

# **Boxing Basics**

## **Level 1 of 4**



**By**  
**Scott Bolinger**

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Alliance Nebraska

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## Written by:

Scott Bolinger

## Published by:

WarriorRage

Address: 507 Niobrara

Alliance, NE 69301

Phone: 308-762-3382 Email: [wrkf@warriorrage.com](mailto:wrkf@warriorrage.com)

Website: [www.warriorrage.com](http://www.warriorrage.com)

# Introduction

**Scott Bolinger is a instructor with over 30 years instructing boxing and KickBoxing. Competed in martial arts tournaments for many years, have had students compete successfully in karate, tae kwon do, boxing and MMA events. In the Bolinger Boxing series, there are 4 levels of boxing. Level one will mainly start you off on the combination foundation and your offense and will go through the level 1 medicine ball routine. Level 2 is when you start on defense. There is a level 2 defense, then a level 3 defense, and a level 2 and 3 medicine ball routine. On level 4, the medicine ball routine is one you would need to do with a partner. And in level 4 the primary focus is the jab, working the jab in separate combination, and then there is a round that you work angles, but continue working the lead hand. The 4 level boxing short books are all on kindle. WarriorRage Kickboxing volume II has the boxing levels, and there is a update to the levels in the masters edition. Kindle is bought through Amazon. Hard cover and Ebook are bought at [www.WarriorRage.com](http://www.WarriorRage.com) website. On average it takes 3 months working the drilling and getting tone and the right speed to be able to move to the next level of boxing. Its ok, even suggested that you jump back and forth between the different training levels, so you don't get bored with the training.**

**Chapter 1: Strikes**

**Chapter 2: Level 1 Boxing**

**Chapter 3: Heavy Bag routines**

**Chapter 4: How to Wrap your hands**

# Punches and Strikes

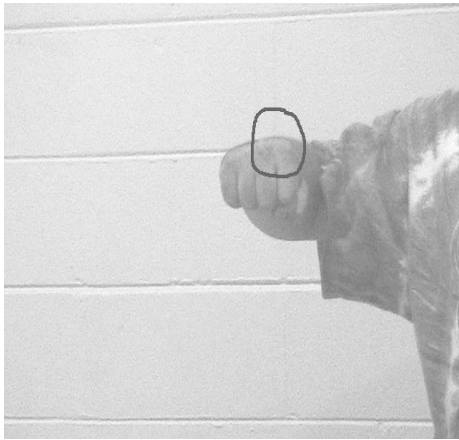
## Chapter 1



**Scott Woods (purple belt ShotoKan) on the left and Scott Bolinger (master kickboxer) is on the right**

In this first chapter, I will go through the basic strikes of a boxer. In kickboxing there are many more allowable strikes, so if you need to learn different striking techniques, then I'd suggest buying the WarriorRage KickBoxing book, the Masters edition.

**On a standard punch, jab or cross punch,** you use the knuckle on the forefinger and middle finger as your striking knuckles. The Circled parts is what you hit with. Try and get in the practice that if your jab is out, your rear hand his by your cheek and if your rear hand is out, your lead hand is by your cheek.



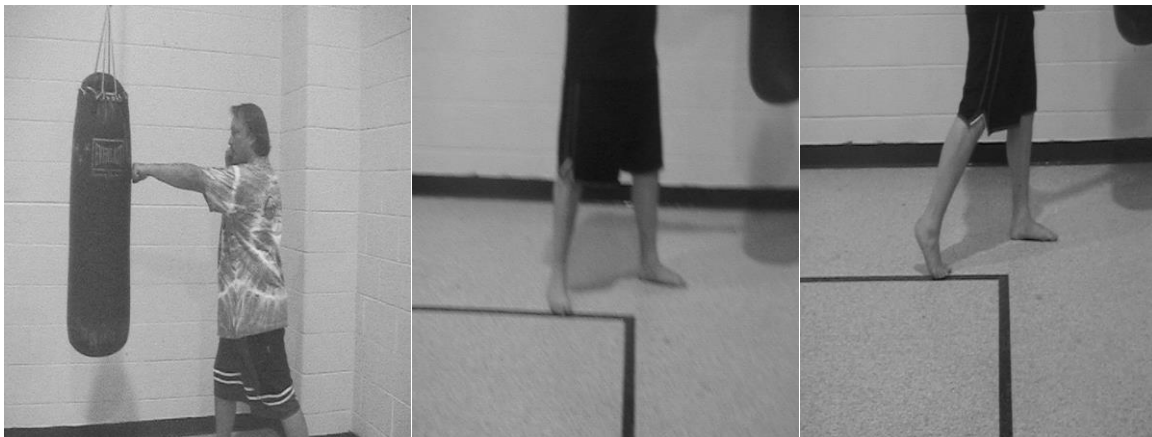
This is what the bottom part of your hand should look like. Notice the thumb isn't sticking out or tucked inside the hand.



