

English Tutorial Classes Week 9

Boxing and Kickboxing

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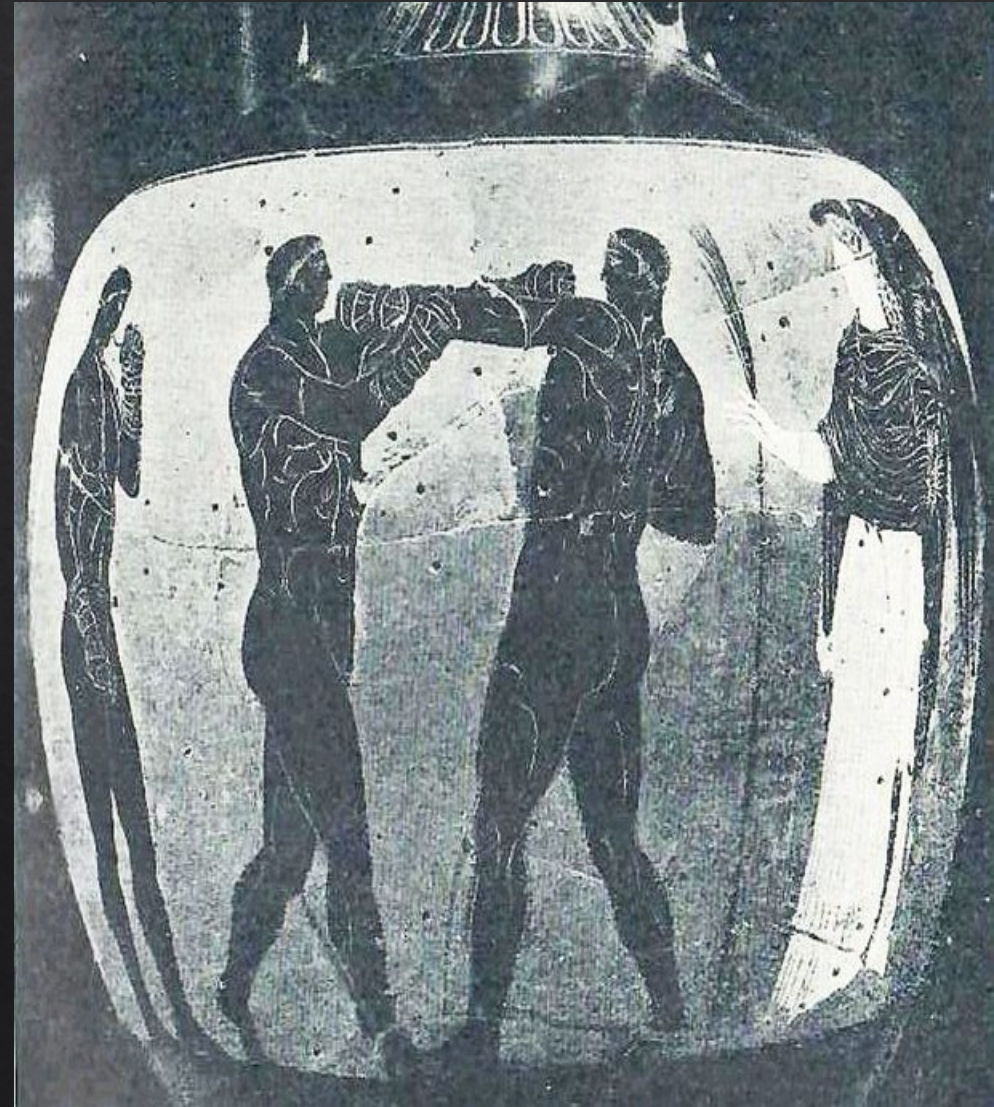
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Boxing History Timeline

The earliest visual evidence of any type of boxing comes from Egypt from the third millennium BC.

Various types of boxing existed in ancient India.

In Ancient Greece boxing was a well developed sport called **pygmachia**.



688 BC

It was first introduced in the 23rd Olympiad, 688 BC.

Fights were won by knockout or submission, often without any time limits or weight classes. During this period, fighters wrapped their hands in soft leather thongs for protection.

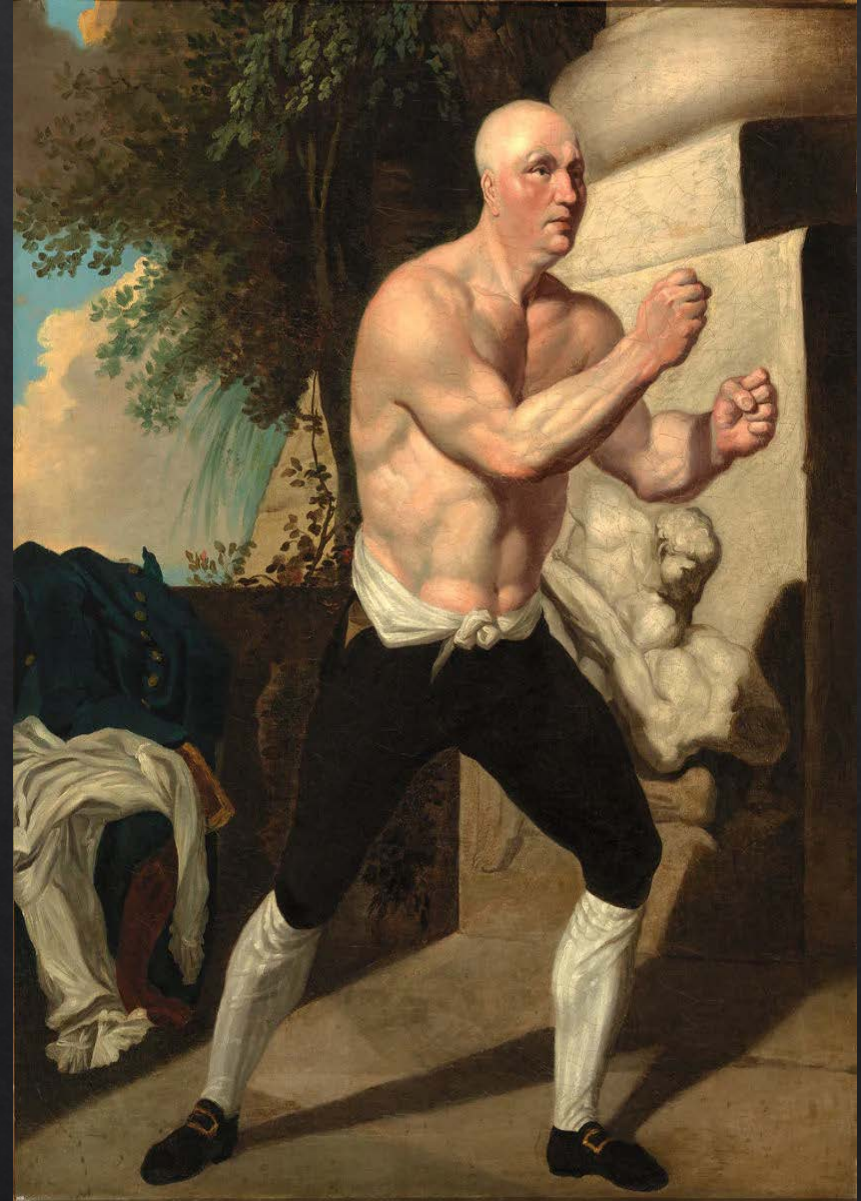


Jack Broughton

The first boxing rules, called the Broughton Rules, were introduced by champion **Jack Broughton** in 1743 to protect fighters in the ring where deaths sometimes occurred.

If a man went down and could not continue after a count of 30 seconds, the fight was over.

Hitting a downed fighter and grasping below the waist were prohibited. Broughton encouraged the use of "**mufflers**".

