

**BOXING**  
FEDERATION OF  
**INDIA**

भारतीय खेल  
प्रतिकल्प  
sports  
authority of  
india

# ONLINE EDUCATION PROGRAM for BOXING COACHES



# Boxing Technique

- Technique may be considered as the specific manner of performing a physical exercise.



# Boxing Technique

- Model= A generally accepted standard of perfect technique
- Must be biomechanically sound and physiologically efficient
- Good technique= High efficiency
- Technique should not be confused with style
- The individual pattern of performing a skill represents the style
- The technique of a champion is not necessarily the model to follow

# Boxing Stance



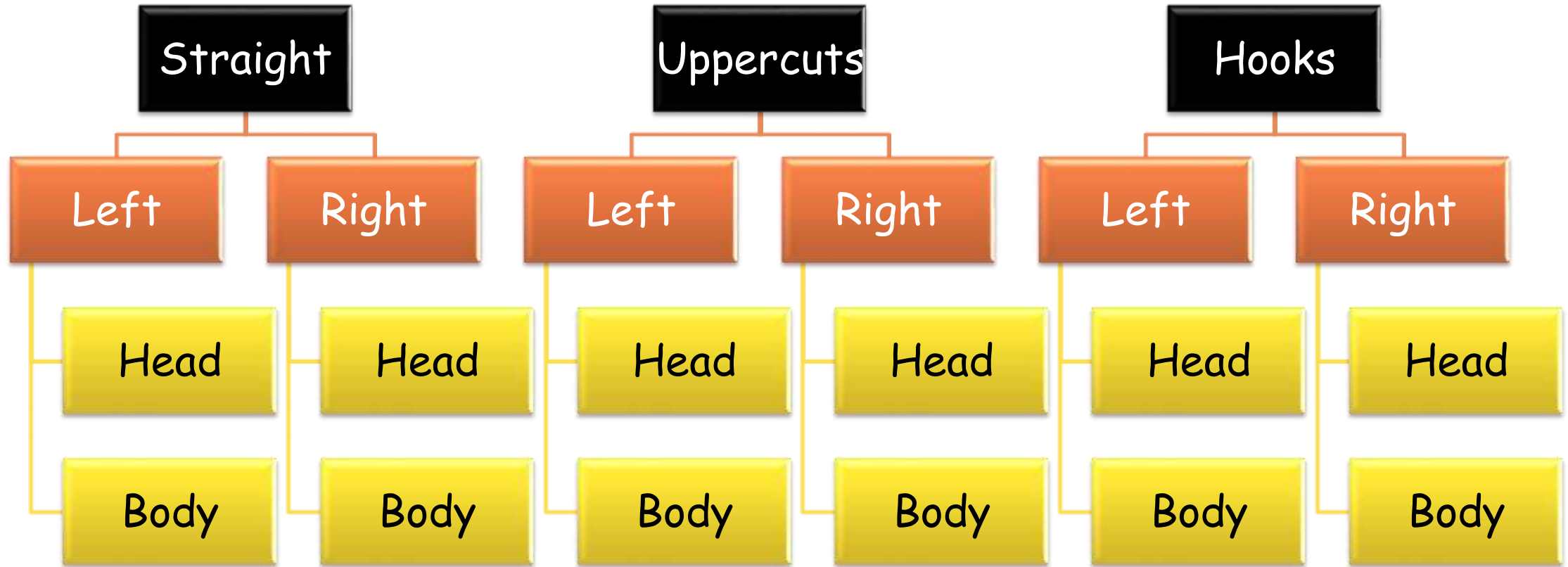
# Footwork

1. Plain steps
2. Pivots/Side-steps
3. Pendulum steps
4. Diagonal steps

# Punches

1. Straight - to the head and body
  2. Uppercuts - to the head and body
  3. Hooks - to the head and body
- Combination of punches
  - Punches in movement

