Working on the fundamentals. Everyone starts here, no exceptions. Get ready to experience the toughest, most intense workout you've ever had—and love it.

As you learn these boxing fundamentals, expect us to throw everything at you except punches. You'll find out how to perform the basic movements correctly and how to combine them into effective routines you'll use over and over again while training others. Even if you're members are in great shape, expect them to be challenged at the highest level.

Boxing fundamentals focus on how to:

- Stand, position your body, relax, and breathe correctly.
- Understand proper body mechanics, to avoid injury.
- Increase your flexibility, speed, and endurance.
- Build your core strength—by incorporating your whole body into each movement

After mastering these fundamentals, you'll learn to train others to achieve the unique benefits of the Boxing and Barbells workout in fast paced dynamic 50-minute workouts that are tough and fun—efficient and effective.

Plan ahead to make the most of your instruction during your Boxing and Barbells Training. Use this Handbook to refresh your memory and help you fine tune your own movements and prepare better to train others through BNB your gym or health club offers.

To get the most from your onsite training, set goals for yourself right at the start and record your progress. After your initial Boxing and Barbells training, track your workouts, and monitor your progress toward certification as a Certified BNB Trainer. By setting goals and monitoring progress, you'll get even greater benefits from your training and commitment.

**Preparation**

Participants come to each class ready to get down to work immediately. Proper preparation:

- Starts with the right equipment
• Includes a positive mental attitude.
• Depends on a relaxed, limber, conditioned body.
• Demands your commitment to give your workout everything you've got.

But—don’t go overboard. Your participants will be working and moving your body in new and more demanding ways than they are probably used to. Take time to teach movement properly. Push them but keep their limitations in mind.

**Equipment**

Boxing and Barbells training doesn't require a lot of elaborate equipment. Much of it is already available at the gym or fitness center where you work. You'll need the following individual equipment:

• 180-inch hand wraps (we prefer the elastic ones)
• BNB gloves (sizes: Small, Medium, Large)
• Jump rope (depending on height: 8, 9, or 10-feet long).

Inform participants to wear comfortable workout clothes and a pair of lightweight running shoes. Tell participants to come to each training session ready to work—that means arrive early and wrapped hands. They won’t want to miss a thing!

*Always remember and practice the most important rule in boxing: Safety, Safety, Safety.*

**HOW TO WRAP HANDS**

Purchase elastic-style or canvas hand wraps about 180-inches long. We like elastic wraps best, because they conform to the shape of your hands. Before getting started, be sure to remove any rings, watches, and other jewelry that can cause injury to your hands, fingers, or wrists.

Wrapping your hands separates your joints; keeps your wrists, fingers, and knuckles secure, and reduces the chance of injuries. Your method of wrapping will depend, in part, on the size of your hands.

• Spread the fingers of one hand wide and start by threading your thumb through the loop.
• Take the wrap across top of your hand and wind it 2 or 3 times around wrist—not too tight.
• Drop the wrap down and wrap your knuckles 3 or 4 times.
• Wrap your wrist once or twice, then wrap between your outside fingers (pinky and ring finger).
• Wrap the wrist again, then take the wrap down between your index and middle finger.
• Wrap the wrist again, then go through the center two fingers (middle and ring fingers).
• Next, wrap across the knuckles a time or two, then move back up to wrap snugly around wrist.
• Continue to wind the remaining wrap higher on the wrist, well above your wrist joint, then fasten with the Velcro strip.
• Repeat on your other hand. Always look at the top of hand when wrapping.

Muscle Focus

In the introduction, we briefly discussed the focus on developing a strong, stable core. Now let’s look at how specific areas of the body are impacted by the various activities boxing involves.

**JUMPING ROPE:**

Dorsal flexion (ankle joint extension), front of shin, tibialis anterior, extensor digitorum longus, peroneus tertius.
Plantar flexion (extension), back of calf, gastrocnemius, soleus.
Knees—(shock absorbers), participate in push off: quadricep femoris, gluteus maximus. Upper body: biceps, triceps, deltoids.
Hands up:

Holding up the hands/arms: anterior deltoid, pectoralis major, coracobrachialis. Shoulders: serratus anterior, upper and lower trapezius, supraspinatus, deltoids.

Throwing punches:

- Leg abduction used to push body weight from back leg: gluteus medius.
- Core: upper and lower rectus abdominis, internal and external obliques, erector spinae, medial and lateral rotators, quadratus lumborum.
- Getting punches out and back: latissimus dorsi, teres major, lower pectoralis major.
- Slow swinging action: upper trapezius, levator scapulae, rhomboids.
- Pushing out punches: tricep brachii.
- Turning hands over: (forearm) supinator, pronator teres, flexor carpi ulnaris, flexor carpi radialis; (wrist) pronator quadratus.

Shadowboxing:

- Upper body: upper trapezius, deltoids, biceps brachii, triceps brachii.
- Calves, quadriceps, rectus femoris, gluteus medius
- Lower trapezius, rhomboids, erector spinae, rectus abdominis, internal and external obliques.
- Forearm: brachioradialis.

Speed bag:

- Upper trapezius (top of shoulder).
- Deltoids, biceps, triceps, and forearms.

