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Boxing moves and techniques pdf

Try your first free workout Download the FightCamp App! These SIX (6) basic BOXING PUNCHES–jab, cross, lead hook, rear hook, lead uppercut, rear uppercut–form the foundation of boxing. Let’s break them down… Published: July 16, 2021 Topics: Boxing, Training Author: Tommy Duquette Watching professional fighters showcase the pinnacle of their sport can be mesmerizing. It can also intimidate some beginner boxers.What Are The Six Punches In Boxing? Anyone just starting out boxing should remember that a powerful boxing prowess comes down to learning the six (6) basic boxing punches (6 Boxing Punches).These foundational moves are broken down into an easy punch number system that is at the core of all boxing punches and combinations.1 = The Jab2 = The Cross3 = The Lead Hook4 = The Rear Hook5 = The Lead Uppercut6 = The Rear UppercutWhat Are Different Types of Punches?Although there are six (6) punches in the punch count number system, they can also be broken down further into four (4) main types of boxing punches.These four (4) types of punches are:The six-punch number system incorporates these main types of punches thrown, plus variations based on the right and the left hands, which require slightly different positioning.How Are Punches Numbered?The way these punches are numbered is by design. There is a formula to boxing punch numbers 1-6 that not only makes them easier to remember, but also helps create winning punch combinations.This punch number system is based on an Orthodox boxing stance and is broken down like this:All even-numbered punches are right-hand punchesAll odd-numbered punches are left-hand punchesBoxing workouts often use punch combinations using the punch count numbers to identify drills. Here are a few of the basic combinations using the numbering system:1 - 2 = Jab - Cross3 - 4 = Lead Hook - Rear Hook5 - 6 = Lead Uppercut - Rear UppercutBeginners should memorize these numbers and be comfortable with these punch combinations as they will be used frequently throughout boxing training and boxing drills. Boxing punch numbers make it easy for trainers to call out combinations during a workout.How Do You Do Basic Punches In Boxing?Armed with a better idea of how this punch number system is designed, it’s time to get started learning the moves.1 = The Jab Assume fighting stance with your fists in guard position.Extend your lead arm straight ahead, keeping your fist in line with its starting point.Return your fist quickly back to your face.The jab is meant to be more of a rapid movement than a powerful one, so keep this in mind as you practice (How To Use a Jab).2 = The Cross Assume the same fighting stance with fists in guard position.You will pivot on your back foot as you rotate your hips, angling your body towards the front.As you pivot and rotate, extend your rear arm forward using your shoulder as the source of your power.Rotate your body back to fighting stance and return your rear hand to guard position.3 = The Lead Hook Start in your fighting stance with fists in guard position.Rotate your body into a forward position to transfer your weight on your lead leg.Bring your lead arm up to shoulder-height with your elbow bent at a 90-degree angle.Pivot on your lead leg while rotating your body to follow your fist.Your arm will remain bent at the elbow at a roughly 90-degree angle and your elbow should end up almost in front of your face as you follow-through.Note: This can be one of the trickier (but most powerful) punches to throw, so don’t get discouraged if it feels awkward at first!4 = The Rear Hook Start in your fighting stance with fists in guard position.Bring your rear arm to shoulder height with your elbow bent at a 90-degree angle.Pivot on your rear foot while rotating your hips and body.Again, your elbow will remain bent and should be almost in front of your face as you deliver your hook punch.5 = The Lead Uppercut Assume fighting stance with fists in guard position.Bend your knees into a low squat.Drop your lead arm to a 90-degree angle from your body.Using the power from your legs and body, drive your fist upwards into a punch keeping your elbow bent.6 = The Rear Uppercut Assume fighting stance with fists in guard position.Bend your knees into a low squat.Drop your rear arm to a 90-degree angle from your body.Like the cross and rear hook, pivot on your back foot and rotate your hips and body as you drive your fist upwards for the punch, keeping your elbow bent.These six (6) punches represent the groundwork behind every great boxer and are fundamental parts of every great boxing match.Learning the six basic boxing punches is the foundation of becoming an experienced boxer. Some of these punches and punch combinations may feel more natural than others at first, but beginners will get comfortable with practice. All boxers have their favorites and start to create their own go-to combinations. The important thing is to get comfortable using all the tools in your arsenal to really excel!To learn more about how you can enhance your boxing and kickboxing training and develop your boxing technique, visit the FightCamp YouTube Channel and Blog to get pro tips, drills, and exercises to keep you in fighting shape.Related ArticlesBest Punching (Boxing) Techniques to Get You to Your Full Potential How To Increase Punching Speed: Boxing Tips and Exercises Why You Should Start Shadowboxing The Ultimate Boxing Guide To