

## **IS AMATEUR BOXING SAFE?**

The safety of amateur boxing has been well documented. The 1998 National Safety Council ranked boxing list in sports injuries, well below mainstream sports like wrestling, football, baseball, soccer and even bowling. Most of the negative publicity about the sport centers around professional boxing, which is much different than amateur boxing.

No other amateur sport takes more precautions in regard to safety than amateur boxing. Amateur boxers must receive a physical examination before and after each competition. Special protective equipment is mandatory for each competition. The primary directive of all amateur referees is the safety of the boxers. All competition gloves and headgear are required to contain exact combinations of shock absorbing foams to reduce the impact of a blow. In short, every possible precaution has been taken to keep amateur boxing safe.

## **THE PROPER WAY TO COACH AMATEUR BOXING**

In order for the sport of boxing to continue to thrive in the future, all attention and effort has to be dedicated to the safety of the boxer. Any coach that puts a new or inexperienced boxer in the ring to spar before teaching him the fundamentals of offense and defense has no business coaching youngsters. Sparring is practice boxing. There is nothing to practice if you haven't been taught anything. Putting inexperienced youngsters in the ring before they're ready will harm a novice boxer, either physically or psychologically. Either way, you've lost the boxer. To put new kids in the ring to "see how tough they are" is insane and is an injustice to the sport.

Teach them offense and defense and require them to attain a level of proper conditioning before putting them in the ring. You'll have better developed boxers and a higher number of participants by taking this approach. Teach and make your boxers work on defense. Although much of the available equipment is geared towards offense, this is only half the game. Defense should be practiced each workout session just like hitting the heavybag. The less you get hit, the more fun boxing is. Learn from other coaches, their little tricks of coaching and conditioning, and implement them into your program. The worst coach is one that thinks he knows all there is to know.

Beginning fundamentals should include proper stance, the delivery of a left jab and straight right hand. Attention should be given to the proper position of hands and placement of the elbows. These basics should be practiced nightly while going through the normal workout routine: shadowboxing, heavy bag, speed bag and double end bag.

After the offensive fundamentals are learned, move on to the basic defensive fundamentals. Offense and defense should be taught hand-in-hand. If a club has too many boxers for the coaches to work with individually, assign each boxer a partner to practice on each other's defense.

After your boxers have a working knowledge of offense and defense, have attained a desirable level of conditioning and are able to go three rounds, it is time to start sparring. Sparring means instructive boxing. The purpose of sparring is to work on fundamentals. This cannot be accomplished unless the sparring session is properly controlled. First of all, each new boxer should spar with a more experienced boxer who can control both himself and the action. The experienced boxer should lightly strike the new boxer when he makes mistakes. He should encourage the new boxer to work on his left jab and mobility

If you put two new boxers together, you'll have a brawl on your hands. No one will learn anything, and someone could get hurt. Remember boxing is supposed to be fun — fighting for your life is not fun.

As your new boxer progresses, advanced offensive and defensive techniques can be taught and sparring can be adjusted to meet his needs.

## **CONDITIONING THROUGH TRAINING**

Training is essential preparation for providing the strength and endurance needed for boxing. Success in competition is directly proportionate to the amount of effort that is put into training. Training should be conducted at a rapid pace to train the body, particularly the cardiovascular system, for quick, explosive action. Currently in amateur boxing, bouts are four rounds long, which does not leave time for "feeling out" your opponent or pacing yourself. A boxer should train for the same duration in which he is going to compete. If you are a novice boxer and athlete who has less than 10 bouts, you should be working on a two minute clock and working at 100% effort. Open boxers box three minutes. All too often a novice boxer working three-minute rounds conditions his body to work at 80% of its physical potential. Unfortunately, when 100% is needed in competition, he is not prepared for it. The key is to train at the same duration as competition and at 100% intensity. Most gyms are open only three nights a week, which is adequate and keeps the coach

and boxers from getting burned out. To complement the gym work, an aspiring champion must workout two or three additional days of the week. Your better, more dedicated boxers should have their own heavy bag at home so that shadowboxing, heavy bag work and running can be conducted when the gym is closed.