Beginners:

Expect to experience some tightness in calf muscles and maybe in knees and ankles. If tightness or cramping occurs, slow down, and stretch your muscles. If you experience shin splints, that usually means you need shoes with better shock absorbency. After class, ice down any areas of soreness. You'll adapt, and the workout will get easier. Of course, it'll get harder before it gets easier!

Note:

We use a clock to help you position your body as we go through the rest of the fundamentals. Imagine 12 o'clock directly in front of you while you face the mirror. And, view your reflection in the mirror as your opponent. This will help you align your body correctly and focus your punches.
Remember:
Whatever fundamental or combination you work on, all movements—including your punches—start at the core. Keep this in mind. Everything emanates from the core.

Fundamentals First

As you’ll learn, proper stance, breathing, body mechanics, and form all play a role in performing the fundamentals correctly and generating the benefits this workout offers, while sloppy fundamentals can lead to injuries.

Tips for improved performance when learning the fundamentals:
Remember to breathe! Exhale on the exertion.
Loosen up and relax; shake out your shoulders and arms when you tighten up.
Keep your focus on the mechanics of your movements.
Actions emanate from your core. Imagine your punches originating not from your hands and arms, but from your abs and shoulders. Engage your whole body in the workout for maximum effect.

When hands are wrapped and ready to go, time to grab a jump rope. Position at the far end of one of the 5-foot lines in front of the full-length mirrors. Perform the first segment of workout back and forth along this line—according to the trainer’s instructions. Monitor form and movement using the mirrors.

The fundamentals start with skipping rope—an integral part of every boxer’s training. Skipping rope provides an excellent warm-up, improves footwork and coordination, and it’s a great addition to your cardio routine. You’ll get more from skipping rope and from all the fundamentals as you master your movements from the inside out.

Take the time to master the fundamentals, and you’ll experience positive changes from your very first BandB workout.

That’s a promise…

1. **JUMP ROPE FUNDAMENTALS BREAKDOWN**

   - Practice first without the rope to find your rhythm, then add the rope.
   - Square off facing the mirror so you can monitor your posture.
   - Release upward in a slight burst—only ¼-inch off the ground.
   - Maintain a slight bend at the knees.
   - Focus on synchronizing the rotation of the rope with your jump.
• Jump once for each rotation of the rope.
• Tuck your elbows in close to your waist, with forearms horizontal to the floor.
• Relax your wrists and let your wrists do the work of rotating the rope.
• Stay loose and keep breathing.
• Start slow and work on your rhythm and wrist/foot coordination.
• Add speed gradually.

• We'll focus on 3 basic methods of skipping rope:

## STRAIGHT-LEGGED SKIP:
Your basic skip.
• Jump straight up in the air—just ¼ inch.
• Keep your feet together.
• Maintain slight bend at the knees.
• Relax your upper body.
• Tuck your elbows in and hold arms horizontal to the floor.
• Keep the action in your wrists.

*Tip: Never allow your hands or forearms to rotate the rope; keep the rotation in your wrists.*

## BOXER’S SHUFFLE:
• Again, practice first without the rope. Skip using your heel and toe: kick one foot outward touching the heel of the other foot, then quickly switch feet.
• Start with a straight-legged skip.
• Find your rhythm, then kick one foot out forward, heel touching the floor.
• Quickly bring that foot back, jumping over rope with both feet.
• Next, kick out the opposite foot and repeat the sequence.
• Time each rotation of the rope with your moving feet.
• Above all, stay relaxed. It’ll come.
• When you have trouble finding your rhythm, practice without the rope.
• Concentrate on staying limber and relaxed.

## KNEES-UP JOG:
• Simple as it sounds. Jog in place, keeping your knees up, one rotation of the rope for each step. In other words, bring your alternate knee up at every turn of the rope.
• Stay balanced on the balls of your feet as you skip.
• Short burst upward just a little—1/4 inch—and raise your knees up high.
• Rotate the rope once with each skip.
• Work the rope with your wrists—instead of your hands and forearms.

2. BOXER’S STANCE FUNDAMENTAL BREAKDOWN:

• Position yourself at the end of your 5-foot line, left shoulder faces the mirror, feet shoulder-width apart.
• Position your left shoulder at 11 o’clock with your right shoulder about 5 o’clock.
• Bend slightly forward from the waist.
• Always keep the ball of your left foot on your line pointing at 2 o’clock.
• Position your right foot behind and to the right of the line—pointing toward 2 o’clock. Note that both feet point in the same direction.)
Raise your right heel toes point in and keep it lifted slightly off the ground. Keep both your knees slightly bent; stay balanced on the balls of your feet. Both the same direction: at 2 o’clock.

**Very Important:**
- Keep about 2/3 of your weight on your back (right) foot.
- As you step forward, always lead with your left foot and push off with your right foot.

**Focus point:**
As the basic stance for all of your movements, you’ll return to your basic stance again and again.

### 3. HANDS-UP FUNDAMENTAL

- Start from boxer’s stance, facing the mirror with your left shoulder.
- Keep left hip and left knee in line with left shoulder.
- Raise your hands up to a point just beneath your cheekbones.
- Make fists with thumb clasped on the outside of your fingers.
- If you can’t see the back of your thumbs, your hands are too close to your face.
- Bend your wrists slightly inward.
- The sides of each palm face the mirror.
- Bend slightly forward bend at the waist.
• Avoid chicken wings! Keep elbows tucked close to your waist.
• Next, add your step-drag, moving back and forth along your line, with hands in correct position.