# Punches



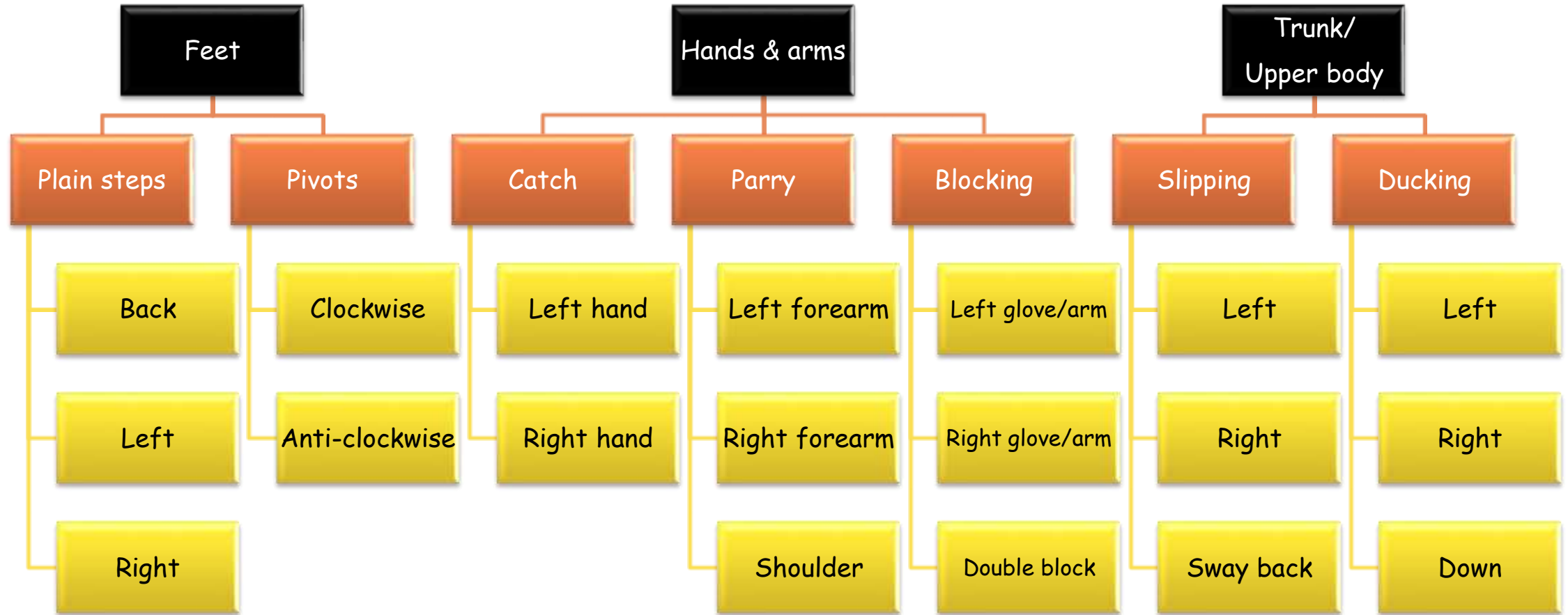


# Defences

- are taught after every punch
1. With the feet – Step backward, lateral step, pivots/side-steps
  2. With the hands and arms – catch, block, parrying
  3. With the trunk – slipping, ducking, sway back