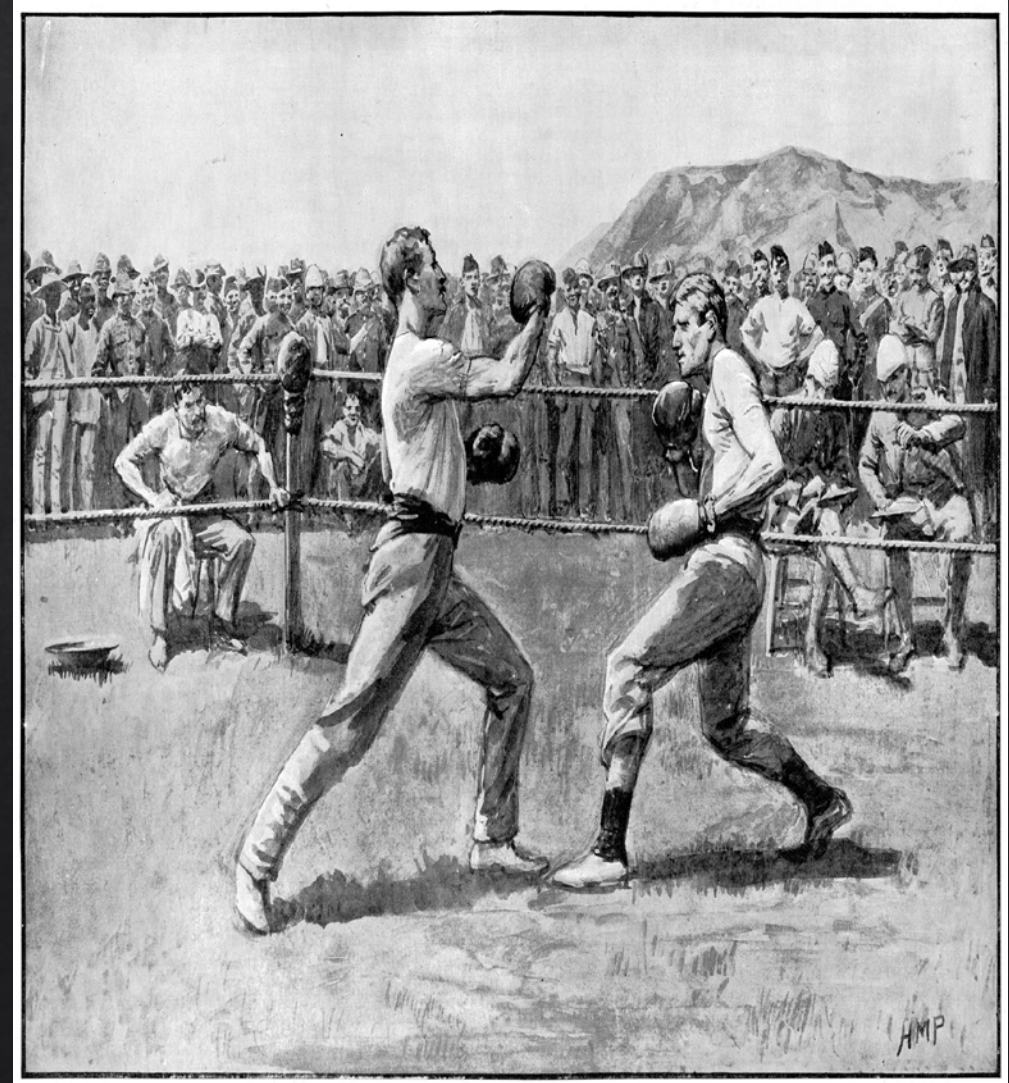


Marquess of Queensberry rules

John Graham Chambers

This set of guidelines established **three-minute rounds**, **one-minute breaks between rounds**, and the use of **gloves**.

These rules replaced Broughton's Rules as the standard for boxing matches.



Late 19th and early 20th centuries

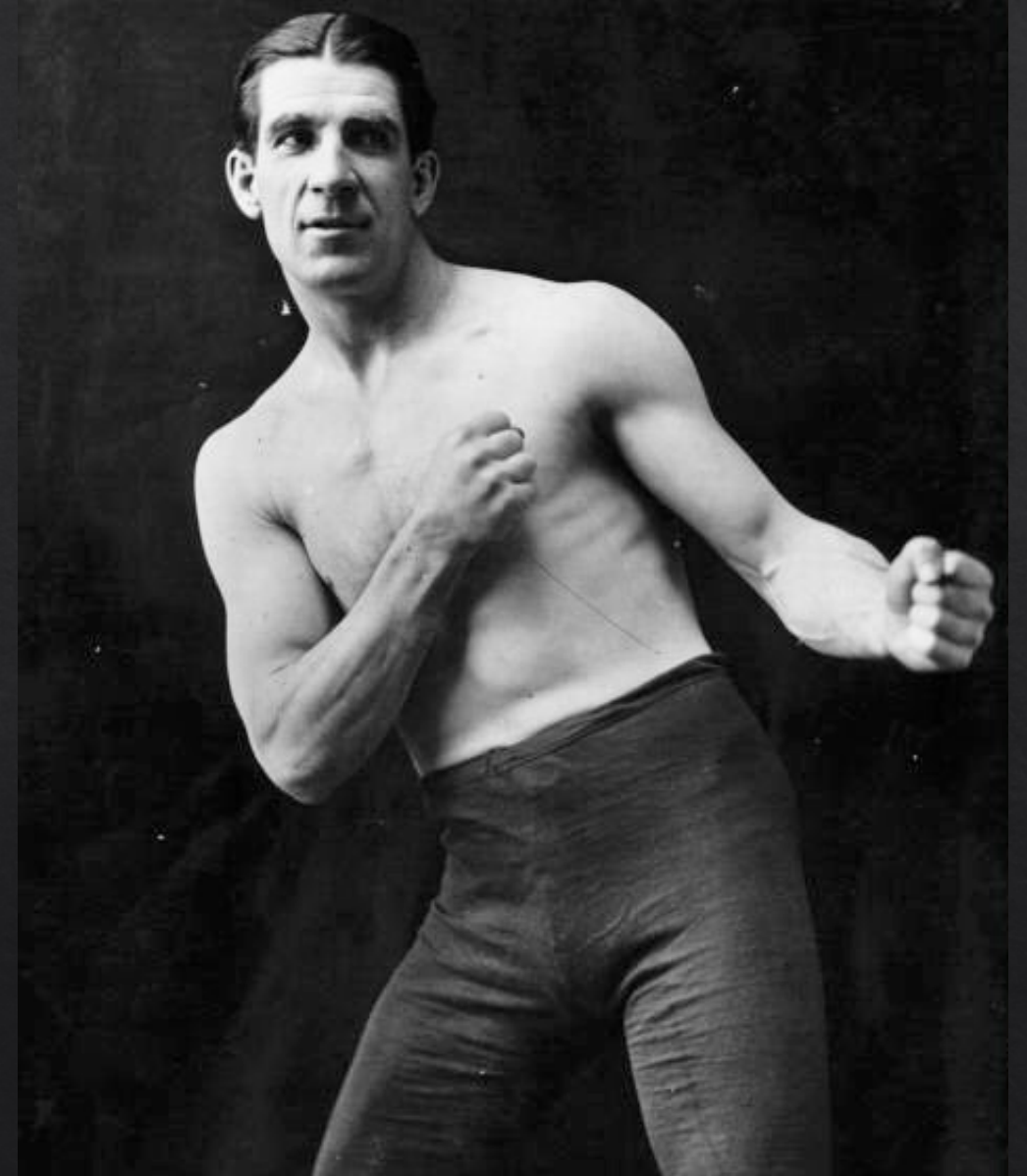
Outlawed in England and much of the United States, **prizefights** were often held at gambling venues and broken up by police.

