



HOW-TO-BOX

For Fitness or Competition

Learn How To Box Mini Course



By
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LEARN HOW TO BOX: MINI-COURSE

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ABOUT HOW-TO-BOX

How-to-box.com is a blog/website built for anyone wanting to learn how to box whether it is because they want to get in a boxing ring or just get in incredible shape. If you're interested in **boxing** or **fitness** including weight control and superior conditioning, you've found the ultimate resource.

You will find:

- [Online boxing lessons](#) and [nutrition information](#) to enhance your conditioning and performance. Taking the premise that you know absolutely nothing and want to know absolutely everything about boxing and peak performance, these lessons take you by the hand and lead you to a point where you can actually refer to yourself as a boxer.
- [Directory of boxing trainers and boxing clubs](#). At some point, your online training should be taken offline to improve even further. When you're ready to do that, finding a trainer is very easy to do.
- Training plans, workouts, and exercises. Featuring the [How to Box 12 Week Training Program](#), you can find all sorts of workout ideas in all areas of fitness including agility, balance, strength, power, speed, and sport specific subjects. If you want a new body, these workouts will get you there while teaching you boxing specific techniques in the process.
- [Boxing tips and boxing techniques](#). With new boxing drills and tips added regularly, the site has an ever growing repository of drills complete with pictures and video - with more coming online all the time.
- A community of a wide variety of people learning to box for a variety of reasons. You can interact with them using the site's social networking features such as [forums](#), private messaging, friendslists, and comments.
- Fresh content, [motivational articles](#), tips and more are added regularly including [news](#) from the world of boxing.

And Much More...

Create Your [Free Silver Account](#) Today!



WHO THE HECK IS AARON LUHNING?

Hi, that's me on the right and everything you have seen or will see for the foreseeable future on How-to-Box.com is the result of my passion for boxing. I consider myself an entrepreneur and amateur boxer/trainer with a passion for fitness and getting people in the best shape of their lives.

I've been active with boxing since the age of 24, which is actually a late start for most, and I've been sharing my insights into the sport - both strategy and training since 2003 when the first version of How-to-Box.com went live.

Since then, thousands of new boxers and trainers have used the tips and techniques on How to Box to learn the basics and get in incredible shape. Most recently, I've launched version 3 of the How to Box 12 Week Training Plan.

Boxing is a hobby and passion of mine. I have a "real" job, but do my best to keep bringing new training methods, boxing tips and techniques, and improvements to the site whenever possible. Being in the military (I'm an Infantry Officer by trade), I operate the site from wherever I happen to be at the time.

I draw on my experiences as I progress in the sport and share what works for me and the people I train. I find it extremely rewarding to introduce people to the sport and have them develop an intense desire to learn all they can, and it is even more satisfying when it produces life changing body transformations that are the inevitable side effects of learning to box.

I have been fortunate enough to have more people than I can count come to realize their potential through How to Box and hope to continue improving and passing on knowledge for many years to come. I sincerely hope that you find How to Box half as useful as I think it is and vow to continue to improve it in the months and years to come. Boxon.

To Your Boxing Success,



INTRODUCTION

Whether or not you're looking to learn boxing skills to defend yourself, fight competitively, or just use boxing to get in the best shape of your life, you can learn online, if you know the right way to do it...

I'm not going to blow smoke up your "butt" and tell you that if you want to be a professional boxer or ultimate fighter, that I can turn you into one over the internet. That likely is not going to happen.

Instead, I will tell you that boxing is a sport with specific skills that anyone can learn, and I can show you the basics and give you the theory behind the punching, the defense, and the conditioning. Plus, because How to Box is an interactive site, while it will never take the place of a coach or trainer, it can aid in your training.

You Will Find How-To-Box Useful If:

1. You can't afford a gym membership or personal training.
2. You don't have a boxing club or trainer in your area.
3. You don't feel that you are in good enough shape to join a gym.

Boxing is great because it's not about:

1. Spending thousands of dollars on high tech fitness equipment.
2. Boring, routine workouts that you lose interest in and quit
3. Focusing on only one aspect of your overall conditioning.

Boxing IS about:

1. Being one of the most affordable sports to get involved in.
2. Giving you the most intense and effective workouts you can do.
3. Giving you a complete fitness solution for every aspect of your

development.

4. Having a lot of fun with other boxers and people using boxing to get in great shape.

You know the reason why boxing is so effective as a total body fitness solution?

Because in order to box, and survive for 3 minutes in a boxing ring, you have to be in the best shape of your life. If not, you will get beaten to a pulp. How's that for motivation?

And it's not even just 3 minutes - professional boxers will go 12, 3 minute rounds with only a minute between rounds, and every one of those 3 minutes is fought at the highest intensity both physically and mentally.

Granted, amateurs generally only do 3 or 4, 2-3 minute rounds, but that is no piece of cake either and involves a lot less waiting and a lot more hitting in order to score points in a shorter length of time.

All that is to say that whether you're trying to learn boxing because you want to fight or because you want a boxer's physique (which are some of the leanest and strongest physiques in the world), then How to Box can help you achieve that.

If you've never tried boxing before, you're in for a treat. I guarantee you haven't had an intense workout until you've tried a boxing workout.

And intense is good. It sounds hard, but guess what? Hard is effective. If you have fat to lose, you're going to lose it. If you have muscle to gain, you're going to gain it. If you have muscle to tone, you will tone it. If you are weak, you will soon be powerful. It's inevitable, and universal, if you do the training.

This mini course is going to be an introduction to some of the boxing skills and training you can do as part of the [How to Box 12 Week Boxing Training Program](#).

At the end of it, you will know a few boxing basics - how to stand, guard yourself, and move. How to throw a jab and a straight right. How to combine punches into combinations.

I'll be giving you details on how to block and parry so you can defend against an attacker, and throughout you'll be given fitness tips and advice for starting the trek to a better conditioned body.

Once you know the techniques you will be able to start training for real and then the real fun begins and you will be able to use the features on How to Box to develop your skills and training.

I will also be covering something overall more important than the training - nutrition.

Did you know that your nutrition plan, especially if you're here to get in better shape, is 90% of the battle? If you get this right, you will lose fat or gain muscle almost on autopilot. The training will only speed it up.

Boxing training requires a sound nutrition plan, or you will not be able to keep up with the training. Again, this all sounds hard, but I will show you step by step what to do to work all this into your busy lifestyle - so don't get overwhelmed.

