

# BASIC BOXING PUNCHES

BEFORE YOU STEP IN THE RING, YOU SHOULD MASTER THESE BASIC BOXING PUNCHES.

## JAB

A quick, basic punch used to set up other shots, most often power punches. It can also be used to distract your opponent and create space.



## CROSS

Can be used as a lead punch, a counterpunch, or in combinations. It's thrown by your rear hand, which moves across your body to hit the target.



## HOOK

One of the most powerful punches. Most of the power comes from the torso and legs, and since the approach is from the side - the opponent often doesn't see it coming.



## UPPERCUT

A devastating punch to use at close range. It can deal excruciating damage under the chin.



# Boxing Basics

**Dan Birlew**



## **Boxing Basics:**

**Taekwondo Basics** Scott Shaw,2012-02-07 Taekwondo Basics teaches you all the fundamentals of this Korean martial art form in a clear and easy to understand manner This basic introductory survey contains the following vital information The origins philosophy and history of Taekwondo How to find a teacher and a class that are right for you Getting ready for your first class what actually happens in a Taekwondo class The essential elements stances blocks hand and arm strikes and kicks How to complement your Taekwondo training with other conditioning exercises such as running and biking Powerful ways to improve your technique through target training partner training competitive training free sparring and more Resources that can help you further develop your Taekwondo practice Whether you re just getting started or you ve already been training for a year or two Taekwondo Basics offers an easy to read yet comprehensive introduction to the sport [The Complete Guide to Boxing Fitness](#) Hilary Lissenden,2015-01-08 A comprehensive practical guide to non contact boxing looks at workouts in an individual group or class setting Learn how to improve clients body composition heart lung stamina strength speed co ordination balance and flexibility It also covers boxing training s less tangible but equally important benefits such as building confidence and self esteem especially relevant to schools and young people Key features include Fully illustrated with vibrant photographs and practical diagrams for imparting core boxing and safety techniques e g wrapping clients hands teaching correct stance punches and combinations Sample training programmes for clients of differing abilities and fitness levels with guidance on safe and appropriate progression Relevant content on dietary and health matters The Complete Guide to Boxing Fitness is a tried and tested unique guide to boxing skills and drills for the fitness and sporting arenas [Total Knockout Fitness](#) Martin McKenzie,Stefanie Kirchner,2014-01-28 Total Knockout Fitness incorporates a blend of boxing cardio and cross training to produce the ultimate total body workout Featuring full color photos step by step descriptions of exercises and fundamental boxing skills and a DVD depicting workouts variations and training tips this special package contains everything you need in order to burn calories increase power and strength sculpt muscles and transform your body *The Gleason's Gym Total Body Boxing Workout for Women* Hector Roca,Bruce Silverglade,2008-06-16 Defined arms sleek shoulders flat tight abs lean firm legs this is the shape that women want to get from their workouts World renowned trainer Hector Roca and owner Bruce Silverglade bring Gleason s Gym s boxing secrets to your home with *The Gleason s Gym Total Body Boxing Workout for Women* outlining a step by step program that gets any woman into knockout shape fitter faster and firmer than ever in just four weeks Boxing is not only a dynamic fitness program but also a powerful addition to other fitness routines Using unique combinations of muscle groups and both aerobic and weight training movements boxing works out the entire body at one time You ll lose weight build lean toned muscle improve cardiovascular fitness and feel physically and emotionally stronger all at once Roca and Silverglade break down all the boxing basics from how to make a fist and how to stand to more advanced boxing moves and various ways of jumping rope and include a nutritional plan to maximize results