- Riots at prizefights were common occurrences
- Bare knuckle champions



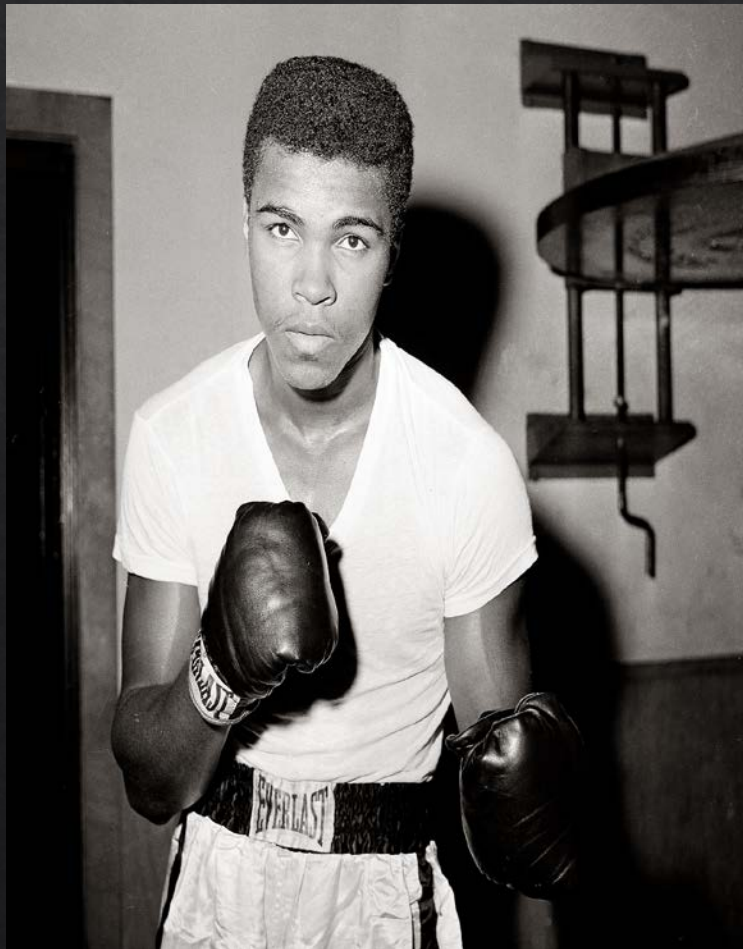
Gentleman Jim

The first world **heavyweight champion** under the Queensberry Rules was "**Gentleman Jim**" Corbett, who defeated John L. Sullivan in 1892 at the Pelican Athletic Club in New Orleans.



The Golden Era of Boxing (1960s – 1970s)

Muhammad Ali



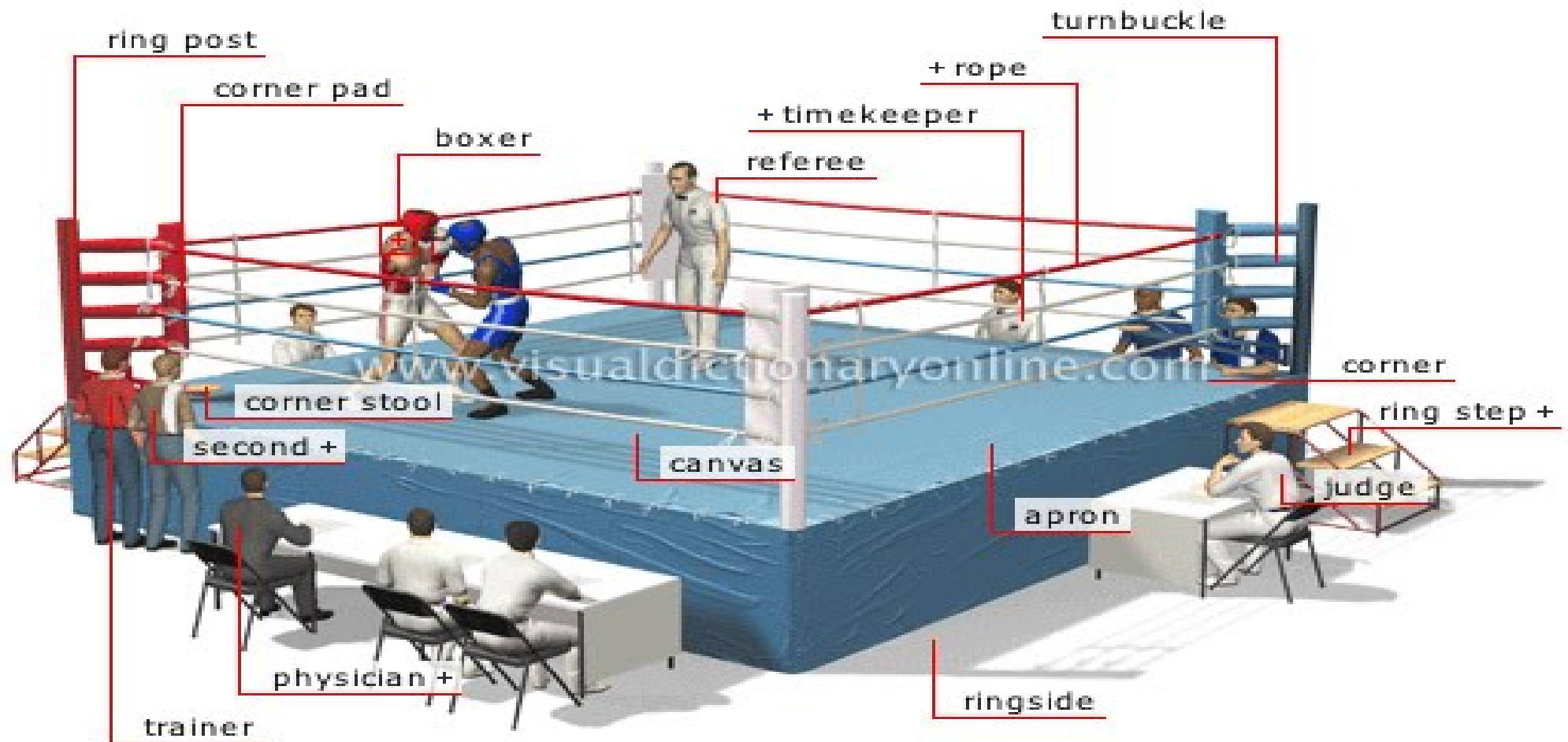
Joe Frazier



George Foreman



Boxing Ring



Boxing Styles

In boxing, fighters often adopt different styles depending on their physical attributes.

1. Outside fighter (“Boxer”)
2. Brawler (or “Slugger”)
3. Inside fighter (“Swarmer”)
4. Counter puncher

Outside fighter (Boxer)

An **outside fighter** prefers to maintain distance from their opponent, using footwork, speed, and precise punches to control the pace of the fight.

They often rely on jabs and straight punches to keep their opponent at bay while looking for opportunities to counterattack.

They excel at defense.



Brawler (Slugger)

A brawler is known for their **aggressive** and relentless attacking style, often seeking to overwhelm opponents with power punches and constant pressure.

They prioritize close-range combat, preferring to engage in exchanges of heavy punches rather than maintaining distance.



Inside fighter (Swarmer)

An inside fighter excels in close-quarters combat, preferring to fight within arm's reach of their opponent.

They utilize combination punching (uppercuts and hooks) and body shots to wear down opponents and disrupt their rhythm.