FOCUS POINTS:
• Avoid bringing your hands too close to your face.
• Keep your chin down and tucked.

4. STEP-Drag Fundamental

BREAKDOWN:
• Starting from your boxer’s stance, always lead with your left foot when you step forward and drag your back (right) foot along the floor behind you.
• Leading with your left foot, take a small step forward, stepping in a toe-to-heel motion, along your line.
• Drag your back foot along the floor the same distance as the step you took with your front foot.
• Distribute weight on the balls of your feet, with 2/3 of the pressure on the ball of your back foot.
• Take small steps, just a few inches at a time.
• Tuck your chin and keep your upper body relaxed.
• Maintain a slight bend in the knees.
• Moving backward, always move the back (right) foot first.
• Back foot points toward 2 o’clock when dragging.
• Keep a constant distance between your feet.
• Stay relaxed and focused!
• Practice moving forward and backward along your line.
• Use the mirror to check your posture.
• When you get your coordination down, speed up the step-drag.
• Finish in your basic boxer’s stance.

**FOCUS POINTS:**
• Never stand or step flat-footed or with the heel first.
• Avoid lifting your back foot off the ground as you move it forward.
• Keep the pressure on your back foot as you drag it forward, knee slightly bent and toes pointed toward 2 o’clock.
• When advancing, front foot moves first and when retreating, back foot moves first.
• Never allow your feet to get too close together.

5. **JAB FUNDAMENTAL BREAKDOWN:**
• Starting from boxer’s stance, break it down first, to get the footwork, then add the arm movements.
• With hands down, practice moving your left shoulder and left foot together, then incorporate the step/drag.
• Focus on your nose (in the mirror); imagine your reflection as your opponent
• Start all your movements from your core—your abs—keep them engaged.
• Maintain a slight forward bend at the waist.
• Once you get a feel for the rhythm of this movement, add the jab.
• Extend your left arm, bringing your forearm down like a hammer.
• As your left forearm drops, rotate your wrist forward at the very end, knuckles facing the mirror.
Release your left arm, Rotate your wrist forward Imagine your left arm bringing your forearm the very end, knuckles moving as an extension down like a hammer. facing the mirror. of your left shoulder.

Step with the ball of your front foot, while pushing off from the back foot at the same time you jab. Make these movements simultaneous. Breathe as you throw your jab and rotate your left shoulder forward. When you return your left hand back to your face, drag your back foot same distance as you stepped with the front foot.

FOCUS POINTS:

- Keep your chin tucked and elbows in.
- When throwing jab, left elbow should always point down.
- Avoid hyper-extension (locking the elbow on extension). Keep the slightest bend in elbow on extension.
- Immediately snap your arm right back up. Your jab operates like a whip—fast and focused.
- Once the ball of the foot hits the ground, the punch is at impact—simultaneous movement.
RIGHT HAND (STRAIGHT-RIGHT OR RIGHTCROSS) FUNDAMENTAL

BREAKDOWN:

- Imagine holding a baseball in your right hand. You’re in the outfield, and you’ve just caught a fly. Now, throw the ball home, following through with your body.
- From that position, shift your weight to the ball of your back foot and form a fist with your right hand—making sure it covers the nose of your opponent in the mirror—and bring up your left hand.
- As you twist your hip, allow the right knee to bend. Without this rotation, you could strain your right knee.
- As your right shoulder propels your right arm forward, your shoulder, hip, knee, and foot rotate forward together, all in alignment.
- Bend your right knee slightly, as you twist your right hip.
- Your right fist follows through in a straight line toward your opponent’s nose in the mirror.
- Rotate your forearm downward at the end of your extension, so your punch lands palm down, knuckles facing the mirror.
- Keep elbows down as you twist your hip
- Keep left hand up
- Keep pressure on back foot
- Bend right knee and chin down
- Keep your knees slightly bent the whole time.
- Rotate your body back into starting position, as you return your right hand to position in front of your face.
- When you throw your punch, exhale out loud: “Shhhh.”
FOCUS POINTS:

- Remember to keep 2/3 of your weight on the ball of your back foot.
- Avoid hyper-extending your right elbow by keeping it slightly bent on the extension.
- Twist the core of your body including hips, which allows your right shoulder to move correctly.
- Do not twist the back foot completely.
- Avoid turning your head to the left as you throw your right hand.
- Keep chin down and neck relaxed.

BONUS: BASIC ONE-TWO

BREAKDOWN:
The basic one-two combines fundamentals #5 & #6: the jab and the straight right punch. First, practice with shoulders only—while keeping your hands limp and arms completely relaxed.

- Coordinate your upper body movements with your step/drag as you move back and forth along your line.
- When you get that down, add the arm movements (punches).
- Start slowly, breaking this combination down into its separate parts.
- Your left hand and foot work together, as you step you also jab.
- Your right hand works and foot work together as you drag the back foot forward.
- The left and right hand pass one another in this combination. As one hand returns to the face, the other is just moving forward.

Here is where this simple combination gets tricky.

