

BOXING

Level 1: Foundation- Assessment sheet



Name.....

Start Date.....

1 - Do you have the KO insurance?

2 - Warm up

2.2 Demonstrate 5 Pre- Engagement Exercises

3 - Frequency

3.1 You must at least attend three classes per week

4 - Fitness

4.1 Able to climb up and down the mountain, and also skip for 3 minutes without stopping.

5- Equipment

5.1 Hand Wraps, Gum Shield, Skipping Rope, Boxing Boots, Gloves, Groin Guard Males

5.2 KO Kit (-shirt and shorts)

6 - Execution of basic strikes

Jab, backhand, hook, uppercut

7 - Basic Guard & Positioning .

7.1 Correct Stance (Orthodox or Southpaw) 7.2 Foot Spacing (Stability & closing the middle torso)

7.3 Weight Distribution (On balls of the feet) 7.4 Chin positioning (Chin tucked, eyes looking up)

7.5 Fist & Elbow positioning (War helmet on, elbows protecting the rib area)

8 - Footwork

Forward & backward foot control Lateral left & right movement

Circular motion Pivot

9- Defences

Parries- Inside, outside, up and down Lay Back Roll (Bob) – Roll in and out

Slip (Weave)- Inside & Outside slip Blocks- Catch block, wedge block, double arm block

10 - Shadow Boxing

10.1 Shadow boxing must encompass a range of strikes and movements demonstrating 5Cs.

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

11 - Partner Drills/Theory

11.1 Boxers must be able to explain +/C+ 11.2 DTA - Distance, Defense, Technique, Timing, Accuracy, Attitude

11.2 Five C's - 1. Concentration, 2. Composure, 3. Core Balance (Shape), 4. Contact, 5. Control

12 - Bag Work/Pad Work

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

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