- non-stop aggression



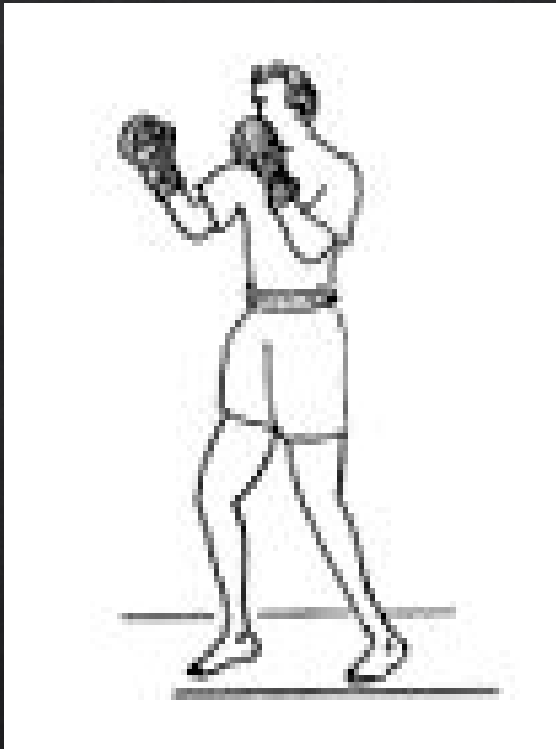
Counter puncher

Counter punchers are slippery, **defensive style** fighters who often rely on their opponent's mistakes in order to gain the advantage, whether it be on the score cards or more preferably a knockout.

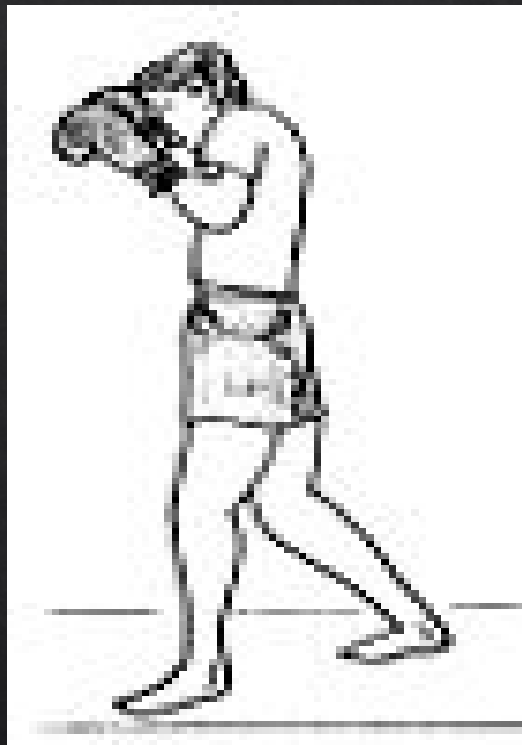
They avoid or block shots and then immediately catch the opponent off guard with a well placed and timed punch.



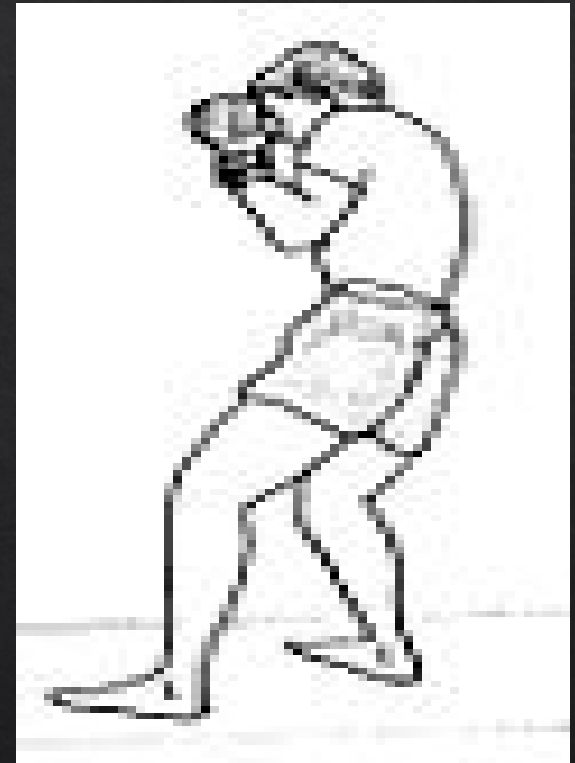
Stance



Upright stance



Semi-crouch



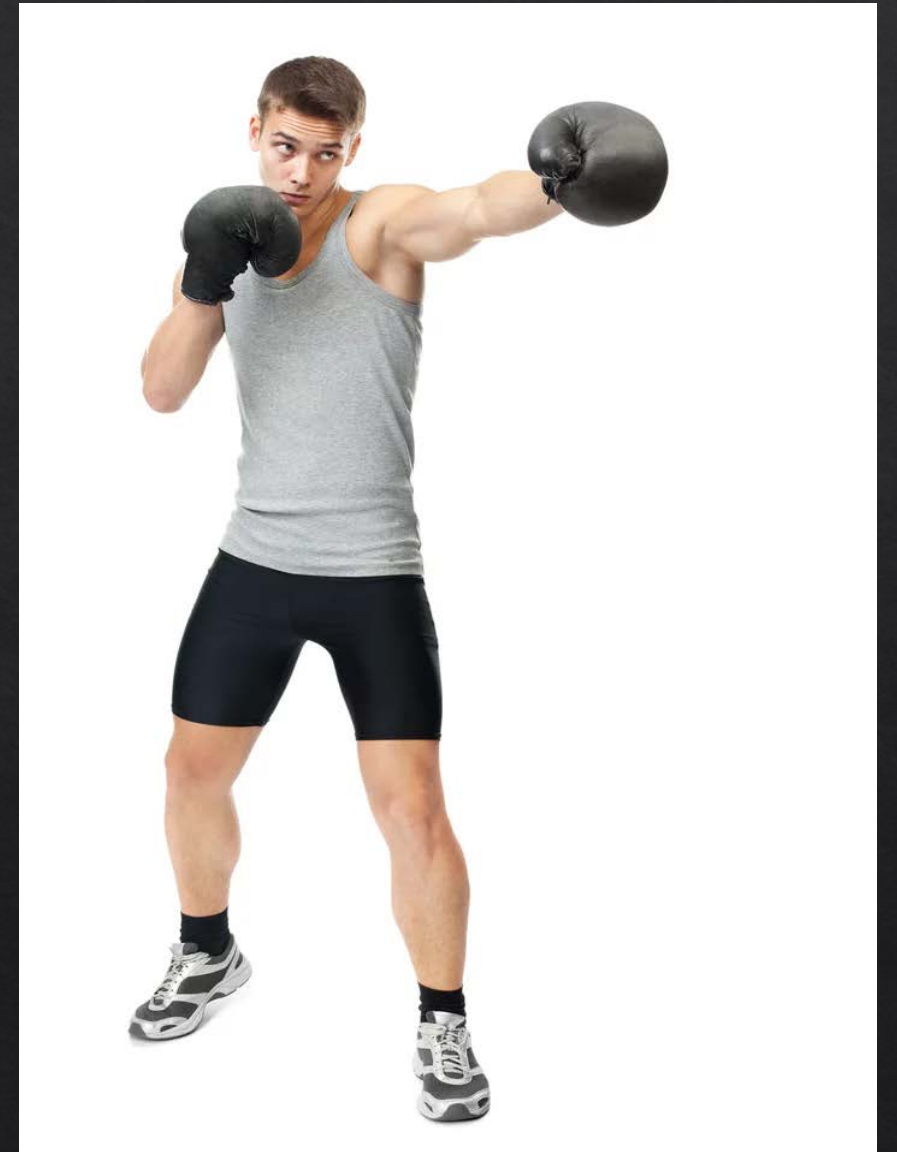
Full crouch

Punches

Jab

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

A defensive move.



Cross

A straight punch thrown with the rear hand, usually following a jab.

It's also commonly referred to as a "**straight right**" if thrown by a right-handed boxer or a "**straight left**" if thrown by a **southpaw** (left-handed) boxer.



Hook

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

The arm is bent at an angle near or at 90 degrees, in a horizontal arc into the opponent.



Uppercut

It's thrown with the fist moving upwards from below, aiming to connect with the opponent's chin or body.

It's called an uppercut because the punch comes from below and travels upward.