- As you bring your left hand back to your face (dragging the ball of your right foot), rotate your right shoulder forward and throw out your right hand, while you drag your back foot forward and twist it. In a word, synchronize your movements.
- Bring your right hand back to hands-up position by twisting your shoulder and hips back into basic stance.
- Keep your elbows close to the waist and chin tucked in.
- Breathe—and remember to exhale each time you throw a punch.

FOCUS POINTS:
• Remember to move your arms as extensions of your shoulders.
• Keep your knees slightly bent, 2/3 of your weight on your back foot.
• Bring your arms out fast and bring them right back in to protect your face.
• Don't hyperextend your elbows—ever.
• Keep your wrists bent slightly forward and rotate them: fists should land palm-down when punching.

CONSECUTIVE ONE-TWOS

7. LEFT HOOK FUNDAMENTAL BREAKDOWN:

• Again, start in your basic stance with hands down.
• Rotate your left shoulder, hip, knee, and foot as you forcefully twist your trunk until your left shoulder and hip face 12 o’clock. Try not to twist front foot but rather roll it inward.
• Right shoulder and hip is thrust behind you, in turn, placing your back heel down and pulling your weight slightly back.
• At the same time, move your right shoulder to 6 o’clock, as you roll on the inside of your left foot, keeping your heel just slightly off the ground.
• Keep your shoulders and hips in line with each other and contract your abdominals.

• Then bring hand back to position.
1. Rotate right, bringing your left forearm forward and turned down to the right. Bend your left elbow in a 90-degree angle.

2. As you rotate your body to the right, bring your left forearm out in front of you, turned down to the right. (L-shape).

3. Keep your forearm horizontal to the GROUND.

- Bend your left elbow at a 90-degree angle (L-shape), keeping your forearm horizontal to the ground.
- Turn your knuckles down slightly on impact to avoid wrist injury.
- Do not allow your punch to get too close to your face or your elbow to pass your left ear in the mirror.
- After impact, allow the twisting of your trunk to return your hand back into position while placing your feet and body back in to your basic stance.
• Move through this rotation slowly at first
• Imagine a string ties your wrist and knee together. Everything moves simultaneously.
• Add speed as you find your rhythm.

FOCUS POINTS:
• Avoid swinging your right arm back as you throw your left hook.
• Avoid overextending your arm—beyond a 90-degree angle.
• Bend your wrist slightly—just before impact.
• Keep your weight evenly distributed, but pull some of the weight to back foot.
• Bring your elbow up as you throw your hook, but make sure you can see over your forearm.

8. THE UPPERCUT (LEFT & RIGHT) FUNDAMENTAL

• Start in your boxer’s stance, left shoulder at 11o’clock.
• Bend your knees slightly, dropping about 2 inches.
• As you drop, lean your upper body forward slightly.
• Then push up with your legs, swinging the left side of your body upward in a swooping motion, your left shoulder rotates the left arm out and upward.
• Punch upward with your left fist, keeping your palm facing you, with a slight bend in the wrist.
• Keep your pressure on your back foot for leverage and power.
• Keep your opposite arm up, protecting your face.
• Finish with your left shoulder at 12 o’clock.
• Pull your hand and arm right back into position.

RIGHT UPPERCUT:
• Closely review instructions for left uppercut and reverse them.
• From boxer’s stance, bend your knees slightly, dipping about 3 to 4 inches, as you lean slightly forward with your upper body.
• Push upward forcefully, engaging both legs.
• Rotate slightly on the ball of the right foot, but do not move the front foot.
• Be sure you slightly twist your back foot and bring your right shoulder to 11 o’clock.
• Bring your right fist up and outward as you rise.

FOCUS POINTS:
• Avoid standing straight up as you throw your punch but don’t stay squatted.
• Keep your left hand close to your face until you push up with your legs.
• Make sure punch ends up at least 1 foot away from your face.

UPPERCUT

PROGRESSION:

9. BODY PUNCHES (LEFT & RIGHT)

FUNDAMENTAL BREAKDOWN: LEFT-BODY PUNCHES:

• Starting from the orthodox boxer’s stance, bend your knees deeply to move into a “crouched” position (sometimes called “wrestler stance”).
• Keep your weight evenly balanced while maintaining 2/3 of your weight on your back foot
• As you lean forward, thrust your left arm in a swooping motion while rotating forward with your left shoulder, hip, knee, and foot.
• Keep your knees deeply bent, with your head at your opponent's chest level. Your target is your opponent's lower body.
• Allow the momentum of your body to throw your arm out from your shoulder. Your punch impacts at waist height.
• Maintain a slight bend in the wrist; in a scooping motion, throw your body shot with your palms facing up and impact the bag with first 2 knuckles (of your index and middle fingers).

• Leaning forward, thrust your left arm in a swooping motion, as you rotate. Keep your knees bent in crouched stance.
• Punch will impact the left side of opponent's body, rotate forward with left shoulder, hip, knee & foot.

**RIGHT-BODY PUNCHES:**
• Similar to left body shot, but everything is opposite
• Start from your crouched position.
• As you begin to lean forward, thrust your right arm in a swooping motion and rotate your right hip and right shoulder forward, twisting slightly on the ball of the right foot.
• Allow the momentum released by the twist at your core to throw your right arm out horizontally.
Keep your palm up and wrist bent on impact. Always keep knees bent. Body rotates forward.

