

# English Tutorial Classes Week 9

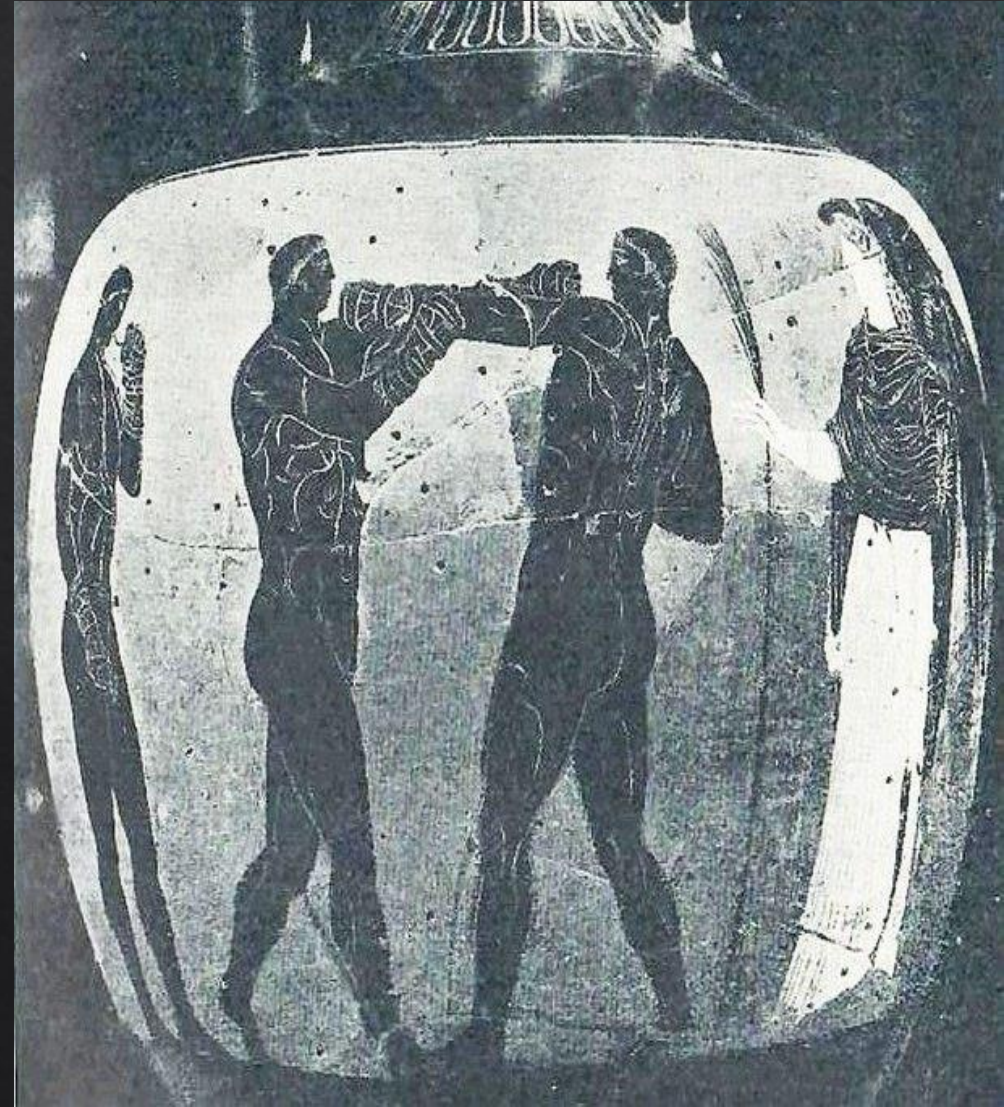
## Boxing and Kickboxing

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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 (ударanje borca koji je na podu) and grasping below the waist (hvatanje ispod pojasa) were prohibited (zabranjeni). Broughton encouraged the use of muffers (rukavica za zaštitu šaka).



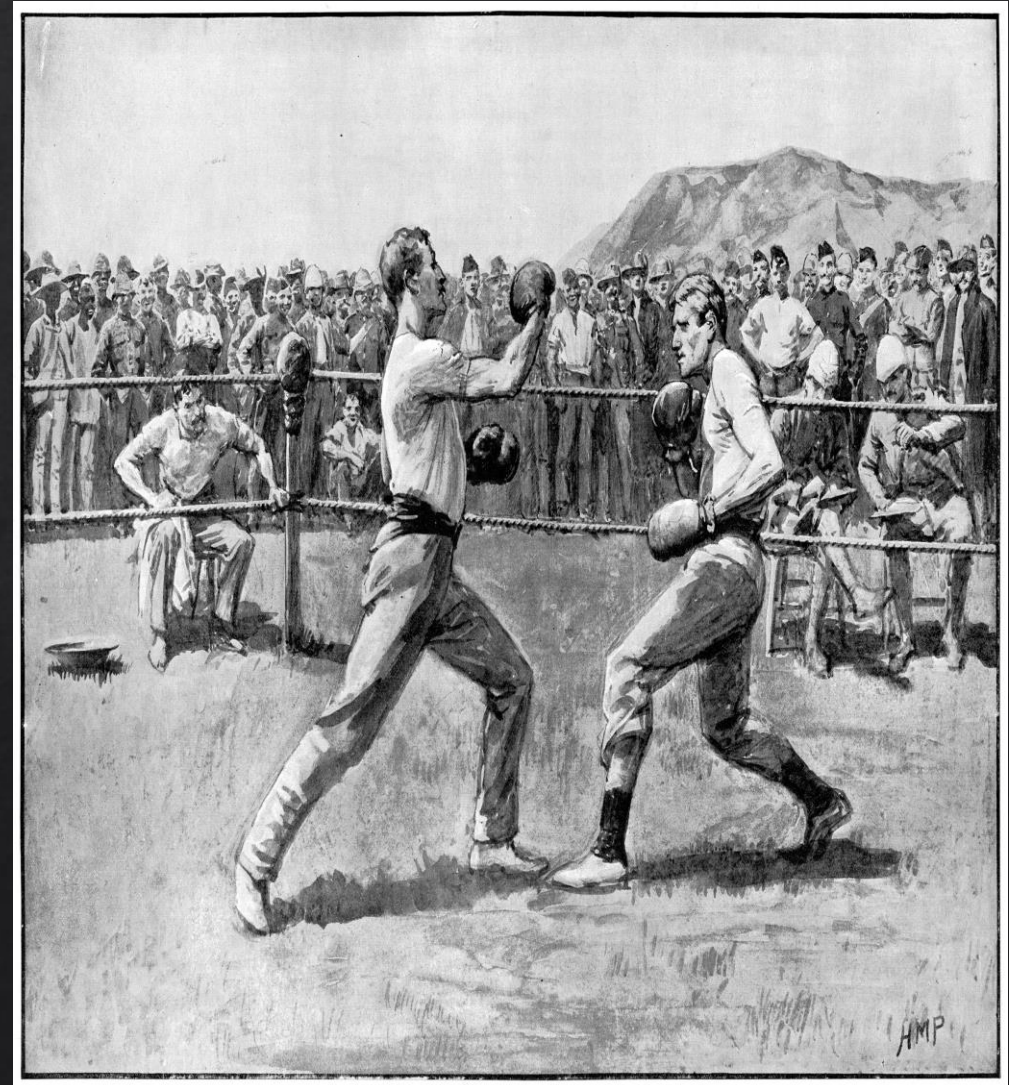


# Marquess of Queensberry rules

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.