Anyways I'm going to sum up this introduction here and just get on with things. Next we'll go over your basic stance, types of guards, and how to move around. Once you have a solid base to work from, we can start working on offense and defense.

Last, if you have any questions at all or would simply like to share your story with me, I'd love to hear it. [Contact me](#) or post your question on the [How to Box forums](#) for all to benefit.

A NOTE ABOUT EQUIPMENT

Soon, you will be learning a good deal about boxing and that's enough to brighten anyone's day, but before we get into the basics of how a boxer stands, guards, and moves around, I just want to talk a bit about equipment.

If you want to learn to box, you can learn the basics without access to any equipment. After all, I presume you have two fists and two feet. Not much else you really need as long as you never intend on hitting anything.

If you are planning to hit something - maybe a heavy bag, double end bag, your brother...(that was a joke), then you have to protect your hands. I'm not going to go into the nitty gritty details of how to buy a heavy bag, handwraps, what gloves you should buy and so on. If you want more information on that you can read through the [boxing equipment guide](#) on How to Box.

But what I will say is that, at a minimum, in order to get the most out of boxing and to learn the skills, you will want to buy:

1. [Handwraps](#) - (about \$4-\$8)
2. [Boxing Gloves](#) (bag gloves, not sparring gloves) (\$30-\$120)
3. [Heavy Bag](#) (\$75-\$100)
4. [Skipping/Jump Rope](#) (\$2-\$4)
5. [Gymboss Round Timer](#) (or some alternative) (\$19)

Anything less, and I'm fairly certain, you won't be protecting your hands properly (gloves and handwraps) and will suffer for it and you'll quickly lose interest in the sport, because you aren't hitting anything and getting the benefits of the resistance and exhilaration that provides (heavy bag).

Anyways, enough of that, from here on in, I'm assuming you have the basic equipment and know how to put them on. Again, if you need help with this, check the [equipment guide](#) on the site and you can also purchase everything you need from the [How to Box store](#).

If that guide still doesn't answer your question, do a search on the site for your specific question – it's probably been answered already. As well you can always ask a question in the forums. There is tonnes of information on the site regarding how to how to put on handwraps, information on buying heavy bags, how to size boxing gloves, and so on. You just need to look.

On with the lesson...

LESSON 1 – BOXING STANCE

Boxing is just like any other activity. You have to start and master the basics before you can get any good at it. The boxer's stance is that starting point. A good stance will give you a solid foundation that is balanced and from which you can throw powerful punches and move quickly without exposing yourself.

A quick word about orthodox and southpaw fighters is now required. Most boxers (and people) are either right or left handed. A right handed boxer (most natural feeling is to punch with right hand) is an orthodox boxer. Someone who feels more natural throwing a punch with the left hand is a left handed or southpaw boxer. Keep this in mind, it will be important in a few minutes.



Professional Trainer Kerry Pharr demonstrating the stance as part of the How to Box Program

There are a variety of ways to teach the stance, but the easiest without video is as follows: (note that you can view video and pictures on How to Box by [creating your free Silver account](#) or go for Gold with a [Gold Account](#))

For An Orthodox (Right Handed) Fighter.

(If you're a southpaw skip down to your section...)

1. Stand facing a mirror. Get used to looking in a mirror, cause if there is no trainer looking at you, you need to pick up your own mistakes and make adjustments.
2. Feet should be just ever so slightly wider than shoulder width apart, toes facing straight ahead and both feet in line with one another.
3. Bend your knees slightly. Not so you're doing a squat, but just enough so they are basically ready to move you if required.
4. Bring both hands up (I'm assuming you know how to make a fist - if you don't, email me and I'll help you out - but your thumb is on the outside of the fist, not tucked inside. If you have no idea what I'm talking about - email me.) Your left fist is on the left side of your face - index finger touching your cheekbone under your left eye, right hand on the right side of your face, index finger touching your cheekbone under your right eye. In both cases, they are protecting your jaw/chin.
5. Bring your elbows in tight to your sides. They are there to protect you against body shots. If you let them flare out, you open yourself up to shots to the ribs which are never pleasant.
6. Bring your head down so your chin is almost touching your chest and you are looking out through your eyebrows.
7. Now here's the tricky part. Without moving your feet, rotate both of them 45 degrees to the left. When you do this, if you visualize a line running between your feet, the toes of your front foot touch the line as does the heel of your back foot.
8. Distribute your weight fairly evenly on both feet, with slightly more weight on the front foot (about 60/40). You should not be firmly planted, but kind of forward on your toes and ready to move.

That's your basic stance and basic guard.

For Southpaws (Left Handed Boxers)

1. Stand facing a mirror. Get used to looking in a mirror, cause if there is no trainer looking at you, you need to pick up your own mistakes and make adjustments.
2. Feet should be just ever so slightly wider than shoulder width apart, toes facing straight ahead and both feet in line with one another.
3. Bend your knees slightly. Not so you're doing a squat, but just enough so they are basically ready to move you if required.
4. Bring both hands up (I'm assuming you know how to make a fist - if you don't, email me and I'll help you out - but your thumb is on the outside of the fist, not tucked inside. If you have no idea what I'm talking about - email me.) Your left fist is on the left side of your face - index finger touching your cheekbone under your left eye, right hand on the right side of your face, index finger touching your cheekbone under your right eye. In both cases, they are protecting your jaw/chin.
5. Bring your elbows in tight to your sides. They are there to protect you against body shots. If you let them flare out, you open yourself up to shots to the ribs which are never pleasant.
6. Bring your head down so your chin is almost touching your chest and you are looking out through your eyebrows.
7. Now here's the tricky part. Without moving your feet, rotate both of them 45 degrees to the right. When you do this, if you visualize a line running between your feet, the toes of your front foot touch the line as does the heel of your back foot.
8. Distribute your weight fairly evenly on both feet, with slightly more weight on the front foot (about 60/40). You should not be firmly planted, but kind of forward on your toes and ready to move.

That's your basic stance and basic guard.

ARE YOU READY TO MOVE

Great, you know how to stand, but there's not a whole lot of standing happening in the boxing ring and you surely aren't burning any calories standing there with your fists against your cheeks, so let's learn some basic movement.



