

# BEGINNERS' BOXING

**Fitness boxing is a great aerobic exercise. Aerobic exercise gets your heart pumping and helps keep you healthy. It can strengthen bones and muscles, burn more calories, and lift mood.**

Boxing is brilliant for co-ordination, balance and speed.

There are four basic punches to practice with your pads – jab, cross, hook and uppercut.



## STARTING STANCE

Begin in the stance and guard position – left foot slightly forward, left arm partly extended and right arm held close to the body with the glove near the chin.



## JAB

A quick, straight punch thrown with the lead hand from the guard position.



## CROSS

A powerful, straight punch thrown with the rear hand.



## HOOK

A semi-circular punch thrown with the lead hand to the side of the opponent's head.



## UPPERCUT

A vertical, rising punch thrown with the rear hand.

These different punch types can be thrown in rapid succession to form combinations or “combos.” The most common is the jab and cross combination, nicknamed the “one-two combo.” This is usually an effective combination, because the jab blocks the opponent's view of the cross, making it easier to land cleanly and forcefully.

## PUTTING IT ALL TOGETHER

Once you're confident of the basics, you can work on any combinations you fancy. Try 2 minutes of any of the following:

JAB-RIGHT CROSS-LEFT HOOK-RIGHT UPPERCUT DOUBLE JAB-RIGHT CROSS JAB-RIGHT CROSS-LEFT HOOK LEFT JAB-RIGHT UPPERCUT-LEFT HOOK LEFT JAB-STRAIGHT RIGHT-LEFT HOOK- RIGHT HOOK