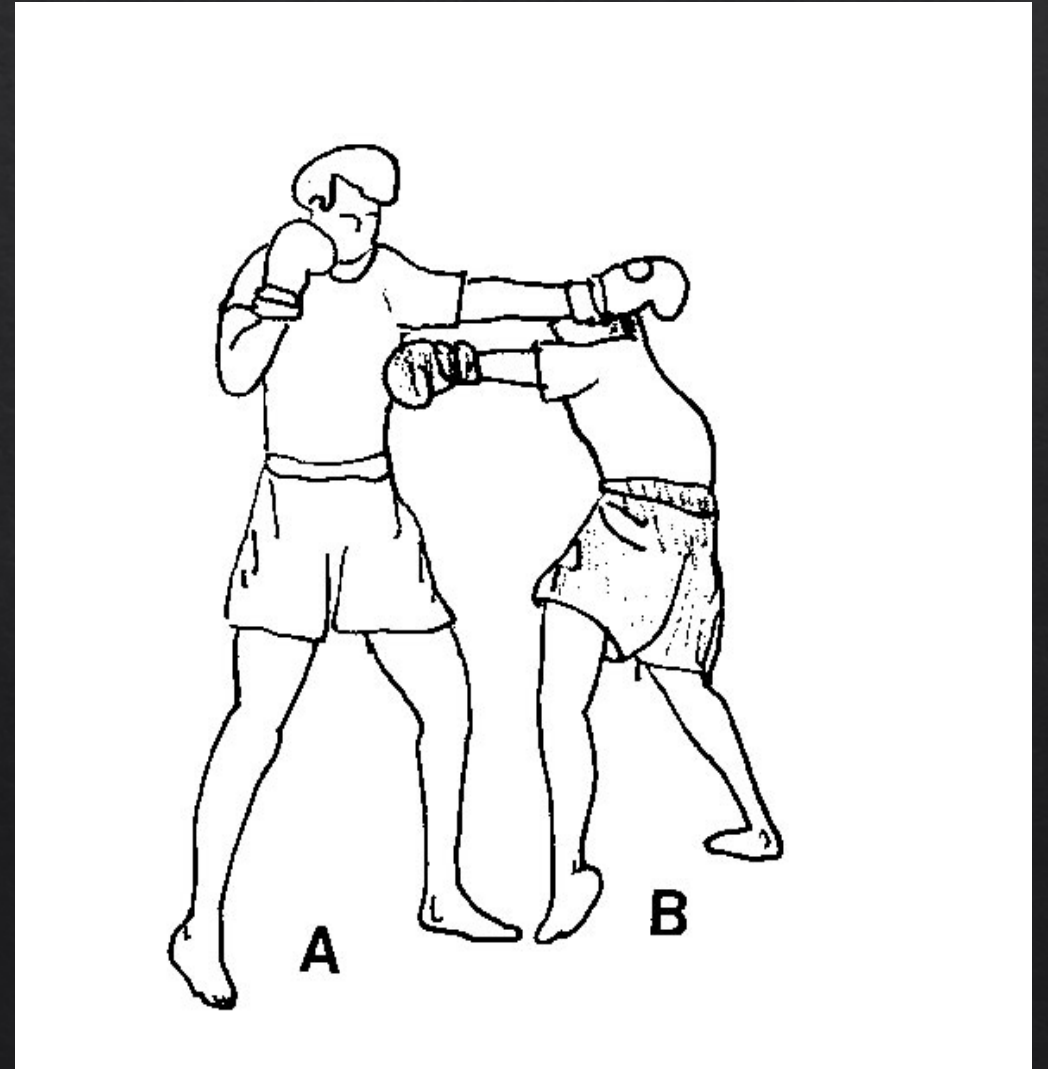


Defense

Slip

Slipping rotates the body slightly so that an incoming punch passes harmlessly next to the head.

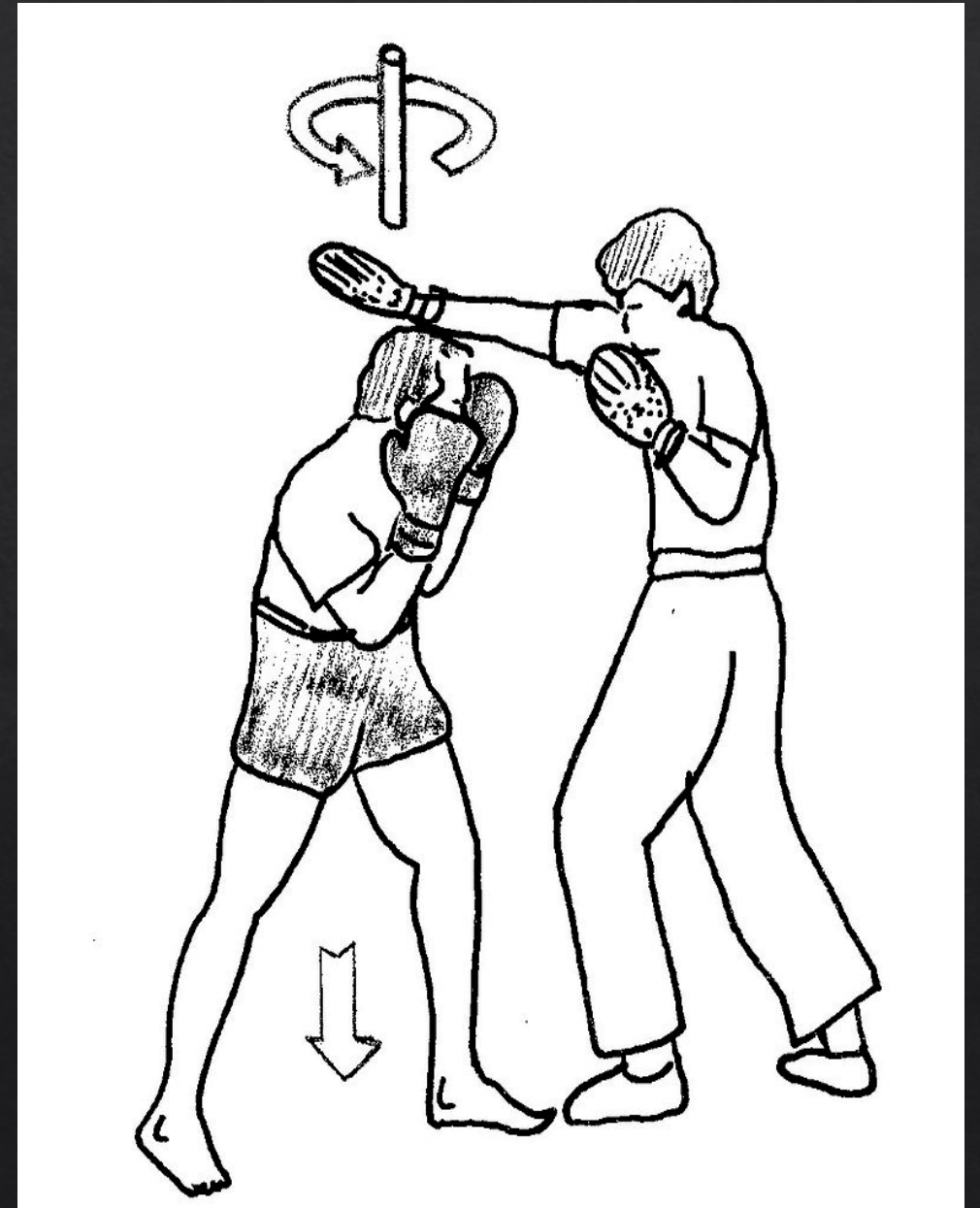
As the opponent's punch arrives, the boxer sharply rotates the hips and shoulders.