Kerry passing on some movement tips

All martial arts and fighting techniques employ a certain movement pattern in their movements. Karate uses a triangle, fencing is linear (straight line) and so on. Boxing uses a square/box. The advantage here is that the square can be dissected and you can move in triangles as well to create angles. If you don't get what I'm saying here, ignore it, it's something you can dive into further on the site if you want.

For now, you're going to learn to move forward, back, left, right, pivot left, and pivot right. If you learn all of these movements, you've got 90% of the footwork under control.

These instructions apply to both the Orthodox Fighter and the Southpaw:

Moving Forward

1. Move your front foot forward, maintaining your stance. Take a small step, remaining on the balls of your feet.
2. When the front foot stops moving, slide the back foot back into position so you are once again in your perfect boxer's stance. Note that you are not actually sliding your rear foot on the floor. It glides just slightly above the ground to where it needs to go.

3. Repeat - if you need to continue moving forward. Not too hard eh?

Moving Backward

Moving backwards is basically the opposite of moving forwards.

1. Take a small step backwards with your REAR foot.
2. When your rear foot is planted, slide your front foot backwards to its position in your stance.
3. Repeat if you need to continue moving backward.

Moving Left

1. Move your front foot to the left, (perpendicular to your body) a small amount.
2. Once your front foot is planted, move your back foot back to its position in the stance.
3. Repeat if you need to keep moving left.

Moving Right

Opposite of moving left.

1. Move your REAR foot to the right (perpendicular to your body).
2. Once your rear foot is in position, move your front foot, gliding just above the floor back to its position in the stance.
3. Repeat if you need to keep moving right.

Pivots

Pivots are simply turning around a fixed point. For both orthodox and southpaws, your pivot point is always your front foot whether you want to pivot

left or right. Pivoting is used to quickly change direction to face an opponent or to create an angle.

Pivot Left

1. Ensure you are on the ball of the front foot.
2. Shift your weight to the left and quickly push off and slide your rear foot in a circular arc to the left. Generally speaking you should be aiming to pivot about 45 degrees at a time.
3. Ensure you pivot while maintaining your stance.

Pivot Right

1. Ensure you are on the ball of the front foot.
2. Shift your weight to the right and quickly push off and slide your rear foot in a circular arc to the right. Generally speaking you should be aiming to pivot about 45 degrees at a time.
3. Ensure you pivot while maintaining your stance.

Pivots will take some practice.

Speaking of Practice

You now know the theory behind movement in boxing. Time to do some practical. There are many drills you can do to develop your footwork and you can check How to Box for them, but I'll describe one here involving your heavy bag.

Your heavy bag swings back and forth when you give it a push. This makes it ideal to practice moving forward and back. Give it a push and move forward when it moves away from you and back when it comes close to you.

You can also practice moving left and right. Again give it a push, and as it comes towards you, move to the left and then back to the right as it moves away from you. Repeat and go the other way – right then left.

To practice pivoting with the heavy bag, you add in a left or right step with every pivot. So with the bag stationary, do a 45 degree pivot to the right. You will now be off center of the bag, so take a small step right to realign yourself with the bag. Just repeat and change direction to practice the left pivot.

Footwork is a fundamental that you cannot ignore. It forms the basis of everything else in boxing so take the time to get this right. Look in the mirror and make the fine tune adjustments necessary not to develop bad habits. Keep your hands up, head down, elbows tucked in, knees bent and move in a solid way that is light and flexible. Think about floating.

Well that's it for lesson 1.

To summarize, you've learned the basic stance and basic guard. You've learned basic footwork movement - forwards, backwards, left, right, and pivoting. There are other topics that are involved with your stance such as the T-Frame principle and the Pivot Principle, but they are beyond the scope of this lesson and mini course. If you want to know more about them, you need to create a free account on How to Box and use the site resources.

In the next lesson (which I suggest you start after practicing your footwork for a while) we'll start punching things, beginning with The Jab.

Until then, boxon - and practice your footwork. (You'll never stop practicing that.)

LESSON 2 – THE JAB

I trust you've been practicing your footwork for the last 24 hours and have absolutely mastered it. Right?

Before we get into this lesson I just want to tell you a bit about how How to Box can help you with your technique. It's pretty darn easy now a days to take a video of yourself, upload it to Youtube, or Revver, or any of the other video sharing sites out there.

Well, if you have a [gold account](#) on How to Box, and you complete a lesson, you can take a video of yourself, upload it to Youtube or directly to How to Box and then submit a coaching request on How to Box. You tag it with whatever

you're looking to get advice on and that's it.

The community of coaches, trainers, other boxers, and myself can offer suggestions for improving things that maybe you aren't really seeing when you practice in front of the mirror. It's an invaluable service, but I warn you, you need a thick skin. You can [see an example of it in action here](#).

Comments are moderated, and disrespectful comments will be removed, but there are always the idiots out there that think that making fun of someone will make them learn faster or make themselves feel better about their own inadequacies.

How to Box has been pretty good at maintaining a helpful community and I hope you contribute to that, remembering that everyone starts out at the beginning. Sometimes thinking back to your first day in the gym is advisable before posting advice.

Anyways, that service is there for your use if you want to use it.

NOW ON WITH THE JAB

This is probably the most important lesson you'll take on How to Box. The Jab is your bread and butter. It has been described as a can opener - because it lets you get at the goods. Without a good jab, you severely limit your ability to box.



Coach Kerry catching a jab.

If you're in your stance, the jab is thrown with your forward arm. For orthodox boxers, that is your left arm and for southpaws your right.

First thing you are going to notice is that this feels extremely awkward, especially if you've never really trained your non-dominant hand to punch before. You're going to

start second guessing yourself, wondering if maybe you should switch to a southpaw stance and vice versa.

I assure you this is a normal feeling. Think about it. For someone who is right handed - You've been writing, eating, hitting with your right hand your entire life. Your left has just kind of been hanging around for the ride. Of course, it doesn't feel natural to use it...

Eventually, and with enough practice, not only will your non dominant hand be an effective jabber, but it may even be faster than your dominant hand due to the sheer number of jabs you're going to throw with it.

The jab is used to inflict damage over the long haul, but more importantly, it is used to setup combinations and create openings for your power punches (hooks and crosses). In many situations, the jab will be used first followed by something else.

The jab costs the least amount in terms of energy expenditure. That is important, because you only have so much fuel in your gas tank and it has to last to the end of the fight. If you throw power punch after power punch, you're going to be out of gas and run over by a tractor trailer long before the fight reaches the higher rounds.

