using rear arm, uppercut to the body using lead arm and uppercut to the body using rear arm.

Again, similar to the other basic punches, in order to train the boxer effectively, following the sequence of teaching and training is recommended:

- Lead arm uppercut to the head in standing position
- Lead arm uppercut to the head with forward step
- Lead arm uppercut to the head with backward step and side steps
- Rear arm uppercut to the head in standing position
- Rear arm uppercut to the head with forward step
- Rear arm uppercut to the head with backward step and side steps
- Lead arm uppercut to the body in standing position
- Lead arm uppercut to the body with forward step
- Lead arm uppercut to the body with backward step and side steps
- Rear arm uppercut to the body in standing position
- Rear arm uppercut to the body with forward step
- Rear arm uppercut to the body with backward step and side steps

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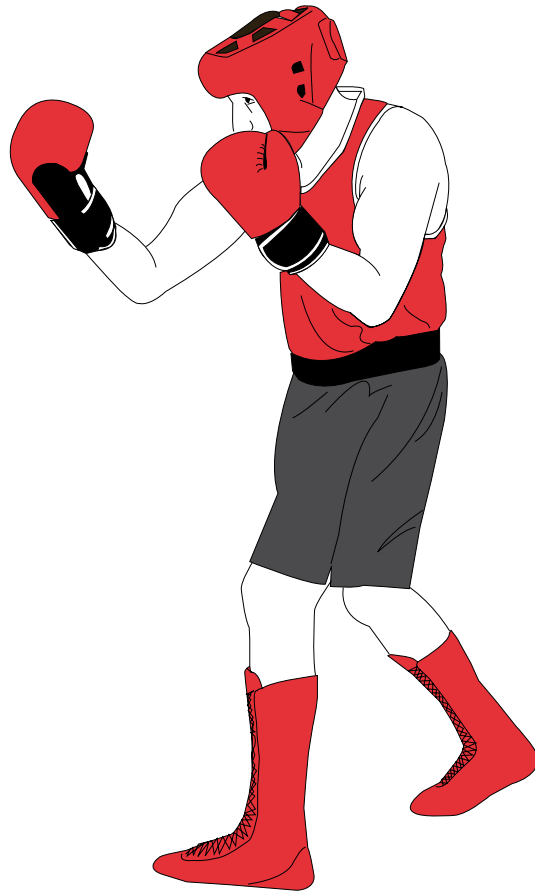
## LEAD ARM UPPERCUT TO THE HEAD



1. From the boxing stance
2. Bend the knees very slightly
3. Rotate the upper body to the lead side very slightly
4. Body weight shifts to the lead leg
5. Rear arm stays up and rigid to protect the head and body
6. Rotate the lead arm slightly to have knuckles point at the opponent
7. Extend the lead arm upward to the opponent's chin
  - a. Keep the elbows bent
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to boxing stance

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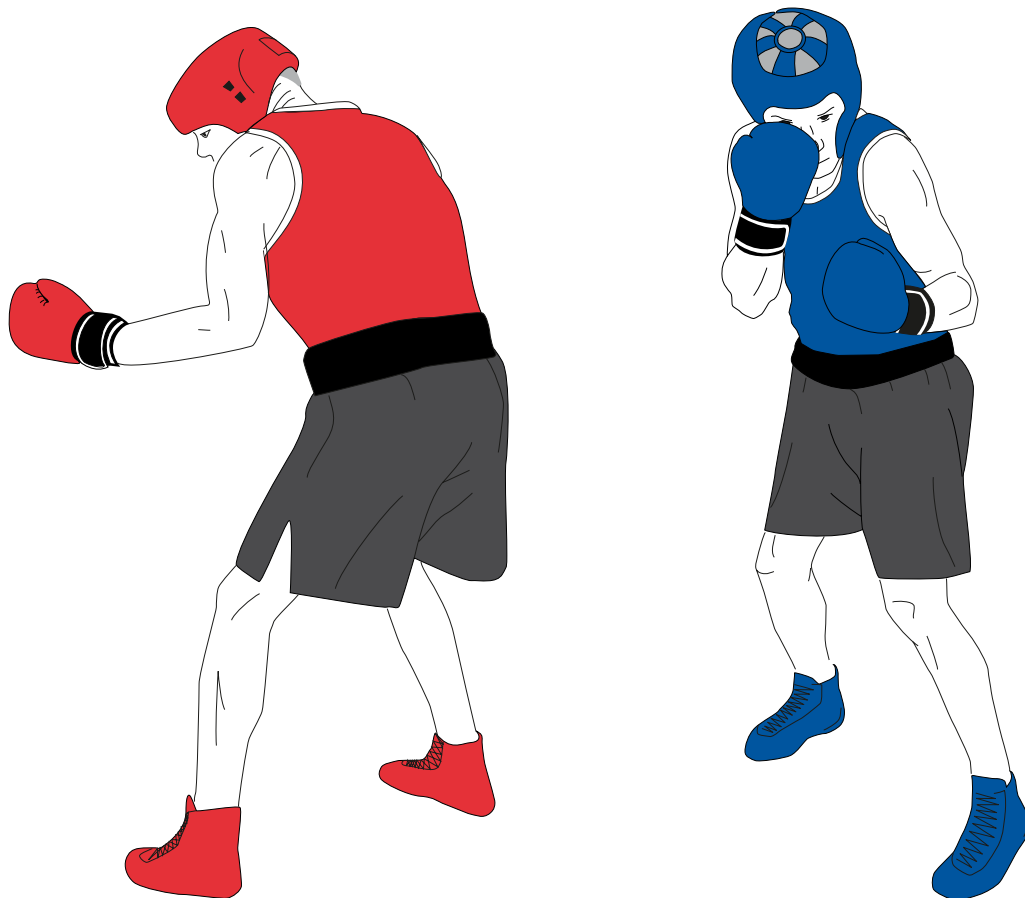
## REAR ARM UPPERCUT TO THE HEAD



1. From the boxing stance
2. Bend the knees very slightly
3. Rotate the upper body to the rear side very slightly
4. Body weight shifts to the rear leg
5. Lead arm stays up and rigid to protect the head and body
6. Rotate the rear arm slightly to have knuckles point the down
7. Extend the lead arm upward to the opponent's chin
  - a. Keep the elbows bent
  - b. Shift the bodyweight to the lead leg
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to boxing stance

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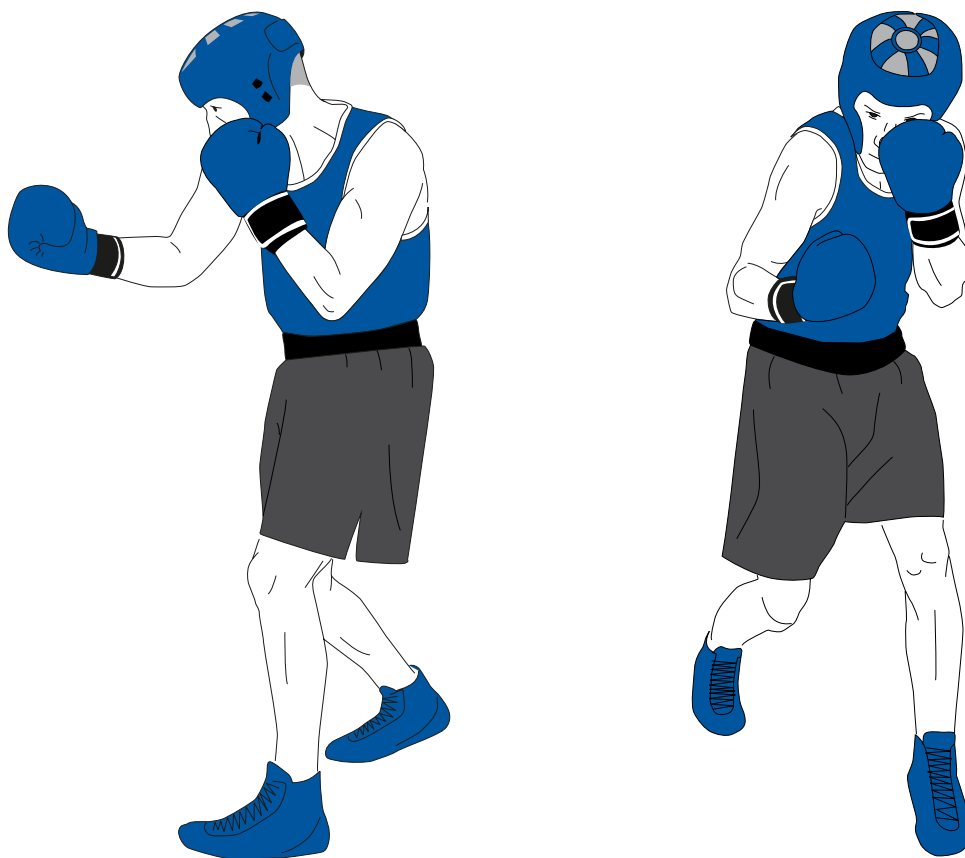
## LEAD ARM UPPERCUT TO THE BODY



1. From the boxing stance
2. Bend the knees
3. Rotate the upper body to the lead side
4. Body weight shifts to the lead leg
5. Rear arm stays up and rigid to protect the head and body
6. Rotate the lead arm slightly to have palms pointing upward
7. Extend the lead arm forward and slightly upward to the target on opponent's body
  - a. Keep the elbows bent
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to the boxing stance

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## REAR ARM UPPERCUT TO THE BODY



1. From the boxing stance
2. Bend the knees
3. Rotate the upper body to the rear side
4. Body weight shifts to the rear leg
5. Lead arm stays up and rigid to protect the head and body
6. Rotate the rear arm slightly to have palms pointing upward
7. Extend the rear arm forward and slightly upward to the target on the opponent's body
  - a. Keep the elbows bent
  - b. Shift bodyweight to lead leg
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to the boxing stance

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#### **2.5.4. BASIC DEFENSE**

In the early stages of learning techniques, all defenses must be taught and trained after mastering particular punches. Each basic defense is designed toward to defend against specific punches. In order to teach and train basic defenses effectively, start the teaching defense in standing position, then with a partner. The partner can perform basic punches while the boxer defends him/herself using basic defense.

After mastering basic defense, the coach shall teach counter attack movement where the boxer defend against the partner's punch then uses a basic punch to counter attack.

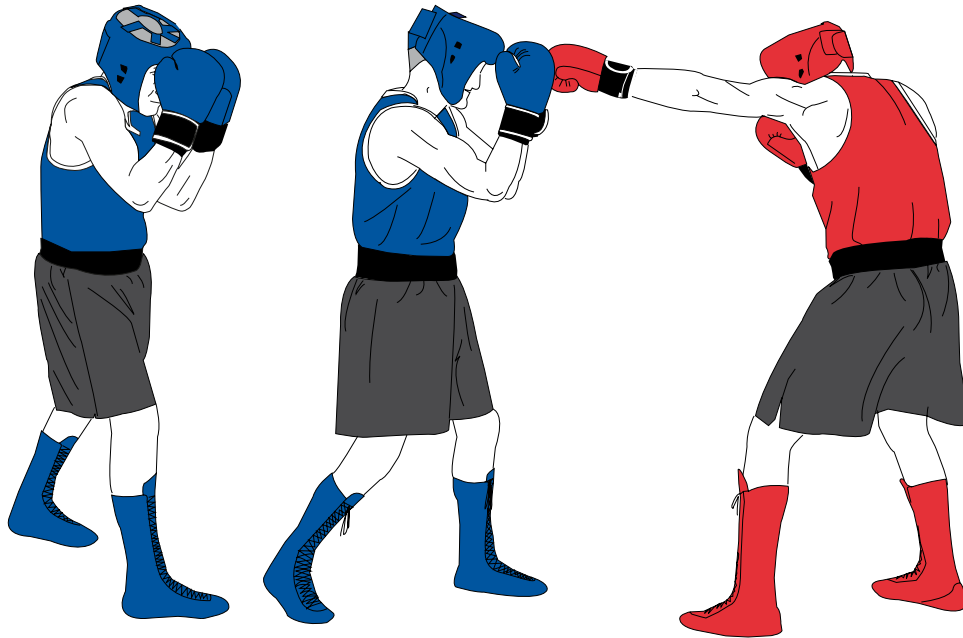
##### Common Mistakes in Basic Boxing Defense

- No eye contact with the opponent
- Eyes closed and/or mouth opened
- Defenses performed too early/too late
- Incorrect defense performed
- No protection against next punch by the opponent
- Defending movements are too wide or too low or too far
- Stiff movement
- Does not return to boxing stance after defense performed



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## DOUBLE ARM COVER



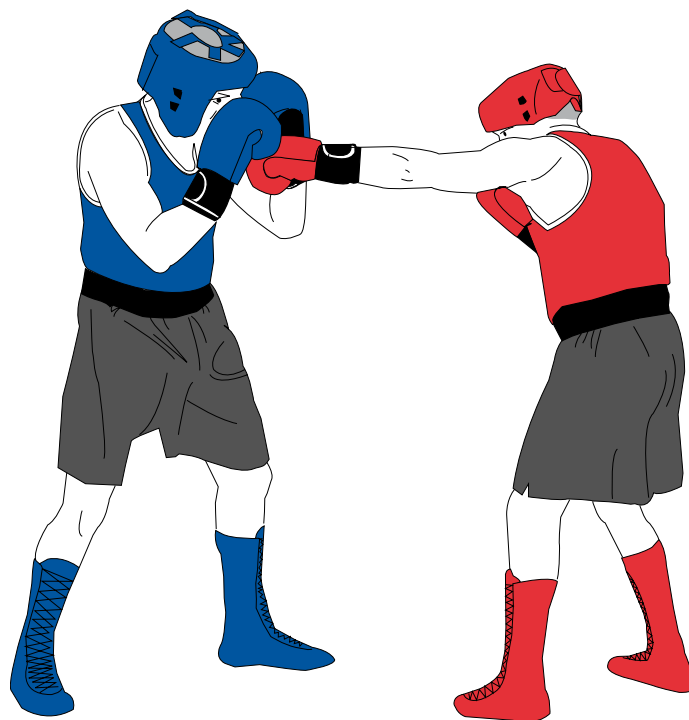
1. From the boxing stance
2. Bring the elbows and fists together, so they can almost touch each other
3. Keep the chin down
4. Keep your arms rigid
5. Return to the boxing stance

Defends against:

- Lead arm straight punch to the head/body
- Rear arm straight punch to the head/body

---

## CATCH / BLOCK



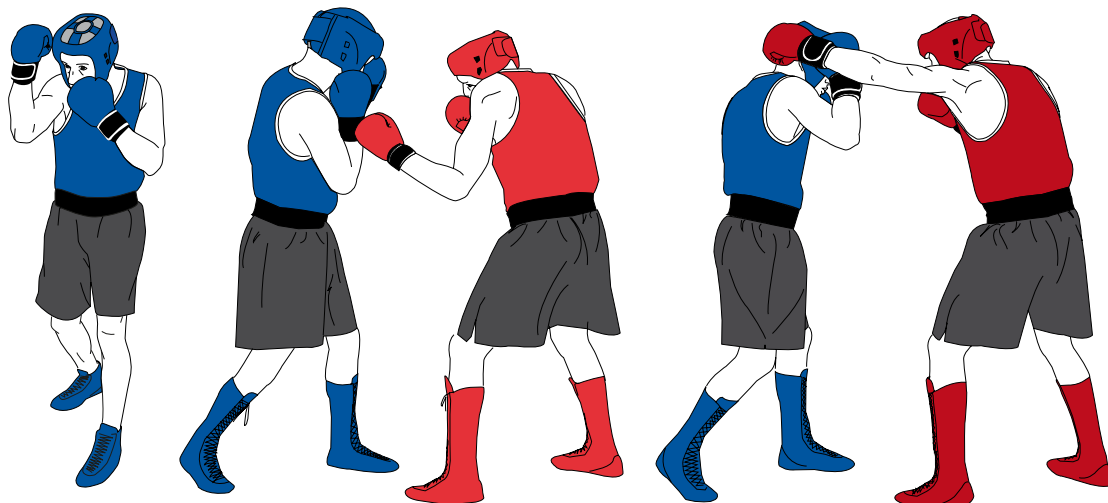
1. From the boxing stance
2. Open the palm of the rear hand and move it forward to place it just in front of chin level to catch following punch
3. Keep rear arm rigid so that the glove is not forced back into the face
4. Catch the opponent's punch
5. Return to the boxing stance

Defends against:

- Lead arm straight punch to the head
- Lead arm uppercut to the head
- Rear arm uppercut to the head

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## REAR ARM BLOCK



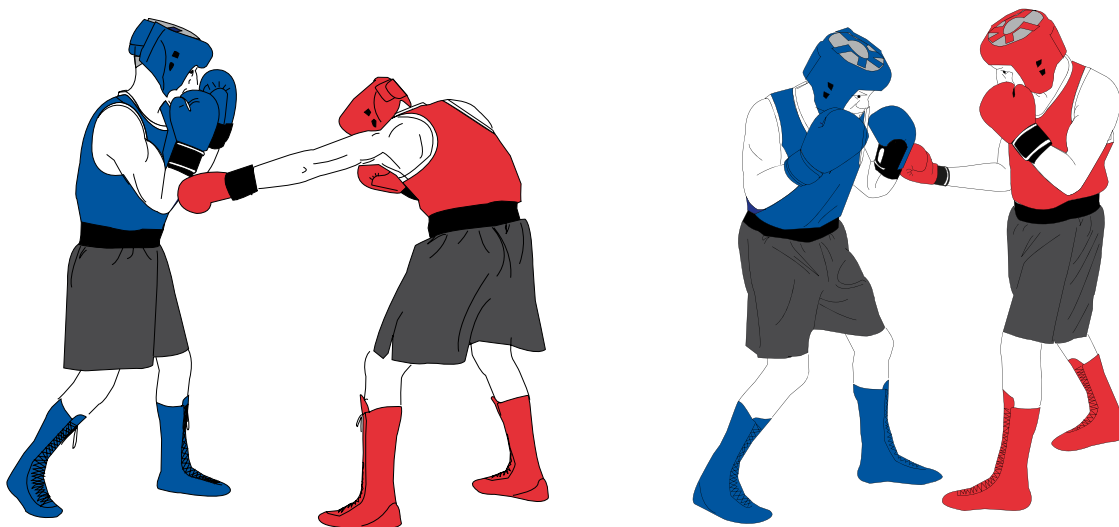
1. From the boxing stance
2. Rotate the body slightly to the lead side
3. Raise the rear forearm up and rigid
4. Keep the lead arm rigid and up
5. Keep the eyes on the opponent
6. Return to boxing stance

Defends against:

- Lead arm hook to the head

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## ELBOW BLOCK



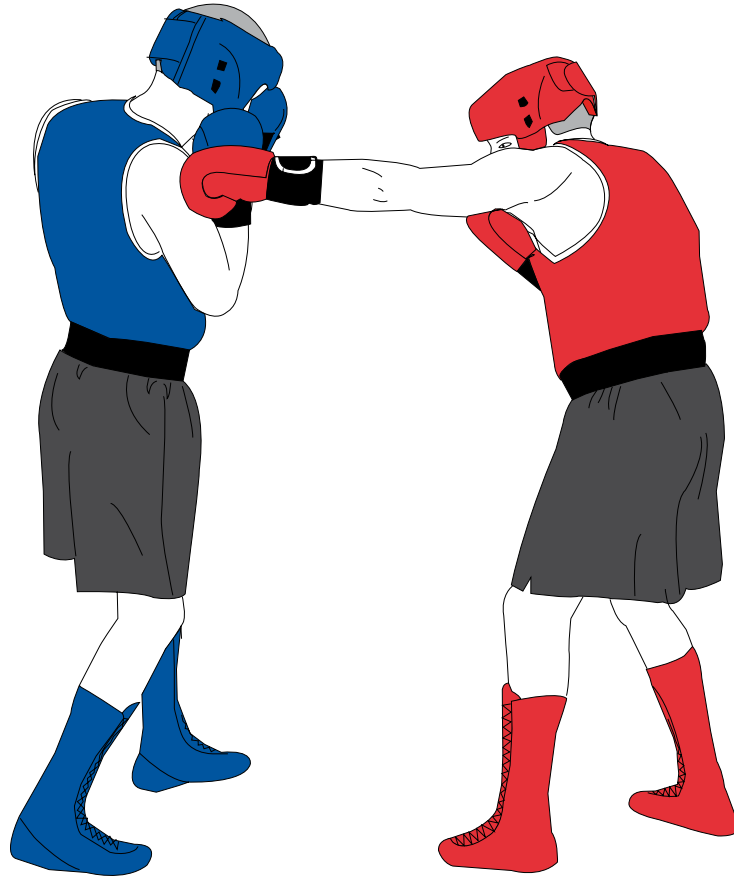
1. From the boxing stance
2. Rotate the body to the preferred side
  - a. Rotate the body to the rear side to block with the lead arm elbow
  - b. Rotate the body to the lead side to block with the rear arm elbow
3. Block the punch with the forearm
4. Return to the boxing stance

Defends against:

- Lead arm straight punch to the body
- Rear arm straight punch to the body (use lead arm elbow to block)
- Lead arm hook to the body
- Rear arm hook to the body
- Lead arm uppercut to the body
- Rear arm uppercut to the body

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## SHOULDER BLOCK



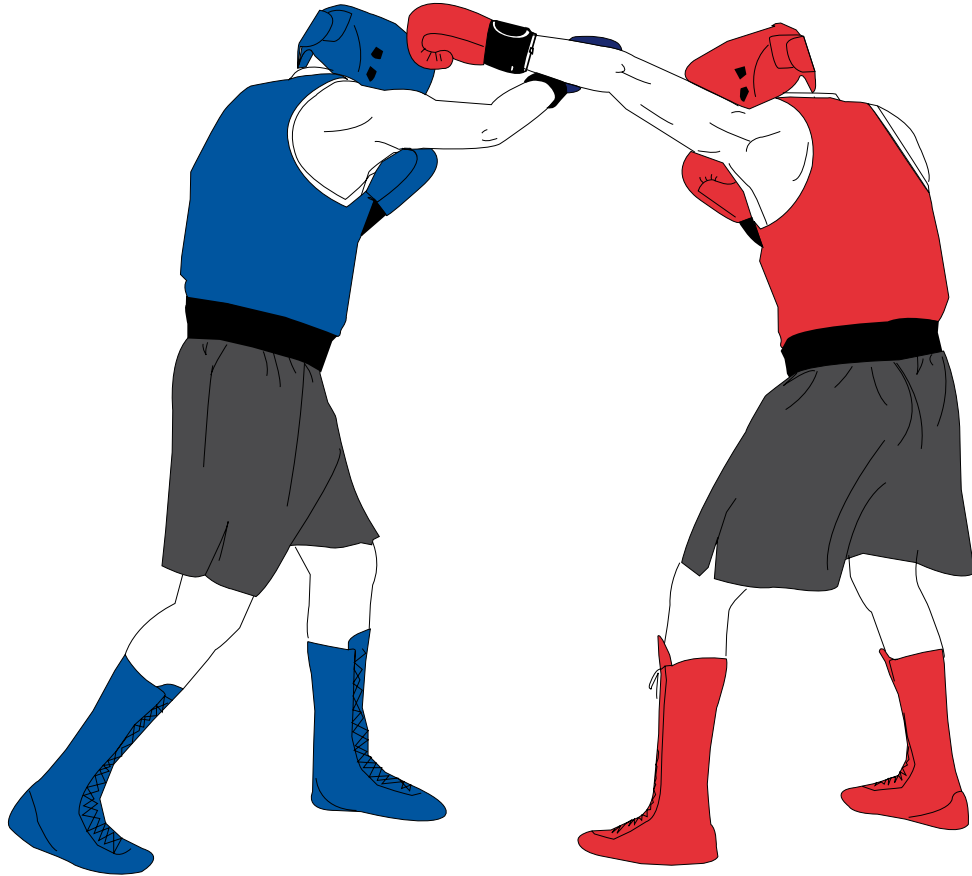
1. From the boxing stance
2. Rotate the body to the rear side
3. Shift body weight to the rear leg
4. Keep the eyes on the opponent
5. Keep the chin down to hide behind the shoulder
6. Keep the lead elbow rigid near the rib area and the rear arm high around the chin area
7. Block the opponent's punch with the lead shoulder
  - a. Boxer should not lean forward
8. Return to the boxing stance

Defends against:

- Rear arm straight punch to the head

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## PARRY WITH REAR ARM



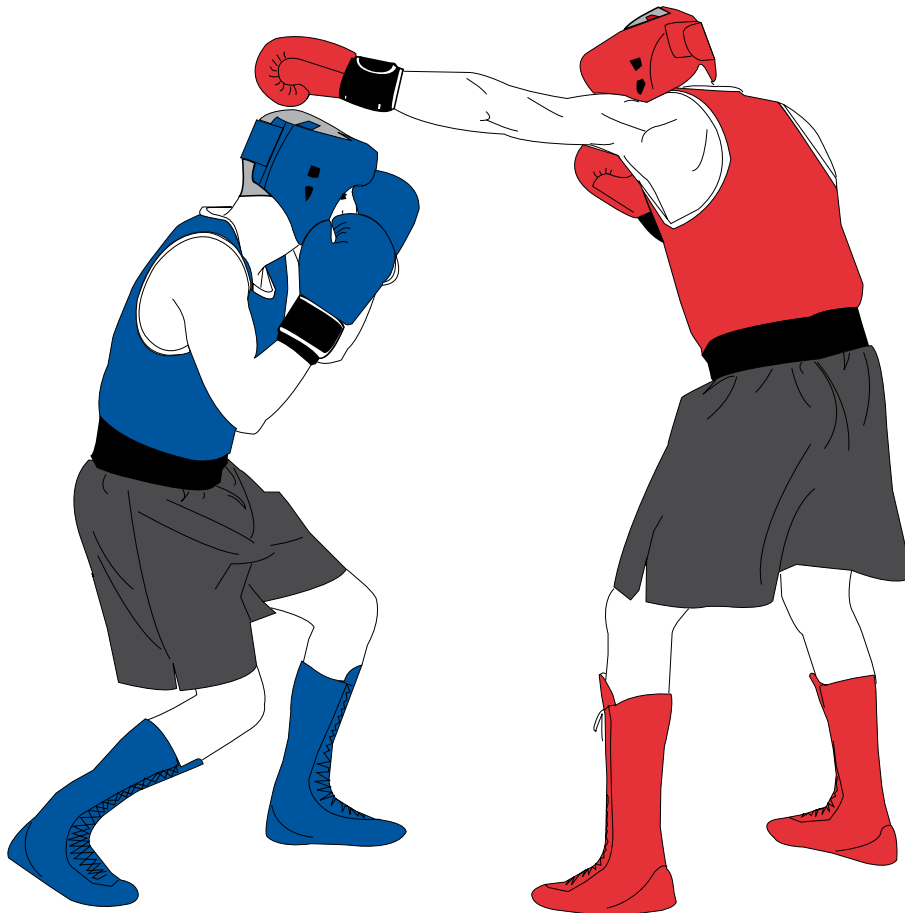
1. From the boxing stance
2. Rotate the body to the lead side slightly
3. Use the rear hand edge to parry the lead hand of the opponent
  - a. Do not extend the arm or move the body forward while parrying
  - b. After parrying the opponent's hand, the rear hand should not go across the face
4. Return to the boxing stance

Defends against:

- Lead arm straight punch to the head

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## DUCKING



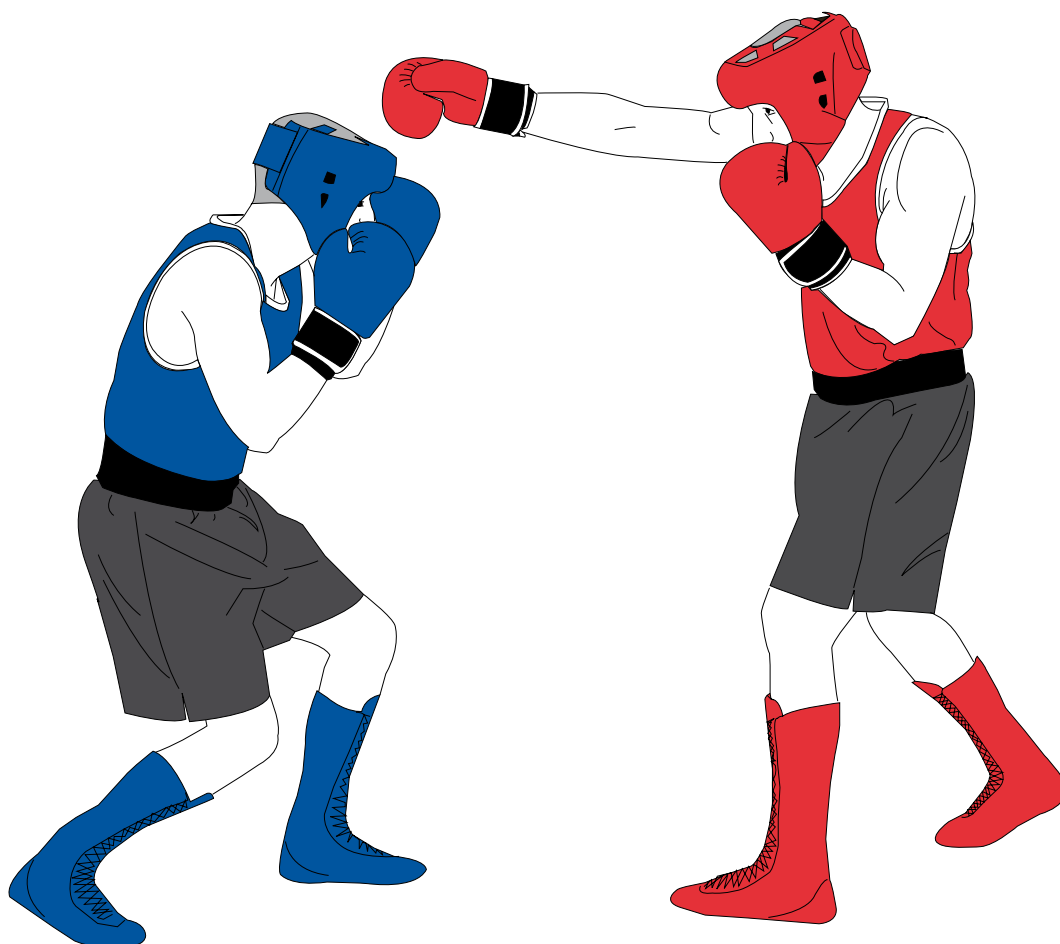
1. From the boxing stance
2. Bend the knees down and inward
3. Keep the eyes on the opponent
4. The forearm and elbows protect the body.
  - a. Make sure the head is not below the opponent's waistline.
5. Return to the boxing stance

Defends against:

- Lead arm straight punch to the head
- Rear arm straight punch to the head
- Lead/rear arm hook to the head

---

## DUCKING TO THE LEAD SIDE



1. From the boxing stance
2. Bend both knees, the body and rear knee rotate to the lead side
3. Keep the eyes on the opponent
4. The forearm and elbows protect the head and body
5. Return to the boxing stance

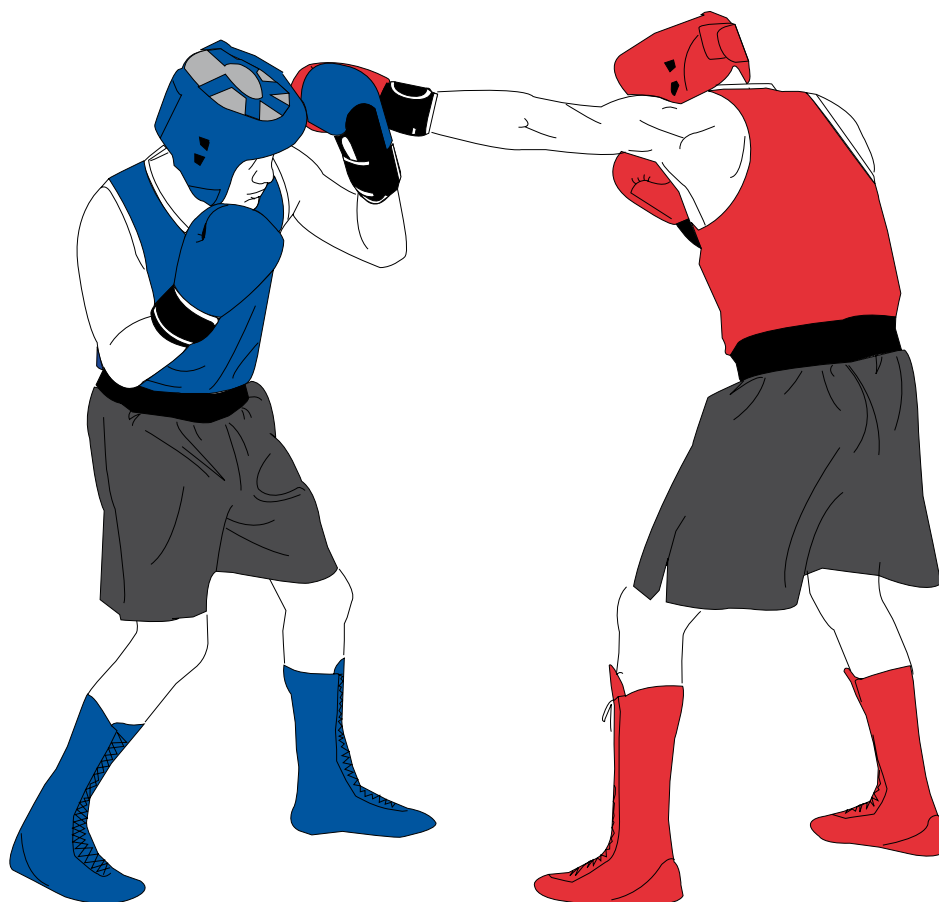
Defends against:

- Rear arm straight punch to the head



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## DUCKING TO THE REAR SIDE



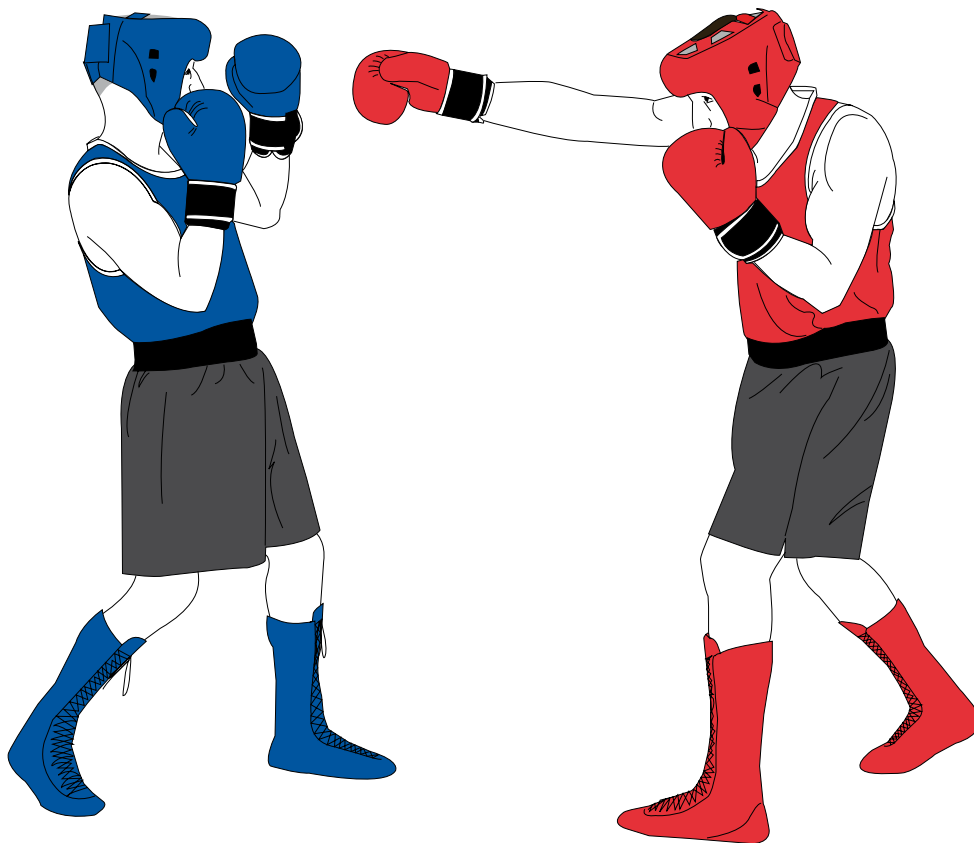
1. From the boxing stance
2. Bend both knees and rotate the body and lead knee to the rear side
3. Keep the eyes on the opponent
4. The forearm and elbows of the lead arm protect the head and body
5. Return to the boxing stance

Defends against:

- Lead arm straight punch to the head
- Rear arm straight punch to the head
- Lead arm hook to the head
- Rear arm hook to the head

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## SWAYING BACK



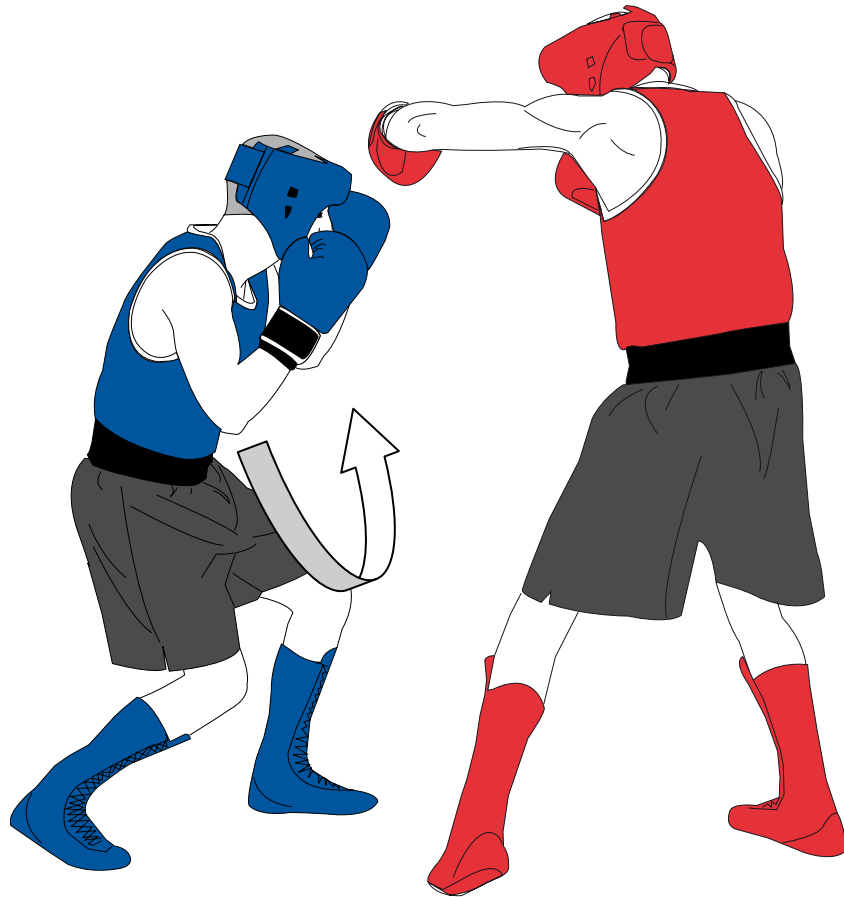
1. From the boxing stance,
2. Shift the body weight to the rear leg
3. Keep both arms up for the protection
4. Use only the upper body to lean backward
5. Return to boxing stance

Defends against:

- Lead arm straight punch to the head
- Rear arm straight punch to the head
- Lead arm hook to the head
- Rear arm hook to the head
- Lead arm uppercut to the head
- Rear arm uppercut to the head

---

## ROTATION



1. From the boxing stance
2. Bend the knees down
3. Move the upper body to the direction of opponent's hook while bending knees down
4. Move the upper body to the opposite direction as opponent's punch moves above the head
5. Return to boxing stance by standing up

Defends against:

- Lead arm hook to the head
- Rear arm hook to the head

---

## **STEPPING BACK**

1. From the boxing stance
2. Quickly step backward

Defends against:

- All basic punches

## **JUMPING BACK**

1. From the boxing stance
2. Jump backward
  - a. Different than backward step, both feet should move together at the same time
3. Boxer should be in the boxing stance when landing

Defends against:

- All basic punches

---

### **2.5.5. COMBINATIONS OF PUNCHES**

Two or three punch combinations can be performed with good coordination skills. Combinations of punches can be performed in standing position or movement with a step forward or step backward. When teaching or training combination of punches, first teach and train in the standing position then with movements without partners. Coach should focus on the pivoting of boxer's hips and shoulders between movements and on proper boxing position.

#### **TWO PUNCH COMBINATION EXAMPLES**

- Lead arm straight punch to the head – Rear arm straight punch to the head
- Lead arm straight punch to the body – Rear arm straight punch to the head
- Lead arm hook to the head – Rear arm straight punch to the head

#### **THREE PUNCH COMBINATION EXAMPLES**

- Lead arm straight punch to the head – Lead arm straight punch to the head – Rear arm straight punch to the head
- Lead arm straight punch to the head – Rear arm straight punch to the head – Lead arm straight punch to the head
- Lead arm straight punch to the head – Rear arm straight punch to the body – Lead arm straight punch to the head
- Lead arm straight punch to the head – Rear arm straight punch to the head – Lead arm hook to the head

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### 2.5.6. FEINTS

Feints are fake movements using the hands, body, legs and head in order to trick an opponent. Feints can be a single movement using any body part or a combination of several body parts.

- Feint should be considered as a preparation of attack
- Feint should come before performing any punches
- Feint can be performed while moving forward, backward or sideways
- Feint must be a very quick movement and the following action also must be quick
- The boxer should practice feinting continually.
  - o Use a mirror to check the quickness and effectiveness

Example of Feints:

- Constantly extend slightly and retract lead arm to pretend performing lead arm straight punch to the head
- Flex the knee of the lead leg to pretend stepping forward

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### **2.5.7. BOXING AT VARIOUS DISTANCES**

Depends on the boxer's strengths and weaknesses or opponent's strengths and weaknesses, boxers can choose to compete using different distances tactically. Distances can be determined in three; long distance, medium distance and short distance. In these different distances, different punches and movements are made to successfully land blows.

#### **LONG DISTANCE**

Long distance is the range that the distance from the opponent is far enough that the boxer cannot deliver the punches without stepping forward. Therefore, when the boxer wants to deliver punches in long distance, he/she has to step forward.

Mostly straight punches are used when boxing at long distance. Therefore, long range is preferred mainly by tall boxers with long arms. Long range boxing usually occurs at the center of the ring and boxing in long distances, movements are more visible to the judges.

#### **MEDIUM DISTANCE**

Medium distance is the range that you can deliver the punches without moving forward. Therefore, when boxers fight at medium distance against each other, straight punches without full extension of arms or hooks are used.

This style requires boxers with more movement, because punches can be exchanged without the extra effort of moving forward. Therefore, this style is recommended for boxers who are physically well prepared and have good fitness levels.

#### **SHORT DISTANCE**

Short distance is the range that boxers' gloves almost touch each other's. In short distance boxing, boxers can only exchange short range punches such as short hooks or uppercuts.

This style is mainly preferred by boxers who have short heights and are physically strong. Also, similar to the medium distance boxing, boxing at short distance also requires good physical preparation and fitness level.

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## **2.6. PHYSICAL TRAINING**

Physical training develops the motor abilities, such as endurance, strength, speed, and coordination that are crucial for boxers. Physical training must be conducted adjacent to technique training. Physical training is very important training for athletes.

### **2.6.1. ENDURANCE TRAINING**

General Endurance Training Exercises - examples

- Long distance running with low and medium speed
- Long distance swimming
- Skipping (Jump roping)
- Any exercises with various training methods – interval etc
- Team games

Boxing Specific Endurance Training Exercises - examples

- All bags punching, punching to the other boxing equipment
- Sparring
- Shadow Boxing
- Pad work with coach



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### 2.6.2. STRENGTH TRAINING

Strength is the ability to apply forces to physical objects using the muscles. Physical strength is also referred as muscular strength. It is easy to connect strength training with weight training. However, in the early stages of training, weight training with heavy weights is not recommended.

General Strength Training Exercises - examples

- Various forms of Push-ups
  - General Push-Up
  - Clap Push-Up\*\*\*
- Chin-up\*\*\*
- Vertical extensions\*\*\*
- Dumbbell Swings\*\*\*
- Parallel Bars Dip\*\*\*
- Throwing the Ball\*\*\*
- Throwing the stones
- Exercise using Dumbbells
- Exercises using own bodyweight or partner's
- Various forms of jumps, multi-jumps

Boxing Specific Strength Training Exercises - examples

- Shadow boxing with very light weights
- Shadow boxing on soft surfaces (legs strength)
- Shadow boxing and other exercises in water with light weights
- Punch exercise with heavier gloves
- Exercises with rubber resistance.

\*\*\* Please refer to Appendix B: Physical Training Exercises Examples

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### 2.6.3. SPEED TRAINING

Speed is the ability to perform movements in the fastest way in the shortest time. Speed training can be done to develop reaction time, quick movements and frequency of movements.

General Speed Training Exercises - examples

- Short distance (20 - 60 meters) running
- Running and physical exercises with repetition training method – sprints
- Downhill running – easier conditions
- Skipping (Jump Rope) with acceleration
- Team games and plays

Boxing Specific Speed Training Exercises - examples

- Pad work with the coach
- Shadow boxing with different pace on the coach's signal.
- All bags punching with different pace, based on the coach's signal
- Boxing technique exercises with partner from lower weight category
- Shadow boxing in limited movements space

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#### 2.6.4. COORDINATION

Coordination is the ability to control movement of own body in space and time and it includes balance, spatial orientation and rhythm. During the coordination training, the coach must consider that some people are less coordinated and show slower progress than people who are naturally coordinated. Coordination skills can be improved. Therefore, try to encourage athletes who make slower progress in coordination development.

##### General Coordination Training Exercises

- Walking with arm swings\*\*\*
- Walking and performing straight punches\*\*\*
- Weave In – Weave Out\*\*\*
- Tennis ball exercises (with or without partner) – Throw and Catch
- One leg balance exercises\*\*\*
- Games (Soccer, mini-hockey, Basketball or volleyball)
- Roll forward, backward and to both sides
- Summersault, jumps etc.
- Skipping (Jump Roping) in various ways – skipping backward, on the one leg etc.

##### Boxing Specific Coordination Training Exercises - examples

- Shadow boxing in different boxing stance
- Sparring against boxers with different boxing stances (orthodox boxer – southpaw boxer and vice versa)
- Boxing steps with punches (same arm and leg, different arm and leg)
- Various technical combinations

\*\*\* Please refer to Appendix B: Physical Training Exercises Examples

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## 2.7. TACTICAL TRAINING

Tactics are the strategies used in competitions. Coaches can build and plan tactics based on the boxer's style of boxing, strengths and weaknesses; the opponent's boxing styles and his/her strengths and weaknesses.

Boxers can benefit from tactics, because good tactics will allow boxers to use less physical effort and techniques in bouts. This will allow boxers to stay in good condition physically and psychologically. However, tactics are not the sole responsibility of coaches. Coaches and boxers can discuss and share experience and knowledge to build strengths and tactics that fit the boxers. These tactics must be trained during training sessions for the boxers to remember and carry out during the competitions.

In competition, coaches and boxers must remember that they must use different tactics accordingly. In order to make adjustment to tactics in the ring:

- Be relaxed, don't be too tense
- Never underestimate or over-impressed by an opponent
- Act confident in the ring; avoid any display of discomfort or tiredness
- Carry the hands high at all times, appropriately to the situation in the ring
- Keep your chin down by watching your opponent through eye brows
- Spot an opponent's mistakes or weaknesses as soon as possible
- Don't apply unnecessary movement to waste the energy
- Keep on balance at all times, punch only when opponent is within your range and when you see an opening
- Start and finish a combination with the lead hand
- Deliver dynamic punches with different movements
- All punches can be performed as a counter punch while in defense
- Move around at all times, especially when the opponent sets for a punch
- Your opponent is also getting tired
- Don't give up – it only takes one punch to turn the contest around

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### 2.7.1. BOXING AGAINST DIFFERENT BOXING TYPES

Coaches and boxers should be aware that every boxer has different characteristics and the application of the correct tactics against these opponents can increase the chance of winning the bout

#### AGAINST THE TALL OPPONENT

- Keep moving to both sides
- Draw the lead and move in to shorter distance
- After moving in to shorter distance, use different punches to the head such as hooks and uppercuts

#### AGAINST THE SHORT OPPONENT

- Do not step backward in a straight line, use sidesteps and work to the sides
- Use straight punches and uppercuts
- Footwork must be executed quickly
- Step back when opponent tries to land a punch, then deliver a counter punch
- Constantly move backward to box at long distance
- Constantly deliver punches
  - If the punch lands on opponent, follow up with another one
  - If the punch misses, clinch

#### AGAINST THE OPPONENT CONTINUOUSLY USING LEAD ARM STRAIGHT PUNCH

- Keep the body low
- Move under the opponent's straight punches
- Weave to either side
- Use different punches to the body

#### AGAINST THE HEAVY PUNCHER

- Keep moving
- Make it difficult for the opponent to get set to deliver punches
- Launch a surprise attack
- Do not exchange punches, move away immediately
- Move around the ring in all directions

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#### AGAINST THE COUNTER PUNCHER

- Force him/her to lead (punch) by feinting, then use counter attack
- When opponent uses counter punch, try to re-counter
- Try to impose an offensive style and constantly attack to disallow opponent to counter punch

#### AGAINST THE OPPONENT WITH OPPOSITE STANCE

- Force him/her to lead
- Circle to the opponent's blind side, to stay away from dominant hands
- Always set lead foot outside of opponent's lead foot, it will make easier to avoid opponent's attack
- Use your rear arm to protect your head and trunk
- Strike by lead arm very often
- Use double punches, striking by rear arm, when You attack

#### **2.7.2. TACTIC ON THE ROPES AND THE CORNER**

When trapped on the ropes or in the corner, the boxer must learn to escape quickly.

