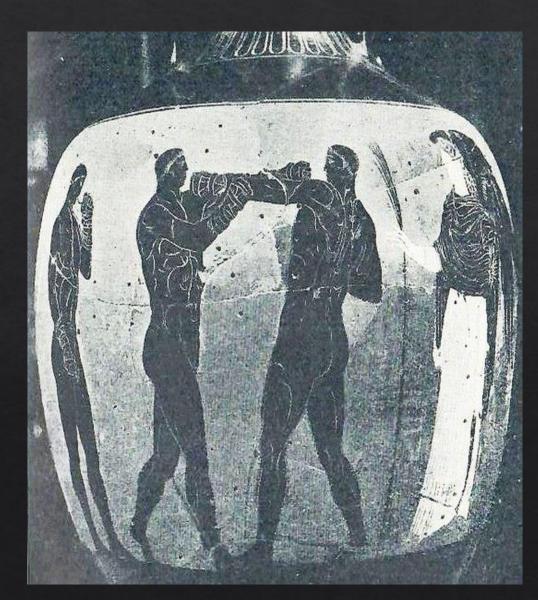
English Tutorial Classes Week 9

Boxing and Kickboxing

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Boxing History Timeline

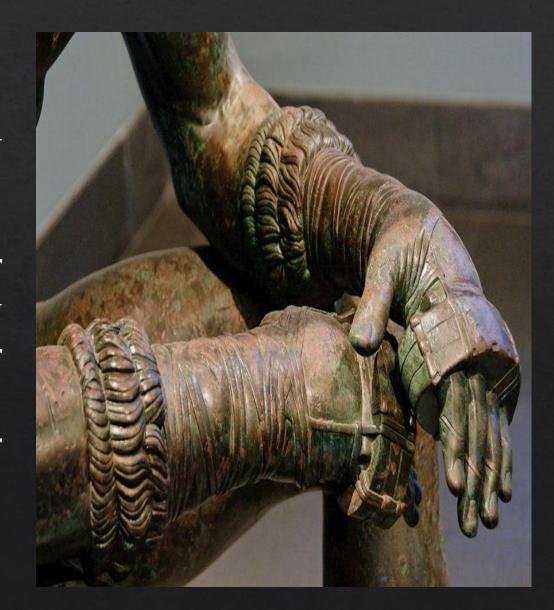
- The earliest visual evidence of any type of boxing comes from Egypt from the third millennium BC.
- Various types of boxing also existed in ancient India.
- In Ancient Greece boxing was a well-developed sport called pygmachia.



688 BC

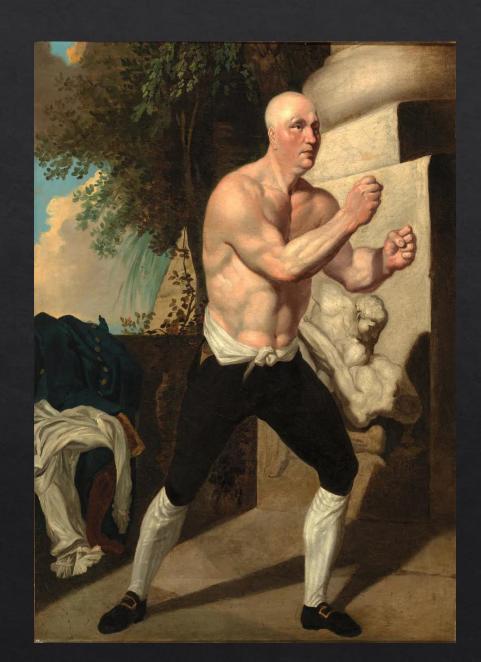
It was first introduced in the 23rd Olympiad, 688 BC.

Fights were won by knockout (nokaut) or submission (predaja), often without any time limits (vremenskog ograničenja) or weight classes (kategorija po težini). 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 (borce) in the ring (ringu), where deaths sometimes occurred.



The Broughton Rules

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

Hitting a downed fighter (udaranje borca koji je na podu) and grasping below the waist (hvatanje ispod pojasa) were prohibited (zabranjeni). Broughton encouraged the use of mufflers (rukavica za zaštitu šaka).