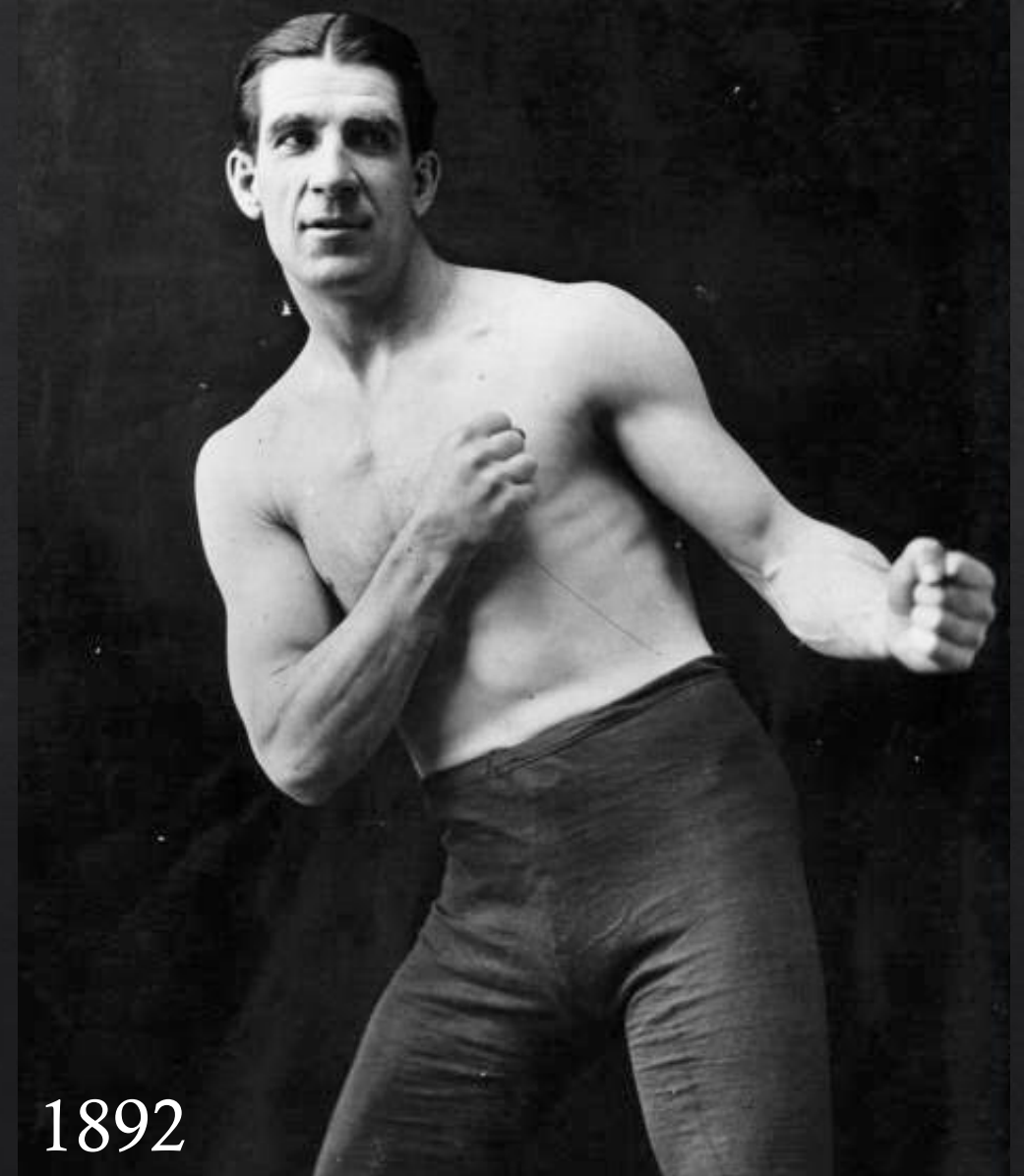
- Riots at prizefights were common occurrences
- Bare knuckle champions





