

ELEMENTARY BOXING

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The following outline has been compiled for use in Elementary Boxing at the University of Kansas. It is not to be considered as a complete outline of the subject but merely deals with a few principles of boxing.

The numerical order listed may be changed to fit the new situations as they arise.

You will be expected to know how to use and demonstrate the following:

1. The left jab is a short, snappy thrust of the left arm calculated to jar your opponent. This should be executed quickly; timed to hit the mark and hard enough to jar your opponent. It may be used to aid your attack or prevent your opponent's attempt.
2. Straight right:- slip in with left foot followed immediately by the right foot, allowing the body to fall forward, and at the same time hitting straight with the right hand to your opponent's jaw. Your left hand should be covering your jaw and your left elbow covering waist.
3. The "one-two" is a combination of the left jab and the straight right hand blow. It is executed as follows: jab swiftly with a straight left to your opponent's abdomen and follow it quickly by shooting the straight right (as in No. 2) to the jaw. This may be reversed i.e. left to jaw and right to abdomen. Keep your chin well protected at all times!
4. Blocking a blow may be done by placing your elbows, forearm, open hand or shoulder in the way of the blow. Use your elbow when your opponent is hitting around your waistline and midsection, at the same time the hand of the defensive arm should be protecting the chin. A blow at the chest may be blocked by the open hand or forearm. Remember, a blocked blow doesn't show!
5. Footwork is one of the important factors in all sports especially boxing. A moving target is hard to get. Your equilibrium should be maintained at all times so that you may be able to strike a blow should the opening present itself. A well balanced boxer steps around adroitly; he never jumps into his opponent. Rather, he moves around with agility and ease. The left foot is usually the leader with the right foot placed so as to keep your balance and following as the left foot is moved around. Practice stepping around, maintaining your balance keeping your hands always in position to hit.
6. The uppercut is a blow that travels up from about the waist to a point on your opponent above the waist. It may be executed with either the left hand or right hand. The uppercut is often used when an opponent is crouched and you wish to straighten him up. A right uppercut:-- step in with the left foot and follow immediately with the right foot. Shoot the right hand up from the waist to the unguarded part of your opponent. Note: The palm of the striking hand is turned inward toward you.