- Use the space inside the boxing ring in order not to get trapped on the ropes or corner
- Apply dynamic attack and try change the position with your opponent
- Counterpunch with combinations with sidesteps to either side
- Draw the opponent to you and use the feints to mislead him/her then quickly get out of the corner

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## 2.8. TRAINING WITHOUT EQUIPMENT

Many training sessions can be done without having gym equipment or training equipment.

### ENDURANCE TRAINING

- Long distance running on any surface
- Swimming
- Games and plays

### STRENGTH TRAINING

- Lifting and carrying wood, stones or a partner
- Pull-ups on tree branches or any bars
- Climbing Trees
- Obstacles jumps

### SPEED TRAINING

- Short distance (20 – 60 meters) running on any surface - sprints
- Running in easy conditions for example – downhill running
- Running with various, different training methods
- Exercises with using little things – stones, cones etc.
- Sprints with obstacles, for example sprints among the trees.

### COORDINATION TRAINING

- Balance exercises for example one leg balancing
- Mirror Games (athletes mirroring each other's movement)
- Exercises – for example opposite arm circles (Right arm swings backward while left arm swing forward and vice versa)
- Balance exercise on rocks and other obstacles

Same as training in the gym, boxers should be where the coach can see and observe everyone's movement and in close proximity to where the boxers can hear the demonstration and explanation of the exercises.

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## 2.9. ATHLETE MOTIVATION

- Help develop self-esteem
- Help develop self-confidence through small successes
- Help develop courage
- Point out his/her strengths
- Use the positive opinions of his/her peers and environment about him/her
- Use awards and negative evaluation appropriately with 50:50 ratios
- Establish objectives which are obtainable
- Adjust workload to individual's capabilities
- Gradually increase the difficulties of training exercises
- Support the athletes more when they are not successful
- Teach to use defeats as motivation to increase efforts
- Teach him/her how to take defeat with dignity
- Do not give up on a boxer who loses the bout. The boxer can learn from defeats and gain experiences through defeat
- Get the family and his friends etc involved in the training process and have a parent to help you in motivating the athletes



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## 2.10. RECOVERY

Recovery is a very important part of the training even at the beginner stage. In the early stages of the training, it is important for athletes to recover from sleep, relaxation and active rest rather than using special tools or methods.

When athletes can maximize their recovery effort, it helps athletes to have adequate preparation to perform future tasks and achieve success.

Following are good recovery tools for boxers:

### SLEEP

Sleep is the best recovery tool for any athlete and it expedites the recovery process better than any other recovery tools. 8 - 10 hours of sleep is adequate for boxers.

### ACTIVE REST

Active rest such as swimming, walking, table tennis, bicycle ride performed in very low intensity etc. could help athletes to recover physically and psychologically

### RELAXATION

Music, television and using any media sources while physically resting can help relaxation, lower psychological tension and create a positive attitude

### MASSAGE

Massage manipulates the body with pressure to relax muscles in the body. It can be applied to whole body or sore areas. Massage can be applied by others or oneself. There is limitation to the muscle groups that can be massaged, if the athlete massages himself or herself.

Massage can be applied before a bout as a part of warm-up and after a bout to accelerate the recovery process. Massage can be applied in the same way before and after warm-up. Properly performed massage can speed up the recovery process by approximately 30%.

### SAUNA

Sauna is a small room or place with temperature at 60°C to 100°C. Sitting in a sauna can induce relaxation of muscles, increase blood flows and release of the waste toxic through the skin with sweat.

Even though a sauna is a good tool for relaxation, it can be a harmful. Extended stays in a sauna can cause dehydration and heat stroke. The best way to use sauna is not to stay in for a long-period of time, 15-20 minutes at a time is ideal and to regularly sip water or sports drinks while staying in the sauna

### ICE PACKS

Application of ice packs will keep boxers alert and fresh and help recover from any sore muscles. Advantage of ice pack is that it can be used during the competition bouts and sparring. Applying to the back of the neck between rounds would benefit the boxer in recovery

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## **2.11. EVALUATION**

### **2.11.1. TRAINING SESSIONS**

As part of training preparation all coaches must plan his/her work. After completion of the work, he/she should analyze and evaluate, if the objective was achieved or not, to find the reason for the achievement or failure. Evaluation is a wonderful instrument for the development of quality of the training and coaching ability. Evaluation does not complete the training session, evaluation should be utilized and referred to the next training sessions and so on, to improve and prepare better training sessions for the boxers and coach him/herself. Therefore, the coach should find an answer for the following questions:

- Was the objective of the training session achieved?
- Was the appropriate workload selected?
- Was the exercise too difficult or too easy?
- Was the training session organized properly (Equipment, group, and etc.)?
- Were there any Injuries during the training?
- Boxer's Feedback positive or negative?
- Communicate with the boxers accordingly?
- Training session conducted according to the plan?
- Training session interesting?
- Did you use proper training methods to develop motor activity?
- Correct training method used for techniques taught?

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### **2.11.2. TECHNICAL DEVELOPMENT**

Proper execution of techniques is important in boxing. In order for coaches to conduct accurate evaluation of a boxer's techniques, he/she may use a video camera to record the assessment session.

Evaluation of techniques in the early stages of training is very important, because boxers may acquire and build wrong habits or movement, and if the coach overlooks these wrong movements in early stages, it will be difficult to correct them in the later stages. Therefore, the coach must pay particular attention to every movement and evaluate carefully and conscientiously.

After evaluation, the coach should discuss the boxer's problems in the execution of techniques, teach them the correct ways, and encourage them to become better.

When evaluating the boxer's techniques, the coach should pay particular attention to the following:

- Boxing stance
- Position of feet
- In boxing stance
- Boxing steps
- Position of arms
- Accurate execution of arm movement in punches
- Proper guarding with arms
- Does arm retract along the same paths after punches
- Rotation of the body
- Use of proper defense against different punches
- Accurate execution of movement in defense

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### 2.11.3. PHYSICAL DEVELOPMENT

In order to evaluate physical development of athletes, the coach should implement assessment tools. The coach can conduct simple physical tests. This physical test should be conducted in the very beginning stages of athlete's training, possibly the first week of training. Assessment of physical condition of the athlete in the beginning part of the training will allow coaches to design training programs effectively. Evaluation of physical development can be assessed three (3) to four (4) times a year.

Evaluation of physical development will monitor endurance, strength, speed and coordination of the athletes. In order to acquire accurate results, the assessment method must be the same as previous assessments. For example, if coach used 100m sprint running as an evaluation method for speed in a previous assessment, 100m sprint running should be the method for evaluating speed in future assessments.

The test result must be recorded and kept for a long period of time, preferably until the athlete retires. Recorded test results can be compared not only with the athlete's old record, but also it can be compared with different athletes' test results. The coach can analyze the test result to find the strengths and weaknesses of the athlete, adjust the training program and share with athletes to motivate the athletes and keep up their interest.

Physical Development Evaluation Methods Examples:

Endurance

- Long distance (1 km) running

Strength

- Push-ups in 1 minute
- Chin-ups
- Sit-ups in 1 minute

Speed

- Short distance (50 meters) sprint running

Coordination

- Obstacle Running – for example envelope running

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#### **2.11.4. TACTICAL DEVELOPMENT**

Due to the nature of boxing, where boxers are lone fighters against his/her opponent in the ring, it is important for boxers to learn tactical aspects in boxing. Evaluation of tactical development can be evaluated by using different methods.

One of the assessment methods can be utilization of visual methods, such as films and video tapes. While watching these visual tools, coach can ask questions to boxer about his/her thoughts about tactical approaches that were made and that can be used.

Other than using visual method, coach can assess boxer's tactical development by placing him/her in sparring against partners who use different styles of boxing. Conduct sparring without any tactical instruction and have boxer make his/her own tactics during the sparring session, coach can evaluate tactics used by boxer in sparring session to evaluate use of different tactics and execution.

Prior to conducting an assessment, the coach must plan and prepare the evaluation criteria such as:

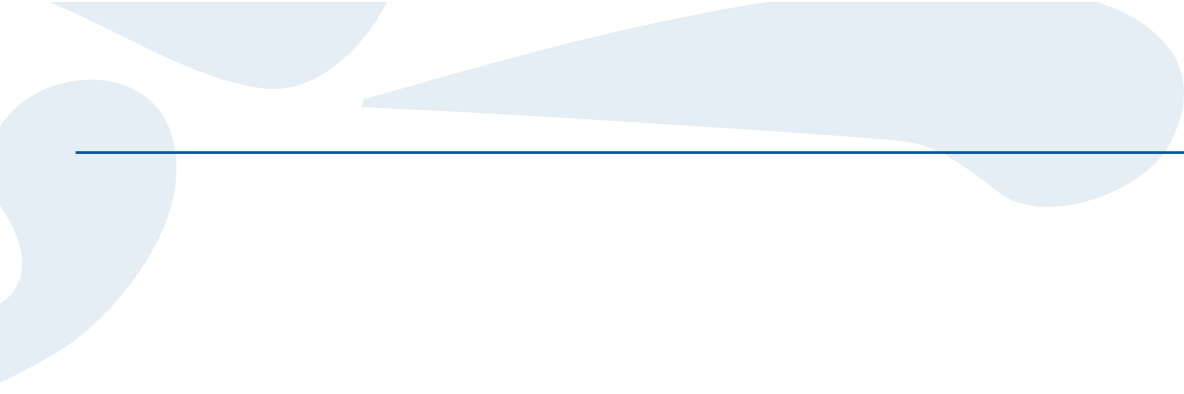
- Does a boxer fully understand the tactics taught?
- Does a boxer quickly and correctly identify opponent's boxing style?
- Does a boxer manage to make an adjustment to the tactics?
- Does a boxer know which tactics can be used against his/her opponent?
- Does a boxer properly execute the tactics?



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CHAPTER III  
**COMPETITION**





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### **3.1. PRIOR TO THE COMPETITION**

When the boxer is ready to enter a competition:

- Register the boxer with the competition organizing committee
- The boxer's training program should be adjusted to the competition schedule
- The coach must check the body weight of boxer
- The coach must check the Competition Program and become familiar with it

Also, the coach should make sure that the boxer has all the necessary competition equipment and it may include:

- Registration and Documents
- Uniform (Blue and Red Vests and Trunks)
- Boxing Boots and Socks
- Cup protector (Men) and Breast protector (Women)
- Gumshield
- Clean Towels, Personal Water Bottle
- Tracksuit and Equipment Bag
- Bandages
- Headguard and Boxing Gloves (Unless provided by Organizing Committee)

### **REGISTRATION AND DOCUMENTS**

According to the AIBA Technical and Competition Rules, the boxer must possess the following three documents, in order to participate in any of AIBA Approved Events:

- Passport
- Boxer's Record Book issued by National Federation
- Accreditation Card of the Competition

### **UNIFORM**

Boxers are required to wear red or blue vest and trunks, matching their corner, during the competition.

Where the vest and trunks are the same color, the belt line must be clearly indicated and trunks must not exceed knee length

### **BOXING BOOTS AND SOCKS**

Light boots or shoes without spikes or heels, socks. A soft knee brace is acceptable; no metal or hard plastic

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## **PROTECTOR**

For Men Competition, a cup protector shall be worn by men Boxers during all bouts and a jock strap may be worn additionally.

For Women Competition, a breast protector and Pubic protector may be worn by women Boxers.

## **GUMSHIELD**

A gumshield must be worn in any competition. It should be form-fitted and no red or partially red colored gum shields are allowed.

*Please refer to Appendix F: AIBA Technical and Competition Rules for more detail*

## **THE OFFICIAL MEDICAL EXAMINATION**

All boxers who participates in AIBA Approved Events, must be considered as fit to compete and will be examined by an appointed official physician prior to the competition.

Coach must be aware of the medical examination time and location set by organizing committee of the competition. On the day of the medical examination, men and boy boxers must shave their facial hair before the medical examination.

## **THE GENERAL WEIGH-IN**

Check the boxer's weight before he/she enters the General Weigh-In session. Trial scale may be available at the General Weigh-In venue before entry to the General Weigh-In room.

All boxers who compete for the AIBA Approved Events must attend the General Weigh-In on the morning of the first competition day.

On the General Weigh-In, the registered Boxer's weight should not exceed the maximum of the Boxer's weight class nor be below the minimum of the Boxer's weight class.

Boxers are also required to attend the Daily Weigh-In each day on which the boxer is due to box to ensure that the actual weight of boxer does not exceed or fall below the boxer's weight class.

In many events, General Weigh-In occurs immediately after the Medical Examination. However, the Daily Weigh-In can be held at different locations. The coach must be aware of the exact time and location of the General Weigh-In and the Daily Weigh-In.

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## **THE OFFICIAL DRAW**

The official draw for the AIBA Approved Events will be held soon as after the official medical examination and general weigh-in is completed. It will be completed no less than three (3) hours before the first bout on the first day of the competition

The computer draw system is used in all AIBA approved events, and the bout schedule will be arranged based on the official draw result.

The coach should attend the official draw to confirm if the boxer is placed in the correct weight categories and ensure that he/she has the result of the draw and the bout schedule. The Draw result should be recorded on personal note and informed to the boxers.

## **SEEDING PROCEDURE OF THE OFFICIAL DRAW**

To ensure even strength throughout the draw and to avoid the best World Ranked Boxers meeting in the early rounds, the draw may be seeded or arranged subject to the restrictions for each different AIBA Approved Events as follow:

- World Championships
  - Eight seeds per weight category for Elite Men World Championships
- Olympic Games
  - A maximum of two seeds if there are less than 16 entries in the weight category
  - A maximum of four seeds if there are 16 to 31 entries in the weight category
  - A maximum of eight seeds if there are 32 to 63 entries in the weight category
- Confederation Championships
  - A maximum of two seeds if there are less than 16 entries in the weight category
  - A maximum of four seeds if there are 16 to 31 entries in the weight category
  - A maximum of eight seeds if there are 31 to 63 entries in the weight category

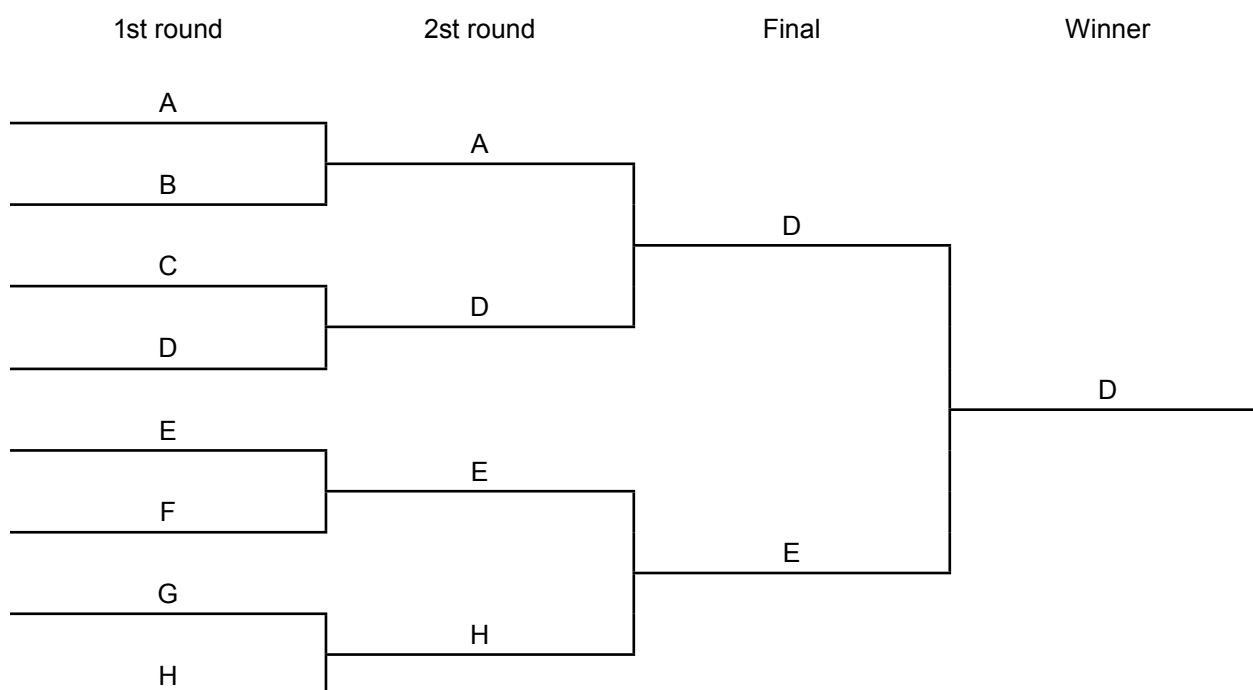
For the AIBA Approved Events, the seeding of the draw shall be controlled by AIBA.

## DRAW PROCEDURES

When the number of Boxers is 4, 8, 16, 32, 64, 128, or any higher power of 2, they shall meet in pairs in the order drawn, as in *Diagram 1*, for eight boxers.

The seeded entries shall be selected as the best AIBA World Ranked Boxers in the event.

### DIAGRAM 1

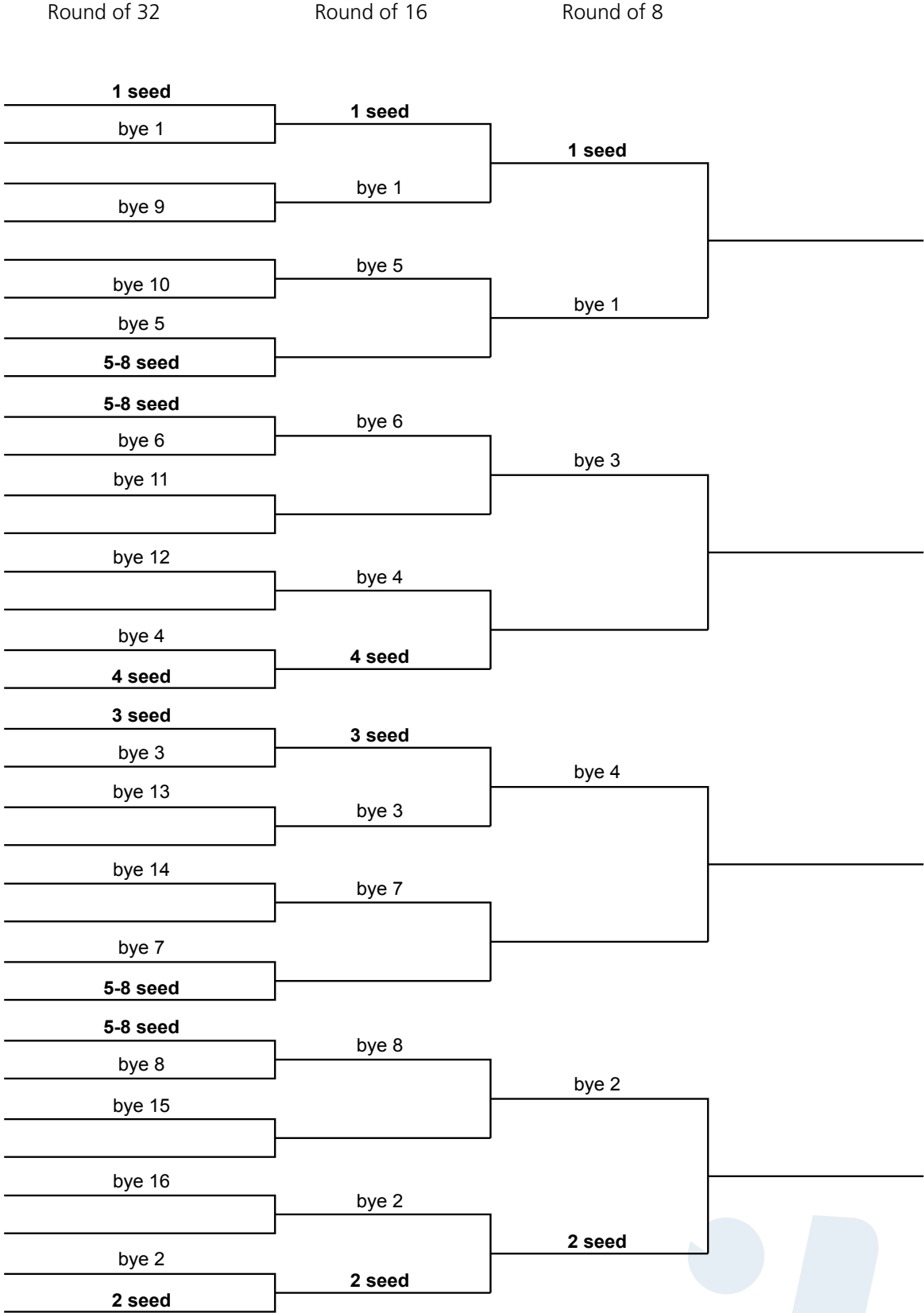


When the number of Boxers is not a power of 2, there shall be byes in the first round of bouts. The number of byes shall be equal to the difference between the next higher power of 2 and the number Boxers (ex. with 17 Boxers, there  $32 - 17 = 15$  byes).

Depending on the number of seeds as listed above in "Seeding Procedure in Official Draw" section, the top 2 and 4 seeded entries shall be dealt with as follows and shown in *Diagram 2* and *Diagram 3* (ex. 1 seed, 2 seed, 3 seed, 4 seed).

- Number 1 placed at the top of the draw
- Number 2 placed at the bottom of the draw
- Number 3 placed at the top half of the bottom of the draw
- Number 4 placed at the bottom half of the top of the draw
- Numbers 5 to 8 drawn by an independent panel of observers to the remaining eight of the draw as shown in *Diagram 2* and *Diagram 3* (ex. 5-8 seed)
- The remaining spots shall be filled with non-seeded Boxers randomly by the computerized draw system

**DIAGRAM 2**



# DIAGRAM 3



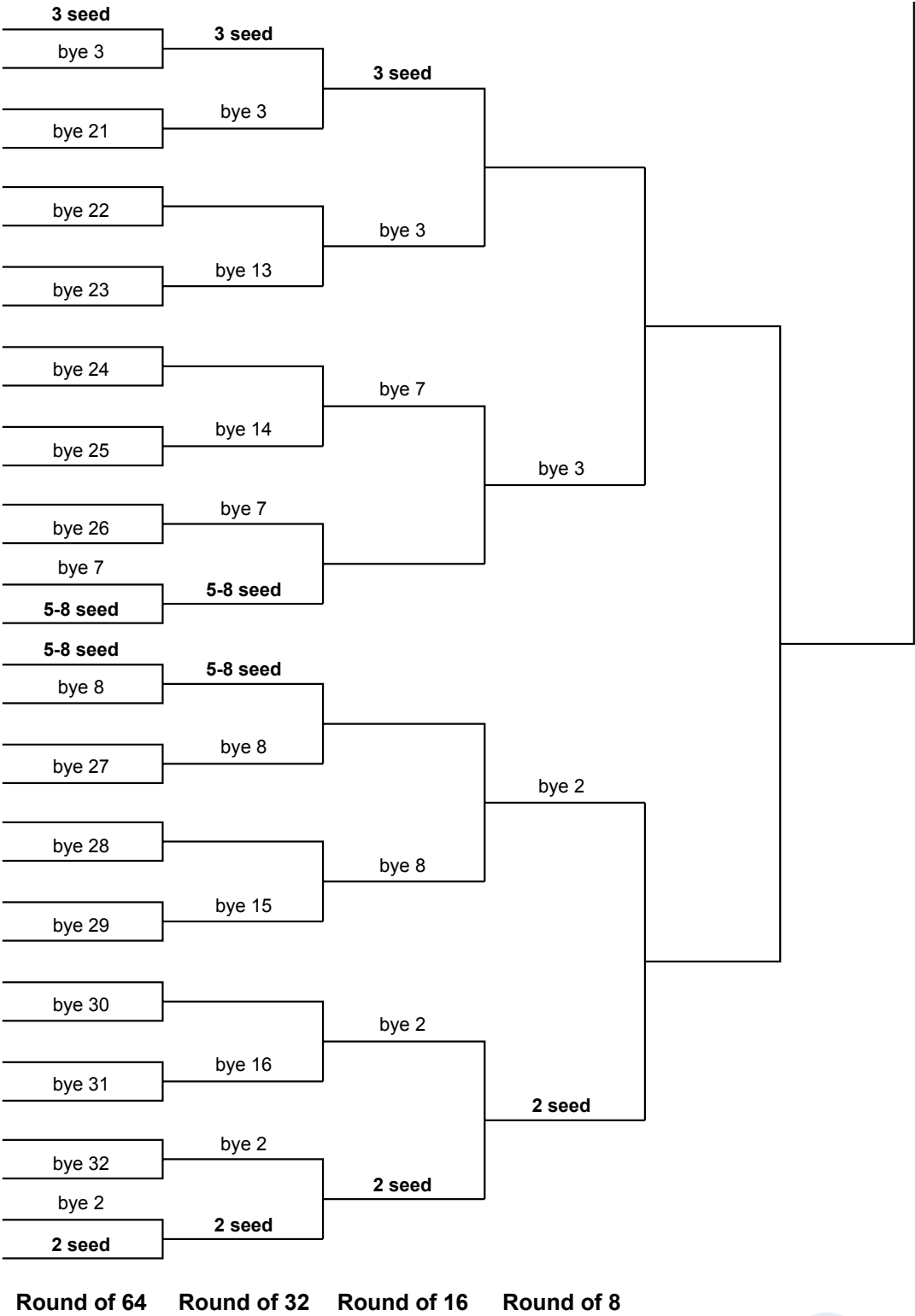
DIAGRAM 3 (zoom A)

DIAGRAM 3 (zoom B)

**DIAGRAM 3 (zoom A)**



**DIAGRAM 3 (zoom B)**





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## **3.2. DURING THE COMPETITION**

### **3.2.1. BEFORE THE BOUT**

On the day of the bout, the coach must ensure that boxers attend the Medical Examination and Daily Weigh-In. The coach should also make sure that boxer has all the personal equipments, including both red and blue vest and trunks, in case of changes of corners prior to the bout.

It is beneficial for the boxer to arrive at the competition venue at least an hour before he/she is due to box. Upon the arrival at the competition venue, the coach must ensure the day's competition schedule is the same as his/her bout schedule. In some cases, the order of the competition can be changed without notice.

After confirming the day's competition schedule, the coach shall pick up the headguard, boxing gloves, and bandages from the equipment check table, if it is available by organizing committee. Equipment pick up should be done at least 20-30 minutes prior to the bout.

#### **HEADGUARD**

At all AIBA Approved Events, boxers must wear a headguard. The headguard should be of the same color as their corner. At all AIBA Approved Events, the Organizing Committee will provide the headguard.

#### **BOXING GLOVES**

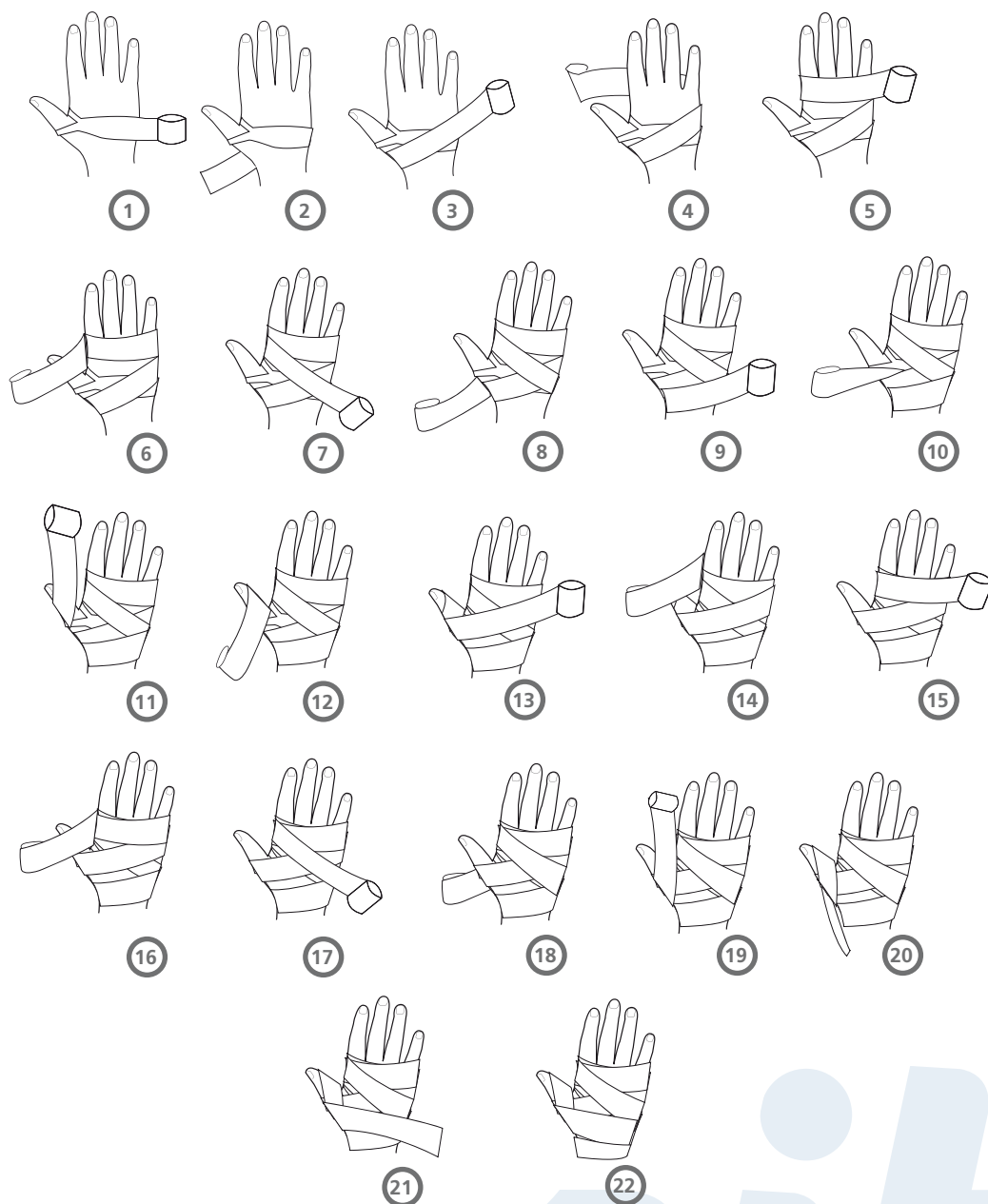
At all boxing events, boxers must wear boxing gloves that are manufactured by AIBA approved licensees. Boxing gloves should be of the same color as their corner. When the organizing committee provides the boxing gloves, boxers are not allowed to wear his/her own gloves.

## BANDAGES

At all 3 Star Events, the organizing committee will provide bandages for each bout. Bandages can be picked up at the equipment check table. Bandages can be applied in the dressing room in the presence of a Host Federation Official and must be checked and marked by an Official Equipment Manager at the equipment check table before the bout.

If bandages are not provided by the organizing committee, the boxer shall use his/her own bandages.

A bandage must no longer than 4.5m. (14.76 feet), and no shorter than 2.5m (8.2 feet). The bandage should be 5.7cm (2 ¼ inches) wide. It should be made of a stretched material and have an AIBA approved closing system.



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## **PROHIBITED OBJECTS**

Any objects other than the uniform, headguard, boxing gloves, boots and bandages are not allowed during the bout. Prohibited objects also include any body piercing and body accessories, and cannot be worn during the bout.

## **WARM UP**

Until the boxer reaches the elite level, the coach should stay with the boxer and help the boxer to get warmed up properly, prior to the bout. The coach must ensure the on-going progress of the competition, and conduct warm-up activities accordingly. Some of the warm-up activities before the bout include:

- Stretching
- Gymnastic Exercises
- Shadow Boxing
- Trainer Pads

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### **3.2.2. DURING THE BOUT**

As mentioned in Chapter 1, when the coach enters into the Field of Play (FOP) with the boxer, he/she will be referred as the Second. As the Second, he/she should sit by the assigned corner of the ring, monitor the boxer's performance, and assist the boxer between the rounds.

The Second should monitor progress of the bout. Seconds are allowed to possess the towel and if he/she believes that the boxer is unfit to box, unable to continue, or getting punished by the opponent boxer, he/she shall retire the boxer by throwing a towel into the ring. However, the Second shall not retire the boxer while the referee is conducting a count.

When the bell rings that indicates the end of the round, the Second is allowed to come up to the platform and one of the two Seconds can enter the ring to assist the boxer. Assisting the boxer between the rounds may include:

- Have the boxer to sit or stand in the corner to take deep breaths
- Check the boxer's condition and ensure he/she is fit to box in the next round
- Advise with tactics in short, clear, and understandable manner
- Provide encouragement
- Provide a good recovery, such as supply water, place ice pack on the back of the neck and generate a breeze with the towel to lower the body temperature.

Before the start of the next round, the Seconds must step away and shall not remain on the platform. Also, before the round begins, everything (buckets, sponges, towels, and etc.) on the platform must be removed.

### **WALK-OVER**

In any case of walk-over, a boxer has to be in the ring fully attired to boxing. Boxer must follow same procedure as opponents are in the ring.

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### **3.2.3. AFTER THE BOUT**

At the end of the final round, the coach shall take off the gloves, headguard, and gumshield of the boxer. Appreciate and recognize the boxer for his/her effort.

#### **HAND SHAKE**

After the bout's decision has been indicated by the referee, the boxers may walk to opponent's corner and the Second shall shake hands with the opponent boxers as a sign of sportsmanship and friendly rivalry in accordance with the Rules of boxing.

#### **EXITING THE FOP**

- Upon the exiting the ring, the Second and the boxer will be directed to the Mix Zone
- Before leaving the FOP, boxer who lost the bout shall pick up the record book
- After the leaving the FOP, the boxer will walk through the mix zone. The mix zone is the area dedicated to media
- As soon as the boxer passes through the mix zone, he/she must visit the medicamedical room before going back to the locker room. Even if there are no noticeable injuries.

Despite the result of the bout, the Coach should wait for several hours or until the next day to evaluate and discuss the performance with the boxer. The coach should focus more on the boxer's health and appearance at this point than the performance and the result.

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### **3.3. AFTER THE COMPETITION**

As a coach, he/she needs to create a positive atmosphere around the gym and in training sessions. Also, a coach needs to focus on boxer's emotions more than his/her own. If the boxer is disappointed with the competition result, stay with the boxer and make sure that the boxer is keeping his/her emotions controlled and does not harm or create a negative atmosphere around the gym and during the training sessions. Try to encourage the boxer and prepare for the evaluation of his/her competition performance.

Analysis of bouts should be done without considering the boxer's emotion, when the boxer's emotion is considered, the coach may not be able to point out certain things that boxer has done wrong. When analyzing the bouts with boxers, pay special attention to:

- What were the techniques and skills that were used the most?
- What were the tactics used and how did boxer implement them?
- What were the defensive skills used during opponent's attacks?
- What was the reason for the result of the bout?

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### 3.4. RULES AND REGULATIONS

#### 3.4.1. AGE CLASSIFICATION

- The age of a boxer is determined by his/her year of birth
- Age 15 to 16, boy and girl boxers are categorized as “Junior Boxers”
- Age 17 to 18, boy and girl boxers are categorized as “Youth Boxers”
- Age 19 to 34, men and women boxers are categorized as “Elite Boxers”

#### 3.4.2. WEIGHT CATEGORIES

##### ELITE MEN AND YOUTH BOYS BOXERS

After the bout's decision has been indicated by the referee, the boxers may walk to opponent's corner and the Second shall shake hands with the opponent boxers as a sign of sportsmanship and friendly rivalry in accordance with the Rules of boxing.

Weight Categories	Minimum Weight (kg)	Maximum Weight (kg)
Light Fly	46	49
Fly	49	52
Bantam	52	56
Light	56	60
Light Welter	60	64
Welter	64	69
Middle	69	75
Light Heavy	75	81
Heavy	81	91
Super Heavy	91	

## ELITE WOMEN AND YOUTH GIRLS BOXERS

Weight Categories	Minimum Weight (kg)	Maximum Weight (kg)
Light Fly	45	48
Fly	48	51
Bantam	51	54
Feather	54	57
Light	57	60
Light Welter	60	64
Welter	64	69
Middle	69	75
Light Heavy	75	81
Heavy	81	

## JUNIOR BOYS AND JUNIOR GIRLS BOXERS

Weight Categories	Minimum Weight (kg)	Maximum Weight (kg)
Pin		46
Light Fly	46	48
Fly	48	50
Light Bantam	50	52
Bantam	52	54
Feather	54	57
Light	57	60
Light Welter	60	63
Welter	63	66
Light Middle	66	70
Middle	70	75
Light Heavy	75	80
Heavy	80	



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### 3.4.3. ELIGIBILITY OF BOXERS

- Any boxer participating in AIBA Approved Events must be a national of the country of the AIBA National Federation participating in such competitions.
- If a boxer is a national of two or more countries at the same time, this boxer shall select only one National Federation to enter AIBA Approved Events.
- Once the boxer selects one National Federation, he/she shall not enter any AIBA Approved Events with changed National Federation team for three (3) years.

### 3.4.4. DURATION AND NUMBER OF ROUNDS

	ROUNDS	MINUTES	REST BETWEEN ROUNDS
MEN ELITE AND YOUTH BOYS	THREE (3)	THREE (3)	ONE (1)
WOMEN ELITE AND YOUTH GIRLS	FOUR (4)	TWO (2)	ONE (1)
JUNIOR BOYS AND GIRLS	THREE (3)	TWO (2)	ONE (1)

### 3.4.5. THE DECISION

- Win on Points
- Win by Retirement
- Win by Referee Stopping Contest (RSC)
- Win by Disqualification
- Win by Knock-Out
- Win by RSCH
- Win by Walk-Over
- No Contest

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### 3.4.6. THE FOULS

- Hitting below the belt, holding, tripping, kicking, and butting with foot or knee
- Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent, pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes
- Hitting with open glove, the inside of the glove, wrist or side of the hand
- Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch
- Pivot blows
- Attacks whilst holding the ropes or making any unfair use of the ropes
- Lying on, wrestling and throwing in the clinch
- An attack on an opponent who is down or who is in the act of rising
- Holding, holding and hitting or pulling and hitting
- Holding, or locking of the opponent's arm or head, or pushing an arm underneath the arm of an opponent
- Ducking below the belt of the opponent in a manner dangerous to an opponent
- Completely passive defense by double cover and intentionally falling, running or turning the back to avoid a blow
- Useless, aggressive, or offensive utterances during a round
- Not stepping back when order to break or attempting to strike an opponent after the Referee has ordered break
- Assaulting or behaving in an aggressive manner toward a Referee at any time
- Spitting out the gumshield
- Keeping the advanced hand straight in order to obstruct the opponent's vision

### 3.4.7. SECONDS

- Each boxer is entitled to have up to two (2) seconds.
- The Seconds must be the coaches who are qualified in their National Federations and must respect and follow the AIBA Rules and Regulations.
- Only one (1) second can enter the ring during the rest period between rounds
- The second is not allowed to remain on the platform of the ring, when the round begins. He/She is also responsible for removing seats, towels, buckets, and etc. from the platform
- Any second who is encouraging or inciting spectators in any ways, will be removed from the Field of Play and will not be allowed to act as the second during that bout
- If the offense occurs a second time, the Second will be removed from competition
- Use of any communications devices in the Field of Play, such as but not limited to mobile phones, walkie-talkie, smart phones, headsets, shortwave radios, and etc is prohibited.

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CHAPTER IV

# **ADDITIONAL ASPECTS**



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## 4.1. MEDICAL

### 4.1.1. INJURIES

Injuries can occur at anytime of the day, anywhere. It can happen during training, or at the competition. During the competition, ringside doctors and medical personnel will immediately take care of a boxer for any injuries, however, it is coach's responsibility to take care and protect the boxer from injuries but, also to provide a first-aid treatment, in case of any injuries occurring during training.

Types of injuries in Boxing:

- Nosebleed
- Fractured Nose
- Fractured Jaw
- Boxer's fracture
- Stave Bennett's fracture
- Intraorbital Injuries
- Periorbital Injuries
- Laceration
- Haematoma
- Facial Tenderness
- Cauliflower Ear
- Perforated Drum
- Concussion

### 4.1.2. INJURY PREVENTION

In order to prevent injuries, the first and foremost thing that a coach has to do is to provide a safe environment for training. The following criteria can also help boxers from getting injured during training or at the competition.

- Must follow safety guideline for using the facility and equipments
- If equipment is worn out or missing pieces, do not use it
- During the technical training with partner, the boxer must be fully attired with headguard, protectors, training shoes and etc.
- When sparring during the practice, the boxer should wear a headguard that covers most of the head and face and bigger boxing gloves (ex. 16oz gloves)
- During the sparring, the sparring partner has to be selected accordingly, based on the physical and level of skills of the boxer and based on the main objective of sparring.
- The boxer must have proper Warm-Up before the training and competition
- Provide the boxer with enough time for recovery before or after training and competitions
- Grease or Vaseline rubbed into the face before sparring to prevent injury

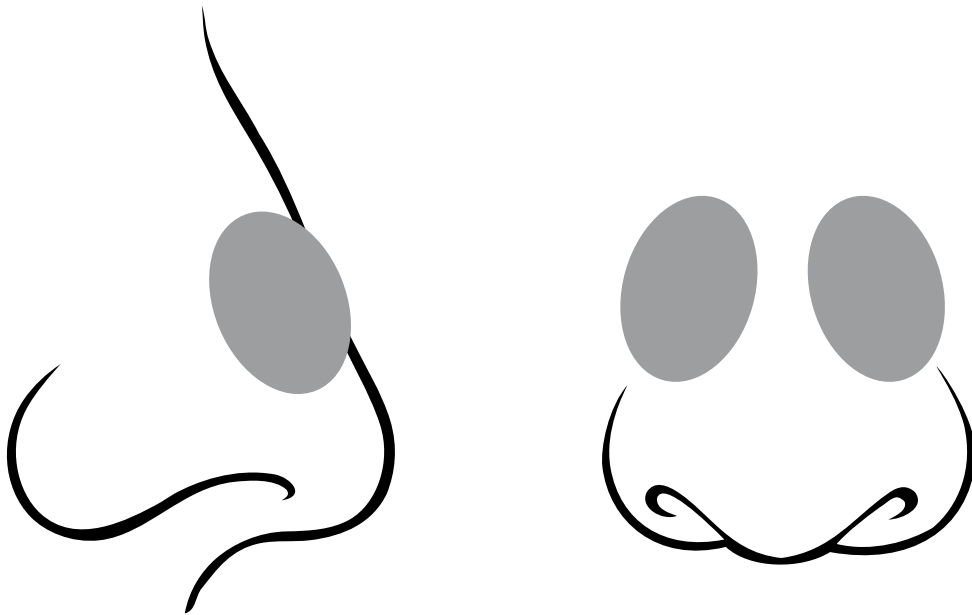
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### 4.1.3. TREATMENT FOR MINOR INJURIES

In any cases, if the injuries are more severe than minor cuts or bruises, the Coach should call the emergency medical assistance before conducting any first treatment.

#### NOSE BLEED

- Sit up straight and tip your head slightly forward
  - Do not tilt your head back. This may cause blood to run down the back of your throat, and you may swallow it
- Breathe through the mouth
- Apply an ice pack to your nose, cheeks, and neck (The cold will stop bleeding and swelling)
- Use thumb and forefinger and firmly pinch the area shown in grey in picture below for 10 – 20 minutes



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## **BRUISE**

- Apply bag of ice or ice pack to the bruised area for approximately for 20 minutes to speed healing and reduce swelling. After a short break, this process can be repeated.
  - Do not apply ice directly to the skin. Wrap the ice pack in a washcloth or towel

## **CUT**

- Be sure the wound is cleaned well with disinfectant swab or similar
- Apply plaster strip (bandage)

## **SPRAIN**

- Lay the athlete down on flat ground
- Elevate sprained area
- Apply ice pack or bag of ice cubes on the injured part
  - Do not apply more than 20 minutes at a time
- Use the elastic wrap to wrap the injured area, overlap the elastic wrap by one-half of the width of the wrap. Make sure the wrap does not cut off blood circulation, the wrap should be snug. If the injured athlete's sprained area becomes cold, blue, or tingle, re-wrap.

## **FRACTURE**

- If the fracture looks severe, call for medical assistance or transport the person to the emergency room
- Lay the athlete down on flat ground
- If there is bleeding, apply pressure to the bleeding area to stop bleeding before splinting
- For broken arm or leg bones, put a splint (made of wood, plastic, metal or other rigid materials) and padded with gauze against the area to prevent movement
- Wrap the splint to the area using bandage; then elevate the fractured area
- Transport the athletes to the medical emergency room or wait until medical personnel arrive

## **BRAIN CONCUSSION**

- Apply ice pack or bag of ice on the injured area
  - Do not apply directly to the skin. Wrap the ice pack in a washcloth or towel
- Apply ice for 20-30 minutes
- Transport the athletes to the medical emergency room
- Warning signs of more serious concussion include nausea and vomiting, confusion, dizziness. In such case, the athlete needs to be transported to hospital immediately or call for medical assistance

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#### **4.1.4. TREATMENT FOR SEVERE INJURIES**

In any case of severe injuries during the training, the coach must call the emergency number immediately. Until the emergency medical personnel arrive, the coach must stay with the injured boxer all the time and not perform any treatment on the boxer.

In a case of a knock-down during the training:

- Lay the boxer in comfortable and safe position
- Remove the mouthpiece and hold the head in a safe position (maybe we should add the illustration presenting the safe position)
- Apply cold sponges to the forehead and neck
- Carefully remove the headguard
- If the boxer suffers the concussion from the knock-down, it should be recorded in the coach's diary
- The coach must escort the boxer to see a physician and verify that he/she is in fair condition
- The boxer should have another medical check-up according to the AIBA competition and technical rules and regulations



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## 4.2. NUTRITION

- The main goal of diet is to provide adequate energy for recovery and muscle tissues to repair quickly and efficiently without adding body fat
- The best strategy is to create a year-round eating strategy that includes weight management that ensures the boxer does not get outside 10% of his competitive boxing weight.
- It is recommended to eat approximately every 3-4 hours (Eat minimum four (4) meals per day at regular intervals)
- Drink water or a sport drink to maintain proper hydration, especially during the training.
- Avoid water-like substances such as sodas or lemonades. Although these may contain water and some carbohydrates, they also contain a greater amount of the useless type of carbohydrate source
- Don't forget about minerals and vitamins
- Plan diets that consist of a wide variety of foods and keep in mind the basic food groups – This is the best insurance for getting the needed nutrients.
- Diet of young athletes should be based on proper selection of nutritional elements such as:
  - Carbohydrates - brown rice, whole-meal pasta, oatmeal, whole-meal bread, vegetables, fruits and potatoes
  - Proteins- tofu, egg, fish, chicken, beef, pork and half fat cottage cheese
  - Fat- butter, seeds, nuts, sea fish, vegetable oils and olive oils
  - Vitamins- vegetables, fruits and other products, rich in following vitamins - C, B, D, A, K
  - Minerals – sodium, potassium, magnesium and iron
- For athletes, it is recommended to compose their diets, based on following ratios (calories):
  - 55 percent of carbohydrate
    - 1 gram of carbohydrate = 4 calories
    - Based on a consumption of 2,000 calories, 1,100 calories derives from carbohydrate
    - 1,100 calories = 275 grams
  - 15 percent of protein
- Daily protein intake: 1.6 – 1.8g per 1kg of bodyweight
  - 30 percent of fat
    - 1 gram of fat = 9 calories
    - Based on a consumption of 2,000 calories, 600 calories derives from fat
    - 600 calories = about 66 – 67 grams
- Try to consume additional 300 to 500 calories than your weight-maintenance level during the training season
- Drink fat-free or low fat milk
- Increase protein intake to 2g per 1 kg of bodyweight
- During the off-season, boxers should strive to either increase lean muscles mass and/or improve their physical weaknesses

### BEFORE AND AFTER TRAINING SESSION

- 30 to 40 minutes before the training, consume 30 – 40 grams of carbohydrate and 20 grams of protein
- Consume sports drinks or drinks containing carbohydrates and proteins during the training session and immediately after, to avoid dehydration, prevent blood glucose levels falling too low and help maintain the body's glycogen stores

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### **4.3. WEIGHT MONITORING**

The body weight of the boxers will place boxers into the specific weight categories at the competition. In many cases, boxers start to control their body weight, a few days before the competition starts and such habits can be risky, not only for the boxer's well-being, but also the boxer may not be able to make the specific weight.