# Gentleman Jim

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

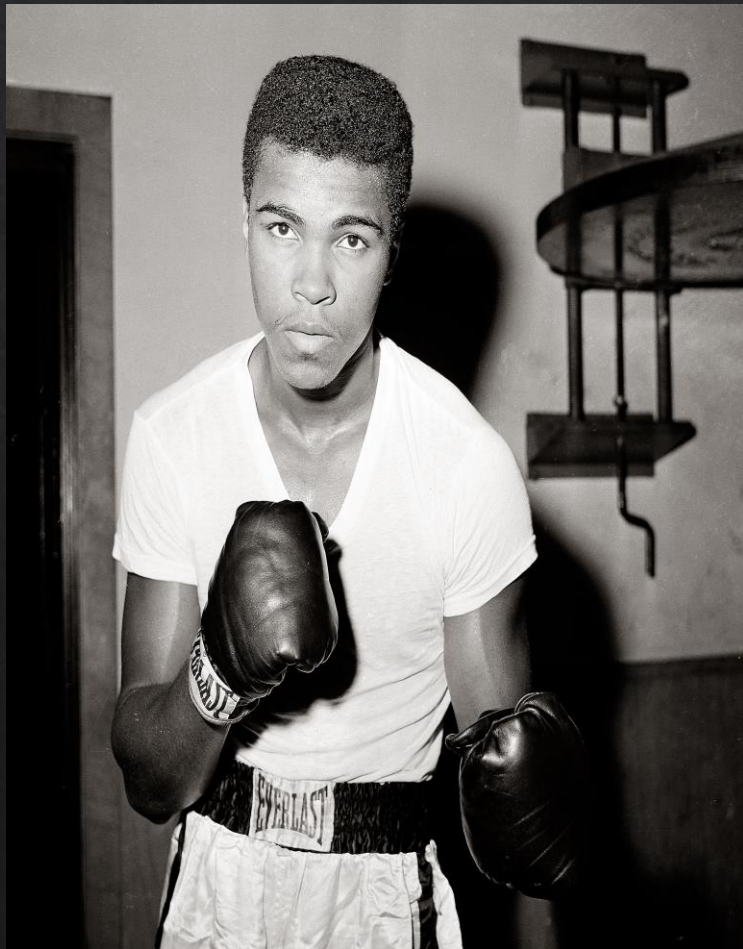


1892



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

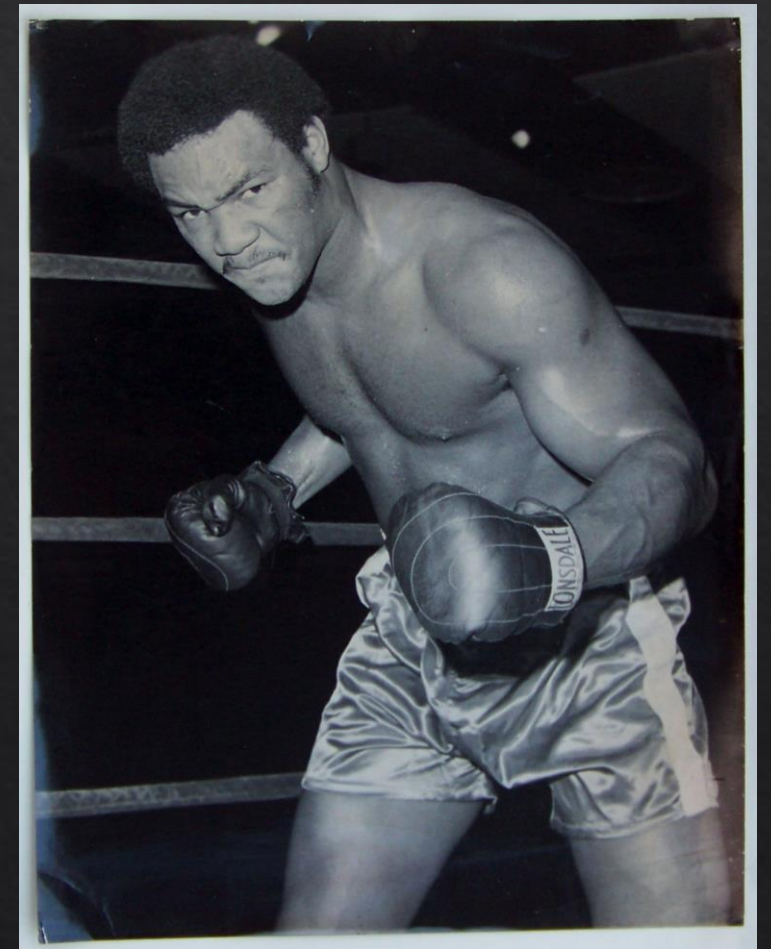
Muhammad Ali



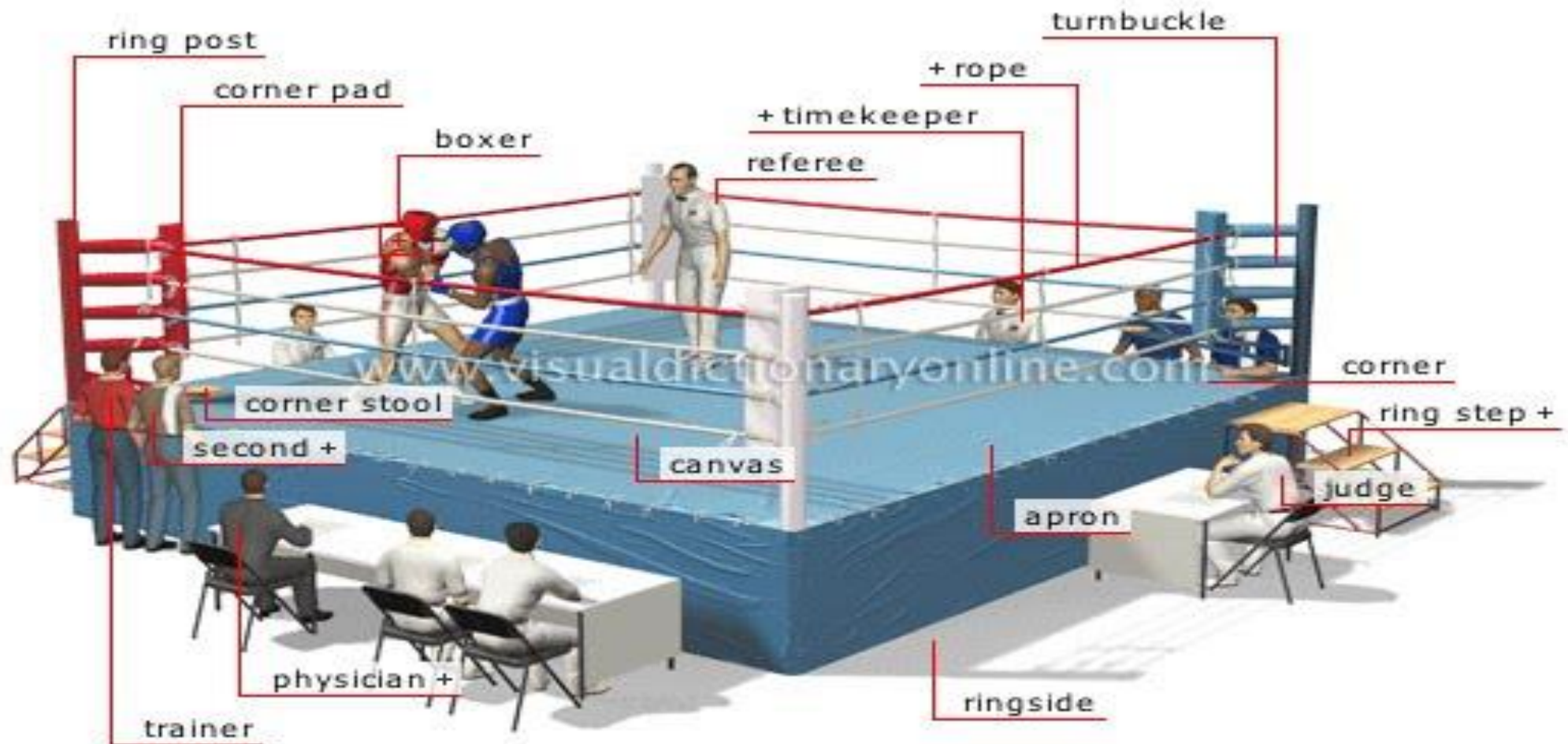
Joe Frazier



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).