Lean forward at the waist and thrust your right arm out as the right side of your body rotates forward.

**FOCUS POINTS:**
- Be sure to bend your wrists on impact and avoid hitting the bag with your outside knuckles. Common causes of wrist injuries include hitting the bag with the outside knuckles and failing to keep palms up on impact.
- Avoid standing straight up when throwing the body shots. Keep your knees bent.

**THE PICK FUNDAMENTAL**

- Rotate your right shoulder forward, bringing along your right hip, knee, and foot.
- Keep your weight centered on the balls of the feet.
- Bring your right hand forward only a few inches, palm facing mirror.
- Cup your hand in front of your nose to “pick” your opponent’s punch.
- Return your hand immediately to position in front of your face.
Cup your hand in front of your nose to pick the punch, just a few inches, with palm facing toward mirror.

**PRACTICE #1:**
- Practice slowly first, to get a feel for the movement.
- When you’ve got it down, perform the whole sequence in real time.

**PRACTICE #2:**
- Now, let’s add some offense.
- Rotate forward and pick the punch.
• As you bring your right hand back up into position, throw your jab.
• Be sure to step forward as you jab.
• Return immediately to your basic stance.

FOCUS POINTS:
• Keep your shoulder, hip, knee, and foot—all in alignment • Avoid pushing your hand out too far. Keep it close to your face.
• Tuck your elbows in and keep your movement compact, to maintain greater control of the sequence.
11. **THE SLIP FUNDAMENTAL**

**BREAKDOWN:**

Start your slip with a forceful twist at the waist (left or right), encompassing that whole side of the body.

**SLIP LEFT:**

• Stay balanced in your stance.
• Center of movement is at your hips.
• Move the right hip along with your right shoulder and knee, as the ball of right foot twists slightly in the same direction.
• Your right shoulder moves to 1 o’clock and left shoulder to 7 o’clock, with your right forearm vertical in front of body.
• Your fist covers your nose, while the back of your hand faces the mirror.
• Twisting your body moves your head out of the way of the punch.

![Slip Left](image)

Now twist right back into your basic stance position.

**ADDITIONAL SLIPS:**

*The slips above are side bend slips, the slips in the video also show more slips that you can counter from. For the left slip on those, the right shoulder is brought down lower than the left shoulder and vice versa for the right slip.*
**BONUS: SLIP-JAB**
- Keep the pressure and balance on your back foot, so you can push off with that foot.
- After slipping to the left, shoot out your jab as you step with the front foot and push off your back foot simultaneously.
- Drag the back foot forward as you bring the jab hand back to your face.

**BONUS: SLIP-HOOK:**
- From your starting position, the boxer’s stance, move into a defensive “slip” to the left.
- As you return to your starting position, roll on the inside of your left foot, engaging your left hip and left shoulder.
- Thrust your right shoulder backward, raise your left elbow upward with forearm horizontal, and turn over your hook.
- Remember: your target is your opponent’s nose in the mirror.
- You should be able to see over your forearm in this position.
- Bring your arm back in immediately, and resume your basic stance.

**FOCUS POINTS:**
- Avoid leaning too far forward, simply twist your body.
- Your head continues to face the mirror; don’t twist it along with your body.

**12. BOB & WEAVE FUNDAMENTAL**

- Think of tracing a big “U” in the mirror with your head and torso.
- Starting from your basic stance, slip to the left.
- Drop straight down by bending your knees.
- Keep your torso upright. Avoid leaning forward as you move downward.
- Swing your body around to the right, bringing your left shoulder forward to 12 o’clock.
- Staying low, swing your body back around to the left, coming up in the left slip position.
- Twist your shoulders back into your basic stance, left shoulder at 11 o’clock and right shoulder at 5 o’clock.
- Maintain pressure on the ball of your back foot at all times.
- Keep your hands up, elbows and chin tucked in.

**FOCUS POINTS:**
• If you feel this in your lower back, you are leaning too far forward and could injure your lower back.
• Always remain upright, bent slightly forward at the waist.
• Progression of the bob & weave:

13. **PIVOT & DOUBLE PIVOT FUNDAMENTALS**

• Begin in your basic boxing stance.
• Swing your right leg clockwise, balancing on the ball of your left foot; allow the left foot to pivot with your body, keeping your heel slightly off the ground.
• Keep your right foot on the ground as it moves, allowing knees, hips, and shoulders to adjust to your new position.
• Finish in your basic stance, at a 45-90-degree angle from your starting position.
• To return to your starting position, push off your right foot and swing it back around, while pivoting on the left foot keeping the left heel slightly off the ground.
DOUBLE PIVOT:

- Also starts from your basic stance.
- Swing your left foot and left side of your body around counter-clockwise into “southpaw” (left-handed) stance, still facing the mirror.
- Then, using the same technique, immediately swing the right foot and side of the body back clockwise, sliding your right foot along the floor until it reaches your orthodox starting position.
- Stay balanced on the balls of your feet and slide your foot along the floor as you move.

- Start your pivot in foot clockwise, keeping starting position
  - Swing left foot and left
  - Then slide your right clockwise.

- Finally, return to your basic or “orthodox” side of body counter-boxer’s stance it on the floor.