The Gleason's Gym Total Body Boxing Workout for Women offers the ultimate workout for women who want to look their best, feel their best and be their best. **Boxing - From Chump to Champ** Andrew Hudson, 2020-07-31 Discover how to box in 30 days. Even if you don't go to a boxing gym and have no experience. If you want to get in amazing shape, learn useful self-defense, or you simply just want to start boxing. This book will help you on your journey right from the beginning and will teach you everything you need to know. I will pass on my expert knowledge as a qualified boxing coach. I have been doing this for years. I once was a beginner too. It can be hard to start a new sport hobby with nothing, and I was always sitting on the fence about starting. However, I believe that boxing has helped me in so many ways that I didn't think was possible. Boxing helped me build everlasting confidence and made me determined. This improved me as a fighter and as a person. I focus on making this book suit people who want to work out at home, as I understand going to a gym boxing club is expensive and brave for beginners, although going to a gym does help. I have witnessed many people change for the good, and I am sure you can better yourself with boxing. After all, everyone has room for growth, and that is why I'm here to help. In this book, you'll discover a range of simple yet effective punches, the importance of footwork, the stance that suits you as a fighter, the basics of defence, home boxing workouts, the perfect diet that suits a boxer, the brilliance of shadowboxing, deadly combinations, how boxing can make you mentally stronger, and much more. Don't just keep considering it, try something new. So if you want to get to grips with the boxing basics and get in shape, then scroll up and click the Add to Cart button now. [Black Belt](#), 1981-02 The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world, including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos, including many about the works of Bruce Lee, the best-known martial arts figure in the world. [Boxing Basics Level 1 of 4](#) Scott Bolinger, 2018-02-06 This book goes through the level one medicine ball routine and level one coaches mitts routine and boxing workout. It also goes through a beginner's heavy back routine and shows the different strikes. The level one boxing routine sets the base set of combinations that's your bread and butter, combos in the second round, combinations that help you get more with hand-eye coordination with working 2 combos at the same time, as well as working how to jamb counter and get off the ropes. The Level 1 medicine ball routine is a very good starter exercise to help tone and has been used to rehab shoulders. *Boxing* Danna Scott, 2000 An easy-to-understand, fully illustrated guide to health and fitness with the art of boxing. It will be useful either to the novice fighter or to those looking for a new form of exercise. It explains the equipment, punches, and combinations, defensive skills, and movement, ring strategy, boxing styles, training techniques, and tricks of the trade. **Back to Basics**, 1996 *Visual C++ for Visual Basic Developers* Bill Locke, 2002 This book will concentrate on C and some C techniques that will benefit Visual Basic programmers. The author's approach is to cover things that feel good in each language and where the languages can enhance each other, then the basics of C from a VB programmer's perspective.

and finally COM and ActiveX programming in depth This book should be more practical than most much of the code shown will be shipping commercially and have a demonstrated application There will be a great deal of source code and will include controls and COM objects that can be directly adopted by the reader

**The Chump to Champ Collection** Andrew Hudson,2020-12-30 Do You Want to Discover How to Box Without Stepping Foot in a Boxing Gym Well keep reading Boxing is a tough sport This can be intimidating which can prevent you from gaining the mental and physical benefits that boxing brings and I want to put a stop to this Lazy unmotivated scared unfit and helpless are just some of the words that described me very well a few years back You probably find yourself in that position too which isn t the greatest position to be in let s face it This is where boxing comes in because it helped me work on myself to turn all of those negative words into positives Now as a Qualified Boxing Coach I have published this book to teach you the boxing basics to help you work on yourself Boxing provides many benefits that no other sports can offer and it can easily fit into your busy schedule The common stereotype of boxing is that it is a violent sport what if I told you that you can box without fighting That s right Boxing doesn t mean you have to get into the ring Boxing from home is just as good as joining your local gym You will be able to master the footwork basics learn how to hold a stance discover the different punch types and much more just from following this book Furthermore this book is for anyone Whether you want to fight in the ring or want to box just for exercise or if you want to build up your boxing ability at home to gain confidence to join a boxing gym then this book will help you Many people think that boxing training is just about who can land the most punches in a spar session but it provides you with a whole body workout to make you stronger faster leaner more coordinated and mentally tougher I have been coaching boxing to beginners for a few years and I am confident to say that you will experience the benefits like a slimmer body and stronger mindset if you follow the advice in this book I have seen many people start boxing who wouldn t have been able to hurt a fly on day one but over weeks of training have built up confidence and ability to win their first fight in front of a crowd of 100 that goes to show that boxing is for anyone Not to mention that in this book you ll discover How you can Improve Your Boxing Ability Without any Equipment The Simplest yet Most Effective Punches and Combinations How These Simple Footwork Drills Will Make You a Better Boxer Many Defensive Techniques to Prevent Getting Hit Home Boxing Workouts that Will Help You Lose Weight and Get Fit The Diet Structure that Successful Boxers Follow What you can do to Build up Your Confidence Inside and Outside of the Ring As a bonus you will also get Boxing from Chump to Champ 2 this is the follow up book which will help you advance in boxing by introducing new boxing techniques and skills This second book will let you discover New and Advanced Ways of Training with Boxing What can be Done Outside of Boxing to Improve Your Overall Ability The Most Effective Counter Moves and When to Use Them What you can do to Develop Discipline and Why Fear is Your Friend Each day you spend considering taking up a new hobby you will find it harder to make a change and solve any problems you have that are holding you back That s why you should do it now get into it with a fresh mindset and enjoy it

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*Boxing Basics Level 3 & 4* Scott Bolinger, 2018-02-07 In this book it shows the level 3 and 4 medicine ball routine and the level 3 and 4 coaches mitt routine Level 3 medicine ball is a advanced exercise routine level 4 you ll need a partner for that exercise routine Level 3 mitt work is more advanced block and counter In level 4 mitt work you re working the jab pressuring and working striking angles

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