

# BOXING

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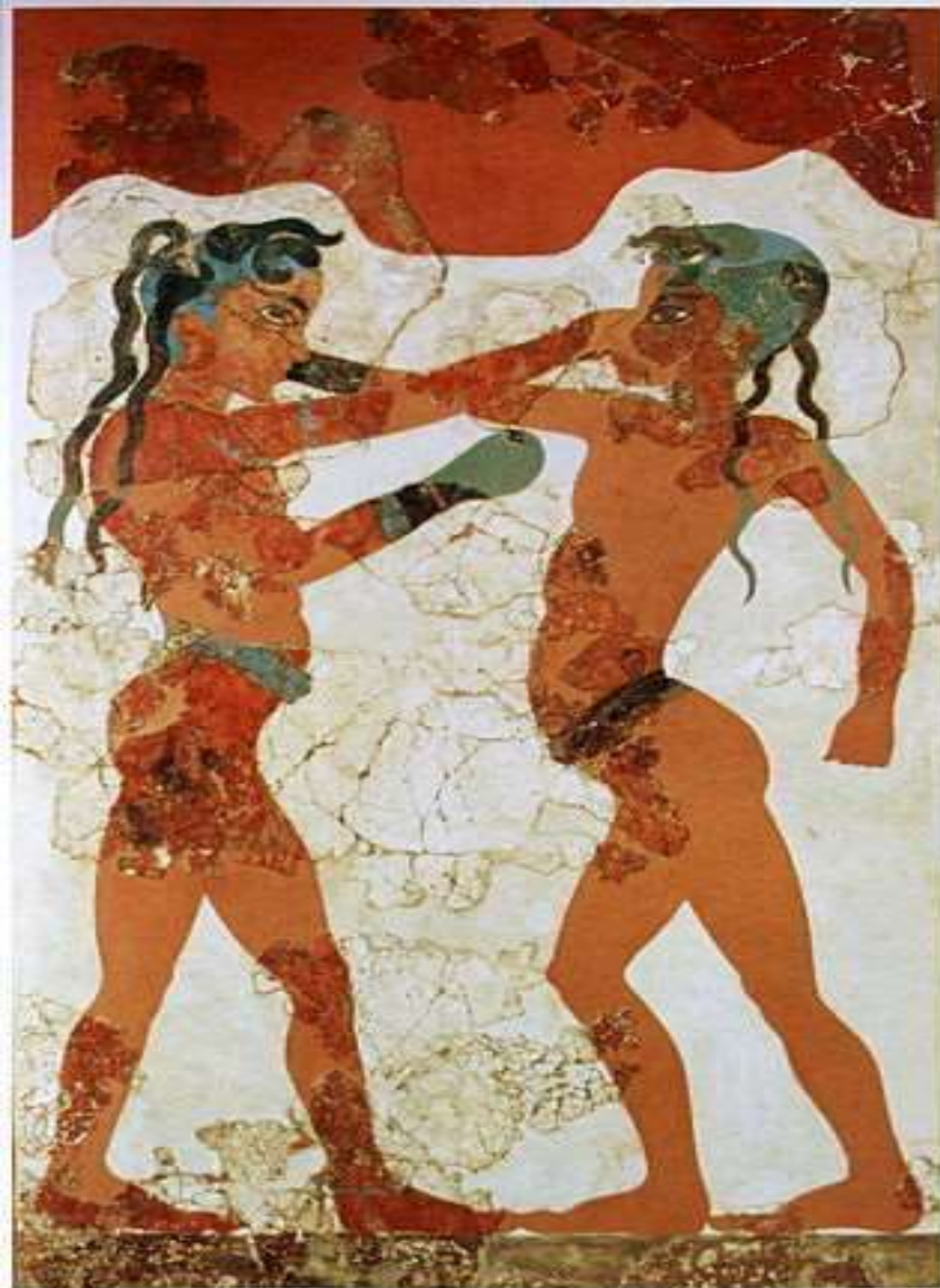




- **Boxing is a martial art and combat sport in which two people punch at each other with gloved hands.**
- **The goals have been to weaken and knock down the opponent.**

**BLITZ**





- **Boxing was a popular spectator sport in Ancient Rome.**
- **During the Roman gladiator period, boxing was abolished due to excessive brutality.**
- **It was not until the late 17th century that boxing re-surfaced in London.**

- Boxing consists of 12 rounds, each 3 minutes long.
- Both fighters must always wear gloves and always have a mouthguard.





