

Book of Boxing - Cheat Sheet

1. Foundation

Your feet need to be soundly connected with the ground for you to throw decent punches. The old saying mantra, “Turn your body sideways to minimise target area” doesn’t work for me. I believe you need a wide base so you can pull your jab and throw a hard power hand. I use two stances:

Shoulder Width Square



Directions: Stand at shoulder width, then move your power (back) foot back the same distance to make a square. Bend your knees slightly. This is your stance.

Power Triangle



Directions: Stand slightly wider than shoulder width - at the base of the triangle - then move your front foot to make a triangle. Turn your back foot out slightly. This wider stance gives you more leverage for power punching.

2. Mid-line Awareness

Set your body up so that every movement is countered through your middle line. E.g. Pushing your left hand jab will be accompanied - equally - by 'pull back' on the opposite shoulder, chest and hip. This increases your stability and thus power of each blow.



3. 5:1 Ratio

Throw 5 lead hand punches to every 1 back hand punch. The lead hand is great for setting up and pressuring your opposition. Mix up your lead hand attack, e.g. jab, double jab, jab-hook, feint-jab, jab-wait-jab, double jab going left, double jab going right, etc.

4. Workrate

I learnt this losing and solidified it winning. Most fighters don't go past threshold until it's too late. Whether you're a fighter or not, you should train at a level that goes past your limits so you improve. A lot of people in boxing gyms are there to be seen, not to work. Don't be this person.

5. Get a jab

The most important thing in boxing. GET. A. JAB. Initially this movement feels, so practice until you've got control and are able to bring the contest onto your terms using the jab. As the great George Foreman says, "The way to beat speed is with a jab."

I can teach you all of the above, CONTACT ME for a lesson today.

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