- I. That a square of a Yard be chalked in the middle of the Stage; and on every fresh set-to after a fall, or being parted from the rails, each Second is to bring his Man to the side of the square, and place him opposite to the other, and till they are fairly set-to at the Lines, it shall not be lawful for one to strike at the other
- II. That, in order to prevent any Difputes, the time a Man lies after a fall, if the Second does not bring his Man to the fide of the fquare, within the space of half a minute, he shall be deemed a beaten Man.
- III. That in every main Battle, no person whatever shall be upon the Stage, except the Principals and their Seconds; the same rule to be observed in bye-battles, except that, in the latter, Mr. Broughton is allowed to be upon the Stage to keep decorum, and to affist Gentlemen in getting to their places, provided always he does not interfere in the Battle; and whoever pretends to infringe thefe Rules to be turned immediately out of the house. Every body is to quie the Stage as soon as the Champions are stripped, before the set-to.
- he fails coming up to the line in the limited time, or that his own Second declares him beaten. No Second is to be illowed to alk his man's Adversary any queftions, or advife him to give out.
- V. That in bye-battles, the winning man to have two-thirds of the Money given, which thall be publicly divided upon the Stage, notwithflanding any private agreements to the courary.
- VI. That to prevent Disputes, in every main Battle the Principals shall, on coming on the Stage, choose from among the gentlemen present two Umpres, who shall absolutely decide all Disputes that may arise about the Battle; and if the two Umpres cannot agree, the said Umpres to choose a third, who is to determine it.
 - VII. That no person is to hit his Adversary when he is down, or seize him by the ham, the breeches, or any part below the waist: a man on his knees to be reckoned down.

As agreed by several Gentlemen at Broughton's Amphitheatre, Tottenham Court Road, August 16, 1743.

alamy

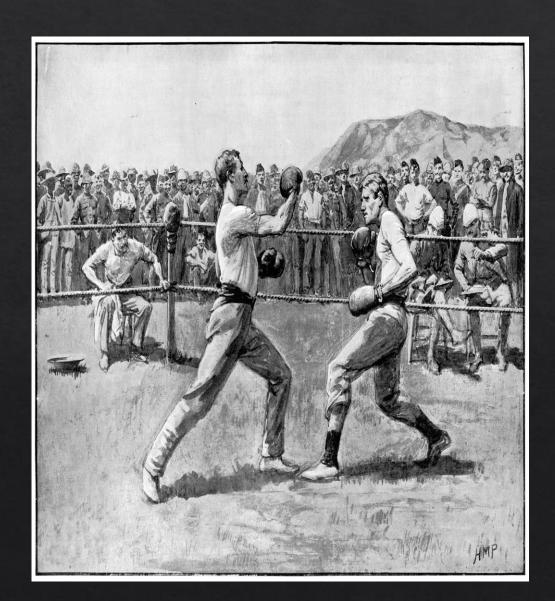
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Marquess of Queensberry rules

John Graham Chambers

This set of guidelines (pravila) established three-minute rounds (runde od tri minuta), one-minute breaks between rounds (jednominutne pauze između rundi), and the use of gloves (rukavica).

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



Late 19th and early 20th centuries

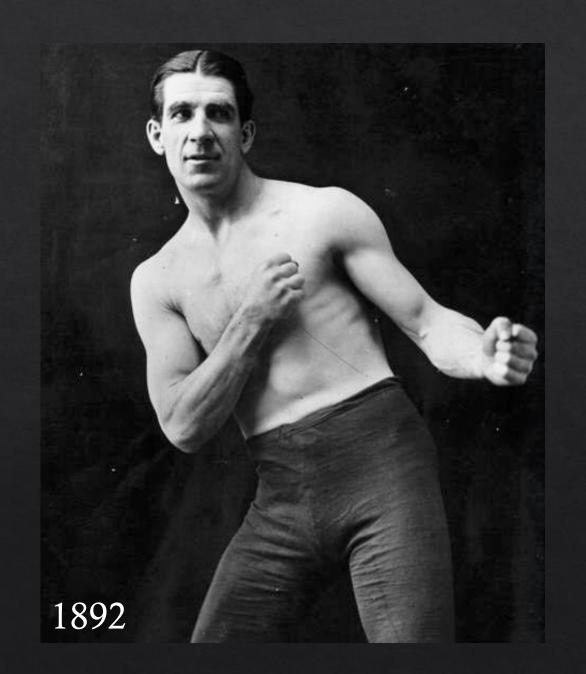
Outlawed in England and much of the United States, prizefights (borbe za novčanu nagradu) were often held at gambling venues and broken up by police.

