



Standard boxing contest between Navy men is three 2-minute rounds. Navy men enjoy watching contests. Boxing is a sport as old as the art of war itself and provides, in its elements of individual combat, a close parallel to the battle conditions that are faced today. The feint, the dodge, the counter-thrust, and the sudden devastating finishing blow, are as much a part of modern combat as they are of boxing.

BOXING: FOR PHYSICAL FITNESS

Boxing develops fleetness of foot, weight control, coordination, and the ability to resist successfully an attacking opponent. Properly taught and practiced, boxing develops self-control, cool, decisive thinking in emergencies, self-confidence, and courage. In addition, it is an excellent exercise for the development of strength, endurance, and agility.

Instruction to beginners in the science of boxing should not start with actual boxing, as the participant is likely to learn more bad boxing habits than good ones. Rather, a good instruction will begin with boxing movements in the form of shadow boxing so that the fundamental offensive and defensive movements may be thoroughly learned. After that, the men should be paired for practice in certain defensive techniques until they have mastered the basic movements in combination. Only after this instruction has been completed should the men be permitted to box competitively.

Proper stance, shifts, use of hands and feet are taught en masse.