**Jab** – A jab comes from the leading hand and shoots straight out. Any time one hand is striking, the other hand should be back by your cheek ready to block or throw another strike.



**Cross** – A cross punch comes from the trailing hand. You torque your hips and also pivot on the ball of your trailing foot. Try and pay attention to the twisting of the hips, trying to get hip torque. This is one of the preferred ways I like to break boards. I just tighten up all the muscles in the body and explode with a reverse punch.



**Vertical punch** – you strike with the forefinger knuckle and middle finger knuckle. You throw it like you're starting a jab or cross, but you keep your hand vertical instead of twisting your hand.



**Inverted Vertical Punch:** This strike is for primarily midsection strikes.



**Hook Punch – hitting** with the fore finger knuckle and middle finger knuckle



you do a slight dip and you torque the hips and pop up the elbow and shoot





## Reverse Hook Punch



A good way to do a hook is to set it up in a combination like a jab, cross, hook combination or a jab, hook combination. You're less likely to telegraph a hook if it's in a combination. But if you throw your first punch as a hook in the combination, you might want to leave out the dip so you don't have the telegraph.



**Reverse Uppercut**



# Chapter 2

## Level 1 Boxing



Lance Yearling

# Warm-up exercise for level 1

Run a mile or 2X2 minute rounds on the jump rope, work your way up to 2 miles or 3X2 minute rounds on the jump rope. *Note: when jogging long distance you'll need to get use to a breathing technique. Either one long breath out and two short breaths in or one long breath in and two short breaths out usually works well)*

20-sit-ups (pg. 14.L1.2)

10 - 20 - sit-ups right elbow to left knee (pg. 14.L1.2)

10 - 20 - sit-ups left elbow to right knee (pg 14.L1.2)

20 - kick-outs (pg. 14.L1.2)

10 - figure 8 (pg. 14.L1.2)

10 - circles (pg. 14.L1.2)

10 - side leg lifts (pg. 14.L1.3)

10 - Bench Press (pg. 14.L1.3)

10 - Pull-Overs (pg. 14.L1.3)

**Note: with the Bench press and pull overs, start with a set of 10 and work your way up to 3 sets of 10**

10 - shoulder rotations (pg. 14.L1.3)

10 - Side Crunches (pg. 14.L1.5)

10 - side lats (pg. 14.L1.4)

10 - over head raise (pg. 14.L1.4)

10 - 2 handed over head (pg. 14.L1.5)

10 - Curl (pg. 14.L1.6)

10 - press (pg. 14.L1.4)

10 - French curl (pg. 14.L1.6)

10 - underhand press (pg. 14.L1.4)

Note: with the curl, press, French curl and underhand press, start off with one set of 10 and work your way up to 3 sets of 10

10 - sit-ups - chest to toes (pg. 14.L1.5)

10 - sit -ups - chest to knee (pg. 14.L1.5)

10 - sit-ups - straight arm sit-ups (pg. 14.L1.6)

10 - sit twist (pg. 14.L1.6)

## Coaches Mitts Level 1

Punch left to left and right to right when hitting the mitts.

### Round 1 level 1

10 jab, cross, jab (pg. 14.L1.7)

10 jab, cross, hook (pg. 14.L1.7)

10 jab, cross, hook, reverse hook (pg. 14.L1.8)

10 jab, cross, duck, jab, cross (pg. 14.L1.9)

10 jab, cross, upper cut, reverse upper cut, jab cross (pg 14.L1.9)