- Riots at prizefights were common occurrences
- Bare knuckle champions



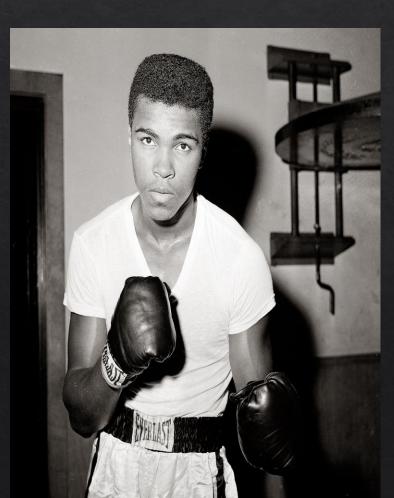
Gentleman Jim

The first world heavyweight champion (svetski šampion u teškoj kategoriji) under the Queensberry Rules was Gentleman Jim Corbett.



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

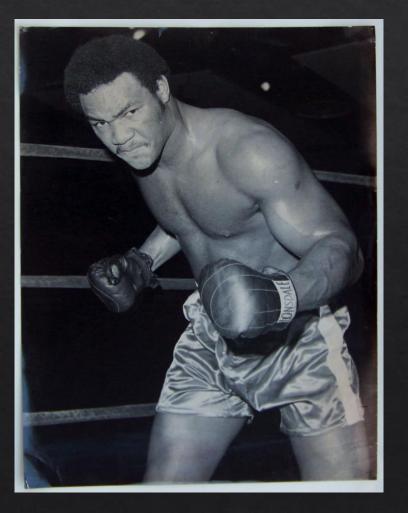
Muhammad Ali



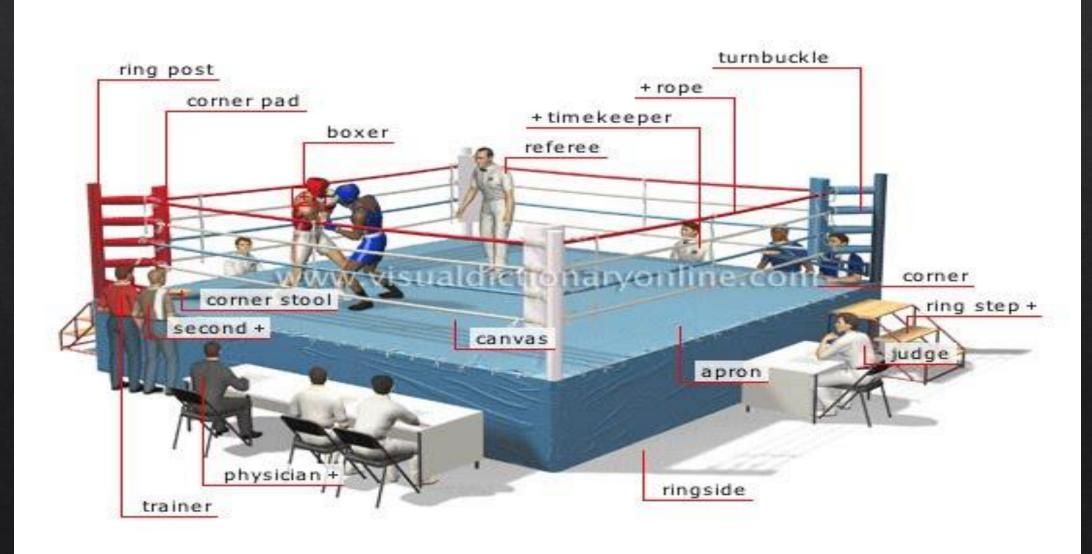
Joe Frazier



George Foreman



Boxing Ring



Boxing Styles

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

- 1. Outside fighter ("Boxer") taktički borac
- 2. Brawler (or "Slugger") žestoki udarač / sirovi borac
- 3. Inside fighter ("Swarmer") pritiskač / borac iz blizine
- 4. Counter puncher kontranapadač

