

6. Boxing

- a. fundamentals of boxing are valuable, especially the foot work and thrusts.
- b. should give expert supervision and control.
- c. the following skills are of value and are suggested for practice.

1. on guard
2. footwork
3. advance and retreat
4. side stepping
5. thrusts
6. straight right or left
7. hooks right or left

7. There is a tendency for beginners in boxing to slug, caution against slugging.