The jab lets you control the fight and control the distance between you and your opponent. Without it, you may as well drop your hands and take the beating you deserve.

So, do you understand it's importance? Good.

Throwing a Jab

For both types of fighters:

1. In your stance, target is your mirror, so your body is not square to the mirror, but off 45 degrees or so to the side. However, it is a straight line between the mirror and your lead arm. Remember, your head is tucked down, chin to chest and tilted slightly into your shoulder. Lead arm shoulder/fist are protecting your chin. Right hand is in position against your cheekbone.

2. From here, you extend your arm straight out. There is no looping motion or wind up. It goes straight out. Do it real slow the first couple of times and get the hang of putting it out straight.
3. Just before you reach full extension, you turn your fist 90 degrees to the right so your thumb is parallel to the floor. This is at the moment of impact.

Turning your fist does two things. One, it positions the fist for the maximum amount of power and impact on the first 2-3 knuckles of your hand. That is the index, middle, and ring finger. You should really never have impact on your pinky finger knuckle. If you are, check your technique as you're doing something wrong. That knuckle is really fragile and you could end up breaking bones in your hands (a common boxing injury).

Second, the rotation brings your shoulder into your chin giving you some great protection. The punch is not at full extension until your shoulder hits your face. When all is in the proper spot, it will be impossible for you opponent to hit your chin on the side you have thrown your jab from.

4. After impact, you immediately SNAP your arm back to its original guard position.

Note the word SNAP. You don't want to push your jab, throw it out slow and weak, or throw it out too far (doing that will hyperextend your elbow and really hurts). You will have to guage your distance and figure it out - more on that in a minute. You accelerate out, impact, SNAP it back. It's like an elastic band or spring is attached that immediately pulls it back at the moment of impact.

5. Note that in order to get maximum power and speed with your jab, you have to employ your hips. As your arm goes out you do a quick pivot with your hips to add a little power to the jab. This is very difficult to describe via email, but think of it like someone gives a quick push on one side of your body - you kind of throw your arm out there using the power of your hips. It is not a big movement, just enough to transfer some momentum up and out the end of your fist.

How do you know what distance is good?

Here is where the heavy bag is a necessity. Make sure your heavy bag is not moving. If you throw the jab and it starts swinging wildly, you were too close and "pushed" the bag. If you miss it, you were too far away. When you're in the perfect spot, when you hit it, it is going to make a loud snapping sound.

You'll know it when you hear it. You instantly know and feel that you made a great hit. The bag may not even move, but if you were to view the hit in slow motion, you would see the point of impact absorb the power of your punch, bending the bag. It may move slightly, but it won't swing wildly if you're doing it right.

It's Practice Time

Today you're going to practice two things:

1. The Jab by itself
2. The Jab with the footwork you mastered yesterday :)

Drill 1

Stand in your stance in front of the heavybag and set your [round timer](#) for 2-3 minutes. All you are going to do is jab the bag. Practice the technique. Practice getting the SNAP out and back and ensure you come right back to the guard after every punch. Do this for a few rounds and vary the timing between the jabs. Throw out double jabs and triple jabs, just remember to come back to the guard in between every punch. It is going to be a hell of a shoulder workout. Don't forget to try and work in your hip twist. (actually part of the pivot principle).

You can add a little competitiveness into this by counting the number of jabs you can throw in a round. Then the next round, you try and beat that number.

Drill 2

Now you're going to add in the footwork. Set your [round timer](#) again and move around the bag while you throw the jab. Move, set yourself, and punch. Move again, set yourself, and punch. At first, be very deliberate with your movements

until it feels more natural. You can also try taking a small step forward and jabbing off the end of the step - that will also add some power to the punch.

Don't get in the habit of moving only one way around the bag. Practice going both ways, pivoting, moving forward and back. Generally, you want to avoid trying to jab while moving backwards (more of an advanced technique and I don't recommend moving backwards at the best of times).

If you don't have a heavybag - shadowbox. Jab into the air. Picture an opponent and jab at him. This is called [visualization](#) and is an important technique in sports that you can learn about on How to Box.

So, now you know a little boxing offense. Like I said, learn the jab and learn it well and get used to holding your arms up a lot. Your shoulders are probably going to be screaming at you for next couple of days.

Don't despair though, we'll work on your other shoulder by giving you a taste of the Straight Right - also known as the Right Cross. (Straight Left or Left Cross for the Southpaws out there.)

If you're having trouble visualizing what I'm talking about here, you need to get on over to How to Box and [create your free Silver account](#) or consider a [Gold account with complete access](#) to the [How to Box 12 Week Boxing Training Plan](#). It will give you access to videos which explain a lot of what I'm trying to say here.

That training plan will not only teach you some boxing basics, but also get you in incredible shape. A lot of people have used it to drop weight, add muscle, and generally increase their athletic abilities.

Well, that's it for the jab. I suggest you take the next two days to let this one sink in and practice because it is just that important.

As always, I welcome your emails and comments. If you're finding this helpful, I'd love to have your testimonial, and if not, I'd like to know that too so I can improve things. Boxon.

LESSON 3 – STRAIGHTS AND CROSSES

Moving right along, here's another boxing lesson for you. I trust you've been having some fun with the jab over the last couple of days, but it's probably getting a bit boring as well.

Now we'll add another punch to your offensive arsenal, but as usual, I've got a quick commercial break to tell you about another feature on How to Box - progress tracking.

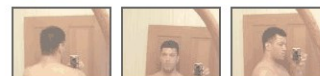
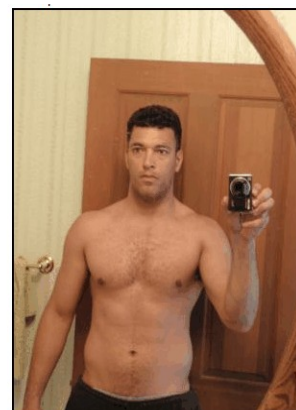
You can [see this in action](#) right now.

When you have a How to Box account ([Silver](#) or [Gold](#)), you get setup with a profile and part of that profile is progress tracking.

When you first create your account at How to Box, users are encouraged to upload photos and take measurements so they have a starting point. The reports themselves take the measurements and use them to calculate your body fat automatically so after a few weeks you get to see how much progress you're making.

weight: 202.00 lbs
height: 188.00 cm
Neck: 46.00 cm
Chest: 115.00 cm
Biceps: 42.50 cm
Waist: 93.00 cm
Hips: 102.00 cm
Thighs: 63.50 cm
Calves: 38.00 cm
Calculated Body Fat
%: 14.83 %
LBM: 172.0434
Bodyfat Graph:

[Edit](#) [Export](#) [Clone](#)



Sean saw substantial results with the training.