Outside fighter (Boxer)

An outside fighter (taktički borac) prefers to maintain distance from their opponent, using footwork (rad nogu), speed, precise punches (precizne udarce) to control the pace of the fight (tempo borbe).

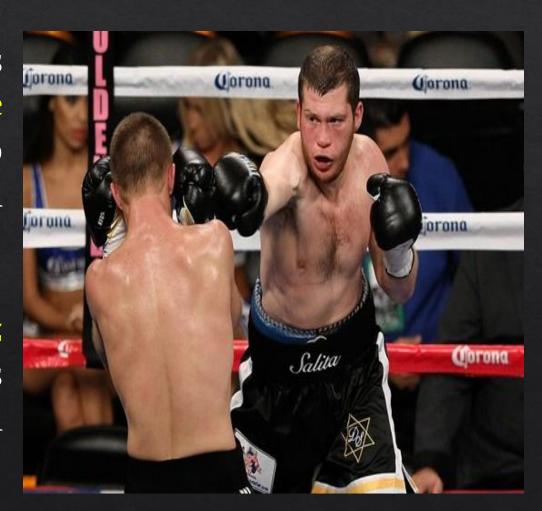
They often rely on jabs (džebove) to keep their opponent at bay while looking for opportunities to counterattack (uzvrate napadom).



Brawler (Slugger)

A brawler (žestoki udarač / sirovi borac) is known for their aggressive attacking style (agresivan napadački stil), often seeking to overwhelm (nadvladaju) opponents with power punches and constant pressure.

They prioritize close-range combat (borbu iz blizine), preferring to engage in exchanges of heavy punches (teški udarci) rather than maintaining distance.



Inside fighter (Swarmer)

An inside fighter (pritiskač/borac iz blizine) excels in close-quarters combat (borbi iz neposredne blizine), preferring to fight within arm's reach (nadohvat ruke) of their opponent.

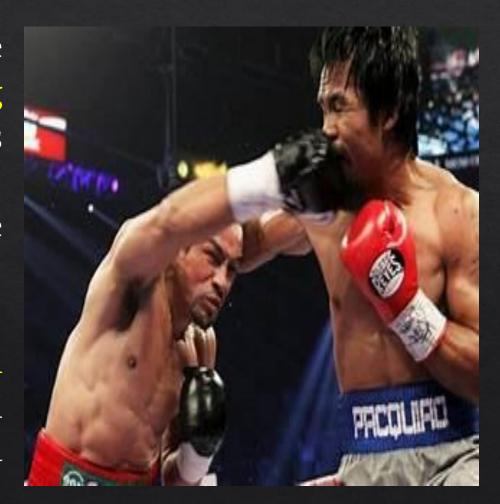
They utilize combination punching such as uppercuts (aperkate) and hooks (krošee), and body shots (udarce u telo) to wear down opponents (istroše protivnika).



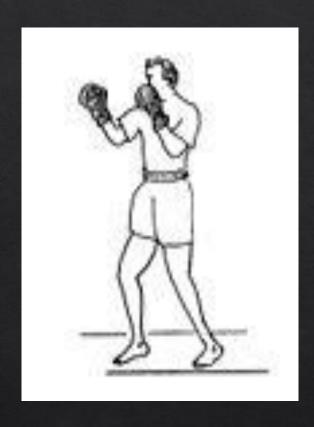
Counter puncher

Counter punchers (kontranapadač) are defensive style fighters (borci defanzivnog stila) 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.

