

BOXING

Level 2 Experienced- Assessment sheet



Name.....

1- Do you have the KO insurance?

2- Shadow Boxing

2.1 Shadow boxing must encompass a range of strikes and movements demonstrating 5Cs. Must incorporate phase 1, 2 and 3.

2.2 Footwork Control, core balance, shape, defensive combination, offensive combination, expression and understanding of range, head movement

3- Partner Drills/Theory

3.1 Boxers must be able to explain the 5 C's, DTA and +/C+ when asked. The boxer must understand and apply phase 1,2 and 3.

3.2 Five C's, Core Balance, Concentration, Composure, Contact, Control

3.3 Striking, Counter Strike (C Plus/ C+), Added Strike (Plus/ +), DTA

4- Phases

4.1 Able to demonstrate in bag, pad and partner work, as well as competitive and technical spar.

Phase 1 (King, measure, fake or feint, disrupt and execute strike)

Phase 2 (Demonstrate three different strategies)

Phase 3 (Post execution – where do you need to be- demonstrate three different exits)

5- Sparring

5.1 Competitive Spar – 1x per month

5.2 Technical Spar – 2x per month minimum

Option to do interclub advised (not required to pass)

6- Bag Work/Pad Work

6.1 Range Control, Execution of power, Speed, Combinations, Boxer can demonstrate correct distance, accuracy and can follow instructions on the pads

6.2 Functional pad holder (safety, correction, motivation). Able to hold pads correctly for all strikes, develop +/ C+ combinations, and check defences/ movement.

7- Fitness/Strength and Conditioning

7.1 Attendance: 3x per week minimum for 8 weeks

7.2 Run (aerobic) – using an app prove they can reach an orange chilli result for 4.5km. Or any alternative to a 4km in 20 minutes.

7.3 Able to climb up and down the mountain

7.4 Assault bike (anaerobic) – 1 minute @ 30-40, 1 minute break, repeat

Week 1

Week 5

Week 2

Week 6

Week 3

Week 7

Week 4

Week 8