
COACHES MANUAL





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Dear Coaches,

It is a great pleasure for me to introduce the AIBA Coaches Manual. This document is the culmination of many hours of work by our Coaches Commission members and it represents the first standardized coaching manual to be made available to all of AIBA's member federations and will play an important part in AIBA's development program.

We can only hope to develop the sport of boxing worldwide if we have sufficiently qualified coaches at all levels. Until now, coaches relied on coaching manuals developed according to a localized style, either using the documents of their own national boxing federation or borrowing those from other federations. In the latter case, coaches often found it difficult to adapt manuals created in different boxing cultures to their own specific needs.

In order to solve this problem, the AIBA Coaches Commission and the AIBA Academy worked together throughout June 2010 in Becancour, Canada to produce this first AIBA Coaches Manual.

Part 1 of the AIBA Coaches Manual is aimed at beginner-level coaches who have just started out in their coaching career and aims to develop their skills for qualification as 1-star AIBA coaches. It covers subjects such as coaching styles, teaching and training methods, basic techniques, evaluation, responsibilities in competition and anti-doping. Part 2 targets 2-star and 3-star coaches with the aim of further enhancing their skills and knowledge, ultimately allowing them to gain experience of different boxing styles and to adapt their knowledge and skills to their local boxing culture.

The AIBA Coaches Manual has been written in a very simple form and language with illustrated pictograms to aid with the understanding of its contents and to allow coaches to implement the skills and knowledge from the manual without difficulty.

I would like to take the opportunity to thank all those involved in this project – in particular the members of the AIBA Coaches Commission – for all their hard work.

I am convinced that aspiring coaches will find this new Coaches Manual an indispensable reference work and encourage them to study it in depth in order to help them develop their coaching career.

Yours boxing,



Ching-Kuo Wu
AIBA President

FOREWORD

On AIBA's initiative this Coaches Manual has been developed in order to help coaches who are working with young athletes and beginners.

The objectives of the manual are to develop a coach's career and his/her abilities from beginner to advanced, to standardize teaching methods and to create reference material which can be useful to coaches.

Contemporary boxing training is a complex and composite process. Beginner coaches must get to know many fundamental factors which determine and influence training results. To control and manage the training process correctly, it is necessary to have comprehensive knowledge and skills, because the coach is fully responsible for the boxer's development and sports progress. Finally it is important to remember that boxing training is a changeable, non-constant process and must be adapted to various conditions.

In this manual, you can find recommended, verified, methodical and rational ways of reaching training objectives.

It is impossible to cover all boxing knowledge in one manual. Therefore, this manual covers only the most important aspects of coaching, such as organization of the training process, technique, tactics and physical preparation. Selected illustrations and the descriptive part of this manual present elementary boxing techniques in an easy to understand way.

Some additional aspects are also covered in brief. The examples of basic teaching methods in this manual will be useful to coaches and will help them to become a better coach.

AIBA Coaches Commission

TABLE OF CONTENTS

CHAPTER 1: COACHES	9
1.1. Definitions	11
1.1.1. The Coach	11
1.1.2. The Second	11
1.2. ALBA Coaches Management System	11
1.2.1. Coaches Qualifications Policy	11
1.2.2. Coaches Quality Enhancement Management	12
1.2.3. Coaches Performance Management - Coaches Evaluation	12
1.2.4. Coaches In-Competition Management	13
1.2.5. Coaches Database	13
1.2.6. Coaches Academy Management	14
1.2.7. World Series of Boxing Coaches Management	14
1.3. Skills and Responsibilities	15
1.4. Coaching Styles	16
1.4.1. Autocratic Coaching	16
1.4.2. Democratic Coaching	16
1.4.3. Casual Coaching	16
CHAPTER 2: TRAINING	17
2.1. Training with Beginners	19
2.1.1. Training Stages	19
2.1.1.1. Initiation Stage	20
2.1.1.2. Basic Stage	20
2.1.1.3. Specialization Stage	21
2.1.1.4. High-Performance Stage	21
2.2. Group Coaching	22
2.3. Teaching and Training Methods	23
2.3.1. Teaching Methods	23
2.3.2. Training Methods	25
2.4. Organizing Training Sessions	27
2.4.1. Facility	27
2.4.2. Equipment	28
2.4.3. Preparing Training Programs	29
2.5. Boxing Techniques	32
2.5.1. Boxing Stance	32
2.5.2. Boxing Steps	34
2.5.3. Basic Punches	38
2.5.3.1. Straight Punches	39
2.5.3.2. Hook	44
2.5.3.3. Upper Cut	49
2.5.4. Basic Defenses	54
2.5.5. Combinations of Punches	67
2.5.6. Feinting	68
2.5.7. Boxing in Various Distances	69
2.6. Physical Trainings	70
2.6.1. Endurance	70
2.6.2. Strength	71
2.6.3. Speed	72
2.6.4. Coordination	73

2.7.	Tactical Training	74
1.2.1.	Boxing against different boxing types	75
1.2.2.	Boxing on the ropes and in the corner	76
2.8.	Training Without Equipment	77
2.9.	Athlete Motivation	78
2.10.	Recovery	79
2.11.	Evaluation	80
2.11.1.	Training Sessions	80
2.11.2.	Technical Development.....	81
2.11.3.	Physical Development	82
2.11.4.	Tactical Development	83

CHAPTER 3: COMPETITION

85

3.1.	Prior to the Competition	87
3.2.	During the Competition.....	95
3.2.1.	Before the bout	95
3.2.2.	During the bout	98
3.2.3.	After the bout	99
3.3.	After the Competition	100
3.4.	Rules and Regulations.....	101
3.4.1.	Age Classification	101
3.4.2.	Weight Categories	101
3.4.3.	Eligibility of Boxers	103
3.4.4.	Duration and Number of Rounds.....	103
3.4.5.	The Decision	103

CHAPTER 4: ADDITIONAL ASPECTS IN BOXING

107

4.1.	Medical	109
4.1.1.	Injuries	109
4.1.2.	Injury Prevention	109
4.1.3.	Treatment for Minor Injuries	110
4.1.4.	Treatment for severe injuries	112
4.2.	Nutrition	113
4.3.	Weight Monitoring	114
4.4.	Anti-Doping Testing	114
4.4.1.	In Competition Doping Test.....	114
4.4.2.	Out of Competition Doping Test.....	115

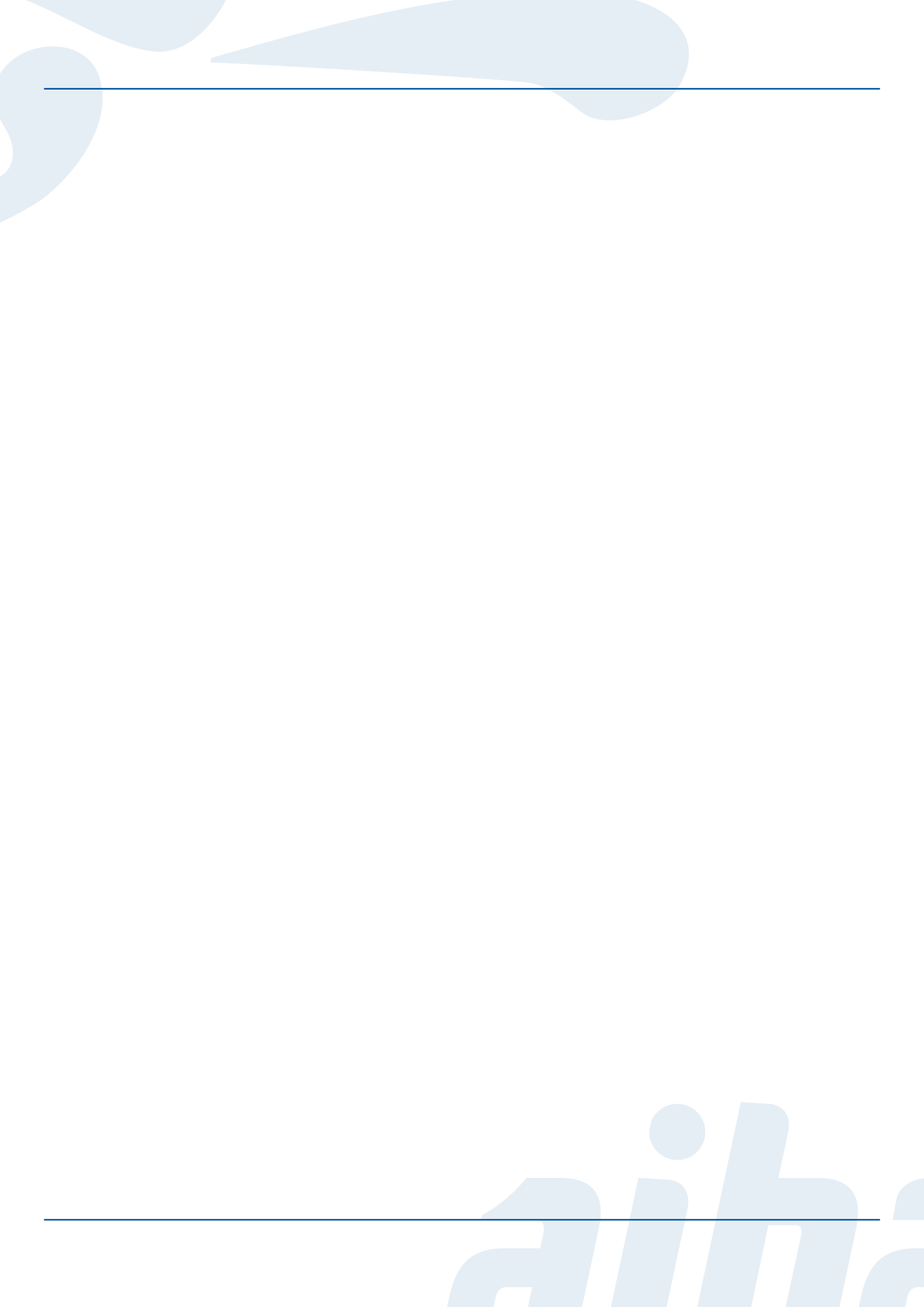
CHAPTER 5: ADVANCED TECHNIQUES

117

5.1.	Advanced Techniques – Europe	121
5.1.1.	Boxing Stance	121
5.1.2.	Footwork	129
5.1.3.	Attacks	133
5.1.4.	Defenses	134
5.1.5.	Feints	135
5.1.6.	Training Plan Development	136
5.1.7.	Psychological Preparation	142
5.1.8.	Tactics	143
5.1.9.	In-Competition Activities	144

5.2.	Advanced Techniques – Russia	146
5.2.1.	Boxing Stance	146
5.2.2.	Footwork	153
5.2.3.	Attacks	157
5.2.4.	Defenses	159
5.2.5.	Feints	161
5.2.6.	Training Plan Development	162
5.2.7.	Psychological Preparation	173
5.2.8.	Tactics	174
5.2.9.	In-Competition Activities	175
5.3.	Advanced Techniques – USA	177
5.3.1.	Boxing Stance	177
5.3.2.	Footwork	181
5.3.3.	Attacks	186
5.3.4.	Defenses	187
5.3.5.	Feints	190
5.3.6.	Training Plan Development	191
5.3.7.	Psychological Preparation	201
5.3.8.	Tactics	202
5.3.9.	In-Competition Activities	203
5.4.	Advanced Techniques – Cuba	204
5.4.1.	Boxing Stance	204
5.4.2.	Footwork	212
5.4.3.	Attacks	214
5.4.4.	Defenses	216
5.4.5.	Feints	218
5.4.6.	Training Plan Development	219
5.4.7.	Psychological Preparation	230
5.4.8.	Tactics	231
5.4.9.	In-Competition Activities	232
5.5.	Advanced Training	234
5.5.1.	Isometric Training	234
5.5.2.	Plyometric Training	235
5.5.3.	Over Training	236
CHAPTER 6: INDIVIDUALIZATION		237
6.1.	Individualization of Training	239
6.2.	Control and Monitoring of Training	241

Appendix A	Physical Training Exercises Examples
Appendix B	Isometric Training
Appendix C	Plyometric Training
Appendix D	Evaluation of Boxers' Abilities



CHAPTER I

COACHES

1.1. DEFINITIONS

1.1.1. THE COACH

The coach is a teacher, a role-model and a friend in boxing who will organize, supervise and conduct the training to help to reach the athlete's best potential.

"All coaching is, is taking player where he can't take himself."

– Bill McCartney (American Football Coach)

"I think parenting and coaching or teaching are the same thing. And they are the two most important professions in the world."

– John Wooden (Basketball Coach)

"A good coach will make his players see what they can be rather than what they are"

– Ara Parasheghian (American Football Coach)

1.1.2. THE SECOND

When the coach enters into the FOP, he/she shall be referred to as the Second. The Second has to be a coach who takes care of a boxer before, during and after the bout. He/she must follow the AIBA rules and regulations. The second's first priority is the safety of the boxer.

**Field of Play (FOP) refers to the competition area, which extends for at least 6 meters outside of the platform of the ring.*

1.2. AIBA COACHES MANAGEMENT SYSTEM

1.2.1. COACHES QUALIFICATION POLICY

- All AIBA Coaches must be members of National Federations
- AIBA only acknowledges Coaches affiliated with National federations
- Only AIBA certified Coaches will receive all benefits from the IOC Solidarity fund and be allowed to officiate in AIBA and Confederation competitions
- AIBA Coaches could become WSB Coaches after having followed the WSB coaching program
- WSB Coaches should be AIBA Coaches without any restrictions
- AIBA Coaches are also allowed to take positions in National Federations as elected members

1.2.2. COACHES QUALITY ENHANCEMENT MANAGEMENT

New initiatives on developing new competition and Coaches system, implementation of the R&J management system and the AIBA approved events guidelines; require the developing off an overall enhancement plan in boxing competitions.

Currently there is a lack of improvement in the level of quality of Coaches across nations and continents. Coaches education, training and certification is not implemented and coaches should be educated in ethics, dress code, etc.

1.2.3. COACHES PERFORMANCE MANAGEMENT - COACHES EVALUATION

In order to become an AIBA classified Coach, its data must be submitted to AIBA which will be evaluated by the AIBA Coaches Commission. In Appendix E you find the example of this dataform. Only data that is submitted by the National Federation will be taken into account. All Coaches data submitted by the in the National Federation will receive an official AIBA status. The evaluation will be according to the following criteria:

3 STAR COACHES

- Current National Head Coach
 - Former National Head Coach within 10 years
 - A Coach who possess the highest national coaching school certificate
 - A Coach who has over 20 years coaching experiences without stopping
- (*) any Coaches who satisfy 3 conditions of these 4 requirements*

2 STAR COACHES

- Current National Head Coach
 - Former National Head Coach within 10 years
 - A Coach who possess the highest or the second highest national coaching school certificate
 - A Coach who has over 20 years coaching experiences without stopping
- (*) any Coaches who satisfy 2 conditions of these 4 requirements*

Or

- Current National Assistant Coach
- A Coach who possess the national coaching school certificate
- A Coach who has over 10 years coaching experiences without stopping

1 STAR COACHES

- Current National Coach
 - A Coach who has over 5 years coaching experiences without stopping
 - A Coach who possess the national coaching school certificate
- (*) any Coaches who satisfy 2 conditions of these 3 requirements*

1.2.4. COACHES IN-COMPETITION MANAGEMENT

For all AIBA 3 Star Events each participating federation must have at least one 3 Star level Coach because only 3 Star Coaches allowed in the position of seconds. In this case, each country (federation) can have one mandatory 3 Star Coach along with other level coach.

In the registration of the team delegation form, a copy of the 3 Star coaches certification must be submit and coaches will need to bring their valid AIBA ID card.

Also all registrations of 3 star events will be checked through our AIBA database to make sure that the subscription is valid

Until the new Coaches Management System is in place, a two years grace period is active until the end of December 2012 for all coaches.

1 STAR LEVEL COACH:

- All coaches that are qualified up to national level and are active in national and AIBA 1 star events only

2 STAR LEVEL COACH:

- All coaches that are qualified up to national and international level and are active in continental and AIBA 2 star events only

3 STAR LEVEL COACH:

- All coaches that are qualified as National Coach and active in AIBA 3 star events.

COACHES CONTROL TEST:

To ensure that Coaches remain active and updated to the AIBA Coaching Requirements the Coaches have to be active at AIBA approved events corresponding their star status according to the frequency given below. If not, the coach loses his star status and an AIBA Coaches Control Test needs to be conducted.

- 1 Star Coach: every 4 years
- 2 Star Coach: every 3 years
- 3 Star Coach: every 2 years

The validity period of the license will be extended 4-2 years from the data of that tournament when active.

1.2.5. COACHES DATABASE

All Coaches dataforms submitted by National Federations will be registered in the AIBA Coaches Database. In this case, the National federations are responsible to send the filled AIBA Coaches Datasheet (find in Appendix E) to the AIBA HQ Office. All registered coaches will receive an AIBA certification when being evaluated.

1.2.6. COACHES ACADEMY MANAGEMENT

The AIBA Coaches Commission does not only evaluate the current level of the Coaches, it also develops the training courses and examinations in each level. This allows that all Coaches can follow the process of obtaining the right level of certifications.

- Graduation from 2 star coach becoming a 3 star coach, all course and examinations will be organized by the Coaches Commission and only taken place in the AIBA Boxing Academy.
- Graduation becoming a 1 star coach and from 1 star coach becoming a 2 star coach, examinations will be taken place in each different region by the Academy instructors and AIBA designated examiners
- For obtaining 1 – 2 Star Coaches certifications, the Coaches dataform must be submitted to AIBA HQs and an evaluation by the Coaches Commission will determine your level following the criteria given.

Details of the courses, examinations and training of the Academy instructors is still under development for the Boxing Academy to open its doors but Coaching is one of the main pillars for the Academy.

1.2.7. WORLD SERIES OF BOXING COACHES MANAGEMENT

With the launch of the World Series of Boxing in 2010 further development and guidelines are set towards the Coaches involved in this new and exciting program. The following issues are applicable for WSB Coaches:

- All WSB Coaches should be trained from existing AIBA Coaches
- All WSB Coaches should be developed from 3 Star Coaches
- AIBA will prepare a pool of available Coaches for each franchise to hire
- AIBA Coaches could become WSB Coaches after having followed the WSB coaching program
- AIBA should also allow WSB Coaches to come back to AIBA without any restrictions

1.3. SKILLS AND RESPONSIBILITIES

SKILLS

- In order to effectively communicate with boxers and all other people involved in the training process, communication skills are necessary
- In order to effectively transfer the knowledge and help the understanding of boxer, teaching skills are necessary. Teaching skills include demonstration, explanation, and leadership skills.
- In order to effectively plan and conduct the training, prepare boxers for the competition, organization skills are necessary.

RESPONSIBILITIES

- The first and most important duty of the coach is the safety of the boxer. The coach must ensure the boxer is healthy all times.
- Must provide a safe environment to the boxer for training, competitions, travel, and other boxing related activities.
- Appropriate teaching approach must be applied in a non-abusive way. Not all boxers have the same learning capacity.
- Plan and prepare training programs prior to the training sessions. Competition schedule shall be considered during the planning.
- Communicate with boxers and all others who are involved.
- Evaluate the training program, boxer's progress, and boxer's performance during the competition.
- Must know and follow the AIBA competition rules and regulations and obey the Code of Conduct.

1.4. COACHING STYLES

1.4.1. AUTOCRATIC COACHING

Coach makes all the decisions related to the training and all other aspects in boxing. The boxer is expected to follow the command, listen, and comply.
Allows boxers to be greatly disciplined and structured. However, this coaching style can also prevent the boxer from developing his/her own thinking skills.

1.4.2. DEMOCRATIC COACHING

Coach makes decisions based on the suggestions and opinions from the boxer. The boxer has an input on training process and all other aspects in boxing.
Allows coaches to build an excellent relationship with the boxer. However, this style requires coach to be highly knowledgeable and experienced to work effectively.

1.4.3. CASUAL COACHING

Coach has a small input on the training and other aspects of boxing. Boxers are allowed to run his/her own training program with their pace and condition.
Allows boxers to enjoy their training and helps to develop thinking skills. However, this style may slower boxer's development in technical and physical aspects of boxing.

CHAPTER II

TRAINING

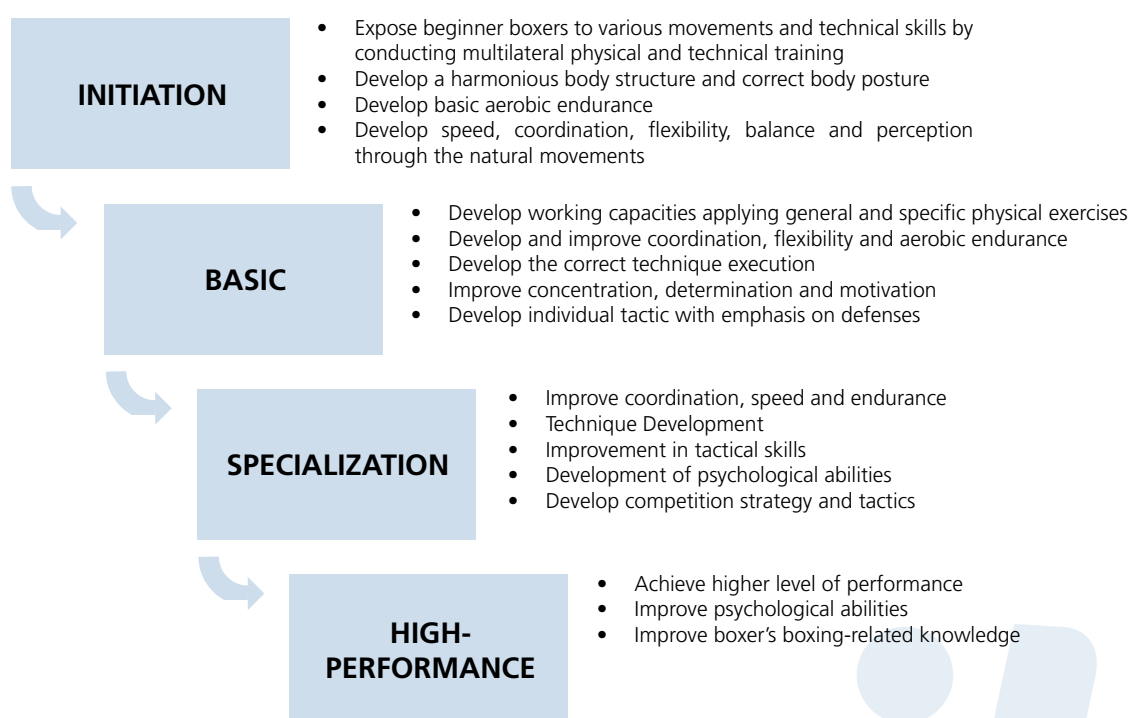
2.1. TRAINING WITH BEGINNERS

- Development of general fitness should be a priority for the beginner boxer, regardless of age and experience.
- In this particular stage, it is also important to develop coordination and speed. Development of coordination and speed training shall be implemented.
- Strength training with heavy weights is not recommended especially for young age boxers. Such training may interfere their physical development
- Each training session should be planned accordingly to teach and train both physical and technical elements.
- Always start the teaching from simple tasks to complex tasks; the more complex the tasks, the easier it is to lose the attention and interest of the boxer.
- Should incorporate different games and plays for training sessions to create an enjoyable and interesting training environment.

