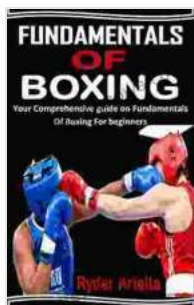


Your Comprehensive Guide: Master the Fundamentals of Boxing for Beginners

: Embark on Your Boxing Journey

Welcome to the captivating world of boxing! Whether you're aspiring to become a seasoned pugilist or simply looking to enhance your fitness, this comprehensive guide will equip you with the essential knowledge and techniques to embark on your boxing journey.



FUNDAMENTALS OF BOXING: Your Comprehensive guide on Fundamentals Of Boxing For beginners

by Abraão Nóbrega

★★★★☆ 4.5 out of 5

Language : English

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Boxing is a physically and mentally demanding sport that requires discipline, coordination, and unwavering determination. For beginners, mastering the fundamentals is crucial to lay a solid foundation for success. This guide will delve into the core concepts, stances, footwork, punches, and defensive strategies that will empower you to navigate the ring with confidence and precision.

Chapter 1: The Fundamentals of Boxing Stance

The stance you adopt in boxing serves as the bedrock for balance, power, and agility. Learn the proper boxing stance, including correct hand placement, body positioning, and footwork. Discover how to transition smoothly between stances to adapt to different situations.



Chapter 2: Footwork: The Foundation of Mobility

Mastering footwork in boxing is essential for evading opponents' attacks, creating angles, and setting up powerful strikes. This chapter will guide you through the basic footwork patterns, including the shuffle, the skip, and the pivot. Practice these movements diligently to enhance your mobility and footwork.



Chapter 3: Punches: The Tools of Boxing

Punches are the primary weapons of a boxer. This chapter will introduce you to the fundamental punches, including the jab, the cross, the hook, and the uppercut. You'll learn the proper technique, power generation, and accuracy required to deliver devastating blows.

BASIC BOXING PUNCHES

BEFORE YOU STEP IN THE RING, YOU SHOULD MASTER THESE BASIC BOXING PUNCHES.

JAB

A quick, basic punch used to set up other shots, most often power punches. It can also be used to distract your opponent and create space.



CROSS

Can be used as a lead punch, a counterpunch, or in combinations. It's thrown by your rear hand, which moves across your body to hit the target.



HOOK

One of the most powerful punches. Most of the power comes from the torso and legs, and since the approach is from the side - the opponent often doesn't see it coming.



UPPERCUT

A devastating punch to use at close range. It can deal excruciating damage under the chin.



Chapter 4: Defense: The Art of Protection

Defense is just as important as offense in boxing. This chapter will cover essential defensive techniques such as blocking, parrying, and slipping. Learn how to protect yourself from incoming punches, anticipate opponents' moves, and create openings for counter-attacks.

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Chapter 5: Training and Conditioning

Boxing is a physically demanding sport that requires comprehensive training and conditioning. This chapter will provide you with a structured training plan, including warm-ups, drills, and exercises to build strength, endurance, and cardio.

STAMINA, SPEED & SKILL

7 day conditioning curve

MON

- 4 Round Pure Punching Boxing
- 6 Round Full Body Boxing

TUES

- 4 Round Pure Punching
- 8 Round Intermediate Pro Combo Boxing
- 15 Minute CORE Flo Time

WED

- 8 Round Full Body Boxing
- 6 Round Pure Punching Boxing

THUR

- Active Rest Day
- 15 Minute CORE Crunchtime
- 15 - 45 Min. Mod. to Ints. Run + Recovery Stretch

FRI

- 10 Round Pro Combo Boxing
- 15 Minute Shadowbox + Recovery Stretch

SAT

- 4 Round Burnout Boxing
- 4 Round Combo Build Up
- 3 - 15 Minutes of Cold Exposure - Ice Bath or Cold Shower

SUN

- Light to Moderate Active Rest Day - Take a bike ride!
- Plan Next Week's Workouts