TECHNIQUE

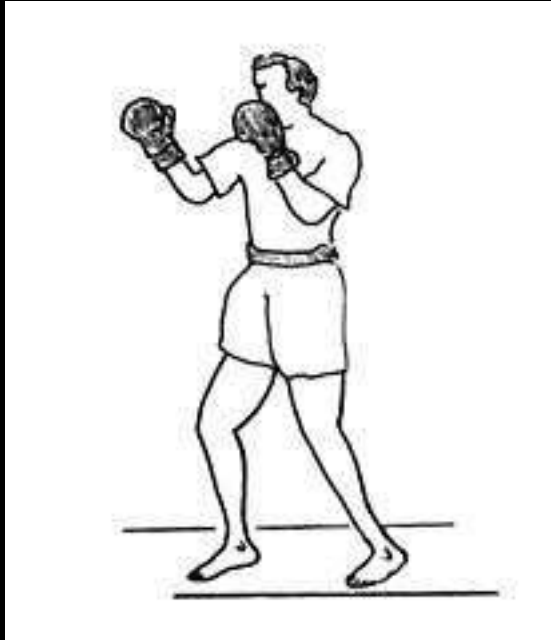
# ORTHODOX STYLE



**ORTHODOX-** Right handed fighter's stance. Left foot and hand are brought forward



# SOTHPAW STYLE



**SOUTHPAW-** Left Handed fighter's stance. Right foot and hand are brought forward





# Boxing

**Boxing** is a martial art and combat sport in which two people throw punches at each other, usually with gloved hands. Historically, the goals have been to weaken and knock down the opponent. Amateur boxing is both an Olympic and Commonwealth sport and is a common fixture in most international games—it also has its own World Championships. Boxing is supervised by a referee over a series of one- to three- minute intervals called rounds.



The result is decided when an opponent is deemed incapable to continue by a referee, is disqualified for breaking a rule, resigns by throwing in a towel, or is pronounced the winner or loser based on the judges' scorecards at the end of the contest. In the event that both fighters gain equal scores from the judges, the fight is considered a draw.

While people have fought in hand-to-hand combat since before the dawn of history, the origin of boxing as an organized sport may be its acceptance by the ancient Greeks as an Olympic game in BC 688.

Boxing evolved from 16th- and 18th-century prizefights, largely in Great Britain, to the forerunner of modern boxing in the mid-19th century, again initially in Great Britain and later in the United States.

# Weight

- Boxing weight **Sparring**
- [classes](#) (s)he is fighting in, as a good boxer will be able to use his weight to his advantage.
- *Main article:* [Sparring](#)
- Sparring is "practice fighting" with the aim of [training skills](#) and fitness, not to determine a winner. Sparring should always involve use of a gum shield, head-guard and groin-guard. Sparring gloves are often more padded than gloves used in actual bouts. Sparring partners sometimes agree to practice particular types of punches or defense moves to focus their training.



# Boxing training

- Training
- A [boxer](#)'s training depends largely on the point in their career at which he or she is situated. If the boxer is just a beginner, a minimal training routine might consist of learning how to hit the [heavy bag](#), the [speed bag](#), and the double end bag (a small bag with a cord on top and bottom connecting it to the floor and ceiling) as well as [doing shadowboxing in front of a mirror](#), [skipping rope](#), [calisthenics](#) and [jogging](#) every day, as well as an occasional practice bout inside the ring ([sparring](#)). Most beginning boxers will spend most of their early careers conditioning and establishing the fundamentals. For the amateur or professional boxer preparing for a competition or bout, however, training is much more stringent. Boxing is widely considered one of the most physically demanding sports in the world.