### Round 2 level 1

Practice 2 step combo

**1<sup>st</sup> Combination:** When 2 gloves are up execute a jab, cross, jab (pg. 14.L1.10)

**2<sup>nd</sup> Combination:** When 1 glove is up, execute a jab, then step up and do a jab, (pg. 14.L1.10 & 14.L1.11)

## Practice 3 step combo

**1<sup>st</sup> Combination:** When 2 gloves are up, execute a jab, jab, cross (pg. 14.L1.12)

**2<sup>nd</sup> Combination:** When 1 glove is up, execute a jab, if the glove goes sideways, execute a leading hand (pg. 14.L1.12 & 14.L1.13)

**3<sup>rd</sup> Combination:** When 1 glove is up, execute a jab, if the other hand goes up and both glove goes sideways, then execute a leading hand hook, reverse hook and a leading hand hook (pg. 14.L1.13)

## Sit-ups



**Sit-ups right elbow to left knee switch legs around for left elbow to right knee** (it may be helpful to have a training partner hold down your leg)



**Kick-Outs** – almost like a bicycle, but your kicking the heel out



**Figure 8** (hold your feet 4 to 8 inches off the ground and move them in a figure 8)



**Circles** -- similar to figure 8, but you move your feet in a circle, usually 5 to 10 clock-wise, then 5 to 10 counter clock-wise)

**Side Leg lift**



**Bench Press**



**Pull overs**



**Shoulder Rotations** (rest your elbow on your side and rotate your shoulder forward and back)



**Side lats** – in this exercise you will need a 2 to a 10 pound weight in your hand, start with your hand up high and when you bring your hand down you also move your chest to face the ground to get a good pull.



### **Over-Head Raise**



### **Press**



**Underhand press:** Your hands are underneath the medicine ball and your press up



## Two handed over head



**Side crunches** – bring up your knee and at the same time bring down your elbow. When doing this, focus on the side muscles and tighten your side muscle when bringing your elbow down and your knee up.



**Sit-up – chest to toes** (when pushing the medicine ball up to the toes you should be lifting your shoulders a few inches off the ground)

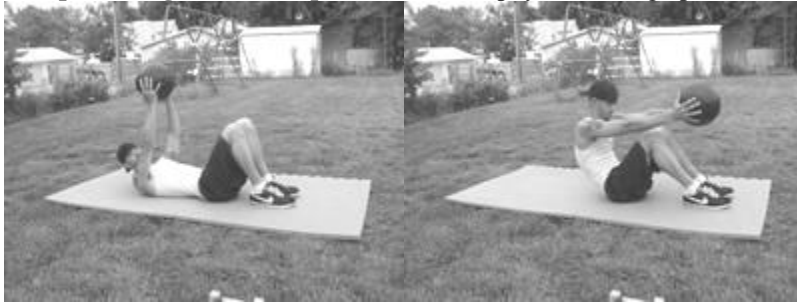


**Sit-ups – chest to knee** (with this sit-up you'll be about half way up, not quite a full sit-up)





**Sit-ups – straight arm sit-ups** (with this sit-up, your coming up all the way in to a full sit-up position)



**Sit Twist:** when performing this exercise you touch the ball to the ground



**Curls**



**French Curl**



## Coaches Mitts Level 1

**Note:** *Most of the time, when I'm working the coaches mitts, I have my student hit the gloves having the left hand hit the left mitt and the right glove hitting the right mitt.*

**Jab, Cross, Jab** – a lot of times the cross is also referred to as a straight punch or straight reverse. Take note of when executing the cross, the torque of the hips and pivot on the ball of the foot



**Jab, Cross, Hook** – it's good practice to practice the hook to the head as well as to the body. The belly guard is great help in working the body shots. When hooking to the body, try and get your student to use hip torque.





**Jab, Cross, Hook, Reverse hook**



**Jab, Cross, Duck, Jab, Cross** ( when working this combination, the coach should switch back and fourth from throwing a jab and cross)



**Jab, Cross, Uppercut, Reverse Uppercut, Jab, Cross** – this is a good speed drill. This isn't a power drill, just focus on speed.



## Practice 2 step combo

When 2 gloves are up execute a jab, cross, jab

When 1 glove is up, execute a jab, then step up and do a jab, cross

(when working a 2 step combination, your working to sets of combinations. Mix it up, back and forth of having one hand up or two hands ).