Bob and Weave

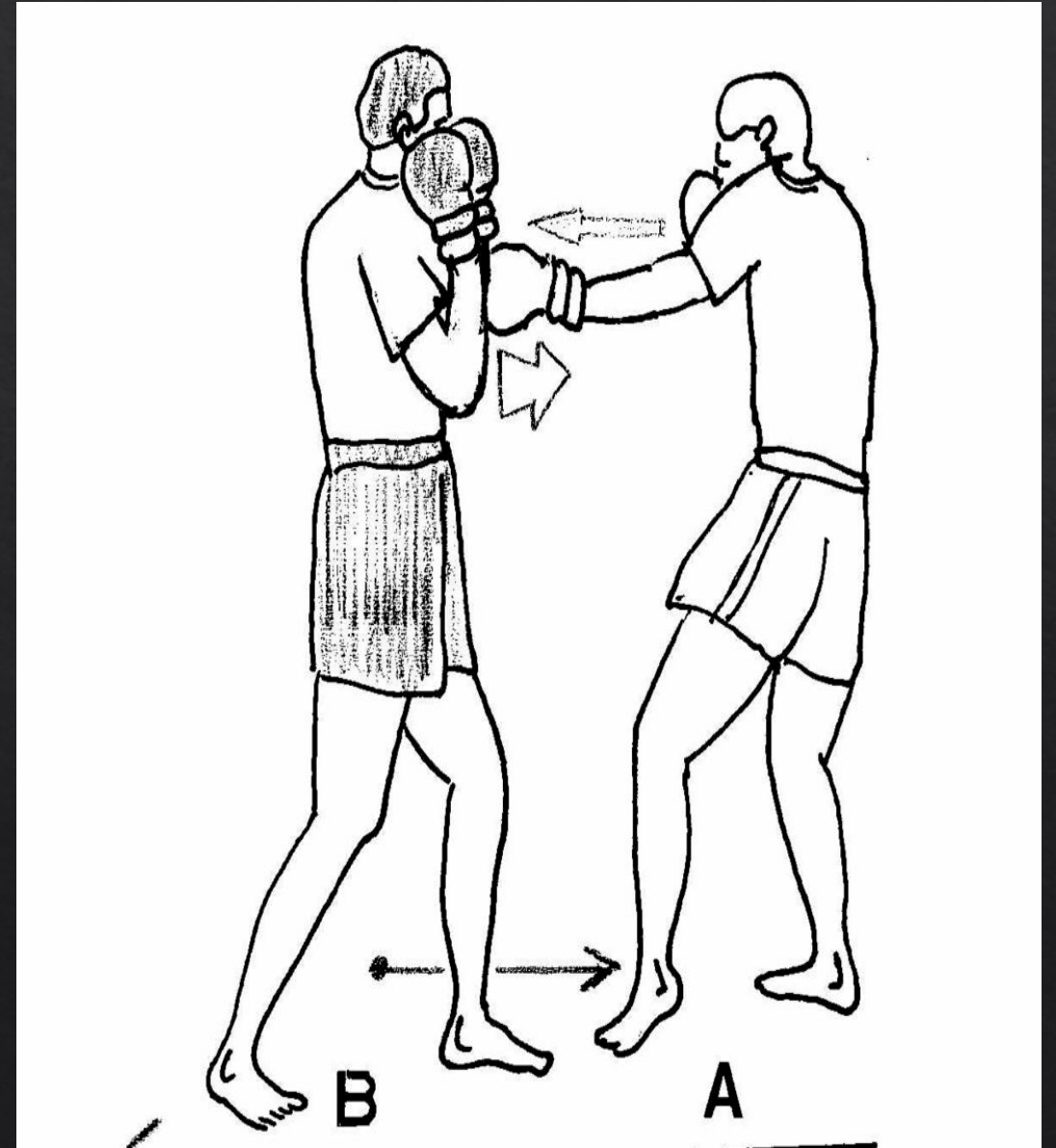
Bobbing moves the head to the side and beneath an incoming punch.

As the opponent's punch arrives, the boxer bends the legs quickly and simultaneously shifts the body either slightly right or left. Once the punch has been evaded, the boxer "**weaves**" back to an upright position.



Parry/block

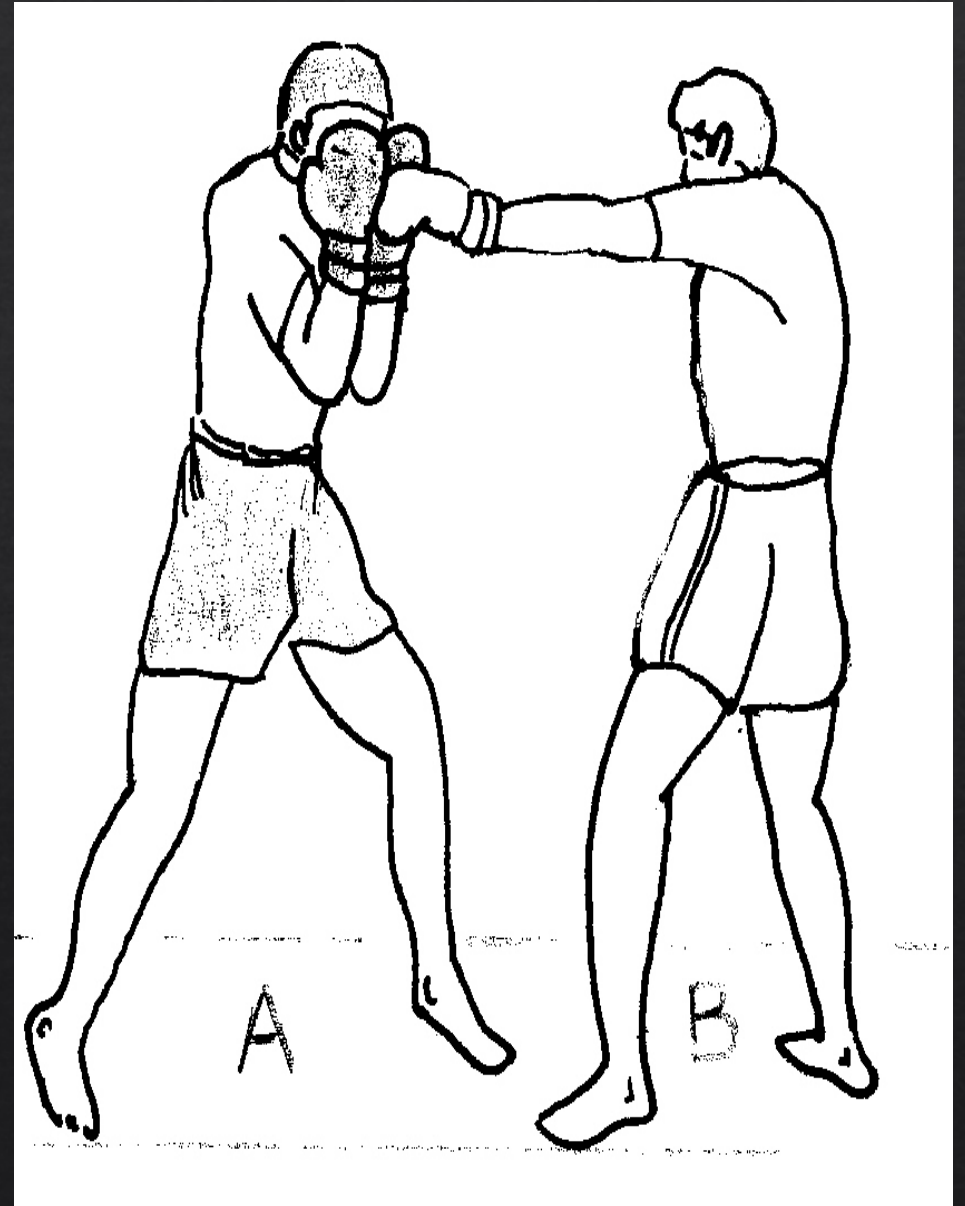
Parrying or blocking uses the boxer's shoulder, hands or arms as defensive tools to protect against incoming attacks.



Cover-up

Covering up is the last opportunity to avoid an incoming strike to an unprotected face or body.