FOCUS POINTS:
• Avoid straightening out your legs as you pivot.
• Placing too much weight on the front foot prevents your foot from pivoting with your body and could lead to knee injury.

14. **STEP BACK FUNDAMENTAL**

• From boxer’s stance, step back with your right foot 6 to 12 inches.
• Bend your back (right) leg and hold your front (left) foot in place.
• Keep your back straight.
• Next, drag your right foot forward to return to your basic stance, feet shoulder-width apart.

**FOCUS POINTS:**
• Step back far enough to avoid a punch
• Drag your right foot back into position, not too close to your front foot.
• Avoid leaning your torso backward.

15. **THE SHAKE FUNDAMENTAL**
• Start from your basic boxer’s stance:
• Burst slightly upward into the air.
• Shoot your left foot back so it faces 9 o’clock; land in a spring position with your left heel up.
• At the same time, shoot your right foot forward (facing 3 o’clock), while keeping your feet shoulder-width apart. Your body faces 3 o’clock with head points toward 12 o’clock.
• Push off with your left foot, walk to the right a few steps, then return to your basic stance.
• Take a comfortable walk—about 3 steps—then back-peddle.

**NOTE:**
• Back-peddle means jogging backwards, kicking up your heels.

Progression for the shake:
FOCUS POINTS:
• Always take a few comfortable steps to the right after the shake.
• Make sure you kick the left foot back toward the left, not the right foot.

16. HEAVY BAG FUNDAMENTALS

Think of the heavy bag as your opponent. Imagine the space between you and the bag as a zone—if you can hit the bag, you’re within reach of an opponent. Your “zone” includes all the space behind your knuckles. The key to all your punches is the distance between you and the bag-

TO FIND YOUR ZONE:
• Face the heavy bag in your basic stance.
• Bring left arm out as if jabbing and touch the bag with your fist, then take one small step backward. That is your zone.
• Keeping your jab out, turn in a complete circle; this is your entire zone.
• Step to the left side of the bag with your left foot.
• Drag your right foot to the left, swinging your hip around—returning to your basic stance.
• Remember to keep your right foot to the right of the left foot and right heel up.

**Note:** When punching the bag, all punches emanate from the core of your body.

**JAB:**
As you step to the left of the bag, throw out your jab, hitting bag with all 4 knuckles. Bring your jab right back to protect your face as you drag your right foot to the left, returning to your basic stance.

• Your glove will impact bag like this on ALL straight punches.
• Step left as you throw your jab. Impact the bag with all four knuckles.

**RIGHT HAND:**
• Facing the bag in your stance, twist right side of your body toward the bag throwing your right hand out
• Hit bag with all four knuckles by bending wrist (turning your hands over on the bag)
HOOK:

- Facing the bag in your stance, twist *slightly* to the left, then forcefully twist your body to the right, releasing your fist straight out and around to the *side* of the bag.
- Keep your elbow up and impact the bag with your palm facing you and wrist slightly bent.
- Be sure knuckles are vertical on impact.

BODY PUNCHES:

- With the hook, keep your elbow up. On impact, your palm faces you, with knuckles vertical.

- Facing the bag in your basic stance, then move into crouched position (wrestler stance).
- Throw your body shot out, scooping your arm in a forward and upward motion.
- Keep your wrists bent and strike the bag with all four knuckles.
- Palms of hands face up on impact.
• Keep your wrist slightly bent on body punches; palms land face-up.

**UPPERCUTS:**
• Similar to the body punches on bag.
• Unlike body punches, you will impact the front of the bag at chest level.
• Engage your body (core) when you throw your punches.

• Uppercuts call for a similar movement, but you impact the front of the bag at chest level.

**SHAKE:**
• When shaking on the heavy bag maintain your distance from bag (zone).
• After you shake, instead of walking a few steps forward, move to the right.
• Take a few steps around to the right of the bag.
• Then return to throwing punches and combinations.
FOCUS POINTS:

- Never allow your right heel to cross behind the left foot.
- Avoid pushing the bag with your punches. You’re too if the bag swings with your punches.
- Bring your hands back up quickly—snap them back up like a rubber band.
- Keep your chin down and elbows in.
- Maintain a slight bend in the wrist and avoid hitting the bag with your fingers.
- Avoid hitting the bag too hard at first. You could injure your hand, arm, or shoulder.
- Breathe: exhale aloud (say: “Shhhh”) as you release your punches.

PUNCH-MITT BASICS
MECHANICS FOR TRAINERS

Punch-Mitt Physiology

We refer to the instructor as “the Conductor” to emphasize the idea of creating a rhythm between trainer and participants that that flows like notes in a symphony. Think of your class as your orchestra—and the science of holding the Punch-Mitts (mitts) requires attention to both structure and form.

Working the mitts creates a mode of communication that encapsulates the meaning of boxing, itself, by incorporating movement, aggression, timing, rhythm, and punches, where understanding comes not through words, but through a loud “pop” that resonates with meaning.

Punch-Mitts play a crucial role in the ebb and flow of movement between you and your participants, enhancing the learning experience and teaching correct posture. Although the mechanics of holding the mitts may seem purely technical, expect this
instruction to be as strenuous as if you actually delivered punches—as long as you hold the mitts correctly.