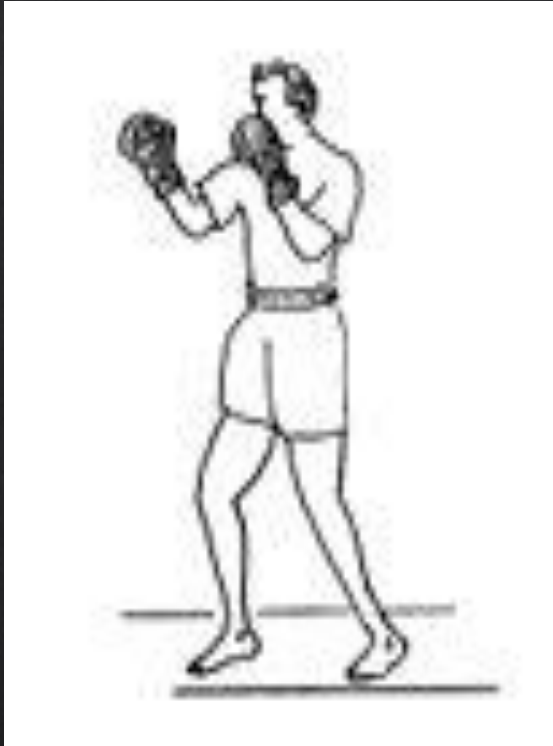
# Counter puncher

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)



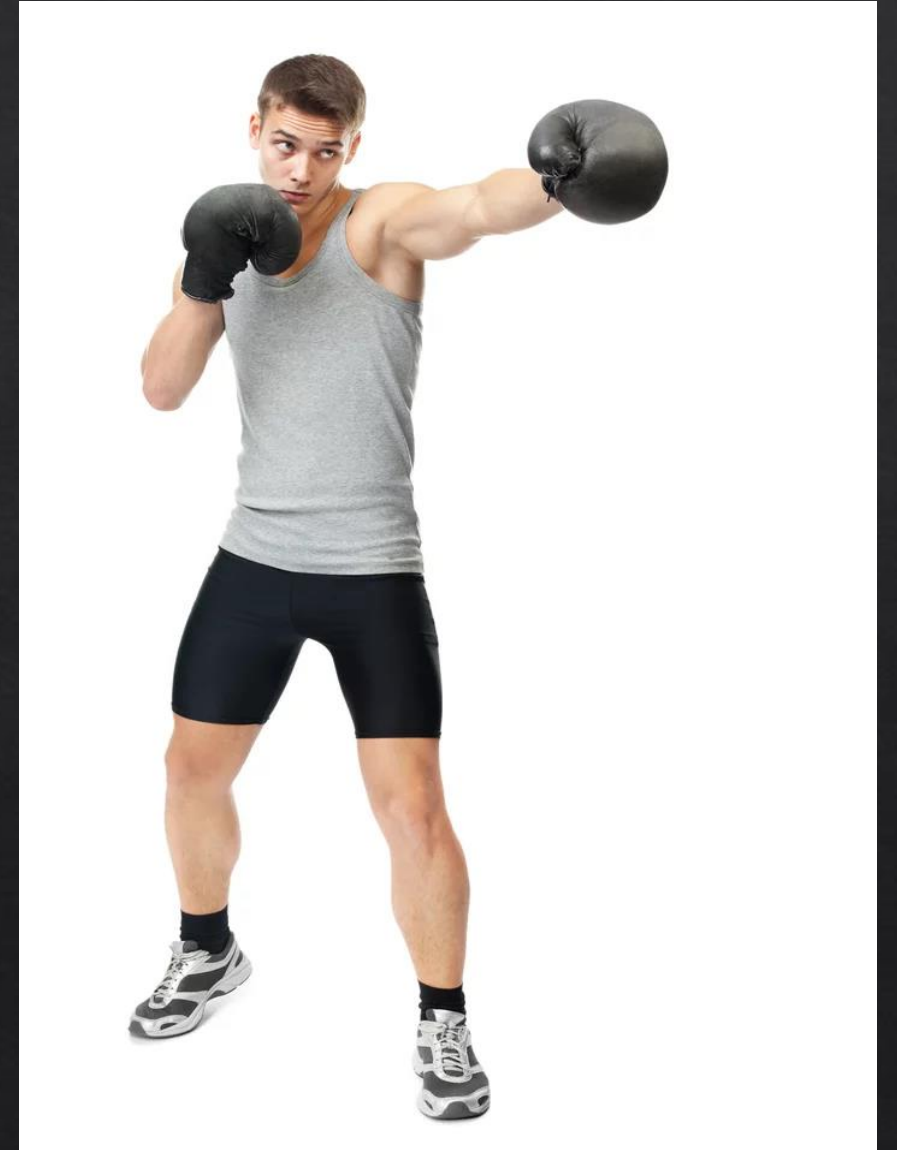
Full crouch  
(savijen stav)