Nothing quite as motivating as see the drastic changes between day 1 and day 84. Of course, you don't have to upload pics of yourself but I highly recommend it as a way of staying on track. Setting a time every week to take your measurements and pictures is like setting a goal. You work all week to make this week's "weigh in" better than the last one. In the end, you can then look back and realize that you actually achieved what you set out to do.

NOW ON WITH THE LESSON: STRAIGHTS AND CROSSES

I very much believe you are going to like this lesson, simply because you are

going to be the most comfortable with this punch. It is the one punch everyone has probably used throughout their life, whether it was in fights, playing with your brothers/sisters, or teasing your boyfriend/girlfriend.

Remember back in Lesson 1 when we were setting up your stance and I told you that you were an orthodox fighter if you were right handed and a southpaw if you were left handed?

That of course, made your lead hand your weaker punch and thus saved your rear hand for this punch - a power punch.

Power punches are characterized by a transfer in weight. For orthodox fighters, this punch is called a straight right or right cross. For southpaws, it is a straight left or left cross. In both instances, weight is transferred from the rear foot to the front foot allowing you to throw a lot of power into this punch.



Kerry demonstrating the Straight Right on How to Box

The punch you naturally throw is probably more like an overhand right or left, so resist the urge to wind up and throw a looping right hand and call it a straight right or left. These punches are called straight, because they shoot straight out from your guard position and then come straight back in.

Most often, they are used in a combination with the jab leading. The 1-2 combination that you will learn about in tomorrow's lesson is a prime example of this. The jab sets up the straight right.

If you can picture an opponent, picture what happens when you land a jab. You defeat his guard and knock his head up and back exposing his chin. If you time the straight right or left after that, good chance you can clock him/her straight on the chin and send him crashing to the floor.

The temple and the chin are two excellent targets that will induce knockouts. Reasoning behind that can be found on How to Box.

How to Throw a Straight/Cross

For Orthodox Fighters (Southpaws scroll down)

1. Assume your perfect boxer's stance, facing a mirror. Again, you are in front of the mirror, but you shouldn't be squared off in front of the mirror. Body is turned 45 degrees off to the side at the moment presenting a smaller target to your opponent.
2. Like the jab, the straight right shoots straight out from the chin, impacts, and then comes right back. You still do the same turn of the fist at the end of the punch and you still want to achieve the SNAP effect.
3. Where this is different is in the feet. As you begin to throw your right towards the target, you pivot on the ball of the rear foot until you reach a point where your body is square to the target and your rear heel is up and well out to the right. Not so far as to throw you off balance, but enough to fully pivot.
4. As this is happening, there is a weight transfer to your front leg. It is this movement of weight initiated by the hips that gives the punch its real power. If you don't pivot using your hips and rear leg, all you're doing is throwing an arm punch and will have nowhere near the power you want to achieve.
5. Remember as you do this that your other hand stays up in the guard position protecting your chin. Drop it and you may never get to finish the straight right because you leave a great opening for a counterattack.
6. After impact, you just reverse the weight transfer, pivoting back into the guard position and then move. Everytime you throw a punch you should make it a habit to move at the end. If you stay still, you invite an immediate counterattack.

Left Cross (Straight Left) For Southpaws

1. Assume your perfect boxer's stance, facing a mirror. Again, you are in front of the mirror, but you shouldn't be squared off in front of the mirror. Body is turned 45 degrees off to the side at the moment presenting a smaller target to your opponent.
2. Like the jab, the straight left shoots straight out from the chin, impacts, and then comes right back. You still do the same turn of the fist at the end of the punch and you still want to achieve the SNAP effect.
3. Where this is different is in the feet. As you begin to throw your left towards the target, you pivot on the ball of the rear foot until you reach a point where your body is square to the target and your rear heel is up and well out to the left. Not so far as to throw you off balance, but enough to fully pivot.
4. As this is happening, there is a weight transfer to your front leg. It is this movement of weight initiated by the hips that gives the punch it's real power. If you don't pivot using your hips and rear leg, all you're doing is throwing an arm punch and will have nowhere near the power you want to achieve.
5. Remember as you do this that your other hand stays up in the guard position protecting your chin. Drop it and you may never get to finish the straight left because you leave a great opening for a counterattack.
6. After impact, you just reverse the weight transfer, pivoting back into the guard position and then move. Everytime you throw a punch you should make it a habit to move at the end. If you stay still, you invite an immediate counterattack.

It's Practice Time

Drill 1

Like you did with Drill 1 of the Jab, you are going to stand directly in front of your heavy bag (or mirror if you're shadowboxing) and throw straight right after straight right after straight right. Set your [timer](#) and do it for the full 2-3 minutes, 3 or 4 rounds. Start out slow and deliberate and ensure you are getting the weight transfer correctly.

Just like with the jab, the correct distance from the bag is determined by the sound of the punch. The bag will swing more when you hit it with this due to the sheer power you can emit, but again, it won't go flying wildly away. You should hear solid cracks when you hit it.

At this point, don't mix the jab and the straight right. We'll get to that shortly, but for now, perfect the technique of the straight.

Drill 2

You guessed it. Add some movement into the equation. Reset your [timer](#) and for the 2-3 minutes of the round, move, plant, punch, move. Again, do not circle in one specific direction, change it up often.

Everyone of these straights should have you pivoting and on the toes of your rear foot. If you're getting the power you should out of them, you're going to be completely wiped out at the end of the round.

And there you have it. Now you have two punches in your arsenal and can move around. You're starting to become a true boxer and have everything you need to throw the most famous combination in boxing - the 1-2.

I should mention now that most trainers use a numbering system for describing their punches. So far, you've learned the Jab - 1, and the straight right/left - 2. So, a 1-2 combination is a Jab followed by a straight right. This is really useful when we get into 4 and 5 punch combinations as is part of the [12 Week How to Box Training Plan](#).

When you [become a Gold member](#) and start the training, then I'll be spouting off

things like 1-2-5-3-2 and you'll actually be able to react to the orders.