2.1.1. TRAINING STAGE

When working with beginner boxers, the coach should keep in mind that the results will come in later stages and the whole training process should be divided into separate stage accordingly to boxer's physical growth and age, fitness improvement, and technical skills acquisition.

- Initiation Stage
- Basic Stage
- Specialization Stage
- High Performance Stage



2.1.1.1. INITIATION STAGE

TRAINING OBJECTIVES

- Overall, multilateral physical and technical training, by exposing the beginner boxer to various movements and technical skills
- Develop a harmonious body structure and correct body posture
- Develop basic aerobic endurance without exposing the beginner to stressful training loads
- Develop speed, coordination, flexibility, balance and perception through the natural movements

IMPLEMENTATION

- Introduction to the basic elements of boxing technique
- Implement the exercises of running, jumping, and throwing
- Strength training exercises with own bodyweight or partner, not with weight equipment
- Participate in technical sparring with different punches; emphasis on straight punches
- Participate in various boxing events; Emphasis on gaining experience, having fun and motivate to win, but do not put stress on winning
- Participation in various sports, sport games with simplified rules, such as basketball, football and other team sports
- Various exercises to generate interest of the boxer

2.1.1.2. BASIC STAGE

TRAINING OBJECTIVES

- Develop working capacities applying general and specific physical exercises
- Develop and improve coordination, flexibility, and aerobic endurance
- Develop the correct technique execution
- Improve concentration, determination, and motivation
- Develop individual tactics with emphasis on defenses

IMPLEMENTATION

- Fitness Exercises, such as running, skipping and etc.
- Exercises for coordination and flexibility
- Endurance exercises with all team sports, long-distance running and alternate running and walking in different conditions.
- Strength exercises to overcome own or partner's body weight
- Boxing technique learning and improvement of basic technical skills
- Participate in some exhibition bouts in accordance with individual capabilities

2.1.1.3. SPECIALIZATION STAGE

TRAINING OBJECTIVES

- Improve motor abilities which are dominant in boxing, such as coordination, speed, endurance
- Technique Development
- Tactical skills improvement
- Developing psychological abilities, such as anticipation, overcome anxiety, decision-making, and etc.
- Develop competition strategy and tactics

IMPLEMENTATION

- Specific boxing exercises, such as heavy bag punching, sparring, pad work and etc.
- Continuation of fitness exercise
- Exercises for coordination and speed
- Exercises for general endurance improvement
- Introduction of specific endurance
- Strength training with weights
- Participation in different competition against various opponents
- Increase volume and intensity of training workloads without reaching complete fatigue

2.1.1.4. HIGH PERFORMANCE STAGE

TRAINING OBJECTIVES

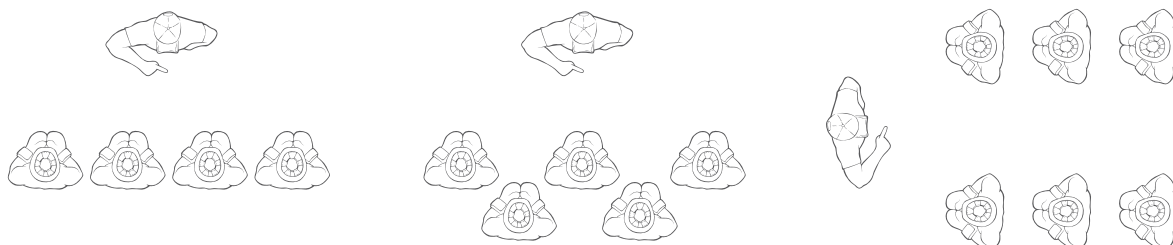
- Achieve higher level of performance
- Improve psychological abilities, such as initiative, self-control, coping with stress in both training and competition
- Improve boxer's boxing-related knowledge
- Willingness to win

IMPLEMENTATION

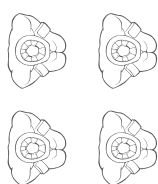
- Continuing exercises for motor abilities with emphasis on individual potential and needs
- Increase volume and intensity of training
- Exercise to improve individual's physical abilities
- Continuing technical and tactical training
- Focus on winning
- Administer adequate recovery

2.2. GROUP TRAINING

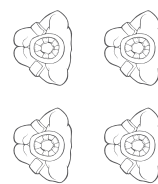
- When coaching a group, it is essential for coaches to position him/herself where he/she can observe all boxers' movement and actions and can be seen by all boxers.



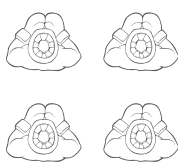
- When coaching a group of boxers who have different skill sets and physical characteristics, it is recommended to split groups based on the skill sets and physical characteristics. For example, advanced skill boxers with advanced, short-height kids with short height, tall boxers with tall boxers, and by weight categories.



Short-height Boxers



High-height Boxers



Advance Skills Boxers

2.3. TEACHING AND TRAINING METHODS

2.3.1. TEACHING METHOD

DEMONSTRATION METHOD

Demonstrate, step-by-step, using the exact physical procedures if possible. While demonstrating, explain the reason for and the significance of each step. To be effective, plan the demonstration so that coach will be sure to show the steps in the proper sequence and to include all steps.

This method is recommended for teaching technique-related skills because it covers all the necessary steps in an effect learning order. The demonstration step gives learners the opportunity to see, hear

Effective

- Technique training
- Physical training

EXPLANATION METHOD

Explanation is use of statements to describe facts to clarify the questions or unclear contexts. To be effective using the explanation method in teaching, the coach or instructor must have clear understanding of the facts or subject that is going to be explained.

This method is different from the demonstration method. While the demonstration method is good to clarify or help understand physical procedures, explanation helps the learner to understand the subjects.

Effective

- Tactical training
- Understanding of training program
- Understanding of Nutrition and Weight management

DISCUSSION METHOD

Discussion is an open forum in which coach and instructor express their opinions and facts, as well as learners also expressing their opinions. The discussion method is a natural opportunity for learner and coach to interact and build understanding.

The discussion method can benefit coach and athlete to share a variety of information including attitudes, opinions, insights and talents.

Effective

- Tactical training
- Mental training
- Motivation

ANALYSIS METHOD

The analysis teaching method breaks down a complex topic or information into smaller parts to help the learner with a better understanding of the topic or information. To be effective, the coach must plan and pre-study the topic or information.

This method is recommended during the review of the boxer's training, competition performance and the boxer's development progress.

Effective:

- Technique training
- Physical training
- Training session review
- Competition performance review

VISUAL METHOD

Visual materials are very important tool in teaching. Depending on the different tool, the visual method can teach athletes from physical aspect to mental aspects. The Coach must select the appropriate visual product, in order to increase effectiveness and meet the purpose.

However, a disadvantage of visual method is the lack of interaction and possibly visual material is too general to focus on specific issues.

Effective:

- Technique training
- Physical training
- Tactical training
- Mental training

2.3.2. TRAINING METHOD

Training methods, which are applicable in the training process, are divided into two groups, Uninterrupted and interrupted method. Uninterrupted method is training certain exercises without rest period in between sets. Interrupted method is training exercises with rest periods between sets.

Terminologies

- Sets: group of repetitions
- Repetitions: number of exercise
- Rest period: rest time
- Heart rate: number of heartbeats per certain amount of time
- Work period: duration of exercise

UNINTERRUPTED METHOD

The essential principle of the uninterrupted method is the lack of rest period between exercises. Uninterrupted method can also be divided into two categories; with steady intensity and changeable intensity. Intensity refers to how much work or effort athletes put into the exercises.

Intensity can be measured by the athlete's heart rate. When heart rate is much higher (close to double) than normal heart rate referred intensity of the exercise was high, while heart rate is close to normal heart rate referred exercise was conducted at low intensity

Uninterrupted Method with Steady Intensity

Conduct an exercise without changing difficulties or intensity. For example, long distances run on a course with soft surfaces, at steady pace.

Training Effects: Development of general endurance and strength endurance

Uninterrupted Method with Changeable Intensity

Conduct an exercise with constantly changing difficulties to change intensity. For example, long distances run on a course with uphill, downhill, soft surfaces and hard surfaces.

Training Effects: Development of general endurance and strength endurance in advanced degree

INTERRUPTED METHOD

The essential principle of interrupted method is the combination and ratio between intensity and duration of exercise and rest period.

Repetition Method

The repetition method is a combination of three elements: duration of exercise, number of repetition of exercise, and rest period. In repetition training method, intensity of exercise shall be maximal, therefore, in order to achieve best outcome, exercise conducted should be familiar to the athlete.

Rest period in repetition method should be long enough for the athlete to achieve full recovery (close to normal heart rate). The reason that the athlete must achieve full recovery is because he or she will carry on the same exercise again with maximum intensity. Without full recovery, exercise with repetition method cannot be performed properly.

In the repetition method, one set of exercise should be no more than 6 to 8 repetitions and shall be no more than 3 to 4 sets.

Training Effects: Development of speed, speed endurance, maximum strength and dynamic strength

Interval Method

For interval method, the coach has to program the training session with carefully considering duration of exercise, intensity of the exercise and rest period. Unlike the repetition method, the athlete will not get enough rest periods to have full recovery. For example, short-distance running with maximum intensity for 30 seconds, rest for 30 seconds then start another short-distance running with maximum intensity for 30 seconds, next 30 sec rest, start running and etc. On the basis of training objective, the coach should select the proper duration of effort, duration of rest and number of repetitions.

Training Effects: Development of specific endurance, speed endurance, strength endurance,

2.4. ORGANIZING TRAINING SESSIONS

2.4.1. FACILITY

GYM EQUIPMENT

- Boxing Ring with Four Ropes (Minimal Dimension: 4.9m x 4.9m)
- 20 Kg Heavy Bags (Minimal Dimension 120cm x 40cm)
- 8 Kg Maize Bag
- Double-ended Bags
- Speed Bags
- Different type of gloves
- Floor Mattress (Minimal Dimension 2m x 1m x 0.05m)
- Wooden Ladders (Minimal Dimension: 2.5m x 1m)
- Wall Pads and Wall Mirrors
- Medicine Balls (Different Weights)
- Free Weights and Dumbbells (Different Weights)
- Tennis Balls
- Skipping Ropes (Jump Ropes)
- Electronic Scale
- Clock/Timer

SAFETY GUIDELINES

- Boxing Gym
 - Gym floor material should be non-slip materials
 - Proper lighting all around the gym
 - Proper ventilation in the gym is essential, not only for the odor around the gym, but also for the air quality and sanitary issues
 - Follow the proper local, regional, or national building code of the country
 - Separate dressing rooms for men and women
 - Boxing Ring must be placed a minimum 2 meters away from the walls
 - For each boxing rings, corners must be well padded, ropes and canvas must be in good condition (no wear and tear)
 - Heavy Bag must be hung securely
 - With multiple heavy bags, each heavy bag should be placed 2 meters from each other and away from the wall
 - All equipment must be securely tighten and hung on the wall or ceilings
 - All equipment must be in good condition (no wear and tear)
 - All athletes in the gym must wear gym shoes or flat-sole shoes
- Safety Approach by coach
 - All activities in the gym and locker rooms must be supervised the entire time by the coach or assistants
 - All equipment must be constantly examined throughout the day
 - Keep a note with the information about the athlete, including:
 - Emergency contact information
 - Boxer's physical information (height, weight and etc.)
 - Date of first medical exam

-
- Past injuries and sicknesses
 - Current medical conditions (injuries, sicknesses, allergies)

2.4.2. EQUIPMENT

- TRAINING EQUIPMENT OF THE BOXER
 - Headguard with cheek and chin protector
 - 12 to 16 ounces Boxing Gloves
 - Gumshield and Bandages
 - Cup protector (Men) and Breast protector (Women)
 - Personal Gear (Trunks, Vest, and Shoes)
- COACH EQUIPMENT
 - Focus Pads
 - Whistle
 - Body Protector
 - Stop Watch
 - Track Suit
 - Running Shoes
 - Coach's Diary

2.4.3. PREPARING TRAINING PROGRAM

DAILY TRAINING PROGRAM

The training program is an essential element to the development of athlete. The training program can be planned by daily, weekly, monthly, and yearly and etc. Coach must monitor the athlete to progress and change the training program accordingly to their development.

Each training programs should include:

- Objective of the training session
- Training method
- Exercises
- Workload: Duration of exercises and rest periods between exercises and number of repetition
- Organization of the training (location, facilities, equipment)

Training programs must be well-organized and planned in advance to maximize the benefit, and each training session must include proper warm-up and cool-down sessions to avoid injuries and support recovery.

- Introductory – Warm Up
 - Stretching
 - Jogging
- Main – Training
 - Technical Training
 - Tactical Training
 - Physical Training
- Closing – Cool Down
 - Stretching
 - Jogging
 - Relaxation

DAILY TRAINING PROGRAM

NAME:	Joe Boxer	DATE:	June / 15 / 2010
LOCATION:	Gym	EQUIPMENT:	- 14oz Gloves - Gumshield - Bandages - Headguard

- OBJECTIVES:
1. To learn and train straight rear hand punches
 2. To learn and train defense against straight rear hand punches
 3. To review and train straight lead hand punches
 4. To develop Endurance

EXERCISES	DURATION (MIN)	INTENSITY	COMMENTS
I. General warm-up	10		
Jogging		Low	
Stretching		Low	Upper & lower body
II. Specific warm-up	10		
Shadow Boxing		Medium	
Skipping (Jump Rope)		Medium	
II. Exercise	60		
Demonstration of technique			Rear straight punch to the head
Technique exercise		Low	With standing position
Defense exercise		Low	With standing position
Demonstration of technique			Rear straight punch with movement
Technique exercise		Medium	with movement
Combination of punches		Medium	Lead and rear straight punch
Sparring with partner		High	Alternate attack and defense
Boxing-specific endurance exercise		High	Heavy bag punching
			5 rounds of 3 minutes
			1 minute rest between rounds
III. Cool down	10		
Skipping		Medium	
Stretching		Low	Whole body

WEEKLY TRAINING PROGRAM

NAME:	Joe Boxer	DATE:	June / 15 / 2010
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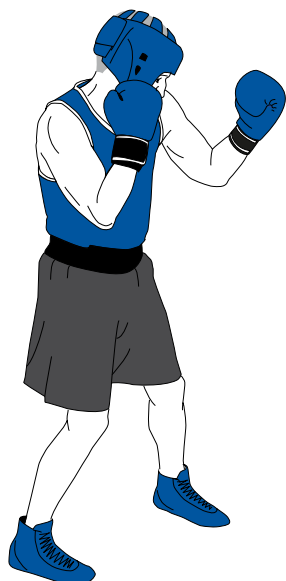
EXERCISES	DURATION (MIN)	OBJECTIVES	LOCATION	DURATION	COMMENTS
Monday	June 15	To learn and train lead straight punch to head	Gym	90 min	
Tuesday	June 16	To develop endurance and speed	Outdoor	60 min	
Wednesday	June 17	To learn and train defense against lead straight punch to head	Gym	90 min	
Thursday	June 18	To develop general endurance (jogging)	Outdoor	60 min	
Friday	June 19	To learn and train rear straight punch to head	Gym	90 min	

2.5. BOXING TECHNIQUES

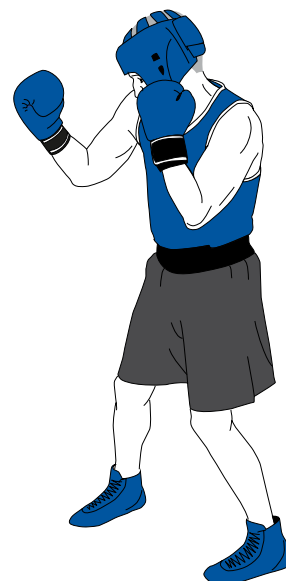
2.5.1. BOXING STANCE

A proper boxing stance enables a boxer to effectively move in the ring, and to both attack and defend while constantly remaining in a balanced position.

ORTHODOX



SOUTHPAW

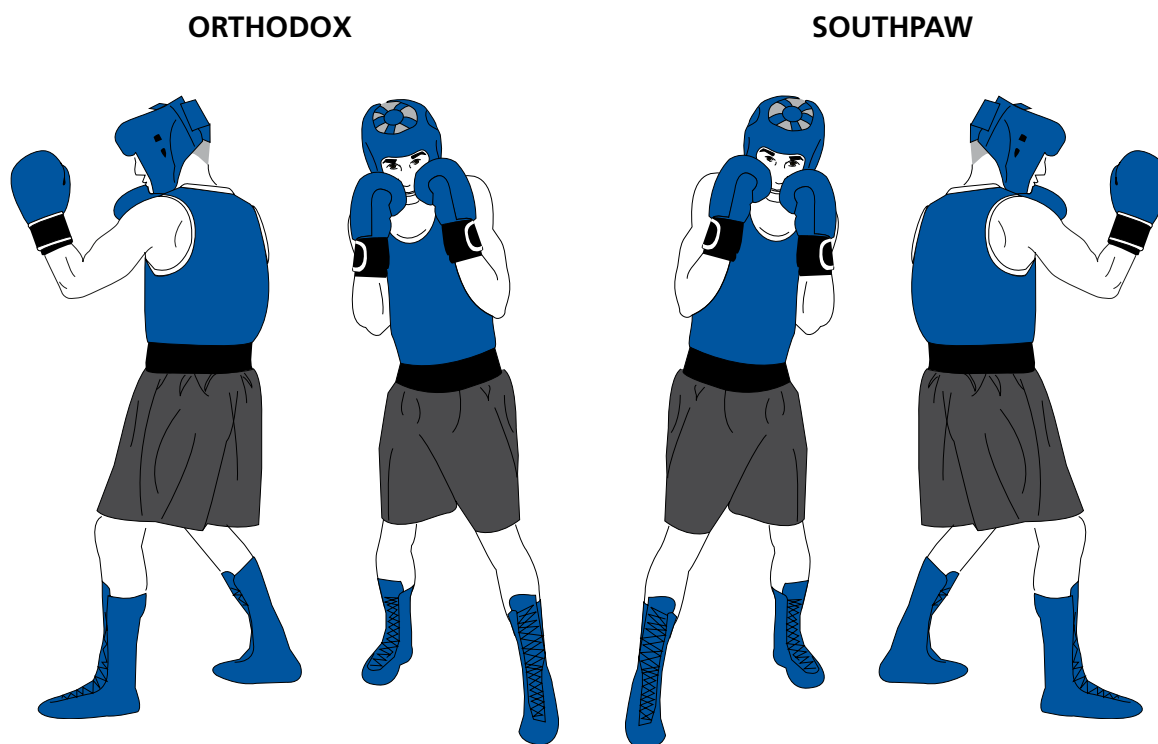


1. Boxer stands sideways on (about 45 degrees angle)
2. Place feet shoulder-width apart
3. Distribute the bodyweight equally onto both feet
4. Bent your knee slightly down and inward
5. Toes of lead foot point slightly inward while toes of rear foot points forward
6. The body (trunk) rotates inward
7. Slightly raise the heel of the rear foot
8. Position lead hand up to the eye level
9. Keep the chin down and protect it by your lead shoulder
10. Pull rear arm elbow close to the body (nearly touches the rib area)
11. Keep rear arm fist up near the chin
12. Keep wrist straight, so that back of the hand should be in straight line with a forearm

Common Mistakes in Boxing Stance

- Feet too wide – hindering rapid movement
- Feet too narrow – disturbing the balance
- Both heels flat – hindering fluent movement
- Standing straight up – creating a bigger target for the opponent
- Lifting chin upward – bigger chance of getting hit on the chin, which is a knock-out point

Boxing Stance View from Different Angle



2.5.2. BOXING STEPS

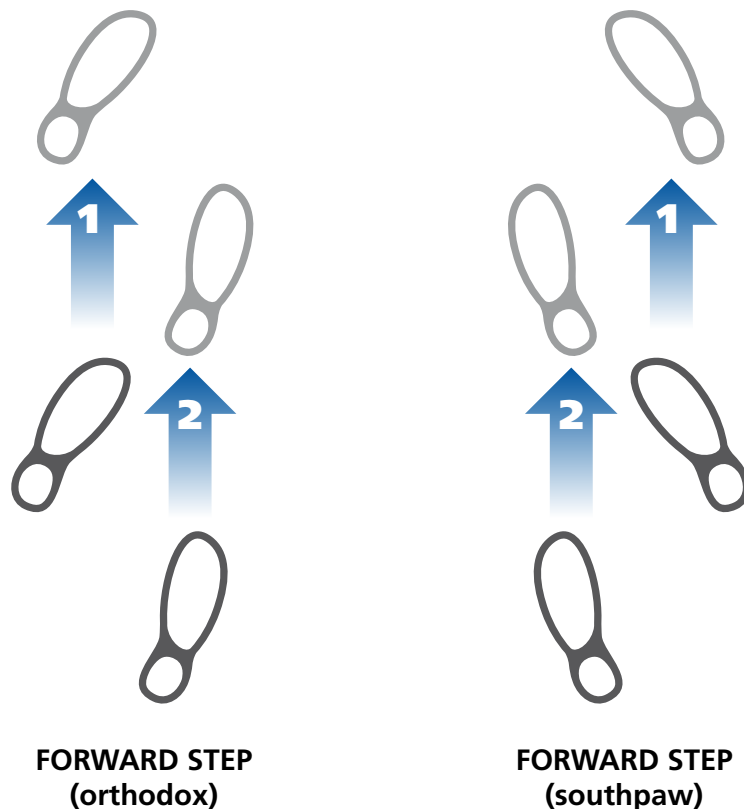
Boxing steps – the way in which boxers move in the ring. The foot which stands closest to the direction of the movement starts moving first