# 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.



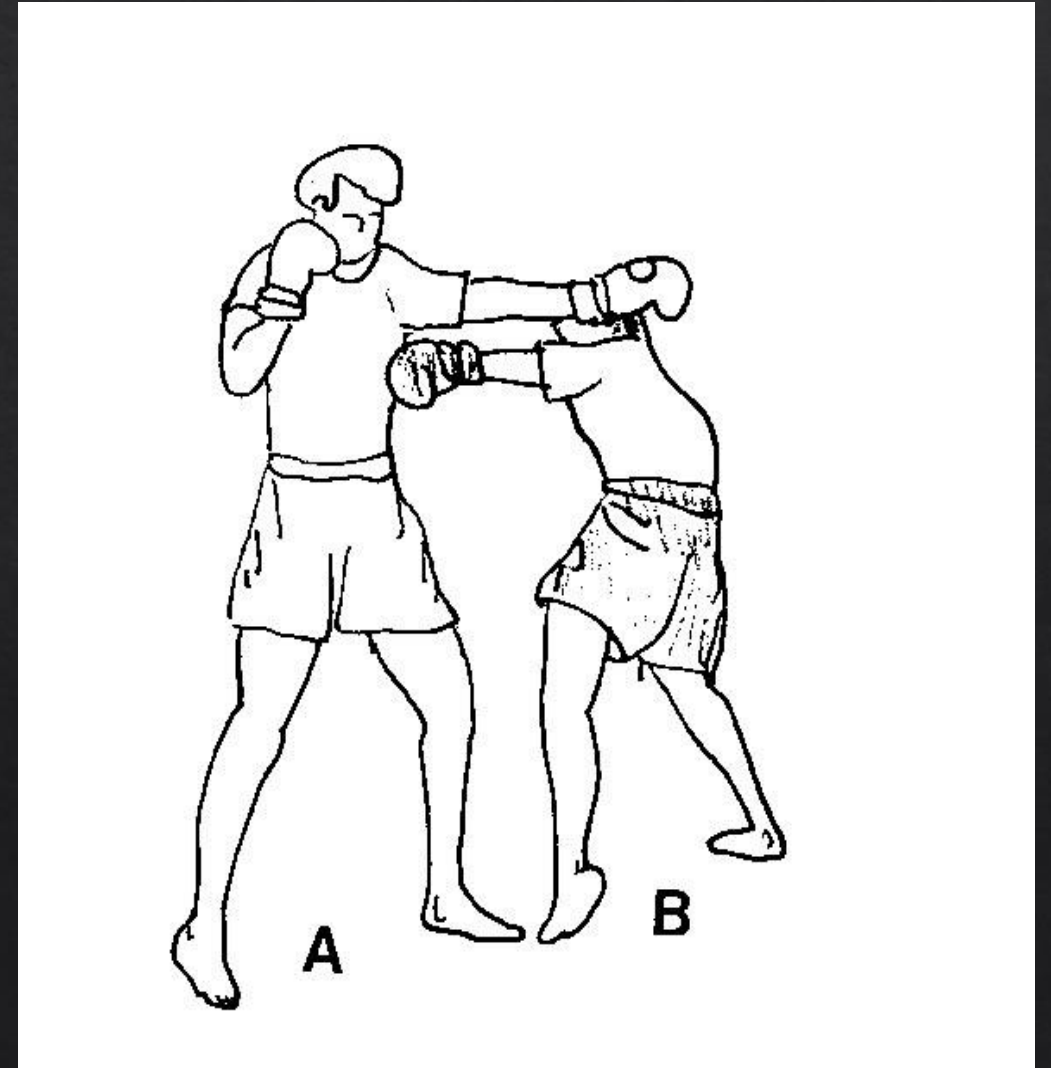


# Defense (odbrana)

## Slip (izmak)

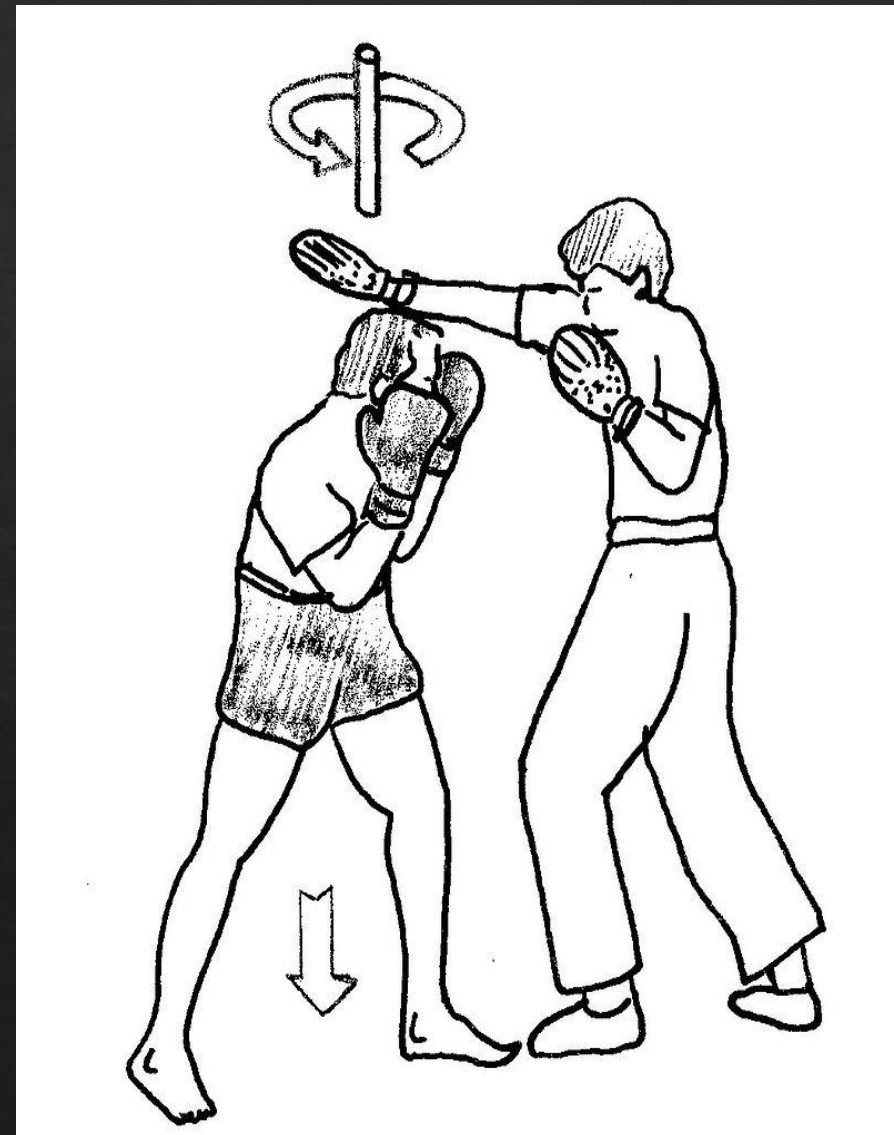
Slipping rotates the body slightly so that an incoming punch passes harmlessly next to the head.

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)

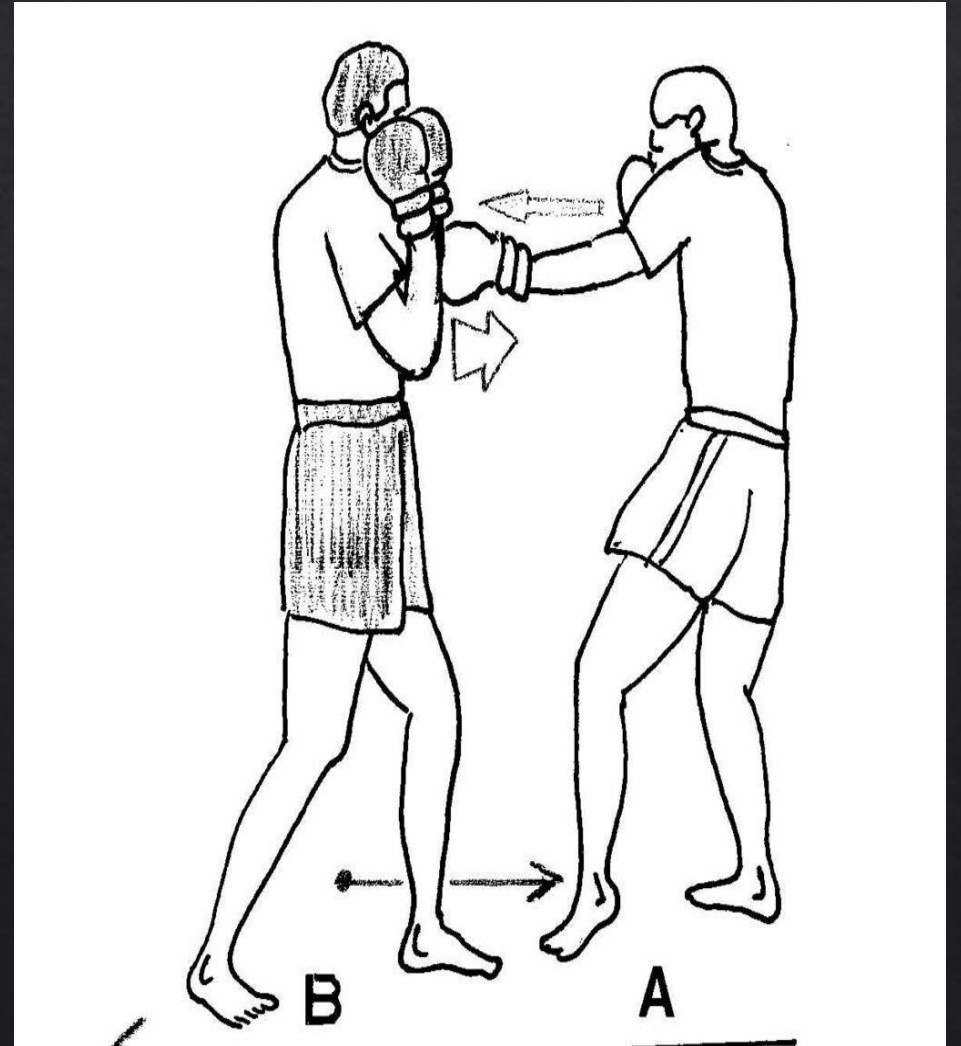
Bobbing (saginjanje) moves the head to the side and beneath (glavu u stranu i ispod) an incoming punch (nadolazećeg udarca).