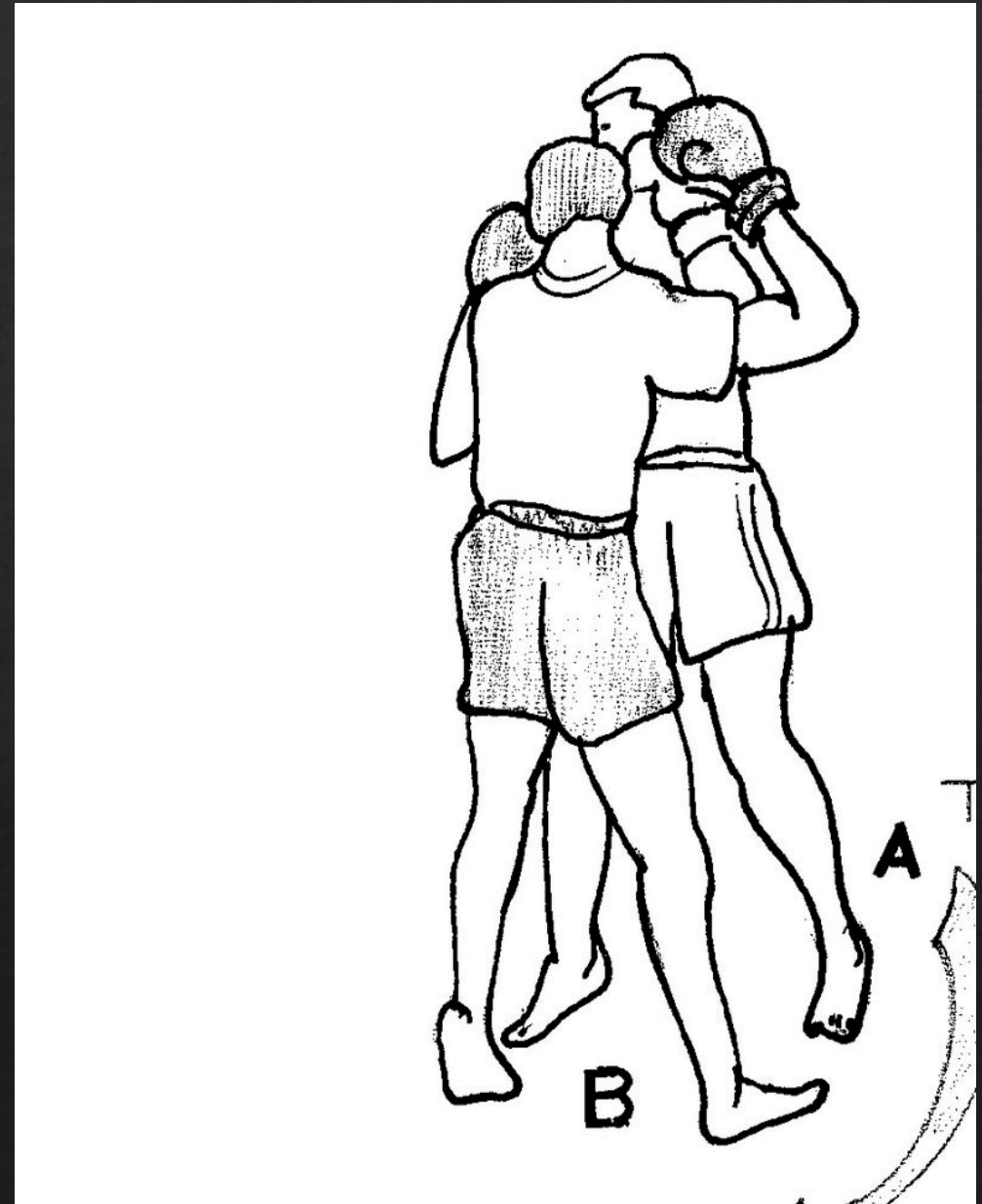
The hands are held high to protect the head and chin and the forearms are tucked against the torso to impede body shots.



Clinching

Clinching is a form of **trapping** or a rough form of grappling and occurs when the distance between both fighters has closed and straight punches cannot be employed.

The boxer attempts to hold or "tie up" the opponent's hands so he is unable to throw hooks or uppercuts.



Kickboxing

Kickboxing is a **full-contact hybrid martial art** and boxing type based on punching and kicking.

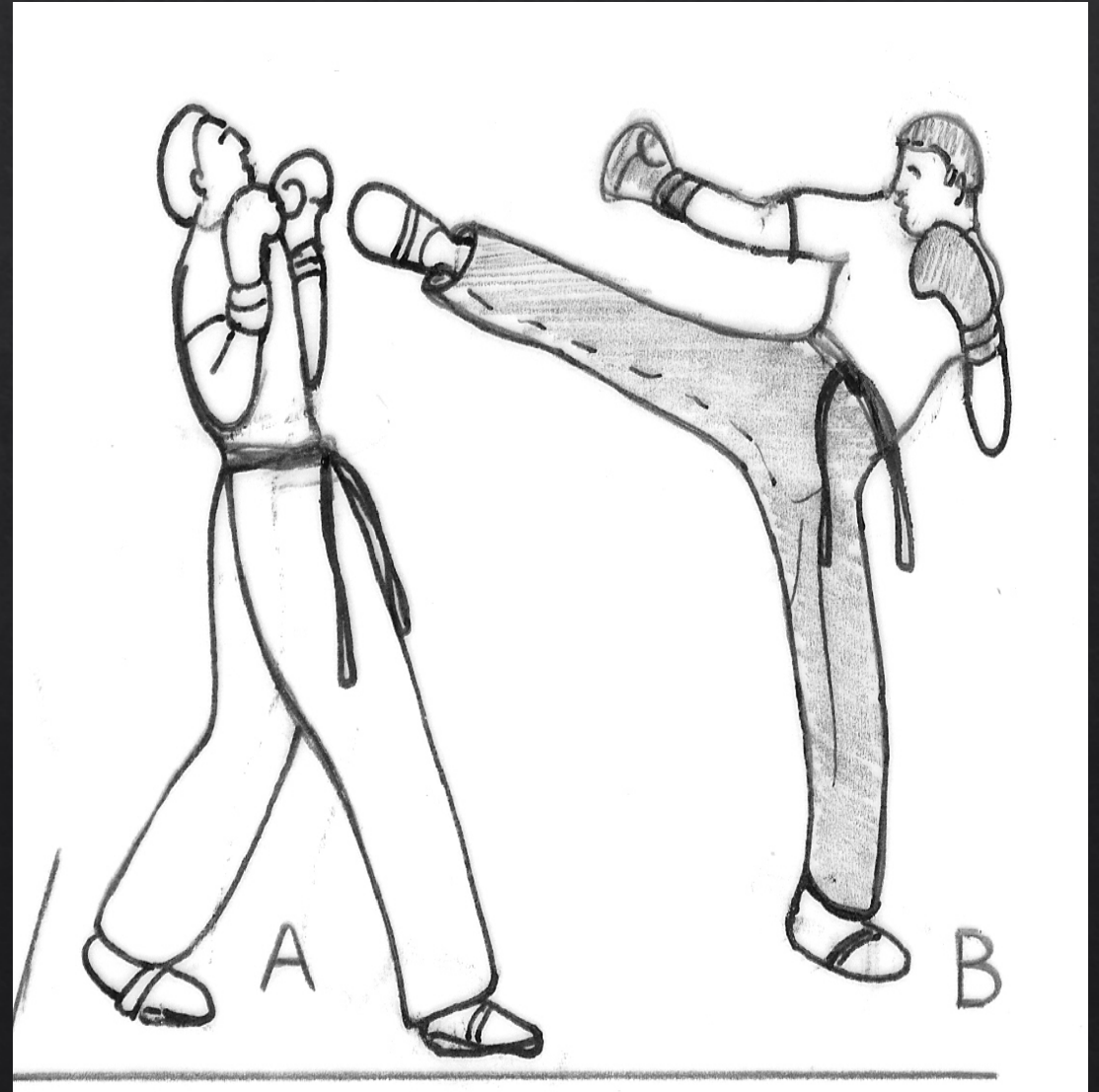
1950s to 1970s.