Common Mistakes in Boxing Steps

- Boxing stance with feet too narrow or too wide
- Flat footed movement
- Movement on heels
- Bodyweight not evenly distributed to both legs

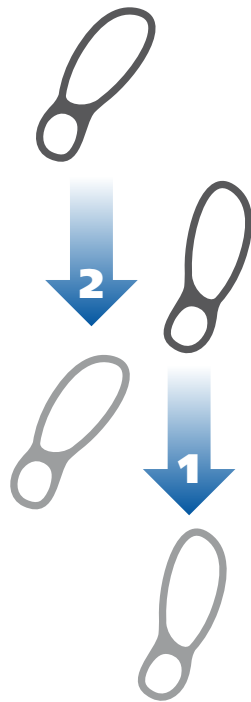
Boxing Stance View from Different Angle

FORWARD STEP

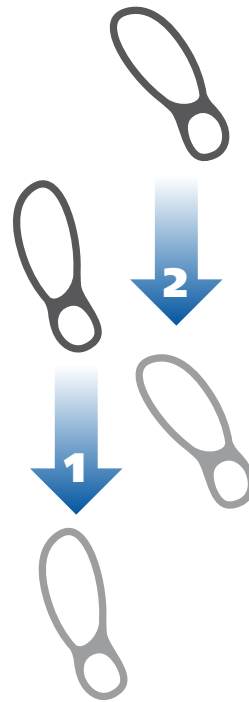


1. Stand with boxing stance
2. Lift lead foot very slightly
3. Push body forward with rear foot
4. After toes of the lead foot touches the floor, slide rear foot forward
5. Keep the feet shoulder width apart and keep weight distribution on both legs

BACKWARD STEP



**BACKWARD STEP
(orthodox)**

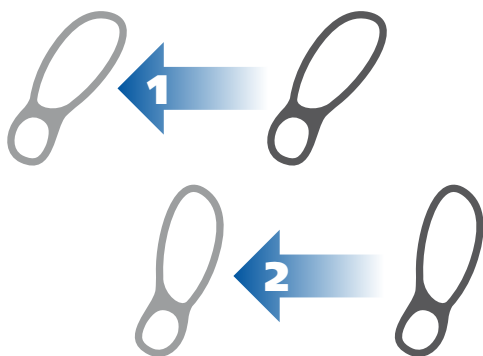


**BACKWARD STEP
(southpaw)**

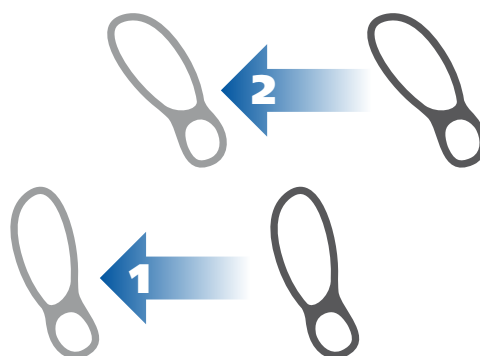
1. Stand with boxing stance
2. Lift rear foot very slightly
3. Push body backward with lead foot
4. After forefoot of the rear foot touches the floor, slide lead foot backward
5. Keep the feet shoulder width apart and weight distribution on both legs

LEFT SIDE STEP

1. Stand with boxing stance



**LEFT SIDE STEP
(orthodox)**



**LEFT SIDE STEP
(southpaw)**

Orthodox

2. Lift lead foot very slightly
3. Push body to the left side with rear foot
4. After toes of the lead foot touches the floor, rear foot follows

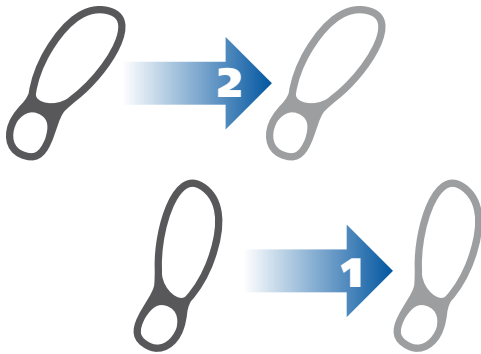
Southpaw

2. Lift rear foot slightly
3. Push body to the left side with lead foot
4. After toes of the rear foot touches the floor, lead foot follows

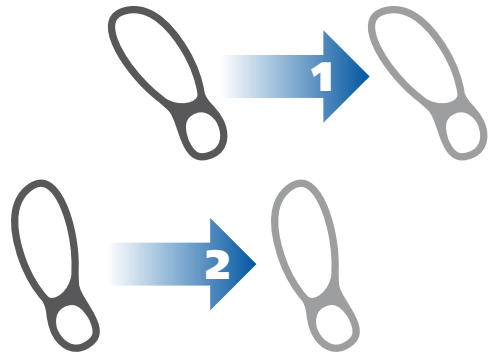
5. Keep the feet shoulder width apart and weight distribution on both legs

RIGHT SIDE STEP

1. Stand with boxing stance



**RIGHT SIDE STEP
(orthodox)**



**RIGHT SIDE STEP
(southpaw)**

Orthodox

2. Lift rear foot very slightly
3. Push body to the right side with lead foot
4. After toes of the rear foot touches the floor, lead foot follows

Southpaw

2. Lift lead foot slightly
3. Push body to the right side with rear foot
4. After toes of the lead foot touches the floor, rear foot follows

5. Keep the feet shoulder width apart and weight distribution on both legs

2.5.3. BASIC BOXING PUNCHES

In the early stages of learning techniques, all punches, straight punches, hook, and uppercut must be practiced and mastered in standing position before training with boxing steps. Then practice the punches together with boxing steps. Teaching and training approach for punches must be in following sequence:

- Punch in standing position
- Punch with forward and backward step
- Punch with side steps.

Learn single punch with boxing stance then with movement, learn the next punch with boxing stance and movement. After mastering at least two punches with both standing and with movement, learn to use these two punches as a combination by standing, then with the movement.

Common Mistakes in Basic Boxing Punches

- Punching without rotating body
- Bodyweight shifted to the wrong side
- Lifting chin upward
- Chin not protected
- Head leaned forward, backward, or sideways
- Legs in wrong position before and after punching with steps
- Fists not rotated correctly
- Retract arm low or sideways after striking a blow
- Slow retracting hand to base position

2.5.3.1. STRAIGHT PUNCHES

TRAINING OBJECTIVES

Straight punches are very useful against an opponent standing at long distance. Long distance refers to the distance between two boxers being far enough that the boxer cannot deliver the punch without stepping forward.

The straight punch is an important punch as it can be used to prepare for the main attack in a bout. It can also be used to measure the proper distance to the opponent, disturb the opponent's actions and to score blows.

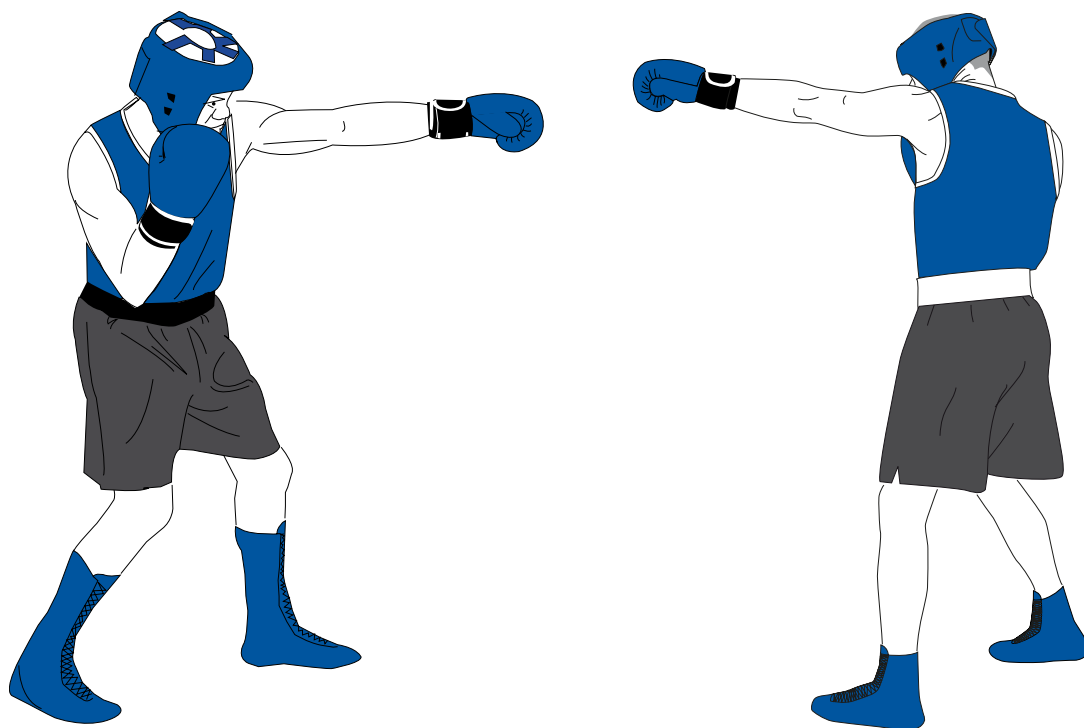
There are two types of straight punches, straight punch to the head and straight punch to the body. Also, these are divided into straight punch to the head or body using lead arm and straight punch to the head or body using rear arm.

In order to effectively train the boxer, the following sequence of teaching and training is recommended:

- Lead arm straight punch to the head in standing position
- Lead arm straight punch to the head with forward step
- Lead arm straight punch to the head with backward step and side steps
- Rear arm straight punch to the head in standing position
- Rear arm straight punch to the head with forward step
- Rear arm straight punch to the head with backward step and side steps
- Lead arm straight punch to the body in standing position
- Lead arm straight punch to the body with forward step
- Lead arm straight punch to the body with backward step and side steps
- Rear arm straight punch to the body in standing position
- Rear arm straight punch to the body with forward step
- Rear arm straight punch to the body with backward step and side steps

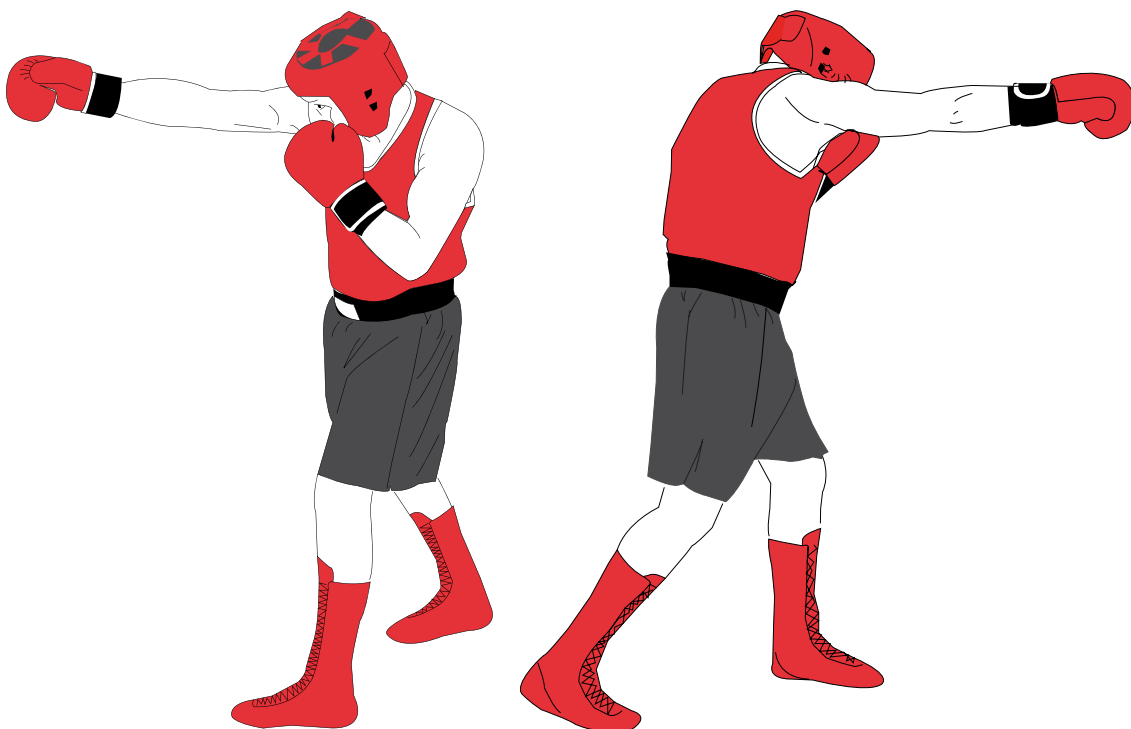
After a boxer masters the punches with movement, coach should start teach basic defense against the punches that he/she learned. After mastering basic defense, coach should start teaching and training the counter attack.

LEAD ARM STRAIGHT PUNCH TO THE HEAD



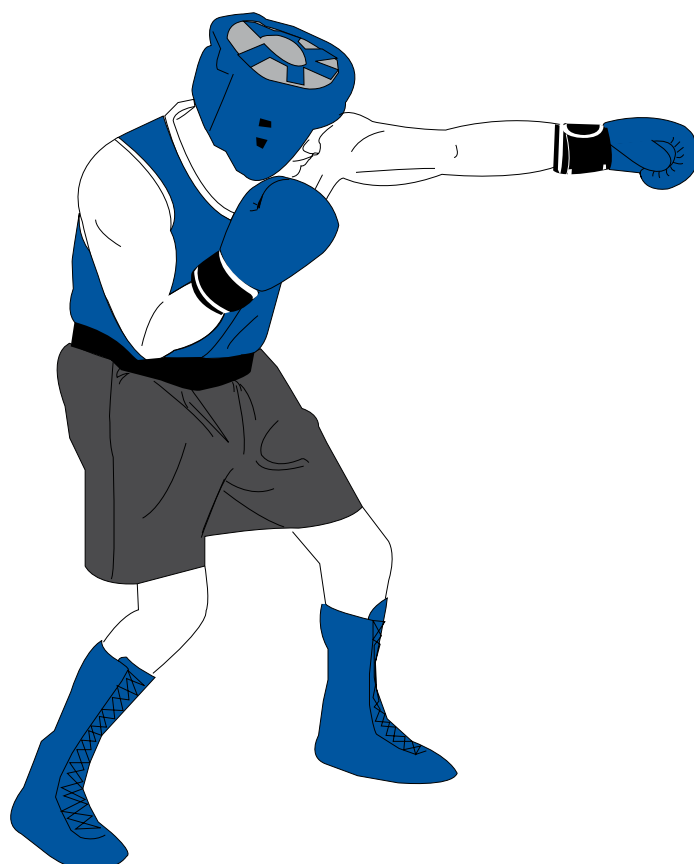
1. From the boxing stance
2. Aim at the opponent's chin with knuckles of the lead hand
3. Shift the body weight from rear leg to the lead leg
4. Rotate the body toward the rear side
5. Keep the chin down
6. Extend your lead arm straight out to the target
 - a. knuckles up and palm down
7. After hitting the target, retract the arm quickly along the same path as delivered
8. Return to the boxing stance

REAR ARM STRAIGHT PUNCH TO THE HEAD



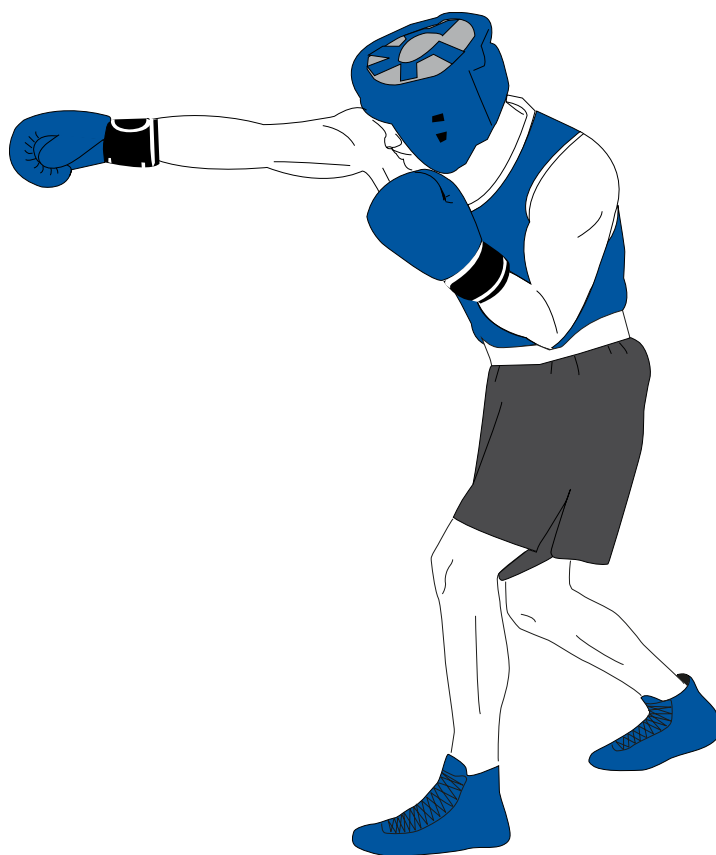
1. From the boxing stance
2. Aim at the opponent's chin with knuckles of the lead hand
3. Body weight shift to the lead leg
4. Rotate the body to the lead side
5. Keep the lead hand up to protect the head and elbow to protect the body
6. Extend the rear arm straight to the target
 - a. Knuckles up and palm down
7. After hitting the target, retract the arm quickly along the same path as delivered
8. Return to the boxing stance

LEAD ARM STRAIGHT PUNCH TO THE BODY



1. From the boxing stance
2. Bend the knees to have lead shoulder in line with the opponent's body target.
3. Keep the eyes on the opponent's target area
4. Body weight shifts to the lead leg
5. Rotate the hip and shoulder slightly toward the lead side
6. Lead arm extends straight out to the target
7. Knuckle is up and palm is down.
8. The chin is protected by the lead hand shoulder and a high rear guarding hand.
9. After hitting the target, retract the arm quickly along the same path as delivered
10. Return to boxing stance

REAR ARM STRAIGHT PUNCH TO THE BODY



1. From the boxing stance
2. Bend the knees to have lead shoulder in line with the opposing body target.
3. Keep the chin down
4. Keep the lead arm up and rigid to protect the head
5. Keep the eyes on the opponent's target area
6. Body weight shifts to the lead leg
7. Rotate the body to the lead side
8. Lead arm extends straight out to the target
 - a. Knuckle is up and palm is down.
9. After hitting the target, retract the arm quickly along the same path as delivered
10. Return to boxing stance

2.5.3.2. HOOKS

TRAINING OBJECTIVES

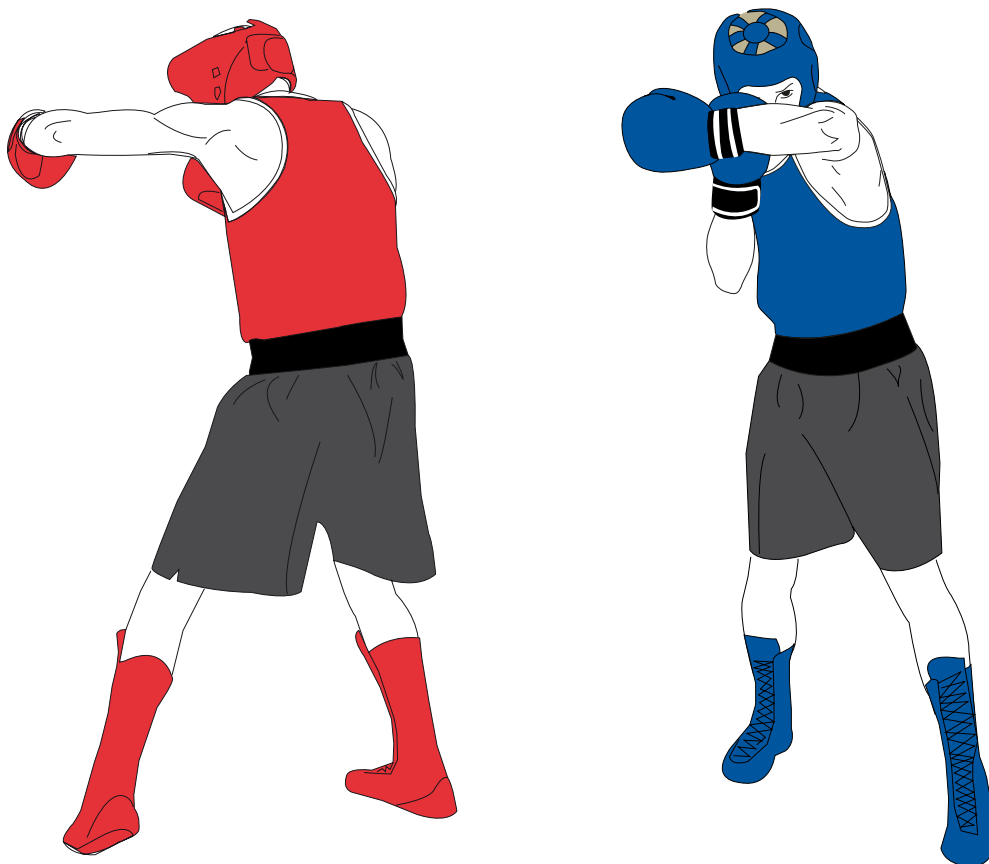
Hooks are punches that are used mostly at medium distances. Medium distance refers to the distance between two boxers in a range where boxers don't have to step forward to deliver the punches.

Similar to the straight punches, hooks also have four different types. Hook to the head using lead arm, hook to the head using rear arm, hook to the body using lead arm and hook to the body using rear arm.