# Parry/block

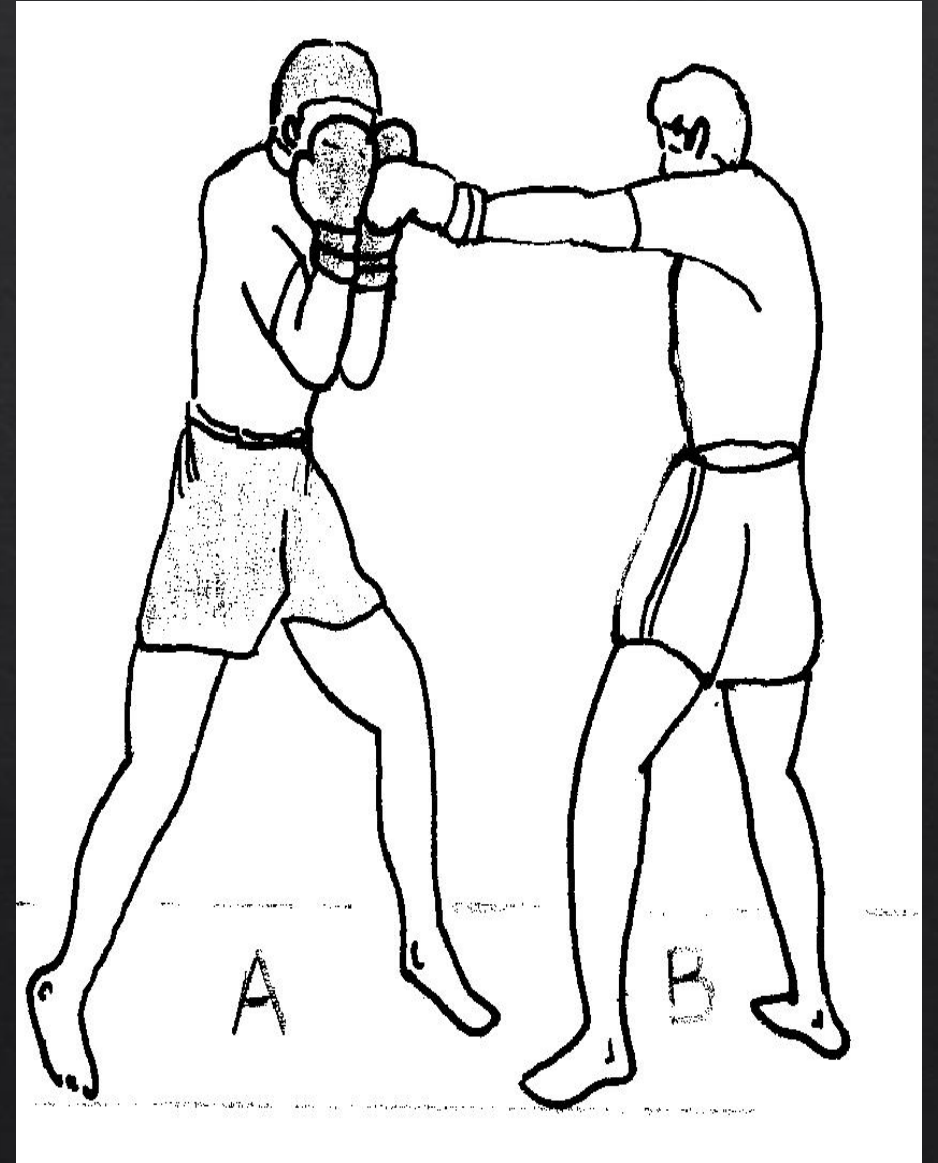
Parrying (skretanje udarca) or blocking (blokiranje) uses the boxer's shoulder, hands or arms as defensive tools to protect against incoming attacks (zaštitu od nadolazećih napada).