Punching Speed How To Throw a Proper Uppercut Boxing 101: 2-Punch Combos 15-Minute At Home Boxing Workout (No Equipment Needed) Join our list and get exclusive offers, FREE Boxing and Kickboxing training tips & tricks, and endless health & fitness inspo to inspire the fighter within. Tommy Duquette is a Co-Founder and Head of Content at FightCamp. He is a former US Boxing Team member with 136 fights under his belt & qualified #2 seed for the 2012 Olympic trials. Tommy is USA Boxing Coach certified. There are four generally accepted boxing styles that are used to define fighters. These are the swarmer, out-boxer, slugger, and boxer-puncher. Many boxers do not always fit into these categories, and it’s not uncommon for a fighter to change their style over a period of time. Swarmer The swarmer (in-fighter, crowder) is a fighter who attempts to overwhelm his opponent by applying constant pressure — taking away an opponent’s usually superior reach. Swarmers tend to have very good head movement in order to get inside. Good power, a good chin, and a tremendous punch output (resulting in a great need for stamina and conditioning). This style favors closing inside an opponent, overwhelming them with intensity and flurries of hooks and uppercuts. They tend to be fast on their feet which can make them difficult to evade for a slower fighter; or are great at cutting off the ring with precise footwork. They also tend to have a good “chin” because this style usually involves being hit with many jabs before they can maneuver inside where they are more effective.[1] Many swarmers are often either shorter fighters or fighters with shorter reaches, especially in the heavier classes, that have to get in close to be effective. Out-boxer The out-boxer (out-fighter, boxer) is the opposite of the swarmer. The out-boxer seeks to maintain a gap from their opponent and fight with faster, longer range punches. Out-boxers are known for being extremely quick on their feet, which often makes up for a lack of power. Since they rely on the weaker jabs and straights (as opposed to hooks and uppercuts), they tend to win by points decisions rather than by knockout, although some out-boxers can be aggressive and effective punchers.[1] Slugger If the out-boxer represents everything elegant about boxing, the slugger (brawler, puncher) embodies everything brutal about the sport. Many sluggers tend to lack finesse in the ring, but make up for it in raw power, often able to knock almost any opponent out with a single punch.[1] Sluggers’ punches are often slow but have more body and follow through. This is advantageous in punching through an opponent’s guard and creating an opportunity to follow with further blows. Most sluggers lack mobility in the ring and may have difficulty pursuing fighters who are fast on their feet but that’s not always the case. Compared to swarmers and out-boxers, sluggers normally throw fewer but harder shots and rely less on combinations. Sluggers often throw predictable punching patterns (single punches with obvious leads) which can leave them open for counterpunching.[1] Boxer-puncher The boxer-puncher possesses many of the qualities of the out-boxer: hand speed, often an outstanding jab combination, and/or counter-punching skills, better defense and accuracy than a slugger, while possessing slugger type power. The Boxer-puncher may also be more willing to fight in an aggressive swarmer-style than an out-boxer. In general the boxer-puncher lacks the mobility and defensive expertise of the pure boxer. Boxer-punchers usually do well against out-boxers, especially if they can match their speed and mobility. They also tend to match up well against swarmers, because the extra power often discourages the swarmer’s aggression. Boxer-punchers can be hard to categorize since they can be closer in style to a slugger, swarmer, or an out-boxer. Sub-styles and other categories Counterpuncher A counterpuncher utilizes techniques that require the opposing boxer to make a mistake, and then capitalizing on that mistake. A skilled counterpuncher can utilize such techniques as winning rounds with the jab or psychological tactics to entice an opponent to fall into an aggressive style that will exhaust him and leave him open for counterpunches. For these reasons this form of boxing balances defense and offense but can lead to severe damage if the boxer who utilizes this technique has bad reflexes or isn’t quick enough. Southpaw A southpaw fights with a left-handed fighting stance as opposed to an orthodox fighter who fights right-handed. Orthodox fighters lead and jab from their left side, and southpaw fighters will jab and lead from their right side. Orthodox fighters hook more with their left and cross more with their right, and vice versa for southpaw fighters. Some naturally right-handed fighters (such as Marvin Hagler and Michael Mooren)[2][3] have converted to southpaw in the past to offset their opponents. Switch-Hitter A switch-hitter switches back and forth between a right-handed (orthodox) stance and a left-handed (southpaw) stance on purpose to confuse their opponents in a fight. Right-handed boxers would train in the left-handed (southpaw) stance, while southpaws would train in a right-handed (orthodox) stance, gaining the ability to switch back and forth after much training. A truly ambidextrous boxer can naturally fight in the switch-hitter style without as much training.

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