Again, similar to the straight punches, in order to effectively train the boxer, the following sequence of teaching and training is recommended:

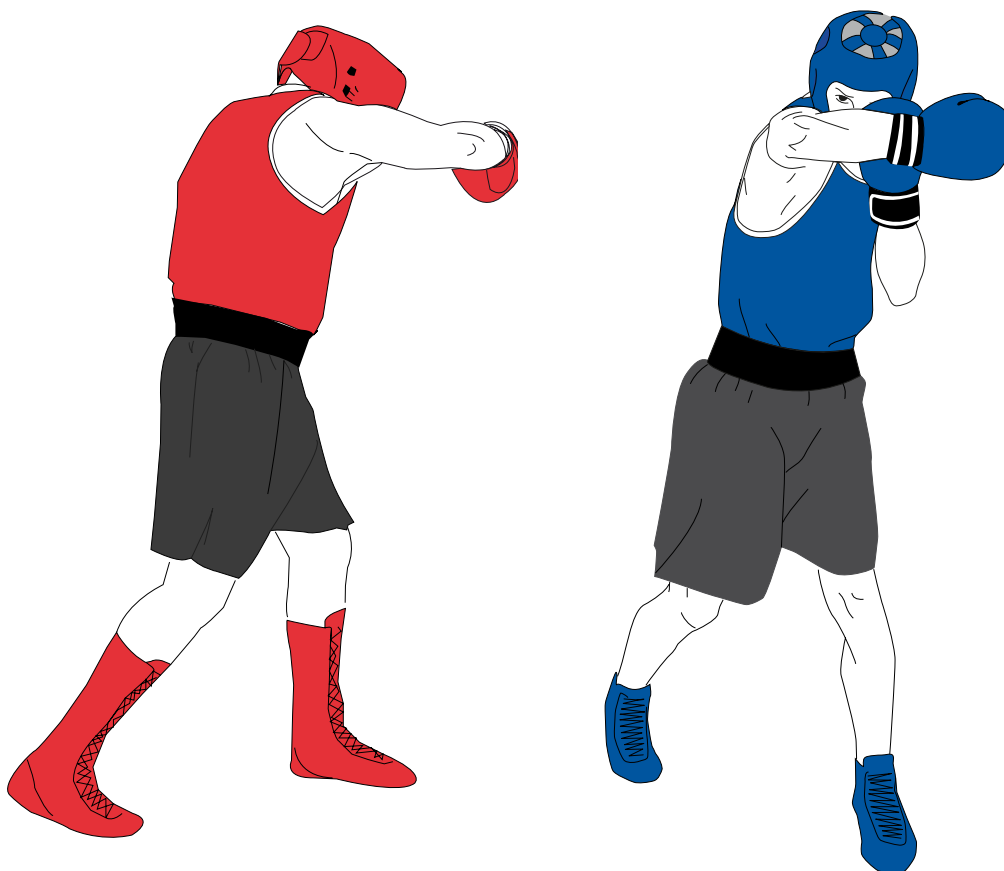
- Lead arm hook to the head in standing position
- Lead arm hook to the head with forward step
- Lead arm hook to the head with backward step and side steps
- Rear arm hook to the head in standing position
- Rear arm hook to the head with forward step
- Rear arm hook to the head with backward step and side steps
- Lead arm hook to the body in standing position
- Lead arm hook to the body with forward step
- Lead arm hook to the body with backward step and side steps
- Rear arm hook to the body in standing position
- Rear arm hook to the body with forward step
- Rear arm hook to the body with backward step and side steps

LEAD ARM HOOK TO THE HEAD



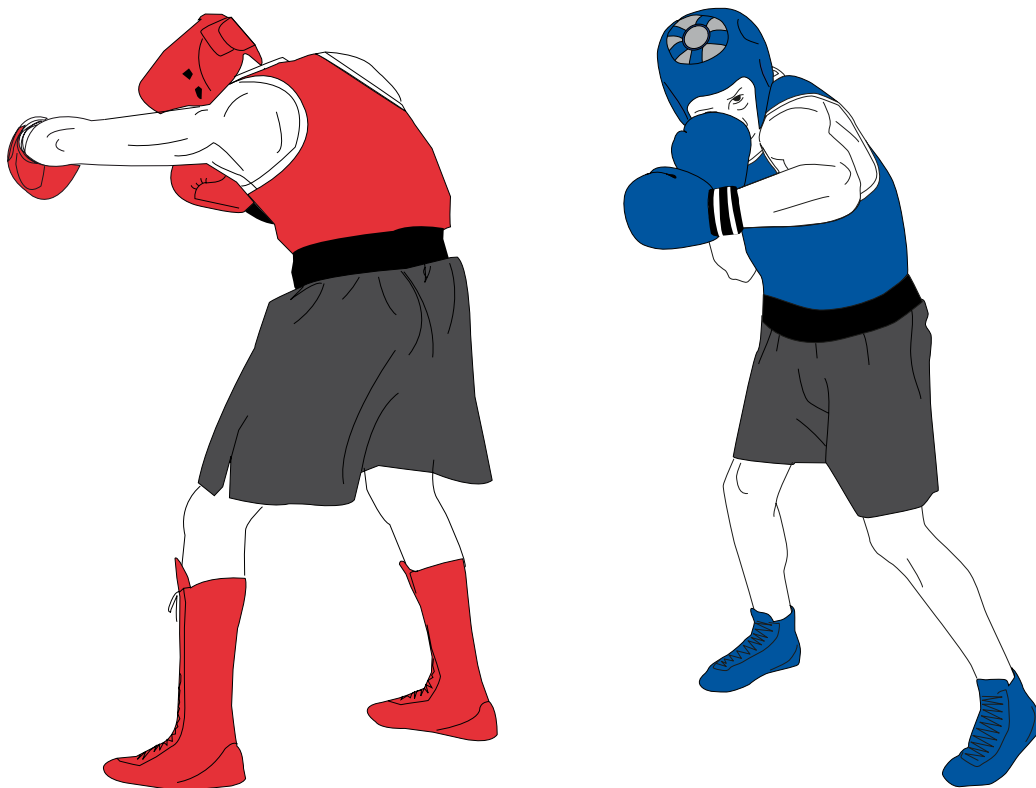
1. From the boxing stance
2. Body rotates to the lead side slightly
3. Body weight shifts to lead leg
4. Keep the rear hand up and close to chin and rigid
5. Swing the lead arm to the target without extending the arm straight (when swinging the arm, keep the elbow bent in close to 90 degrees)
6. Keep the eyes on the opponent
 - a. Should be watching above the arm, not below
7. Knuckles point to the opponent, knuckles should never point upward or downward
8. After hitting the target, retract the arm quickly along the shortest path as possible
9. Retract quickly

REAR ARM HOOK TO THE HEAD



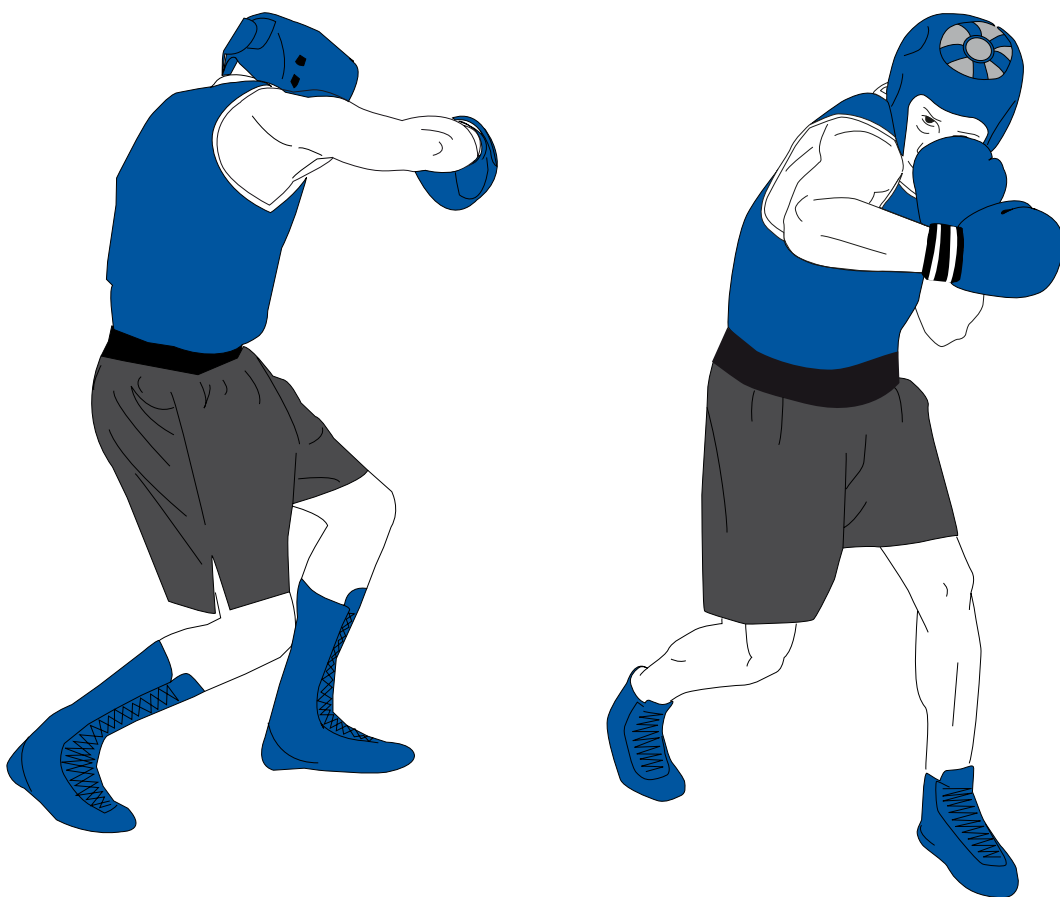
1. From the boxing stance
2. Aim at the opponent's chin with back knuckles of the lead hand
3. Body rotates to the rear side slightly
4. Body weight shifts to lead leg
5. Keep the lead hand up and close to chin and rigid
6. Swing the rear arm to the target without extending the arm straight
 - a. When swinging the arm, keep the elbow bent in close to 90 degrees
7. Keep the eyes on the opponent
 - a. Should be watching above the arm, not below
8. Knuckles point to the opponent, knuckles should never point upward or downward
9. After hitting the target, retract the arm quickly along the shortest path possible
10. Return to the boxing stance

LEAD ARM HOOK TO THE BODY



1. From the boxing stance
2. Bend the knees until the shoulder is in line with target
3. Keep eyes on the opponent
4. Keep the rear hand rigid and close to the body
5. Body rotates very slightly to the lead side
6. Shift body weight to the lead leg
7. Swing the lead arm to the target without extending the arm straight
 - a. Keep the elbows bent with 90 degrees angle or close
8. Knuckles point to the opponent, knuckles should never point upward or downward
9. After hitting the target, retract the arm quickly along the shortest path possible
10. Return to the boxing stance

REAR ARM HOOK TO THE BODY



1. From the boxing stance
2. Bend the knees down until the shoulder is on line with target
3. Body rotates to the rear side slightly
4. Body weight shifts to lead leg
5. Keep the lead hand up and close to chin and rigid to protect the head
6. Swing the rear arm to the target without extending the arm straight
 - a. When swinging the arm, keep the elbow bent in close to 90 degrees
7. Keep the eyes on the opponent
 - a. Should be watching above the arm, not below
8. Knuckles point to the opponent, knuckles should never point upward or downward
9. After hitting the target, retract the arm quickly along the shortest path possible
10. Return to the boxing stance

2.5.3.3. UPPERCUT

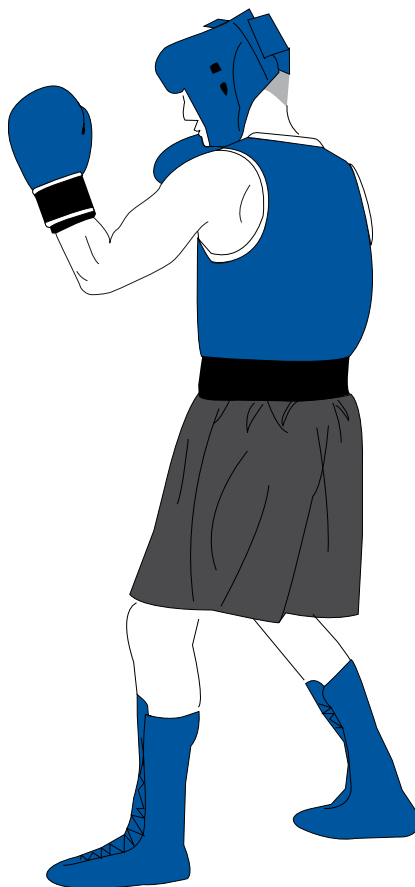
Uppercut is a punch that is used mostly at short and medium distance. Short distances refer to the short distance between two boxers. Boxers' gloves almost or do touch each other.

Again, the uppercut also has four different types, uppercut to the head using lead arm, uppercut to the head using rear arm, uppercut to the body using lead arm and uppercut to the body using rear arm.

Again, similar to the other basic punches, in order to train the boxer effectively, following the sequence of teaching and training is recommended:

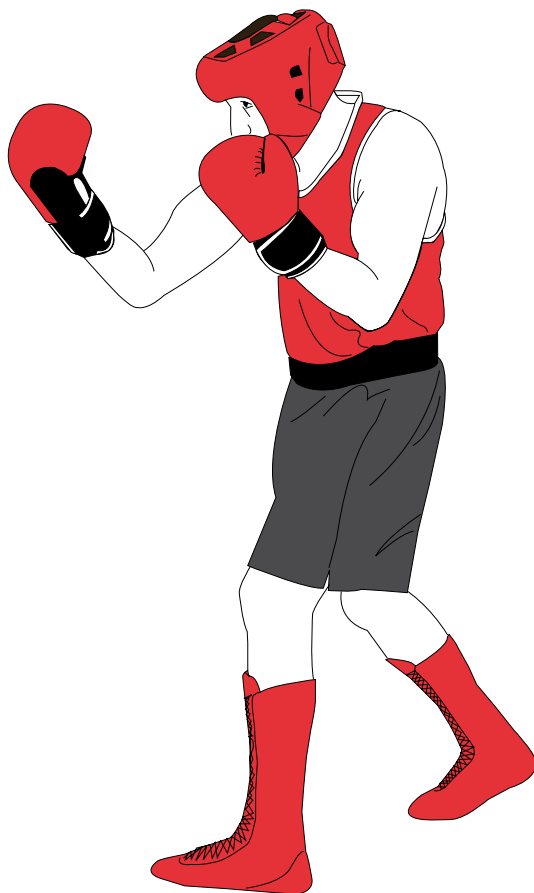
- Lead arm uppercut to the head in standing position
- Lead arm uppercut to the head with forward step
- Lead arm uppercut to the head with backward step and side steps
- Rear arm uppercut to the head in standing position
- Rear arm uppercut to the head with forward step
- Rear arm uppercut to the head with backward step and side steps
- Lead arm uppercut to the body in standing position
- Lead arm uppercut to the body with forward step
- Lead arm uppercut to the body with backward step and side steps
- Rear arm uppercut to the body in standing position
- Rear arm uppercut to the body with forward step
- Rear arm uppercut to the body with backward step and side steps

LEAD ARM UPPERCUT TO THE HEAD



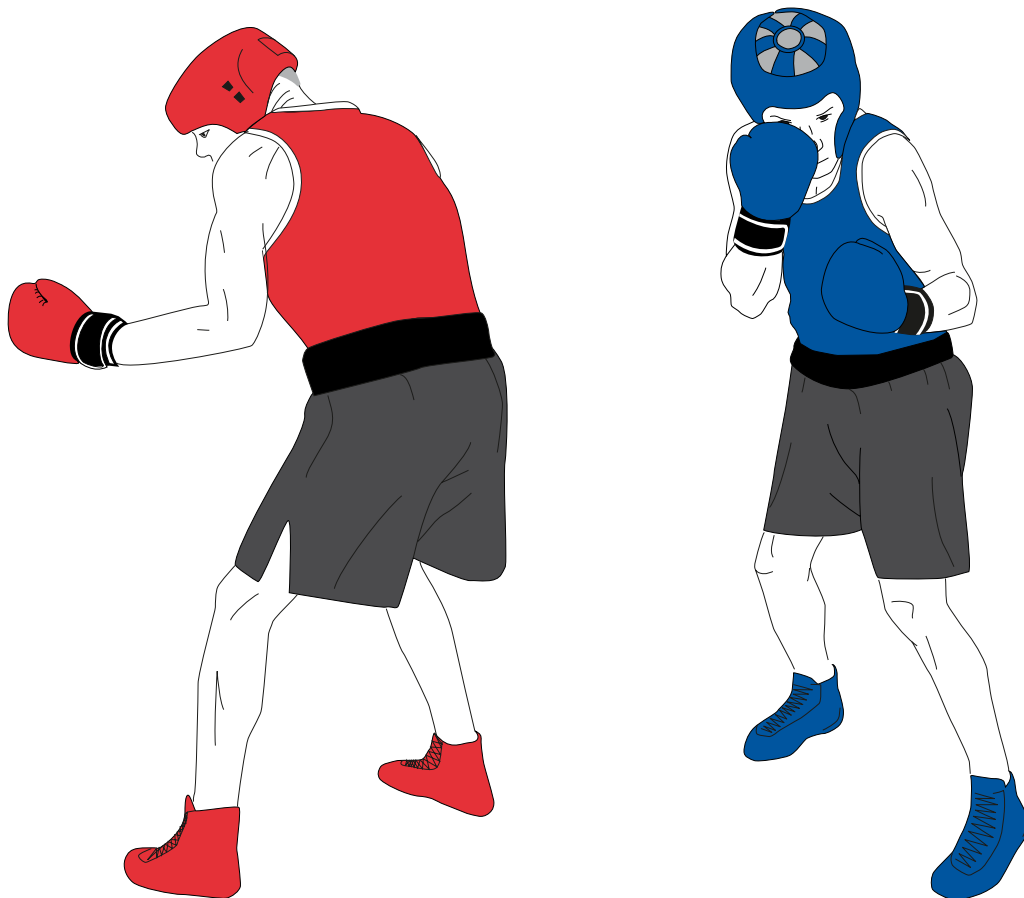
1. From the boxing stance
2. Bend the knees very slightly
3. Rotate the upper body to the lead side very slightly
4. Body weight shifts to the lead leg
5. Rear arm stays up and rigid to protect the head and body
6. Rotate the lead arm slightly to have knuckles point at the opponent
7. Extend the lead arm upward to the opponent's chin
 - a. Keep the elbows bent
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to boxing stance

REAR ARM UPPERCUT TO THE HEAD



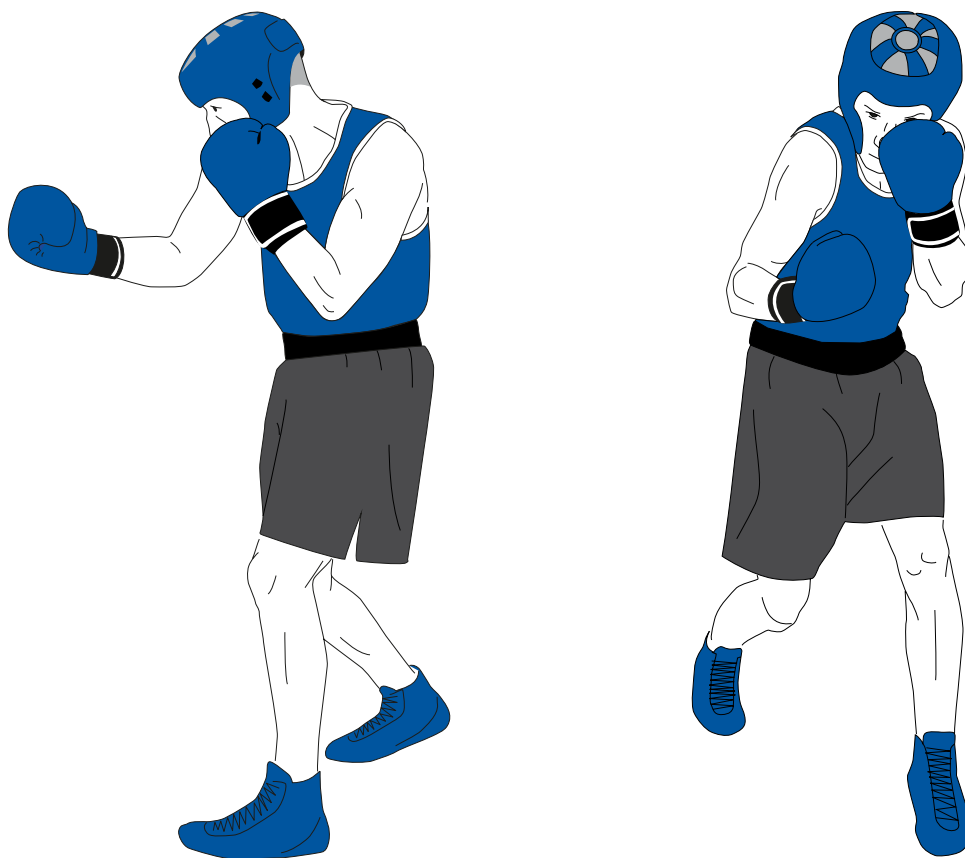
1. From the boxing stance
2. Bend the knees very slightly
3. Rotate the upper body to the rear side very slightly
4. Body weight shifts to the rear leg
5. Lead arm stays up and rigid to protect the head and body
6. Rotate the rear arm slightly to have knuckles point the down
7. Extend the lead arm upward to the opponent's chin
 - a. Keep the elbows bent
 - b. Shift the bodyweight to the lead leg
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to boxing stance

LEAD ARM UPPERCUT TO THE BODY



1. From the boxing stance
2. Bend the knees
3. Rotate the upper body to the lead side
4. Body weight shifts to the lead leg
5. Rear arm stays up and rigid to protect the head and body
6. Rotate the lead arm slightly to have palms pointing upward
7. Extend the lead arm forward and slightly upward to the target on opponent's body
 - a. Keep the elbows bent
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to the boxing stance

REAR ARM UPPERCUT TO THE BODY



1. From the boxing stance
2. Bend the knees
3. Rotate the upper body to the rear side
4. Body weight shifts to the rear leg
5. Lead arm stays up and rigid to protect the head and body
6. Rotate the rear arm slightly to have palms pointing upward
7. Extend the rear arm forward and slightly upward to the target on the opponent's body
 - a. Keep the elbows bent
 - b. Shift bodyweight to lead leg
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to the boxing stance

2.5.4. BASIC DEFENSE

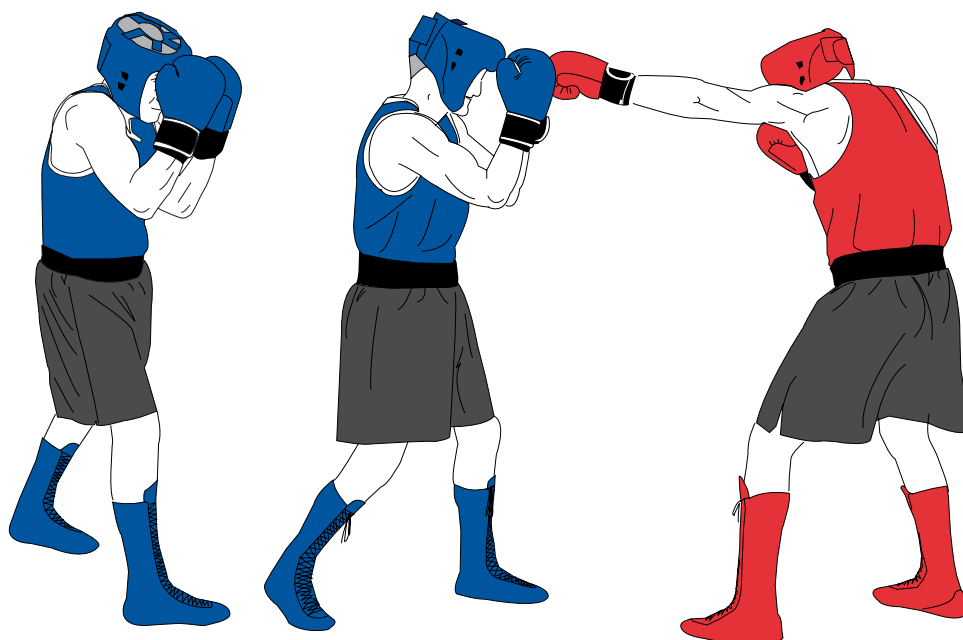
In the early stages of learning techniques, all defenses must be taught and trained after mastering particular punches. Each basic defense is designed toward to defend against specific punches. In order to teach and train basic defenses effectively, start the teaching defense in standing position, then with a partner. The partner can perform basic punches while the boxer defends him/herself using basic defense.