# 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.

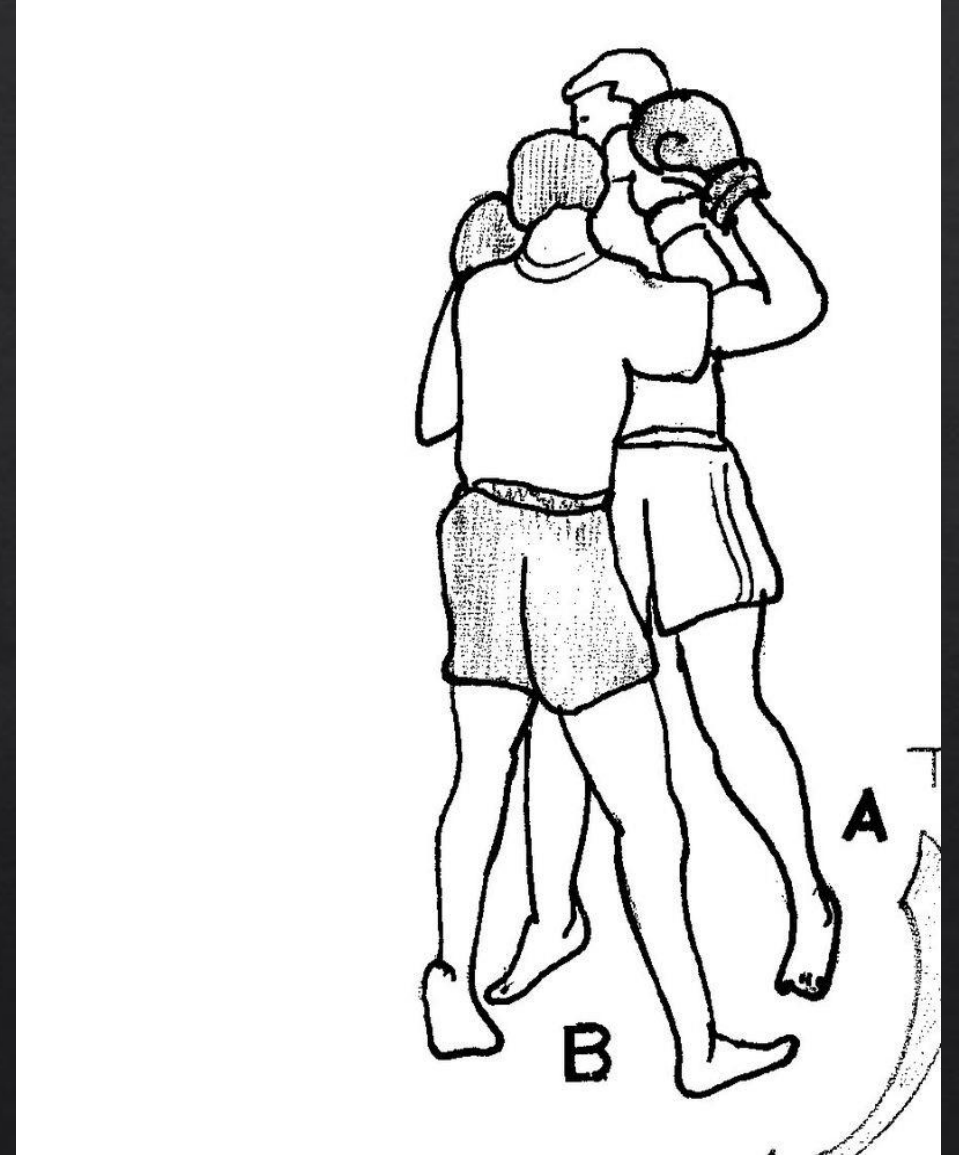




# Clinching

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.





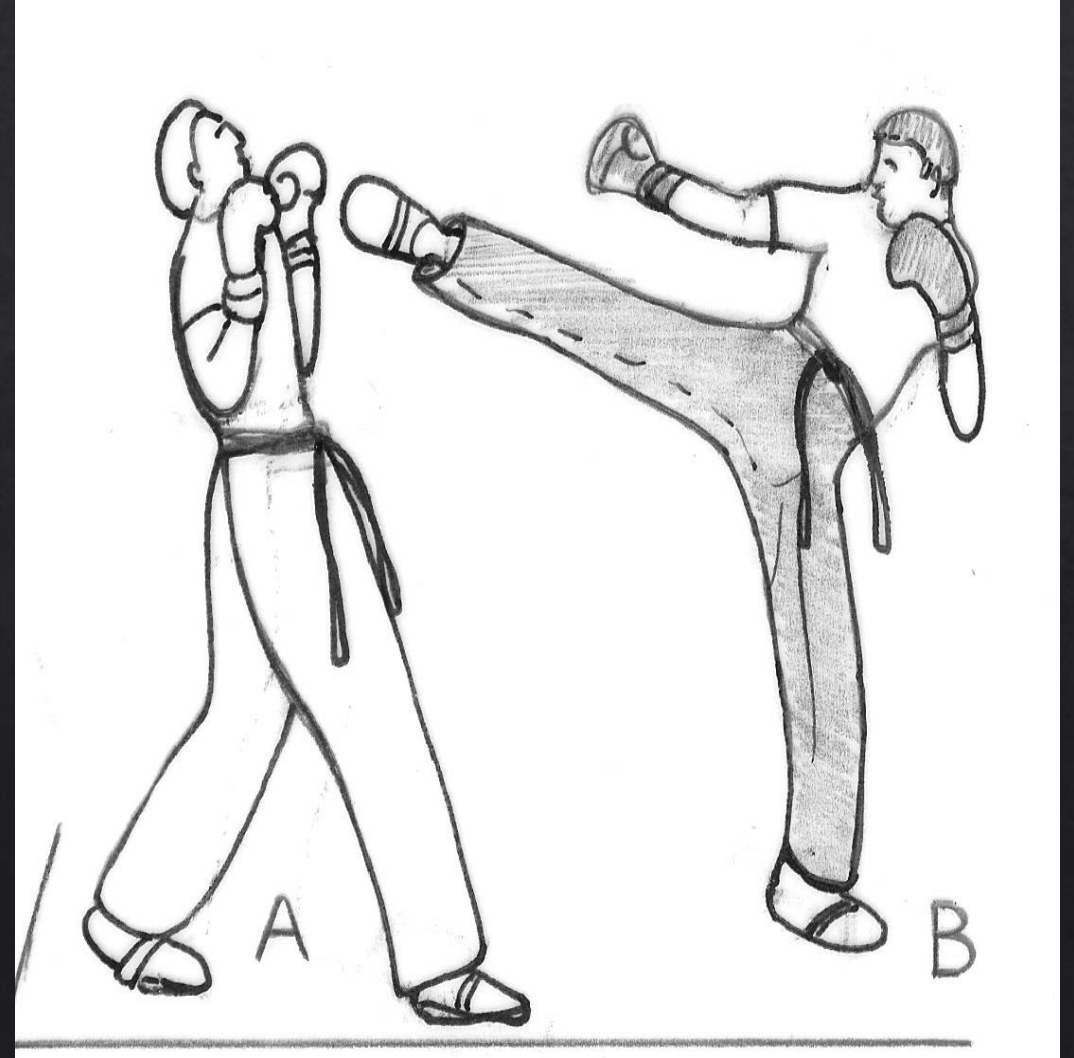
# Kickboxing

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.