The fight takes place in a boxing ring, normally with boxing gloves, mouth guards, shorts, and **bare feet** to favor the use of kicks.



Roundhouse kick

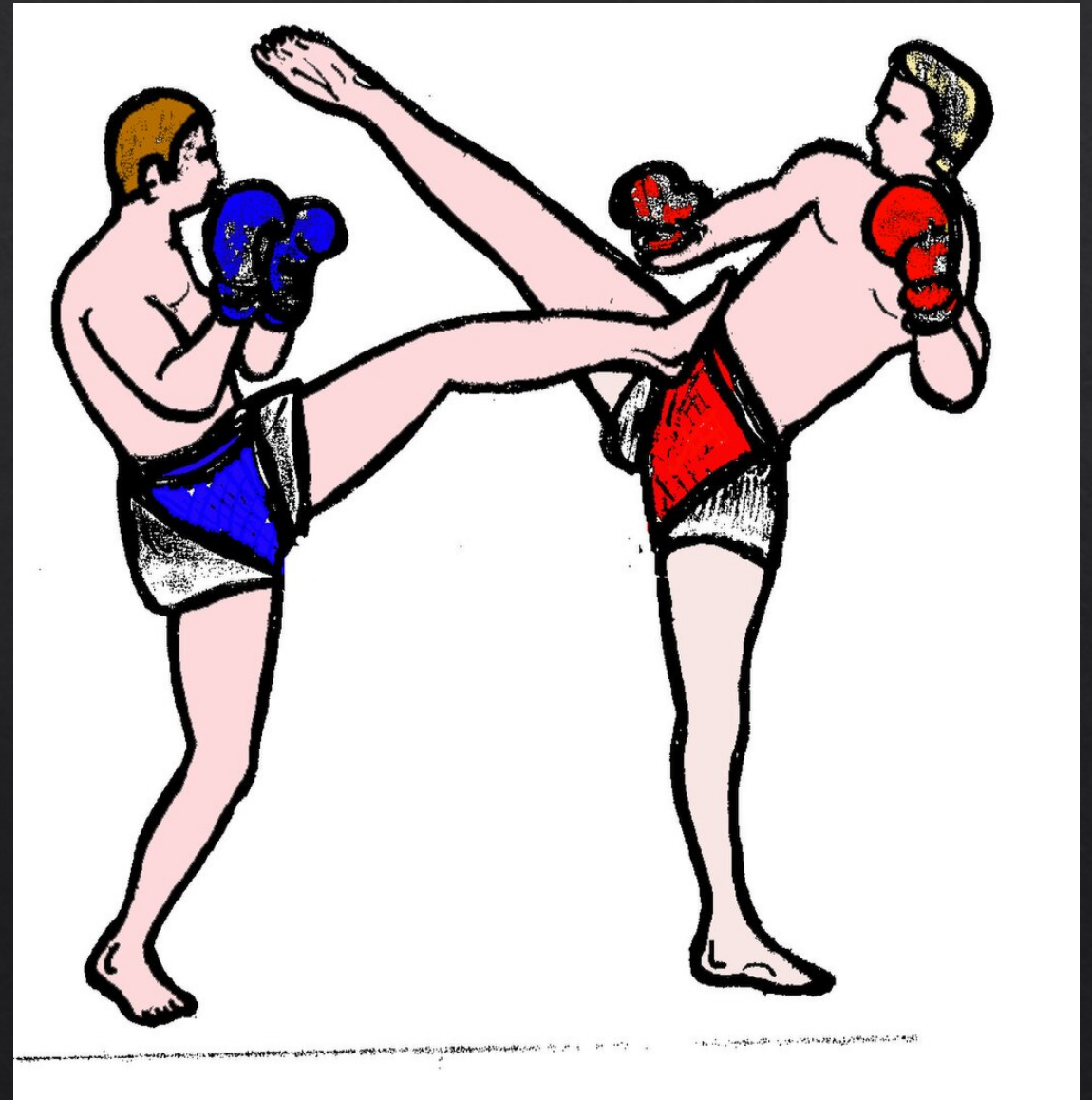
Roundhouse kick or circle kick – Striking with the front of the foot or the shin to the head or the body in a chopping motion.



Front kick

Front kick or push
Kick/high Kick

– Striking face or chest
on with the foot.

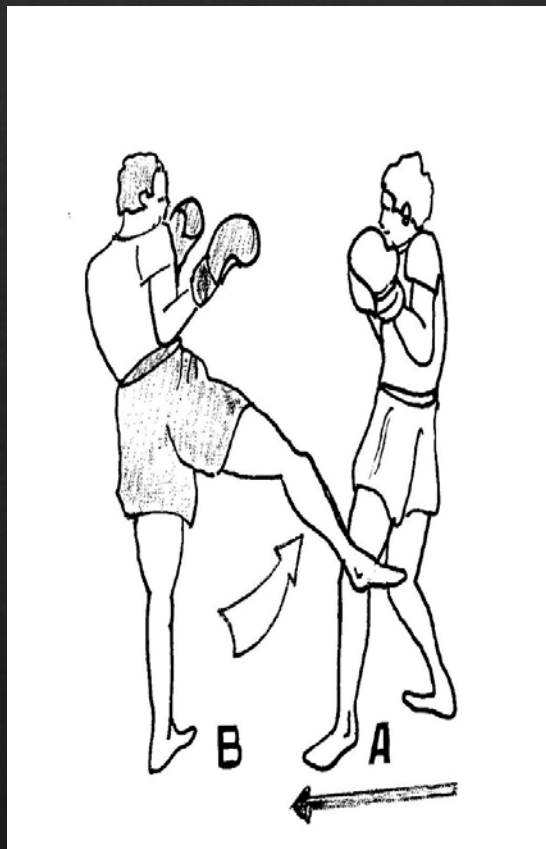


Side Kick

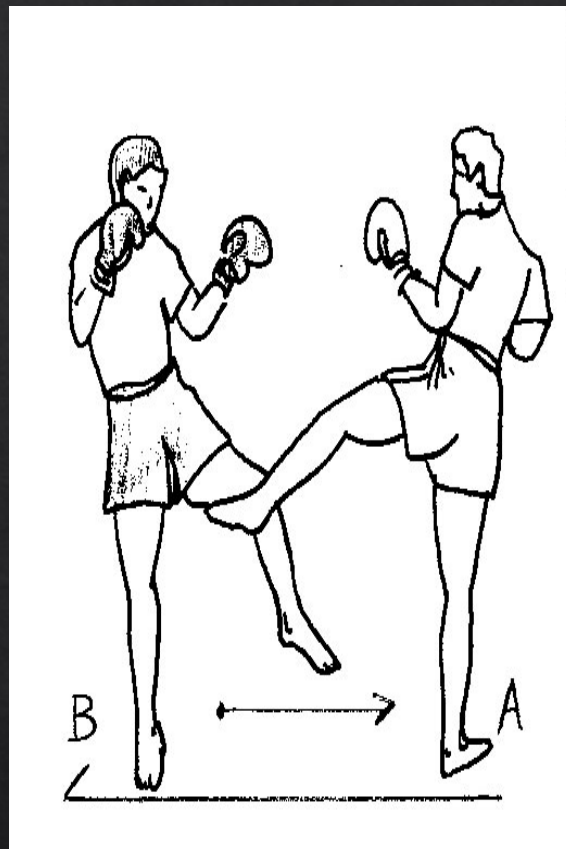
A side kick is delivered sideways in relation to the body of the person kicking.



Types of Kicks



Low kick outside



Low kick inside



Middle kick



Low kick in counter