After mastering basic defense, the coach shall teach counter attack movement where the boxer defend against the partner's punch then uses a basic punch to counter attack.

Common Mistakes in Basic Boxing Defense

- No eye contact with the opponent
- Eyes closed and/or mouth opened
- Defenses performed too early/too late
- Incorrect defense performed
- No protection against next punch by the opponent
- Defending movements are too wide or too low or too far
- Stiff movement
- Does not return to boxing stance after defense performed

DOUBLE ARM COVER

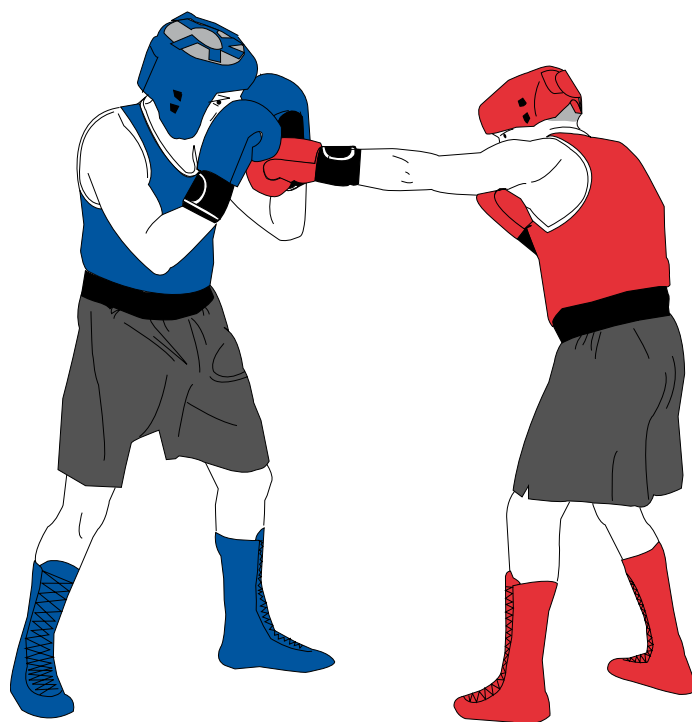


1. From the boxing stance
2. Bring the elbows and fists together, so they can almost touch each other
3. Keep the chin down
4. Keep your arms rigid
5. Return to the boxing stance

Defends against:

- Lead arm straight punch to the head/body
- Rear arm straight punch to the head/body

CATCH / BLOCK

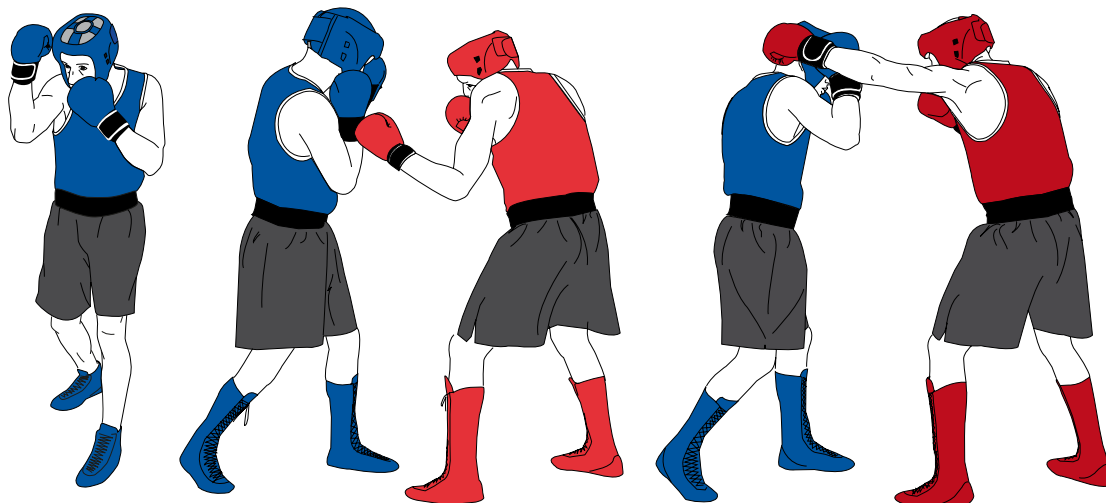


1. From the boxing stance
2. Open the palm of the rear hand and move it forward to place it just in front of chin level to catch following punch
3. Keep rear arm rigid so that the glove is not forced back into the face
4. Catch the opponent's punch
5. Return to the boxing stance

Defends against:

- Lead arm straight punch to the head
- Lead arm uppercut to the head
- Rear arm uppercut to the head

REAR ARM BLOCK

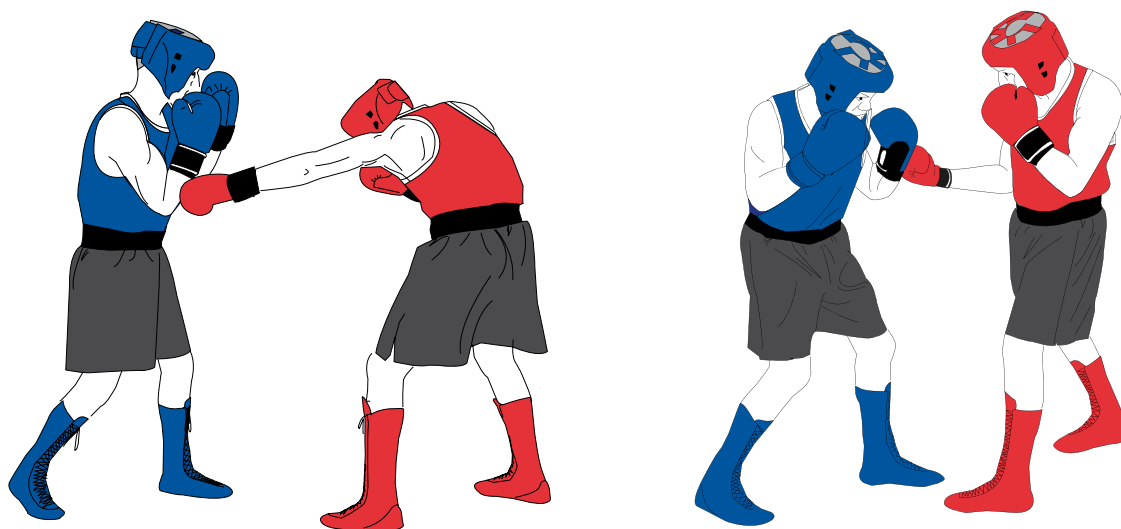


1. From the boxing stance
2. Rotate the body slightly to the lead side
3. Raise the rear forearm up and rigid
4. Keep the lead arm rigid and up
5. Keep the eyes on the opponent
6. Return to boxing stance

Defends against:

- Lead arm hook to the head

ELBOW BLOCK

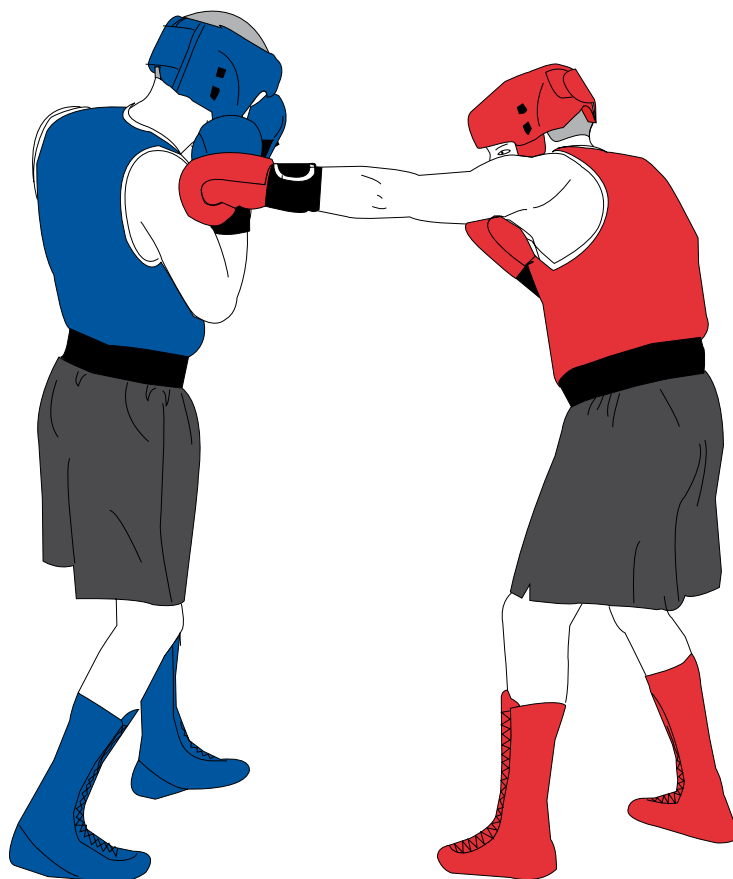


1. From the boxing stance
2. Rotate the body to the preferred side
 - a. Rotate the body to the rear side to block with the lead arm elbow
 - b. Rotate the body to the lead side to block with the rear arm elbow
3. Block the punch with the forearm
4. Return to the boxing stance

Defends against:

- Lead arm straight punch to the body
- Rear arm straight punch to the body (use lead arm elbow to block)
- Lead arm hook to the body
- Rear arm hook to the body
- Lead arm uppercut to the body
- Rear arm uppercut to the body

SHOULDER BLOCK

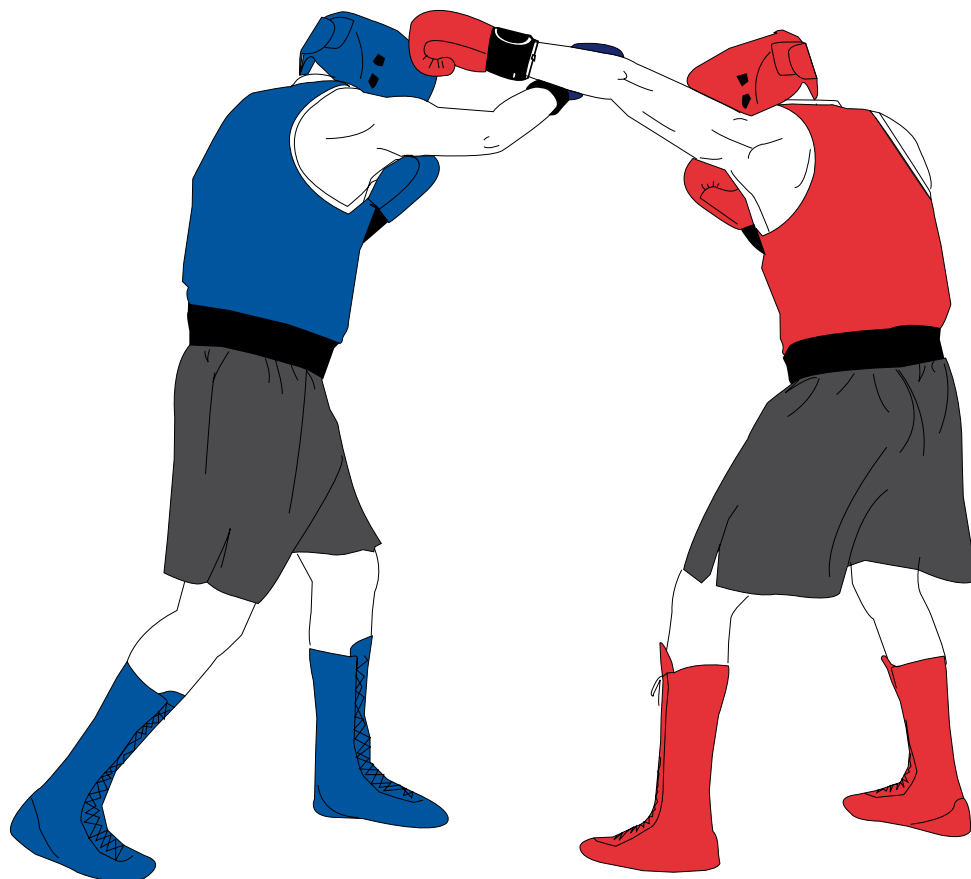


1. From the boxing stance
2. Rotate the body to the rear side
3. Shift body weight to the rear leg
4. Keep the eyes on the opponent
5. Keep the chin down to hide behind the shoulder
6. Keep the lead elbow rigid near the rib area and the rear arm high around the chin area
7. Block the opponent's punch with the lead shoulder
 - a. Boxer should not lean forward
8. Return to the boxing stance

Defends against:

- Rear arm straight punch to the head

PARRY WITH REAR ARM

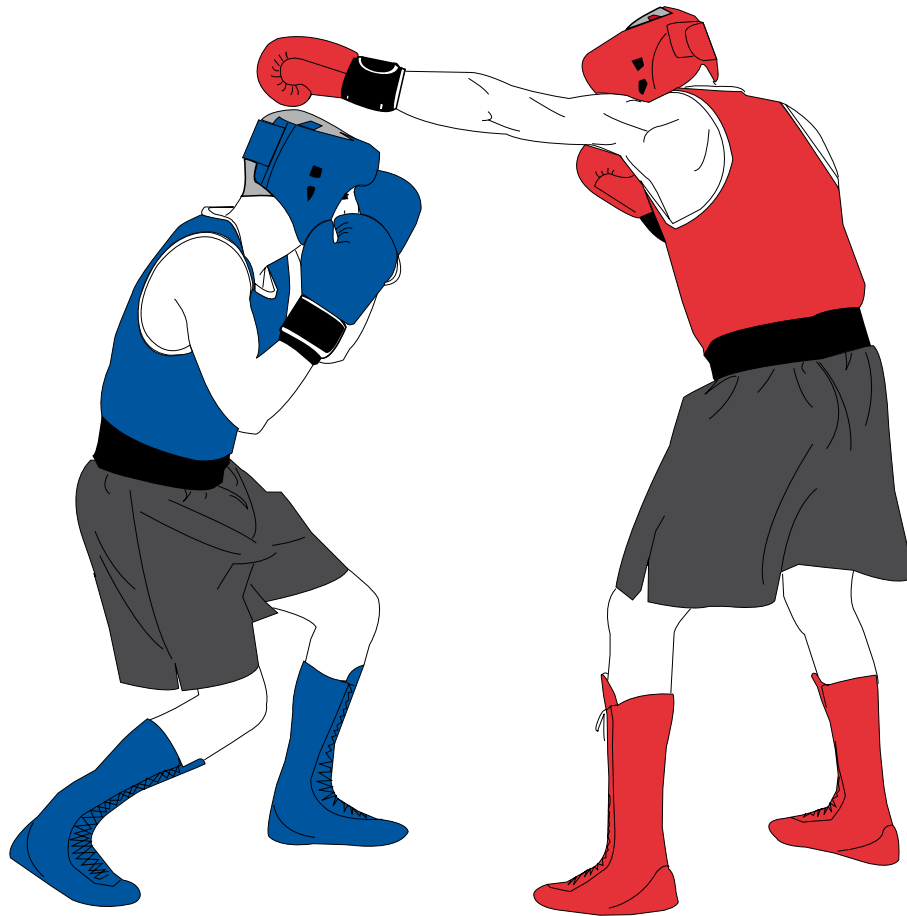


1. From the boxing stance
2. Rotate the body to the lead side slightly
3. Use the rear hand edge to parry the lead hand of the opponent
 - a. Do not extend the arm or move the body forward while parrying
 - b. After parrying the opponent's hand, the rear hand should not go across the face
4. Return to the boxing stance

Defends against:

- Lead arm straight punch to the head

DUCKING

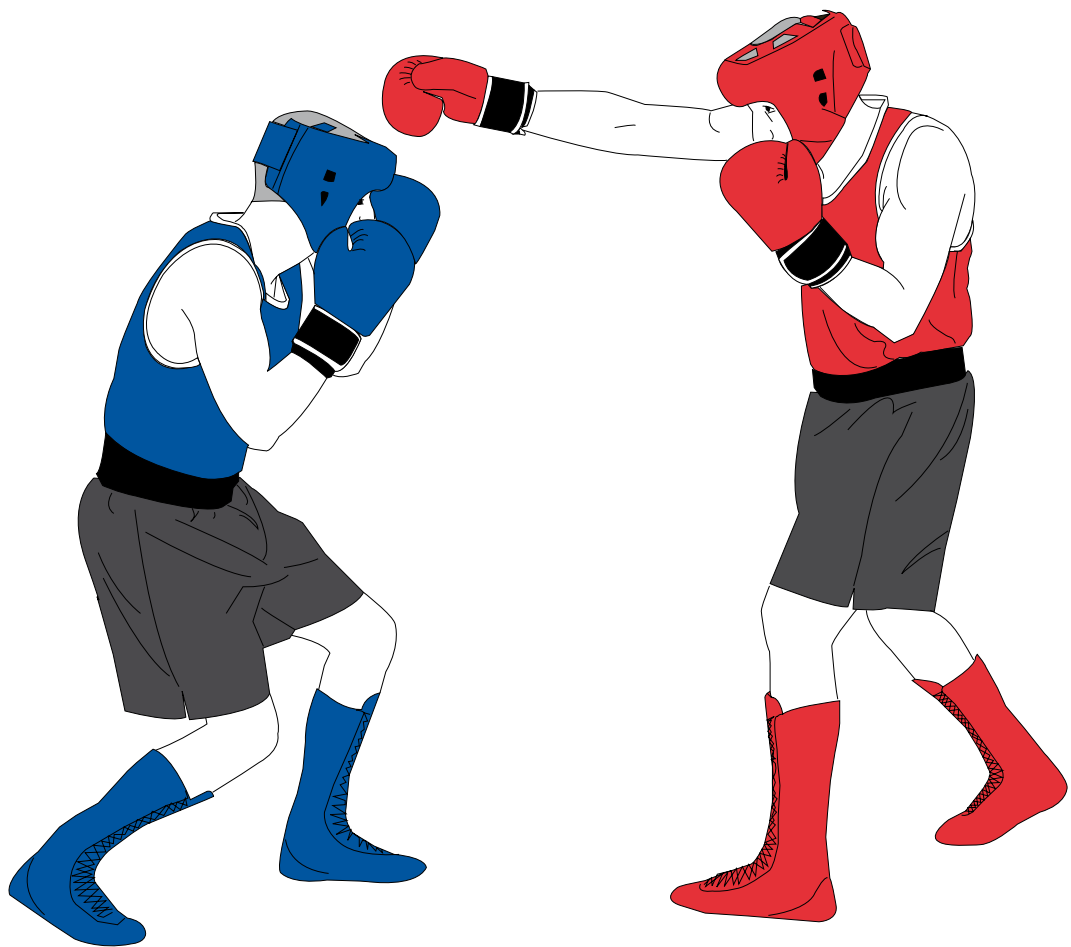


1. From the boxing stance
2. Bend the knees down and inward
3. Keep the eyes on the opponent
4. The forearm and elbows protect the body.
 - a. Make sure the head is not below the opponent's waistline.
5. Return to the boxing stance

Defends against:

- Lead arm straight punch to the head
- Rear arm straight punch to the head
- Lead/rear arm hook to the head

DUCKING TO THE LEAD SIDE

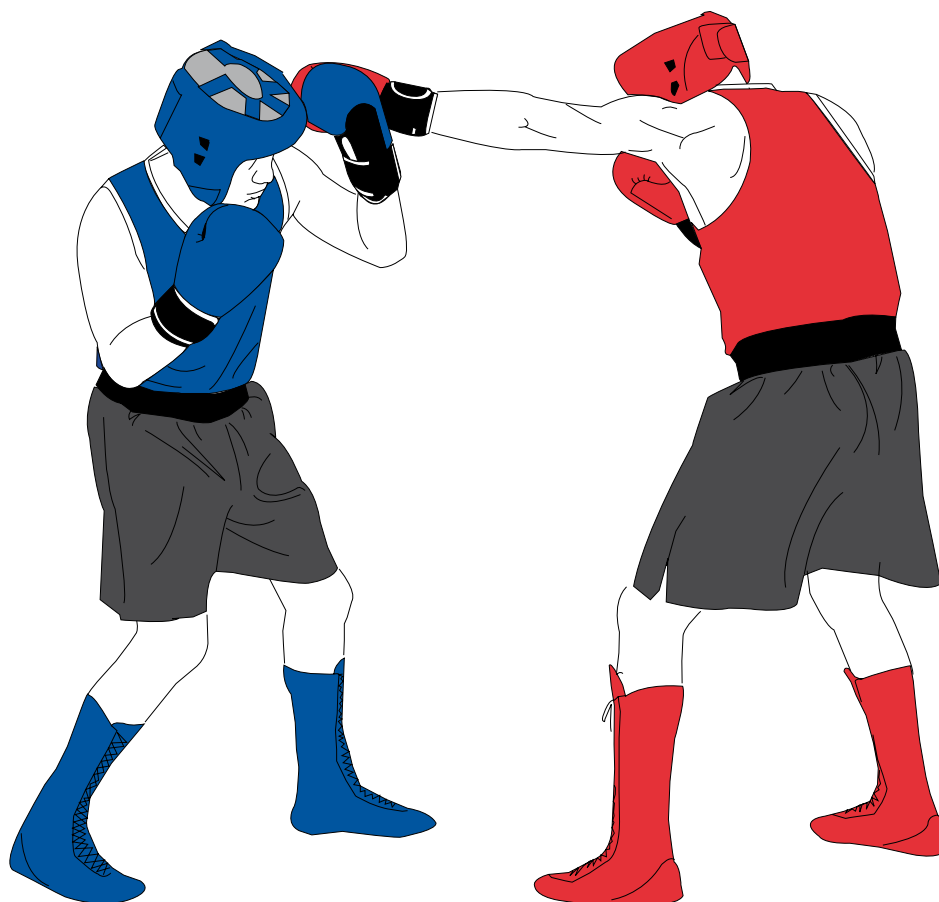


1. From the boxing stance
2. Bend both knees, the body and rear knee rotate to the lead side
3. Keep the eyes on the opponent
4. The forearm and elbows protect the head and body
5. Return to the boxing stance