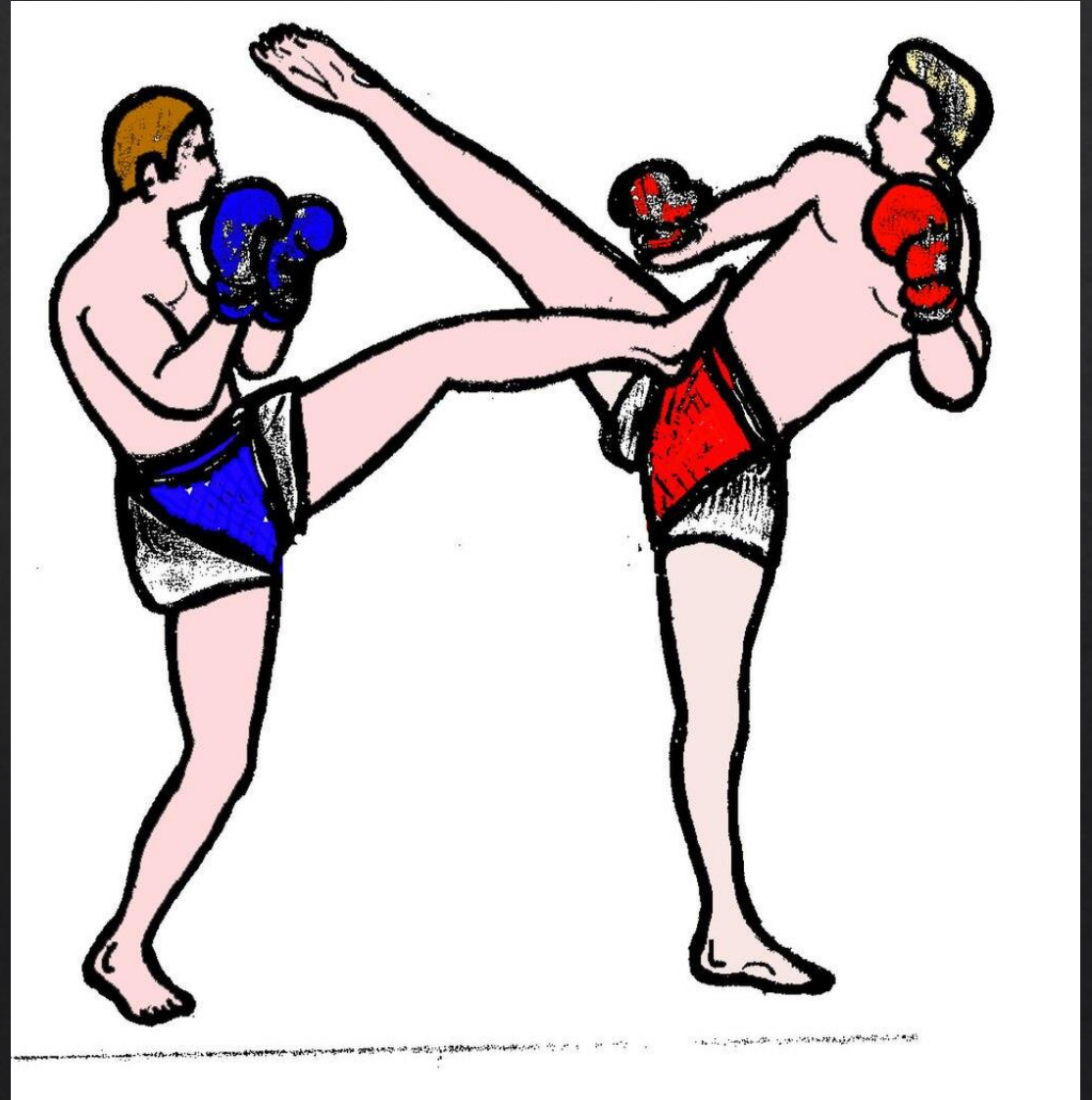




# Front kick

Front kick (prednji udarac nogom)

Striking face or chest on with the foot.



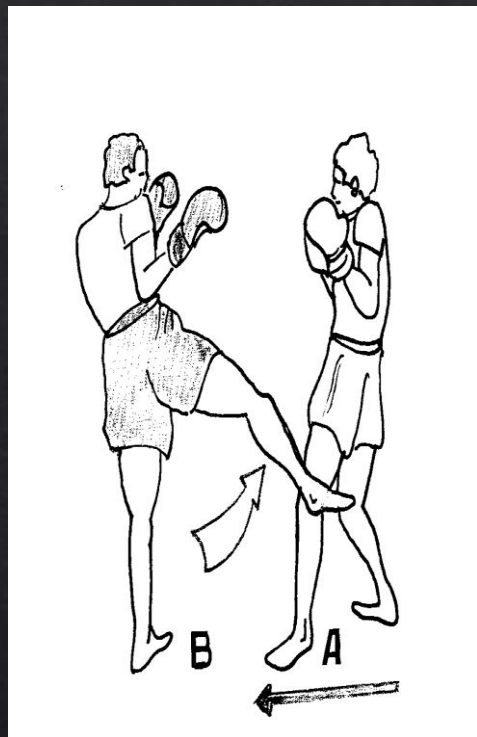
# Side Kick

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

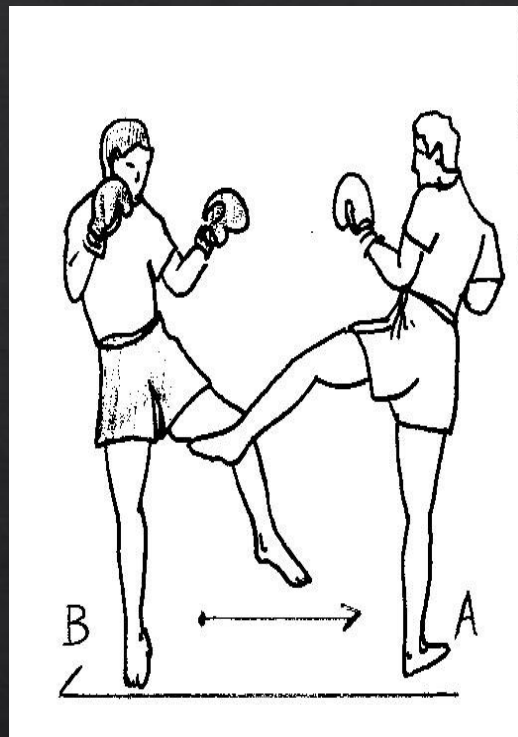




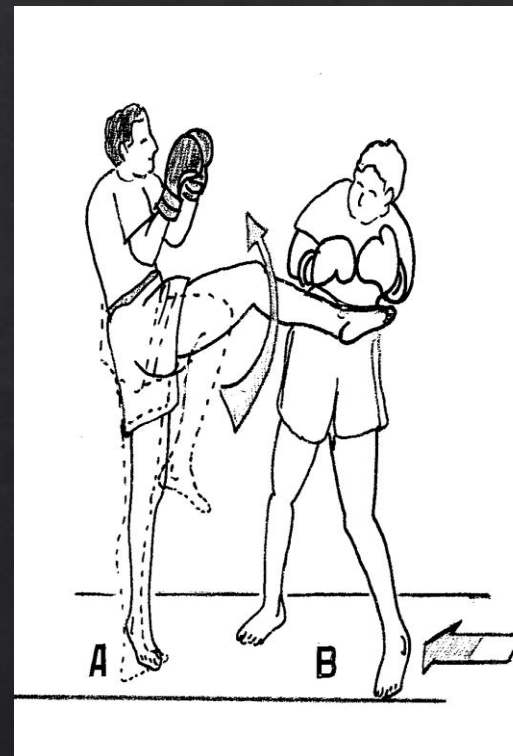
# Types of Kicks



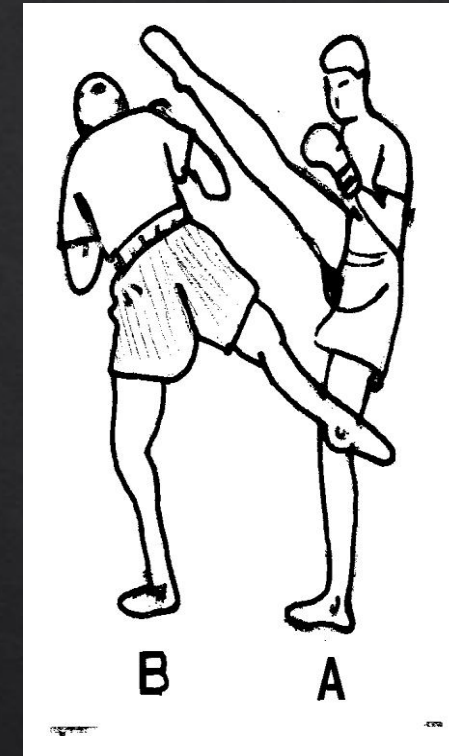
Low kick outside  
(spoljašnji nizak  
udarac nogom)



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!