It is essential for the coach to constantly monitor and help the boxer to maintain his/her body weight without the competition.

- Before and after every training session or competition, body weight should be measured to see the impact of the training on the body weight
- It is dangerous to reduce body weight through dehydration or crash dieting
- The coach should monitor the fluid intake by the boxer and help him/her to take a sufficient amount of fluid during training
- Losing weight may cause boxers to be tired easily and quickly, the coach shall provide adequate meal plan that includes, time, frequency and what boxer should eat.
- If boxer wants to gain weight and build up body mass to compete in upper weight categories, the coach shall provide \ nutrition plan with a higher calorie intake.
- Athletes should reduce intake of the unhealthy food, such as soft drinks, oils, butters, sweets, too much coffee and tea, white bread, fast food.
- The nutrition plan should be based on the fruit/vegetables, rice, lean meats, natural drinks, pasta, grains

### **4.4. ANTI-DOPING EDUCATION**

The AIBA Anti-doping program seeks to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport". It is the essence of Olympianism; it is how we play true. However, doping is fundamentally contrary to the spirit of sport.

Therefore, AIBA accepted the revised 2009 World Anti-Doping Code. Anti-doping rules are adopted and implemented in a professional manner and AIBA will continue its effort to eradicate doping in the sport of boxing.

#### **4.4.1. IN-COMPETITION DOPING TEST**

All athletes under the jurisdiction of a National Federation are subjected to in-competition testing by AIBA, the Athlete's National Federation, and any other Anti-doping organization responsible for testing at a competition or event in which they participate.

- In AIBA approved events, AIBA is the organization responsible for the testing
- In all other events, the Local Organizing Committee is responsible for the testing

#### **SELECTION OF ATHLETE TO BE TESTED IN-COMPETITION**

At International Events, each individual athlete finishing in one of the top three placements in all weight categories in the competition, plus one other boxer in the competition selected at random.

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#### **4.4.2. OUT-OF-COMPETITION DOPING TEST**

AIBA has a Registered Testing Pool of those athletes who are required to comply with the whereabouts requirements of the International Standard for testing. The purpose of the AIBA Registered Testing Pool is to identify top-level international athletes who the AIBA requires to provide whereabouts information to facilitate Out-of-Competition testing by AIBA and other Anti-Doping Organizations with jurisdiction over the athletes.

#### **SELECTION OF ATHLETE TO BE IN AIBA REGISTERED TESTING POOL**

- During the Olympic Qualification Period, every athlete who has obtained a quota place for his country, independently if he will be participating in the Olympic Games
- The elite medal winners of the latest World Cup, World & Continental Championships
- The elite medal winners of the Previous Olympic Games
- Any athlete, member of a National Team, selected randomly by the AIBA Medical Commission
- List of athletes will be available on the AIBA website (<http://www.aiba.org>)
- Even if the athlete no longer fulfils any of the above criteria, he/she will remain in the Registered Testing Pool until the end of the calendar year

#### **Responsibilities of athletes in the AIBA Registered Testing Pool**

- Need to file quarterly reports with AIBA on forms provided by AIBA which specify on a daily basis the locations and times where the athletes will be residing, training and competition
- Need to update his/her information as necessary so that it is current at all times.
- Be available for testing at such whereabouts

The ultimate responsibility for providing whereabouts information rests with each athlete; however, it shall be the responsibility of each coach and National Federation to make its best efforts to assist AIBA in obtaining whereabouts information as requested by AIBA.

#### **Anti-Doping Rule Violations**

- The presence of a prohibited substance or its metabolites or markers in an athlete's sample
- Use or attempted use by an athlete of a prohibited substance or a prohibited method
- Refusing or failing without compelling justification to submit to sample collection after notification as authorized in AIBA anti-doping rules, or otherwise evading sample collection
- Failure to advise AIBA of his/her whereabouts
- Failure to be available for testing at his/her declared whereabouts



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CHAPTER 5

# **ADVANCE TECHNIQUES**



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In the earlier part of the Coaches Manual, we have covered the basic part of boxing skills, techniques and boxing related information that fits with beginning level to 1-Star level coaches. In the advanced part of the Coaches Manual, we will explore the boxing techniques and coaching preferences in four different countries and region's. These countries and region includes Europe, Russia, USA and Cuba.

Furthermore, in the advanced part of the Coaches Manual, advanced level of training exercises and methodology will be presented along with individualization of training and control and monitoring (evaluation) of the boxer's performance and skills.

Before moving on to learn the advanced technique, the coach must understand and make sure that the boxer has mastered the basic boxing stance, basic punches, defenses and movements such as bodyweight shifting, upper body movement without moving the feet, feet movement without losing balance, etc. Mastering these basic skills will allow the boxer to launch different attacks freely and effectively.

Basic punches learned in the previous part of the Coaches Manual are the basis and foundation of the boxer's attacking skills. It is very important for the boxer to understand that the attacking skills taught in the advanced technique portion are variation of the basics learned previously.





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## **5.1. ADVANCED TECHNIQUE - EUROPE**

Europe is a continent that consists of many countries and its boxing style has been influenced by countries like England, France, Germany, Italy, Poland, Russia and others. Each country developed its own system of training camps, competitions, analysis, evaluations, control and monitoring of the sports trainings. However, after the World War II, these styles have been mixed and the coaches from each country added different elements from their knowledge and experiences, specifically aimed to improve individual boxer's skills and preparations.

European coaches work to develop the boxer's technical and tactical skills based on the individual boxer's physiological and physical skills as well as psychological preparation level. The boxer executes a series of short and dynamic punches with good leg movements and combinations of punches after their defense actions.

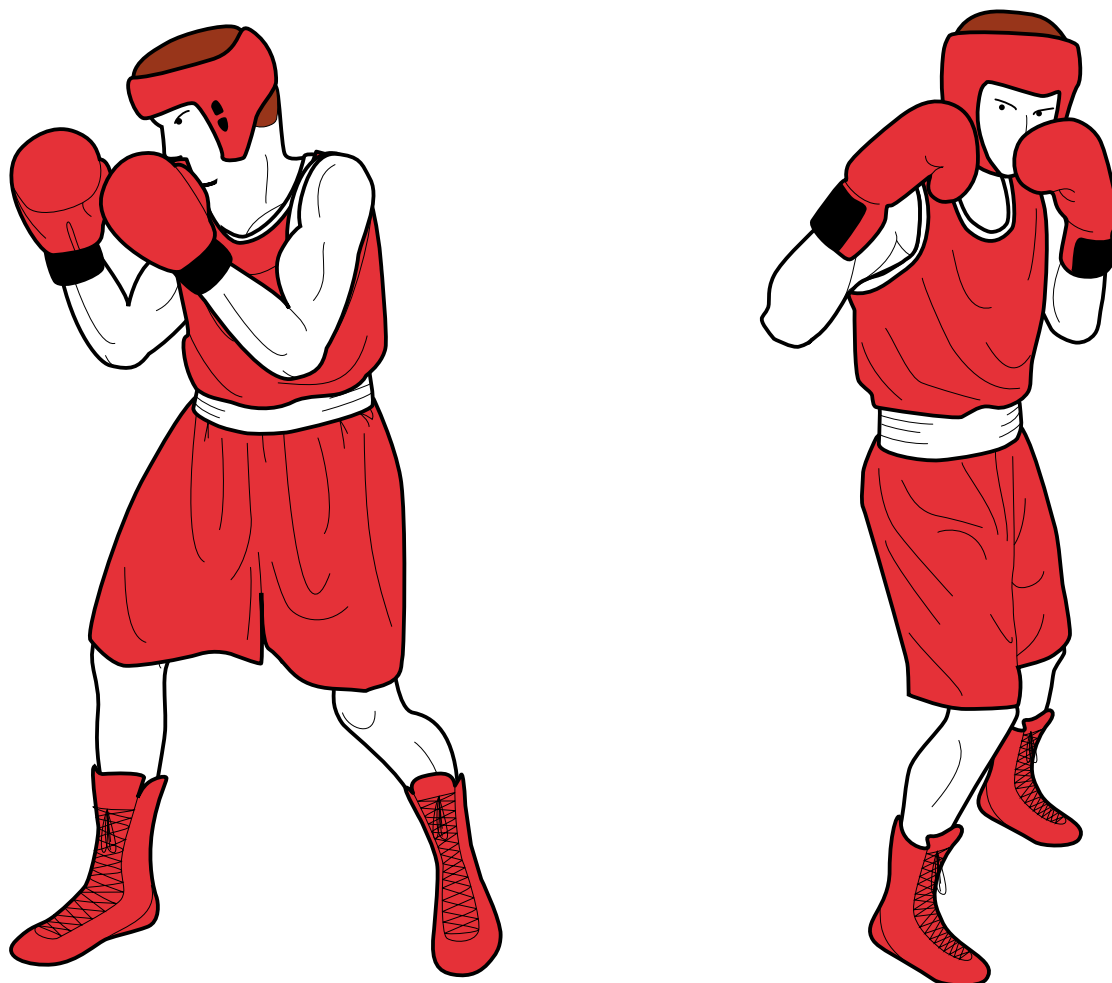
### **5.1.1. BOXING STANCE**

With the efforts of the coaches to develop the boxer's technical skills with individual strengths and weaknesses, each advanced boxer has different boxing stance. However, all boxers alternate their boxing stances with different weight distribution to their legs, shoulder, arm and hip positions and standing up or bent down. Decision to alternate the boxing stance is based on the offensive, defensive situations and tactics of the bouts.

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## WEIGHT TO LEAD LEG

- Used when the opponent is in the attacking range. This stance allows the boxer to attack without preparation movement and can constantly throw combination punches.
- Can be used for draw the opponent.
- With this stance, it is more difficult to make a step or move than the classic stance. Therefore, it is necessary for the boxer to have good defensive skills.
- In some situations, the boxer may have to distribute his/her weights to both legs. Therefore, the boxer should practice shifting his/her bodyweights back and forth.

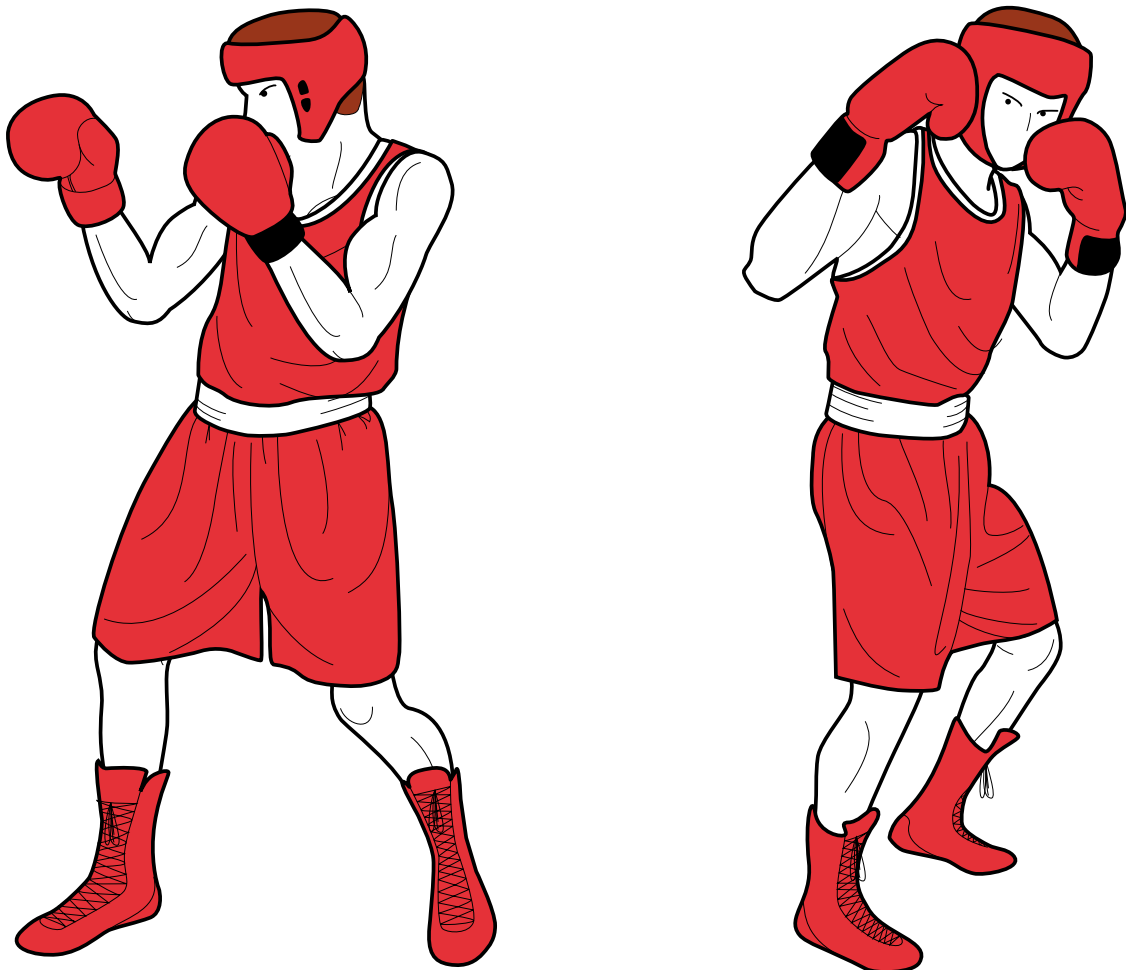


1. From the Classic Boxing Stance
2. Place feet slightly wider than shoulder width apart
3. Bodyweight is shifted slightly toward the lead leg and flat on the floor
4. Bend knees down slightly
5. Keep face straight toward the opponent

---

## WEIGHT TO REAR LEG

- This boxing stance is used for boxer who prefers boxing in long-distance, defensively and has strong counter punches
- This boxing stance allows boxer to stay away from the opponent's attacking range
- Boxer uses lead foot and lead hand to measure the distance to the opponent
- Boxer can shift body weight quickly to the lead foot to be in the attacking range before the opponent prepares for the defense

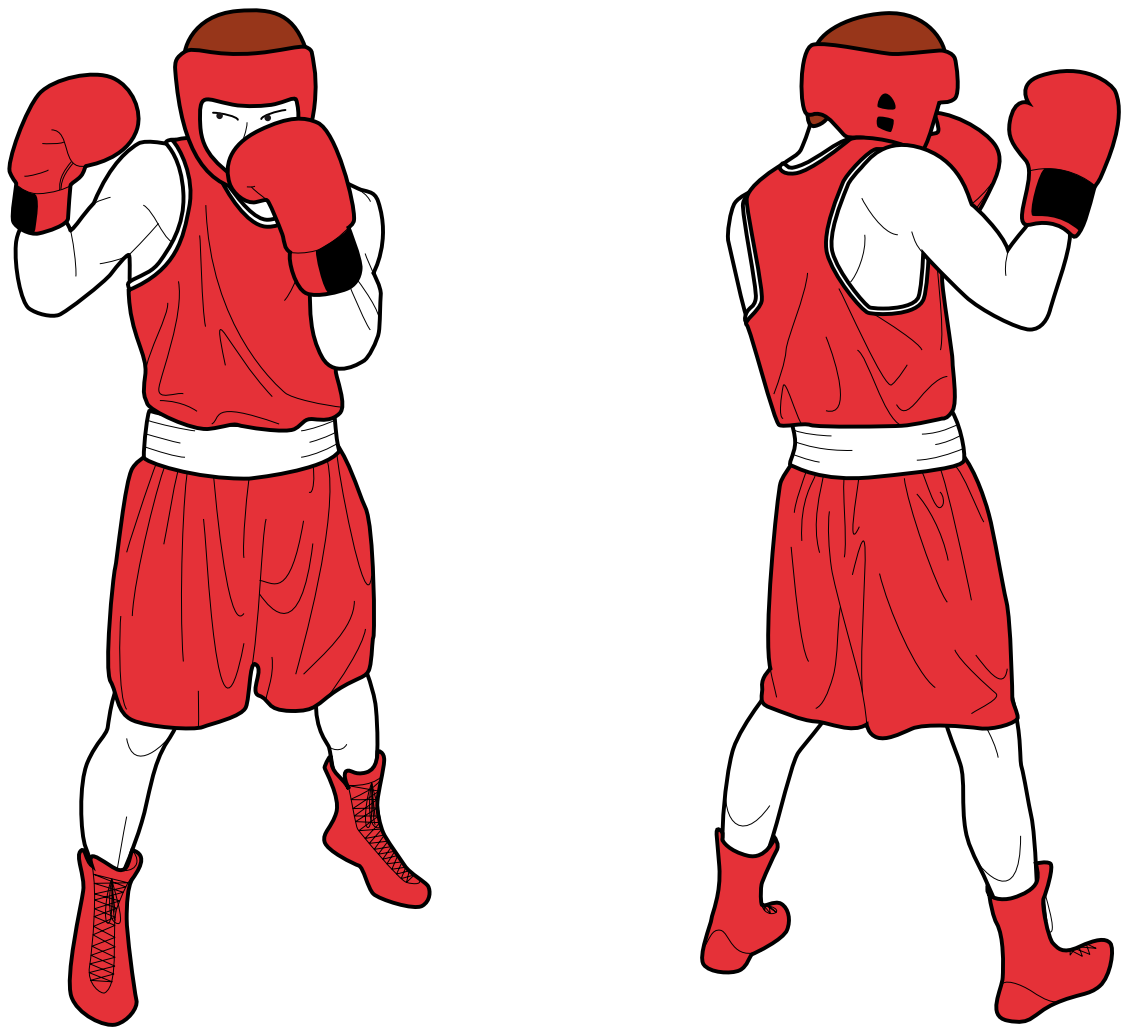


1. From the Classic Boxing Stance
2. Shift bodyweight slight towards the rear leg and keep lead foot flat on the floor
3. Rear foot slightly rotated inward
4. Bend rear leg knee down slightly
5. Keep face straight towards the opponent
6. Lead arm is slight upward and forward
7. Keep rear hand close to the chin

---

## HIGH SHOULDER AND HIGH LEAD ARM

- This position allows the boxer to protect the chin on the lead hand side
- Suitable for a boxer with a slower reaction time
- Suitable for a boxer who prefers to use the lead hand

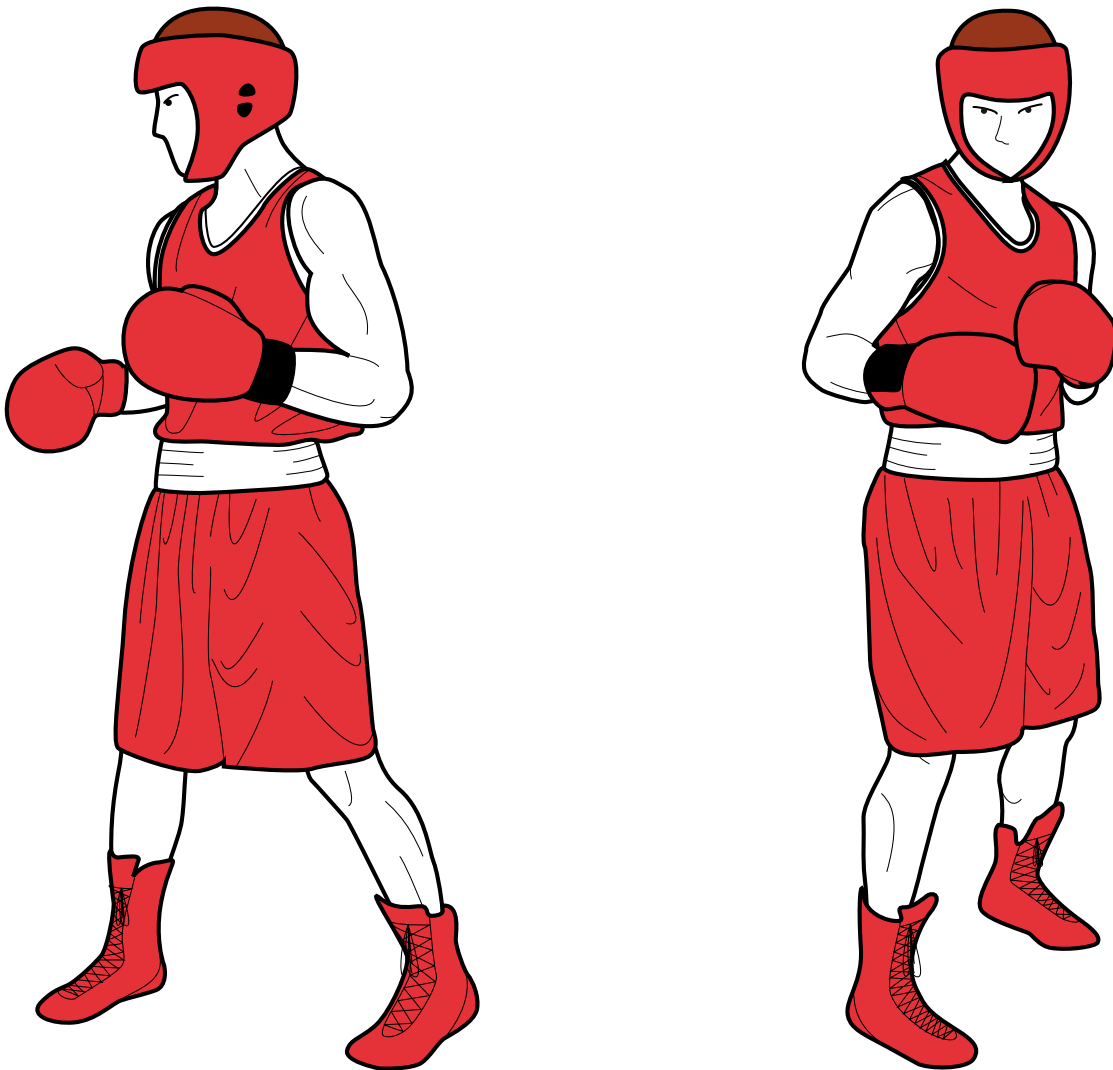


1. From the Classic Boxing Stance
2. Shrug the shoulder on the lead arm close to the chin
3. Keep the lead arm elbow close to the 90 degrees angle, in line with the upper ribcage area
4. Bring rear hand close to the cheek
5. Knees slightly bent
6. Bodyweight distributed equally to both feet

---

## LOW ARMS

- Easier for the boxer to observe the opponents' movement
- Suitable for a boxer with good speed, reaction time and coordination
- Suitable for a boxer with quick punches
- Suitable for a boxer with strong self-confidence and psychological preparations

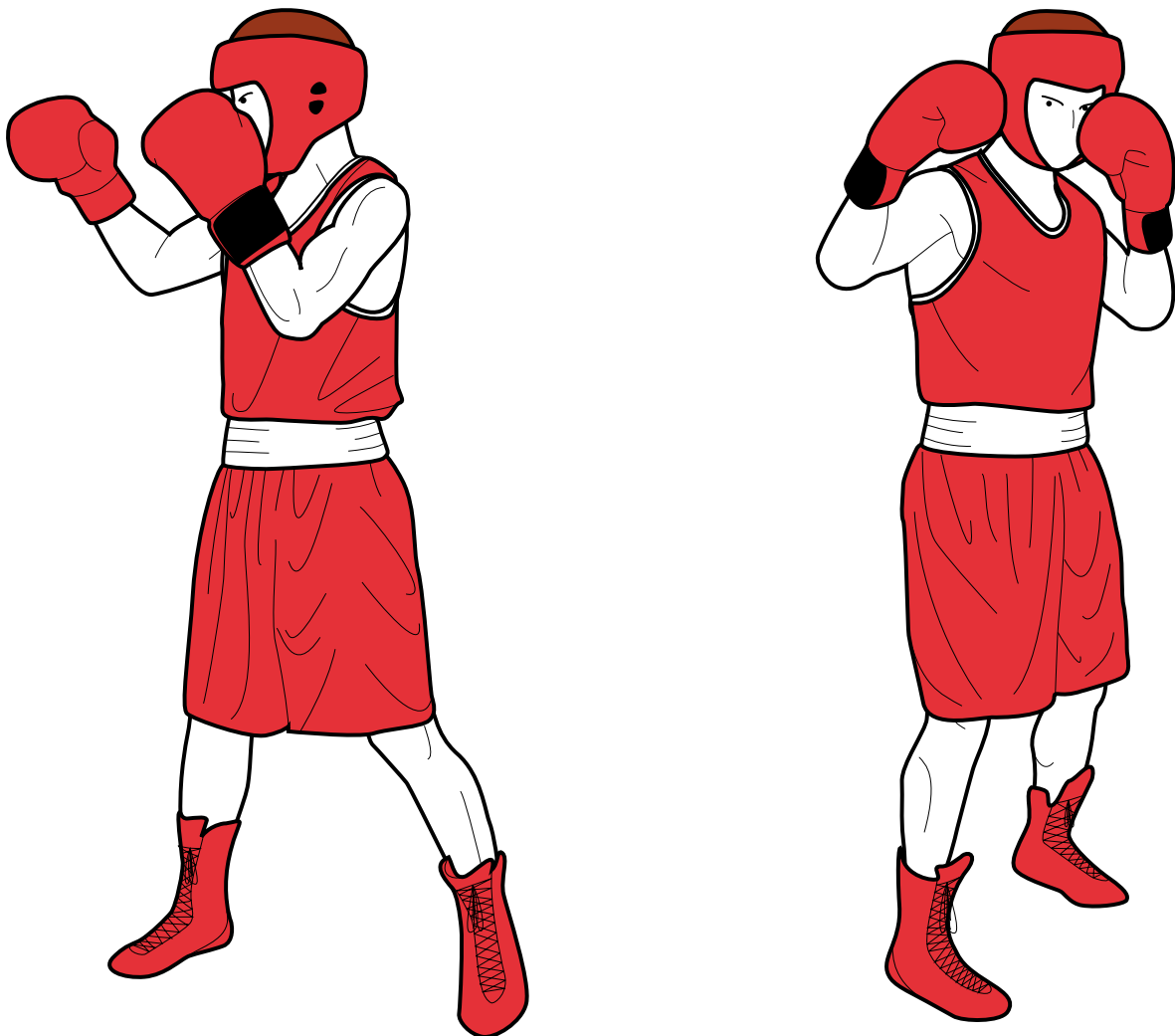


1. Rotate the body slightly towards the rear side, 45 degree angle
2. Place feet slightly wider than the shoulder width
3. Bodyweight distributed equally to both feet
4. Bend knees down slightly
5. Slightly raise the heel of the rear foot
6. Rotate both feet heels approximately 45 degrees toward the rear side
7. Place rear hand on the level of chest and tuck elbow close to the body
8. Place lead arm down, bend elbow slight and hand near the waist area
9. Keep face straight towards the opponent

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## UP-RIGHT STANCE

- Suitable for a boxer who prefers long straight punches and fighting in the center of the ring with very good leg movement
- Dangerous when the boxer is against the rope or in the corner

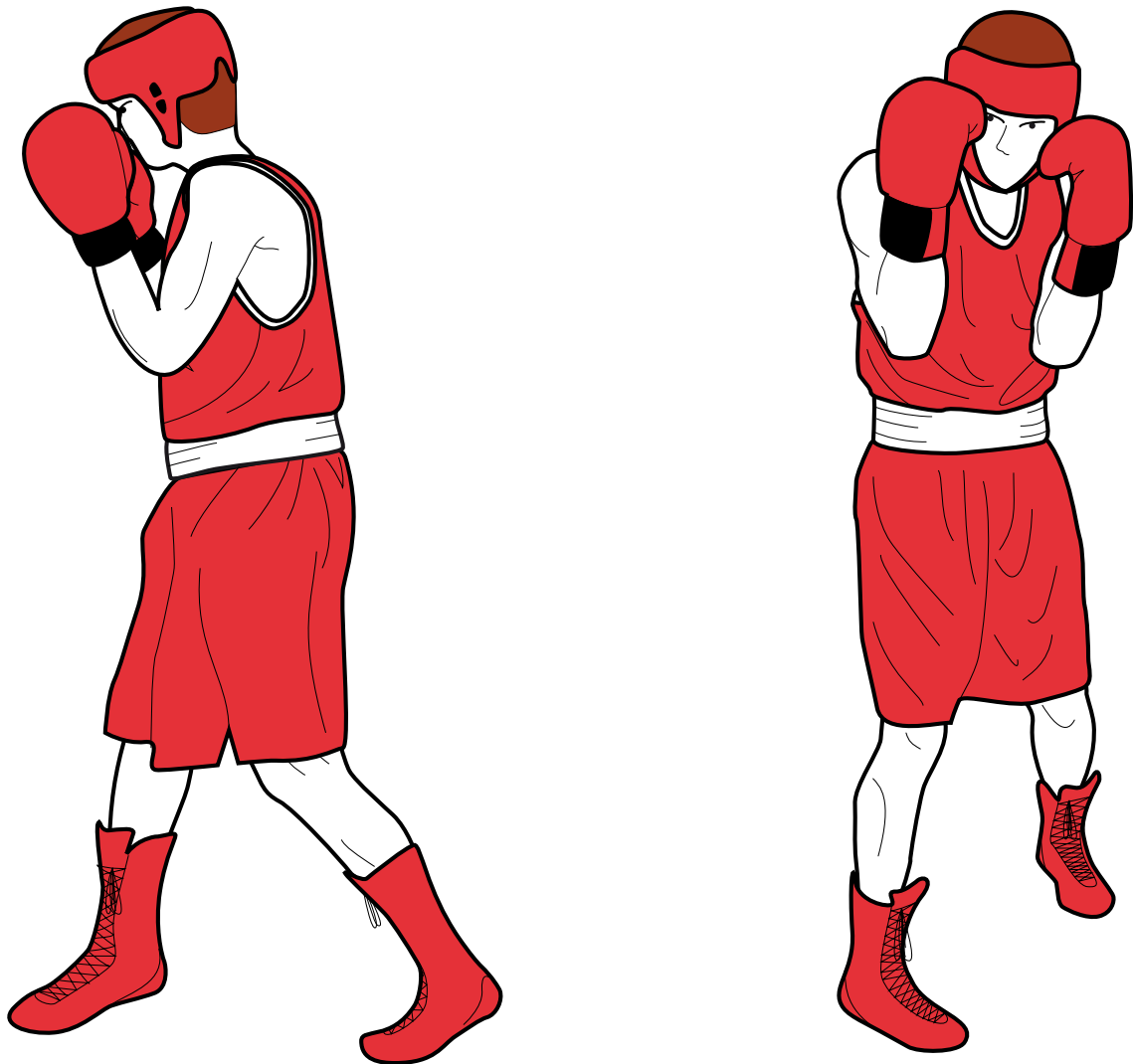


1. From the Classic Boxing Stance
2. Stand straight
3. Keep both hands up high near eye level
4. Keep both heels off the floor

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## CROUCHING STANCE

- Suitable for boxer who prefers box in short and medium distance

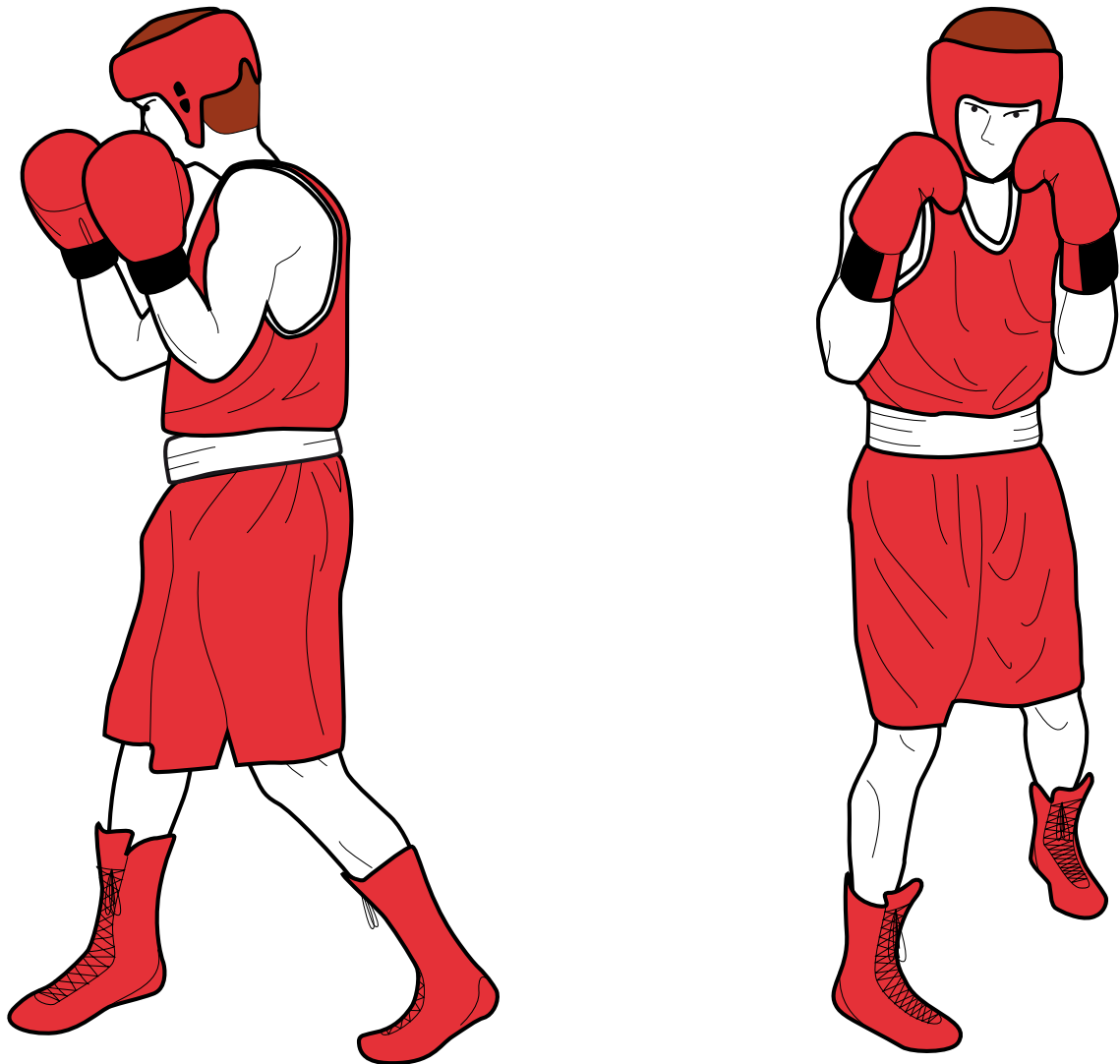


1. From the Classic Boxing Stance
2. Bodyweight is distributed equally to both legs
3. Bend the knees down slightly
4. Lead foot is flat on the floor
5. Bend both elbows and tuck into the body
6. Place hands near the eyebrows and close both arms toward each other
7. Keep the chin close to the chest
8. Keep the face straight towards the opponent

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## FRONTAL STANCE

- Suitable for boxers who prefer to box in short distance
- Suitable for boxers with strong punches
- Suitable for boxers who have strong and quick punches with both arms



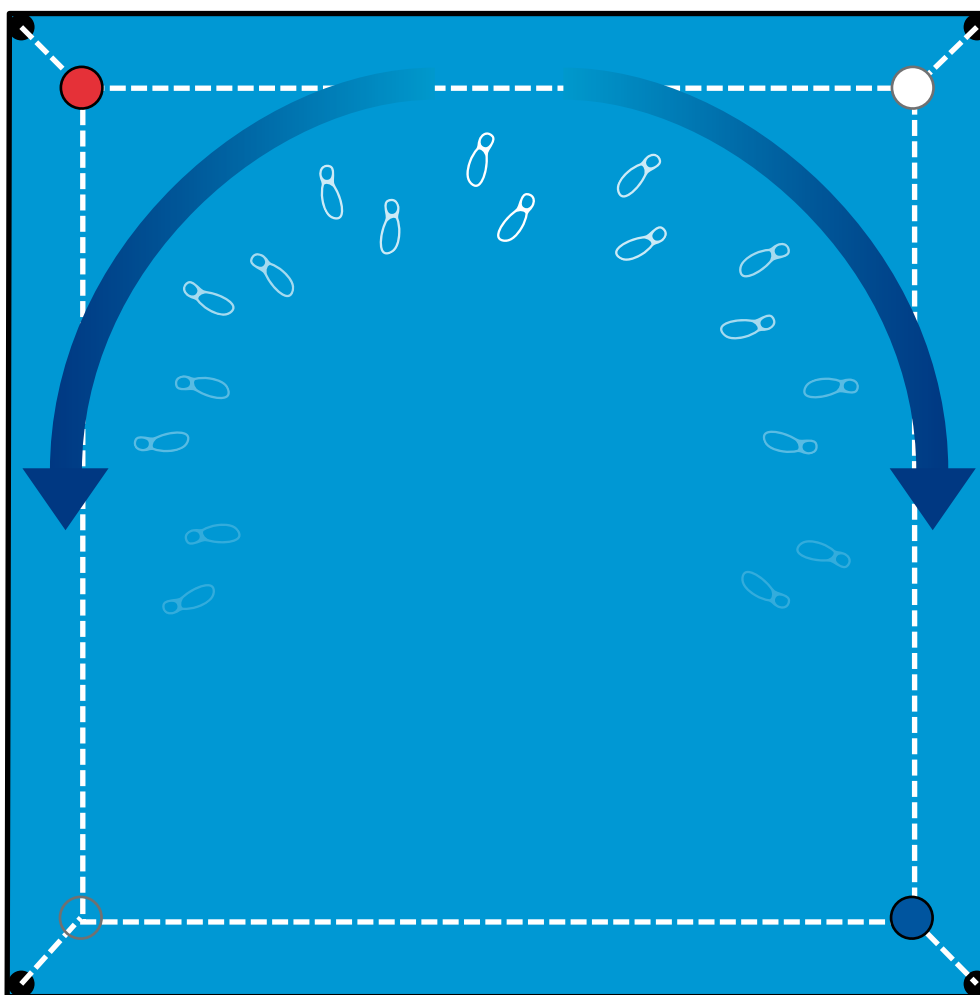
1. From the Classic Boxing Stance
2. Stand straight and rotate upper body slightly to the rear side
3. Bodyweight is distributed equally to both legs
4. Both feet point forward
5. Bend knees down slightly
6. Lead foot is flat on the floor
7. Bend the elbows and tuck close to the body
8. Place hands near the chin
9. Keep the chin close to the chest
10. Keep the face straight towards the opponent



### 5.1.2. FOOTWORK

In the previous part of the Coaches Manual, we have discussed about basic boxing steps. The boxer must master making forward, backward, left and right steps with good coordination and balance, in order to have advanced level of foot work / foot movement.

Since the boxer fights with a limited space in the ring, the boxer must learn to make a round movement as shown in diagram before learning additional foot movements.



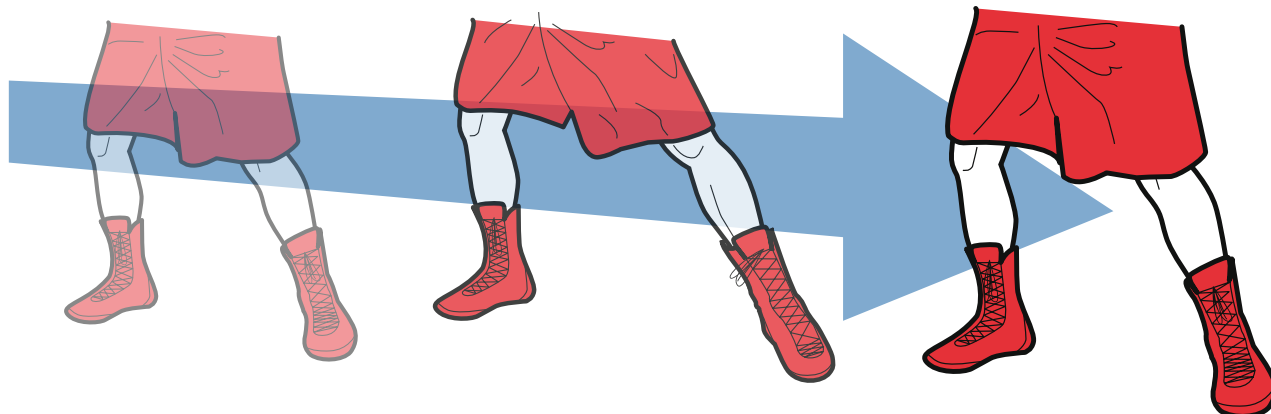
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## **ADDITIONAL FOOTWORK**

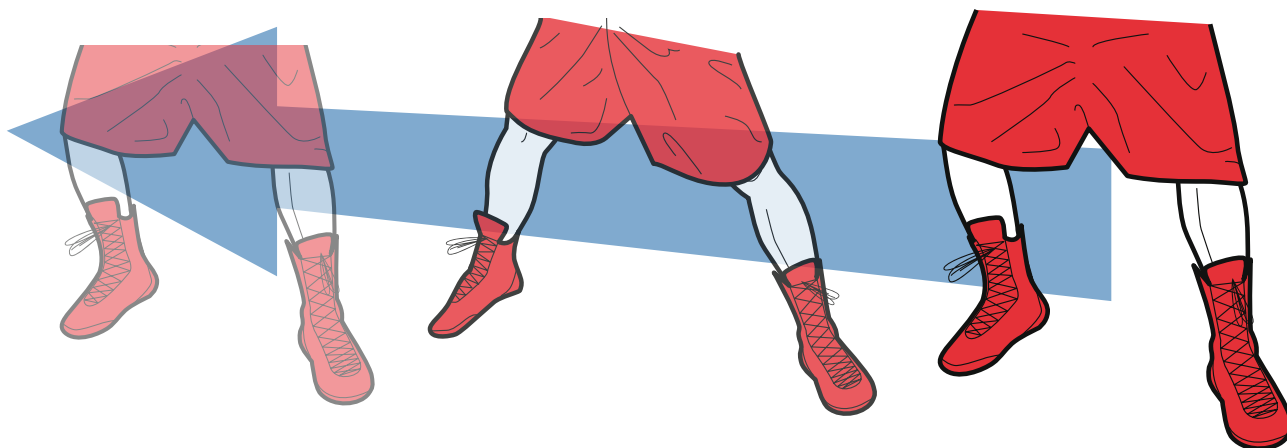
### **SLIDING**

- Basic movement used for both attack and defense

#### **SLIDING FORWARD**



#### **SLIDING BACKWARD**

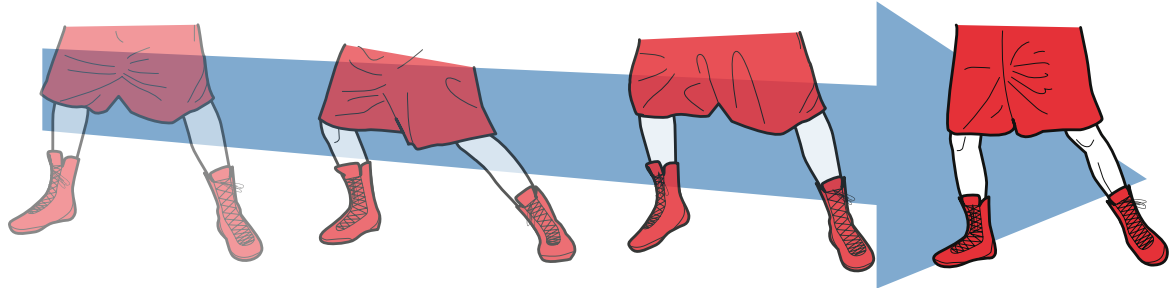


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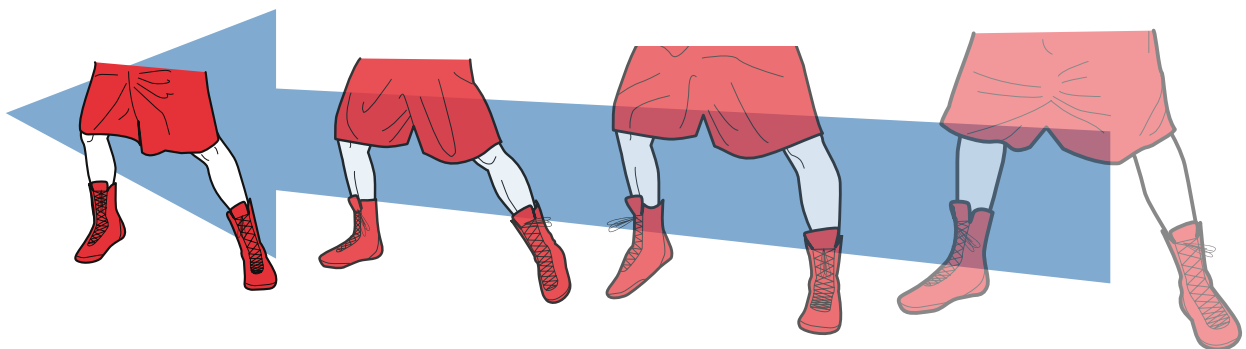
## STRIKE-GLIDING

- Shall be made quicker than sliding movement
- Mostly used to cut off opponent's movement and to put pressure onto the opponent

### STRIKE-GLIDING FORWARD



### STRIKE-GLIDING BACKWARD

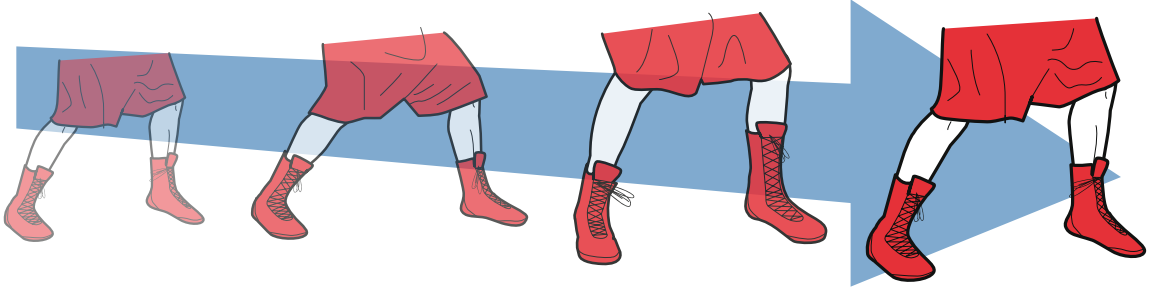


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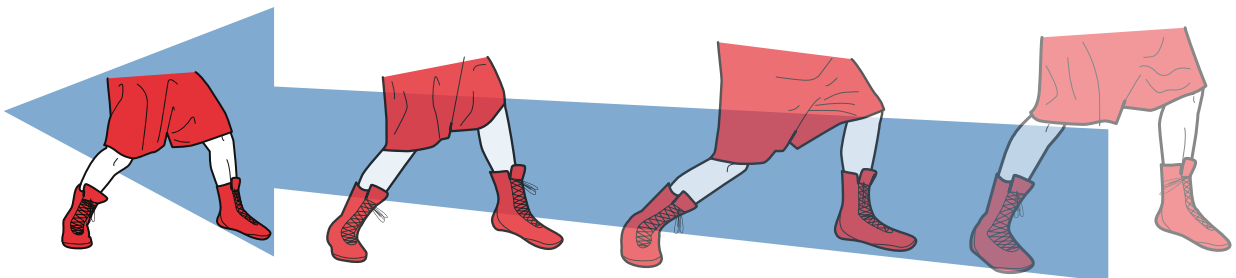
## SPRING-GLIDING

- Allows the boxer to quickly move away from the opponent after the attack
- To create breaks and recovery time, as well as to relax after actions and secure a point advantage

### SPRING-GLIDING FORWARD



### SPRING-GLIDING BACKWARD



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### 5.1.3. ATTACKS

Advanced attack consists of combination of different elements, such as movement, feints and different punches. When the boxer masters the basic element of punches, movements, feints and defenses, the coach shall combine the boxing elements and try different variations according to the tactics, situations and boxer's characteristics (strength and weaknesses).

#### COMBINATION OF PUNCHES

- Short series of punches – attack with combination of hooks and uppercuts constantly in short distance against the opponent
- Long series of punches – attack with combination of straight punches constantly in medium to long distance against the opponent
- Accentuated punches – not all punches are thrown with maximum strength and speed. Among the series of punches, the boxer choose to throw one or two punches with maximum strength and speed

#### ATTACK WITH PREPARATION

- Preparation includes any maneuvering action to draw opponent's movement. These include feints, drawing out or maneuvering actions
- When the boxer creates an opening, immediately attacks the opponent

#### ATTACK WITHOUT PREPARATION

- Boxer observes the opponent's movement to seek for opening
- When the boxer sees an opening, immediately attacks the opponent
- Using proper combination of punches to take advantage of the opening

#### COUNTER

- Counter to the Head
  - When opponent shows a move to perform lead hand straight punch to the head
  - Quickly perform the lead or rear hand straight punch to the opponent's head to the side where he/she is performing the straight punch
  - Simultaneously, move the head away from opponent's punch
- Counter to the Body
  - When opponent shows a move to perform lead hand straight punch to the head
  - Quickly perform the lead or rear hand straight punch to the body toward the opponent's side where he/she is performing the straight punch

#### COUNTER ATTACK

- Responsive action after performing defense move against opponent's attack

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#### **5.1.4. DEFENSES**

##### PASSIVE DEFENSE

- Boxer takes no immediate actions and remains observing the opponent after the opponent's attack

##### ACTIVE DEFENSE

- Boxer takes immediate action after the opponent's attack with either counter attack or anticipated action

##### TYPES OF DEFENSIVE MOVES

Defense Action can be divided into three categories.