Anyways, I'm jumping ahead of myself. That is for a future time. Assuming you've made it this far, you are doing very well. Keep practicing your straights, jabs, and footwork and in the next lesson we'll put it all together. Boxon.

LESSON 4 – BOXING COMBINATIONS

I know you've been dying to take that jab and that straight right and put them together. I would bet dollars that you've already done a few 1-2 combinations even though I told you not to - am I right?

Ok, I'll forgive you and won't keep you in suspense more than a few minutes longer. By the end of this, you'll be throwing 1 and 2 series combinations combined with movement. Just think of how far you've come in only a few short lessons. Keep it up.

As has been the tradition, I open these boxing lessons with a little bit of information about How to Box itself, so you can learn how to use the site to achieve your boxing and fitness goals. There's so much to do there, it can be a bit overwhelming.

In last lesson, I mentioned the progress tracking which is part of your profile. Recently, I gave the profiles a bit of a facelift, and if you have an account, I would encourage you to visit your profile and update it with your stats and your story. You can visit and browse all the members on the site – both [trainers](#) and [boxers](#) (or wannabe boxers).

If you're a trainer and haven't created an account yet ([Silver for free](#) or [Gold](#)) – you're missing out on some good networking opportunities.

Much like Facebook or other social sites out there, you can add members of How to Box to your watchlist (friendslist) and monitor their training. Also from your profile page you are able to access the standard things such as adding pictures and videos, see how many times your profile has been visited, change your avatar, username, location and so on.

To access your profile once you login, simply click your name or picture on top right of the page. Once the page loads, across the top of the page are the

various tabs you can use to edit your account. Of particular interest is the "Edit Profile" tab. That is where you can set options notifying people you are available as a workout partner, sparring partner, or even a boxing matchup. When you start using the site, the possibilities to further your boxing training and enhance your fitness really start to open up.

So, stop by and browse a few profiles and make some new friends. After all, you know that you have at least one thing in common.

NOW ON WITH THE LESSON BOXING COMBINATIONS

As I mentioned in the last lesson, boxing trainers will typically number their punches to facilitate training. It is much much easier to yell out 1-2 than it is to yell out Jab-Straight Right.

On How to Box, I use a numbering system that is probably identical to what a lot of trainers use. Jab is 1, Straight Right/Left is 2, Left Hook - 3, Right Hook (Slam) - 4, Left Uppercut - 5, Right Uppercut - 6. If it is a bodyshot, a B is added to the number - so Jab to the body is represented as 1B.



Pro boxer Keith McNight and Kerry demonstrate some combinations for How to Box members.

It's not rocket science and it works.

I've also taken this numbering one step further to classify combinations according to a series. In this lesson you are going to learn both 1 series and 2 series combinations. In total, there are 6 series combinations plus a few additions.

A series of combinations is defined by the number of different punches that

make up the combination. So, combinations that consist only of jabs are 1 series combinations. That is, there is only 1 unique punch in the combination no matter how many times it is thrown in sequence.

A 2 series combination consists of two different punches. This means it could be a 1-2, a 2-3, a 3-4, 4-5, and so on. As you can see, the number of possible combinations increases significantly with every additional series.

In reality, you will likely never learn every possible punching combination. You will find the ones you like and that work for you and work them into your own boxing style. You can check *How to Box* for more information on various boxing styles.

As well, not every combination is ideal while others complement each other very nicely. For instance, the way weight is transferred in a 1-2-3 (Jab, Straight Right, Left Hook) is very natural. The Jab pushes the head back to make it a target for the right which transfers weight to the front leg, while the left hook transfers the weight back to the natural stance position.

Other combinations like say a 2-6 (straight right, right uppercut) are highly impractical. After the straight right your weight is forward and you need to "recock" in order to throw a decent right uppercut.

If that is confusing, don't read too much into it right now, just know that some combinations "flow" better than others. So while there are thousands of possible combinations, you're only going to employ the best of them.

Why are combinations effective?

Your opponent can have the best defense in the world and he may be able to stop/block 1, 2, 3, or even 4 punches in a row, but eventually he will make a mistake and if that mistake happens before you are finished your combination, you will connect.

That is the theory behind combinations. In theory, because of the "flow" and weight transfers associated with a good combination, you could throw 100 punch combinations or more (if you had the stamina) and never be off balance.

Of course, practical application never matches the theory...

1 Series Combinations

The most popular 1 series combinations are multiple jabs, left hooks, and possibly uppercuts. Forget about left hooks and uppercuts as I won't be covering them in these lessons. If you want to add them to your arsenal, you'll have to create an account on How to Box ([Silver](#) or [Gold](#)).

Multiple jabs are by far the most common. 1-1, 1-1-1, 1-1-1-1, 1B-1-1B are some common examples.

2 Series Combinations

The most popular 2 series combination and the one you're going to learn and practice today is the 1-2. It is the default combination for any fighter. Timed right, it is devastating. Often it is built on by throwing multiple 1-2s in succession - so 1-2-1-2-1-2 for instance.

As I've mentioned before it is important for you to begin to visualize an opponent when you practice these punches and movements. If you can picture what you are doing to him, you will start to understand the "Science" behind the sport. Doors will start to open and you'll truly begin to realize the vastness of the strategy associated with boxing and why it is referred to as "The Sweet Science".

Time To Practice

Drill 1

You're going to start seeing a pattern here where you do the movement, engrain it in your head and then start adding movement to the equation. That is why they are called drills. The idea is to do something so many times that it becomes second nature - and muscle memory, rather than a conscious intention to perform the movement, takes over.

Being from an Army background, I understand the importance of drill in combat situations. It may seem like a monotonous and boring way of learning a skill, but you'll be grateful the first time your mind goes blank and you're still able to function effectively.

So, drill 1 is much like the previous drills you've done. Line yourself up in front of your heavy bag (or shadowbox) and throw a 1-2 combination. The key here is to get the timing right and that is where the visualization comes into play.

The 2 in the combination happens a split second after the 1. Jab pushes head back, 2 connects on the chin. It is not Jab - head is pushed back and returns to normal - 2. Therefore, you are going to have to practice releasing that 2 immediately on return of the 1.

That is the other thing to watch - hand position. After you throw the jab, you must bring it back to the guard position before throwing the 2 or at least have it well on its way back. There is usually a big tendency to either leave the 1 out there or drop the arm down when throwing the 2. Doing that leaves you open to receive a 2 of your own.