Defends against:

- Rear arm straight punch to the head

DUCKING TO THE REAR SIDE

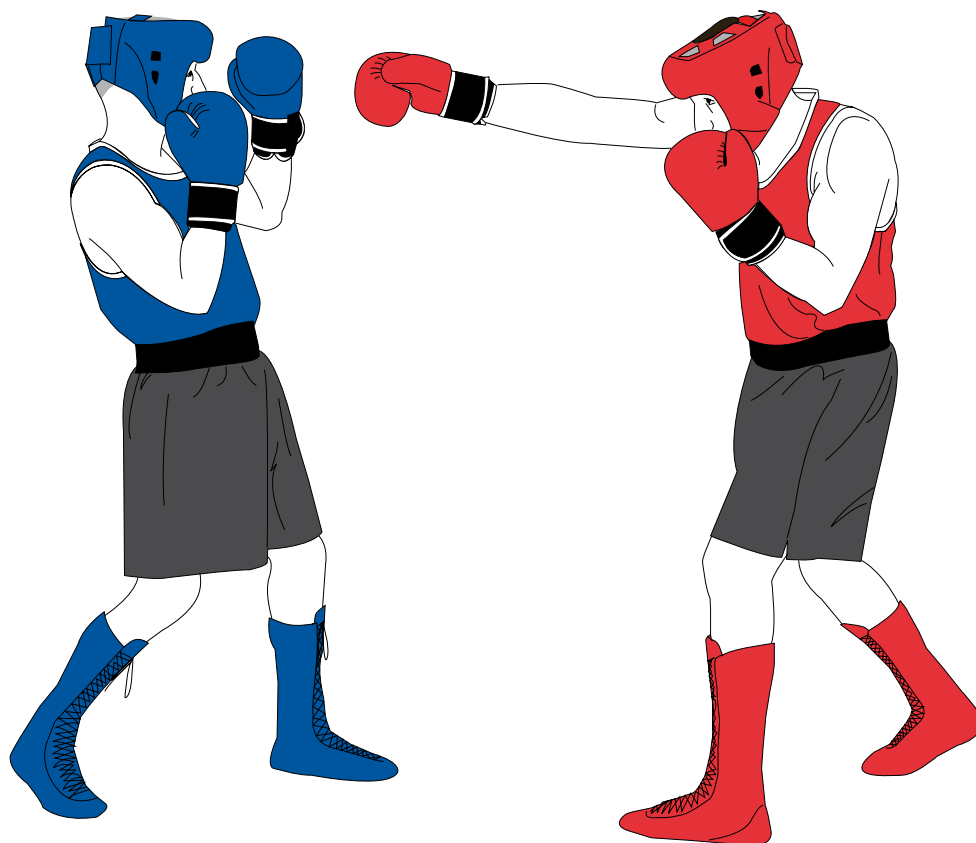


1. From the boxing stance
2. Bend both knees and rotate the body and lead knee to the rear side
3. Keep the eyes on the opponent
4. The forearm and elbows of the lead arm protect the head and body
5. Return to the boxing stance

Defends against:

- Lead arm straight punch to the head
- Rear arm straight punch to the head
- Lead arm hook to the head
- Rear arm hook to the head

SWAYING BACK

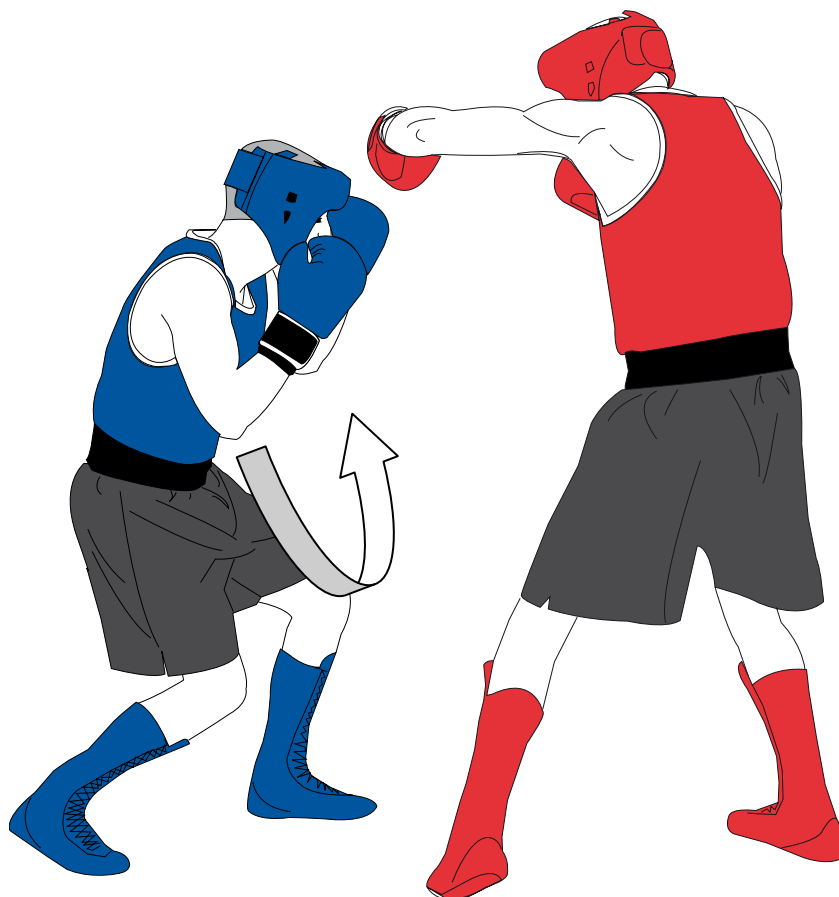


1. From the boxing stance,
2. Shift the body weight to the rear leg
3. Keep both arms up for the protection
4. Use only the upper body to lean backward
5. Return to boxing stance

Defends against:

- Lead arm straight punch to the head
- Rear arm straight punch to the head
- Lead arm hook to the head
- Rear arm hook to the head
- Lead arm uppercut to the head
- Rear arm uppercut to the head

ROTATION



1. From the boxing stance
2. Bend the knees down
3. Move the upper body to the direction of opponent's hook while bending knees down
4. Move the upper body to the opposite direction as opponent's punch moves above the head
5. Return to boxing stance by standing up

Defends against:

- Lead arm hook to the head
- Rear arm hook to the head

STEPPING BACK

1. From the boxing stance
2. Quickly step backward

Defends against:

- All basic punches

JUMPING BACK

1. From the boxing stance
2. Jump backward
 - a. Different than backward step, both feet should move together at the same time
3. Boxer should be in the boxing stance when landing

Defends against:

- All basic punches

2.5.5. COMBINATIONS OF PUNCHES

Two or three punch combinations can be performed with good coordination skills. Combinations of punches can be performed in standing position or movement with a step forward or step backward. When teaching or training combination of punches, first teach and train in the standing position then with movements without partners. Coach should focus on the pivoting of boxer's hips and shoulders between movements and on proper boxing position.

TWO PUNCH COMBINATION EXAMPLES

- Lead arm straight punch to the head – Rear arm straight punch to the head
- Lead arm straight punch to the body – Rear arm straight punch to the head
- Lead arm hook to the head – Rear arm straight punch to the head

THREE PUNCH COMBINATION EXAMPLES

- Lead arm straight punch to the head – Lead arm straight punch to the head – Rear arm straight punch to the head
- Lead arm straight punch to the head – Rear arm straight punch to the head – Lead arm straight punch to the head
- Lead arm straight punch to the head – Rear arm straight punch to the body – Lead arm straight punch to the head
- Lead arm straight punch to the head – Rear arm straight punch to the head – Lead arm hook to the head

2.5.6. FEINTS

Feints are fake movements using the hands, body, legs and head in order to trick an opponent. Feints can be a single movement using any body part or a combination of several body parts.

- Feint should be considered as a preparation of attack
- Feint should come before performing any punches
- Feint can be performed while moving forward, backward or sideways
- Feint must be a very quick movement and the following action also must be quick
- The boxer should practice feinting continually.
 - o Use a mirror to check the quickness and effectiveness

Example of Feints:

- Constantly extend slightly and retract lead arm to pretend performing lead arm straight punch to the head
- Flex the knee of the lead leg to pretend stepping forward

2.5.7. BOXING AT VARIOUS DISTANCES

Depends on the boxer's strengths and weaknesses or opponent's strengths and weaknesses, boxers can choose compete using different distances tactically. Distances can be determined in three; long distance, medium distance and short distance. In these different distances, different punches and movements are made to successfully land blows.

LONG DISTANCE

Long distance is the range that the distance from the opponent is far enough that the boxer cannot deliver the punches without stepping forward. Therefore, when the boxer wants to deliver punches in long distance, he/she has to step forward.

Mostly straight punches are used when boxing at long distance. Therefore, long range is preferred mainly by tall boxers with long arms. Long range boxing usually occurs at the center of the ring and boxing in long distances, movements are more visible to the judges

MEDIUM DISTANCE

Medium distance is the range that you can deliver the punches without moving forward. Therefore, when boxers fight at medium distance against each other, straight punches without full extension of arms or hooks are used.

This style requires boxers with more movement, because punches can be exchanged without the extra effort of moving forward. Therefore, this style is recommended for boxers who are physically well prepared and have good fitness levels.

SHORT DISTANCE

Short distance is the range that boxers' gloves almost touch each other's. In short distance boxing, boxers can only exchange short range punches such as short hooks or uppercuts.

This style is mainly preferred by boxers who have short heights and are physically strong. Also, similar to the medium distance boxing, boxing at short distance also requires good physical preparation and fitness level.

2.6. PHYSICAL TRAINING

Physical training develops the motor abilities, such as endurance, strength, speed, and coordination that are crucial for boxers. Physical training must be conducted adjacent to technique training. Physical training is very important training for athletes.

2.6.1. ENDURANCE TRAINING

General Endurance Training Exercises - examples

- Long distance running with low and medium speed
- Long distance swimming
- Skipping (Jump roping)
- Any exercises with various training methods – interval etc
- Team games

Boxing Specific Endurance Training Exercises - examples

- All bags punching, punching to the other boxing equipment
- Sparring
- Shadow Boxing
- Pad work with coach

2.6.2. STRENGTH TRAINING

Strength is the ability to apply forces to physical objects using the muscles. Physical strength is also referred as muscular strength. It is easy to connect strength training with weight training. However, in the early stages of training, weight training with heavy weights is not recommended.

General Strength Training Exercises - examples

- Various forms of Push-ups
 - General Push-Up
 - Clap Push-Up***
- Chin-up***
- Vertical extensions***
- Dumbbell Swings***
- Parallel Bars Dip***
- Throwing the Ball***
- Throwing the stones
- Exercise using Dumbbells
- Exercises using own bodyweight or partner's
- Various forms of jumps, multi-jumps

Boxing Specific Strength Training Exercises - examples

- Shadow boxing with very light weights
- Shadow boxing on soft surfaces (legs strength)
- Shadow boxing and other exercises in water with light weights
- Punch exercise with heavier gloves
- Exercises with rubber resistance.

*** Please refer to Appendix B: Physical Training Exercises Examples

2.6.3. SPEED TRAINING

Speed is the ability to perform movements in the fastest way in the shortest time. Speed training can be done to develop reaction time, quick movements and frequency of movements.

General Speed Training Exercises - examples

- Short distance (20 - 60 meters) running
- Running and physical exercises with repetition training method – sprints
- Downhill running – easier conditions
- Skipping (Jump Rope) with acceleration
- Team games and plays

Boxing Specific Speed Training Exercises - examples

- Pad work with the coach
- Shadow boxing with different pace on the coach's signal.
- All bags punching with different pace, based on the coach's signal
- Boxing technique exercises with partner from lower weight category
- Shadow boxing in limited movements space

2.6.4. COORDINATION

Coordination is the ability to control movement of own body in space and time and it includes balance, spatial orientation and rhythm. During the coordination training, the coach must consider that some people are less coordinated and show slower progress than people who are naturally coordinated. Coordination skills can be improved. Therefore, try to encourage athletes who make slower progress in coordination development.

General Coordination Training Exercises

- Walking with arm swings***
- Walking and performing straight punches***
- Weave In – Weave Out***
- Tennis ball exercises (with or without partner) – Throw and Catch
- One leg balance exercises***
- Games (Soccer, mini-hockey, Basketball or volleyball)
- Roll forward, backward and to both sides
- Summersault, jumps etc.
- Skipping (Jump Roping) in various ways – skipping backward, on the one leg etc.

Boxing Specific Coordination Training Exercises - examples

- Shadow boxing in different boxing stance
- Sparring against boxers with different boxing stances (orthodox boxer – southpaw boxer and vice versa)
- Boxing steps with punches (same arm and leg, different arm and leg)
- Various technical combinations

*** Please refer to Appendix B: Physical Training Exercises Examples

2.7. TACTICAL TRAINING

Tactics are the strategies used in competitions. Coaches can build and plan tactics based on the boxer's style of boxing, strengths and weaknesses; the opponent's boxing styles and his/her strengths and weaknesses.

Boxers can benefit from tactics, because good tactics will allow boxers to use less physical effort and techniques in bouts. This will allow boxers to stay in good condition physically and psychologically. However, tactics are not the sole responsibility of coaches. Coaches and boxers can discuss and share experience and knowledge to build strengths and tactics that fit the boxers. These tactics must be trained during training sessions for the boxers to remember and carry out during the competitions.

In competition, coaches and boxers must remember that they must use different tactics accordingly. In order to make adjustment to tactics in the ring:

- Be relaxed, don't be too tense
- Never underestimate or over-impressed by an opponent
- Act confident in the ring; avoid any display of discomfort or tiredness
- Carry the hands high at all times, appropriately to the situation in the ring
- Keep your chin down by watching your opponent through eye brows
- Spot an opponent's mistakes or weaknesses as soon as possible
- Don't apply unnecessary movement to waste the energy
- Keep on balance at all times, punch only when opponent is within your range and when you see an opening
- Start and finish a combination with the lead hand
- Deliver dynamic punches with different movements
- All punches can be performed as a counter punch while in defense
- Move around at all times, especially when the opponent sets for a punch
- Your opponent is also getting tired
- Don't give up – it only takes one punch to turn the contest around

2.7.1. BOXING AGAINST DIFFERENT BOXING TYPES

Coaches and boxers should be aware that every boxer has different characteristics and the application of the correct tactics against these opponents can increase the chance of winning the bout

AGAINST THE TALL OPPONENT

- Keep moving to both sides
- Draw the lead and move in to shorter distance
- After moving in to shorter distance, use different punches to the head such as hooks and uppercuts

AGAINST THE SHORT OPPONENT

- Do not step backward in a straight line, use sidesteps and work to the sides
- Use straight punches and uppercuts
- Footwork must be executed quickly
- Step back when opponent tries to land a punch, then deliver a counter punch
- Constantly move backward to box at long distance
- Constantly deliver punches
 - If the punch lands on opponent, follow up with another one
 - If the punch misses, clinch

AGAINST THE OPPONENT CONTINUOUSLY USING LEAD ARM STRAIGHT PUNCH

- Keep the body low
- Move under the opponent's straight punches
- Weave to either side
- Use different punches to the body

AGAINST THE HEAVY PUNCHER

- Keep moving
- Make it difficult for the opponent to get set to deliver punches
- Launch a surprise attack
- Do not exchange punches, move away immediately
- Move around the ring in all directions

AGAINST THE COUNTER PUNCHER

- Force him/her to lead (punch) by feinting, then use counter attack
- When opponent uses counter punch, try to re-counter
- Try to impose an offensive style and constantly attack to disallow opponent to counter punch

AGAINST THE OPPONENT WITH OPPOSITE STANCE

- Force him/her to lead
- Circle to the opponent's blind side, to stay away from dominant hands
- Always set lead foot outside of opponent's lead foot, it will make easier to avoid opponent's attack
- Use your rear arm to protect your head and trunk
- Strike by lead arm very often
- Use double punches, striking by rear arm, when You attack

2.7.2. TACTIC ON THE ROPES AND THE CORNER

When trapped on the ropes or in the corner, the boxer must learn to escape quickly.

- Use the space inside the boxing ring in order not to get trapped on the ropes or corner
- Apply dynamic attack and try change the position with your opponent
- Counterpunch with combinations with sidesteps to either side
- Draw the opponent to you and use the feints to mislead him/her then quickly get out of the corner

2.8. TRAINING WITHOUT EQUIPMENT

Many training sessions can be done without having gym equipment or training equipment.

ENDURANCE TRAINING

- Long distance running on any surface
- Swimming
- Games and plays

STRENGTH TRAINING

- Lifting and carrying wood, stones or a partner
- Pull-ups on tree branches or any bars
- Climbing Trees
- Obstacles jumps

SPEED TRAINING

- Short distance (20 – 60 meters) running on any surface - sprints
- Running in easy conditions for example – downhill running
- Running with various, different training methods
- Exercises with using little things – stones, cones etc.
- Sprints with obstacles, for example sprints among the trees.

COORDINATION TRAINING

- Balance exercises for example one leg balancing
- Mirror Games (athletes mirroring each other's movement)
- Exercises – for example opposite arm circles (Right arm swings backward while left arm swing forward and vice versa)
- Balance exercise on rocks and other obstacles

Same as training in the gym, boxers should be where the coach can see and observe everyone's movement and in close proximity to where the boxers can hear the demonstration and explanation of the exercises.

2.9. ATHLETE MOTIVATION

- Help develop self-esteem
- Help develop self-confidence through small successes
- Help develop courage
- Point out his/her strengths
- Use the positive opinions of his/her peers and environment about him/her
- Use awards and negative evaluation appropriately with 50:50 ratios
- Establish objectives which are obtainable
- Adjust workload to individual's capabilities
- Gradually increase the difficulties of training exercises
- Support the athletes more when they are not successful
- Teach to use defeats as motivation to increase efforts
- Teach him/her how to take defeat with dignity
- Do not give up on a boxer who loses the bout. The boxer can learn from defeats and gain experiences through defeat
- Get the family and his friends etc involved in the training process and have a parent to help you in motivating the athletes

2.10. RECOVERY

Recovery is a very important part of the training even at the beginner stage. In the early stages of the training, it is important for athletes to recover from sleep, relaxation and active rest rather than using special tools or methods.

When athletes can maximize their recovery effort, it helps athletes to have adequate preparation to perform future tasks and achieve success.

Following are good recovery tools for boxers:

SLEEP

Sleep is the best recovery tool for any athlete and it expedites the recovery process better than any other recovery tools. 8 - 10 hours of sleep is adequate for boxers.

ACTIVE REST

Active rest such as swimming, walking, table tennis, bicycle ride performed in very low intensity etc. could help athletes to recover physically and psychologically

RELAXATION

Music, television and using any media sources while physically resting can help relaxation, lower psychological tension and create a positive attitude

MASSAGE

Massage manipulates the body with pressure to relax muscles in the body. It can be applied to whole body or sore areas. Massage can be applied by others or oneself. There is limitation to the muscle groups that can be massaged, if the athlete massages himself or herself.

Massage can be applied before a bout as a part of warm-up and after a bout to accelerate the recovery process. Massage can be applied in the same way before and after warm-up. Properly performed massage can speed up the recovery process by approximately 30%.

SAUNA

Sauna is a small room or place with temperature at 60°C to 100°C. Sitting in a sauna can induce relaxation of muscles, increase blood flows and release of the waste toxic through the skin with sweat.

Even though a sauna is a good tool for relaxation, it can be a harmful. Extended stays in a sauna can cause dehydration and heat stroke. The best way to use sauna is not to stay in for a long-period of time, 15-20 minutes at a time is ideal and to regularly sip water or sports drinks while staying in the sauna

ICE PACKS

Application of ice packs will keep boxers alert and fresh and help recover from any sore muscles. Advantage of ice pack is that it can be used during the competition bouts and sparring. Applying to the back of the neck between rounds would benefit the boxer in recovery

2.11. EVALUATION

2.11.1. TRAINING SESSIONS

As part of training preparation all coaches must plan his/her work. After completion of the work, he/she should analyze and evaluate, if the objective was achieved or not, to find the reason for the achievement or failure. Evaluation is a wonderful instrument for the development of quality of the training and coaching ability. Evaluation does not complete the training session, evaluation should be utilized and referred to the next training sessions and so on, to improve and prepare better training sessions for the boxers and coach him/herself. Therefore, the coach should find an answer for the following questions:

- Was the objective of the training session achieved?
- Was the appropriate workload selected?
- Was the exercise too difficult or too easy?
- Was the training session organized properly (Equipment, group, and etc.)?
- Were there any Injuries during the training?
- Boxer's Feedback positive or negative?
- Communicate with the boxers accordingly?
- Training session conducted according to the plan?
- Training session interesting?
- Did you use proper training methods to develop motor activity?
- Correct training method used for techniques taught?

2.11.2. TECHNICAL DEVELOPMENT

Proper execution of techniques is important in boxing. In order for coaches to conduct accurate evaluation of a boxer's techniques, he/she may use a video camera to record the assessment session.

Evaluation of techniques in the early stages of training is very important, because boxers may acquire and build wrong habits or movement, and if the coach overlooks these wrong movements in early stages, it will be difficult to correct them in the later stages. Therefore, the coach must pay particular attention to every movement and evaluate carefully and conscientiously.

After evaluation, the coach should discuss the boxer's problems in the execution of techniques, teach them the correct ways, and encourage them to become better.