1. Hand, Arm, Shoulder defense - Uses hand and shoulder to either block or parry opponent's attack
  - Hand Defense Double Arm Cover
  - Catch / Block
  - Arm Block / Elbow Block / Shoulder Block
  - Parry
2. Body defense - Uses upper body or lower body? to make defensive moves
  - Ducking
  - Rotation
  - Swaying Back
  - Moving upper body to either left or right side
3. Leg defense - uses foot movement to move away from the opponent's attack range
  - Step Back
  - Jump Back
  - Step or jump to either left or right side

---

### 5.1.5. FEINTS

- Hiding boxer's intention by deceptive action
- Different types of feints should be applied for certain tactics and situations
- Feints must be quick and provoking
- Feints should be made in appropriate distance
- Feints can be also used for close-in of the distance; boxer uses feints to get closer to opponent by moving forward or drawing opponent to move closer or make opponents to move backward toward the rope or corner
- To make opponent to take any attack action that will create an opening for the counter-attack

#### TYPES OF FEINTS

- Head Feint
  - Move the head forward and retract
  - Move the head side to side
- Eyes Feint
  - Look to opponent's abdomen area
  - Look to opponent's feet
- Arm Feint
  - Extend lead arm slightly to opponent's head or body and retract, imitates the attack movement
- Body Feint
  - Move the upper body (shoulders) toward the opponent or sideways to imitate the intention of striking a blow, and return to original position
- Leg Feints
  - Flex one or both knees slightly to lower the body then stand back up, pretend that the boxer is making an preparation for the attack movement
  - Anchor one leg on the floor, while the other leg move to the different directions

#### COMBINATIONS OF FEINTS

Each type of feints can be applied individually or combined with two or more elements.  
Ex.) Hand with Eyes or Leg with Hand and etc.

When performing feint movements, boxer must think about own defense, anticipate for any of opponent's counter-attacks. Meanwhile, a boxer must also think about his/her action after the feint. Feints should be used as preparation actions for a main attack.

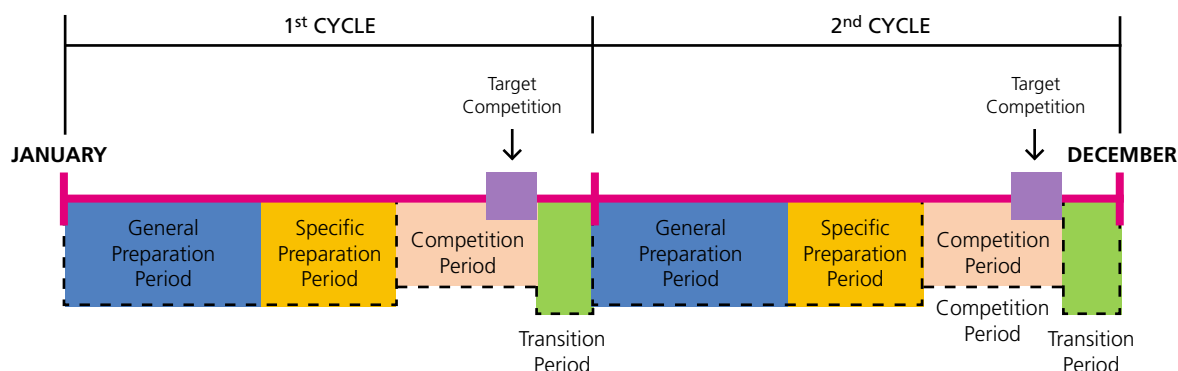
### 5.1.6. TRAINING PLAN DEVELOPMENT

The training program is an essential element to the development of the boxer. Training program must be well-planned and organized with individualization for the boxer with his/her skills level and preparations level.

When developing the training plan, coaches must consider the followings:

- Goals and objectives of the boxer
- Boxer's skills and preparation level
- Schedules of the Major Competitions

One of the methods of developing 1-year training plan for European Group is to divide the one year into two six months cycle. At the end of each cycle, coach selects one competition to become the target competitions that the boxer will focus his/her training on.



Each cycle consists of four (4) periods, General Preparation, Specific Preparation, Competition and Transition Period. In each periods, the boxer trains with different training goals and objectives to prepare for the "Target Competition" at the end of each cycle.

When developing 1-year training plan:

- Must be aware of when and where the control, major and target competitions are held
- Develop from backward to front, from the end of the calendar (target competition) to the first day
- Participate in small or medium tournament before and between the major competitions to control and monitor (evaluate) boxer's preparation level and progress
- Select tournament according to boxer's preparation level. Harder tournament may have negative effect on boxer's psychological level
- Training program and schedule shall change accordingly by increase or decrease the intensity, mix of different training exercises to keep boxers' interest and motivational level high



## GENERAL PREPARATION PERIOD

Training focus of the general preparation period is the development of physical abilities such as endurance, strength, speed, coordination and flexibility which are the foundation to achieve an boxer's goal in the major and target competitions. Important thing to note is that training exercises in this period shall not be limited to boxers' physical abilities even though general preparation period's focus is development of physical abilities. Coach shall incorporate the elements of specific training as well as technical and tactical elements. Coach must remember to schedule the training of boxing-specific endurance, strength, speed, coordination and etc.

General preparation period can last around 10 to 15 weeks, however based on the yearly competition calendar and the progress of the boxer's skills level and performance, it shall be adjusted accordingly. In each training program in this period can be planned with different exercises in approximately two-hour frame and two sessions a day.

When developing the training plan for this period, coach must be aware that the intensity of this period will be low level while the training volume shall be high.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
Gymnastic Exercises <ul style="list-style-type: none"> <li>• Bend</li> <li>• Turn</li> <li>• Rotation</li> <li>• Jump</li> </ul>	25 min	Moderate	Exercise while walking or jogging simultaneously
2. Main Training			
<ul style="list-style-type: none"> <li>• 10 meters sprints (6 times)</li> <li>• 20 meters sprints (6 times)</li> <li>• Exercise with tennis ball               <ul style="list-style-type: none"> <li>◦ Throwing to partner</li> <li>◦ Dribbling</li> </ul> </li> </ul>	50 min	Moderate and High	Repetition Method of training for Sprint Trainings  Running exercises shall be conducted at maximum speed  Tennis ball exercise shall be done in single throws, two balls throw and/or catching together with other additional movement or exercises
3. Cool-Down			
<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Relaxing Exercise</li> </ul>	20 min		

## SPECIFIC PREPARATION PERIOD (ALSO KNOWN AS PRE-COMPETITION PERIOD)

Specific preparation period, also known as pre-competition period is the period that boxers have direct preparation for the major and target competitions. Therefore, major focus of the training is the development of boxing-specific physical abilities such as endurance, strength, speed, coordination and flexibility with boxing movement, technique and tactics.

Specific preparation period can last around 5 to 7 weeks. This duration can be adjusted accordingly based on the yearly competition calendar and level of boxer's preparation for the competition. In each training program in this period can be planned with different boxing-specific exercises in 1 to 1.5 hours with high or maximum intensity.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> <li>• General exercises</li> <li>• Jump Rope</li> <li>• Shadow Boxing</li> </ul>	5 min 10 min 10 min	Moderate	Warm-up properly to allow boxer's body to adapt to upcoming efforts
2. Training			
<ul style="list-style-type: none"> <li>• Sparring (16oz glove)</li> <li>• Train with a heavy bag (16oz glove)</li> <li>• Shadow Boxing (with dumbbells)</li> <li>• Jump Rope (Change tempo)</li> </ul>	3min / 1min rest (x 4)  3min / 1min rest (x 2)  3min / 1min rest (x 2)  3min / 1min rest (x 2)	Very high  High  High  High	Interval training method
3. Cool-Down			
<ul style="list-style-type: none"> <li>• Abdominal muscle training</li> <li>• Jump Rope</li> </ul>	15 min  10 min	High	Different leg and trunk position for Abdominal Muscle Training

## COMPETITION PERIOD

Competition period, the periods that starts approximately 2 to 3 weeks before the major and target competition and last until the final competition day. During this period, each training sessions are programmed to last 1 to 1.5 hours with high intensity but the low volume to reduce the tiredness of the boxer prior to competition.

In competition period, the coach will work with boxer to review and improve boxing-specific physical abilities, techniques and tactics. The boxer will train with some tactical movement and psychological improvement sessions to have final preparation for the target competitions.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> <li>General Warm-Up</li> </ul>	15min	Moderate	General exercise with walking or jogging simultaneously
<ul style="list-style-type: none"> <li>Stretching</li> </ul>			Stretching
<ul style="list-style-type: none"> <li>Shadow Boxing</li> </ul>	10min	Moderate	Practice defensive movements against straight punches
2. Training			
Technique Training with partner (3min x 6 sets / 1min rest between sets) <ul style="list-style-type: none"> <li>Train different defense movements</li> </ul>	25min	Moderate and High	Each boxer receives a different tasks selected by coach
Medicine Ball Exercises with partner (3min x 6 sets / 1min rest between each set) <ul style="list-style-type: none"> <li>Throw with left hand</li> <li>Throw with right hand</li> <li>Throw with different stances or positions</li> </ul>	25min	Moderate and High	
3. Cool-Down			
<ul style="list-style-type: none"> <li>Abdominal muscle training</li> </ul>	15 min Total	Moderate	Use various bends and with different movement
<ul style="list-style-type: none"> <li>Relaxing Exercises</li> </ul>			

## TRANSITION PERIOD

After the boxer competed at the major or target competitions, coach shall allow the boxer to have transition period also known as the rest period. Transition period shall be adjusted accordingly to the yearly competition calendar or training program and schedule. However, it can be two to four weeks.

This period can be divided into two phases, active-rest phase and preparatory phase. During the active-rest phase, boxer will focus on recovering physiological and psychological tiredness by relaxing and participating in different sports or games other than boxing. The boxer should utilize this period to care or treat for any injuries.

In the preparatory phase, the boxer will start to prepare physiologically and psychologically for the next training cycle by conducting low intensity general endurance and strength training.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"><li>Stretching</li></ul>	15 min	Moderate	Warm-up properly to avoid any possible injuries
2. Training			
<ul style="list-style-type: none"><li>Basketball (2 x 25min)</li></ul>	50 min	Moderate	3 on 3 / 5 on 5 team game
3. Cool-Down			
<ul style="list-style-type: none"><li>Stretching</li></ul>	10 min	Moderate	

**1-YEAR TRAINING PLAN**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	NOTES				
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### 5.1.7. PSYCHOLOGICAL PREPARATION

Psychological preparation in boxing is very important. Boxing is a combat sport which requires good physical and technical-tactical skills but also good psychological preparations, such as bravery, overcoming fears, pain and other circumstances.

It has been witnessed many times that the boxer with weak psychological preparations does not perform with full capacity of their skills in the competitions. Therefore, psychological aspect of boxer is also very important element for the succession.

#### PSYCHOLOGICAL PREPARATION IN GENERAL

- Coach must know the personality of a boxer and work with family, teachers, employer, friends and close ones
- Develop strong bond and relationship between coach and a boxer. Building a trust will allow a boxer to be more confident in coach's words
- Guide a boxer to be able to develop his/her own confidence and decision-making skill
- Do not allow boxer to leave before he/she completes all training routines
- Do not allow boxer to cheat on training exercises
  - If the boxer is required to run 4km, ensure that the boxer runs 4 km, not 3 – 3.5km
  - If the boxer is required to do 100 push-ups, ensure the boxer does properly and do all the workload given
- Gradually increase the work load and intensity after certain training sessions
- Complement the success during the training sessions, this will allow boxer to gain confidence and aim for higher goals
- Constructive criticism must be made for any wrong-doing (cheating, skip the training session without reason, giving up without trying and etc.)
- If possible, get psychologist's help on developing psychological aspect of boxer is recommended. However, coach is the one who must work with an boxer to train and develop his/her psychological aspect
- Conducting psychological training is recommended for approximately 30 minutes/sessions, 1 to 2 times a week day. Some examples of psychological training are:
  - Relaxation
  - Positive-thinking
  - Image Training (Visualization)

#### PSYCHOLOGICAL PREPARATION FOR COMPETITION

- Select tournaments and competitions that fits with a boxer's performance level
- Encourage boxer to have confidence in his/her skills and performance
- Set-up sparring session similar to competition (create similar atmosphere and environment like competition)
- Before and after the bout, make sure a boxer doesn't feel lonely
- Respect boxer's preference, habit and rituals

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### 5.1.8. TACTICS

As much as the physical, technical and psychological aspect of the boxer, tactics plays important role in every bout in tournaments and competitions. Good tactics allow boxers to win bouts with less physical effort and stay in good condition for next bouts. Overall tactic application depends on the individual skills-level of the boxer and tactics for bouts depend on the opponents' skills-level. In Europe, due to the large number of competition available, boxers have more opportunity to implement the tactics learned and gain experience to adopt quicker to change in tactics against the opponent.

In European style of boxing, many tactics were no longer applied or modified in the tournaments and competitions due to the changes of rules and utilization of new technologies such as, gloves and head guards and scoring machine. For example, previously, some coaches ordered boxers to be more aggressive at the beginning of the bout and fight passively in final two rounds. Now this tactic became ineffective due to the changes of rules.

#### GENERAL TACTIC:

- Gain knowledge about opponent
  - By watching opponent at the competition and/or video
  - Draft scenarios of opponent's tactics
- High Tempo – boxing in high tempo through all rounds
- Knock-out – seek to land strong blow on opponent to win a bout by knock-out
- Defense – Mainly concentrate on the defense and wait for opponent's mistakes
- Universal – adapt and execute tactics based on the situation
- Irregular tempo – boxer controls tempo of the bout, either faster or slower
- 3rd round – boxing aggressively on 3rd round or boxing defensively (if winning)
- Combination – combination of two or more tactics

Some of the recent tactics that have been shown by European coaches and boxers during the competition are

- Aim punches toward the head than body
- Do not throw punches with same strength and speed
- Constantly change the speed of the movement to change the speed of the bout
- Teach and train boxers to take advantages of opponent's mistakes in the ring

---

### 5.1.9. IN-COMPETITION ACTIVITIES

#### BEFORE THE BOUT

- Plan the preparation based on the boxer's physical, technical, tactical and psychological status
- Duration of individual warm up should be about 30 – 40 minutes
  - Running with low intensity
  - Gymnastic Exercises
  - Stretching
  - Trainer Pads
  - Jump Rope
  - Shadow Boxing
- If available, work with physiotherapist for massage or massage the boxer's muscles to loosen up for upcoming bouts
- Search for less crowded places for warm-up activity to have least possible distractions, especially for the psychological preparation
- Focus on boxer's strength and opponents' weaknesses during psychological preparation
- Discusses the prepared tactics for an upcoming bout
- For boxing-specific warm-up, a boxer shall work based on the strategy that he/she will perform in the ring
- Before leave the locker room, make sure a boxer wears all equipment and gear and ready to box
- Make sure boxer is concentrated and focused for the bout from the locker room to the ring (no chat or fool around with other boxers on his/her way to the ring)

#### DURING THE BOUT

- In the Corner
  - During the rounds, coaches must sit calm and cool in the corner and observe both boxers' performance
- In the Ring
  - Boxer needs to be briefly informed on his strength and missed opportunities in previous rounds
  - Advice the boxer with positive aspects and tactics for next round
    - > Must be brief
    - > Make sure boxer understand the advice
    - > Give motivational talks
  - After each round, adjust the tactics according to the scores and my boxer and opponent's condition
  - Consider each round and each bout is an extension of the training sessions



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## AFTER THE BOUT

- Allow boxer to conduct some cool-down activities for 15 to 20 minutes to improve recovery before the next bout.
  - Stretching
  - Shadow Boxing
  - Jogging
  - Gymnastic Exercise
- Stay with a boxer
- Control weights for next bout
- Observe the bout of upcoming opponent
- Before analyze the bout video, coach should see the video himself before watching with a boxer. Coach should note following about the opponent:
  - Attack and defense used
  - Movement
  - Applied Tactics
  - Endurance level& physical skills
  - Strength and weaknesses
  - What attack was awarded with a point
  - How the opponent finished each round

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## **5.2. ADVANCED TECHNIQUE – RUSSIA**

Russian boxing style, originated from Soviet Union style of boxing, has been kept many core characteristics from its origin, famous for its skillful boxing style with accurate punches to the opponent's target areas. Style has gradually changed its style and orientation from the power boxing to the boxing with active movement, aggressive boxing to now the universal style of boxing which carries combinations of all previous boxing styles. From the past to today, Russian boxing style is still the one of the dominant boxing style, with the advanced techniques and skills influence many neighboring countries.

Technical preparation of boxers are very important skills than others in Russia, however these techniques are individualized by the physical skills and physiological aspect of the boxer, therefore physical preparation and physiological aspect of the boxer also play important role in Russian boxing style.

In advanced level of Russian boxing, boxers alternate their boxing stances and apply different punching, movement and defense technique by shifting the distribution of bodyweights, the boxer uses balanced or bodyweight shift to lead leg or rear leg depending on the tactics and situations in bouts. Additionally, boxers use lead hand for feints and other preparation and main attack follow with one accented strong blow with rear hand or series of blows.

### **5.2.1. BOXING STANCE**

With the gradual changes in boxing style and its form, many boxers today have balanced bodyweight distribution to both legs to perform their universal style of boxing. Depending on the opponent and tactics, boxers alternate their boxing stance by shifting bodyweights and by the alternate arms and hands position.

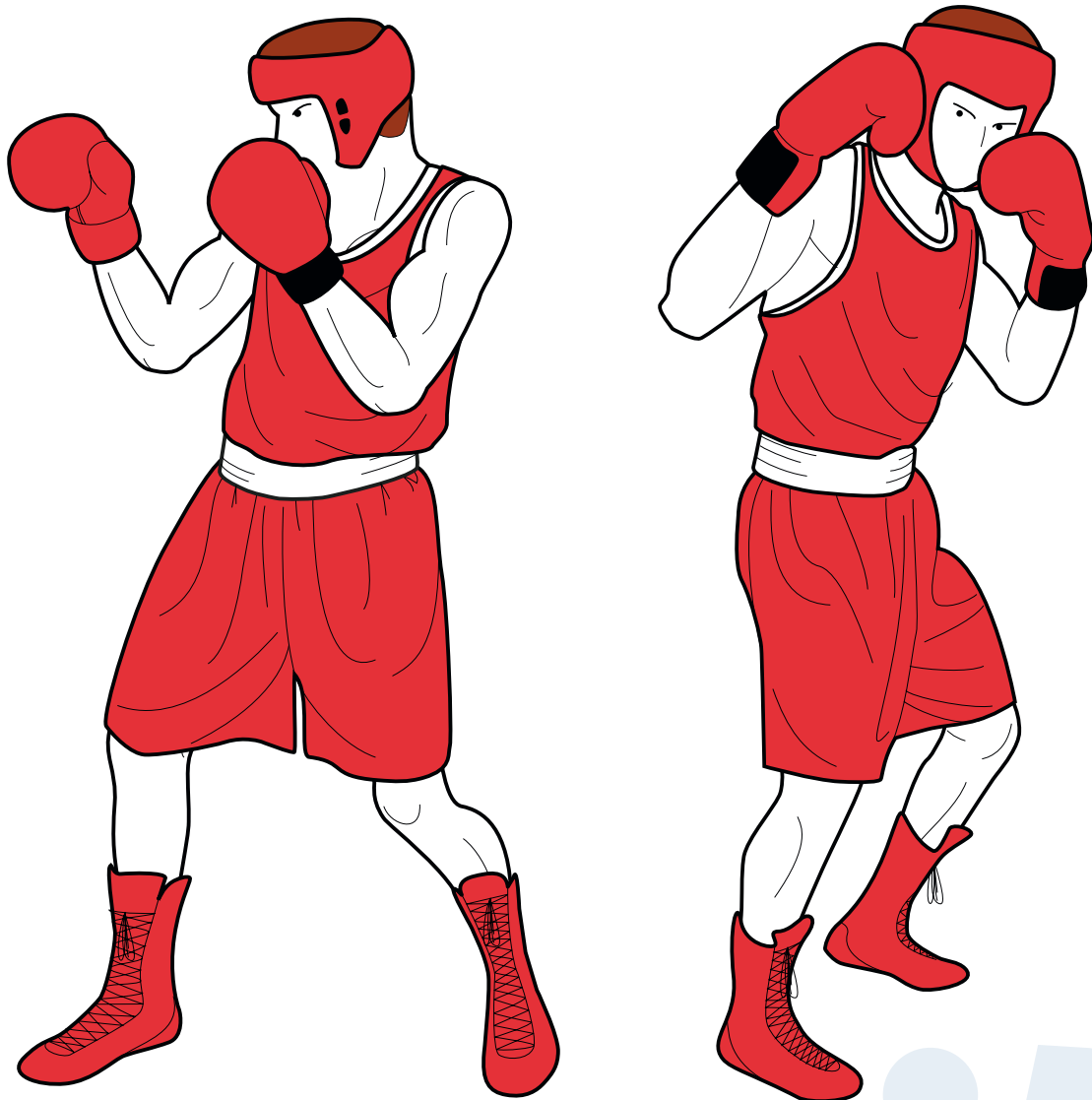
In the initial stage of learning advanced level boxing stances, the boxer may learn the frontal boxing stance before the other boxing stances. Because it will allow boxers to learn and develop:

- To shift bodyweight from one feet to another
- To correctly place shoulders and hips
- To increase the punching distance for both arm by rotating upper body movement

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## LEAD HAND HIGH

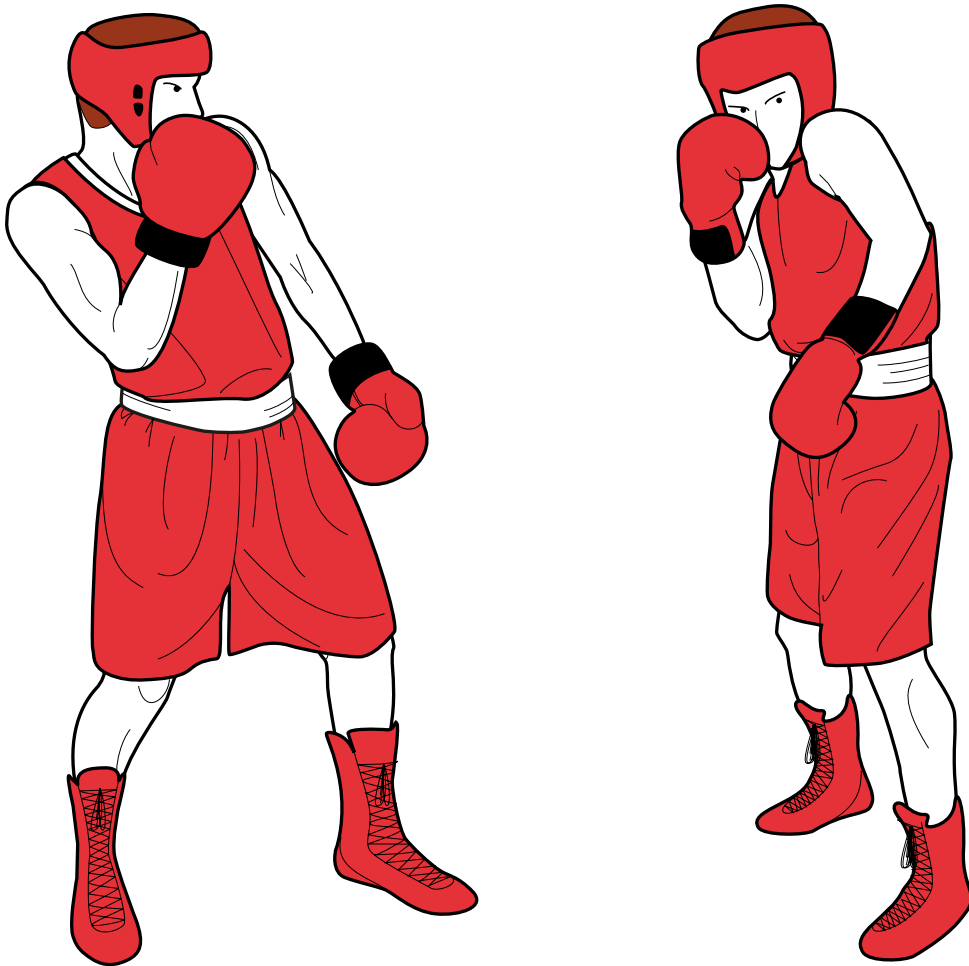
- Rotate body slightly toward rear side, 45 degree angle
- Place feet slightly wider than shoulders
- Bodyweight is shifted more to rear leg
- Bend knees down slightly
- Both feet are flat on the floor
- Rotate both feet approximately 45 degrees toward rear side
- Place rear hand near the chin and elbow close to the body
- Place lead arm slightly forward with elbow bent and hand near eyebrow level
- Keep face straight toward the opponent
- Keep lead arm shoulder close to the chin to protect



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## LEAD HAND LOW

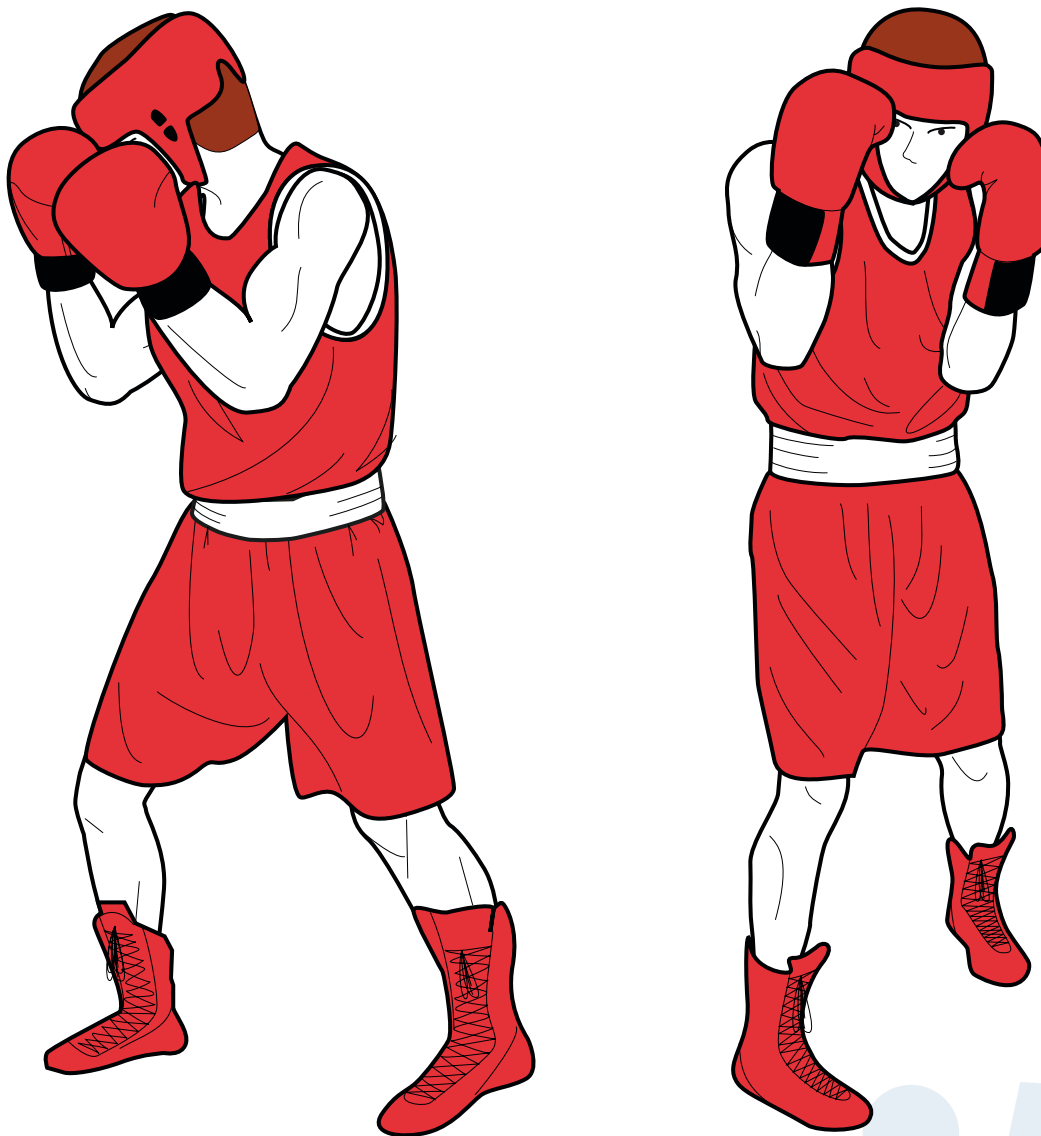
- Rotate body slightly toward rear side, 45 degree angle
- Place feet slightly wider than shoulders
- Bodyweight is shifted more to rear leg
- Bend knees down slightly
- Both feet is flat on the floor
- Rotate both feet approximately 45 degrees toward rear side
- Place rear hand near the chin and elbow close to the body
- Place lead arm down, bend elbow slight and hand near waist area
- Keep face straight toward the opponent
- Keep lead arm shoulder close to the chin



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### **CLOSED ARMS (WITH BODYWEIGHT TO FRONT)**

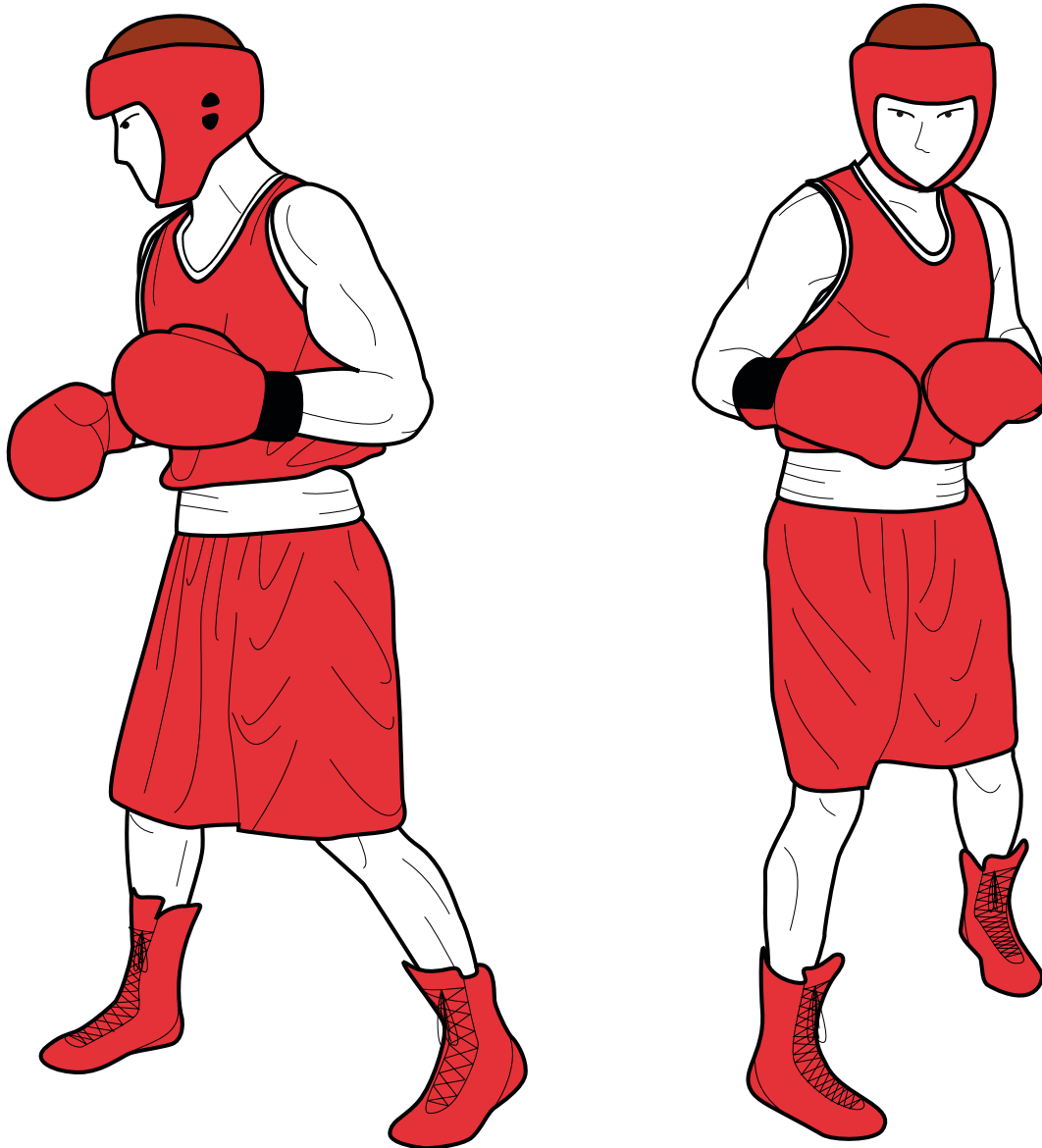
- Rotate upper body toward the opponent
- Place feet shoulder width apart
- Bodyweight is shifted slightly toward the lead leg
- Bend knees down slightly
- Both feet are flat on the floor
- Rotate both feet approximately 45 degree angle
- Bend the elbow and tucked into the body
- place hands near the eyebrow level and close both arm toward each other
- Keep the chin close to the chest
- Keep face straight toward the opponent



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### LOWER ARMS (WITH BODYWEIGHT TO FRONT)

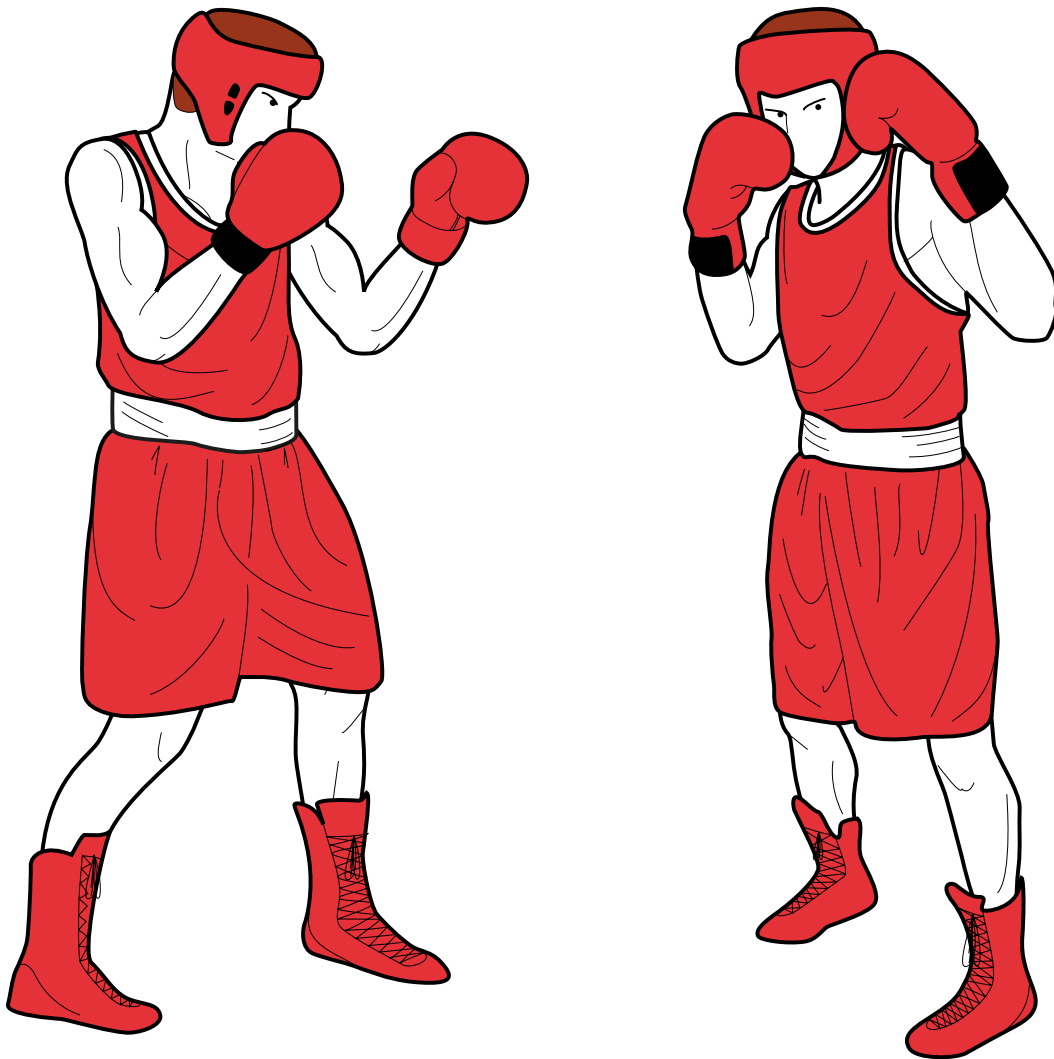
- Rotate upper body toward the opponent
- Place feet shoulder width apart
- Bodyweight is shifted slightly toward the lead leg
- Bend knees down slightly
- Both feet are flat on the floor
- Rotate both feet approximately 45 degree angle
- Arms down, bend the elbow and place hands near waist area
- Keep face straight toward the opponent



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### LEAD HAND HIGH (WITH BALANCED BODYWEIGHT DISTRIBUTION)

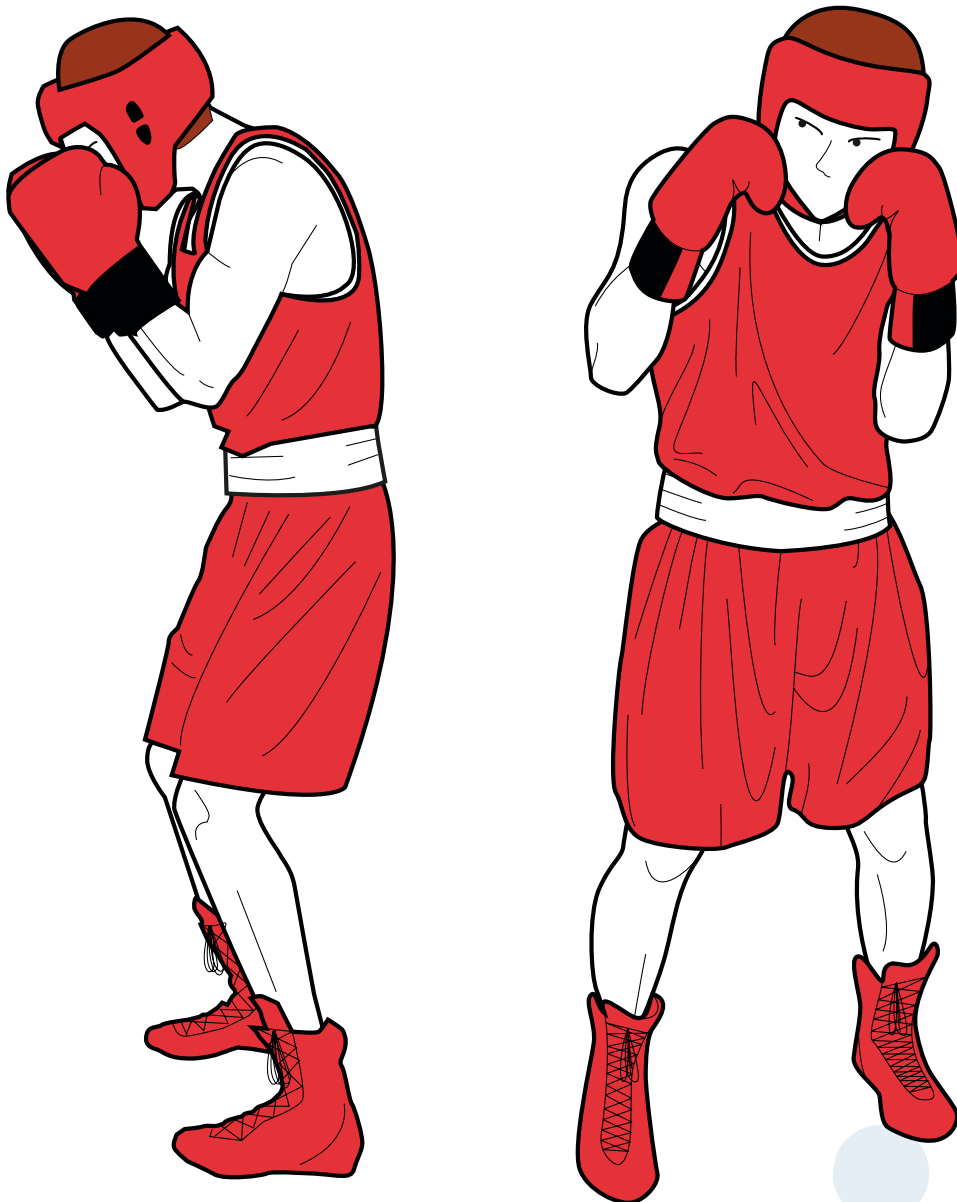
- Rotate body slightly toward rear side, 45 degree angle
- Place feet shoulder width apart
- Bodyweight is distributed equally to both legs
- Bend knees down slightly
- Both feet are flat on the floor
- Rotate both feet approximately 45 degree angle
- Place rear hand near the chin and elbow close to the body
- Place lead arm slightly forward with elbow bent and hand near eyebrow level
- Keep face straight toward the opponent
- Keep lead arm shoulder close to the chin



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## FRONTAL STANCE WITH CLOSED ARMS

- Stand straight without rotating the body
- Place feet shoulder width apart
- Toes of both feet should be in-line
- Bodyweight is distributed equally to both legs
- Bend knees down slightly
- Both feet are flat on the floor
- Bend the elbow and tucked into the body
- place hands near the eyebrow level and close both arm toward each other
- Keep the chin close to the chest
- Keep face straight toward the opponent

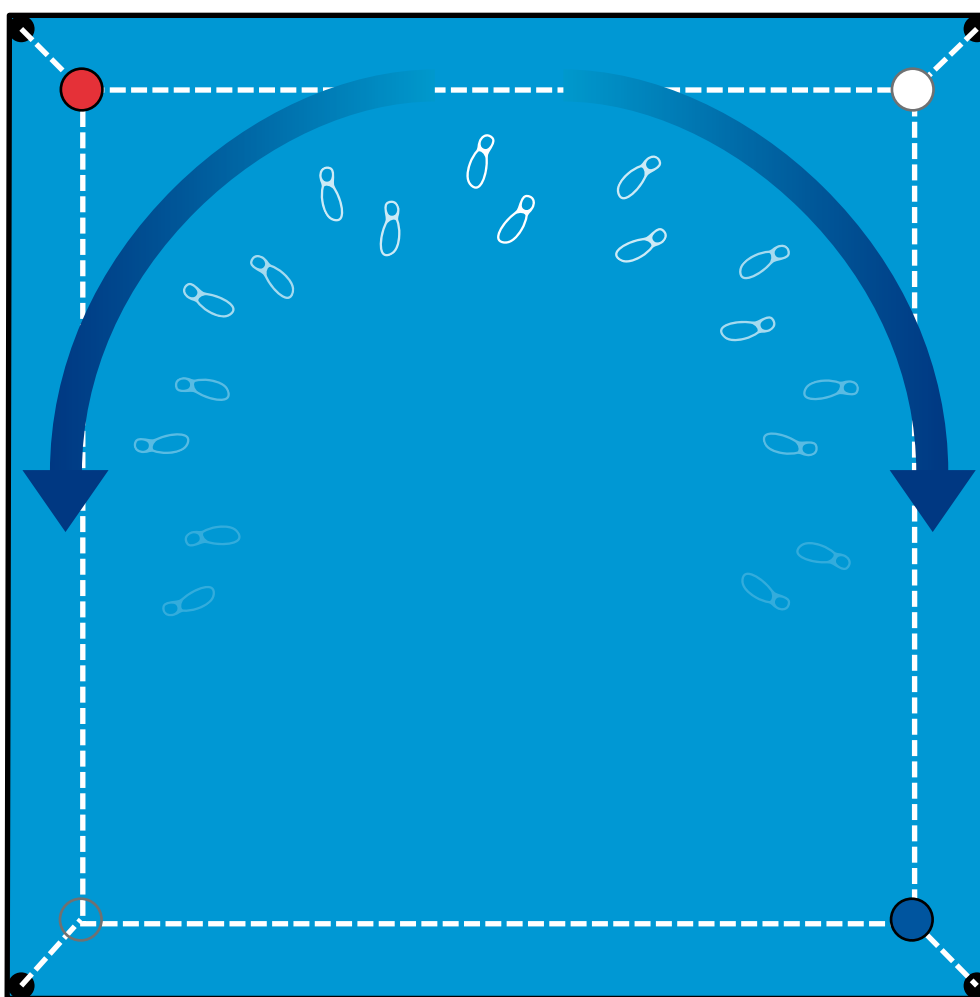




### 5.2.2. FOOTWORK

In the previous part of the Coaches Manual, we have discussed about basic boxing steps. The boxer must master of making forward, backward, left and right steps with good coordination and balance, in order to have advanced level of foot work / foot movement.

Since the boxer fights in the limited space in the ring, boxer must learn to make a round movement as shown in diagram before learning additional feet movement.

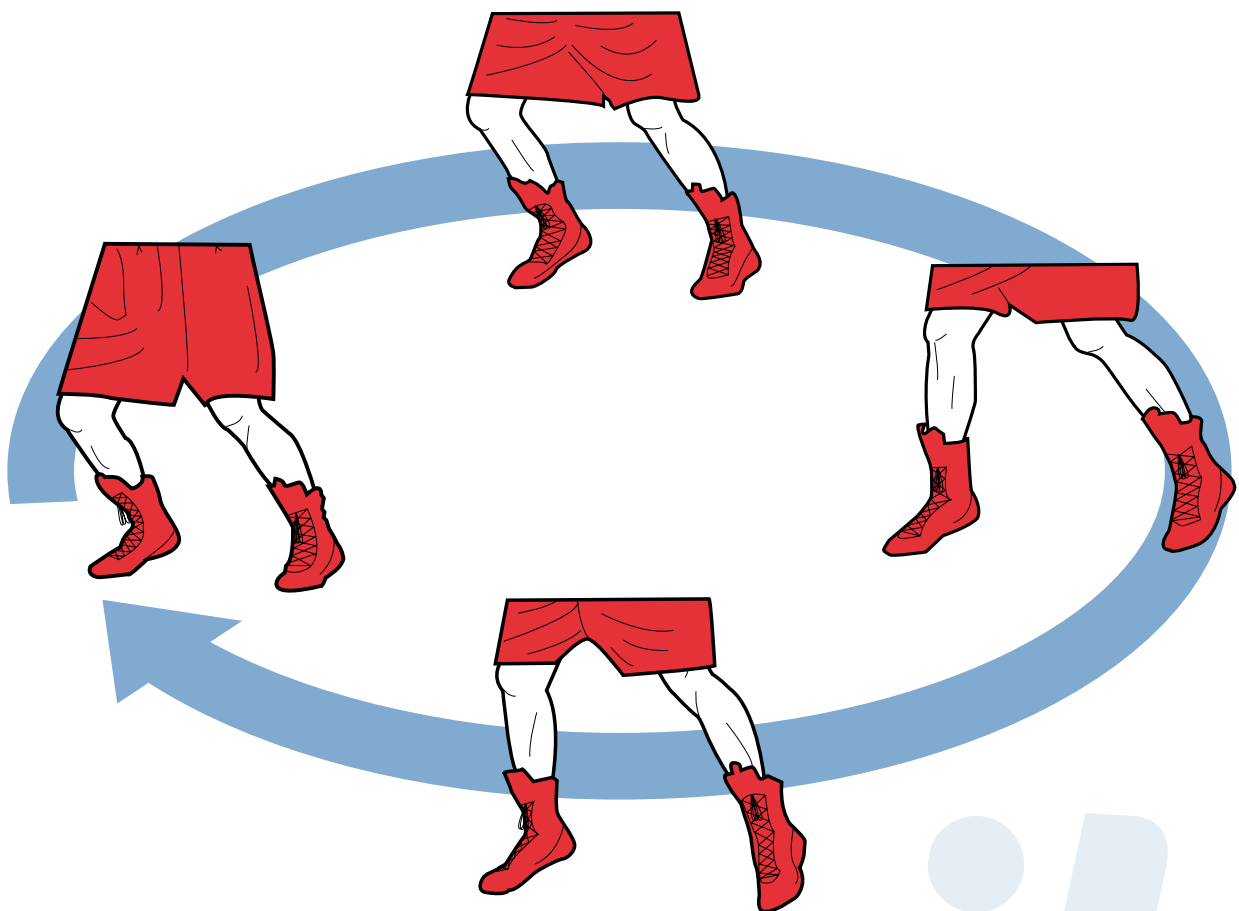


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## **ADDITIONAL FOOTWORK**

### **SHUTTLE**

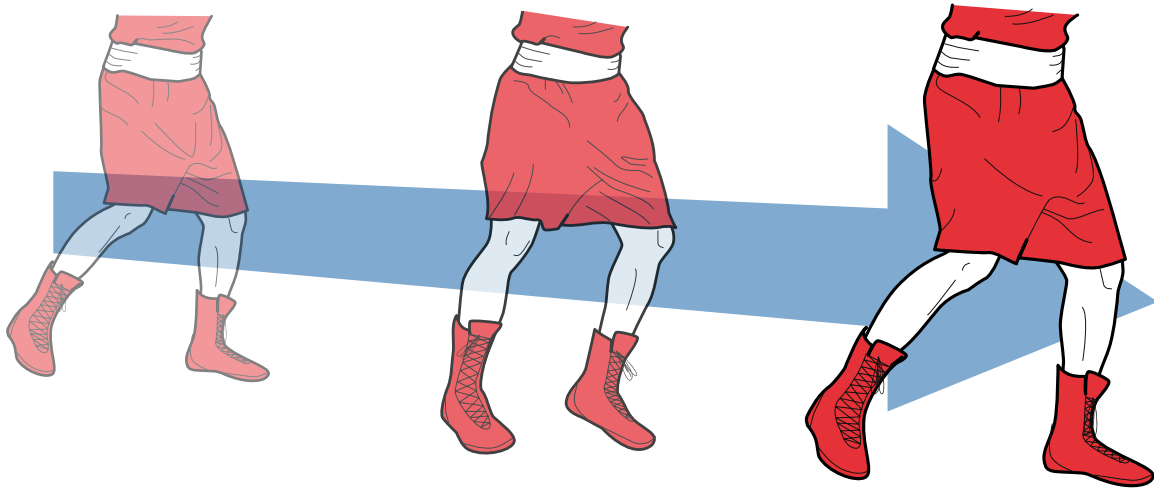
- From the boxing stance
- Boxer makes small jumps toward the front and back while keeping both feet shoulder width apart
- Boxer makes similar move as “forward step” except, making a small jump
- Land only with lead foot
- While rear foot is still off the ground, push off the body with lead foot to the back and make a small jump
- Land only with rear foot
- While lead foot is still off the ground, push off the body with rear foot to the forward and make small jump
- Constantly repeats the step 3 to 7
- Distance between two legs must remain same
- Shuttle movement is used to move closer or away from the opponent
- Shuttle movement is used to deceive the opponent



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## CHASSE

- From the boxing stance, boxer makes quick small steps to forward
- When moving backward, make quick small steps to backward



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## PIVOTS

- From the boxing stance
- Boxer plants either lead or rear leg while moving the other leg to forward, backward or side
- Planted leg must remain at the same place without moving



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### 5.2.3. ATTACKS

Advanced attack consists of combinations of different elements such as movement, feints and different punches. When the boxer masters the basic element of punches, movements, feints and defenses, coach shall combine the boxing elements and try different variations according to the tactics, situations and boxer's characteristics (strengths and weaknesses).