So, set your [timer](#) - 2-3 minute rounds, 3 or 4 rounds and practice. Slow and deliberate to start, gaining momentum as you go. Enjoy the feeling of the power you can unleash with this combination. Really give it to your opponent. Make him feel your fury.

Drill 2

Now add in the movement. Again, move around the bag in both directions. Move, plant, throw, move, repeat. Set the [timer](#) for 2-3 minute rounds and do 3-4 rounds. I don't think I've mentioned it before, but the rest period between rounds should be as close to 1 minute as possible.

Train how you fight.

With a little thought, you can create quite a few combinations just out of these two punches if you incorporate different targets on the body. Give it some thought and see what you can come up with.

For the next 4-5 lessons, we're going to switch gears and talk about boxing nutrition. You're getting to a point where you will soon be able to follow a complete boxing workout and if you don't have the right fuel, you're going to be hurting by the end of it.

So, there are a few nutrition basics you need to know, not only to ensure you have great workouts, but also so you can decide what weight class you should

naturally be in and then lose or gain weight to get there. A big piece of a boxer's lifestyle is weight management which is another reason the training is so effective for those wishing to shed a few pounds.

So, I'm going to let you practice the 1 and 2 series combinations with the Jab and Straight Right for the next couple of days and then come on back and launch into the nutrition information.

Don't get discouraged that we've stopped learning boxing skill techniques for the present time. We're going to come back to them with boxing defense - blocks and parries, boxing strategy, and end up with a complete boxing workout you can use to get started. There's lots more good stuff to come.

Alrighty then, practice those combinations and when you're ready, move on to the next lesson. Happy combination punching and ensure you're still practicing that footwork. Boxon.

LESSON 5 – BOXING WEIGHT ISSUES

Over the last couple of days, I hope you've been having some fun working on the 1-2 combination in conjunction with your footwork and trying other 2 series combinations involving the Jab and Straight Right.

Like I said in the last lesson, we're switching gears a bit for the next couple of lessons to talk about nutrition. As boring as that sounds, if you take away what I'm going to give you in these lessons you will be so far ahead of 90% of people on the planet, that you will never have a weight issue - ever.

But, before we get into that, I want to point out that what you're going to get in these lessons is but a brief overview of what you can actually learn on How to Box. Even the boxing skills I'm describing here, don't compare to watching video demonstrations and getting feedback on your performance through video coaching.

In these nutrition lessons, for example, I am going to be referring to a number of calculations that you can do by hand, or you could simply use the calculators provided for that purpose on How to Box.

Maybe it's time you started to think about [joining the community](#).

Weight loss, weight gain - seems like you can't go a day without being inundated by diet information or the next greatest pill that can control your weight, or the best method for weight loss, etc... In 99% of those cases, their promises are empty and they can't help you control anything. All they succeed in doing is robbing you and confusing you.

Hopefully I do neither of those two things in the next few lessons :)

I'm a big believer in finding the people who do what you want to do, finding out how they do it, and then replicate that behaviour. It saves time. It saves energy. It saves money in the long run.

Boxers have unique weight issues. Because they are classified by weight, it becomes absolutely essential for a boxer to be able to control his or her weight at will. Did you get the significance of that statement? Boxers can control their weight - increase it or decrease it - at will.

So do they know the secret and aren't sharing with anyone else?

Hardly.

The secret is incredibly simple and we'll get to it, but first I want to describe boxing weight classes a bit more. If you take a look at the [weight class chart](#) on How to Box, you'll notice that there is an upper limit AND a lower limit to each weight class. That means a middleweight has to weigh 160-167lbs inclusive (beginning of one weight class to the low end of the following weight class).

It is not good enough for a middleweight to weigh in at 160lbs. Doing that means they are missing at least 7lbs of muscle, 7lbs their opponent could be carrying. If you add bodyfat into the mix, then the actual muscle differences between two opponents could be very high - this is a comparison of the lean body mass.

So What is Lean Body Mass?

Everyone carries fat around on their bodies. Recent studies have suggested that any fat cells you obtain before you are 20 years old are with you for the rest of your life. (remember that young people the next time you put that ice cream in your mouth). Fat cells are highly elastic, so fortunately for those of us who decided to bring a few fat cells along for the ride after age 20, they can be

shrunk really really really small to the point where they are basically cells without fat in them.



Everyone has a specific amount of fat (approx 2-5% for men and 10-13% for women due to childbearing and hormonal differences) that is essential. This is the fat that is padding your organs, used in metabolic operations, etc... The science doesn't matter, what matters is that those numbers are your lowest possible threshold.

For a boxer, any fat they are carrying above and beyond the minimum essential amount is stealing weight that could be replaced by muscle that makes them more effective in the ring.

That is one very big reason why boxer's physiques are so ripped. They are trying to jam as much muscle as possible into their weight category and to do that something has to disappear - fat.

Therefore, it really doesn't matter what your bathroom scale tells you. What you really want to be concerned about is lean body mass.

Lean Body Mass = Total Weight * (1-(bodyfat % *100))

If you're filling out progress reports on How to Box, this is figured out for you automatically.

Another important reason to want to increase lean body mass is because muscle eats fat. You don't have to look like a bodybuilder, but adding some extra muscle will allow you to eat more if you wish and still maintain your weight. More muscle will give you better fine tune control over the amount of fat on your body.

Alright - so you understand your goal is to increase - or at least maintain your lean body mass - and decrease fat.

How Do You Do That?

You increase or decrease weight by creating either a caloric surplus or a caloric deficit. Those will be the subject of a future lesson as it does no good getting into them right now if you don't know where you're starting at.

Huh?

You need a goal.

That's the one biggest mistake people make when they are looking to increase weight, lose weight or maintain weight. They mistake is that they never define exactly what they're trying to do.

You need to formulate a 3 month goal and long term goal for what you are trying to achieve. It should be in the following format:

3 Month Goal

I want to increase my lean body mass from Xlbs to Xlbs in 3 months while (increasing/decreasing/maintaining) a bodyfat % of X.

12 Month Goal

I want to increase my lean body mass from Xlbs to Xlbs in 12 months while (increasing/decreasing/maintaining) a bodyfat % of X.

Once you have that figured out, then you can do something about it, cause it's all numbers. There is nothing magical about weight loss or weight gain. Boxers do it all the time. Bodybuilders do it all the time. Once you have the end in sight, you simply plot the route that takes you there.