The following list of exercise programs and cross-training sports will greatly increase the conditioning and cardio-vascular levels of your athletes and should be encouraged as additional methods of training for your boxers:

**Bicycling  
Aerobics**

**Swimming  
Circuit Training**

**Weight Lifting  
Nautilus**

*Ringside offers several videotapes, books and programs that you will also find helpful*

## **CONDITIONING IS 80% OF AMATEUR BOXING**

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

**Joe Frazier:** Going after your opponent, keeping constant pressure on him, moving in with hands held high, bobbing, weaving and slipping punches. This style is necessary to overcome the skills of a good stick-and-move boxer. **DO NOT** punch while you are moving in. This is what the boxer wants you to do so that he can step back out of your punching range and stick you in the nose with his educated left jab. Move in, get close and then unleash a barrage of punches. Constant pressure and not hitting until you are very close to your opponent is the key

**Muhammad Ali:** Boxing, sticking and moving. When your opponent gets set to punch, step back or sidestep and throw your left jab. His punches should land short and your jab should connect. When your opponent leaves himself open, fire a quick combination and then get out of his punching range.

**In and Out:** This is probably the most effective of all styles because of the way amateur bouts are judged. The idea is simple— move in, hit and move out before you get hit. When your opponent moves in, step out of his punching range and then slide in and hit.

## **BASIC PROGRAM**

### **Warm-Up**

It is very important that all athletes take at least 10 to 15 minutes to thoroughly stretch ALL of the major muscle groups [Arms, legs, back, abdomen, etc.] before working out. A flexible muscle is less likely to cramp or pull. Remember that flexibility is just as important as power

### **Shadowboxing**

This is a great way to begin your workout. The idea is to spar against an imaginary opponent. You can work on different styles and opponents. Imagine that you are working against Ali the first round, Frazier the second round and then work on “In and Out” in the third.

### **Heavybag**

Before you begin any bag work, be sure you have a good pair of bag gloves. The heavybag and double end bag should be hit with large gloves for two reasons:

- To protect the 26 small, delicate bones of the hand. One hand injury can end a career.
- In competition, 10 or 12-ounce gloves will be used; it does not make sense to train with small bag gloves. Your arms need to be conditioned for what will be used in competition.

The heavy bag develops punching power and speed. Don't just go through the motions of hitting the bag. Act like the bag can hit back. Slip these imaginary punches and counter. At most clubs, they have a variety of heavy bags: 70 lb. bags, 40 lb. bags, water bags and uppercut bags. Each one responds differently when punched just like each of your opponents will box differently. Rotate on your bags.

As the boxer's level of ability improves with each bag, increase the intensity of the workout until the athlete can go non-stop for three rounds. At that point, you'll know that your boxer is in shape!

### **Double End Bag**

The primary purpose of this bag is to work on your jabs and quick combinations. It can also be used to practice slipping punches. Again, as with the heavy bag, **you must**

**pretend that the double end bag can hit back, so don't forget your defense.** Make your jab work like a well-oiled piston and throw combinations in bunches of five to seven punches.

### **Jump Rope**

A quality speed rope is necessary to condition the legs and develop cardiovascular endurance. Always jump on a padded surface. Jumping on concrete is too easy and bad for your legs. You should complete three rounds of rope jumping.

### **Speed Bag**

This light bag does wonders to improve arm endurance and hand-eye coordination. Don't just hit the bag. Work it. Learn the double hit movement. Hit it once with each hand. Hit it 25 times with each hand. Alternate these routines: work hard and the speed bag can be a valuable tool. For a variation, remove some air [about 25%] from the bag and hit it. It will force you to punch harder.

All new boxers should have their program laid out for them so that they have guidelines to follow and know what to do each day they get to the gym.

- **Warm-up 5 minutes**
- **Stretching 10 minutes**
- **3 Rounds of Shadowboxing**
- **3-4 Rounds of Sparring (twice a week)**
- **3 Rounds of the Heavy bag**
- **3 Rounds of the Double End Bag**
- **3 Rounds of the Jump Rope**
- **3 Rounds on the Punch Mitts or Coach Spar Mitts**
- **3 Rounds on the Speed Bag**
- **Abdominal Exercises and Stretching 20 minutes**

Each round should last two minutes with up to one minute rest in between.