#### COMBINATION OF PUNCHES

- Short series of punches – attack with combination of hooks and uppercuts constantly in short distance against the opponent
- Long series of punches – attack with combination of straight punches constantly in medium to long distance against the opponent
- Accentuated punches – not all punches are thrown with maximum strength and speed, among the series of punches, boxer choose to throw one or two punches with maximum strength and speed

#### ATTACK WITH PREPARATION

- Preparation includes any maneuvering action to draw opponent's movement. These includes feints, drawing out or maneuvering actions
- When boxer create an opening, immediately attacks the opponent

#### ATTACK WITHOUT PREPARATION

- Boxer observes an opponent's movement to seek for opening
- When boxer sees the opening, immediately attacks the opponent
- Using proper combination of punches to take advantage of the opening

#### COUNTER

- Counter to the Head
  - When opponent shows a move to perform lead hand straight punch to the head
  - Quickly perform the lead or rear hand straight punch to the opponent's head to the side where he/she is performing the straight punch
  - Simultaneously, move the head away from opponent's punch
- Counter to the Body
  - When opponent shows a move to perform lead hand straight punch to the head
  - Quickly perform the lead or rear hand straight punch to the body toward the opponent's side where he/she is performing the straight punch

#### COUNTER ATTACK

- Responsive action after performing defense move against opponent's attack

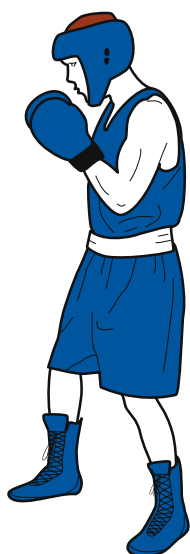
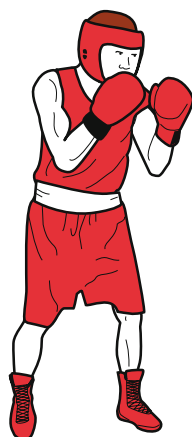
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## **ADDITIONAL ATTACKS**

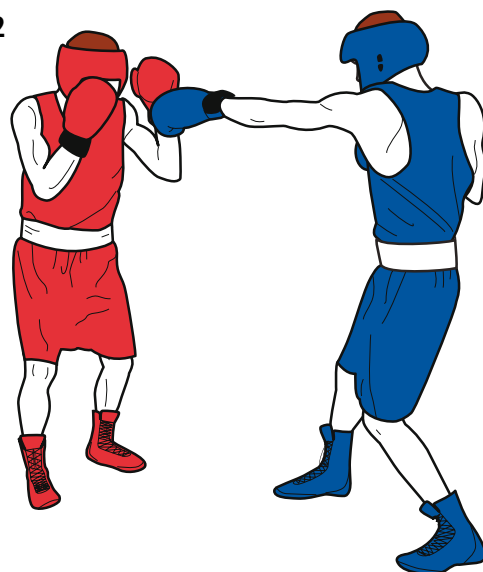
### **ATTACK WITH MOVING BACKWARD AND SIDE STEP**

- When opponent makes approach by coming straight forward or weaving
- Perform backward steps while making series of punches (3 to 4 times)
- When opponent is in very close range, quickly pivot the whole body to opponent's lead hand side and step or jump backward very slightly
- Simultaneously make straight punch to opponent's head

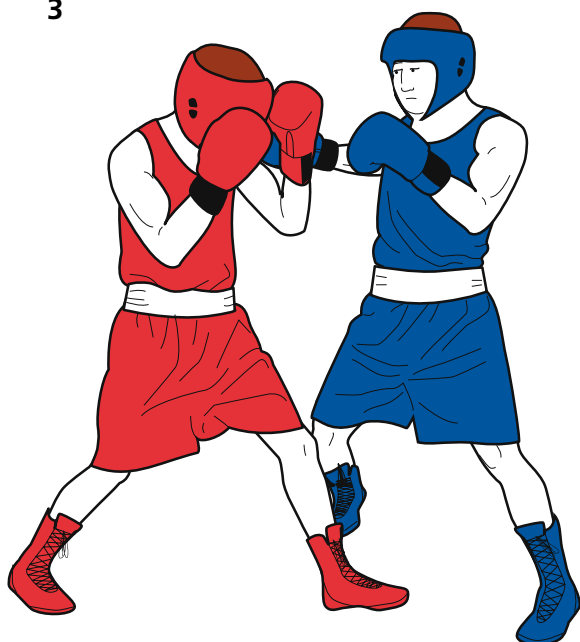
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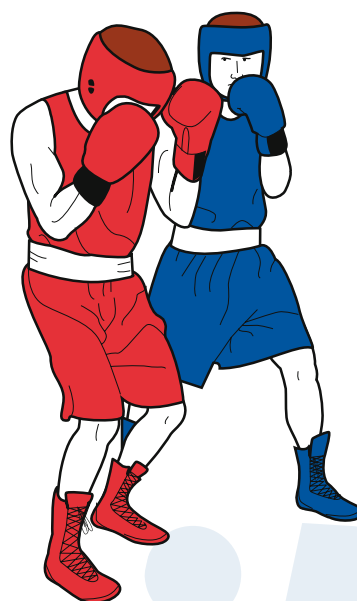
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## 5.2.4. DEFENSES

### PASSIVE DEFENSE

- Boxer takes no immediate actions and remains observing the opponent after the opponent's attack

### ACTIVE DEFENSE

- Boxer takes immediate action after opponent's attack with either counter attack or anticipated action

### TYPES OF DEFENSIVE MOVE

Defense Action can be divided into three categories.

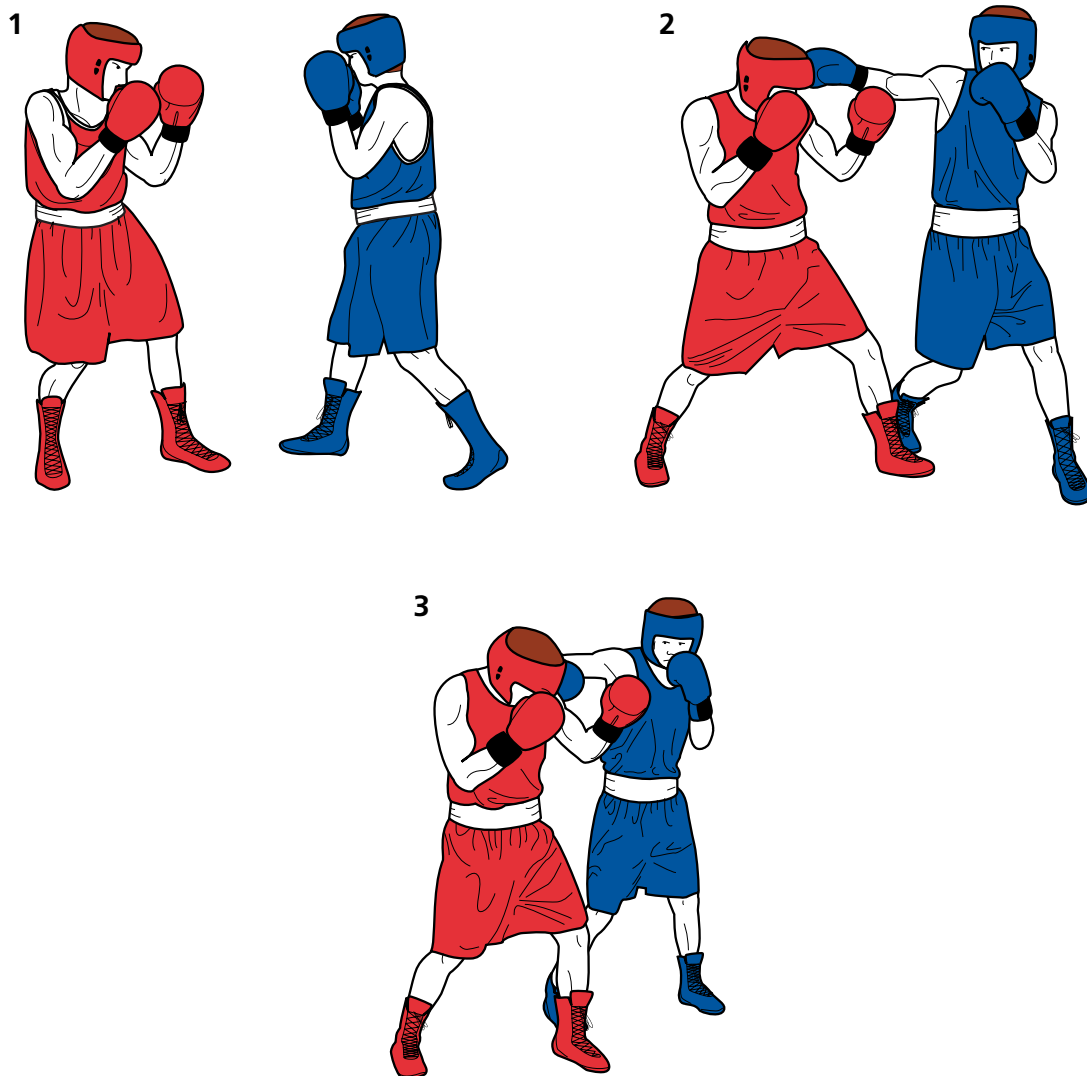
1. Hand defense - Uses hands, arms and shoulder to either block or parry opponent's attack
  - Hand Defense Double Arm Cover
  - Catch / Block
  - Arm Block / Elbow Block / Shoulder Block
  - Parry
2. Body defense - Uses the upper body without moving the lower body to make defensive moves
  - Ducking
  - Rotation
  - Swaying Back
3. Leg defense - uses foot movement to move away from the opponent's attack range
  - Step Back
  - Jump Back

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## **ADDITIONAL DEFENSE MOVES**

### **SIDE MOVEMENT TO LEAD SIDE**

- Plant rear foot
- move lead foot to the side while rear foot is still remain on the floor (Pivot movement)
- Simultaneously, rotate the whole body toward the lead side quickly
- Shift the bodyweight toward the lead foot
- Rear leg is extended almost as a straight line
- Upper body looks more like swaying back defense action



By changing the “planting” foot to lead foot, the boxer will be able to perform the “SIDE MOVEMENT TO REAR SIDE”



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### 5.2.5. FEINTS

- Hiding boxer's intention by deceptive action
- Different types of feints should be applied for certain tactics and situations
- Feints must be quick and provoking
- Feints should be made in appropriate distance
- Feints can be also used for close-in of the distance, boxer uses feints to get closer to opponent by moving forward or drawing opponent to move closer or make opponents to move backward toward the rope or corner
- To make opponent to take any attack action that will create an opening for the counter-attack

#### TYPES OF FEINTS

- Head Feint
  - Move the head forward and retract
  - Move the head side to side
- Eyes Feint
  - Look to opponent's abdomen area
  - Look to opponent's feet
- Arm Feint
  - Extend lead arm slightly to opponent's head or body and retract, imitates the attack movement
- Body Feint
  - Move the upper body (shoulders) toward the opponent or sideways to imitate the intention of striking a blow, and return to original position
- Leg Feints
  - Flex one or both knees slightly to lower the body then stand back up, pretend that the boxer is making an preparation for the attack movement
  - Anchor one leg on the floor, while the other leg move to the different directions

#### COMBINATIONS OF FEINTS

Each type of feints can be applied individually or combined with two or more elements.  
Ex.) Hand with Eyes or Leg with Hand and etc.

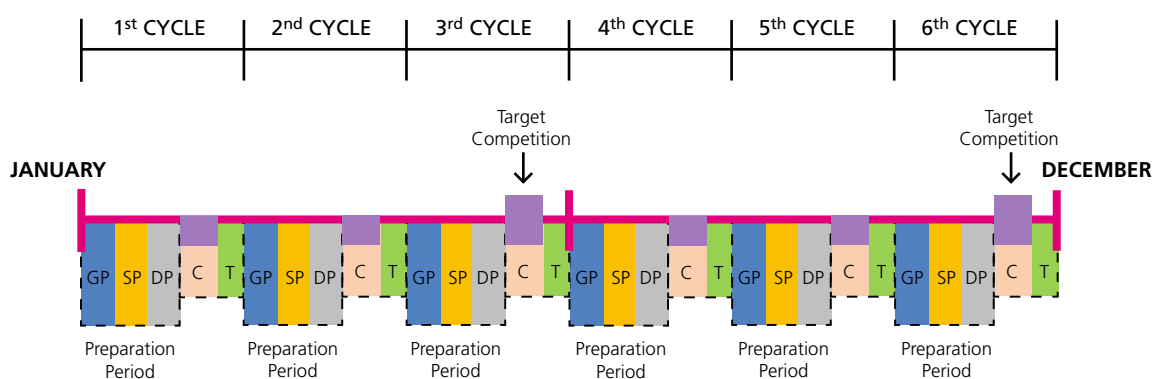
When performing feint movements, boxer must think about own defense, anticipate for any of opponent's counter-attacks. Meanwhile, a boxer must also think about his/her action after the feint. Feints should be used as preparation actions for a main attack

## 5.2.6. TRAINING PLAN DEVELOPMENT

The training plan is one of the most important aspects in the development of boxer. The purpose of training plan is to:

- Establish an efficient training process
- Control and management of training process
- Allow boxers to be ready for the competition
- Improve boxer's physical, physiological, technical, tactical and psychological skills

In reality, the 1-year training plan is developed based on the competition calendar, boxer's skills level and his/her goal and objectives of the year. The boxer's goal and objectives will determine the training loads, tournament and competition participation and when developing the 1-year training plan, coach must consider the location and distance of the tournament and competition take place. Other than the major and target competitions, coach selects different tournament and competitions to attend for control, monitoring and evaluation purpose. Whether these tournaments are small or big, important or not, the boxer will prepare for these tournaments with each training cycle which theoretically could allows 1-year training to have up to six training cycles.



- GP: General Physical Phase  
 SP: Special Physical Phase  
 DP: Direct Preparation Phase  
 C: Competition Period  
 T: Transition Period

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Each cycle consists of preparation period, competition period and transition period. In a 1-year training plan, number of cycles will depend on the number of tournaments and/or competition that boxer participates. To prepare boxer with an optimal form for the major competitions, it is recommended to have 2 to 3 tournaments or competitions before. Therefore, before a major competition, boxer could have 3 to 4 training cycles.

When developing 1-year training plan:

- Must be aware of when and where the major and target competition are held
- Start to schedule from Target competition day to the first day (work backward)
- Training program and schedule shall change accordingly by increase or decrease the intensity, mix of different training exercises to keep boxers' interest and motivational level high
- It is important to have many active-rest or transition periods. After a hard-work, the tiredness remains in human body even after a good night rest. Short-rest period or small amount of rest time will wear-out the boxer physically, psychologically and have higher possibility of getting injured
- Depending on the boxer's preparation level, skip or shorten certain phase or period of training, and train with more focus on boxer's improvement on weak area
- Coach must be aware that, boxer can gain best form of performance and experience after participating at least two to three small tournaments before the major competitions
- Select tournament according to boxer's preparation level. Harder tournament may have negative effect on boxer's psychological level.
- Depending on opportunities, participate in international tournaments than national or domestic tournaments. At the international tournament, boxer has opportunity to experience and observe the international level of boxing and future opponents
- Coach must utilize the small tournaments and competitions to monitor and evaluate boxer's training progress and preparedness for the major and target competitions
- Include different training camps (training camps' duration shall be around 14 – 21 days)
- After a long period of transition period or active-rest period, it is beneficial to have a training camp or arrange training at high-altitude areas like mountains
- Training cycle prior to major competition shall be conducted with submaximum and maximum intensity. The training volume should be low. It is crucial to remember to avoid boxer's overtraining.
- During the 1-year training plan, coach must have a boxer go through medical checks at least two times
- If there are more than two major competitions in one year period (similar to the schedule shown in 1-year training period example), coach shall decide two of the three competitions to focus on. It is not recommended to train more than three training cycles with maximum effort

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## PREPARATION PERIOD

The preparation period is divided into three phases. General physical phase, special physical phase and direct preparation phase. In each phase can be 6 to 9 weeks or less than 6 weeks depending on the competition calendar. The training focus is different and its goal and objectives. Between each phase, a week of active-rest period will be given to allow boxer to have good physical and psychological recovery, not only for each phase and period, but also throughout a year.

## GENERAL PHYSICAL PHASE

Training focus of the general physical phase is the development of physical abilities such as endurance, strength, speed, coordination including agility and flexibility. These physical abilities are the basic foundation for boxers' development and his goal and objectives; therefore this phase is very important to boxer. In this phase, the coach shall include also the training of techniques, tactics and psychological aspects.

The boxer shall train two to three weeks with two sessions per day. The duration of the phase can be adjusted accordingly with the competition calendar and the condition of the boxer. 2 to 3 hours of low intensity but, high volume training per training session is recommended.

## GENERAL PHYSICAL PHASE STRENGTH TRAINING SESSION EXAMPLE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> <li>Briefing</li> <li>General physical exercises</li> </ul>	5 min 20 min	Low	general exercises such as jumping, swing and etc.
2. Main Training			
Exercise #1 <ul style="list-style-type: none"> <li>Side step to the either left or right; every 5th step perform a straight punch, a hook and an uppercut</li> </ul> (After 5 min performing punches, move to the opposite direction)	10 min	Moderate	After complete Exercise #3, return to the coach by jogging
Exercise #2 <ul style="list-style-type: none"> <li>Step forward and hook to the head with rear arm</li> <li>Step backward and hook to the head with rear arm</li> </ul>	10 min		
Exercise #3 <ul style="list-style-type: none"> <li>Step forward and weave left and right then straight punch to the head</li> </ul>	10 min		
Power Training <ul style="list-style-type: none"> <li>Push-up with fists (120 – 150 push-ups)</li> <li>Stretching</li> </ul>	20 min 20 min		
3. Cool-Down			
<ul style="list-style-type: none"> <li>Jogging</li> <li>Hanging on the bar &amp; leg lift</li> <li>Relaxation</li> </ul>	25 min 10 min 25 min		

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## SPECIFIC PHYSICAL PHASE

Training focus of the specific physical phase is the development of physical ability associated with boxing. This phase is not technique development phase. During the specific physical phase, boxers will train to increase the endurance, strength, speed and coordination of punches and movements. As same as previous general physical phase, coach shall include small amount of training time for development and training of techniques, tactics and psychological aspect of the boxer.

It is recommended to train in specific physical phase for 2 to 3 weeks with 2 sessions per day. However, the coach shall adjust accordingly with the competition calendar and the condition of the boxer. 1.5 to 2 hours of increased intensity than general physical phase with decreased volume of work is recommended.

SPECIFIC PHYSICAL PHASE SPEED TRAINING SESSION EXAMPLE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> <li>Briefing</li> <li>General Exercises</li> <li>Stretching</li> </ul>	5 min 10 min 7 min	Moderate Moderate	general exercises such as jumping, swing and etc.
2. Main Training			
Technique Improvement <ul style="list-style-type: none"> <li>Lead hand straight punch with feints (2 rds x 3.5 min)</li> <li>Rear hand straight punch to the head or body with feints (2 rds x 3.5 min)</li> <li>Rear hand uppercut to the head with feints (2 rds x 3.5 min)</li> <li>Combination (uppercut to the head with rear hand and hook with the lead hand) with feints (2 rds x 3.5 min)</li> <li>Hook with either arm and defense movements (2 rds x 3.5 min)</li> <li>Technique recommended by the coach (2 rds x 3.5 min)</li> </ul> Skipping (Jump Rope) Power Training <ul style="list-style-type: none"> <li>Strength exercise with weights</li> </ul>	10 min (2 x 5 min) 20 min	Moderate and High	Coach advise what techniques or tactics to improve
3. Cool-Down			
<ul style="list-style-type: none"> <li>Light Jogging</li> <li>Stretching</li> <li>Relaxation</li> </ul>	10 min 5 min 8 min		

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## DIRECT PREPARATION PHASE

During the direct preparation phase, the boxer will be focused on to train to improve individual boxers' technical and tactical abilities. Additionally the boxer will train to improve boxing-specific strength and speed further. Coach shall increase amount of time to train for psychological development of boxer during this phase.

It is recommended to go through direct preparation phase for 2 to 3 weeks with total 3 hours of training time in two sessions per day. However, the duration of the phase and number of session can adjust accordingly based on the competition calendar and the condition of the boxer. Volume of the work is recommended to be low, but intensity of the training must be high.



## DIRECT PREPARATION PHASE TRAINING SESSION EXAMPLE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
<b>1. Warm-Up</b>			
<ul style="list-style-type: none"> <li>• Briefing</li> <li>• General physical exercise</li> <li>• Stretching</li> </ul>	5 min 10 min 5 min	Moderate	General physical exercise and speed exercises
<b>2. Main Training</b>			
Technique and Tactics <ul style="list-style-type: none"> <li>• Straight punch exercises with both arm (2 rds x 3.5 min)</li> <li>• Defense exercises and follows with counter attack (2 rds x 3.5 min)</li> <li>• Straight punch and uppercut to the head (2 rds x 3.5 min)</li> <li>• Use all techniques (2 rds x 3.5 min)</li> </ul> Skipping (Jump Rope)	2 rds x 3.5 min 2 rds x 3.5 min 2 rds x 3.5 min 2 rds x 3.5 min 7 min (2 x 3.5 min)	High	Work with partner and try to create competition atmosphere
<b>3. Cool-Down</b>			
<ul style="list-style-type: none"> <li>• Light Jogging</li> <li>• Tennis ball bounce</li> <li>• Stretching</li> </ul>	12min 3min x 2 reps 10 min	Moderate	

## COMPETITION PERIOD

Competition period starts on the day of the arrival at the competition location. During this period, the boxer will continue their training to stay in good condition for the competition.

Training shall be conducted in short period of time with low volume. Intensity shall be adjusted accordingly with boxer's condition. If boxer's excitement level is high, then coach could plan the training with a higher intensity to decrease the tension. If a boxer is calm and excitement level is low, coach shall plan low intensity training.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"><li>General exercises</li></ul>	5 min 5 min	Moderate	General physical exercise for whole body (swings, stretching, jumping and etc.)
2. Main Training			
<ul style="list-style-type: none"><li>Shadow Boxing</li><li>Trainer Pads</li></ul>	3min x 3rounds / 1min rest  3min x 3rounds / 1min rest	High or Low depends on Boxer's Condition	All exercise shall be conducted with maximum effort
3. Cool-Down			
<ul style="list-style-type: none"><li>Stretching</li><li>Relaxation</li><li>Massage</li></ul>	5 min 5 min 5 min	Moderate	

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## TRANSITION PERIOD

After the boxer competed at the tournaments or competitions, the boxer will have transition period to relieve tension from the competition, psychological recovery and treatment for any injury treatment. Also depending on the number and toughness of the bouts that boxer competed, the coach can allow the boxer to spend time at home during the transition period.

Transition period shall be around one to two weeks after the competition and during this period, the boxer can train or participate in different sports or games other than boxing.



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### 5.2.7. PSYCHOLOGICAL PREPARATION

Psychological preparation is an important element in the sport of boxing. It is fundamental factor to achieve a good result for boxers' career in the ring. Boxing is one of the most physical-oriented Olympic Sports and requirement of the psychological preparation arises as a boxer not only uses high amount of physical energies but also, physical offensive action by opponent can withdraw the focus of a boxer.

#### PSYCHOLOGICAL PREPARATION IN GENERAL

- Learn the psychological recovery methods (ex. relaxation)
- Coach's behavior becomes the model for his/her boxers, therefore it is very important for coaches to behave in gentle-like manner in any places and occasions
- Create comfortable and friendly training environment, with assistance from psychologist, if available.
- Gradually challenge a boxer by increasing the level of difficulties of exercises in training and increase level of competitions
- Training workload and goal must correspond to boxers' preparation and ability to adopt the workload
- Discuss with the boxer about the training session and workload
- Start compete from small tournaments to prepare for major and target competitions
- When discuss with the boxer about the result of the performance, praise the boxer with his achievements but, provide strong support to boxer for any outcome of the training and competition
- Instead of criticizing, help boxer to learn to overcome his weaknesses
- Emphasize that small tournaments and competitions are not only for winning to gain confidence and positive psychological effects, but also to gain experience and practice the tactics learned
- When boxer is in slump,
  - Change of training activity
  - Change of training environment

#### PSYCHOLOGICAL PREPARATION FOR COMPETITION

- Make a boxer aware and become familiarize with the competition atmosphere, for example lighting, crowds, opponents and etc.
- Make a boxer familiarize and learn to cope with any unexpected situation in competition environment – prepare a boxer with "what if" scenarios
  - "What if" the boxer gets boo'ed by crowds
  - "What if" the boxer has strong opponent in upcoming bout
- After competition, organize a psychological recovery session
  - Active-rest
  - Spa, Sauna, Massage
  - Short period of off-training days

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### 5.2.8. TACTICS

Tactic is an art of winning a competition with the help of the most efficient methods. There are many tactics available today, however not all tactics are used and taught to each boxer. Teaching and learning of tactics are highly depends on boxer's and his/her opponents' individual ability such as anatomical, physical, psychological and technical skills.

#### GENERAL TACTICS

- High Tempo – boxing in high tempo through all rounds
- Gain knowledge about opponent
  - By watching opponent at the competition and/or video
  - Draft scenarios of opponent's tactics
- High Tempo – boxing in high tempo through all rounds
- Knock-out – seek to land strong blow on opponent to win a bout by knock-out
- Defense – Mainly concentrate on the defense and wait for opponent's mistakes
- Universal – adapt and execute tactics based on the situation
- Irregular tempo – boxer controls tempo of the bout, either faster or slower
- 3rd round – boxing aggressively on 3rd round or boxing defensively (if winning)
- Combination – combination of two or more tactics

Some of the recent tactics that have been shown by Russian coaches and boxers during the competition are:

- Quick-starts – as soon as referee order "box", immediately start attacking the opponent
  - Allow psychologically suppress the opponent
  - Allow to initiate and lead the bout
  - Allow to gain points quickly
- Constantly give accentuated punching on one-side of the opponents, then when opponent lose the concentration on the defense of the other side, immediately give accentuated punch to the other side that opens up
- Preparation of counter punch from the opponent with opposite boxing stance

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### 5.2.9. IN-COMPETITION

#### BEFORE THE BOUT

- Before the bout, the coach analyzes the opponent's most-used techniques, tactics and boxing-style by looking at the opponent's nationality and also analyzing of his/her anatomical and physical skills. With the analysis, the coach will draft a preliminary plan and tactics for the upcoming bout
- Communicate and discuss with a boxer about the plan and tactics and encourage the boxer to use his/her strong skills
- Conduct individual warm-up activities for 20 to 50 minutes
  - Running or jogging with low intensity
  - Stretching
  - Skipping (Jump Rope)
  - Shadow boxing / Trainer Pads
  - Shadow boxing with simulation of upcoming bouts
- Have boxer calm and motivate him/her for the victory
- Allow the boxer to make individual approach toward the ring
  - Some boxer may prefers to run to the ring from the locker room

#### DURING THE BOUT

- In the Corner
  - Analyze of the round with opponent's strength and weaknesses
  - Think about tactics and recommendations that the coach wants to inform the boxer in the next round
- In the ring
  - First 30 – 40 sec, allow boxer to recover with any recovery actions
  - Spend about 15 – 20 sec to instruct the boxer with tactics or what coach wants to inform the boxer
  - When the coach instruct boxer with tactics, repeat several times to allow boxer to remember
  - Show firm confidence to the boxer that he/she is going to win, even if boxer is losing

---

## AFTER THE BOUT

- Make an individual approach to a boxer depending on the result of the bout
  - If the boxer win the bout
    - > Depending on the boxer's excitement level, conduct training right after the bout to relieve tension and calm the boxer down. However, if boxer's excitement level is not high or he/she is calm, then he/she can skip the training right after the bout
    - > If boxer wins by knock-out which occurs before end of three rounds, conducts training after the bout to have the boxer spend similar amount energy he would use for boxing in full three rounds
    - > Watch and analyze a bout of upcoming opponents
  - If the boxer lose the bout
    - > Calm the boxer down and help him/her to relieve tension and stress from the bout with psychological recovery methods
    - > Discuss and instruct the boxer about the next competition



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### **5.3. ADVANCED TECHNIQUE – USA**

USA Olympic boxing style is diverse because of the cultures, ethnic backgrounds, teaching methods, philosophies and styles taught by a wide range of American coaches. A major element observed in the USA style is the athleticism of the boxer. Athleticism allows the boxer to utilize his/her speed, power, strength, quickness and agility. These attributes are nurtured by the coaches within the USA Boxing Program.

A unique factor of USA boxing is the unlimited domestic competitions provided by Silver Gloves, Golden Gloves, National Police Athletic League, Armed Forces and the Junior Olympic Programs. These programs contribute to the American boxer as they develop required experience such as techniques and tactics to be successful in competition at an early age.

#### **5.3.1. BOXING STANCE**

Majority of US boxers box with a balanced boxing stance then the boxer prepare his/her attack by using lead hand straight punches then follows with different combination of punches and work to attack from variety of angles with movements.

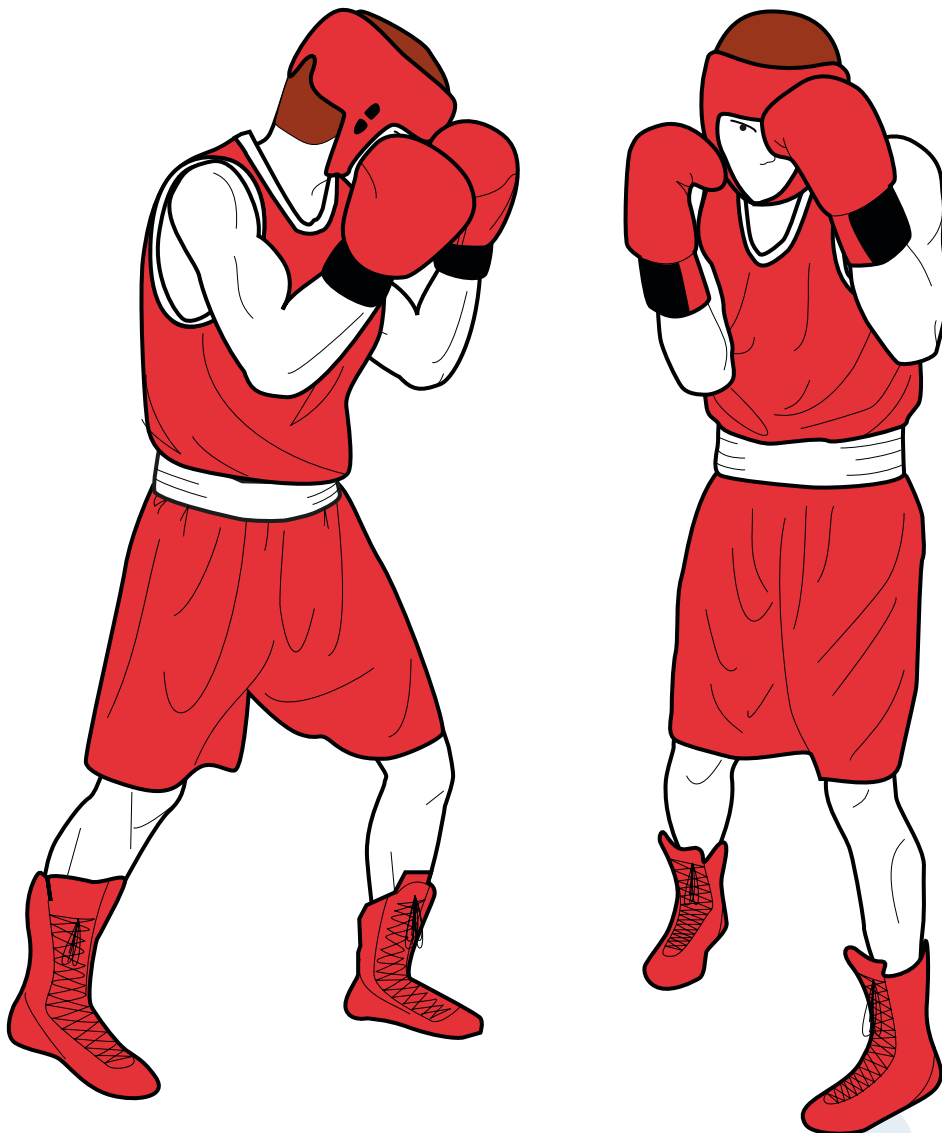
Balanced boxing stance, boxer has feet at shoulder width, weight distribution evenly between feet. This allow boxer to move in the ring with greater ease in every direction without coming off balance.

In the initial stage, boxing stance of the boxer is determined by his/her physiological characteristics and coaching philosophy. Over the course of development, boxers adjust based on the factors and the situations in the competitions.

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## CLASSIC

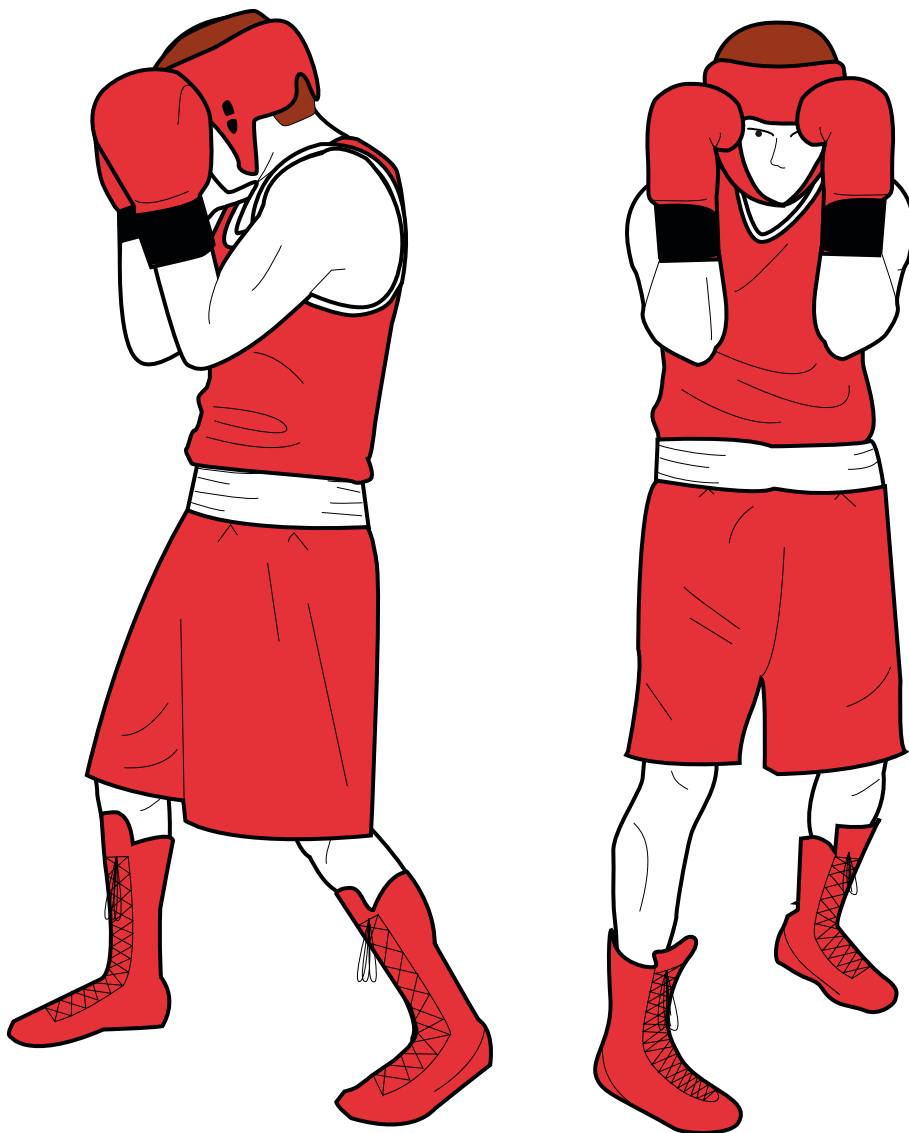
- Stand 45 degrees side way with your non-dominant hand's shoulder forward
- Keep both feet shoulder width apart with lead foot forward
- Slight bent both knees
- Slightly raise the heel of rear foot
- Keep the lead foot flat on the floor
- Tilt the chin slightly forward
- Lead hand up at eye level with elbow covering the rib cage on lead side of body
- Rear hand up at eye level with elbow covering the rib cage on rear side of body
- The bodyweight is distributed slightly more to the rear foot
- While shifting bodyweights more to the rear leg, slightly lean the upper body forward to create the balance



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## HIGH GUARD

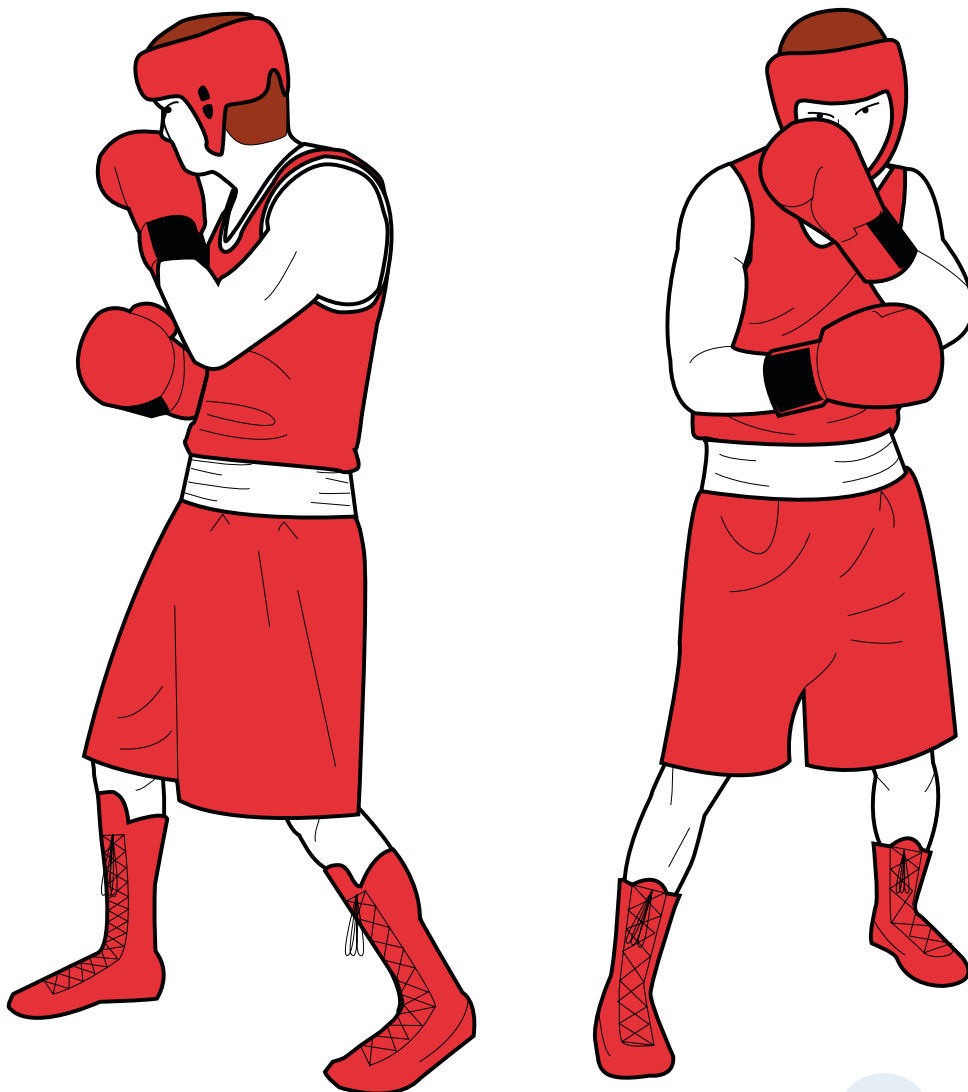
- From the basic stance
- The bodyweight is distributed more on rear leg
- Knees are slightly bent
- Slightly raise the heel of rear foot
- Pull in elbows tight to the body, covering the ribs and body
- Both hands and arms cover face and upper body



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## DOUBLE GUARD

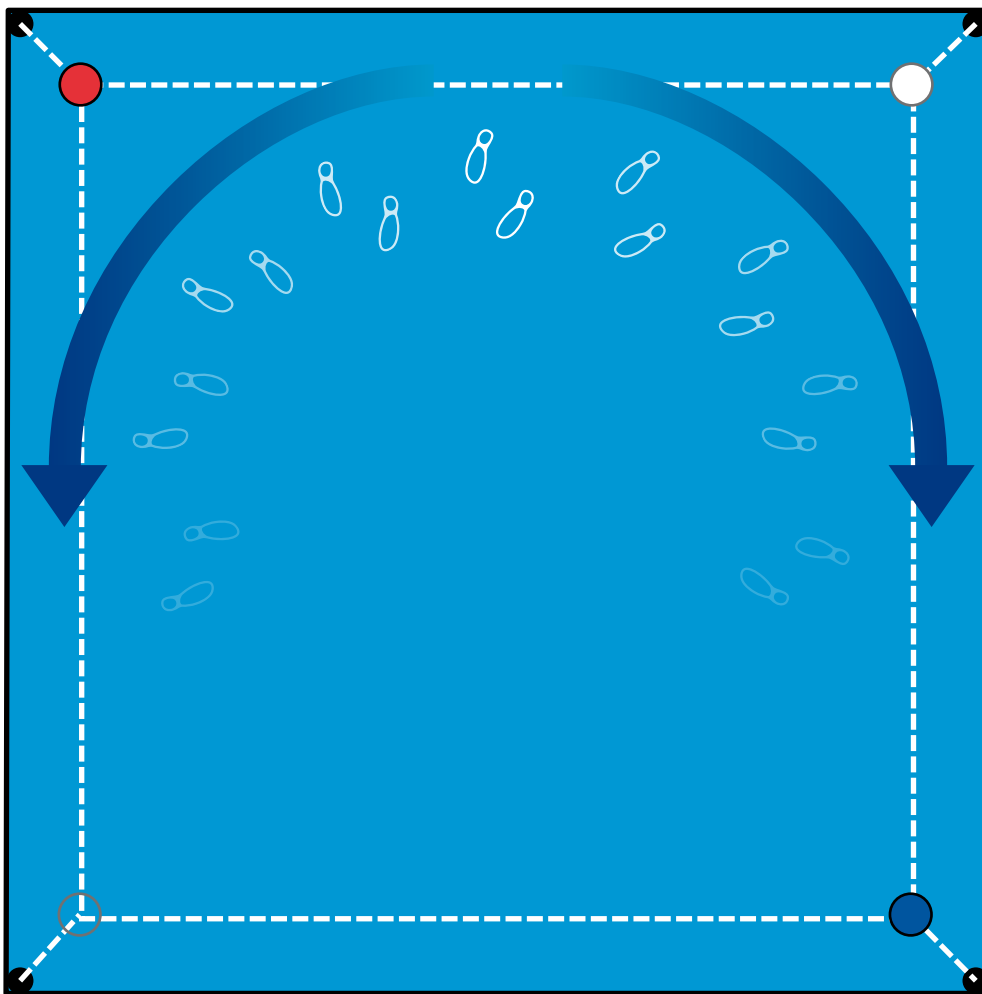
- Stand slightly on 45 degree angle with lead side shoulder forward, this will presents a smaller target
- Place feet same as basic stance, distribute weights equally to both feet
- Slightly elevate heel of rear foot
- Slightly elevate the lead shoulder
- Rear hand is held against the lead side of the face as a defensive shield with rear arm elbow on the rib cage
- Lead hand is held across the stomach above the belt line, just below the rear arm elbow, but can be elevated slightly on boxer's choice
- Rear hand catch or block any punches coming toward the lead side of the face
- Lead hand catch or block any punches coming from the rear side



### 5.3.2. FOOTWORK

In the previous part of the Coaches Manual, we have discussed about basic boxing steps. The boxer must master of making forward, backward, left and right steps with good coordination and balance, in order to have advanced level of foot work / foot movement.

Since the boxer fights in the limited space in the ring, boxer must learn to make a round movement as shown in diagram before learning additional feet movement.