During mitt training, your participants consciously and subconsciously absorb every movement at once, as though a multitude of fundamentals were blended together to create a single fundamental. Depth perception, distance, and rhythm, as well as the offensive and defensive maneuvers that eventually lead up to offensive strikes, all come together in mitt training.

That’s why, unless you master boxing fundamentals first, you will find it impossible to hold the mitts properly. And the more boxing experience you gain, the more effective you will grow at training others using the mitts.

**Level I Punch-Mitt Fundamentals**

Consider these key elements when you strap on your mitts and prepare for practice:

- Zone/distance
- Boxer’s rhythm
- Jab
- Right hand
- Pick
- Bob & weave
- Pivot & slip
- Body shots (left & right)
- One-two
- Hook
- Uppercuts (left & right)

**Preparation**

Choose your mitts with care. Avoiding injury depends on proper fit and correct use.
Coach participants to impact right in the wrist and fits center of the mitt, where most mitts have a circle to emphasize the intended impact target.

**CATCHING PUNCHES**

Catching and deflecting punches with the mitts is tricky because your reactions can hinder or alter the flow of movement of participants’ punches. Adjust the mitts according to the abilities of participants. Other factors also make a difference, for example, whether participants are throwing speed or power. Adjust the tension on the mitts to accommodate catching the punches.

- Create a bend in your mitts, as if to mitt on
- Catching punches,
- and cup the fist in your palm of your hand angled to meet the punch.

**PROGRESSION:**

Working with participants using the mitts.
• Mitt and glove positions as action begins.
• **Mitt and glove:** halfway to impact.
• **Mitt and glove impact.** Note rigid arm with mitt.

# RULES FOR MITT TENSION

• While working with the mitts, always stay relaxed in your stance as you absorb punches on the mitts.
• Avoid attempting to absorb punches with your hands or arms alone. Always engage your shoulders and the trunk of your body to absorb mitt catches. Use your abdominals to stabilize both your boxing stance and your mitt position.

You will want to adjust your mitt tension to accommodate the difference in impact when participants hit with speed versus when they hit with power.

• **Mitt speed:** Use a quick tension with a slight push in catching.
• **Mitt power:** Use slow, sturdy pushes and absorb the impact in your shoulders and trunk.

Those are the basics, so let’s move on to some secrets of mitt work used by top amateur and professional coaches and trainers to prepare their boxers for competition.

# MITT STANCE

Begin in basic boxer’s stance, as if you were the opponent. Your intention is to catch punches, rather than throw them. Your body mannerisms suggest a relaxed posture and, with every step you take, the dance goes on.
• Stay relaxed in basic boxer’s stance.

• Hold the mitt target at the student’s eyebrow level.

MITT HEIGHT
The height of the mitts is crucial for effective strikes. The position will vary according to the type of punches being thrown, for example, headshots versus body blows.

Tip:
To convey proper mechanics, always hold the target (the middle of the mitts) level with the participant’s eyebrow.

Developing movement with mitts

Use work on the mitts to develop boxer’s rhythm. Synchronize punches and defensive maneuvers, while maintaining the correct distance (zone). Create a circular movement by applying the step-drag, step-adjust before participants throw offensive punches. In essence, you operate as a heavy bag, so instruct your participants to move around you.

Once participants get comfortable with their stance, work in defensive maneuvers such as the slip, slip-slip, pick, and bob-weave. Every punch/catch requires that you either lean toward the punches or drop down into position to catch body punches.

THE LANGUAGE OF MITT$S

Key factors in communicating with students during training with mitts:

• Your style of holding mitts changes depending on the combinations/punches thrown.

• This, in turn, allows you to take control of speed and power.

• Your voice adds another dimension to these elements.
• Participants are immersed in the action and motion.
• Teach all mitt fundamentals using your “orthodox” boxing stance.
• Stand in your position of power (boxing stance) with your right hand behind you.
• Educate participants to recognize your signals

**Basic mitt catches and punches**
Wearing the mitts, you become the participant’s “opponent. Both of you will work on specific targets and movements. Keep in mind the following points in mind as you orchestrate individualized training, challenging students according to their ability.

**Zone**
• In boxer’s stance, face off with each participant, while maintaining the right distance (zone) from them.
• The size of the zone will vary for each participant varies, depending on the length of their reach, so each one will step toward you differently.
• As you get comfortable with you mitt stance/movement—notice that the distance between the mitt and glove should always be roughly 6 inches.

**Jab**
• Start mitt work by having participants throw (practice) their jab. Encourage them to twist their core on each punch by holding up your left mitt as their target. At the same time, hold your right mitt to your chest to let them know that is not their target.
• Hold the left mitt up close to your face. Just as the participant is about to impact the mitt, roll to your left shoulder slightly forward and bring the mitt out to meet their punch.
• Avoid holding the mitt too far from participants, since they may hyperextend their elbow attempting to reach it. The more relaxed you remain, the better the punch will feel for both of you.

**Tip:**
*Always make sure the participants turn their knuckles over and keep elbows in, chin down, and hands up, exhaling occurs as they throw out each punch, then returning the punching hand right back to their face.*
RIGHT HAND

Next, have participants practice throwing their right hand punch. Again, you want them to twist their core, so use the right mitt to catch the punch, while keeping your left mitt to your chest and turned over (away from participant).

