

# BOXERCISE



## MOST IMPORTANT COMPONENTS OF FITNESS

Speed – throw punches quickly

Power – to hit the pads hard

C.V Endurance – to be able to keep throwing punches.

Balance – to be able to throw a punch cleanly

Co-ordination – to throw the punches in the correct order

## SKILLS

Jab

Cross

Hook

Uppercut

Footwork



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## REGULATIONS

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- 1 - JAB
- 2 - CROSS
- 3 - HIGH LEFT HOOK
- 4 - HIGH RIGHT HOOK
- 5 - LOW LEFT HOOK
- 6 - LOW RIGHT HOOK
- 7 - LEFT UPPERCUT
- 8 - RIGHT UPPERCUT

## RULES

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You must clean your hands before you put on any of the equipment.

You must check your technique to avoid injuries.

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