When evaluating the boxer's techniques, the coach should pay particular attention to the following:

- Boxing stance
- Position of feet
- In boxing stance
- Boxing steps
- Position of arms
- Accurate execution of arm movement in punches
- Proper guarding with arms
- Does arm retract along the same paths after punches
- Rotation of the body
- Use of proper defense against different punches
- Accurate execution of movement in defense

2.11.3. PHYSICAL DEVELOPMENT

In order to evaluate physical development of athletes, the coach should implement assessment tools. The coach can conduct simple physical tests. This physical test should be conducted in the very beginning stages of athlete's training, possibly the first week of training. Assessment of physical condition of the athlete in the beginning part of the training will allow coaches to design training programs effectively. Evaluation of physical development can be assessed three (3) to four (4) times a year.

Evaluation of physical development will monitor endurance, strength, speed and coordination of the athletes. In order to acquire accurate results, the assessment method must be the same as previous assessments. For example, if coach used 100m sprint running as an evaluation method for speed in a previous assessment, 100m sprint running should be the method for evaluating speed in future assessments.

The test result must be recorded and kept for a long period of time, preferably until the athlete retires. Recorded test results can be compared not only with the athlete's old record, but also it can be compared with different athletes' test results. The coach can analyze the test result to find the strengths and weaknesses of the athlete, adjust the training program and share with athletes to motivate the athletes and keep up their interest.

Physical Development Evaluation Methods Examples:

Endurance

- Long distance (1 km) running

Strength

- Push-ups in 1 minute
- Chin-ups
- Sit-ups in 1 minute

Speed

- Short distance (50 meters) sprint running

Coordination

- Obstacle Running – for example envelope running

2.11.4. TACTICAL DEVELOPMENT

Due to the nature of boxing, where boxers are lone fighters against his/her opponent in the ring, it is important for boxers to learn tactical aspects in boxing. Evaluation of tactical development can be evaluated by using different methods.

One of the assessment methods can be utilization of visual methods, such as films and video tapes. While watching these visual tools, coach can ask questions to boxer about his/her thoughts about tactical approaches that were made and that can be used.

Other than using visual method, coach can assess boxer's tactical development by placing him/her in sparring against partners who use different styles of boxing. Conduct sparring without any tactical instruction and have boxer make his/her own tactics during the sparring session, coach can evaluate tactics used by boxer in sparring session to evaluate use of different tactics and execution.

Prior to conducting an assessment, the coach must plan and prepare the evaluation criteria such as:

- Does a boxer fully understand the tactics taught?
- Does a boxer quickly and correctly identify opponent's boxing style?
- Does a boxer manage to make an adjustment to the tactics?
- Does a boxer know which tactics can be used against his/her opponent?
- Does a boxer properly execute the tactics?

CHAPTER III

COMPETITION

3.1. PRIOR TO THE COMPETITION

When the boxer is ready to enter a competition:

- Register the boxer with the competition organizing committee
- The boxer's training program should be adjusted to the competition schedule
- The coach must check the body weight of boxer
- The coach must check the Competition Program and become familiar with it

Also, the coach should make sure that the boxer has all the necessary competition equipment and it may include:

- Registration and Documents
- Uniform (Blue and Red Vests and Trunks)
- Boxing Boots and Socks
- Cup protector (Men) and Breast protector (Women)
- Gumshield
- Clean Towels, Personal Water Bottle
- Tracksuit and Equipment Bag
- Bandages
- Headguard and Boxing Gloves (Unless provided by Organizing Committee)

REGISTRATION AND DOCUMENTS

According to the AIBA Technical and Competition Rules, the boxer must possess the following three documents, in order to participate in any of AIBA Approved Events:

- Passport
- Boxer's Record Book issued by National Federation
- Accreditation Card of the Competition

UNIFORM

Boxers are required to wear red or blue vest and trunks, matching their corner, during the competition.

Where the vest and trunks are the same color, the belt line must be clearly indicated and trunks must not exceed knee length

BOXING BOOTS AND SOCKS

Light boots or shoes without spikes or heels, socks. A soft knee brace is acceptable; no metal or hard plastic

PROTECTOR

For Men Competition, a cup protector shall be worn by men Boxers during all bouts and a jock strap may be worn additionally.

For Women Competition, a breast protector and Pubic protector may be worn by women Boxers.

GUMSHIELD

A gumshield must be worn in any competition. It should be form-fitted and no red or partially red colored gum shields are allowed.

Please refer to Appendix F: AIBA Technical and Competition Rules for more detail

THE OFFICIAL MEDICAL EXAMINATION

All boxers who participates in AIBA Approved Events, must be considered as fit to compete and will be examined by an appointed official physician prior to the competition.

Coach must be aware of the medical examination time and location set by organizing committee of the competition. On the day of the medical examination, men and boy boxers must shave their facial hair before the medical examination.

THE GENERAL WEIGH-IN

Check the boxer's weight before he/she enters the General Weigh-In session. Trial scale may be available at the General Weigh-In venue before entry to the General Weigh-In room.

All boxers who compete for the AIBA Approved Events must attend the General Weigh-In on the morning of the first competition day.

On the General Weigh-In, the registered Boxer's weight should not exceed the maximum of the Boxer's weight class nor be below the minimum of the Boxer's weight class.

Boxers are also required to attend the Daily Weigh-In each day on which the boxer is due to box to ensure that the actual weight of boxer does not exceed or fall below the boxer's weight class.

In many events, General Weigh-In occurs immediately after the Medical Examination. However, the Daily Weigh-In can be held at different locations. The coach must be aware of the exact time and location of the General Weigh-In and the Daily Weigh-In.

THE OFFICIAL DRAW

The official draw for the AIBA Approved Events will be held soon as after the official medical examination and general weigh-in is completed. It will be completed no less than three (3) hours before the first bout on the first day of the competition

The computer draw system is used in all AIBA approved events, and the bout schedule will be arranged based on the official draw result.

The coach should attend the official draw to confirm if the boxer is placed in the correct weight categories and ensure that he/she has the result of the draw and the bout schedule. The Draw result should be recorded on personal note and informed to the boxers.

SEEDING PROCEDURE OF THE OFFICIAL DRAW

To ensure even strength throughout the draw and to avoid the best World Ranked Boxers meeting in the early rounds, the draw may be seeded or arranged subject to the restrictions for each different AIBA Approved Events as follow:

- World Championships
 - Eight seeds per weight category for Elite Men World Championships
- Olympic Games
 - A maximum of two seeds if there are less than 16 entries in the weight category
 - A maximum of four seeds if there are 16 to 31 entries in the weight category
 - A maximum of eight seeds if there are 32 to 63 entries in the weight category
- Confederation Championships
 - A maximum of two seeds if there are less than 16 entries in the weight category
 - A maximum of four seeds if there are 16 to 31 entries in the weight category
 - A maximum of eight seeds if there are 31 to 63 entries in the weight category

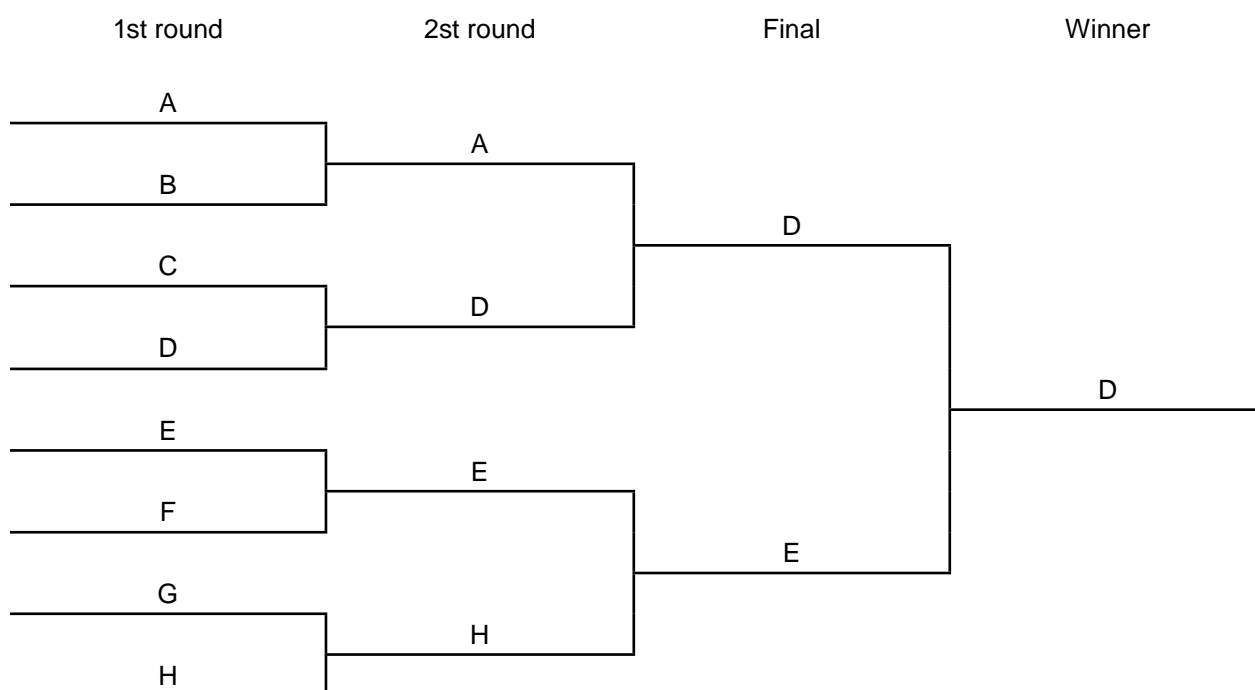
For the AIBA Approved Events, the seeding of the draw shall be controlled by AIBA.

DRAW PROCEDURES

When the number of Boxers is 4, 8, 16, 32, 64, 128, or any higher power of 2, they shall meet in pairs in the order drawn, as in *Diagram 1*, for eight boxers.

The seeded entries shall be selected as the best AIBA World Ranked Boxers in the event.

DIAGRAM 1

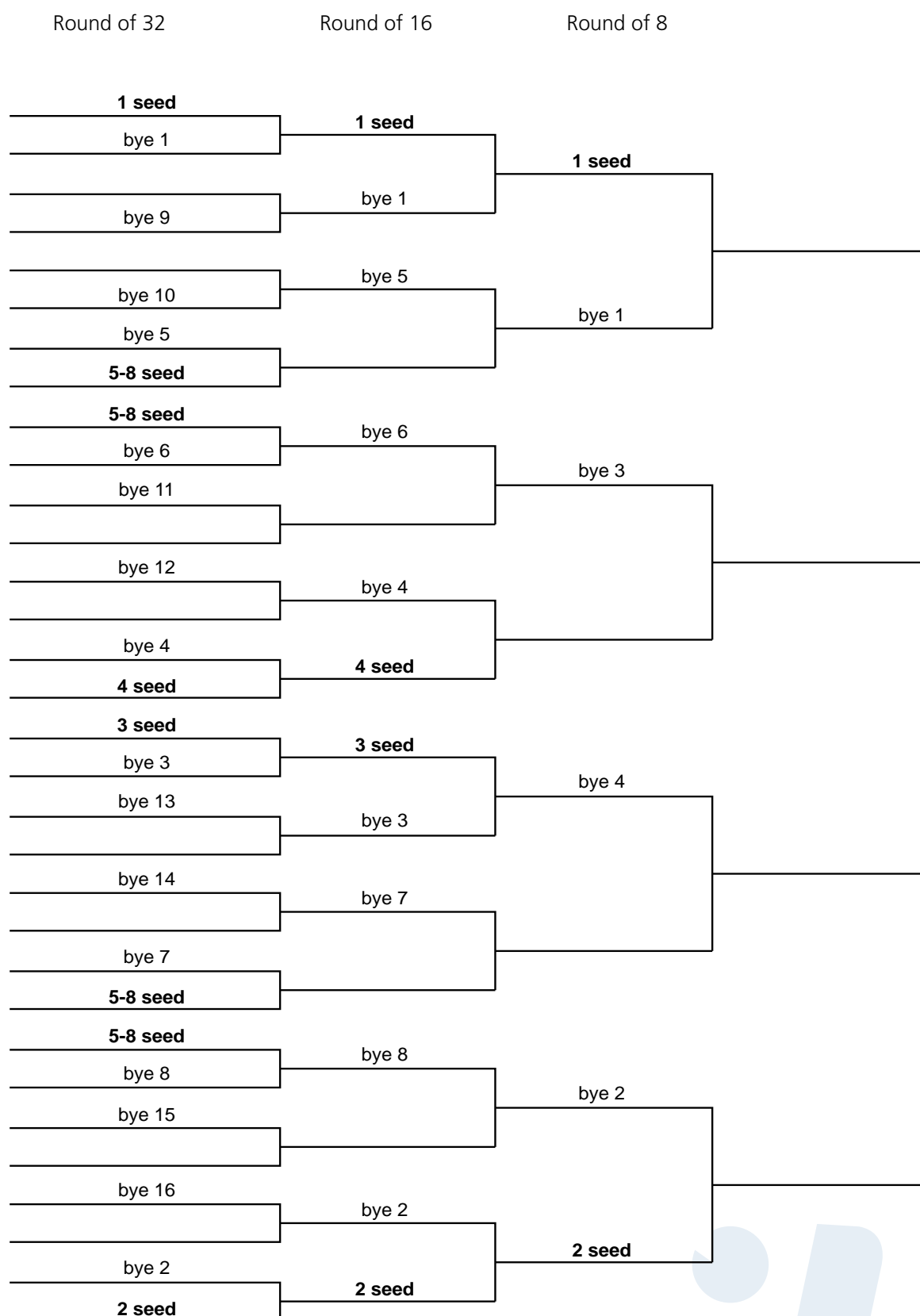


When the number of Boxers is not a power of 2, there shall be byes in the first round of bouts. The number of byes shall be equal to the difference between the next higher power of 2 and the number Boxers (ex. with 17 Boxers, there $32 - 17 = 15$ byes).

Depending on the number of seeds as listed above in "Seeding Procedure in Official Draw" section, the top 2 and 4 seeded entries shall be dealt with as follows and shown in *Diagram 2* and *Diagram 3* (ex. 1 seed, 2 seed, 3 seed, 4 seed).

- Number 1 placed at the top of the draw
- Number 2 placed at the bottom of the draw
- Number 3 placed at the top half of the bottom of the draw
- Number 4 placed at the bottom half of the top of the draw
- Numbers 5 to 8 drawn by an independent panel of observers to the remaining eight of the draw as shown in Diagram 2 and Diagram 3 (ex. 5-8 seed)
- The remaining spots shall be filled with non-seeded Boxers randomly by the computerized draw system

DIAGRAM 2



Round of 64 Round of 32 Round of 16 Round of 8

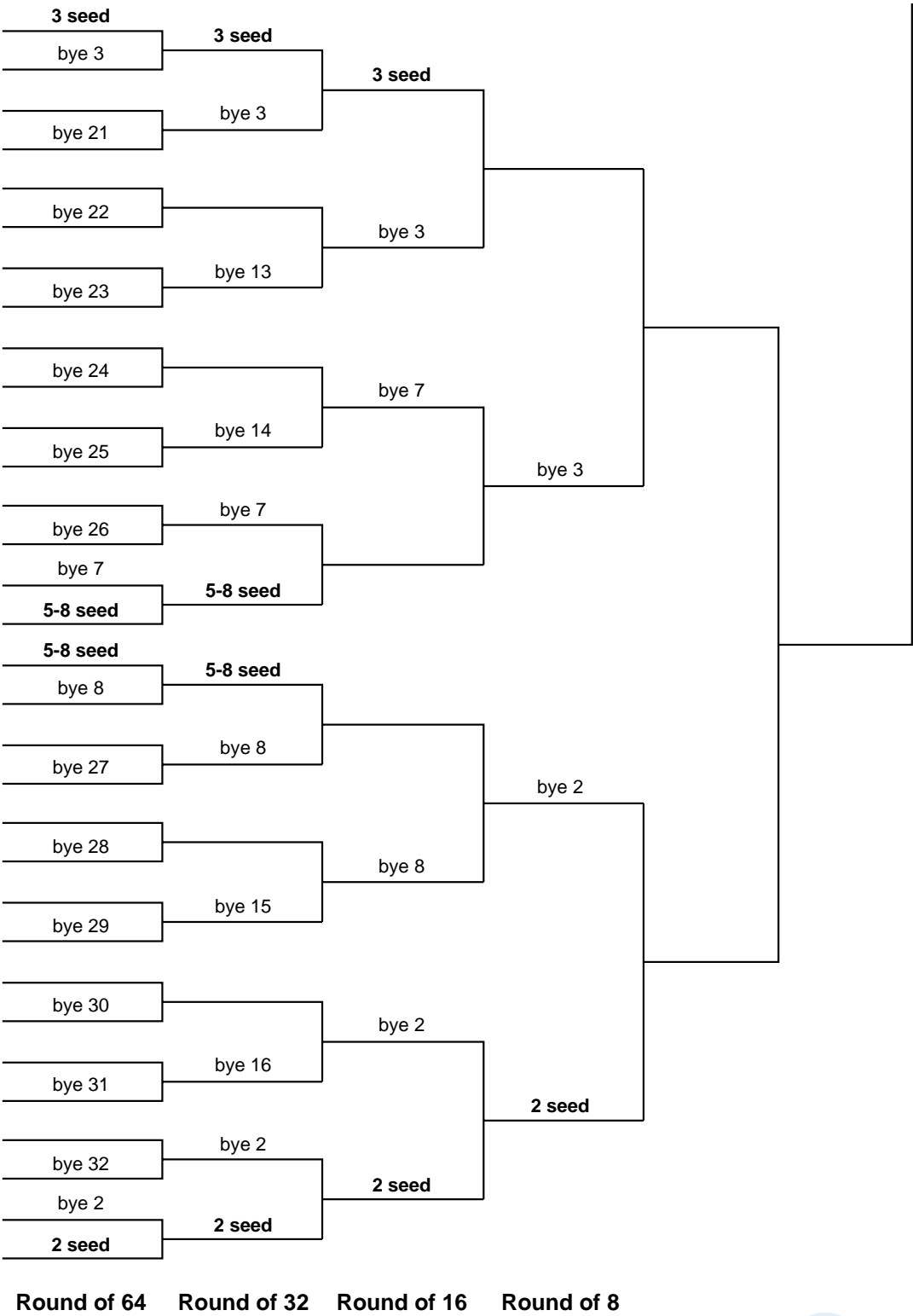


DIAGRAM 3 (zoom B)

DIAGRAM 3 (zoom A)



DIAGRAM 3 (zoom B)



3.2. DURING THE COMPETITION

3.2.1. BEFORE THE BOUT

On the day of the bout, the coach must ensure that boxers attend the Medical Examination and Daily Weigh-In. The coach should also make sure that boxer has all the personal equipments, including both red and blue vest and trunks, in case of changes of corners prior to the bout.

It is beneficial for the boxer to arrive at the competition venue at least an hour before he/she is due to box. Upon the arrival at the competition venue, the coach must ensure the day's competition schedule is the same as his/her bout schedule. In some cases, the order of the competition can be changed without notice.

After confirming the day's competition schedule, the coach shall pick up the headguard, boxing gloves, and bandages from the equipment check table, if it is available by organizing committee. Equipment pick up should be done at least 20-30 minutes prior to the bout.

HEADGUARD

At all AIBA Approved Events, boxers must wear a headguard. The headguard should be of the same color as their corner. At all AIBA Approved Events, the Organizing Committee will provide the headguard.

BOXING GLOVES

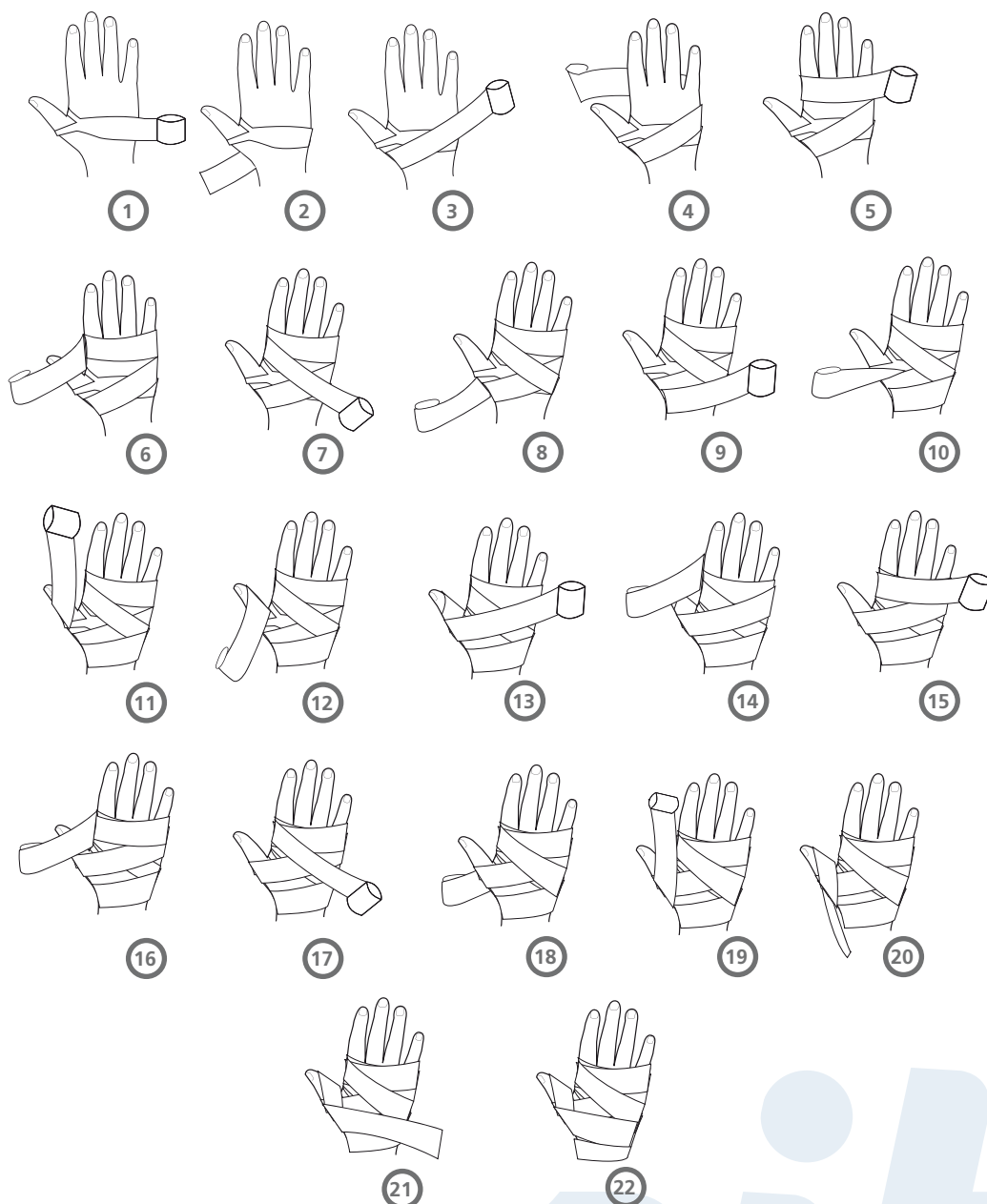
At all boxing events, boxers must wear boxing gloves that are manufactured by AIBA approved licensees. Boxing gloves should be of the same color as their corner. When the organizing committee provides the boxing gloves, boxers are not allowed to wear his/her own gloves.