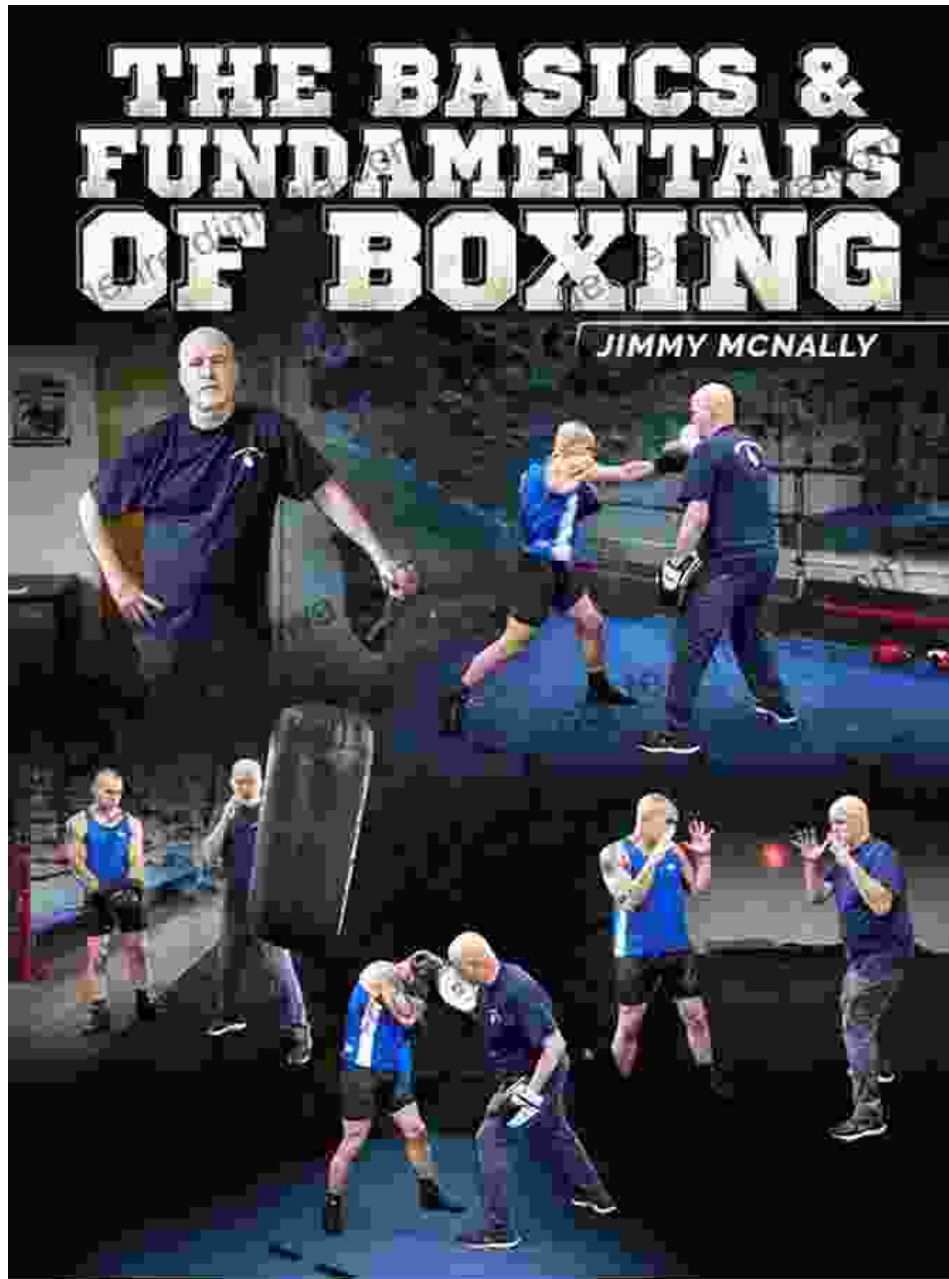


@TRAINWITHPJ

FIGHT
CAMP

Chapter 6: The Mental Game of Boxing

Boxing is not just a physical challenge, but also a mental one. This chapter will delve into the mental aspects of boxing, including focus, discipline, and overcoming fear. Learn how to develop a winning mindset, stay composed under pressure, and push through tough situations.



: The Path to Success

Mastering the fundamentals of boxing is an ongoing journey. With consistent practice, dedication, and a commitment to learning, you can unlock your potential in the ring. This comprehensive guide has provided you with the foundation you need to embark on your boxing journey with confidence and determination.

Remember, boxing is a sport that demands respect and sportsmanship. Always adhere to the rules and regulations, and approach your opponents with humility. Embrace the challenge, enjoy the process, and strive for excellence in the art of noble fisticuffs.

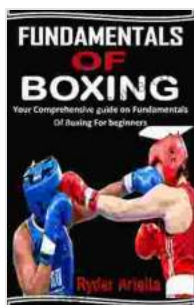
Free Download Your Copy Today!

To delve deeper into the fundamentals of boxing and unlock your potential in the ring, Free Download your copy of "Your Comprehensive Guide: Master the Fundamentals of Boxing for Beginners" today.

This comprehensive guide is a valuable resource for aspiring boxers, fitness enthusiasts, and anyone seeking to enhance their self-defense skills. With clear instructions, detailed illustrations, and practical advice, this book will empower you to embark on your boxing journey with confidence and determination.

Free Download your copy now and embark on the path to boxing success!

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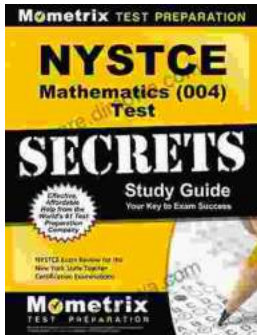
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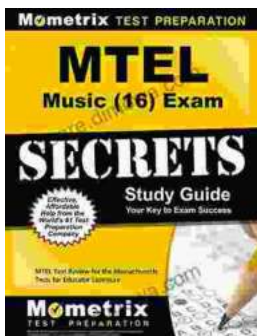
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