Rotate your right shoulder forward, bringing your mitt out enough to catch their punch. Most participants will have a more powerful right hand punch, so be sure to keep your elbow in and the mitt in front of your shoulder. Absorb the impact with your entire torso, not just your arm. Shoulder injuries can occur if this is not performed properly.

- Left mitt up with right mitt on chest or stomach signals the student to throw a jab.
- Right mitt up with left mitt on chest or stomach signals the student to throw a straight-right.

**Tip:**

Always avoid angling your mitt to the left or right. Hitting mitts held at an angle can tweak (strain) a participant’s wrist. Instead, because you will usually hold your mitts slightly higher than the participant’s height, angle the mitts **slightly** downward when meeting punches.
ONE-TWO

- Naturally, the one-two comes next. Hold both mitts up and facing the student to signify a left and right.
- Participants will hit your left mitt with their jab and your right mitt with their righthand punch.
- Both mitts held up at brow height, palms forward signals participants to throw a one-two:

As with the jab, be sure to use your shoulders and rotate forward and meet their punches with your mitts. This helps you avoid the injuries that can occur with hyper-extended elbows.

LEFT HOOK

Now for the tricky punch. The hook is not only a difficult punch to master, it is also more difficult to catch with the mitts. When you place your left arm out horizontally, as if reaching for your student’s right ear, with the mitt horizontal, you signal your student to throw a left hook.

- Angle the pad of your left toward the student, so it’s easier to impact correctly.
- Keep a slight bend in your left elbow minimize your risk of elbow and shoulder injuries.
- Use your left mitt, bringing it out (toward the student) as if you were about to throw a left hook.
Instead of throwing the punch, hold the pad of the mitt facing toward the right, so the participant can impact it easily.

**Tip:**

Avoid angling the mitts sideways, or you risk injuring a participant’s wrist.

As you do so, avoid straightening your arm completely. Engaging your body to absorb the impact reduces your risk of injuring your elbow and shoulder. Hold your mitt just far enough from your body so participants can impact it. Maintain a slight bend at the elbow and turn your torso into the punch. In other words, rotate your torso slightly, right along with your shoulder.

**Tip:**

Avoid angling the mitts sideways, or you risk injuring a participant’s wrist.

### UPPERCUTS

To catch uppercuts with the mitt, start by holding your mitts at chest level, right mitt down and horizontal and left mitt on top. This position signals an uppercut. It also creates greater stability, making it safer to catching these punches.

**Note:**

- Keep your mitts horizontal when only 1-3 punches are involved.
- Hold mitts down and horizontal, left mitt on top, with the center (target) of the mitts facing the floor.

### ADJUSTMENTS IN MITT POSITIONS

As your experience grows and as participants get stronger and throw 4 or more punches and combinations, you’ll learn to change the angle of your mitts. For example:

| Right-uppercut with mitts: | Left uppercut with mitts: |
• Angle the right mitt with your thumb upwards; keep the side of your right palm facing downward at a 45-degree angle.
• Angle your right mitt with your thumb pointing downward and palm upward, with your left mitt bracing on top. This position signals participants to throw a left uppercut.

BODY PUNCHES WITH MITTS

Begin with the idea your punches will impact the front sides of your opponent’s body. Start at hip level, and follow instructions for uppercuts—but—hold your mitts lower, closer to your left hip and angled away from your body at 45 degrees.

Note:
• For body punches always hold your mitts at a 45-degree angle.
• Catching right-body punches

Start in boxer’s stance, with left leg forward. Angle your right mitt in front of your left hip, with right thumb pointing upward and the right side of your palm facing the floor. Your left mitt crosses the top of your right mitt, with your left thumb pointed toward your body. The right palm pushes downward for greater stability.

CATCHING LEFT-BODY PUNCHES

Simply reverse the angle of your mitts by rotating each hand in the opposite direction.
Your left palm pushes down onto your right thumb for stability.
Mitt angle for catching left-body right-body shots.
the position.

Mitt angle for catching punches—just reverse the position.

DEFENSIVE WORK WITH MITTS

Pick with mitt
Toss out your left mitt to simulate a jab. The point is to get your students to open their right glove and, with a slight push, stop the punch (mitt).

Note:
- Flick out the mitt.
- Bring your left hand from your waist up to the gloves in a flicking manner

Students pick your
shot by opening their right glove and using a slight push to stop the mitt.
SLIP WITH MITT

Simulate a straight-right, as described above. The student slips left to avoid being hit by your mitt.

Student must keep their eyes on you and their hands up

Pivot with mitt

- Simulate a straight-right, with mitt placed horizontally and delicately tossed out allowing for the adjustment to occur. Time your pivot action to match the backward swoop of your student’s back leg.
- Student must pivot off of the front ball of the foot, not the heel. This will keep from stressing the knee.

Bob & weave with mitts

- Begin by simulating a left hook, with your left mitt flat and horizontal, and your left arm lazily stretched.
- Next, make a wide, long circular motion, throwing out your right hook, and then returning to starting position.

BOB & WEAVE PROGRESSION:
During the entire sequence, keep your body relaxed, arms stretched out, and bend forward slightly as you deliver these offensive/defensive maneuver.