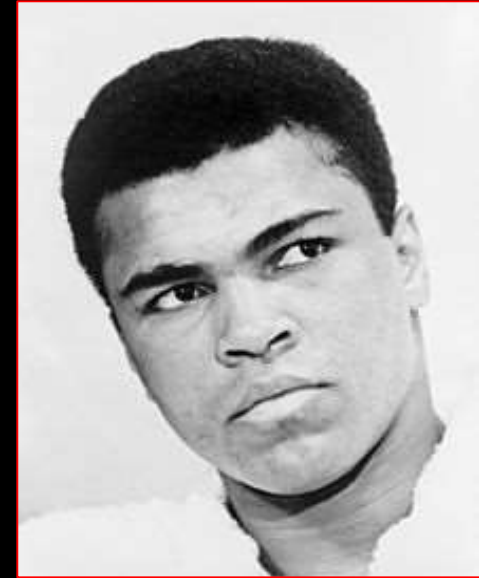


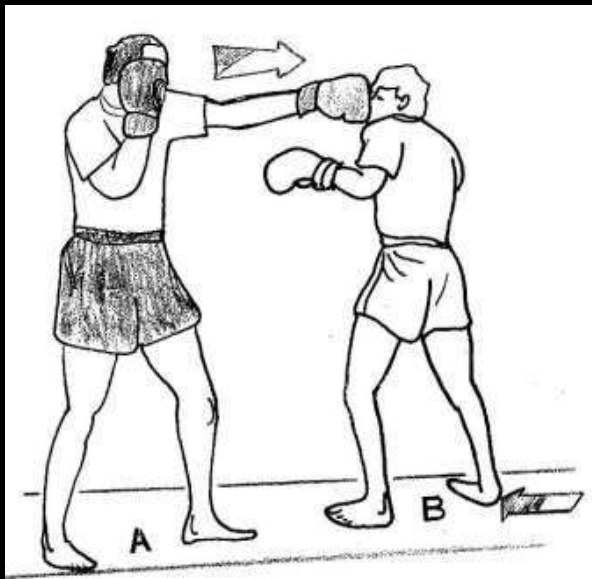
# Weight

- Boxing, like several other fighting sports, categorizes its competitors into weight classes. Some fighters try to take advantage of this by dieting before weigh-in so that they can be bumped down a weight class. In extreme cases, a fighter may forego solid food before the official weigh-in ceremony, and eat a lot afterward to compensate. In some very extreme cases, boxers have been forced to stop eating solid food up to three days before the weigh-in ceremony, in order to make weight for the fight. Sometimes, if a boxer doesn't make the weight agreed for on the first weight-in, he or she might go to a sauna or to jog with a jacket to sweat and lose the extra pounds, however this is mainly water that the body holds. After weigh ins, competitors will in general add on weight before the fight, resulting in them weighing anywhere from 5 to 25 lbs above the weight class.

# Boxing styles

- **Definition of style**
- "Style" is often defined as the strategic approach a fighter takes during a bout. No two fighters' styles are alike, as it is determined by that individual's physical and mental attributes.
- Three main styles exist in boxing: **outside fighter** ("boxer"), **brawler** (or "slugger"), and **Inside fighter** ("swarmer"). These styles may be divided into several special subgroups, such as counter puncher, etc. The main philosophy of the styles is, that each style has an advantage over one, but disadvantage over the other one. It follows the [rock-paper-scissors](#) scenario - boxer beats brawler, brawler beats swarmer, and swarmer beats boxer.