**1<sup>st</sup> Combination:** when to coach puts up 2 mitts – the student executes a jab, cross, jab



**2<sup>nd</sup> Combination:** When the coach puts up one mitt – the student executes a jab, then step up, jab, cross the coach puts up one hand, you throw a Jab



bring your hand back, your coach evades back



you step forward with your lead foot, step up about 6 to 8 inches. At the same time you land your second jab, your foot should be stepping down. This will make the second jab have a lot more power, having your weight flowing with your punch.



when executing your cross, you also bring up your rear foot up about 6 to 8 inches. Notice the heel off the ground. If you don't bring up the foot, you may end up over extending your punch. When you do that, the return of your punch maybe longer and easier to counter. So there is a must to bring up the rear foot so you don't over extend.



Step the rear foot back, then step the leading foot back, now your back in your starting position.



## Practice 3 step combo (in a 3 step combo, you're working 3 combos at the same time)

When 2 Mitts are up, execute a jab, jab, cross

When 1 Mitt is up, execute a jab, if the mitt goes side ways, execute a leading hand hook

When 1 Mitt is up, execute a jab, if the other hand goes up and both mitts goes sideways, then execute a leading hand hook, reverse hook and a leading hand hook

**1<sup>st</sup> Combination:** When the coach puts up two mitts, then student executes a jab, jab, cross



**2<sup>nd</sup> Combination:** When the coach puts up one mitt the student executes a jab, if that same mitt goes side ways, the student execute a leading hand hook



with this particular combination, right after you execute the hook, you step the back foot around. When stepping around, you want to keep the same distance between you and your opponent. If you close the gap when stepping around, you could put yourself in a position to be countered. This combination was designed as if you were up against the ropes, your opponent advances, you jam him with a jab, if he walks through that, you hook him in the side of the head and move, getting off the ropes. Hopefully with a hook, if you knock him off balance, you jump back in with a jab, jab, cross.



**3<sup>rd</sup> Combination:** When the coach puts up one mitt the student execute a jab, when the coaches mitt that's up goes sideways and the other coaches mitt comes up, then the student execute a leading hand hook, reverse hook and a leading hand hook. Then step it around as shown above





# Chapter 3

## Beginners heavy bag routine

### Routine #1

#### Heavy Bag Work-Out for Boxers

##### Warm up

2 minute jump rope  
25 jump jacks  
stretch  
2 X 2 Jump rope  
30 push ups  
75 sit-ups (pg. 1.2)  
20 kick outs (pg. 1.2)  
10 figure eights (pg. 1.2)  
10 circles (pg. 1.2)  
10 side leg lifts (pg. 1.3)

##### Hitting the heavy bag

20 jab, cross, jab (pg. 5.2)  
20 jab, cross, hook (pg. 5.2)  
20 jab, cross, hook, reverse hook (pg. 5.2 & 5.3)

Light stretch

**Jab, Cross, Jab**



**Jab, Cross, Hook**



**Jab, Cross, Hook, Reverse Hook**



# How to Wrap Your Hands

## Chapter 4

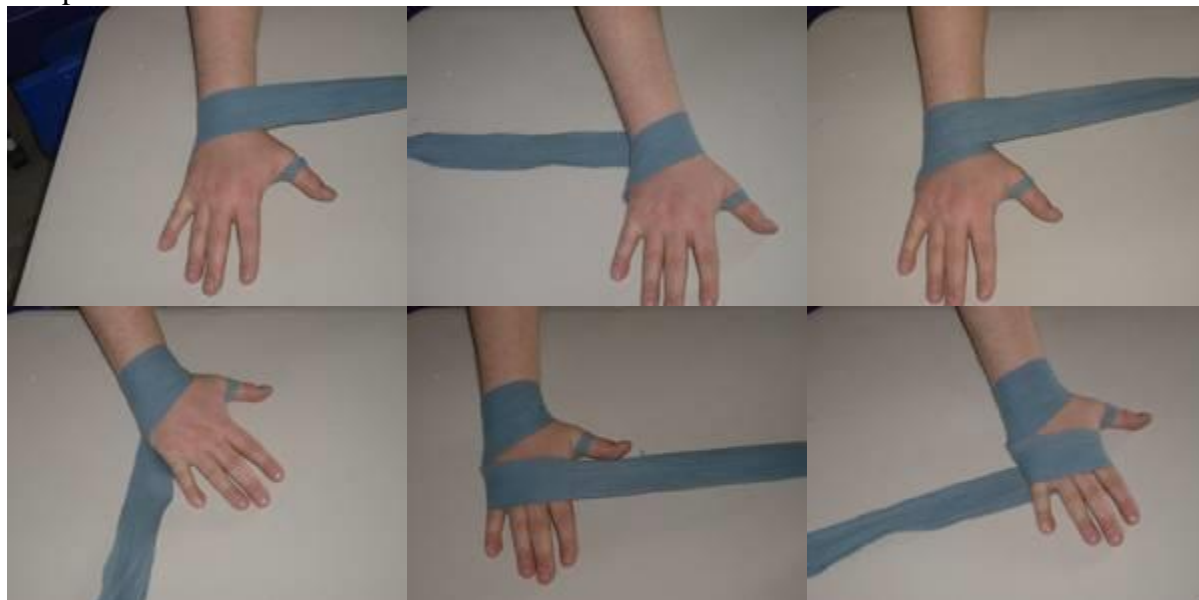


This is one of many ways to wrap your hands. This example is one of the simplest ways to wrap your hands. Wrap your hands snugly. If your hands start turning color or going numb, then you have the wraps too tight.

There is a note on most hand wraps saying "This side down" so put that side down.



Wrap two times around the wrist then two times around the knuckles



Wrap around the wrist two more times, then straight up between the pointer finger and middle finger.

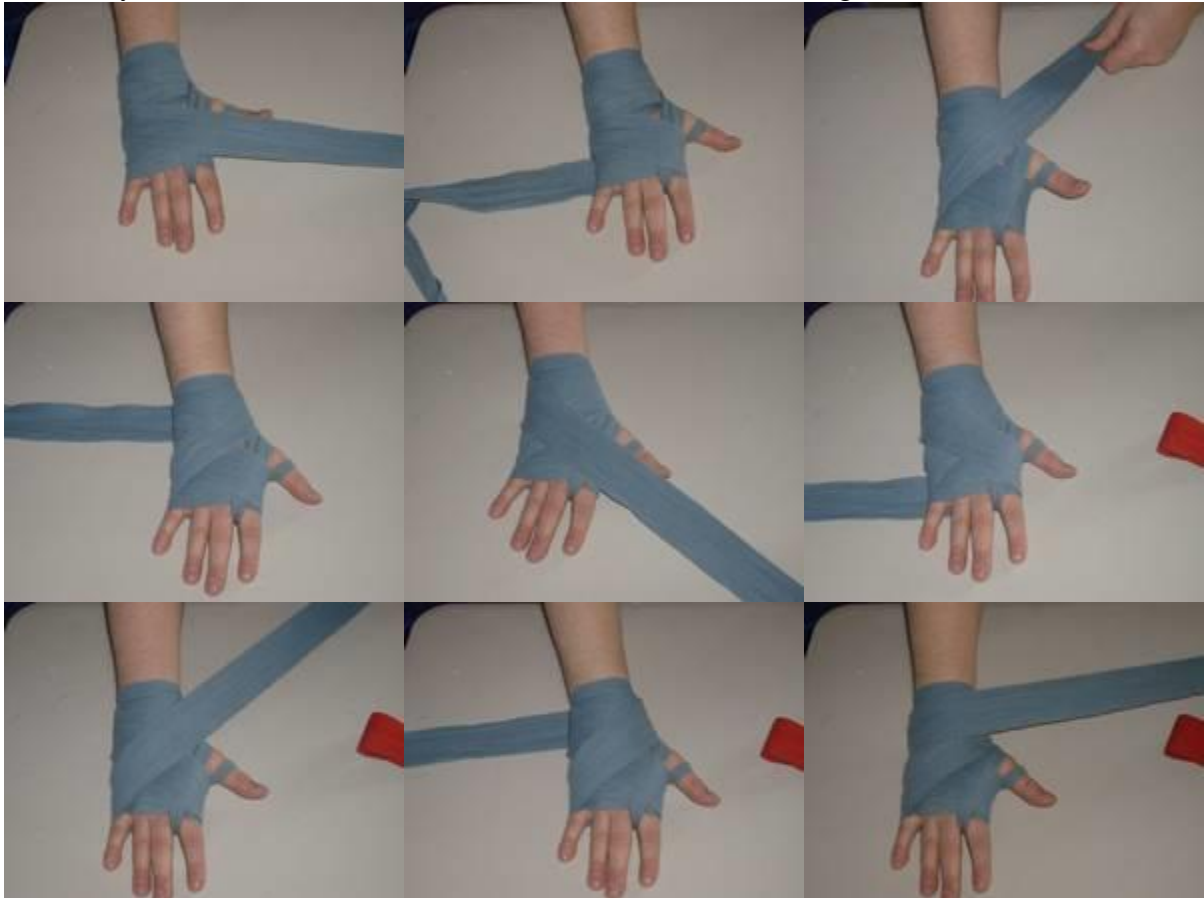




Go back around your thumb and wrap around your wrist twice then around your knuckles two more time.



Go kris cross across your hand making a X across the back of the hand. This will help keep the bones in your hand more stable and lesson the likeliness of boxing fracture.



After making your criss cross a couple of times , then go back around your wrist and use up the rest of the length of your wrap.



## Products

All products can be ordered online with paypal or visa at:

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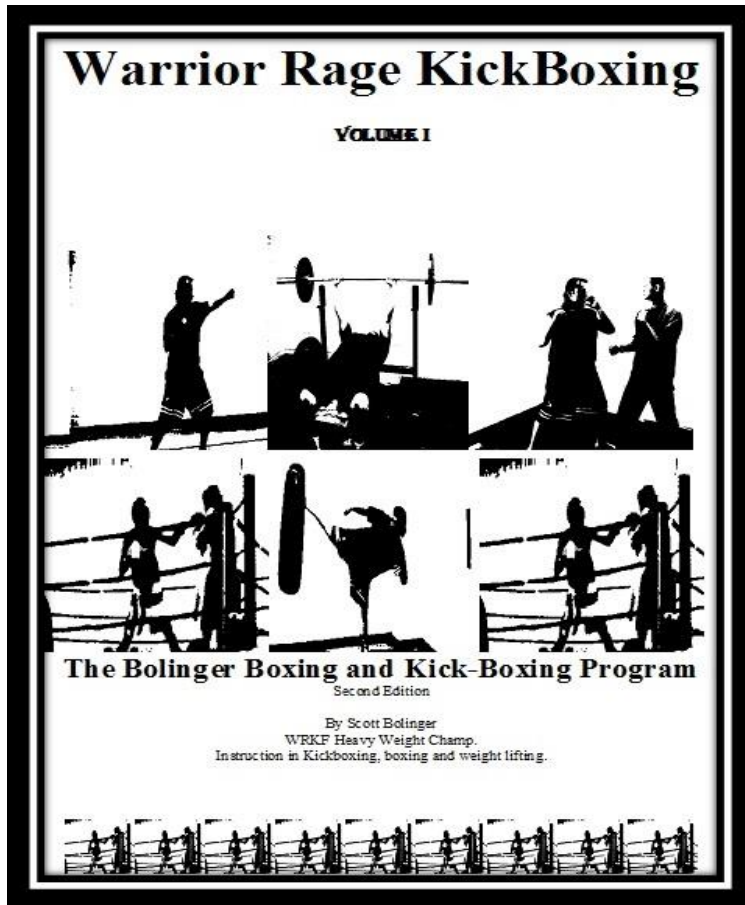
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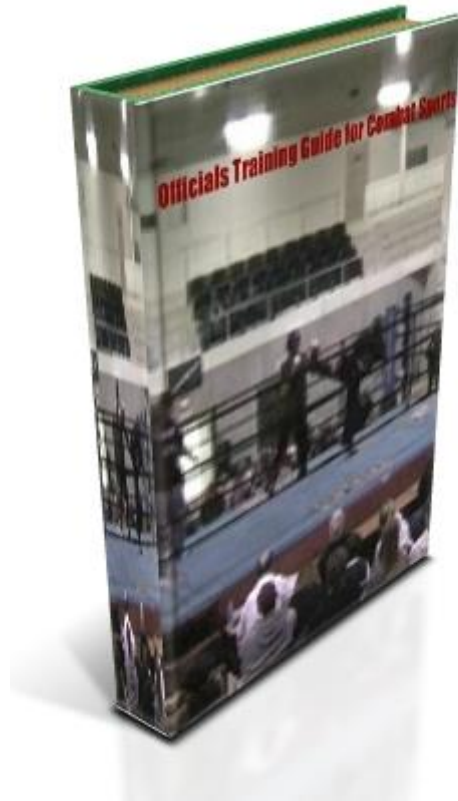
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