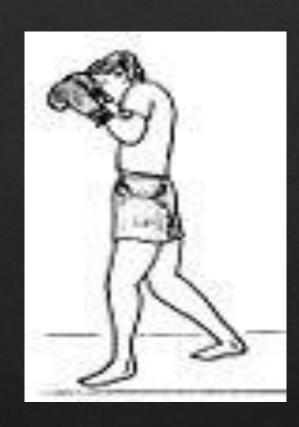
They avoid or block shots (izbegavaju ili blokiraju udarce) and then immediately catch the opponent off guard with a well placed and timed punch.



Stance (stav)



Upright stance (uspravan stav)



Semi-crouch (polusavijen stav)



Full crouch (savijen stav)

Punches (udarci)

Jab (džeb)

A quick, straight punch thrown with the lead hand from the guard position (iz garda).



Cross (direkt)

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

It's also commonly referred to as a straight right (desni direkt) if thrown by a right-handed boxer or a straight left (levi direkt) if thrown by a southpaw (levoruki bokser) boxer.



Hook (kroše)

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

The arm is bent (ruka je savijena) at an angle near or at 90 degrees (pod uglom od 90 stepeni), in a horizontal arc into the opponent.



Uppercut (aperkat)

It's thrown with the fist moving upwards from below, aiming to connect with the opponent's chin or body (pogodi bradu ili telo protivnika).

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

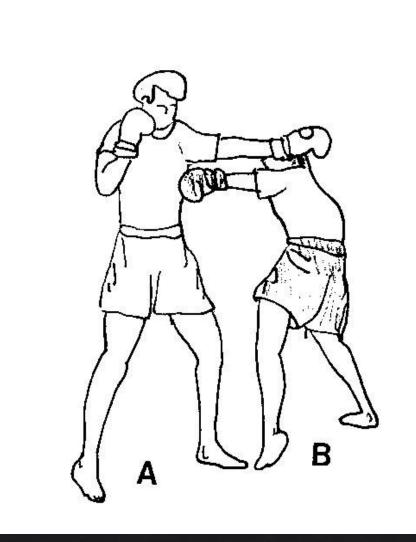


Defense (odbrana)

Slip (izmak)

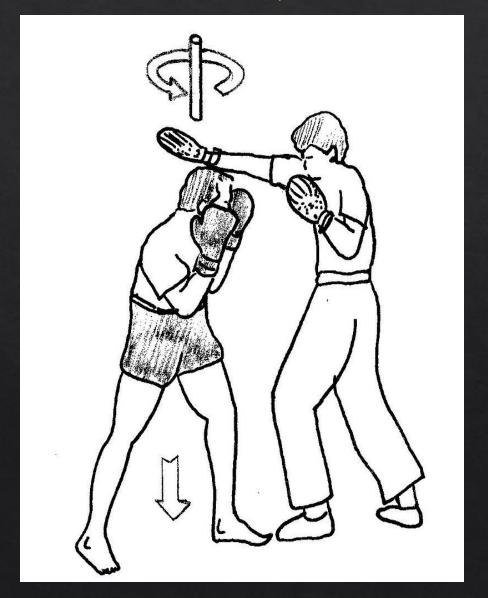
Slipping rotates the body slightly so that an incoming punch passes harmlessly next to the head.

As the opponent's punch arrives, the boxer sharply rotates the hips and shoulders (naglo rotira kukove i ramena).



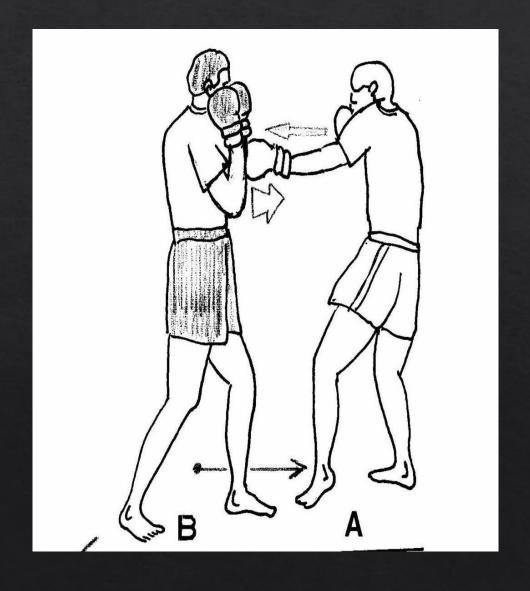
Bob and Weave (sagni se i izmakni)

Bobbing (saginjanje) moves the head to the side and beneath (glavu u stranu i ispod) an incoming punch (nadolazećeg udarca).