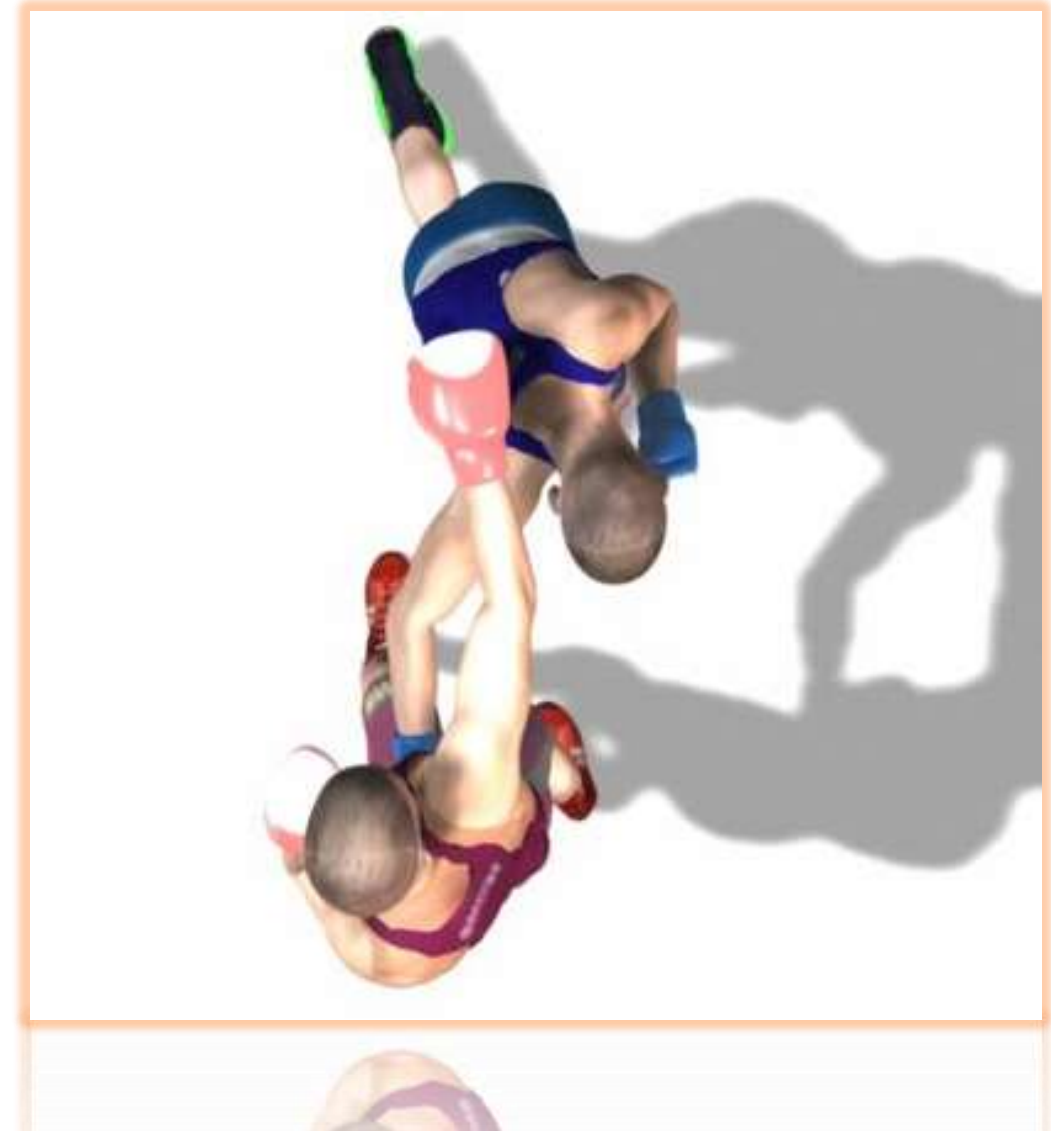


# Defences



# Counterpunches

- Direct Counter
- Counter-attack  
(after a defensive action)



# Three distances

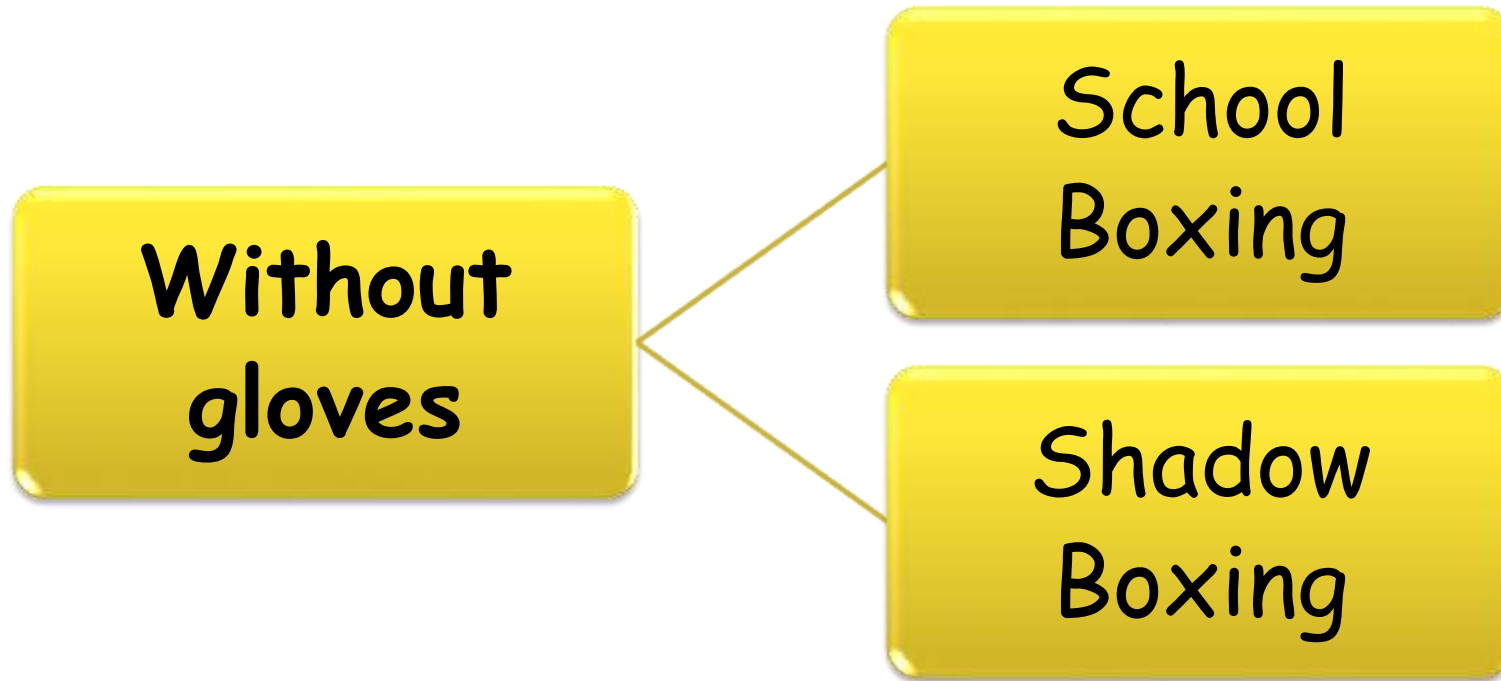
- Long - one or more steps from opponent
- Medium - punching distance
- Short - physical contact



# Feinting and Drawing

- With the arms
- With the upper body and eyes
- With the feet
- Drawing

# Training Methods:



# Training Methods:

