

BOXING HINTS

Jim Raport

1. Condition is the first requisite for a boxer, business man teacher and student.
2. Keep your chin in, resting between left shoulder and breast-- vice versa for left handed boxer.
3. Hit straight and slightly downward.
4. Fist tightly closed and wrist straight when hitting.
5. Move away from your opponents right hand. (If left hand boxer, move away from his left hand.)
6. Mouth closed at all times.
7. Be relaxed, tense on delivering the blow.
8. Never intimate or hint by your actions or behavior what you are going to do. Don't "telegraph" a blow.
9. Be well balanced on your feet at all times. Remember footwork is one of the important factors in boxing.
10. One of the best offensive weapons is the retreat! Use it occasionally.
11. Always remember first block your opponents attack and then counter with your blow.
12. Don't lead with your chin or nose!
13. A moving target is hard to hit. Don't stand still.
14. Your feint  $\star$  your opponents error  $=$  your hit. Try it!
15. Roll away from your opponent's blow.

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