Parry/block

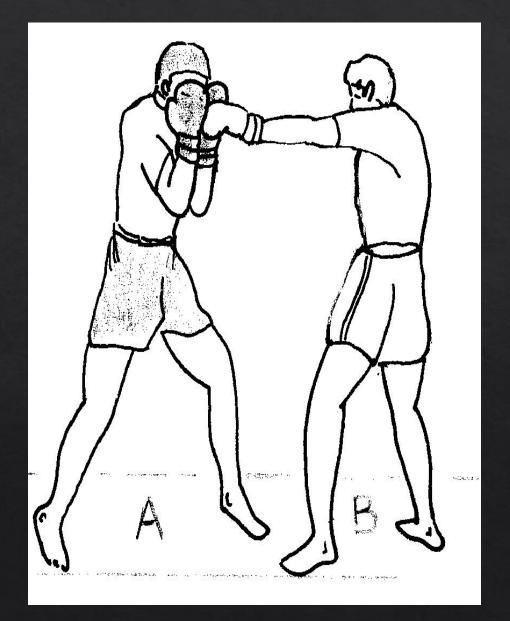
Parrying (skretanje udarca) or blocking (blokiranje) uses the boxer's shoulder, hands or arms as defensive tools to protect against incoming attacks (zaštitu od nadolazećih napada).



Cover-up

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

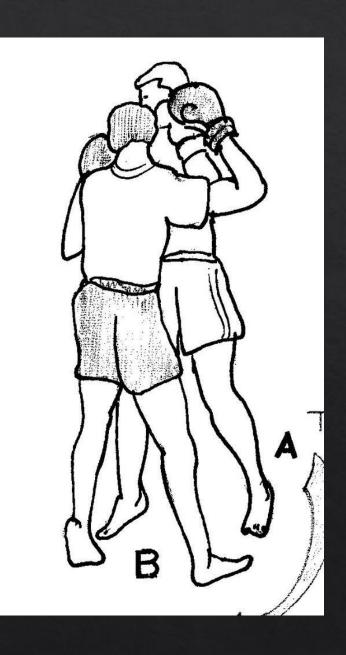
The hands are held high to protect the head and chin and the forearms are tucked against the torso (podlaktice se prislone uz trup) to impede body shots.



Clinching

Clinching (klinč) is a form of trapping (zarobljavanja) or a rough form of grappling (hrvanja) 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.



Kickboxing

Kickboxing (kik-boks) is a full-contact hybrid martial art (kontaktna hibridna borilačka veština) and boxing type based on punching and kicking (udarcima rukama i nogama).

1950s to 1970s.



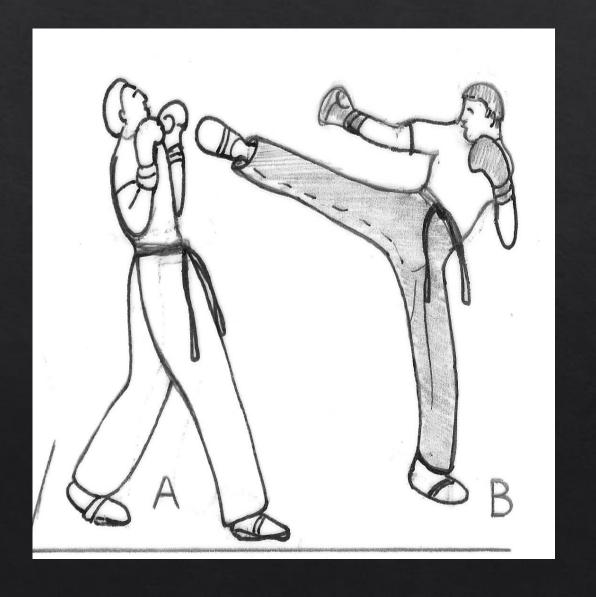
Kickboxing

The fight takes place in a boxing ring, normally with boxing gloves, mouth guards (štitnicima za zube), shorts (šortsevima), and bare feet (bosim stopalima) to favor the use of kicks (radi lakšeg izvođenja udaraca nogom).