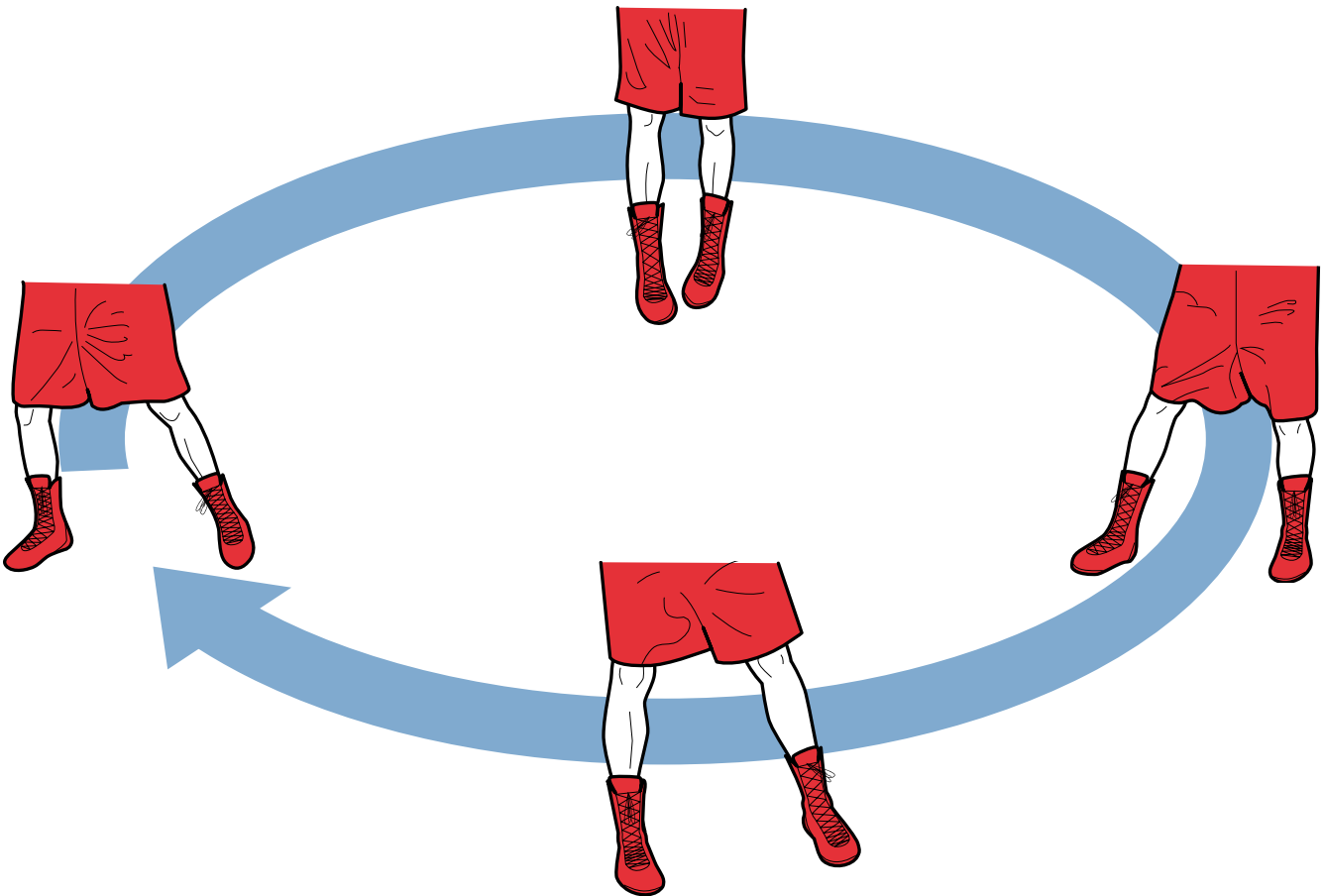


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## **ADDITIONAL FOOTWORK**

### **BOUNCING**

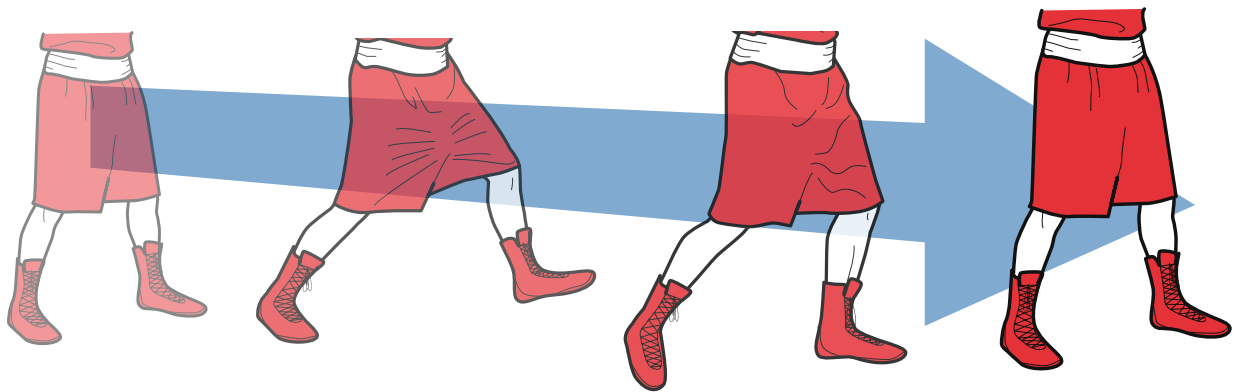
- Up and down on balls of the feet, alternating bouncing on left then on right (the same motion as jumping rope)
- Feet can go side to side or in and out
- Move in all directions on balance
  - It is very important to maintain the balance



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## STEP AND SLIDE

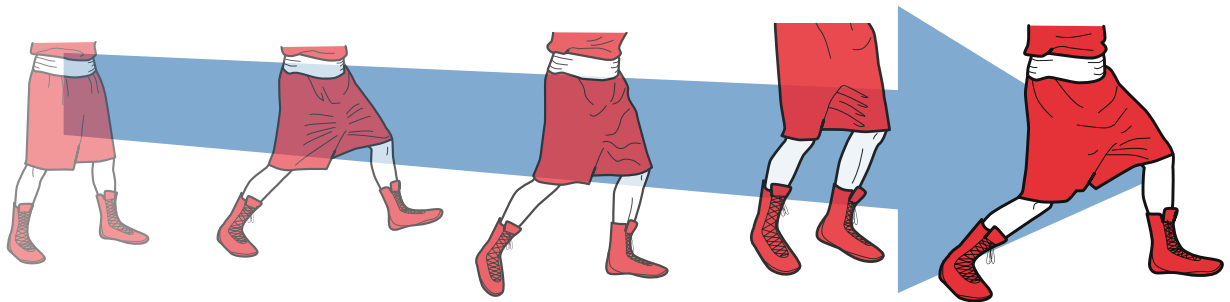
- From the boxing stance
- Step with lead foot and slide rear foot to the direction of lead foot
- Maintain balanced stance throughout the movement
- Return to the boxing stance



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## STEP AND HOP

- From the boxing stance
- Step with lead foot and as boxer slides the rear foot in the direction of lead foot
- Make a small hop with lead foot
- Return to the boxing stance
- Maintain balance stance throughout the movement

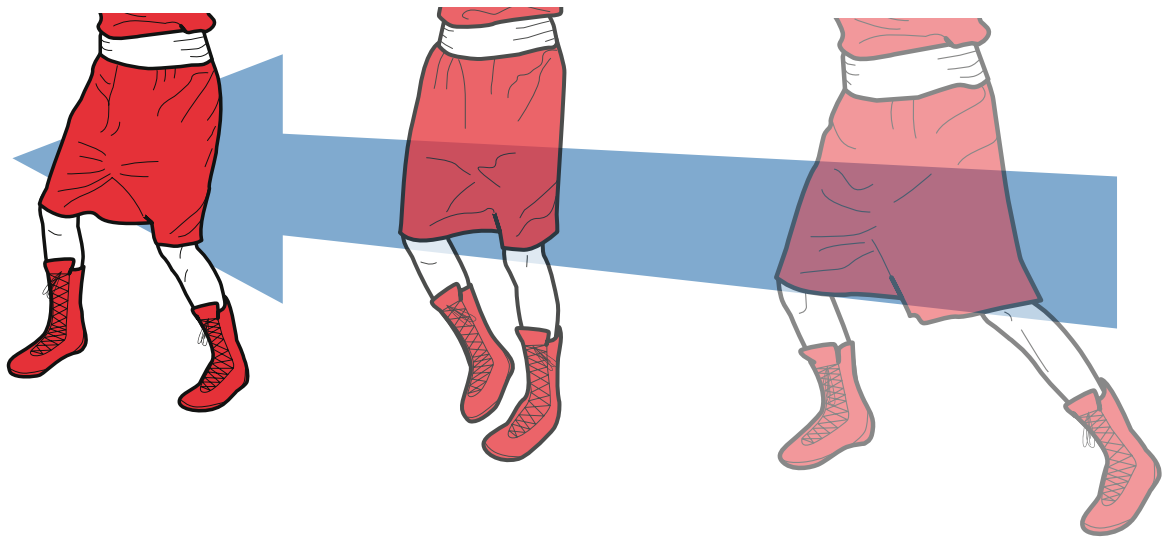




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## SHUFFLING

- From the boxing stance
- Shuffle both feet by slightly bouncing and sliding in the desired direction
- It is important to maintain the balance



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### 5.3.3. ATTACKS

Advanced attack consists of combinations of different elements such as movement, feints and different punches. When the boxer masters the basic element of punches, movements, feints and defenses, coach shall combine the boxing elements and try different variations according to the tactics, situations and boxer's characteristics (strengths and weaknesses).

#### COMBINATION OF PUNCHES

- Short series of punches – attack with combination of hooks and uppercuts constantly in short distance against the opponent
- Long series of punches – attack with combination of straight punches constantly in medium to long distance against the opponent
- Accentuated punches – not all punches are thrown with maximum strength and speed, among the series of punches, boxer choose to throw one or two punches with maximum strength and speed

#### ATTACK WITH PREPARATION

- Preparation includes any maneuvering action to draw opponent's movement. These includes feints, drawing out or maneuvering actions
- When boxer create an opening, immediately attacks the opponent

#### ATTACK WITHOUT PREPARATION

- Boxer observes an opponent's movement to seek for opening
- When boxer sees the opening, immediately attacks the opponent
- Using proper combination of punches to take advantage of the opening

#### COUNTER

- Counter to the Head
  - When opponent shows a move to perform lead hand straight punch to the head
  - Quickly perform the lead or rear hand straight punch to the opponent's head to the side where he/she is performing the straight punch
  - Simultaneously, move the head away from opponent's punch
- Counter to the Body
  - When opponent shows a move to perform lead hand straight punch to the head
  - Quickly perform the lead or rear hand straight punch to the body toward the opponent's side where he/she is performing the straight punch

#### COUNTER ATTACK

- Responsive action after performing defense move against opponent's attack

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### 5.3.4. DEFENSES

#### PASSIVE DEFENSE

- Boxer takes no immediate actions and remains observing the opponent after the opponent's attack

#### ACTIVE DEFENSE

- Boxer takes immediate action after opponent's attack with either counter attack or anticipated action

#### TYPES OF DEFENSIVE MOVE

Defense Action can be divided into three categories.

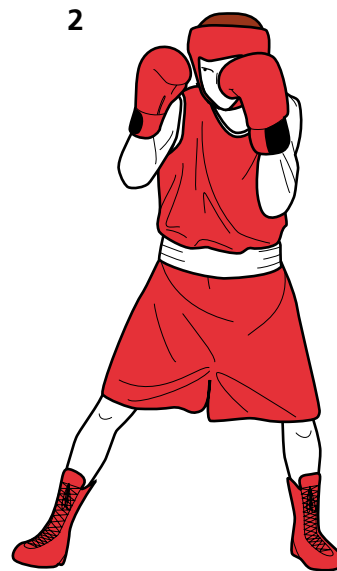
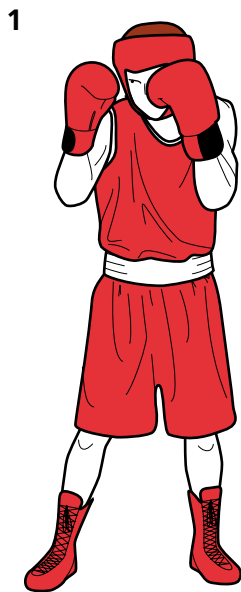
1. Hand defense - Uses hands, arms and shoulder to either block or parry opponent's attack
  - Hand Defense Double Arm Cover
  - Catch / Block
  - Arm Block / Elbow Block / Shoulder Block
  - Parry
2. Body defense - Uses the upper body without moving the lower body to make defensive moves
  - Ducking
  - Rotation
  - Swaying Back
3. Leg defense - uses foot movement to move away from the opponent's attack range
  - Step Back
  - Jump Back

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## **ADDITIONAL DEFENSE MOVES**

### **BOBBING AND WEAVING**

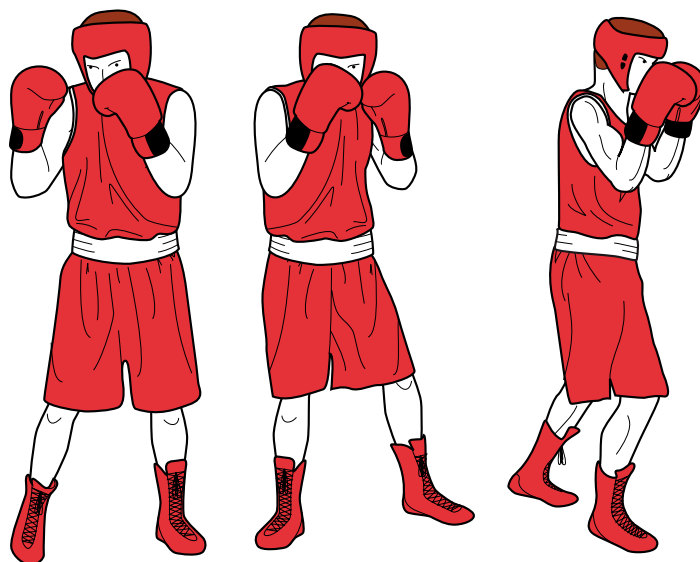
- From the boxing stance
- Bend both knees while simultaneously step to the direction of on-coming punch
- Move below the opponent's punch (head must be lower than opponent's punch, must keep the eye contact with opponent)
- Turn the waist to either left or right, in order to set up the counter
- Perform the counter punch
- Return to the boxing stance



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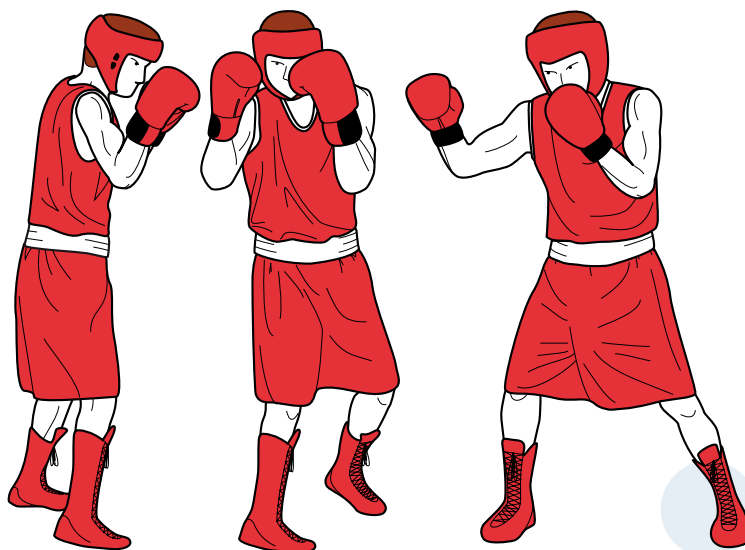
## PIVOT INSIDE

- From the boxing stance
- Anchor the lead foot in position, take rear foot to the 90 degrees behind while rotating the whole body
- Maintain the balance and return to the boxing stance



## PIVOT OUTSIDE

- From the boxing stance
- Anchor the lead foot in position, take rear foot to the 90 degrees front while rotating the whole body
- Maintain the balance and boxing stance



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### 5.3.5. FEINTS

- Hiding boxer's intention by deceptive action
- Different types of feints should be applied for certain tactics and situations
- Feints must be quick and provoking
- Feints should be made in appropriate distance
- Feints can be also used for close-in of the distance, boxer uses feints to get closer to opponent by moving forward or drawing opponent to move closer or make opponents to move backward toward the rope or corner
- To make opponent to take any attack action that will create an opening for the counter-attack

#### TYPES OF FEINTS

- Head Feint
  - Move the head forward and retract
  - Move the head side to side
- Eyes Feint
  - Look to opponent's abdomen area
  - Look to opponent's feet
- Arm Feint
  - Extend lead arm slightly to opponent's head or body and retract, imitates the attack movement
- Body Feint
  - Move the upper body (shoulders) toward the opponent or sideways to imitate the intention of striking a blow, and return to original position
- Leg Feints
  - Flex one or both knees slightly to lower the body then stand back up, pretend that the boxer is making an preparation for the attack movement
  - Anchor one leg on the floor, while the other leg move to the different directions

#### COMBINATIONS OF FEINTS

Each type of feints can be applied individually or combined with two or more elements.  
Ex.) Hand with Eyes or Leg with Hand and etc.

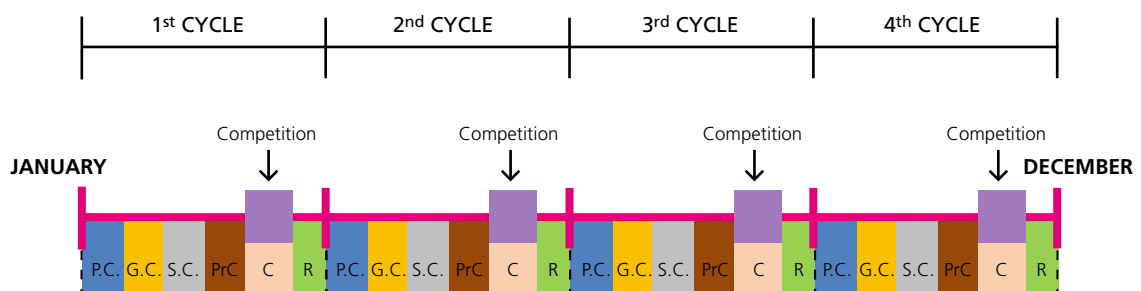
When performing feint movements, boxer must think about own defense, anticipate for any of opponent's counter-attacks. Meanwhile, a boxer must also think about his/her action after the feint. Feints should be used as preparation actions for a main attack.

### 5.3.6. TRAINING PLAN DEVELOPMENT

1-year training plan is developed to forecast and prepare the training schedule based on the boxer's target competition. Purpose of training plan is to enable coaches to plan ahead for the upcoming training and competitions. However, the most importantly, training plan is developed to organize and manage better training process for the boxer and prepare boxer for the major and/or target competition according to his/her goal.

When developing a 1-year training plan, one of the factors to consider is timing between one competition to next, coach must calculate the timing and provide adequate amount of rest and preparation for the boxer. Also coach must analyze the competition calendar carefully to take in consideration the level of competitions scheduled throughout the year and design the training program and prepare boxing for each training period and cycles.

One of the methods that U.S. coaches use to develop 1-year training plan is dividing one year into two to four training cycles based on the level of boxer and competition schedule. End of each cycle, boxer will participate at the tournaments or competitions that can help achieve boxer's goals.



PC: Pre-Conditioning Period  
GC: General Conditioning Period  
SC: Specific Conditioning Period  
PrC: Pre-Competition Period  
C: Competition Period  
R: Rest Period

Each cycle consists of six (6) periods, Pre-Conditioning, General Conditioning, Specific Conditioning, Pre-Competition, Competition and Rest. In each periods, the boxer trains with different training goals and objectives to prepare for each competition at the end of cycle and Target competition toward the end of the 1-year plan.

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WHEN DEVELOPING 1-YEAR TRAINING PLAN:

- Must be aware of when and where the major and target competition are held
- Start to schedule from Target competition day to the first day (work backward)
- Participate in small or medium tournament before and between the major competitions to control and monitor (evaluate) boxer's preparation level and progress
- Select tournament according to boxer's preparation level. Harder tournament may have negative effect on boxer's psychological level
- Training program and schedule shall change accordingly by increase or decrease the intensity, mix of different training exercises to keep boxers' interest and motivational level as well as fitness at high level



## PRE-CONDITIONING PERIOD

Training goal of the pre-conditioning period is the preparation of boxer physically to move on to the next level of training which is general conditioning period. Therefore, in this period, many training activities includes exercises that enhance and develop boxer's cardiovascular fitness, body strength, basic boxing techniques, tactics and psychological training to help boxer to be able to focus and concentrated on the training schedules.

Duration of pre-conditioning period in a training cycle can be one week to three weeks depending on the competition calendar and the boxer's preparation level. Number of training sessions and training hours can be adjusted accordingly by the coach, however it is not recommended to train more than three hours in one training sessions and three sessions per day.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"><li>Shadowbox 3 min work 30 sec rest</li></ul>	15 min	Low intensity	Focus should be placed on movement, technique, and relaxation
<ul style="list-style-type: none"><li>Light stretching</li></ul>	10 min	Light to moderate	Focus on flexibility
2. Main Training			
<ul style="list-style-type: none"><li>2 mile jog</li><li>5 50 yard lifts</li></ul>	14-20 min	Low to moderate Moderate to high	Gradually increase speed thru 50 yard distance. Walk back to starting point and begin second 50 yard lift
3. Cool-Down			
<ul style="list-style-type: none"><li>Stretch</li></ul>	10-15 min	Moderate	

## GENERAL CONDITIONING

Training goal of the general conditioning period is the raise and enhance and development of boxer's cardiovascular training level and strength training level. Furthermore, advanced boxing technique, tactics and exercises are trained during general conditioning period. Continuously the boxer's psychological development and preparation training will be conducted with tougher and harder training schedule.

Duration of general conditioning period in a training cycle is same as pre-conditioning period and it is one to three weeks depending on the competition calendar and the boxer's preparation level. Again, the coach shall be responsible to set up the intermediate intensity training program with number of hours and sessions per day.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> <li>Dynamic warm-up exercises</li> </ul>	25 min	Moderate	Designed for warm-up, flexibility, explosive strength, and agility
2. Main Training			
<ul style="list-style-type: none"> <li>2 rds shadowbox</li> <li>4 rds light sparring</li> <li>2 rds heavybag</li> <li>2 rds double end bag</li> <li>interval bag work</li> </ul>	3x1min rest 3x1min rest 3x1min rest 3x1min rest 10 min	High Low to moderate High High High	Focus is technique Simulate situations Combo sequences Combo sequences Work/rest should equal (ie. 10 sec work = 10 sec rest)
3. Cool-Down			
<ul style="list-style-type: none"> <li>Stretch</li> </ul>	10-15 min	Moderate	Flexibility

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## **SPECIFIC CONDITIONING PERIOD**

In specific conditioning period, training program such as muscular and energy fitness training shall become more intensified. Long distances running training exercises in previous two training periods are replaced with interval running programs and strength trainings are enhanced by development of individualized weightlifting program, such individualization will allow strengthen specific muscle groups that needs and must be developed.

Moreover, training programs for boxing techniques and tactics are more specified and focus individuality to the endurance, strength, speed and coordination. Coach must carefully evaluate boxer's psychological aspect by monitor his/her ability to handle and overcome the increased workload. Increased workload and boxers who overcome the difficulty can gain confidence and concentration.

Specific conditioning period with high intensity training programs can be carried on for about one to three weeks depending on the competition calendar and the boxer's preparation level.

SPECIFIC CONDITIONING PERIOD PHYSICAL TRAINING EXAMPLE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
Jump Rope	2 min	Low intensity	No rest
Jump Rope	2 min	Moderate	No rest
Jump Rope	2 min	Moderate Increase/decrease	90 sec rest
Jump Rope	5 min	High Increase/decrease/high knees/rhythm/direction	5 min rest
2. Main Training			
• Sparring (4x3 min 1 min rest)	15 min	High	Start at 10, 20, 30, 40... up to 100 yds then decrease 100, 90, 80, 70.... down to 10
• Increase Decrease sprints	15-25 min	High	
Stretch	10 min	Moderate	
3. Cool-Down			
• video review	30 min	Low	Review sparring/competition video to allow boxer to learn through the visual process

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## **PRE-COMPETITION**

Pre-competition period is toughest training period of all. All training exercises shall be conducted at maximal intensity. Running programs are replaced with short distance sprint training exercises with mix of maximal aerobic endurance (also known as VO2Max) training exercises. In strength training exercises, the boxer will use lighter weights and perform each repetition as quick as possible to develop fast twitch muscles in the body.

All technique and tactical training exercises shall be formatted individually with the elite level training programs. Tactics training are consists of intense sparring and bags and pads work with coaches. The boxer must take consideration that sparring and training programs must be performed with similar intensity and effort as he/she would do in competitions and this will bring positive psychological effect on boxer.

Pre-competition period usually starts one week to three weeks before the competition starts and lasts until the day before the competition. Boxer must not train with maximal intensity until the day before the competition, this will make boxer fatigued for the competition and will not allow him/her to perform with full capacity. Therefore, when the coach programs the pre-competition period training plan, intensity and workload of the training exercises must be reduced as competition dates approaches and instead, coach shall put more emphasis on competition strategies and tactics, relaxation and resting.

### PRE-COMPETITION PERIOD TRAINING EXAMPLE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> <li>Shadowbox</li> <li>Jump Rope</li> </ul>	8-10 min 2 rds x 4 min	Moderate Moderate to high	Athlete at peaking towards competition
2. Main Training			
<ul style="list-style-type: none"> <li>Mitt/Pad work</li> <li>Heavy bag</li> <li>Partner drills</li> <li>Mitt/Pad work</li> </ul>	3 min x 2 rd 3 min x 2 rd 3 min x 3 rd 3 min x 2 rd	High High High High	1 minute rest will follow all rounds. Training will focus on strategies established prior to start of training for the day.
3. Cool-Down			
<ul style="list-style-type: none"> <li>stretch &amp; movement</li> <li>coach and boxer will discuss strategy and tactics used during the days training</li> </ul>	10-15 min 20-30 min	Moderate and relaxed	

---

## **COMPETITION PERIOD**

The competition period that starts and ends with the tournament or competition schedule. During this period, coach shall program a training plan with low-intensity exercises that will allow boxer to stay loose and warmed-up for the upcoming bouts in competition schedule.

## **REST**

After the tournaments or competitions, coach shall allow boxer to rest for about a week. This period is intended to allow boxers to have relaxation time and treat and care for any injuries in the tournament or competition. Additionally, while boxers are having rest time and relaxing, they are expected to spend small time training for low intensity endurance exercises such as jogging, long-distance running and jump roping (skipping).

**1-YEAR TRAINING PLAN**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	NOTES		
8				Pre Conditioning										General Conditioning												Special Preparation								
9				Special Preparation																														
10				MAJOR COMPETITION																														
11				Pre Conditioning																														
12				General Conditioning																														
1				Pre Competition																														
2				Pre Conditioning																														
3				General Conditioning																														
4				Pre Competition																														
5				Mix of REST & PRE CONDITIONING																														
6				Pre Conditioning																														
7				Special Preparation																														
8				TARGET COMPETITION																														
NOTES																																		



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### 5.3.7. PSYCHOLOGICAL PREPARATION

Psychological preparation, which includes motivation, self-esteem, sportsmanship, effective communication and discipline of the boxer which plays significant role in their participation in boxing. For example, if the boxer's motivation is high, he/she will continue in a sport with the interest and excitement, however with low motivation likely they will drop out of sport or slow their improvement.

#### PSYCHOLOGICAL PREPARATION IN GENERAL

- Coach must understand why boxers are participating in sports to enhance self-esteem by discuss about goals and explain their responsibilities to the sport
- Boxer determines the goal with assistance of coach
- Set attainable goals
- Regularly discuss situation involving ethics in boxing
- Coach must have realistic expectations
- Skills learned and training should make boxing fun
- Provide rewards and encouragement
- Individual attention to each boxer will increases motivation
- Prepare and practice for media presentations

#### PSYCHOLOGICAL PREPARATION IN COMPETITION

- Motivate by making boxers aware of their progress, both in training and competition
- Plan and format the training and competition enjoyable
- Help boxer understand the meaning of success; "Winning isn't everything"
- Give continuous encouragement
- Emphasize sportsmanship
- The boxer must have mutual trust – respect, confidence – cooperation with coach
- Practice psychological routines, such as focus on positive result or use positive key words that motivates such as "Faster", "Stronger", "Now" and etc.
- Visualization (Self-Imaging)
  - Mental preparation –begins a long time before the competition
  - Visualization is powerful tool
    - > Take tension away but learn to work under pressure
    - > Turn Pressure into positive energy for great result
    - > Train as in competition
    - > Find what works in order to relax
    - > Every boxer develop techniques that work for individual

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### 5.3.8. TACTICS

Tactics are used to gain advantage with least amount of effort in a manner that will give the best chance for a successful outcome of the bout. Tactics can change based on individual and opponent, skills and experience. The scoring system also plays a part in tactics. For example, body blows may not be well-recognized by judges and many boxers try to use fewer body blows. However, body blows should not be eliminated from boxers' strategy since it is still important factors in the game plan.

#### GENERAL TACTIC:

- Gain knowledge about opponent
  - By watching opponent at the competition and/or video
  - Draft scenarios of opponent's tactics
- High Tempo – boxing in high tempo through all rounds
- Knock-out – seek to land strong blow on opponent to win a bout by knock-out
- Defense – Mainly concentrate on the defense and wait for opponent's mistakes
- Universal – adapt and execute tactics based on the situation
- Irregular tempo – boxer controls tempo of the bout, either faster or slower
- 3rd round – boxing aggressively on 3rd round or boxing defensively (if winning)
- Combination – combination of two or more tactics

Some of the recent tactics that have been shown by U.S. coaches and boxers during the competition are:

- Occupy the center of the ring and keep opponent closer to the rope and corners
- Make moves opposite side of opponents' power-side
- When opponent uses speed and movement
  - Cut-off ring to restrict or limit the opponent's movement (do not follow)
  - Increase tempo of offense to do so, opponent will use more energy
  - Patience to bring and/or make opponent come to you
- Make a step on the outer part of opponent's lead foot– will slower the opponent's reaction and movement
- Make initiative punch as precise as possible, successive combination depends upon the previous punch
- Use boxer's best attributes and take advantage on opponent's weaknesses
- Observe and analyze how referee officiates the bout and judges' scores are high or low

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### 5.3.9. IN-COMPETITION

#### PRIOR TO BOUT

- Start preparation well in advance, 30-45 minutes before the bout
- Warm-up in un-crowded area to have less disturbance as possible for psychological preparation and relaxation
- Find large enough warm up area for proper warm-up such as:
  - Stretching
  - Shadow Boxing
  - Trainer Pads
- Discuss bout strategy with a boxer
- Hydrated enough to avoid loss of endurance during bout
- Avoid outside contacts which might lessen boxer's concentration needed for the upcoming bout

#### DURING THE BOUT

- In the Corner
  - Continuously concentrate on boxer's actions during each rounds, in order to gain proper instruction and advice
  - Watch carefully how referee's officiating style
  - Be prepared at the near the end of round to get into the ring
- In the Ring
  - Offer minimal but, important advice related to the performance
  - Must stay positive regarding coaches opinion of boxer's bout performance

#### AFTER THE BOUT

- Be positive for both a victory or loss
- Provide a boxer with some time alone and enough time to relax before discussing the results
- Avoid any media coverage immediately after the bout
- If boxer won the bout, provide a short rest time then watch the other bouts in the session to observe possible opponent tactics and performance
- Have a boxer consume food and nutrient after the observing other boxer's bouts
- Use positive praise all times when discussing about the past bouts and tactics

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## **5.4. ADVANCED TECHNIQUE – CUBA**

Boxing style influenced by its own cultures including music and dancing, Cuban boxing style is characterized as rhythmical with well-coordinated movements, carrying technical abilities with good tactical knowledge, that are similar as dancing. From its original root, boxing style has developed in many different ways by incorporated, combined and well-mixed best aspect of the boxing advanced countries. For example, Cuban boxer's punching skills and its strength has been adopted from European boxing style, while body and feet movements were adopted and developed from the USA Boxing Style. Furthermore, Cuban boxing style has adopted the ex-soviet union's methodologies of preparation for training and competitions.

### **5.4.1. BOXING STANCE**

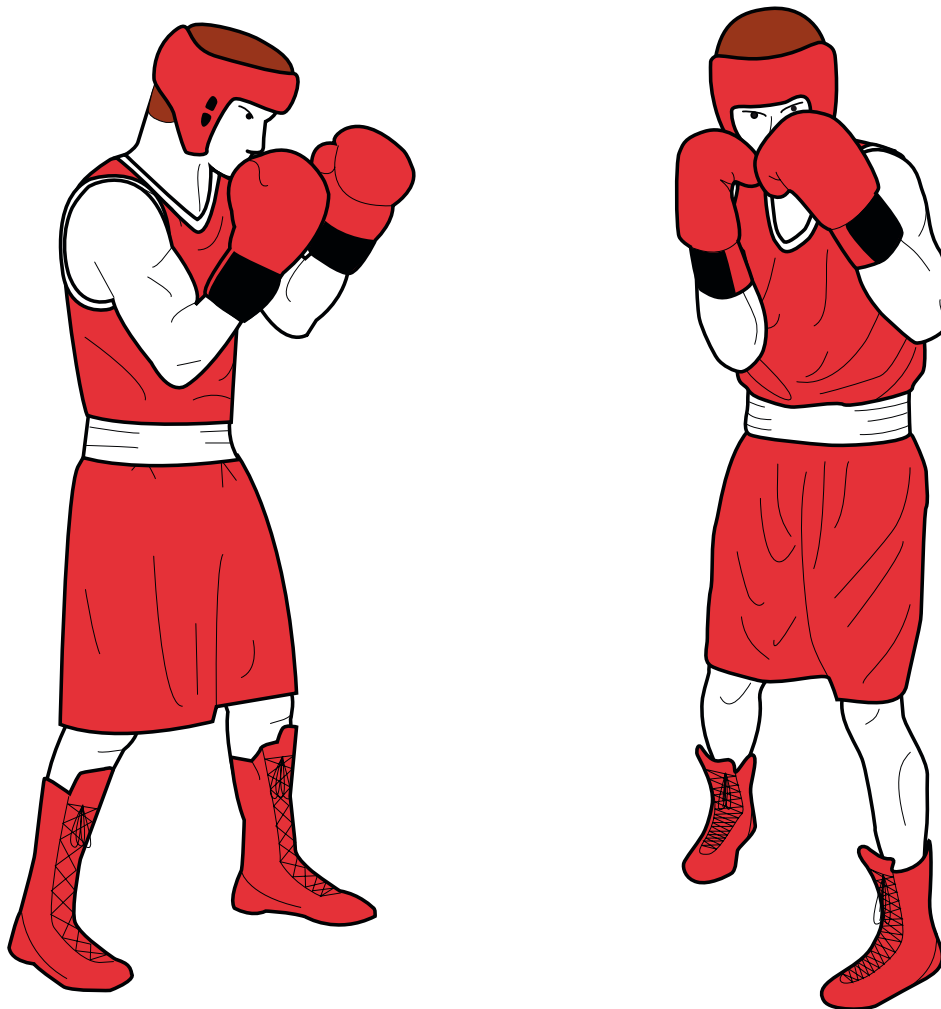
The Cuban boxer's classic stance is unique in a way that it provides much protection for the boxer, yet allows to attack efficiently with the movement of legs and hips. Based on the boxer's specialty and characteristics, boxers learn stance with variation from classic stance.

The advantage that Cuban classic boxing stance carries is that it allow boxer to execute much quicker and longer trajectory blows by using the hip rotation and rear foot. Position of the arms will allow boxers to defend easily against crossover and straight punches. At the same time, it doesn't interrupt boxer's peripheral view of opponent's movement.

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## CLASSIC

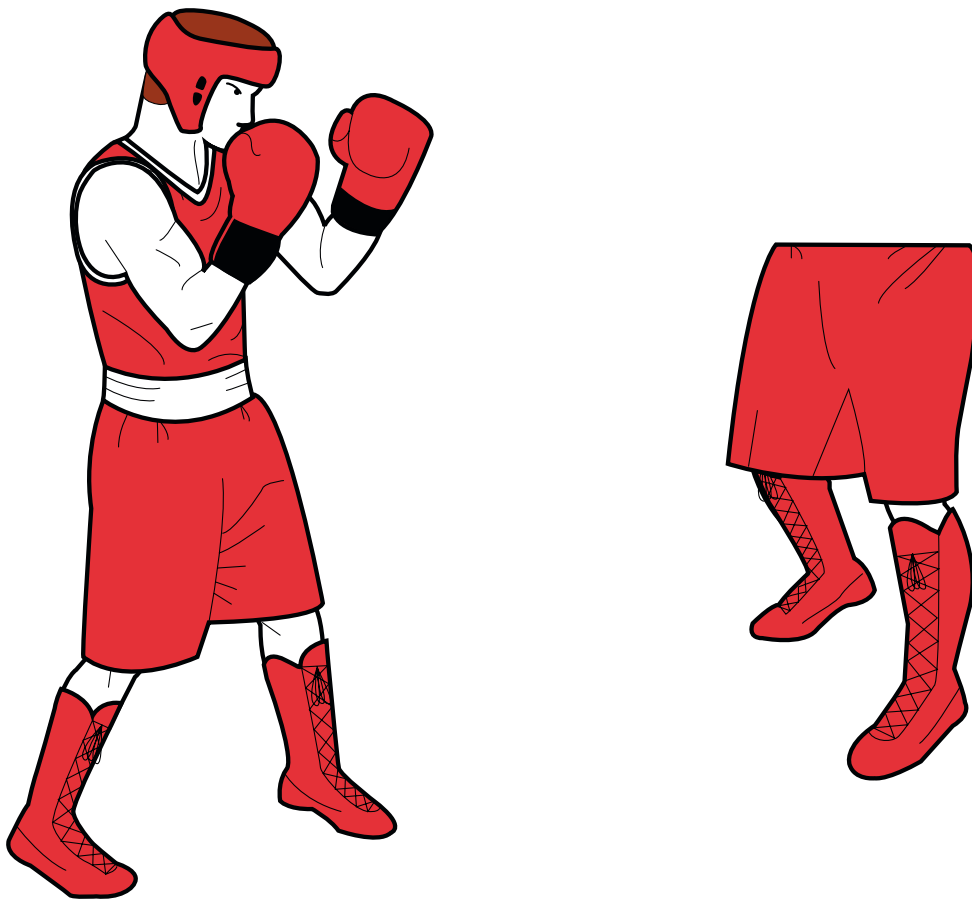
- The Boxer stands sideways on (about 45 degree angle)
- Place feet shoulder-width apart
- Place lead foot diagonally front of rear foot
- Distribute the bodyweight equally onto both feet
- Place lead foot flat on the floor while rear foot is slightly raised and standing on mid area of the foot
- Slightly bend knees down
- Depending on boxer's laterality, lean upper body slightly toward left or right
- Place lead hand in front of the face slightly below the eye level
- Place rear hand above nose level, slightly touching the chin
- Keep the elbows bent slightly less than 45 degree angles



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### STANCE FOR LONG-DISTANCE

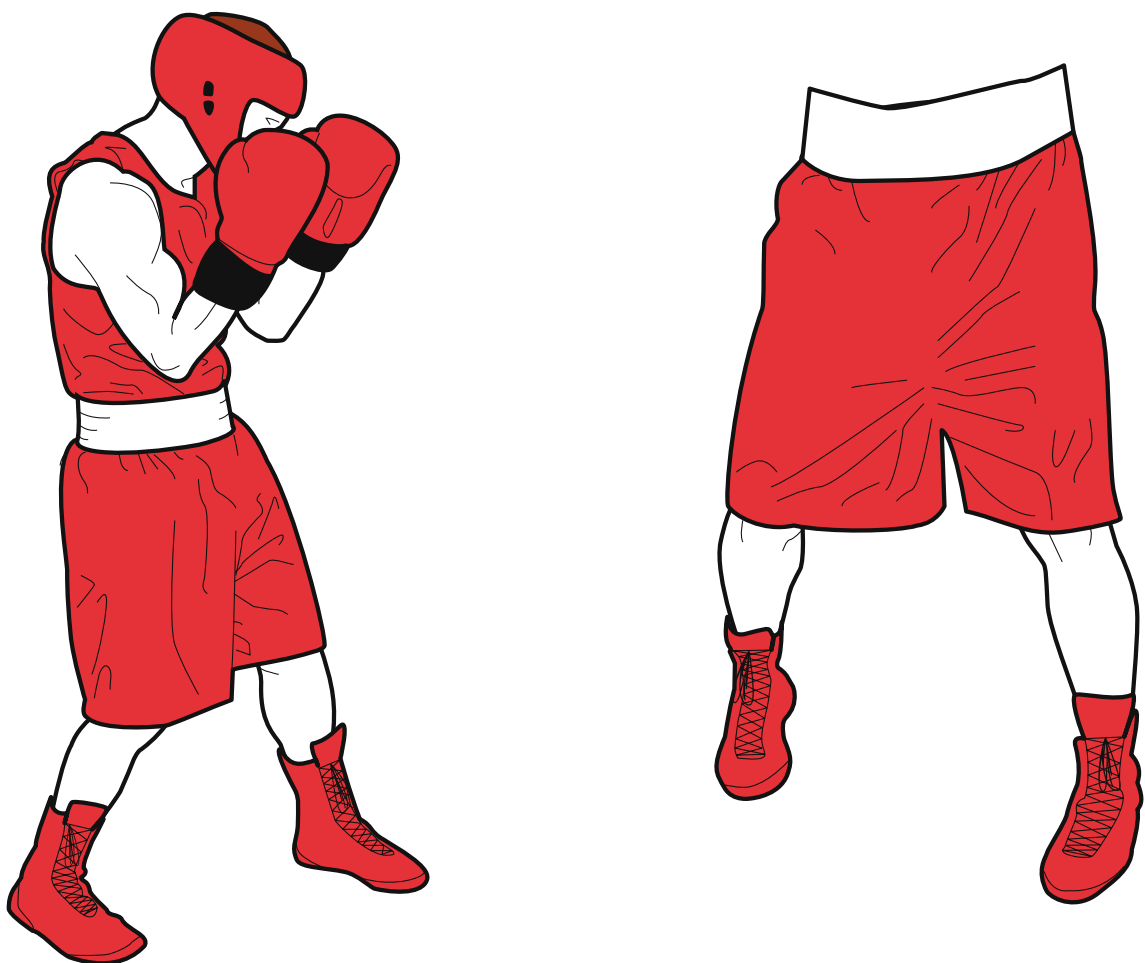
- The boxer shall box in long distance when the opponent is shorter and/or has shorter arm length
- From the classic boxing stance, rotate rear foot slightly outward



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## STANCE FOR MEDIUM-DISTANCE

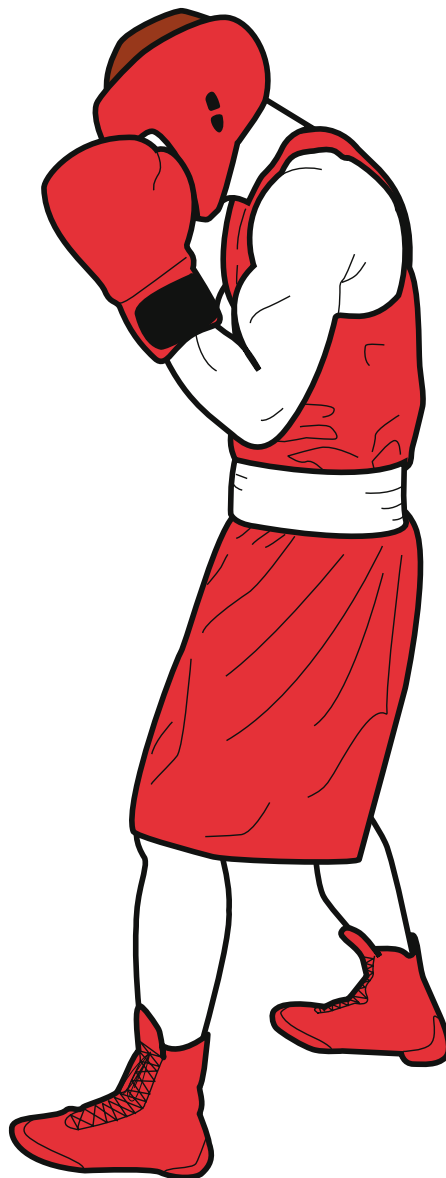
- When the boxer has good skills of combination attacks, defensive reactions and counter attack
- From the classic boxing stance, rotate upper body slightly inward
- Bring lead elbow closer to the body
- Bring rear elbow close to the body and touch the rib cage
- Place both hands closer to the chin
- Tuck the chin closer to the body and looks at the opponent



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### STANCE FOR SHORT DISTANCE

- The boxer shall box in short distance when the opponent is taller and has longer arm length
- Rear foot is rotated slightly inward and slightly raise the heel
- Both arm are pulled in closer to the body and elbow touches the rib area
- Tuck in the chin, raise the shoulder and close the arms to have maximum protection
- Always eye on the opponent





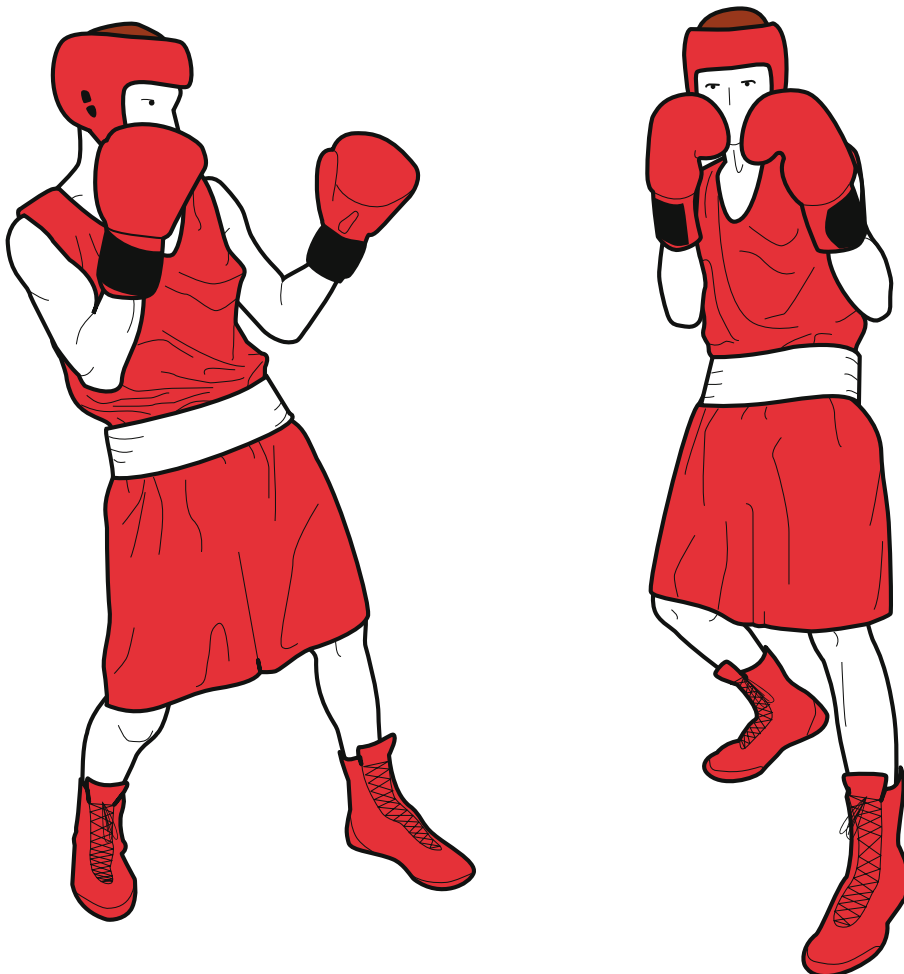
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## STANCES WITH VARIATIONS

- In different situations, boxers must use different boxing stances than the classic boxing stance. Different situations may include:
  - Level of the boxer
  - Characteristics of the boxer
  - Strengths and weakness
  - Competition experiences
  - Characteristics of the opponent

### VARIATION 1: STANCES WITH WEIGHT SHIFT TO REAR LEG

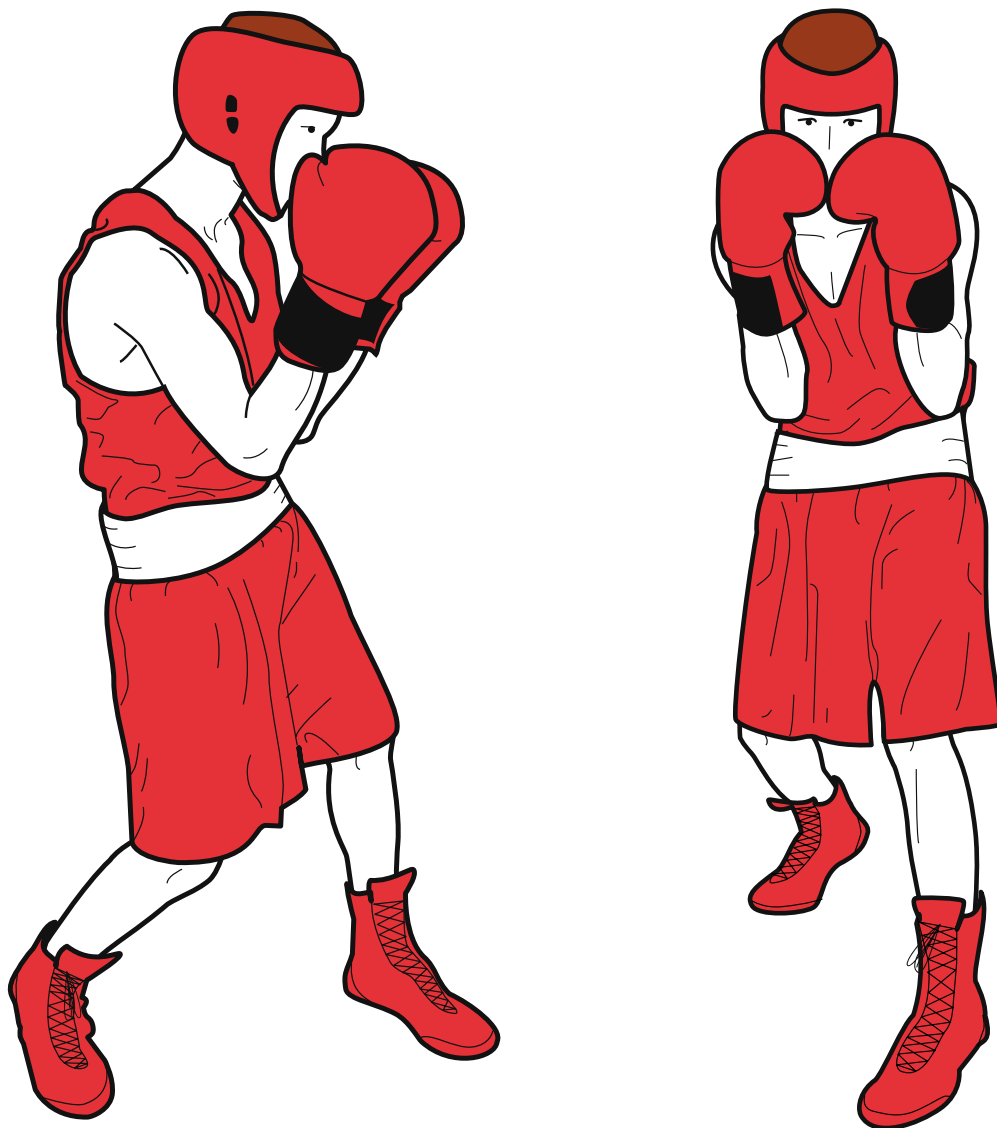
- From the classic boxing stance
- Slightly shift the bodyweight more to the rear leg