**JAB-** A quick, straight punch from the defensive guard.

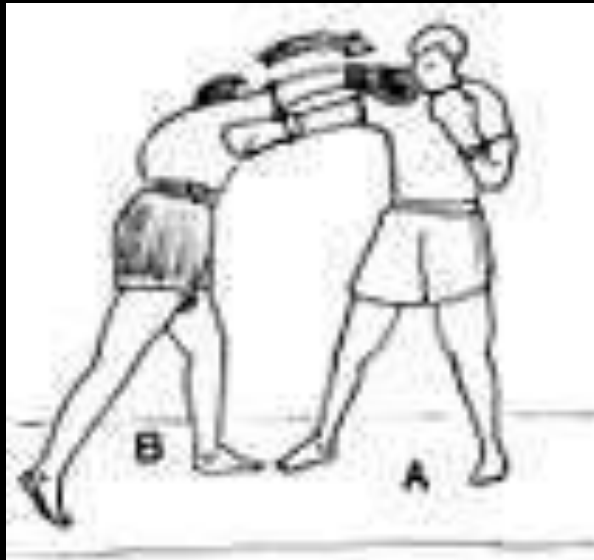


**HOOK-** A half circle punch which connects with the side of the head.



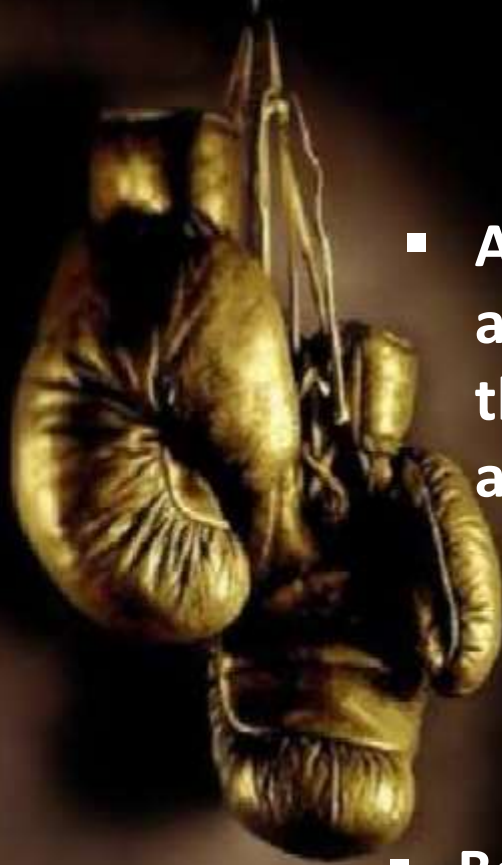


**UPPERCUT-** A rising punch from the fighter's rear hand.



**CROSS-** A straight punch thrown across the body.

# AMATEUR BOXING



- Amateur boxing may be found at the collegiate level, at the Olympic Games and Commonwealth Games.
- Bouts consist of three rounds of three minutes