BANDAGES

At all 3 Star Events, the organizing committee will provide bandages for each bout. Bandages can be picked up at the equipment check table. Bandages can be applied in the dressing room in the presence of a Host Federation Official and must be checked and marked by an Official Equipment Manager at the equipment check table before the bout.

If bandages are not provided by the organizing committee, the boxer shall use his/her own bandages.

A bandage must no longer than 4.5m. (14.76 feet), and no shorter than 2.5m (8.2 feet). The bandage should be 5.7cm (2 ¼ inches) wide. It should be made of a stretched material and have an AIBA approved closing system.



PROHIBITED OBJECTS

Any objects other than the uniform, headguard, boxing gloves, boots and bandages are not allowed during the bout. Prohibited objects also include any body piercing and body accessories, and cannot be worn during the bout.

WARM UP

Until the boxer reaches the elite level, the coach should stay with the boxer and help the boxer to get warmed up properly, prior to the bout. The coach must ensure the on-going progress of the competition, and conduct warm-up activities accordingly. Some of the warm-up activities before the bout include:

- Stretching
- Gymnastic Exercises
- Shadow Boxing
- Trainer Pads

3.2.2. DURING THE BOUT

As mentioned in Chapter 1, when the coach enters into the Field of Play (FOP) with the boxer, he/she will be referred as the Second. As the Second, he/she should sit by the assigned corner of the ring, monitor the boxer's performance, and assist the boxer between the rounds.

The Second should monitor progress of the bout. Seconds are allowed to possess the towel and if he/she believes that the boxer is unfit to box, unable to continue, or getting punished by the opponent boxer, he/she shall retire the boxer by throwing a towel into the ring. However, the Second shall not retire the boxer while the referee is conducting a count.

When the bell rings that indicates the end of the round, the Second is allowed to come up to the platform and one of the two Seconds can enter the ring to assist the boxer. Assisting the boxer between the rounds may include:

- Have the boxer to sit or stand in the corner to take deep breaths
- Check the boxer's condition and ensure he/she is fit to box in the next round
- Advise with tactics in short, clear, and understandable manner
- Provide encouragement
- Provide a good recovery, such as supply water, place ice pack on the back of the neck and generate a breeze with the towel to lower the body temperature.

Before the start of the next round, the Seconds must step away and shall not remain on the platform. Also, before the round begins, everything (buckets, sponges, towels, and etc.) on the platform must be removed.

WALK-OVER

In any case of walk-over, a boxer has to be in the ring fully attired to boxing. Boxer must follow same procedure as opponents are in the ring.

3.2.3. AFTER THE BOUT

At the end of the final round, the coach shall take off the gloves, headguard, and gumshield of the boxer. Appreciate and recognize the boxer for his/her effort.

HAND SHAKE

After the bout's decision has been indicated by the referee, the boxers may walk to opponent's corner and the Second shall shake hands with the opponent boxers as a sign of sportsmanship and friendly rivalry in accordance with the Rules of boxing.

EXITING THE FOP

- Upon the exiting the ring, the Second and the boxer will be directed to the Mix Zone
- Before leaving the FOP, boxer who lost the bout shall pick up the record book
- After the leaving the FOP, the boxer will walk through the mix zone. The mix zone is the area dedicated to media
- As soon as the boxer passes through the mix zone, he/she must visit the medicamedical room before going back to the locker room. Even if there are no noticeable injuries.

Despite the result of the bout, the Coach should wait for several hours or until the next day to evaluate and discuss the performance with the boxer. The coach should focus more on the boxer's health and appearance at this point than the performance and the result.

3.3. AFTER THE COMPETITION

As a coach, he/she needs to create a positive atmosphere around the gym and in training sessions. Also, a coach needs to focus on boxer's emotions more than his/her own. If the boxer is disappointed with the competition result, stay with the boxer and make sure that the boxer is keeping his/her emotions controlled and does not harm or create a negative atmosphere around the gym and during the training sessions. Try to encourage the boxer and prepare for the evaluation of his/her competition performance.

Analysis of bouts should be done without considering the boxer's emotion, when the boxer's emotion is considered, the coach may not be able to point out certain things that boxer has done wrong. When analyzing the bouts with boxers, pay special attention to:

- What were the techniques and skills that were used the most?
- What were the tactics used and how did boxer implement them?
- What were the defensive skills used during opponent's attacks?
- What was the reason for the result of the bout?

3.4. RULES AND REGULATIONS

3.4.1. AGE CLASSIFICATION

- The age of a boxer is determined by his/her year of birth
- Age 15 to 16, boy and girl boxers are categorized as "Junior Boxers"
- Age 17 to 18, boy and girl boxers are categorized as "Youth Boxers"
- Age 19 to 34, men and women boxers are categorized as "Elite Boxers"

3.4.2. WEIGHT CATEGORIES

ELITE MEN AND YOUTH BOYS BOXERS

After the bout's decision has been indicated by the referee, the boxers may walk to opponent's corner and the Second shall shake hands with the opponent boxers as a sign of sportsmanship and friendly rivalry in accordance with the Rules of boxing.

Weight Categories	Minimum Weight (kg)	Maximum Weight (kg)
Light Fly	46	49
Fly	49	52
Bantam	52	56
Light	56	60
Light Welter	60	64
Welter	64	69
Middle	69	75
Light Heavy	75	81
Heavy	81	91
Super Heavy	91	

ELITE WOMEN AND YOUTH GIRLS BOXERS

Weight Categories	Minimum Weight (kg)	Maximum Weight (kg)
Light Fly	45	48
Fly	48	51
Bantam	51	54
Feather	54	57
Light	57	60
Light Welter	60	64
Welter	64	69
Middle	69	75
Light Heavy	75	81
Heavy	81	

JUNIOR BOYS AND JUNIOR GIRLS BOXERS

Weight Categories	Minimum Weight (kg)	Maximum Weight (kg)
Pin		46
Light Fly	46	48
Fly	48	50
Light Bantam	50	52
Bantam	52	54
Feather	54	57
Light	57	60
Light Welter	60	63
Welter	63	66
Light Middle	66	70
Middle	70	75
Light Heavy	75	80
Heavy	80	

3.4.3. ELIGIBILITY OF BOXERS

- Any boxer participating in AIBA Approved Events must be a national of the country of the AIBA National Federation participating in such competitions.
- If a boxer is a national of two or more countries at the same time, this boxer shall select only one National Federation to enter AIBA Approved Events.
- Once the boxer selects one National Federation, he/she shall not enter any AIBA Approved Events with changed National Federation team for three (3) years.

3.4.4. DURATION AND NUMBER OF ROUNDS

	ROUNDS	MINUTES	REST BETWEEN ROUNDS
MEN ELITE AND YOUTH BOYS	THREE (3)	THREE (3)	ONE (1)
WOMEN ELITE AND YOUTH GIRLS	FOUR (4)	TWO (2)	ONE (1)
JUNIOR BOYS AND GIRLS	THREE (3)	TWO (2)	ONE (1)

3.4.5. THE DECISION

- Win on Points
- Win by Retirement
- Win by Referee Stopping Contest (RSC)
- Win by Disqualification
- Win by Knock-Out
- Win by RSCH
- Win by Walk-Over
- No Contest

3.4.6. THE FOULS

- Hitting below the belt, holding, tripping, kicking, and butting with foot or knee
- Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent, pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes
- Hitting with open glove, the inside of the glove, wrist or side of the hand
- Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch
- Pivot blows
- Attacks whilst holding the ropes or making any unfair use of the ropes
- Lying on, wrestling and throwing in the clinch
- An attack on an opponent who is down or who is in the act of rising
- Holding, holding and hitting or pulling and hitting
- Holding, or locking of the opponent's arm or head, or pushing an arm underneath the arm of an opponent
- Ducking below the belt of the opponent in a manner dangerous to an opponent
- Completely passive defense by double cover and intentionally falling, running or turning the back to avoid a blow
- Useless, aggressive, or offensive utterances during a round
- Not stepping back when order to break or attempting to strike an opponent after the Referee has ordered break
- Assaulting or behaving in an aggressive manner toward a Referee at any time
- Spitting out the gumshield
- Keeping the advanced hand straight in order to obstruct the opponent's vision

3.4.7. SECONDS

- Each boxer is entitled to have up to two (2) seconds.
- The Seconds must be the coaches who are qualified in their National Federations and must respect and follow the AIBA Rules and Regulations.
- Only one (1) second can enter the ring during the rest period between rounds
- The second is not allowed to remain on the platform of the ring, when the round begins. He/She is also responsible for removing seats, towels, buckets, and etc. from the platform
- Any second who is encouraging or inciting spectators in any ways, will be removed from the Field of Play and will not be allowed to act as the second during that bout
- If the offense occurs a second time, the Second will be removed from competition
- Use of any communications devices in the Field of Play, such as but not limited to mobile phones, walkie-talkie, smart phones, headsets, shortwave radios, and etc is prohibited.

CHAPTER IV

ADDITIONAL ASPECTS

4.1. MEDICAL

4.1.1. INJURIES

Injuries can occur at anytime of the day, anywhere. It can happen during training, or at the competition. During the competition, ringside doctors and medical personnel will immediately take care of a boxer for any injuries, however, it is coach's responsibility to take care and protect the boxer from injuries but, also to provide a first-aid treatment, in case of any injuries occurring during training.

Types of injuries in Boxing:

- Nosebleed
- Fractured Nose
- Fractured Jaw
- Boxer's fracture
- Stave Bennett's fracture
- Intraorbital Injuries
- Periorbital Injuries
- Laceration
- Haematoma
- Facial Tenderness
- Cauliflower Ear
- Perforated Drum
- Concussion

4.1.2. INJURY PREVENTION

In order to prevent injuries, the first and foremost thing that a coach has to do is to provide a safe environment for training. The following criteria can also help boxers from getting injured during training or at the competition.

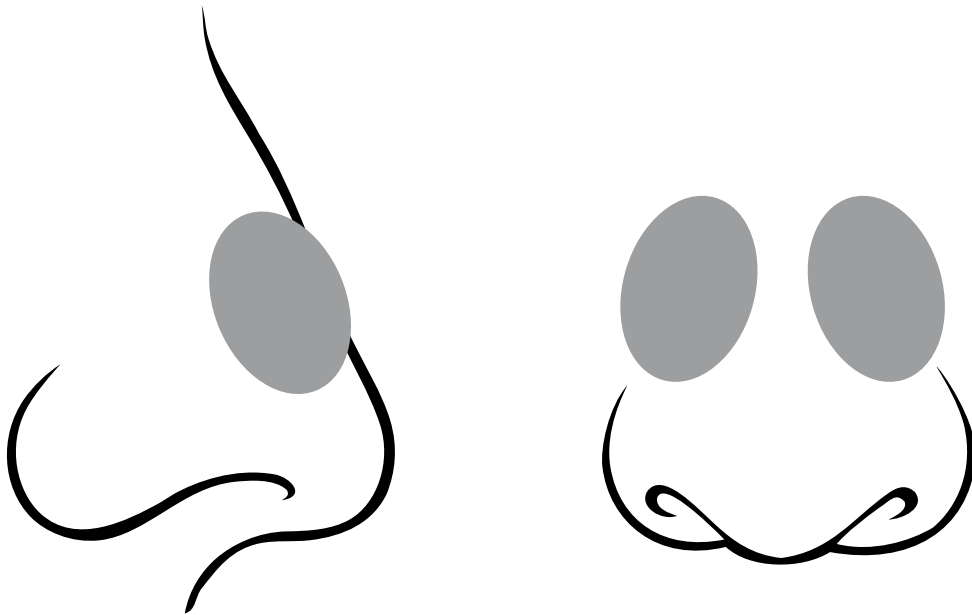
- Must follow safety guideline for using the facility and equipments
- If equipment is worn out or missing pieces, do not use it
- During the technical training with partner, the boxer must be fully attired with headguard, protectors, training shoes and etc.
- When sparring during the practice, the boxer should wear a headguard that covers most of the head and face and bigger boxing gloves (ex. 16oz gloves)
- During the sparring, the sparring partner has to be selected accordingly, based on the physical and level of skills of the boxer and based on the main objective of sparring.
- The boxer must have proper Warm-Up before the training and competition
- Provide the boxer with enough time for recovery before or after training and competitions
- Grease or Vaseline rubbed into the face before sparring to prevent injury

4.1.3. TREATMENT FOR MINOR INJURIES

In any cases, if the injuries are more severe than minor cuts or bruises, the Coach should call the emergency medical assistance before conducting any first treatment.

NOSE BLEED

- Sit up straight and tip your head slightly forward
 - Do not tilt your head back. This may cause blood to run down the back of your throat, and you may swallow it
- Breathe through the mouth
- Apply an ice pack to your nose, cheeks, and neck (The cold will stop bleeding and swelling)
- Use thumb and forefinger and firmly pinch the area shown in grey in picture below for 10 – 20 minutes



BRUISE

- Apply bag of ice or ice pack to the bruised area for approximately for 20 minutes to speed healing and reduce swelling. After a short break, this process can be repeated.
 - Do not apply ice directly to the skin. Wrap the ice pack in a washcloth or towel

CUT

- Be sure the wound is cleaned well with disinfectant swab or similar
- Apply plaster strip (bandage)

SPRAIN

- Lay the athlete down on flat ground
- Elevate sprained area
- Apply ice pack or bag of ice cubes on the injured part
 - Do not apply more than 20 minutes at a time
- Use the elastic wrap to wrap the injured area, overlap the elastic wrap by one-half of the width of the wrap. Make sure the wrap does not cut off blood circulation, the wrap should be snug. If the injured athlete's sprained area becomes cold, blue, or tingle, re-wrap.

FRACTURE

- If the fracture looks severe, call for medical assistance or transport the person to the emergency room
- Lay the athlete down on flat ground
- If there is bleeding, apply pressure to the bleeding area to stop bleeding before splinting
- For broken arm or leg bones, put a splint (made of wood, plastic, metal or other rigid materials) and padded with gauze against the area to prevent movement
- Wrap the splint to the area using bandage; then elevate the fractured area
- Transport the athletes to the medical emergency room or wait until medical personnel arrive

BRAIN CONCUSSION

- Apply ice pack or bag of ice on the injured area
 - Do not apply directly to the skin. Wrap the ice pack in a washcloth or towel
- Apply ice for 20-30 minutes
- Transport the athletes to the medical emergency room
- Warning signs of more serious concussion include nausea and vomiting, confusion, dizziness. In such case, the athlete needs to be transported to hospital immediately or call for medical assistance

4.1.4. TREATMENT FOR SEVERE INJURIES

In any case of severe injuries during the training, the coach must call the emergency number immediately. Until the emergency medical personnel arrive, the coach must stay with the injured boxer all the time and not perform any treatment on the boxer.

In a case of a knock-down during the training:

- Lay the boxer in comfortable and safe position
- Remove the mouthpiece and hold the head in a safe position (maybe we should add the illustration presenting the safe position)
- Apply cold sponges to the forehead and neck
- Carefully remove the headguard
- If the boxer suffers the concussion from the knock-down, it should be recorded in the coach's diary
- The coach must escort the boxer to see a physician and verify that he/she is in fair condition
- The boxer should have another medical check-up according to the AIBA competition and technical rules and regulations

4.2. NUTRITION

- The main goal of diet is to provide adequate energy for recovery and muscle tissues to repair quickly and efficiently without adding body fat
- The best strategy is to create a year-round eating strategy that includes weight management that ensures the boxer does not get outside 10% of his competitive boxing weight.
- It is recommended to eat approximately every 3-4 hours (Eat minimum four (4) meals per day at regular intervals)
- Drink water or a sport drink to maintain proper hydration, especially during the training.
- Avoid water-like substances such as sodas or lemonades. Although these may contain water and some carbohydrates, they also contain a greater amount of the useless type of carbohydrate source
- Don't forget about minerals and vitamins
- Plan diets that consist of a wide variety of foods and keep in mind the basic food groups – This is the best insurance for getting the needed nutrients.
- Diet of young athletes should be based on proper selection of nutritional elements such as:
 - Carbohydrates - brown rice, whole-meal pasta, oatmeal, whole-meal bread, vegetables, fruits and potatoes
 - Proteins- tofu, egg, fish, chicken, beef, pork and half fat cottage cheese
 - Fat- butter, seeds, nuts, sea fish, vegetable oils and olive oils
 - Vitamins- vegetables, fruits and other products, rich in following vitamins - C, B, D, A, K
 - Minerals – sodium, potassium, magnesium and iron
- For athletes, it is recommended to compose their diets, based on following ratios (calories):
 - 55 percent of carbohydrate
 - 1 gram of carbohydrate = 4 calories
 - Based on a consumption of 2,000 calories, 1,100 calories derives from carbohydrate
 - 1,100 calories = 275 grams
 - 15 percent of protein
- Daily protein intake: 1.6 – 1.8g per 1kg of bodyweight
 - 30 percent of fat
 - 1 gram of fat = 9 calories
 - Based on a consumption of 2,000 calories, 600 calories derives from fat
 - 600 calories = about 66 – 67 grams
- Try to consume additional 300 to 500 calories than your weight-maintenance level during the training season
- Drink fat-free or low fat milk
- Increase protein intake to 2g per 1 kg of bodyweight
- During the off-season, boxers should strive to either increase lean muscles mass and/or improve their physical weaknesses

BEFORE AND AFTER TRAINING SESSION

- 30 to 40 minutes before the training, consume 30 – 40 grams of carbohydrate and 20 grams of protein
- Consume sports drinks or drinks containing carbohydrates and proteins during the training session and immediately after, to avoid dehydration, prevent blood glucose levels falling too low and help maintain the body's glycogen stores

4.3. WEIGHT MONITORING

The body weight of the boxers will place boxers into the specific weight categories at the competition. In many cases, boxers start to control their body weight, a few days before the competition starts and such habits can be risky, not only for the boxer's well-being, but also the boxer may not be able to make the specific weight.

It is essential for the coach to constantly monitor and help the boxer to maintain his/her body weight without the competition.

- Before and after every training session or competition, body weight should be measured to see the impact of the training on the body weight
- It is dangerous to reduce body weight through dehydration or crash dieting
- The coach should monitor the fluid intake by the boxer and help him/her to take a sufficient amount of fluid during training
- Losing weight may cause boxers to be tired easily and quickly, the coach shall provide adequate meal plan that includes, time, frequency and what boxer should eat.
- If boxer wants to gain weight and build up body mass to compete in upper weight categories, the coach shall provide \ nutrition plan with a higher calorie intake.
- Athletes should reduce intake of the unhealthy food, such as soft drinks, oils, butters, sweets, too much coffee and tea, white bread, fast food.
- The nutrition plan should be based on the fruit/vegetables, rice, lean meats, natural drinks, pasta, grains

4.4. ANTI-DOPING EDUCATION

The AIBA Anti-doping program seeks to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport". It is the essence of Olympianism; it is how we play true. However, doping is fundamentally contrary to the spirit of sport.

Therefore, AIBA accepted the revised 2009 World Anti-Doping Code. Anti-doping rules are adopted and implemented in a professional manner and AIBA will continue its effort to eradicate doping in the sport of boxing.

4.4.1. IN-COMPETITION DOPING TEST

All athletes under the jurisdiction of a National Federation are subjected to in-competition testing by AIBA, the Athlete's National Federation, and any other Anti-doping organization responsible for testing at a competition or event in which they participate.

- In AIBA approved events, AIBA is the organization responsible for the testing
- In all other events, the Local Organizing Committee is responsible for the testing

SELECTION OF ATHLETE TO BE TESTED IN-COMPETITION

At International Events, each individual athlete finishing in one of the top three placements in all weight categories in the competition, plus one other boxer in the competition selected at random.

4.4.2. OUT-OF-COMPETITION DOPING TEST

AIBA has a Registered Testing Pool of those athletes who are required to comply with the whereabouts requirements of the International Standard for testing. The purpose of the AIBA Registered Testing Pool is to identify top-level international athletes who the AIBA requires to provide whereabouts information to facilitate Out-of-Competition testing by AIBA and other Anti-Doping Organizations with jurisdiction over the athletes.

SELECTION OF ATHLETE TO BE IN AIBA REGISTERED TESTING POOL

- During the Olympic Qualification Period, every athlete who has obtained a quota place for his country, independently if he will be participating in the Olympic Games
- The elite medal winners of the latest World Cup, World & Continental Championships
- The elite medal winners of the Previous Olympic Games
- Any athlete, member of a National Team, selected randomly by the AIBA Medical Commission
- List of athletes will be available on the AIBA website (<http://www.aiba.org>)
- Even if the athlete no longer fulfils any of the above criteria, he/she will remain in the Registered Testing Pool until the end of the calendar year

Responsibilities of athletes in the AIBA Registered Testing Pool

- Need to file quarterly reports with AIBA on forms provided by AIBA which specify on a daily basis the locations and times where the athletes will be residing, training and competition
- Need to update his/her information as necessary so that it is current at all times.
- Be available for testing at such whereabouts

The ultimate responsibility for providing whereabouts information rests with each athlete; however, it shall be the responsibility of each coach and National Federation to make its best efforts to assist AIBA in obtaining whereabouts information as requested by AIBA.

Anti-Doping Rule Violations

- The presence of a prohibited substance or its metabolites or markers in an athlete's sample
- Use or attempted use by an athlete of a prohibited substance or a prohibited method
- Refusing or failing without compelling justification to submit to sample collection after notification as authorized in AIBA anti-doping rules, or otherwise evading sample collection
- Failure to advise AIBA of his/her whereabouts
- Failure to be available for testing at his/her declared whereabouts