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## VARIATION 2: STANCES WITH CLOSED GUARD

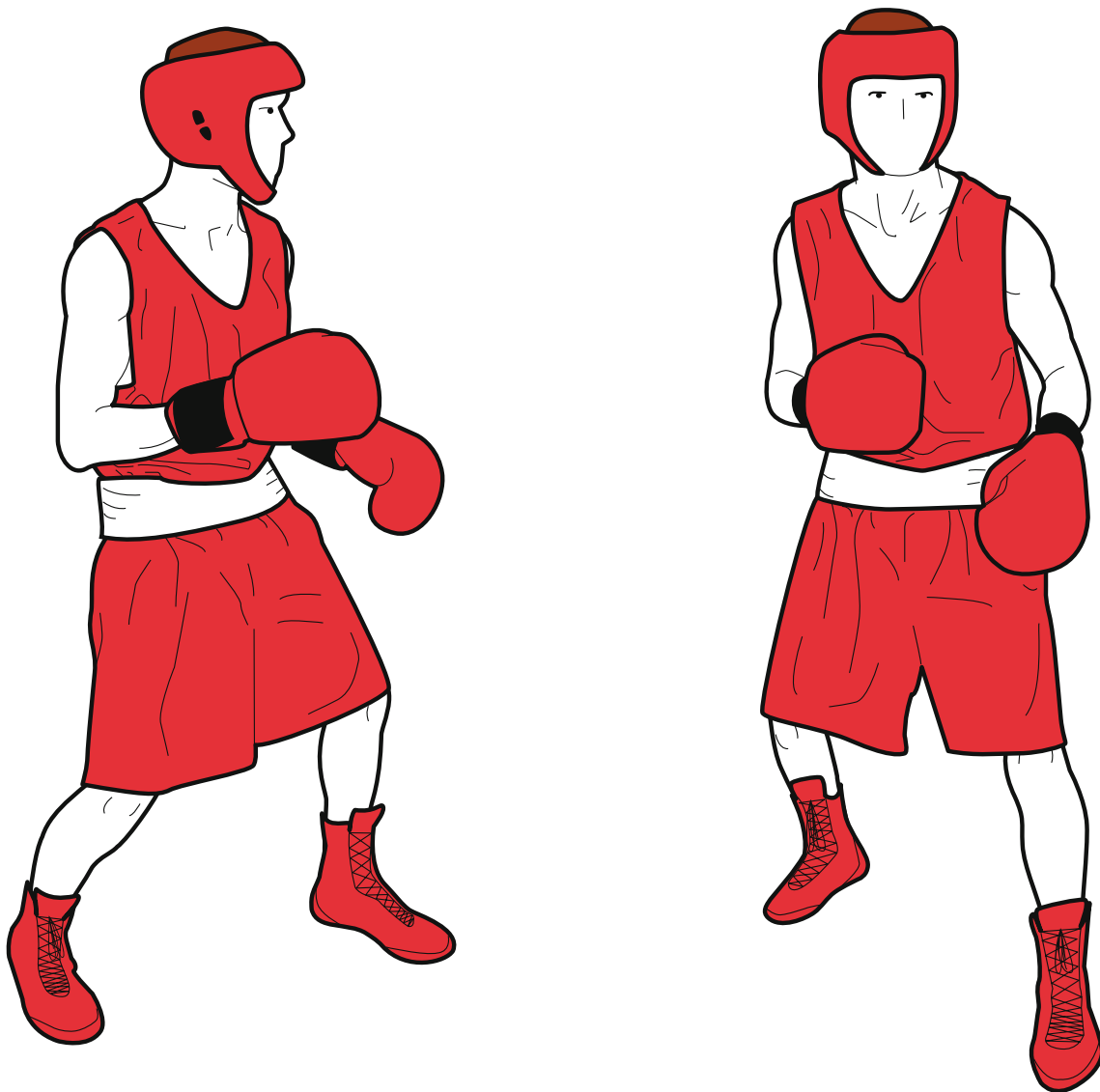
- Rear foot is rotated slightly inward and slightly raise the heel
- Both arm are pulled in closer to the body and elbow touches the rib area
- Tuck in the chin, raise the shoulder and close the arms to have maximum protection



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### VARIATION 3: STANCES WITH ARMS DOWN

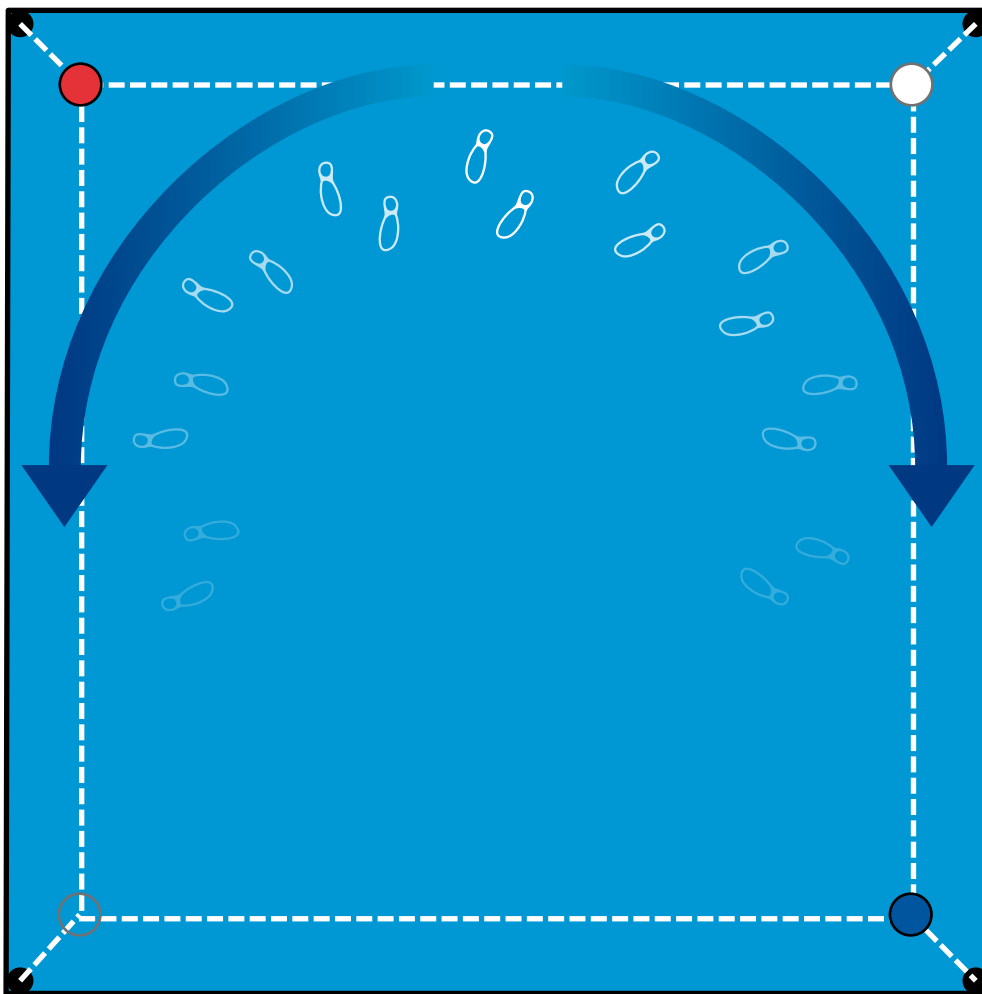
- Rear foot is rotated slight inward and heel is slightly raised
- Both arms are lowered around waist area, lead hand is slightly lower than the waist area and rear hand is slightly above the waist area
- Rear arm is close to the body and the elbow touches the rib area



### 5.4.2. FOOTWORK

In the previous part of the Coaches Manual, we have discussed about basic boxing steps. The boxer must master of making forward, backward, left and right steps with good coordination and balance, in order to have advanced level of foot work / foot movement.

Since the boxer fights in the limited space in the ring, boxer must learn to make a round movement as shown in diagram before learning additional feet movement.



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## **ADDITIONAL FOOTWORK**

### **PENDULUM STEPS**

- Constant forward and backward movement
- Must be done in a good rhythm

### **JUMP STEPS**

- Must be done in a good rhythm
- The boxer can quickly move forward or backward to be in and out of attacking range
- Quicker than Pendulum Steps

### **URNS (Pivot)**

- Useful defensive movement against straight punches
- Also useful to do the counter attack

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### 5.4.3. ATTACKS

Advanced attack consists of combinations of different elements such as movement, feints and different punches. When the boxer masters the basic element of punches, movements, feints and defenses, coach shall combine the boxing elements and try different variations according to the tactics, situations and boxer's characteristics (strengths and weaknesses).

#### COMBINATION OF PUNCHES

- Short series of punches – attack with combination of hooks and uppercuts constantly in short distance against the opponent
- Long series of punches – attack with combination of straight punches constantly in medium to long distance against the opponent
- Accentuated punches – not all punches are thrown with maximum strength and speed, among the series of punches, boxer choose to throw one or two punches with maximum strength and speed

#### ATTACK WITH PREPARATION

- Preparation includes any maneuvering action to draw opponent's movement. These includes feints, drawing out or maneuvering actions
- When boxer create an opening, immediately attacks the opponent

#### ATTACK WITHOUT PREPARATION

- Boxer observes an opponent's movement to seek for opening
- When boxer sees the opening, immediately attacks the opponent
- Using proper combination of punches to take advantage of the opening

#### COUNTER

- Counter to the Head
  - When opponent shows a move to perform lead hand straight punch to the head
  - Quickly perform the lead or rear hand straight punch to the opponent's head to the side where he/she is performing the straight punch
  - Simultaneously, move the head away from opponent's punch
- Counter to the Body
  - When opponent shows a move to perform lead hand straight punch to the head
  - Quickly perform the lead or rear hand straight punch to the body toward the opponent's side where he/she is performing the straight punch

#### COUNTER ATTACK

- Responsive action after performing defense move against opponent's attack

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## **ADDITIONAL ATTACKS**

### **2 AND 3 SIMPLE COMBINATION PUNCHES**

- Straight blow and crossed with left to the face
- 2 straight blows with left to the face and one hook with the left to the trunk
- Straight blow with right and hook with left to the face
- Straight blow with left to the face, straight blow with the left to the trunk and crossed with left to the face.

### **COMPLEX**

- 3 blows with the same hand, 1 blow with the other
- Straight, hook and crossed with left and straight blow with right to the face
- Straight blow with left, crossed with right to the face, clinch with the left to the trunk, hook with the left to the face
- Straight blow with the left, crossed with the right to the face, clinch with the left to the trunk, clinch with the left to the face

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#### **5.4.4. DEFENSES**

##### PASSIVE DEFENSE

- Boxer takes no immediate actions and remains observing the opponent after the opponent's attack

##### ACTIVE DEFENSE

- Boxer takes immediate action after opponent's attack with either counter attack or anticipated action

##### TYPE OF DEFENSIVE MOVE

Defense Action can be divided into three categories.

1. Hand defense - Uses hand and shoulder to either block or parry opponent's attack
  - o Hand Defense Double Arm Cover
  - o Catch / Block
  - o Arm Block / Elbow Block / Shoulder Block
  - o Parry
2. Body defense - Uses upper body or lower body to make defensive moves
  - o Ducking
  - o Rotation
  - o Swaying Back
3. Leg defense - uses foot movement to move away from the opponent's attack range
  - o Step Back
  - o Jump Back



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## **ADDITIONAL ATTACKS**

### **CATCH WITH LEAD HAND**

The boxer, with the lead hand rotates the wrist to the left stopping the punch with a wrist movement towards below

### **FOREARM BLOCK**

The boxer puts the forearms to stop the punches

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### 5.4.5. FEINTS

- Hiding boxer's intention by deceptive action
- Different types of feints should be applied for certain tactics and situations
- Feints must be quick and provoking
- Feints should be made in appropriate distance
- Feints can be also used for close-in of the distance, boxer uses feints to get closer to opponent by moving forward or drawing opponent to move closer or make opponents to move backward toward the rope or corner
- To make opponent to take any attack action that will create an opening for the counter-attack

#### TYPES OF FEINTS

- Head Feint
  - Move the head forward and retract
  - Move the head side to side
- Eyes Feint
  - Look to opponent's abdomen area
  - Look to opponent's feet
- Arm Feint
  - Extend lead arm slightly to opponent's head or body and retract, imitates the attack movement
- Body Feint
  - Move the upper body (shoulders) toward the opponent or sideways to imitate the intention of striking a blow, and return to original position
- Leg Feints
  - Flex one or both knees slightly to lower the body then stand back up, pretend that the boxer is making an preparation for the attack movement
  - Anchor one leg on the floor, while the other leg move to the different directions

#### COMBINATIONS OF FEINTS

Each type of feints can be applied individually or combined with two or more elements.  
Ex.) Hand with Eyes or Leg with Hand and etc.

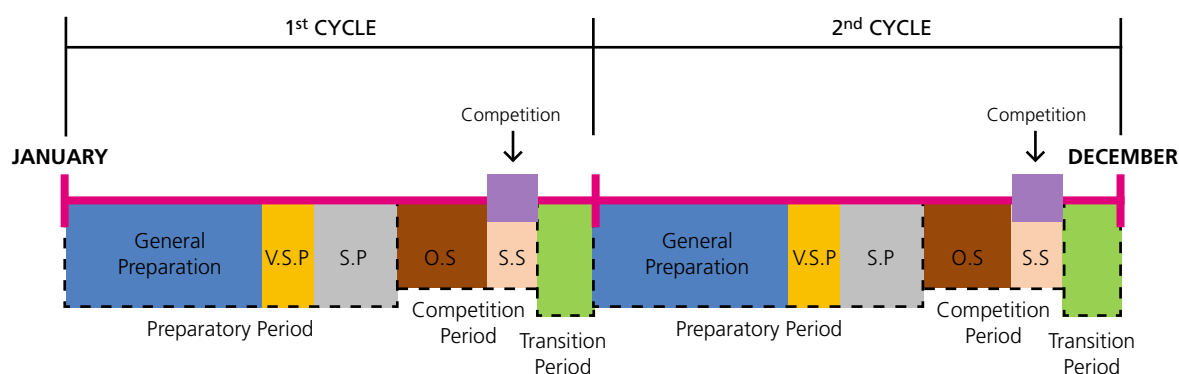
When performing feint movements, boxer must think about own defense, anticipate for any of opponent's counter-attacks. Meanwhile, a boxer must also think about his/her action after the feint. Feints should be used as preparation actions for a main attack.

## 5.4.6. TRAINING PLAN DEVELOPMENT

1-year training plan is developed as part of the boxer's quadrennial plan. Each year's plan is based on the boxer's individual performance, physiological development, skills development and the competition schedule. Plan is developed to assist coaches to closely monitor and control boxer's development and give the coaches flexibility to manage and organize the training to allow boxers to have better fit for the competitions.

When developing a training plan, the coach must consider the boxer's competition goal, capability and room for the development and growth within four years. Then carefully divide these four years into one-year each and each year, the coach formulate the training plan and development chart according to the competition schedule and the boxer's development.

One of the concepts of developing 1-year training plan is dividing one year into two cycles based on the level of boxers and competition schedule. End of each cycle, boxer will participate at the tournament or competition that will allow coaches to control and monitor the boxer's skills development and level of achievement.



V.S.P: Variated Special Preparation  
S.P : Specific Preparation  
O.S. : Shaping  
S.S. : Stabilizing

Each cycle consists of three (3) periods, Preparatory, Competition and Transition. In each periods are individualized and focused on boxer's training for strengthening the strength area and correcting the weaknesses.

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### **WHEN DEVELOPING 1-YEAR TRAINING PLAN:**

- Must be aware of when and where the major and target competition are held
- Participate in small or medium tournament before and between the major competitions as a preparatory and fundamental purposes and each tournament will have its own purpose of participation. (Example, to monitor the progress, increases the psychological confidence and etc.)
- Select tournament according to boxer's preparation level. Harder tournament may have negative effect on boxer's psychological level
- Tactical, theoretical and psychological development and education must start from the beginning of the cycle and included in each periods

### **PREPARATION PERIOD**

The preparation period is divided into three phases. General preparation, varied special preparation and special preparation phase. The boxer spends about 16 to 24 weeks in the preparation period depending on the competition calendar. The training focus is different and its goal and objectives. In first two phases, training can be done in group with boxers who share similar characteristics or skills level; however the last phase of the preparation period must be prepared individually according to each boxer's characteristics.

### **GENERAL PREPARATION PHASE**

Training focus of the general preparation phase is the development of the physical abilities such as strength, speed, coordination and etc. which becomes the basis of the technical and tactical abilities. In this phase, the coach schedules about two training sessions per day for 2.5 to 3 hours each with high volume but, low intensity level of exercises.

## TRAINING PLAN EXAMPLE FOR PREPARATION PERIOD – GENERAL PREPARATION PHASE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> <li>• General exercises</li> <li>• Boxing-specific exercises</li> </ul>	20 min	Moderate	Mix of different exercises
2. Main Training			
<ul style="list-style-type: none"> <li>• Lead arm straight punch to the head</li> <li>• Lead arm straight punch to the head, rear arm straight punch to the head</li> <li>• Lead arm straight punch to the head, rear straight punch to the head with step forward and backward</li> <li>• Variations of previous exercises (x3)</li> <li>• Partner Work I                             <ul style="list-style-type: none"> <li>• Attack: Lead arm straight punch to the head and rear arm straight punch to the head</li> <li>• Defense: catch and parry</li> </ul> </li> <li>• Partner Work II                             <ul style="list-style-type: none"> <li>• Attack: Lead arm straight punch to the head and rear arm straight punch to the head</li> <li>• Defense: Any defense actions</li> </ul> </li> <li>• Jump Roping (Skipping)</li> <li>• Speed Bag Punching</li> <li>• Heavy Bag Punching</li> <li>• Sit-Ups / Push-Ups / Squats</li> </ul>	5min 5min 5min 15min 4min x 1min rest (x 3rds) 4min x 1min rest (x 3rds) 10min 10min 10min 5min	Medium Medium Medium Medium Medium Medium Maximum Medium Maximum Low	In boxing stance Without gloves  With gloves
3. Cool-Down			
<ul style="list-style-type: none"> <li>• Hanging on the Swedish wall (espalier)</li> <li>• Arm and leg shake</li> <li>• Light jogging in the gym or in the field</li> </ul>	1 min 1min 5min	Low Low Low	

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## **VARIATED SPECIAL PREPARATION PHASE**

This phase is a preparatory phase for the upcoming competition, therefore many training exercises designed to drive the boxer to achieve certain level that is acceptable to compete at the tournament or competition and have a good performance. Volume of work during this phase decreases compare to general preparation phase and slightly increase the intensity to medium level. Training will be conducted for two sessions per day for 1.5 hours to 2 hours in each session for the duration of three to four weeks depending on the length of the tournament or competition days and competition calendar.

TRAINING PLAN EXAMPLE FOR PREPARATION PERIOD – VARIATED SPECIAL PREPARATION PHASE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> <li>General exercises</li> <li>Boxing-specific exercises</li> </ul>	15 min	Moderate	Mix of different exercises
2. Main Training			
<ul style="list-style-type: none"> <li>Partner Work I                             <ul style="list-style-type: none"> <li>Attack: Lead arm straight punch to the head and body</li> <li>Defense: Catch and forearm block</li> </ul> </li> <li>Partner Work II                             <ul style="list-style-type: none"> <li>Attack: Lead arm straight punch to the head and rear arm uppercut to the body</li> <li>Defense: catch and forearm block</li> </ul> </li> <li>Partner Work III                             <ul style="list-style-type: none"> <li>Attack: Lead arm straight punch to the head, rear arm uppercut to the body, lead arm hook to the head</li> <li>Defense: Catch, forearm block and rotation</li> </ul> </li> <li>Circuit Training                             <ol style="list-style-type: none"> <li>Jump Roping (Skipping)</li> <li>Speed Bag Punching</li> <li>Heavy Bag Punching</li> <li>Shadow Boxing</li> </ol> </li> <li>Basketball Game</li> <li>Sit-Ups / Push-Ups / Squats</li> </ul>	10 min  8 min  3.5 min x 1 min rest (x 3rds)  3.5 min x 1 min rest (x 4rds)	Medium  Medium  Medium  Medium Medium	Without gloves  Without gloves  With gloves   In teams In Circuit Training
3. Cool-Down			
<ul style="list-style-type: none"> <li>Autogenic Training</li> </ul>	5 min	Low	

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### **SPECIAL PREPARATION PHASE**

In this phase, the boxer starts full-fledged trainings toward the upcoming tournament or competition. Training exercises are more focused toward the technique and tactics while increased number of sessions for sparring and similar exercises is adopted. This phase lasts about 7 to 8 weeks with 2 or 3 training sessions per day for 1 to 1.5 hours per session with low volume but, elevated intensity.



## TRAINING PLAN EXAMPLE FOR PREPARATION PERIOD - SPECIAL PREPARATION PHASE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> <li>General exercises</li> <li>Boxing-specific exercises</li> </ul>	15 min	Moderate	Mix of different exercises
2. Main Training			
<ul style="list-style-type: none"> <li>Feints with the arm, upper body and legs</li> <li>Feints then lead arm straight punches then rear arm straight punch to the head then defense</li> <li>Feints then lead arm straight punch to the head then defense</li> <li>Feints then lead arm straight punch then rear arm straight punch to the face then defense</li> <li>Feints then lead arm straight punch to the head then defense</li> <li>Feints with arms, upper body and legs, and different punches</li> <li>Feints and Attacks</li> <li>Circuit Training                             <ol style="list-style-type: none"> <li>Shadow Boxing</li> <li>Jump Roping (Skipping)</li> <li>Punching Bag Exercises</li> </ol> </li> <li>5 and 10 meters sprint (race)</li> <li>Sit-ups / Push-ups / Squats</li> </ul>	2 min 6 min 6 min 3 min / 1 min rest (x 3rds) 3 min / 1 min rest (x 3rds) 3 min / 1 min rest (x 3rds) 3 min / 1 min rest (x 2rds) 3 min / 1 min rest (x 4 rds) 4 x 5meters & 4 x 10 meters 5 min	Medium	Work with different feints instructed by the coach – without gloves  Without gloves  With gloves  With gloves  With gloves  With gloves  Boxers race against each other (competitive race environment)  Circuit Training
3. Cool-Down			
<ul style="list-style-type: none"> <li>Walking in the gym or the field and deep breathing</li> </ul>	3 min	Low	

## COMPETITION PERIOD

The competition period can be divided into two phases, shaping and stabilizing phase. Each phase's duration is about three (3) weeks and training focus and objectives is different. The shaping phase focuses on attaining desired skills level and training result for the upcoming tournament or competition, while the stabilizing phase is focused toward maintaining the training achievement while controlling the condition of the boxer for the competition.

## SHAPING PHASE

In shaping phase, number of boxing-specific exercises increase with higher intensity and the coach schedules two (2) trainings per day for about an hour. Additionally, boxers are expected to have some individual training to correct any weaknesses or areas of weakness. In shaping phase, the boxer has many sparring sessions and coach shall arrange the sparring sessions according to the characteristics and/or the schedule of the tournament or competition. For example, the boxer fights every two days according to the upcoming competition schedule, coach shall arrange the sparring session every two days.

### TRAINING PLAN EXAMPLE FOR COMPETITION PERIOD – SHAPING PHASE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"><li>General exercises</li><li>Boxing-specific exercises</li></ul>	15 min	Moderate	Mix of different exercises
2. Training			
<ul style="list-style-type: none"><li>Attack and Counter Attack skills exercises</li><li>Various attacks and defense exercises</li><li>Circuit Training<ol style="list-style-type: none"><li>Shadow Boxing</li><li>Jump Roping (Skipping)</li><li>Punching Bag Exercises</li></ol></li></ul>	3min / 1min rest (x 3rds) 3min / 1min rest (x 3rds) 3min / 1min rest (x 3rds)	Very High Maximum Very High Medium High	Work in groups, each boxers keeps their distance Discretionary
3. Cool-Down			
<ul style="list-style-type: none"><li>Walking in the gym or the field with relaxation activities and motivational talks</li></ul>	3 min	Low	

## STABILIZING PHASE

In stabilizing phase, the boxer is in the competition and objective of this phase is to maintain and conditioning the boxer. Training is oriented around the tactics and each training session can last for about 40 to 50 minutes and twice per day if possible. In stabilizing phase, some physical trainings include 1 to 2 kilometers running or short distance sprints.

### TRAINING PLAN EXAMPLE FOR COMPETITION PERIOD – SHAPING PHASE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"><li>• General exercises</li><li>• Boxing-specific exercises</li></ul>	15 min	Moderate	Mix of different exercises
2. Training			
<ul style="list-style-type: none"><li>• Jogging</li><li>• Short Sprints</li><li>• Circuit Training<ol style="list-style-type: none"><li>1. Shadow Boxing</li><li>2. Jump Roping (Skipping)</li><li>3. Punching Bag Exercises</li></ol></li></ul>	10 min  1min / 1min rest (x 5rds)  3min / 1min rest (x 3rds)	Moderate  Maximum  Very High Medium High	
3. Cool-Down			
<ul style="list-style-type: none"><li>• Walking in the gym or the field with relaxation activities and motivational talks</li></ul>	3 min	Low	

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## **TRANSITION PERIOD**

Transition period is a rest period for the boxer. The boxer may lose some endurance, strength, speed and other physical skills, however it is necessary for the boxer to have transition period, because this will allow boxer to recover from physical and psychological fatigue from the trainings during the cycle and competitions. Moreover, the boxer will recover the lost physical skills very quickly when the new training cycle starts.

**1-YEAR TRAINING PLAN**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	NOTES
8	General Preparation																															
9	Special Preparation																															
10	Special Preparation																															
11	General Preparation																															
12	Shaping																															
1	General Preparation																															
2	Special Preparation																															
3	General Preparation																															
4	Special Preparation																															
5	General Preparation																															
6	Special Preparation																															
7	General Preparation																															
8	Special Preparation																															
NOTES																																

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#### **5.4.7. PSYCHOLOGICAL PREPARATION**

Psychological preparation in boxing is very important. It helps the boxer to reduce the high anxiety level and allow boxers to avoid the mental overload (stress) that may affect the performances.

It has been witnessed many times that the boxer with weak psychological preparations does not perform with full capacity of their skills in the competitions. Therefore, psychological aspect of boxer is also very important element for the succession.

##### **PSYCHOLOGICAL PREPARATION IN GENERAL**

- In the beginning of the boxer's career, coaches interview and learn about boxer's personal data such as sports participation history, success from participated sports, relationships with family, the environment and living conditions
- Organize a balanced daily training programs with the exercises, learning, rest and personal activities
- Coaches prepare psychological aspect through the conversation, relaxation exercises and relaxation exercises combining with inspirational method
- Complement the success during the training sessions, this will allow boxer to gain confidence and aim for higher goals
- Observe and remember the boxer's characteristics during the training and other activities
- Set-up training sessions with different bout situations to give the boxer to gain confidence in any situations in future bouts

##### **PSYCHOLOGICAL PREPARATION FOR COMPETITION**

- Select first tournament or competition that will allow the boxer's to be able to win. This will provide the boxer with the feeling of a winner from the beginning of his career
- Encourage boxer to have confidence in his/her skills and performance
- To teach the rules to the boxer, so any problem occurs, he/she shall resolve it themselves. This will give the boxer a positive feeling of coach's confidence on the boxer

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### 5.4.8. TACTICS

Tactics are considered as important as the techniques and physiological aspect of the boxers. Tactics do not only account what boxers will and must do inside of the ring, it also should include nutrition, training and rest. Therefore, tactics change accordingly with the boxers' physiological changes, conditions, but also with the competition rules.

Tactics are taught and explained continuously throughout the training cycles (for example, tactics are taught in 50% of time during general preparation period, and gradually increase by 10% on periods afterward). Because tactics can be vary depending on the opponents' characteristics such as nationality, physiological, technical and the years of experiences, it is not possible to teach in short period of time or should not be taught lightly or briefly.

TACTICS CAN BE TAUGHT IN THREE PHASES:

- Without moving the feet
- With basic steps
- With various movements

It is preferred that these tactics become boxer's habitual movement rather than going through think – act process. Coach can examine whether boxer made the tactics as their habitual movement by covering the boxer's eyes and ask boxers to perform different tactical movements to test to

GENERAL TACTIC:

- Gain knowledge about opponent
  - By watching opponent at the competition and/or video
  - Draft scenarios of opponent's tactics
- High Tempo – boxing in high tempo through all rounds
- Knock-out – seek to land strong blow on opponent to win a bout by knock-out
- Defense – Mainly concentrate on the defense and wait for opponent's mistakes
- Universal – adapt and execute tactics based on the situation
- Irregular tempo – boxer controls tempo of the bout, either faster or slower
- 3rd round – boxing aggressively on 3rd round or boxing defensively (if winning)
- Combination – combination of two or more tactics

SOME OF THE RECENT TACTICS THAT HAVE BEEN SHOWN BY CUBAN COACHES AND BOXERS DURING THE COMPETITION INCLUDES:

- Always prepare to win. Prepare many different tactics to be used and analyze opponents' characteristics and select correct tactics to win
- Box in all three distances (long, medium and short), must dominate all three distances
- Always initiate the first attack. Start the bout by attacking opponent before attacked

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### 5.4.9. IN-COMPETITION

#### BEFORE THE BOUT

- Boxers are preferred to arrive at the competition venue about one hour before the competition begins to familiarize with atmosphere. Also if allowed, boxers are recommended to go into the ring and familiarize themselves with the ring itself (padding of the floor, ropes and etc.)
- Boxers are taught to respect the competition rules and R&Js
- Warm-up training will be conducted for 15 to 20 minutes with three phases. While boxers are training, the coach will talk and guide the boxer about the tactics of the upcoming bout.
  - First phase will be consist of general exercises to warm-up the whole body
  - Second phase will be specific warm-up phase, where boxers will conduct some boxing-specific exercises for the warm-up
  - Last phase will be special warm up
- When working with trainer pads, coaches must consider opponent's height and whether the boxer is orthodox or southpaw
- Pre-bout warm-up shall be individualized according to the personality and characteristics of the boxer. Some boxer may spend more time on psychological preparation than technical and tactics and vice versa
- Respect boxer's ritual behavior prior to the bout

#### DURING THE BOUT

- In the Corner
  - Continuously concentrate on boxer's actions during each rounds, in order to gain proper instruction and advice
  - Give direction with one or two sentences (for example, "keep your advantage" or "increase the tempo" and etc.)
  - Be prepared at the near the end of round to get into the ring
- In the Ring
  - Spend first 15 to 20 seconds only for refreshing the boxer
  - When one of the Second gives directions, the other second repeat and confirms the direction and guides given
  - Do not show anger or unhappiness to the boxer
  - Guide the boxer with tactics based on the score
  - Do not tell the boxer about score, talk only about the techniques and tactics



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## AFTER THE BOUT

- Congratulate or provide positive encouragement to a boxer after the bout whether boxer win or loses
- Do not talk or discuss about the bouts until the boxer has recovered
- If the boxer wins the bout early for any reasons, he/she must train remaining rounds in the locker room (for example, if boxer wins the bout in first round, train for 2 rounds)
- Depending on the boxer's personality and characteristics, it is not good to see the next opponent, in case it creates abnormal situations
- During the video analysis, the coach focuses on what boxer has done during the bout, then give advice for the improvement
- If the boxer is overweight, he/she must train after the bout
- It is not good to wake up and exercise early in the morning to meet the required weights. The boxer must exercises and meet the weights before he/she goes to the bed

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## 5.5. ADVANCED TRAINING

### 5.5.1. ISOMETRIC TRAINING

Isometric training is set of exercises performed without any visible body or muscle movement, also known as static exercises such as stretching. This training program is used to develop stronger muscles through resistant. Isometric training will improve the strength, but for the better result, the strength training should be combined with dynamic strength exercises such as weight training.

Four (4) to six (6) isometric exercises can be integrated in one training session.

Basic principle of isometric exercise is not on the volume, frequency or repetition of the exercise. Rather it is more focused on the duration of the exercises. Isometric exercise can work on the overload principle. Gradually increase the weight or resistant to increase intensity of the exercises.

#### ISOMETRIC TRAINING PROGRAM

- Exercises can be done without any kind of machines or equipment in anytime and anywhere
- Optimal strength and power can be developed using four (4) to six (6) repetitions with 20 – 40 seconds per repetition with proper rests between each repetitions
- Resistance in exercises can use boxers' own body, existing structures and weights
- Allows more muscle fibers to work than normal strength exercises. More activation of muscle fibers allows boxers to develop stronger muscles of whole body
- Exercise can be done in any place, any time and any position
- Vary the intensity, duration and repetitions of exercise based on the boxers' capabilities

*PLEASE REFER TO "APPENDIX B: ISOMETRIC TRAINING" FOR ISOMETRIC EXERCISE EXAMPLES*

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### 5.5.2. PLYOMETRIC TRAINING

Plyometric training is set of exercises performed to develop strength in different parts of the body with fast and powerful sequences and movements. It is based on exercises made with the boxers' weight and do not involve any additional weights. Two or three plyometric exercises can be integrated in one training session and preferably to be done in the morning to have less muscle fatigue.

Basic principle of plyometric exercise is progressive overload which, when followed, has shown much success in developing dynamic strength, power.

#### Overload

Training must place a demand or overload on the body's system for improvements to occur. As the body adapts to the increased training load, more training load must be added.

To experience the adaptations stimulated by the overload principle, training load must not be increased quickly otherwise, the body will not adapt and will breakdown. Overload must be carefully controlled and ensure with steady rate of success and avoids the dangers of over training.

#### PLYOMETRIC TRAINING PROGRAM

- Optimal strength and power can be developed using six (6) to ten (10) repetitions per exercises with three (3) sets / cycles
- Build and incorporate different circuit training program
- Flexibility exercises should be included in warm-up
- Coaches must consider the specific needs of the boxer when selecting training exercises
- Exercises are formulated with bounds, hops, jumps and twists
- Exercises enable boxer to change direction, body movements and positions
- Vary the intensity, duration and frequencies of exercises. Training emphasis must be under coach's control
- Improvement of speed can be obtained by performing boxing movements quicker than usual speed

PLEASE REFER TO "APPENDIX C: PLYOMETRIC TRAINING" FOR PLYOMETRIC EXERCISE EXAMPLES

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### 5.5.3. OVER TRAINING

Over training occurs when the exercises exceeds the boxers' capacity of physical and psychological limit. Overtraining can be occurred for example due to inappropriate training loads (intensity and volume) which are not adapted to boxer's limits, inappropriate selection of training exercises, bad structure of short-term and long-term training plan, wrong number of competitions planned for boxer and etc. It is important for coaches to avoid overtraining boxers.

#### PHYSIOLOGICAL SIGNS OF OVERTRAINING

- Sleep disturbance, restlessness an excitability
- Loss of coordination
- Increase sensation of thirst
- Loss of appetite
- Headaches, nausea, increase muscle soreness
- Loss of competitive desire

#### PSYCHOLOGICAL SIGNS OF OVERTRAINING

- Feels despair and decreased self-esteem
- Sensibility to environmental and emotional stress
- Fear of competition and resistant to challenge

In order to avoid the overtraining, knowledge of the boxer is critical, allowing the coach to see a problem before it gets out of the control and continuously monitor the boxer's heart rate and behaviors.

Prevention is the key to avoid overtraining. With good planning, effort, a structured, fun and beneficial sport program shall be constructed and training session must be carefully monitoring or recorded to learn about the boxer and providing enough rest are vital to reducing the incidence of overtraining.

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CHAPTER 6

# **INDIVIDUALIZATION**



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## 6.1. INDIVIDUALIZATION

When a boxer enters into advanced/elite level, most coaches start to create an individualized training sessions for a boxer. Individualization of training allows boxer to overcome any strengths and weaknesses and to develop boxer's individual abilities.

Individualization training plan must be developed in yearly bases, modified and upgraded frequently, intensity and workload shall be based on the improvement of boxer's level.

### PURPOSE OF INDIVIDUALIZATION OF TRAINING:

- Increase learning an understanding of the skills
- Improve general and specific physical, technical and tactical preparation
- Improve psychological preparation
- Increase level of preparation according to the competition calendar

### STEPS TO DEVELOP THE INDIVIDUALIZED TRAINING PLAN:

#### Phase 1

- Analyze boxer's strength
- Analyze boxer's weakness
- Get to know the boxer more (spend more time and have more conversation)
- Know the boxer's short-term and long-term goals

#### Phase 2

- Create an individualized training program together with a boxer
- Create an individualized training program, specifically for competitions
- Create a program to improve physical skills
- Create a program to improve technical – tactical skills
- Create a program to improve psychological skills
- Create a program to build boxer's character

#### Phase 3

- Introduce and discuss with a boxer about the individualized training program
- Explain and discuss with a boxer about the goal and benefit of the program
- Allow boxer to understand the program and his/her boxing skills and performance

#### Phase 4

- Evaluate the program based on the training and competition performance
- Modify and upgrade the program based on the evaluation result

In compliance with the set-objectives for the individual training plan, coach must select appropriate exercises, volume, intensity and workload to maximize the training plan and training effect.

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## INDIVIDUALIZATION OF TRAINING FOR YOUNG BOXERS

When individualizing training program for junior and youth boxers, coach must take into consideration of the following:

### NATURAL CHARACTERISTICS AND GROWTH OF BOXERS

- Know and understand the physical and motor limitation of the age being coached
- Understand the general sequence of development found in junior and youth boxers
- Know and understand the developmental stages of junior and youth boxers and how they relate to sports as either limits or prerequisites to performance

### EXPERIENCE APPROPRIATE TO THE DEVELOPMENT

- Prepare seasonal objectives that reflect the physical and motor development of boxers
- Select specific skills and activities that allow boxers of various levels to experience success
- Use a variety of activities to help boxer of various level of ability develop specific skills

### ANALYSIS OF PERFORMANCE RELATED TO THE DEVELOPMENT

- Understand how the developmental level of boxers determines their performances
- Establish performance goals that reflect the developmental levels of the boxer
- Prepare season end evaluation that reflect the boxer's progress relative to their developmental level

### IDENTIFICATION AND UTILIZATION OF METHODS FOR DEVELOPMENT, TRAINING AND CONDITIONING

- Know the appropriate level of conditioning for boxer of the age being coached
- Be aware of appropriate levels of training and conditioning needs based on the age and development level
- Recognize the activities that provide the basic level of conditioning
- Distinguish between beginning and advanced levels of training and conditioning
- Sometimes too many objectives are defined for training plan then teach and train for exposure rather than mastery of each skills
- Distribute practice across several objectives. Then devote sufficient time to each objectives so that a meaningful learning and mastery of skills can be occurred

### ANALYSIS OF THE BOXER'S INTEREST AND ABILITIES TO BOXING

- Help the boxer arrive at realistic assessment of their abilities
- Have a sense of boxing's over-all state so the boxer can be made aware of opportunities and benefit available to them from participation



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## 6.2. CONTROL AND MONITORING OF TRAINING

Control and monitoring of training is integral part of whole training process. Without control and monitoring stages, both the coach and the boxer cannot improve with their performance.

Control is evaluation of the training programs and its result on boxers. Control of training can be managed through different assessments and measure the boxer's boxing-related skills level after the training programs. The coach will be able to evaluate the improvement of the boxer's skills based on the result of the control of training and modify the training program according to boxer's status leaned in controlling process.

Monitoring of training is one of the daily activities of the coach. The coach will monitor a boxer's performance in every training session and will record in coach's diary. A coach will use the accumulative record of boxer's training performance and utilize it in the control process of training. Coach can also recommend a boxer to have his/her own diary to record the performance and monitor the training progress.

IN ORDER TO MONITOR THE TRAINING EFFECTIVELY, A COACH MUST:

- Set the guideline and standard measure for all-boxing related performances
- Analyze a boxer's ability to follow instructions by the coach
- Analyze a boxer's weakness areas in all-boxing related aspects
- Communicate with a boxer about the performance
- Record continuously, even outside of the gym activities

After conducting a control process, the coach must analyzes the training plan, the workload level, the boxer's adaptation ability of the training tasks and assessment result. With the conclusion drawn from analysis, the coach must make appropriate correction to the training plans

Importantly, control and monitoring process is the continuation process which must be conducted throughout boxer's career in the ring. This is not one time or frequent activity and must be done daily and continuously.

PLEASE REFER TO "APPENDIX D: EVALUATION OF BOXERS' ABILITIES" FOR CONTROL AND MONITORING EXERCISE EXAMPLES



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# **ISOMETRIC TRAINING**

APPENDIX B

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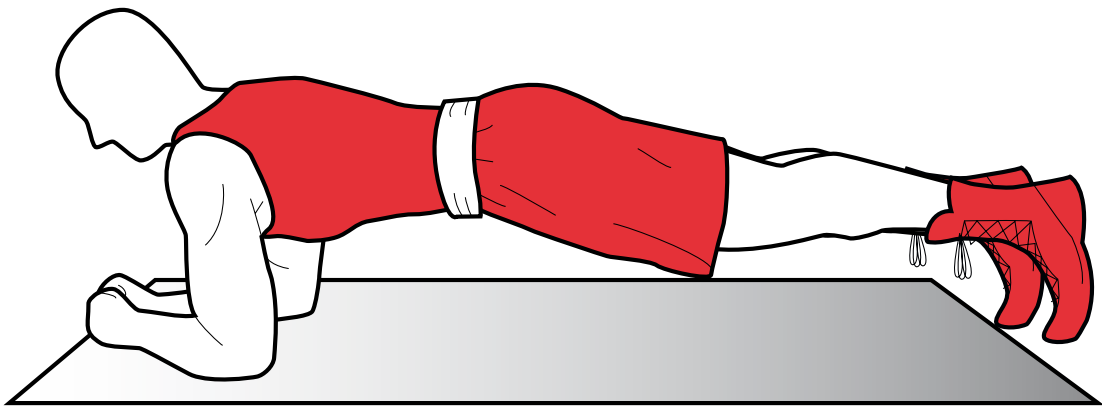


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## PLANK

1. Lay flat on the floor
2. Place both arms bent in 90 degrees and under the shoulder, with hand pointing straight forward
3. Keep the back straight and raise the whole body with forearm and toes on the ground
4. Contract the abdominal area and hold the position for as long as possible
5. Rest for 30 seconds and continues the step 3 and 4



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## ISOMETRIC SHOULDER EXERCISES

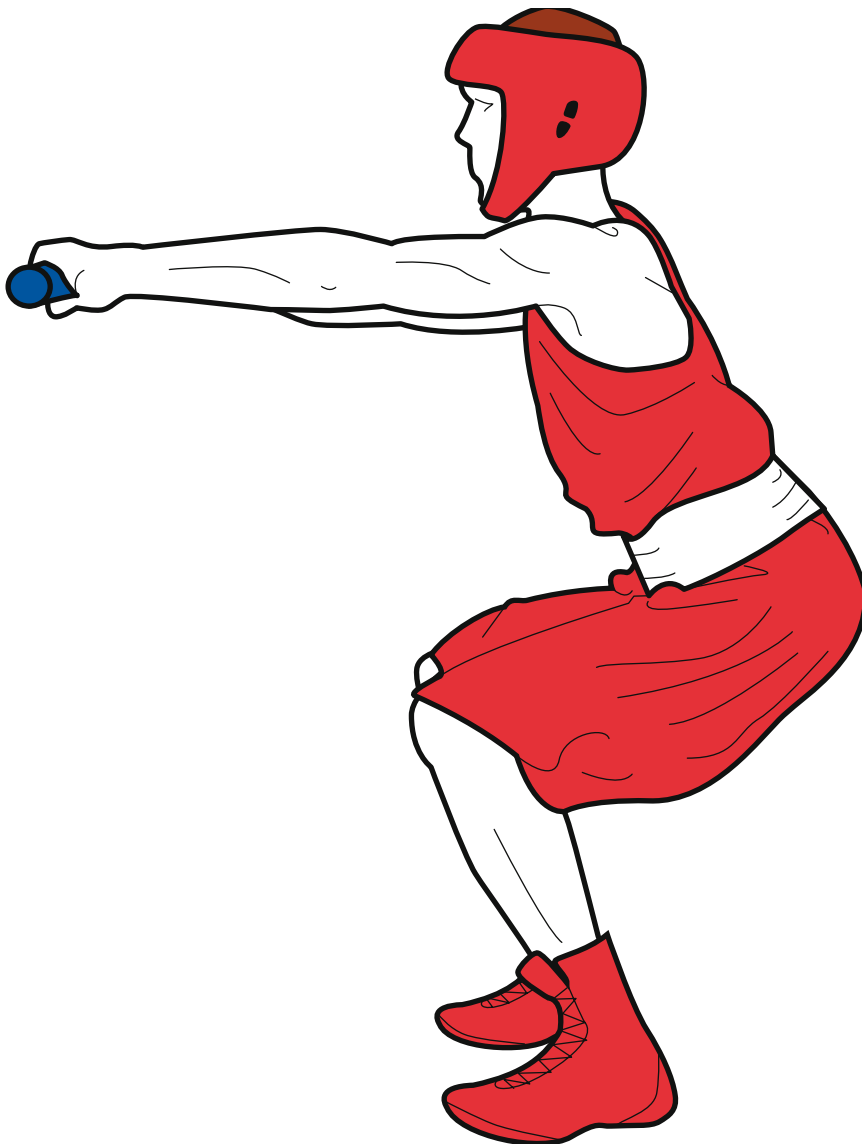
1. Stand with feet shoulder-width apart and back straight
2. Bend down the knees slightly
3. Hold the dumbbell on each hand or weighted objects
4. Bend the elbow 90 degrees and raise the arm until both arms are parallel to the ground (do not raise the arm all the way up)
5. Hold the position for as long as possible
6. Rest for 30 seconds and continues the step 4 and 5



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## ISOMETRIC SQUATS

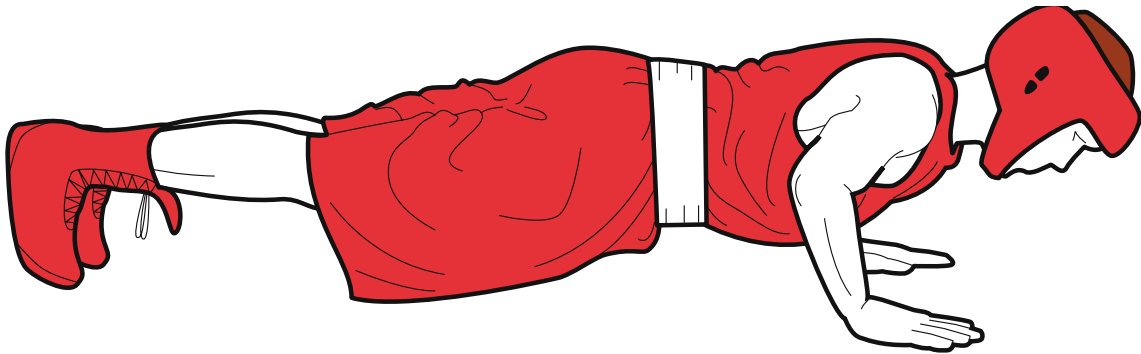
1. Stand with feet shoulder-width apart, back straight
2. Raise arms straight forward
3. Bend down the knees until the thighs are parallel to the floor
4. Hold the position for as long as possible
5. Rest for 30 seconds and continues the step 2 and 3
6. To increase the difficulty, the boxer can hold the weighted objects on the hand



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## ISOMETRIC CHEST

1. In push-up position
2. Lower the body down to half-way
3. Hold the position for as long as possible
4. Rest for 30 seconds and continues the step 2 and 3





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# **PLYOMETRIC TRAINING**

APPENDIX C





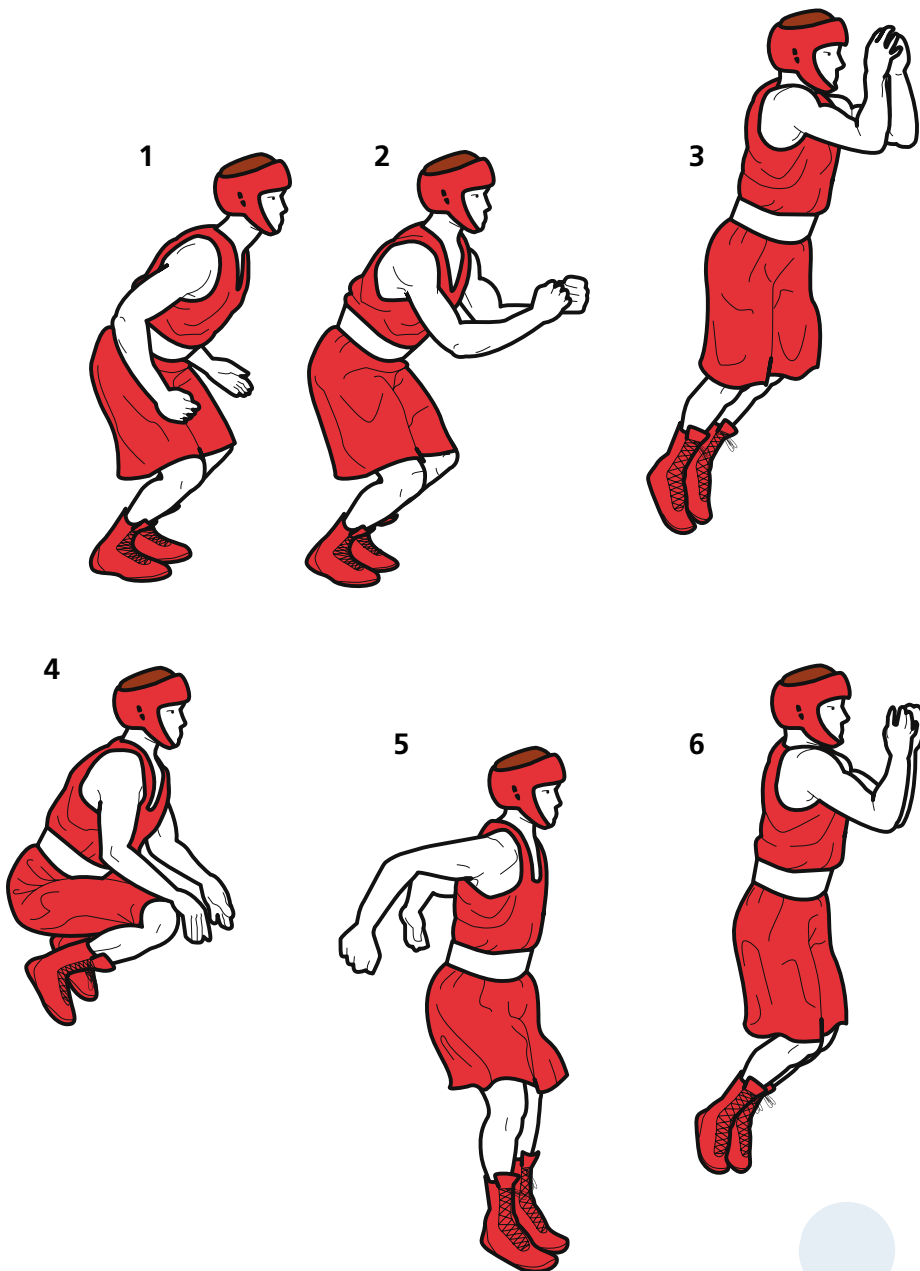
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## DOUBLE LEG BOUND

Develops power and the muscles of the legs and hips

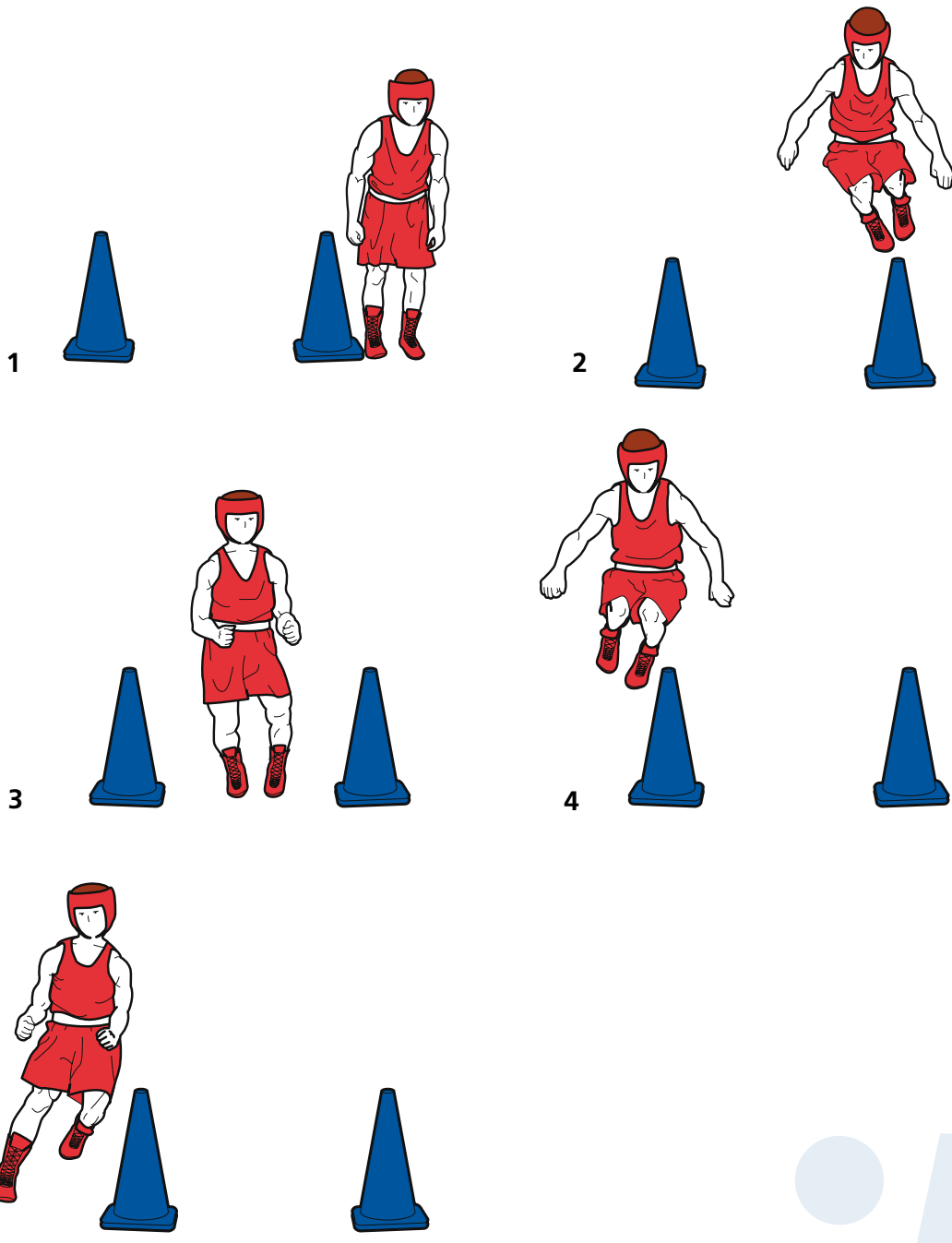
1. Stand comfortably with feet together
2. Bend knees and squat down to a half way to half-squat position, arms down to the sides with shoulders forward and out over the knees
3. Keep the back straight and head up with eyes looking forward
4. Jump up and forward by extension of the hips and arms
5. Try to jump as high and farther as possible
6. Try to land with a same position as the beginning
7. Jump up and forward again without stopping



## SIDE HOP

Develops power and the muscles of the legs and hips and develops lateral movement

1. Set cones side by side, approximately 70 cm to 100 cm apart (height of the cones shall not be higher than the height that boxer can jump over)
2. Stand at the end of the placed cone
3. Stand with feet together with toes straight forward and arms on the side
4. Jump sideways over the first cone and then the next cone without stopping
5. After jumping the last cone, quickly change the direction and jumping back over to the starting point

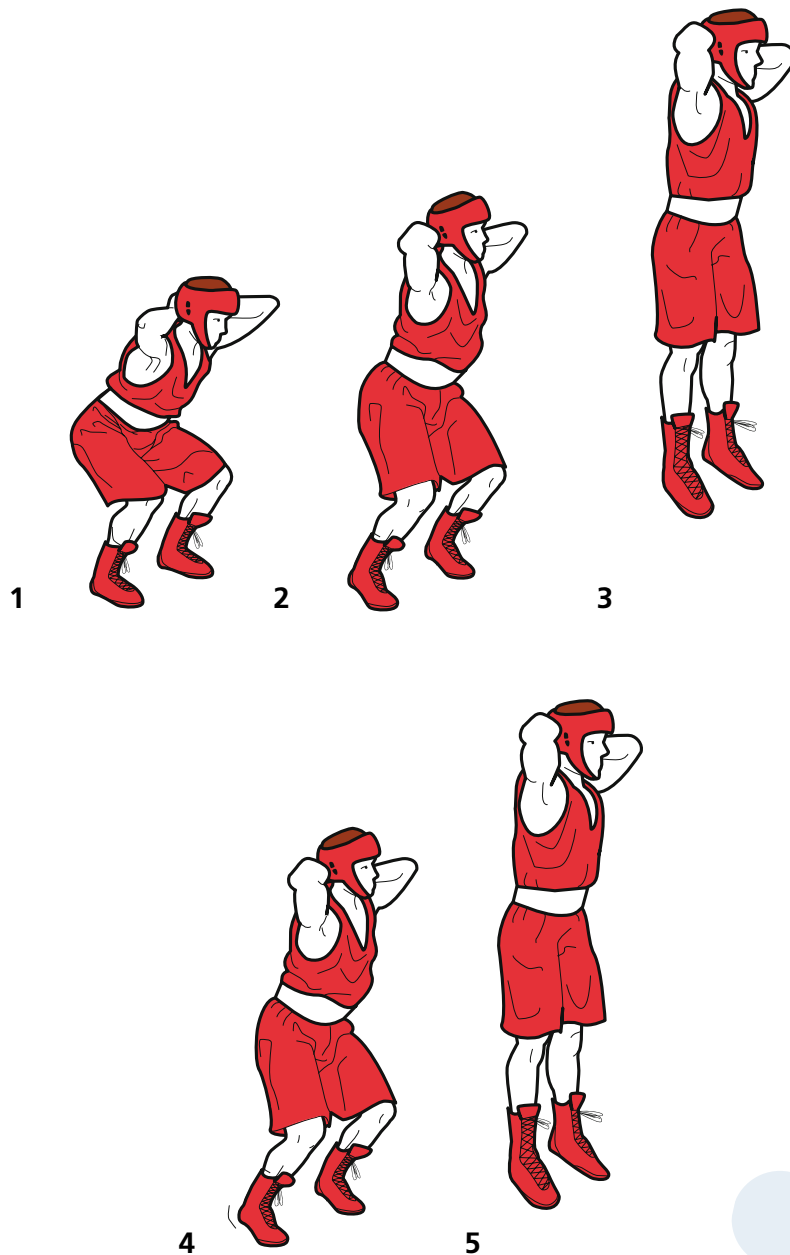


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## SQUAT JUMPS

Develops power and the muscles of the hip, quadriceps, hamstring and gluteal. Coach shall emphasize to reach maximum height on every effort

1. Stand with feet shoulder-width apart and back straight
2. Place the hand behind the head with fingers interlock; this will minimize the involvement of arms in the movement
3. Bend knees and squat down to a half way to half-squat position
4. Jump up with straightening both knees to reach highest point
5. When landing, return to half-squat position
6. Jump up again without stopping

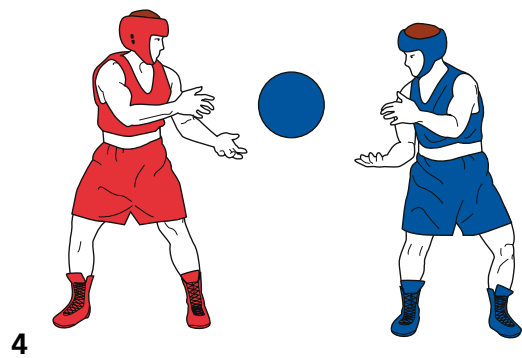
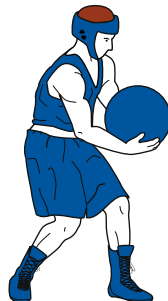
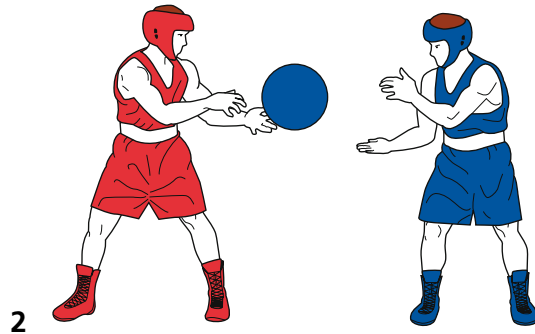


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## MEDICINE BALL TWIST AND TOSS

Develops power and muscles of the abdominals, oblique, lower back, hips, biceps and pectoral muscles

1. Select the medicine ball with appropriate weights according to the boxer
2. This exercise shall be worked with a partner
3. Stand with feet shoulder-width apart
4. Knees bent down slightly with back straight
5. Lean upper body slightly forward
6. Hold medicine ball with two hand in front of the stomach
7. Twist the upper body to the direction opposite to the partner
8. Twist back the upper body toward the direction to the partner quickly and toss the medicine ball to the partner using hips, shoulder and arm strengths
9. After receiving the medicine ball from the partner, twist the upper body to the direction opposite to the partner and twist back quickly toward the partner and toss the medicine ball again

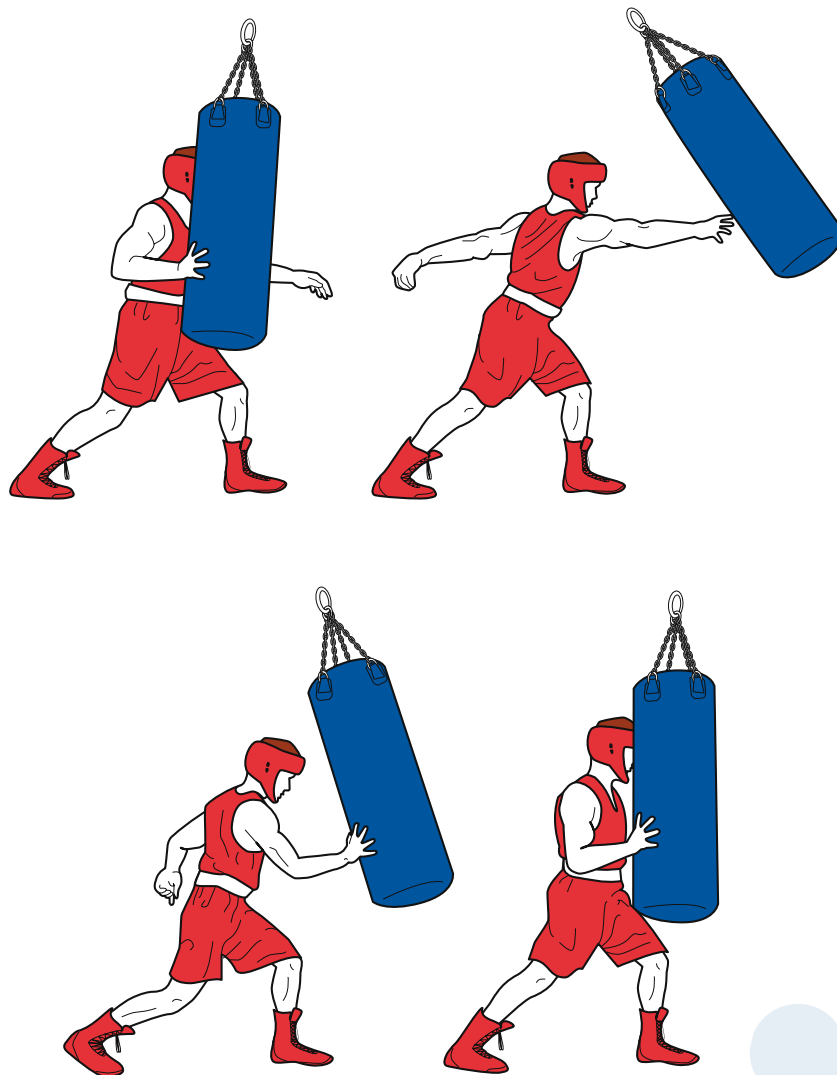


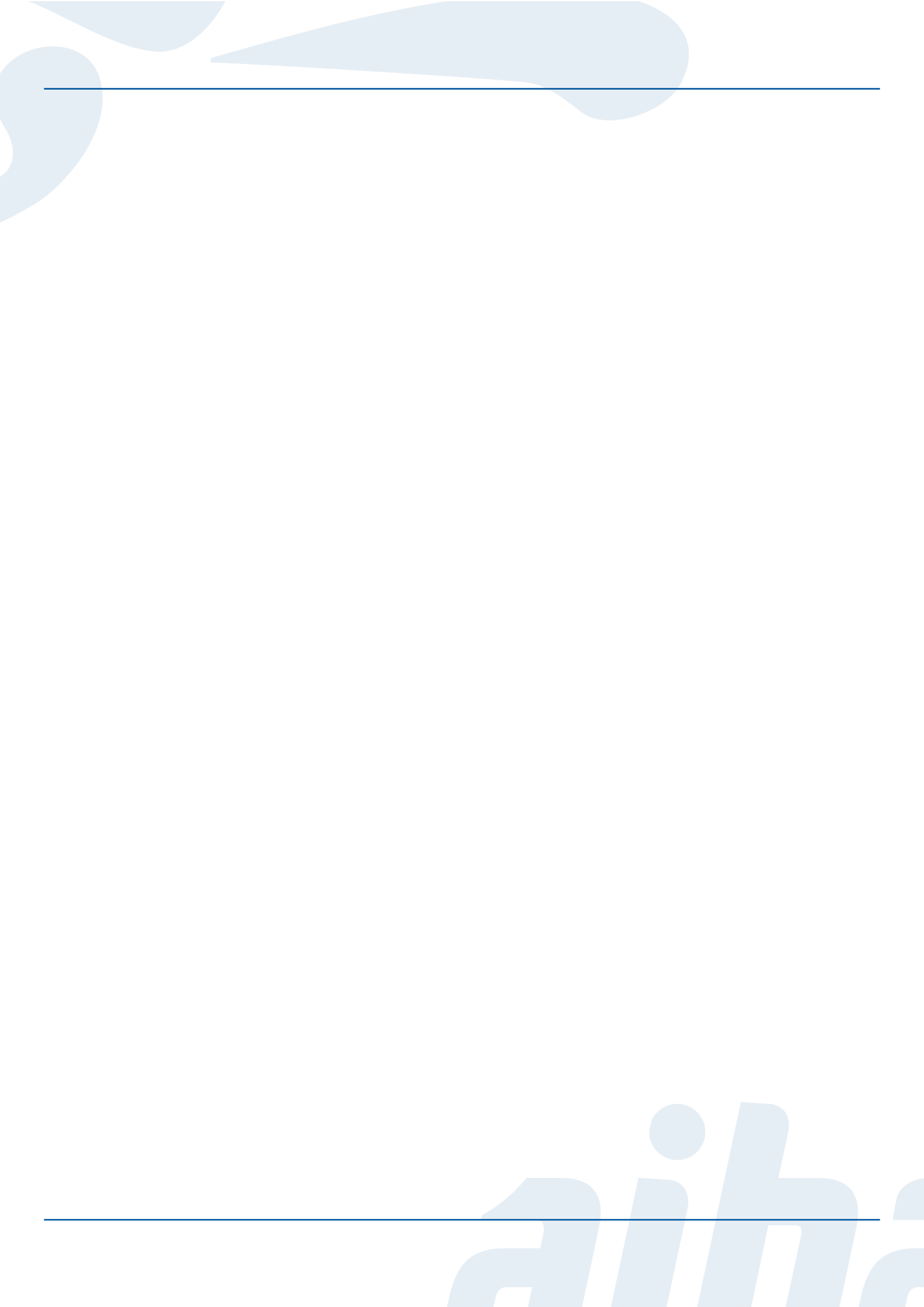
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## HEAVY BAG STROKE

Develops power and muscles of the upper body, arms and shoulders

1. Stand in front of heavy bag
2. Take a half-step to the left, so that half (right-side) of the body is behind the heavy bag
3. Stand with back straight
4. Bring right foot half-step forward, while the left foot takes half-step backward (the boxer should be standing with feet slightly more than shoulder-width apart)
5. Place the palm of the right hand on the heavy bag and keep elbow bent 90 degrees
6. Lift left arm straight forward
7. Push the heavy bag as hard as possible using the upper body strength
8. When heavy bag returns, catch the bag with right arm and return to the initial position
9. Wait for couple of seconds to lower the momentum and push the heavy bag forward again
10. Alternate the position to work with left arm





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# **EVALUATION OF BOXERS' ABILITIES**

APPENDIX D

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Assessment and evaluation of boxers' ability is very important task before boxers enter into the advanced/elite level of their boxing career. The Coach must identify boxer's level of preparation and skills accurately, before start to train the boxer with a specific boxing style.

Accurate analysis of the boxer's different skills level and preparation level and training with a specific style that allows the boxer to perform his full capacity, will increase the opportunity for boxer to be developed into world-class level.

BOXERS' ABILITIES CAN BE EVALUATED IN THREE CATEGORIES:

- Physical Ability
- Technical – Tactical Ability
- Psychological

Assessment of each of these categories will allow the coach to analyze and measure the boxer's progress and improvement through the past training process and programs. Moreover, these results will allow coaches to foresee the possibilities of future improvement in the boxer.



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## PHYSICAL ABILITIES

By only observing boxer's physiological characteristics, it is not possible to analyze or evaluate boxer's physical abilities. In order to have the accurate assessment of physical abilities, the coach must conduct assessment in following areas:


- Endurance
- Strength
- Speed
- Coordination

### ENDURANCE ASSESSMENT EXAMPLES

#### RUNNING

1. Shall be conducted at the running track or at the outdoor field
2. 3 sets of 3 minutes running with 1 minute rest between the sets
3. Distance and Heart Rate shall be measured
4. Heart Rate must be measured before, between each sets and immediately after the testing

#### BAG PUNCHING

1. Shall be conducted in the gym with any type of punching bags
  2. 3 sets of 3 minutes punching without stopping and 1 minute rest between each set
  3. Number of punches and Heart Rate shall be measured
  4. The coach counts number of punches by counting one hand and multiply by two (2)
  5. Heart Rate must be measured before, between sets and immediately after the testing
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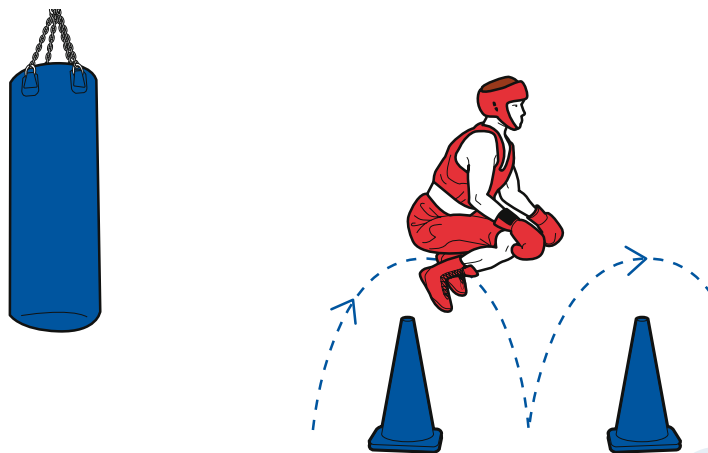
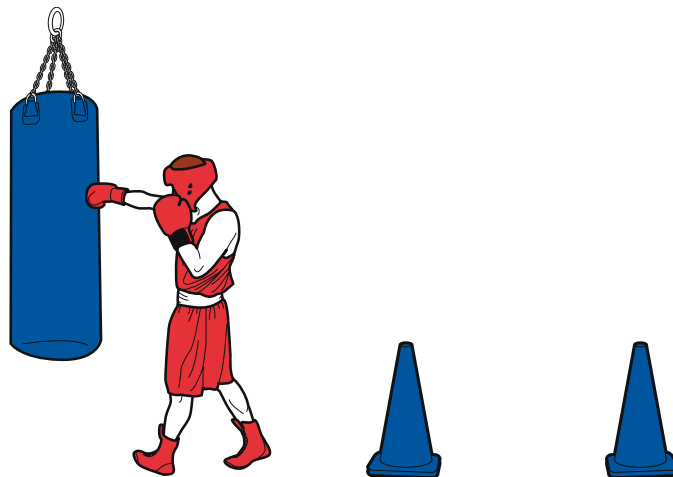
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## COOPER TEST

1. Shall be conducted at the running track or at the outdoor field
2. Boxer runs for 12 minutes with maximum intensity and effort
3. Distance and Heart Rate shall be measured
4. Heart Rate must be measured before and immediately after the testing

## HEAVY BAG PUNCHING AND JUMPING

1. Place a small cone near the heavy bag (approximately 1 - 2 meters away)
2. On coach's whistle, boxer punches a heavy bag with a competition style (not with full speed) for 30 seconds
3. Boxer moves to the cone and jump over the small cone with two feet together (jumping on side or forward) for 30 seconds
4. Repeat step 1 to 3 for three minutes
5. Coach counts how many sets that boxer has completed



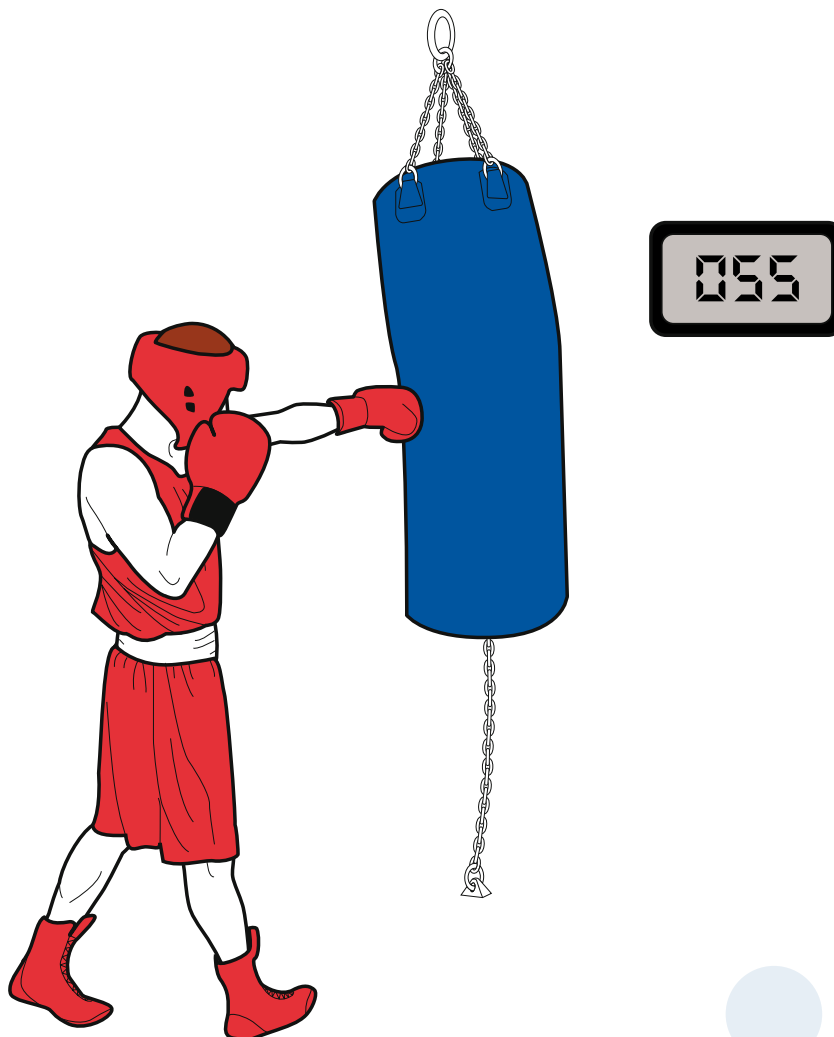
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## HEAVY BAG PUNCHING

1. Boxer stands in front of a heavy bag
2. On coach's whistle, the boxer performs as many lead hand straight punches for one minute
3. After one minute, boxer performs rear hand straight punches for one minute with full strength
4. Then conduct 1-2 combination punches for one minute
5. Coach counts total number of punches performed

## FORCE PLATFORM MACHINE WITH THE BAG

1. Force Platform is the punching bag hooked on to the machine (shown on the picture). It measures the force and frequency of the punch
2. Machine will automatically provide the frequency and strength of the punch
3. The coach shall measure the Heart Rate, before and immediately after the testing



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## STRENGTH ASSESSMENT EXAMPLES

### BENCH PRESS

#### 1st Testing Method – Maximum Weight

- The boxer performs bench press by lifting the maximum weight. The maximum weight is the weight that the boxer can lift for only one time
- The coach shall measure the maximum weight

#### 2nd Testing Method – Set-Weight

- The coach sets the weight that boxers shall lift
- The boxer lift the weight set by coach as many times as possible
- This method will also allow to measure muscular endurance and power


### PUSH-UPS

- The coach signals the start of the testing
- The boxer performs push-ups for 30 seconds
- The boxer must do as much push-ups as he/she can
- Coach shall measure the number of sit-ups performed

### SIT-UPS

- The coach signals the start of the testing
- The boxer performs sit-ups for another 30 seconds
- The boxer must do as much sit-ups as he/she can
- Coach shall measure the number of sit-ups performed

### PULL-UPS

- The coach signals the start of the testing
  - The boxer performs pull-ups for another 30 seconds
  - The boxer must do as much pull-ups as he/she can
  - Coach shall measure the number of pull-ups performed
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## DIPS

- The coach signals the start of the testing
- The boxer performs dips for another 30 seconds
- The boxer must do as much dips as he/she can
- Coach shall measure the number of dips performed


## VERTICAL JUMPS

- This exercise **MUST** be conducted at the indoor
- The boxer stands up and make a vertical jump with one hand up, the boxer mark the highest point his finger tip reaches
- The boxer jump to try to touch the highest point on the wall
- The coach shall measure the distance between first point to the highest point where boxer reached

## STANDING LONG JUMPS

- Shall be conducted indoor or outdoor
- The coach mark the starting line or starting point
- The boxer makes a jump forward from the starting line or point
- Coach shall measure the distance between the starting line or point to heel of the boxer's foot
- The boxer must be re-tested if, he/she falls back or take a step before make a jump

## MEDICINE BALL THROWS

- Boxer stands with the boxing stance
  - Have 3kg Medicine Ball on the rear hand
  - Throw the medicine ball as boxer makes rear hand punch
  - Coach shall measure the distance between boxer and the medicine ball
  - Boxer rotates his position (orthodox to southpaw and vice versa)
  - Repeat the testing to measure the strength of both arm
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#### FORCE PLATFORM MACHINE WITH THE BAG

- Force Platform is the punching bag hooked on to the machine (shown on the picture). It measures the force and frequency of the punch
- Machine will automatically provide the frequency and strength of the punch
- The coach shall measure the Heart Rate, before and immediately after the testing

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## SPEED ASSESSMENT EXAMPLES

### 30 METERS SPRINT

- Can be conducted in both indoor and outdoor
- On the starting line with standing position or flying start
- On coach's whistle, the boxer sprints 30 meters
- The coach shall measure the time

### 60 METERS SPRINT

- Can be conducted outdoor track or field
- On the starting line with crouching position or standing position
- On coach's whistle, the boxer sprints 60 meters
- The coach shall measure the time

### BAG OR WALLPAD PUNCHING

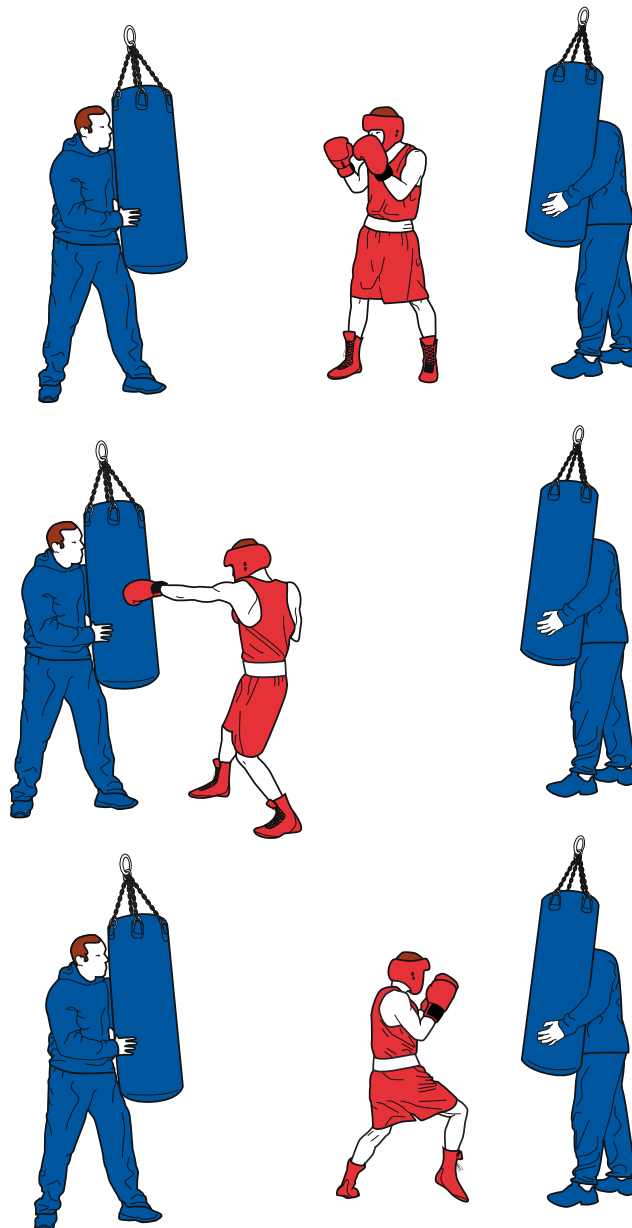
- Boxer stands in front of a heavy bag or a wall pad
- On coach's whistle, the boxer performs as many punches as possible
- After 10 seconds, coach stops the testing
- The coach counts number of punches by counting one hand and multiply by two



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## TWO HEAVY BAGS PUNCHING

- Boxer stands between two heavy bags
- Distance between heavy bags shall be 3 meters
- Heavy bags must be held by other boxers or coaches to ensure bags doesn't move around
- On coach's whistle, the boxer move quickly with boxing stance to the first bag and punches three times (lead – rear – lead punch or rear – lead – rear punch)
- After punching three times, turn around and move quickly with boxing stance to the other bag and punches three times
- After 10 seconds, coach stops the testing
- Coach shall counts how many repetition the boxer has completed (punching both bags is one repetition)

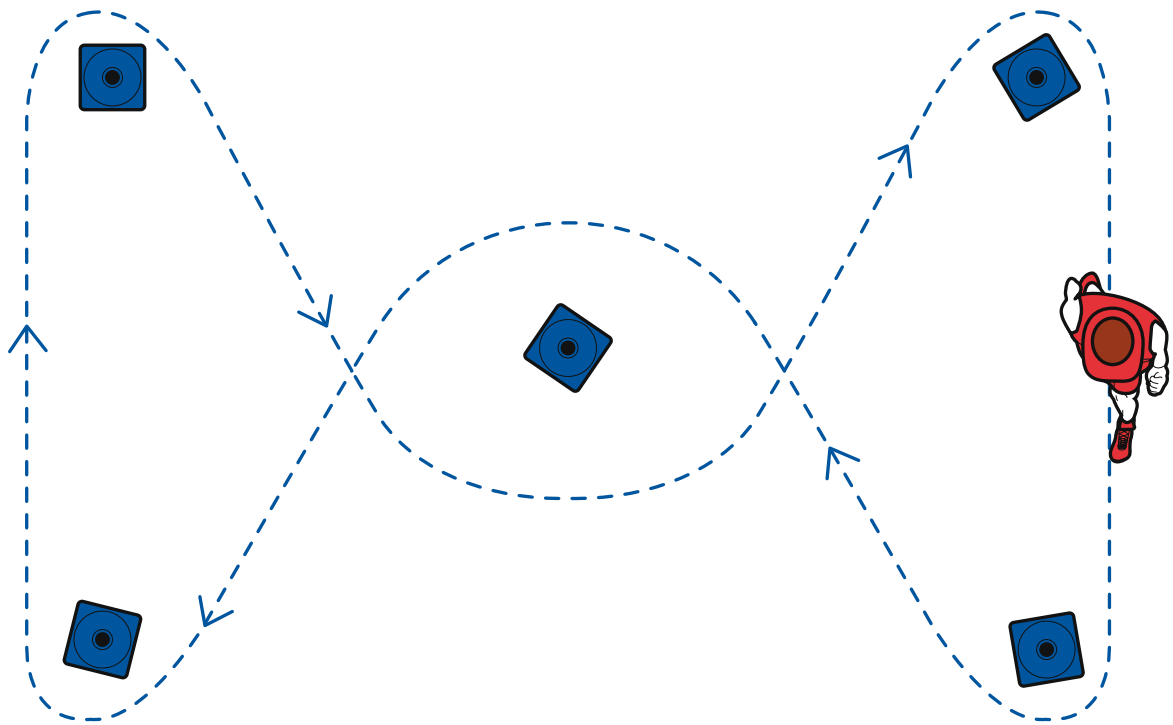


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## COORDINATION ASSESSMENT EXAMPLES

### ENVELOPE RUNS

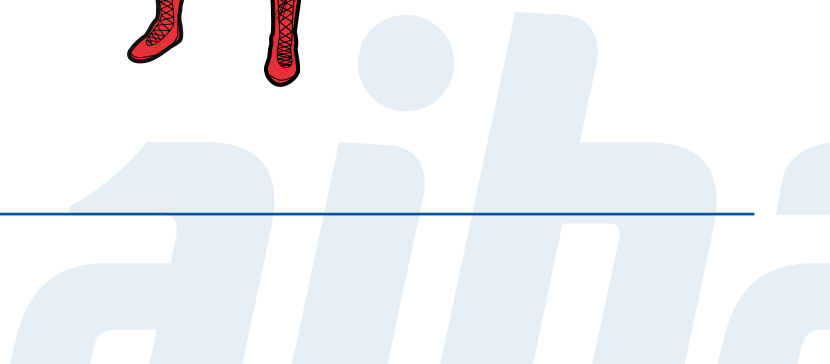
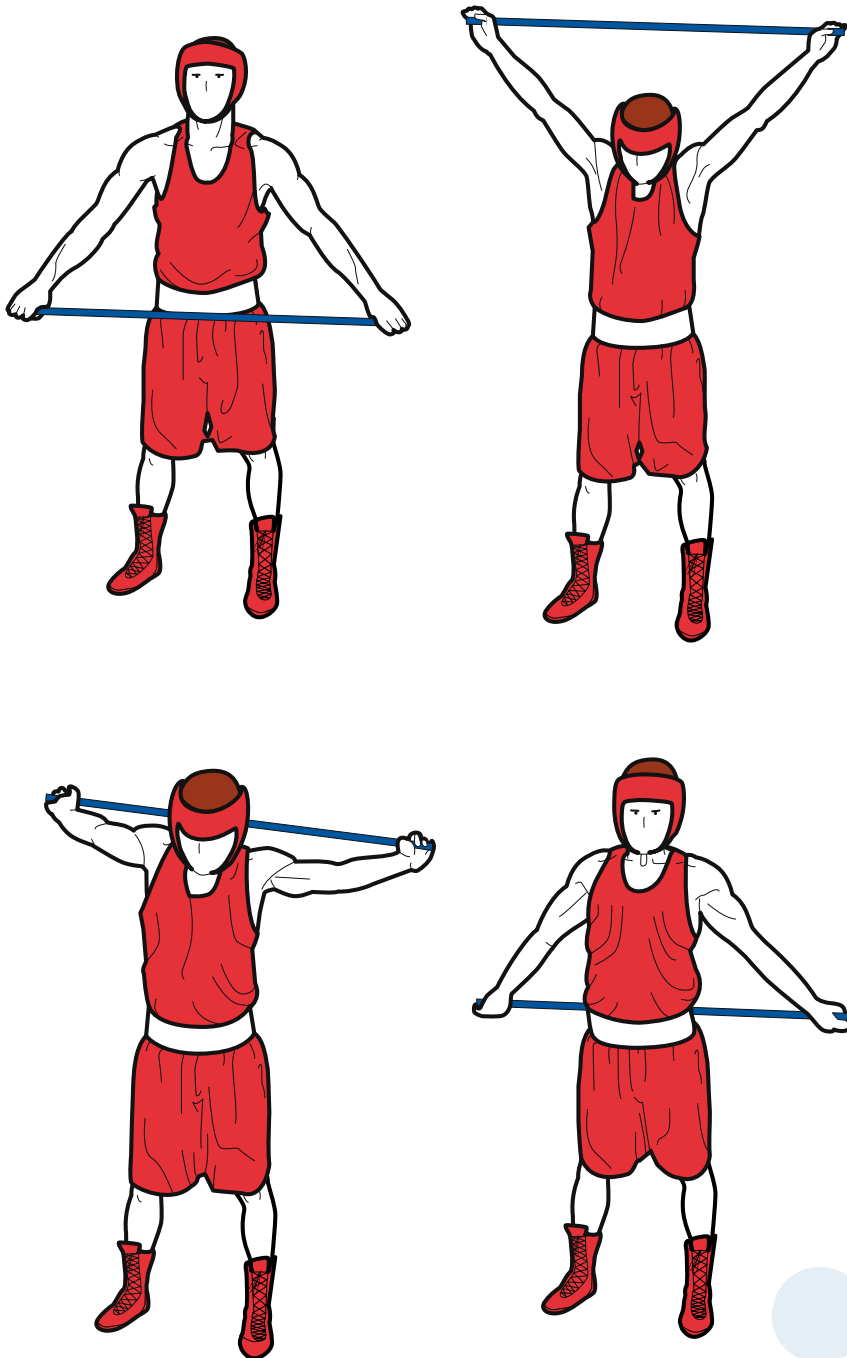
- Shall be conducted indoor or outdoor
- "Envelope Run" will require 5 meters by 3 meters of space
- Place a cone, flag or stick on each corner and one in the center of the space
- Boxer starts from the starting line and make a run around the space as shown in the diagram
- Boxer runs 3 times to complete the testing
- Coach shall measure the time and performance



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## STANDING SHOULDER FLEXIBILITY TEST

- Boxer can use a stick
- Grab a stick shoulder width wide
- Hold it front of the waist, keep arms straight
- Move arms up over head and below until hands are behind upper back
- Do not flex arms
- Coach shall measure the distance between two hands



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## WALKING WITH PUNCHING

- Coach place a cone with ten(10) meters apart
- Boxer walks from one cone to the other
- While walking, the boxer performs straight punches
- Straight punch with right arm with right foot forward
- Left arm straight punch with left foot forward
- Coach shall measure by the observation

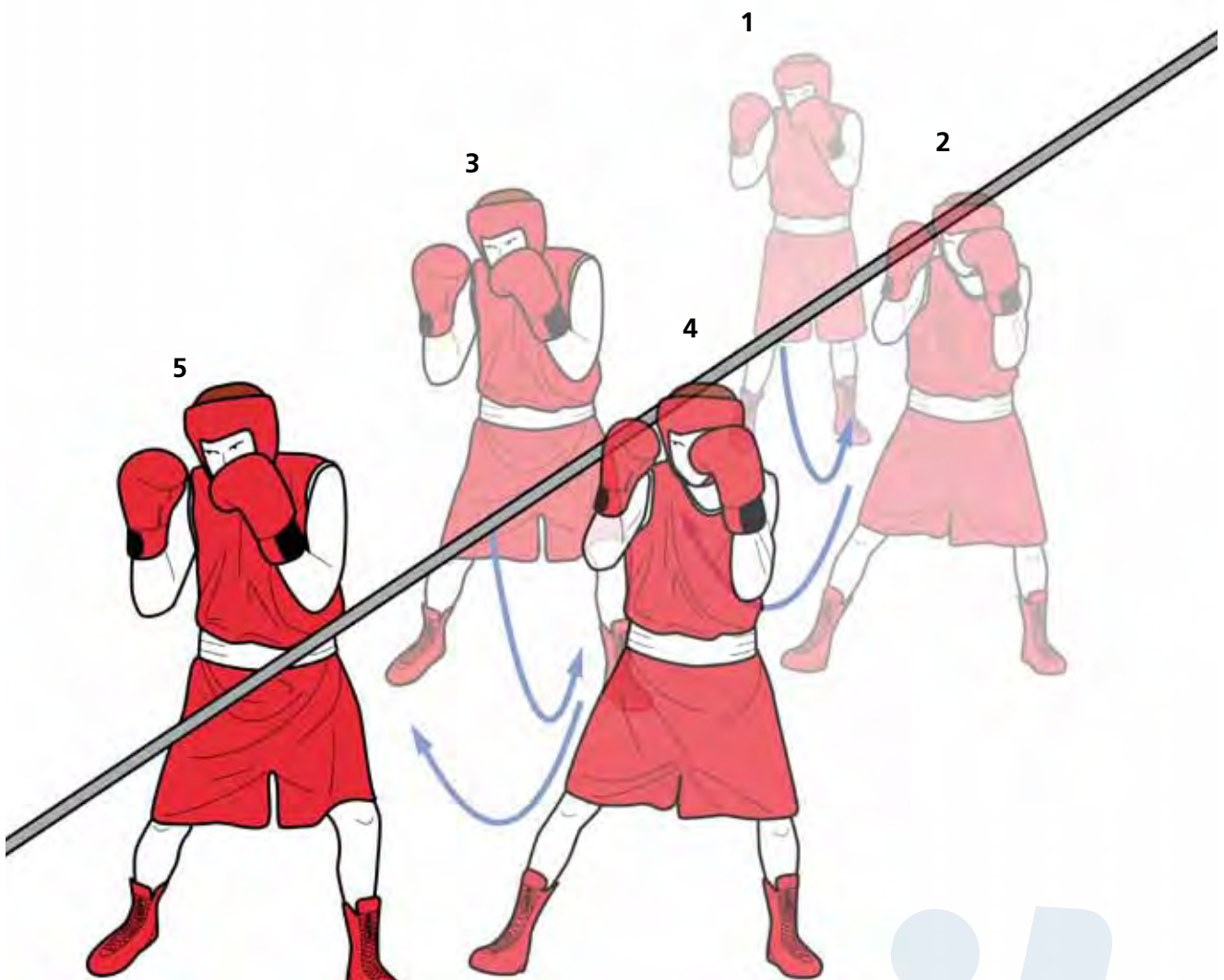
## DIAGONAL STEPS

- It must be executed with precision and speed to avoid that the boxer becomes out of balance; the boxer stands on his forefoot
- It is taught with the combination of 2 or more punches
- It is used to exercise coordination and it is not very used due to its complexity
  - Example: When a straight left blow to the face, the diagonal step to the front is used to break the initial stance, which to be recovered an additional step forward is needed
- When a diagonal step will be executed in counter attack, it indicates an anticipated offensive action. For Example: towards a straight blow with the left to the face, the diagonal step and the counter attack is made



## DUCKING AND SLIDING

- Draw two(2) 10 meters parallel line with 1.5 meters apart
- Prepare 10 meters long rope
- From the starting line nail the rope on the wall and at the nail the rope on the finish line with shoulder height of the boxer
- Boxer stands right-side of the rope
- Boxer makes sliding move to the left parallel line under the rope
- Boxer must make a ducking move and try not to touch the rope with his/her head or shoulder
- After the move, the boxer performs a straight punch
- Boxer makes another sliding move to the right parallel line under the rope
- Boxer must make a ducking move and try not to touch the rope with his/her head or shoulder
- After the move, the boxer performs a straight punch
- Boxer continues move forward to the finish line and when he/she reaches the finish line, immediately move backward with same procedure
- Coach shall measure the time



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## **TECHNICAL – TACTICAL ABILITIES**

It is difficult to incorporate standard assessment for the technical and tactical abilities evaluation. Therefore, these abilities shall be measured by the coach's observation. In order to have more accurate evaluation, it is recommended to have as many coaches as possible for the evaluation.

Each coach will give points on a scale of 1 to 10 points for each technical-tactical skill assessed. Objective of the assessment is to observe not only boxer's ability level, but also to identify whether the boxer is correctly performing the technical elements, such as boxing stance, movement, punches, defenses and etc.

### TECHNICAL AND TACTICAL EXAMPLES

#### QUESTION-AND-ANSWERS

- To measure the understanding of tactics

#### SHADOW BOXING

- To measure technical abilities

#### TRAINER PADS WORK

- To measure technical abilities

#### TASK SPARRING

- To measure both technical and tactical abilities

#### SPARRING

- To measure both technical and tactical abilities

#### COMPETITIONS

- To measure both technical and tactical abilities
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## **TECHNICAL – TACTICAL ABILITIES**

The goal of psychological evaluation is to assess the boxer's psychological preparation level. Psychological aspect is very important, because even if the boxer has world-class physical and technical skills, weak psychological level will limit boxer's performance in training and competitions.

Psychological evaluation can be conducted by inviting psychologist for the assessment. If psychologists are not available or difficult to invite, the coach can assess boxer's psychological preparation by conducting following examples:

### **PSYCHOLOGICAL EXAMPLES**

- Conversation with the boxer
- Monitoring during the training sessions
- Monitoring during the competitions

Psychological evaluation shall be done in long-term and it is more effective, if the coach monitors the boxer's outside of the gym activities and behaviors by having a conversation with the boxer's close friends, family and teachers.





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