# PROFESSIONAL BOXING

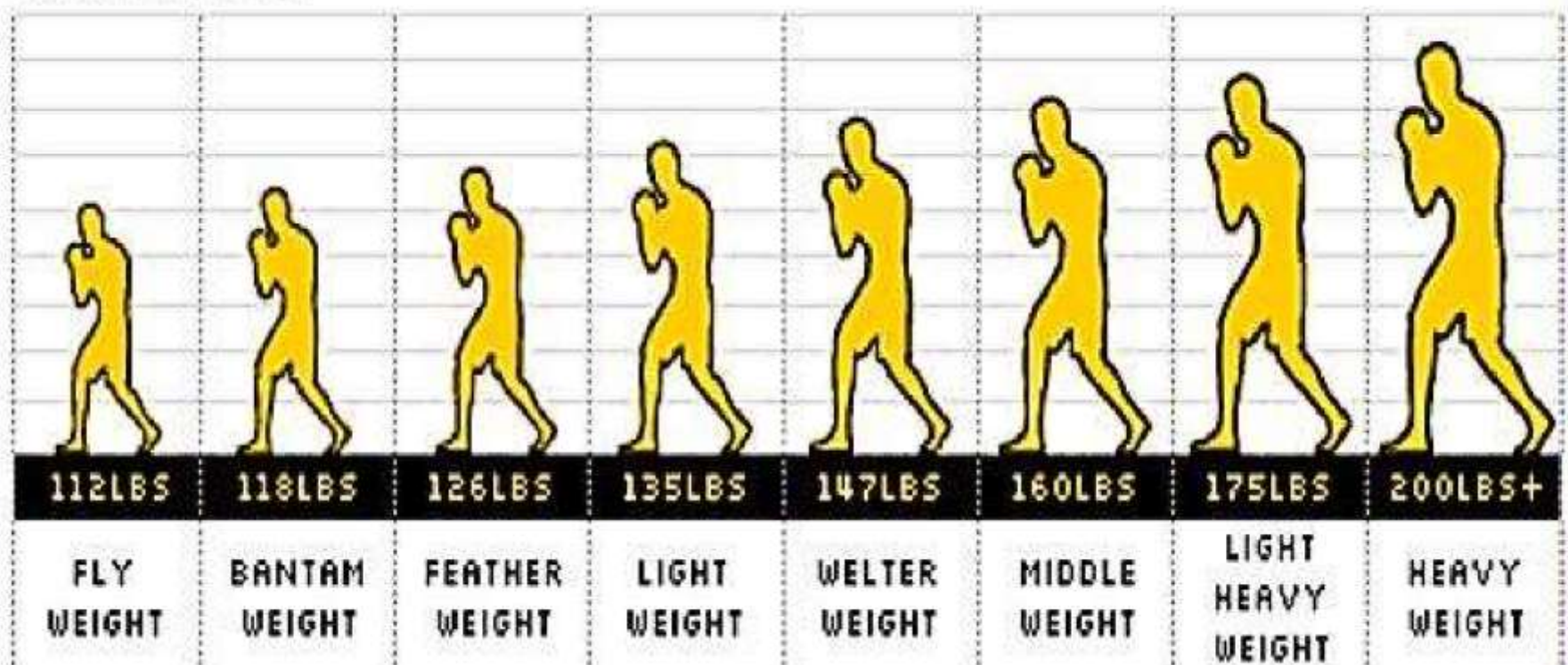


- Professional bouts are usually much longer than amateur bouts.
- Headgear is not permitted in professional bouts



# Weight classification

CLICKABLE GUIDE



# BOXING ORGANISATIONS

- WBO (World Boxing Organisation)
- WBC (World Boxing Council)
- WBA (World Boxing Association)
- IBF (International Boxing Federation)