Roundhouse kick

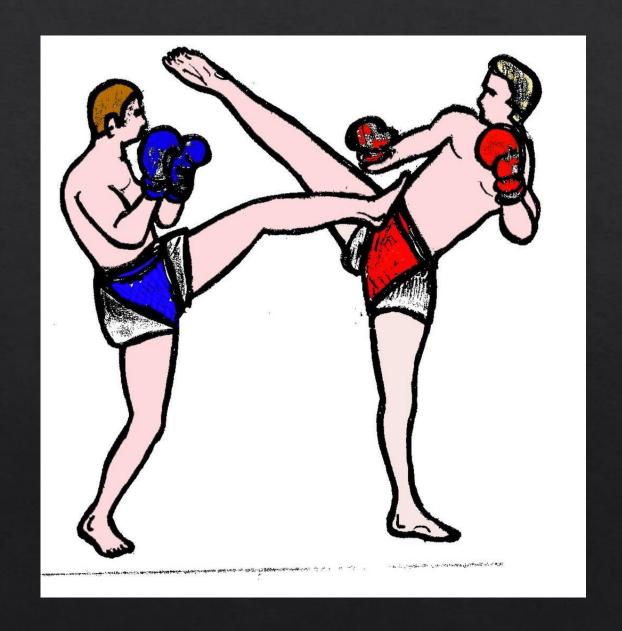
Roundhouse kick (kružni udarac nogom) – Striking with the front of the foot or the shin (cevanicom) to the head or the body of the opponent.



Front kick

Front kick (prednji udarac nogom)

Striking face or chest on with the foot.

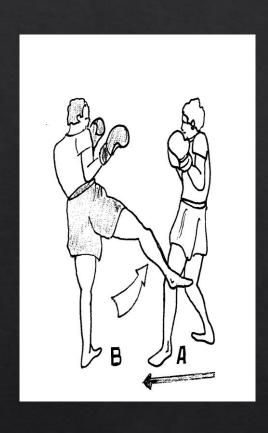


Side Kick

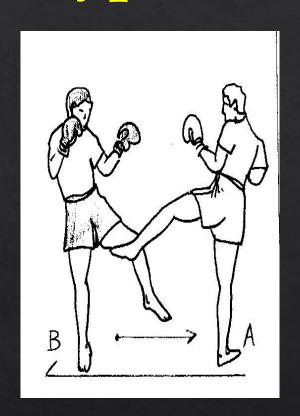
A side kick (bočni udarac nogom) is delivered sideways in relation to the body of the person kicking.



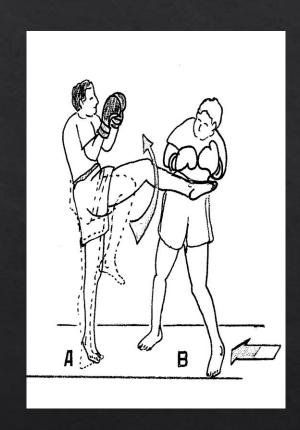
Types of Kicks



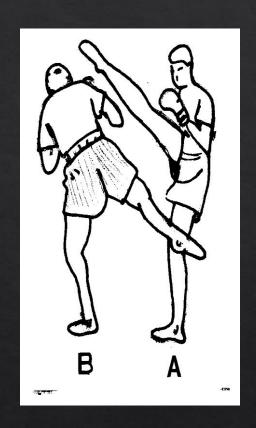
Low kick outside (spoljašnji nizak udarac nogom)



Low kick inside (unutrašnji nizak udarac nogom)



Middle kick (udarac u sredinu tela)



Low kick in counter (kontranapdački udarac nogom)

Thank you for your attention!