

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

भारतीय खेल  
प्राधिकरण  
*sports*  
authority of  
**india**

# COACH DEVELOPMENT PROGRAM



# Some advanced techniques

Some of these require more skill than the basics and some may suit a certain type of boxer more than others.



# Pivots



# Side-steps



# Change angles



# Punch variation with same hand



# Open up opponent's guard