## **DRILL WORK**

Drill work is a great way to work on specific techniques in a controlled situation. Punch mitts can be used to work on certain combinations, to learn proper footwork and even defense. Start your new boxers with basic left/right combinations. As they improve, add more punches. When they master this, try moving a little, Continue to add punches and movement as they improve. With some of the mitts available [Coach Spar Mitts), you can also help your boxers work on defense. Start by throwing a jab at about half speed at your athlete. He/she should slip the punch or catch the punch and counter with a jab or straight right. As the boxer gets better at this, increase the speed until you are imitating an actual punch.

## **PUNCH MITTS AND DRILL EQUIPMENT FOR COACHES**

### **Punch Mitts**

There is a large selection of punch mitts available today Many of the mitts have specific uses, while others do the basic job of providing the boxer with a target. Basically, the punch mitts are an offensive target that the coach or trainer can control to help a boxer work on different offensive skills. Ringside has a complete The of punch mitts to help you come up with the mitt that best fits your program.

### **Coach Spar Mitts**

These mitts were designed specifically by Ringside to give the coach the ability to teach both offense and defense at the same time. These mitts are padded so that the coach can “catch” punches just like regular punch mitts. The aspect that makes these mitts different is that they also give the coach the ability to “tap” the boxer back when he makes a mistake. This much more effectively simulates a real opponent. This ability to work on defense and offense at the same time makes these mitts a must for every gym.

### **Super Body Protector**

The Super Body Protector provides the coach with a whole new training option. Now his athlete can work on body punches during punch mitt drills. The protection provided to the coach by the Super Body Protector means you can work on learning the forgotten art of body punching without worrying about taking a pounding.

### **Punch Shield**

This device is a great way to work on offensive techniques with even the heaviest hitter, It provides a heavily padded target that the coach can move and adjust to fit the specific techniques he is working on.

## **SPARRING**

When you commence sparring, always try to work on a new punch, a different move or defensive technique. Never spar just to be sparring. Learn to love to spar. Boxing can only be learned through boxing. If you're sparring with someone of lesser ability, you can still work on a variety of techniques such as body attack, defense or even offense by making your punches slightly miss their mark [your sparring partner]. By missing punches you can evaluate if you are exercising proper balance. Missing punches also takes more energy and consequently will aid in your conditioning.

## **EXERCISES**

### **Stomach**

Most boxers look like they have strong stomach muscles, but in reality they are very weak in this area. Below are a few brief abdominal exercises.

### **Do all until you get a good burn!**

1. Lay on back, knees up, hands behind head, and alternate elbows to knees.
2. Lay on back, knees up, put ankle of one foot on opposite knee, hands behind head, alternate elbows to knee. Switch ankle and knee positions.
3. Lay flat on back, bring knees up to chest, legs back to floor.
4. Lay flat on back, elbows behind head, pump legs in bicycle fashion touching elbow to opposite knee.
5. Lay flat on back with legs in air at right angle to upper body, alternate elbows to knees.

The medicine ball is a valuable tool in conditioning the stomach.  
A couple of basic drills follow.

1. Stand back to back with a partner. Plant your legs firmly and rapidly hand the medicine ball off to each other in a circular fashion. Focus on rotating and twisting at the waist to gain torque in your punches.
2. Hold the medicine ball against your chest while laying on your back. Bend your legs and lie directly in front of a partner Sit-up and at the top of the movement throw the medicine ball to your partner. He will mimic your movement and throw it back.

A more complete guide to medicine ball workouts is provided free of charge with any Ringside Medicine Ball purchase. Ringside also offers some books and videos that

expand on the different workouts you can do with the medicine ball.

## Neck

This is the most under-worked area on a boxer's body and must be strengthened to protect a boxer's head from rotating in a violent nature when hit with a good shot. Exercising the neck is of extreme importance. Do the following exercises religiously

1. The Wrap Around Neck Strengthener is convenient and very effective. This weighted training device is used by laying flat on the floor Begin on your back and bend your head forward until your chin touches your chest. Slowly return your head to its starting position. Next, roll over to your side and lift your head to touch your ear Do this on both sides and then lay face down. Lift your head until it is vertical to the floor, then return it to a horizontal position. Each exercise should be performed in a controlled, deliberate fashion with 15-20 repetitions per side.
2. The Ringside Neck Strengthener incorporates cables to utilize resistance training, which has proven to be extremely effective. This unique cable-system can be attached to a doorknob, a ring post or any hook. The exercises it employs are the same as the Wrap Around Neck Strengthener only they're done from a standing position.

An instruction guide is included with each of these neck-strengthening devices when ordered from Ringside.

## Additional Training

As previously stated, to become proficient, a boxer needs to train more than three days a week. Running is an excellent means of conditioning for boxing, if done properly Keep in mind that you are training for amateur boxing, not cross country running or marathon racing. Roadwork should be done as follows:

1. Warm-up by stretching out.
2. Jog a mile or so to warm-up.
3. Now comes the workout — Sprint for the same amount of time you will be boxing.

• Junior Division	Age 10-11	1 Minute
• Intermediate Division	Age 12-13	1 1/2 Minutes
• Senior Division	Age 14-15	2 Minutes
• Novice Division	Age 16-20	2 Minutes
• Open Division	Age 21 or over/ Novice Champ	3 Minutes

Then rest for one minute and repeat this process three times. When you start to get in shape, you should be covering more ground during your sprint. Bring a stopwatch or watch with a second hand to time yourself

After you have completed your intense sprint program, it is a good idea to finish up with a jog of any length you desire, but remember that your real amateur boxing workout is the sprint routine. Again, the key is training your body for quick, explosive, intensive action.

For a more comprehensive running program, USA Boxing has produced a book called "Coaching Olympic-Style Boxing." This details, among other aspects of training, an intense interval running program. Coaching Olympic-Style Boxing is available from Ringside and should be a part of every coach and boxer's library

### **Basic Fundamentals**

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

1. **Footwork:** Place your left foot and left shoulder out front. Your feet should be the length of a normal step apart. Your left knee should be bent for balance, and your feet should be pointing toward your opponent. Your feet must also remain apart for purpose of balance. If you move forward, move the left leg first and pick up the distance with the right foot. If you move backward, move the right foot back and then move the left foot after. Moving left or right is accomplished by stepping sideways with the foot of the direction you wish to move. For instance, if you want to move left, move the left foot to the left and then bring over the right foot. Do the opposite to move right. Do not get into the bad habit of bringing your feet together after you throw punches. It is a waste of energy Plus, whenever your feet are together, you're susceptible to being either hit or pushed off balance. Also, when you move forward, don't drag your right foot. Use it. Make it work so that your weight is evenly distributed. It is extremely important that your left shoulder is "out front" or pointing towards your opponent. This will allow for full rotation of the shoulders and hips when throwing the right hand. It also puts you in the proper defensive position to guard against the right hand. Make sure the left shoulder is always higher than the right. If it is not, you will be susceptible to right hands. A good technique for raising the left shoulder is to bend the right knee; this actually lowers the right shoulder, which should then make the left higher.
2. **Elbows in Front of Body:** This will protect your body against body punches, but more importantly, it will cause your hands to be positioned in front of your head.

This is the ideal defensive position. Also having the elbows in front of the body is the proper position from which to throw punches and also to block uppercuts.

3. **Hands in Front of Head:** Your hands should always be held at cheek level to protect the head against your opponent's blows. The arms from the elbow to the fist must be in a vertical ~straight up and down] position at all times.
4. **Throw Punches Straight Out and Bring Straight Back to Head:** When punches are thrown, the hands should be returned to their on-guard position as quickly as possible to protect the head.

## **BASIC OFFENSE**

### **Left Jab**

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

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

The keys to the left jab are:

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

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

### **Straight Right**

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

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

### **BASIC DEFENSE**

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

#### **Defense Against the Left Jab**

1. The **Catch**: The left jab is caught in the palm of the open right glove [catcher's mitt]. Do not reach out for the jab. Let it come to you. Be sure to keep resistance in your right hand so you don't hit yourself.
2. **Slipping**: This involves avoiding a blow without actually moving the body out of range. The purpose of slipping is to avoid the blow and maintain the position to counter. It calls for exact timing and judgment. To be effective, it must be executed so that the blow is escaped by only the smallest margin. The two basic slips are the outside and inside.
  - **Outside Slip**: This involves bending at the knees and dropping the upper body forward and to the right, outside of your opponent's left hand. The outside slip is relatively safe because you are slipping away from the right hand. Always take your catcher's mitt with you when you slip as a backup system.

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

### **Defense Against the Straight Right**

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

## **ADVANCED TECHNIQUES**

### **The Left Hook**

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

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

### **Defense to the Left Hook**

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

## **Uppercuts**

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

## **Defense Against Uppercuts**

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

## **FEINTING, DRAWING, SHELLING UP AND INFIGHTING**

### **Feinting**

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

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

### **Drawing**

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

### **Infighting**

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

### **Shelling Up**

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

### **Combinations**

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

## **Basic Combinations**

1. Double or triple left jab to the chin.
2. Left jab to the chin followed by a left jab to the body.
3. Left jab to the body followed by a left jab to the chin.
4. Left jab to the chin, straight right to the chin Cthe old one-twoi
5. Left jab to the chin and a straight right to the body
6. Left jab to the body and a straight right to the chin.
7. Left jab to the chin, straight right to the chin and a left hook to the chin.
8. Left jab to the body and a straight right to the body
9. Hooking off the jab — left jab to the chin and a left hook to the chin.
10. Left jab to the chin, straight right to the body and a left hook to the chin.
11. Straight right to the body and a left hook to the chin.
12. Straight right to the chin and a left hook to the chin.
13. Straight right to the chin and a left hook to the body.

## **RING GENERALSHIP**

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

### **How to Box a Tall Opponent**

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

### **How to Box a Rusher**

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

### **How to Box a Jabber**

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

### **How to Box A Slugger**

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

### **How to Box a South-Paw (Left Handed Boxer)**

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

### **RING STRATEGY**

- **Use your head.** Fight with your head, not your hands, Out-think your opponent, and you will out-box him.
- **Be in condition.** Nothing makes up for good physical conditioning.
- **Relax.** If you are tense, you expend energy
- **Know the fundamentals.** There will be many chances to use them.
- **Appear confident at all times.** If you are hurt or tired, don't show it.
- **Never forget that your opponent is as tired as you are.**
- **The left hand is the safest lead.** Use it often.
- **Keep moving.** To stand in one spot means you are an easy target. However, don't jump around and make unnecessary movements.
- **Carry your hands high at all times.**
- **Punch when your opponent is in range.** If you wait, you will be punched.
- **If a blow is missed or you are off balance, cover up and protect yourself.**
- **Puzzle the opponent by a variety of maneuvers.** Rarely do the same thing twice in succession.
- **Whenever your opponent gets set to hit, move.**

### **DIET**

The proper diet for a boxer would be much like the proper diet for a wrestler or sprinter. A high carbohydrate diet with a fair amount of protein and low fat is a real plus. A boxer should eat balanced meals of meat, fish, poultry, vegetables, fruits and whole grain breads and cereals.

Try to avoid eating large amounts of red meat. Eat more fish, chicken and turkey. Avoid processed foods that are full of chemicals such as potato chips, most snacks, ice cream, etc. Sugar is a poison to the body Keep its use to a minimum level. Because boxing is so vigorous, it is advisable that a daily vitamin supplement be used. Drink a large amount of water to replenish lost liquids and to clean out your system. Adelle Davis, a famous nutritionist said it best, "You are what you eat."

### **Losing Weight**

Generally speaking, you will be better off boxing in the lowest possible weight class so that you might have a power and strength advantage. There is a limit to how far you can go, and your body will usually tell you that limit. Bringing your weight down must be

done gradually, not in one week. Do not fast. Eat fruits, vegetables and low calorie meats.

## **HOW TO WIN AN AMATEUR BOUT**

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

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

## **BASIC RULES**

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