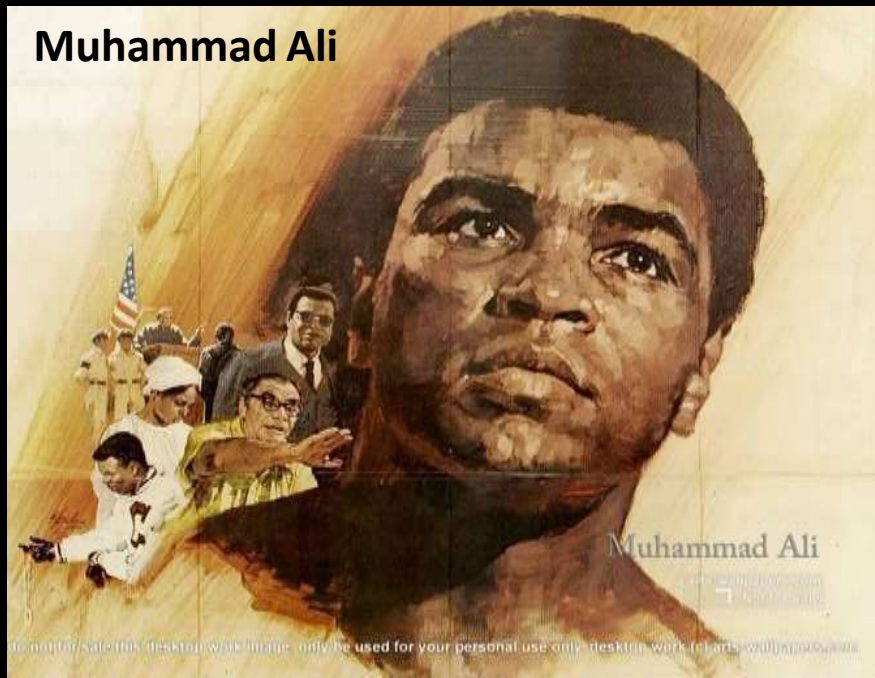




# HALL OF FAME



**Muhammad Ali**



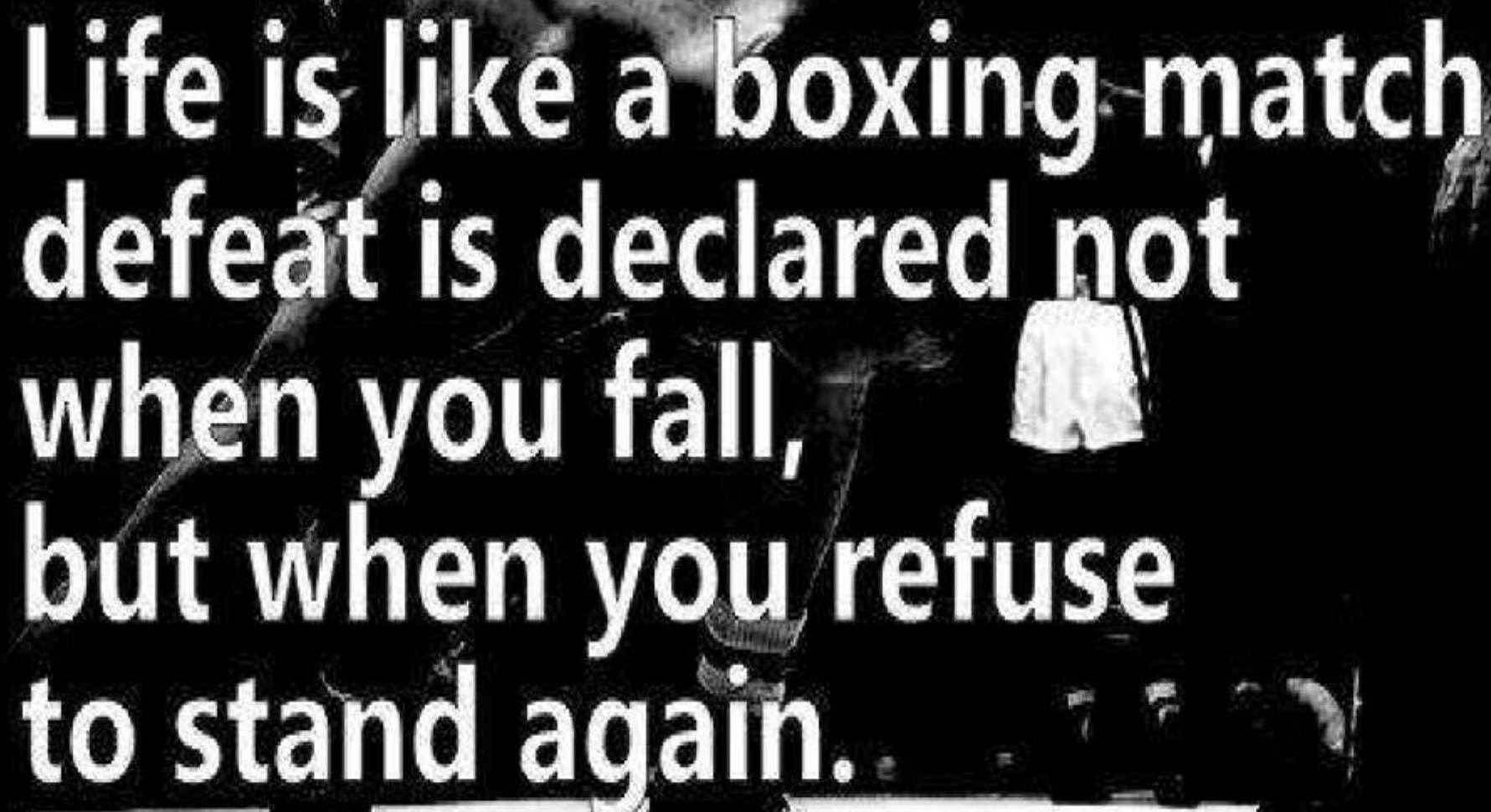
**Rocky Marciano**



**Mike Tyson**





A black and white photograph of a boxer in a ring, wearing a headgear and boxing gloves. The boxer is in a defensive stance, looking down. The background is dark, and the ring floor is visible. A quote is overlaid on the image in large, white, bold, sans-serif font.

**Life is like a boxing match  
defeat is declared not  
when you fall,  
but when you refuse  
to stand again.**