Remember what I said about finding people who are doing what you want to do, emulate them, and implement what they are doing to replicate their results. There are not many people on this planet with better weight control than bodybuilders, fitness models, and boxers. It is insane not to listen to what they have to say when trying to achieve weight loss/gain goals.

I highly recommend a book by Tom Venuto - natural bodybuilder - [Burn the Fat, Feed the Muscle](#). It is an outstanding resource and will complement what you're going to learn on How to Box and over the next few lessons.

You may think that you don't need to understand nutrition to this level of detail. I beg to differ as it affects nearly every aspect of your life and will impact your fitness and boxing training significantly.

The body you have is a result of 90% of what you eat and 10% of what you do. While everyone places the emphasis on workout plans, no amount of exercise is going to help you change your body if you haven't figured out how to control the nutrition aspect of things.

To bring this back to boxing, if you can control your weight, you can control where and to some extent who, you fight. You can decide to move up a class for more challenges or dominate a lower class. Not only that, but it gives you a body a lot of people would die for.

So in this lesson, you learned about boxing weight classes, lean body mass, issues affecting you in terms of losing, increasing, or maintaining weight, and the importance of setting a goal to achieve.

In the next lesson, we'll talk a bit about the caloric surplus or caloric deficit that is absolutely essential to plot your nutrition plan and also delve into how you can ensure you can still eat like a human being while also staying within your caloric limits.

I hope you're enjoying these lessons, and are able to take some useful information away from them. If you are, please consider [becoming a part of the How to Box community](#) where you will have access to even more detailed analysis, calculators, and advice in preparing your own meal plans.

LESSON 6 – YOUR FIRST NUTRITION ACTION STEPS

This lesson has more nutrition information and some actual things you can start doing today for the better.

By now you should have your weight goals firmly in mind, whether it is to increase mass, decrease bodyfat, or just maintain your current state. If you don't, go back to the last lesson and get that straight in your mind or you won't know which way to proceed.

If you've become a [How to Box Gold member](#) and have accessed the [12 Week Training Plan](#), you'll have noticed that meal planning is highly individualistic and what works for one person, is not what is going to work for someone else.

I COULD just give you a meal plan and some people may lose weight with it, but others very well could end up fatter than when they started.

"Give a man a fish and he'll eat for the day, Teach a man to fish and he'll eat for a lifetime."

This is the guideline I follow when it comes to nutrition. With your [free Silver account](#) you will get a 7 day meal plan, but you will have to modify it. I will teach you exactly how to create an effective meal plan and give you the tools necessary to do it. These tools and guidelines will be the subject of a future lesson, just know they are coming.



There are four things you can start doing today to ensure you are on the right track nutritionally. They are simple and easy to remember. We're going to get into putting together a complete meal plan, but in the meantime, if you start doing these four simple things, you are going to see a marked improvement in your physique, attitude, and overall energy level.

Here we go:

1. Water

Start drinking more water - a lot more water. I can pretty much guarantee you aren't drinking enough - as very few people do. I would say to drink as much as you can possibly stomach, but you need to be careful -- too much water too quick is a bad thing -- it can lead to hyponatremia (AKA water intoxication) and it can kill you. By drinking more, I mean more throughout the day, start sipping it all the time.

This is nothing new. I'm sure you've heard plenty of people tell you to drink your 8 glasses of water a day. In reality, don't limit yourself to 8. If you can put back

5 litres a day safely, do it. The better you keep yourself hydrated, the better your body is going to function.

Your body is something like 75% water. Water is required by just about every cell function that happens either directly or indirectly, so by depriving yourself of this fluid, you are depriving your body of the ability to operate at 100% efficiency.

There are two sure fire ways to tell if you're dehydrated. First, your urine is yellow or colored. The more color it is, the more dehydrated you are. Second is thirst. If you ever reach a state of thirstiness, you're already dehydrated.

Drinking lots of water will clear the waste out of your system. It will help detoxify your body and get it running at its optimal speed. Everything will seem easier. You'll feel better, cleaner. Skin will clear up, you'll think clearer, and have more energy. It really is as simple as drinking more water.

Some people think it is absolutely impossible to drink water - it tastes bad (which has always perplexed me as it has no taste) or it makes them pee too much. Duh - everytime you pee you eliminate waste, this isn't a bad thing. If the "flavour" is an issue, look at sweetening it with zero sugar, zero calorie flavorings such as Crystal Lite - but the important thing is to start drinking as much as you can.

It is especially important when you are working out. A boxing workout will dehydrate you really quick if you aren't replenishing the fluids. The really intense boxing workouts lasting longer than an hour, may also benefit from the ingredients found in Gatorade, but that is only in extreme athletic circumstances. Your best bet, is pure, clean water and lots of it.

Should you ever drink anything else? You can. A glass of milk a day or a coffee is not going to kill you. But, stay away from the juices. If you need a drink with your meal, have water. There is no reason to pollute it with sugar.

So Action Step #1- Stop drinking everything else and Drink Only Water.

Carry a bottle around with you and fill it when it gets empty. You don't need to go out and buy bottled water unless that is what you want to do. As an example, I bought a 1.5L bottle of water, drank it, and have been using the bottle for the last 6 weeks I believe. Find something that works for you.

2. Sugar

I know this is going to be hard to swallow, but in the end you have a choice. You either put something in your mouth or you don't. If you make a conscious effort to ensure that what you are putting in your mouth is inline with your plans, then all is good.

Consistency is the key - if you make that right choice 51% of the time you are going to succeed. You will succeed a lot quicker if you make the right choice 99% of the time.

So, back to sugar. I cannot say enough evil things about it, so guess what I'm going to tell you?

That's right - stop eating sugar. This includes anything that contains excessive amounts of sugar. That means doughnuts, sugared cereals, cakes, brownies, muffins, pretty much anything you would find in a bakery.

Now I know you want to close this email right now and say to hell with that, but hear me out.

Sugar is useless. Even the zero calorie sugar is also zero nutrient food. It takes up space in your nutrition plan and when you're trying to maintain a caloric deficit, eating foods full of sugar and deficient on the nutrients means you will never achieve your goals.

While we're on the topic, pretty much anything refined is going to do you absolutely no good. That would mean white flour products such as white bread (even if it is enriched) and anything else made with refined white flour. Basically, you are better off if you eat stuff that hasn't been processed. The closer it is to coming out of the ground or off the tree, the better.

Some people hear this advice and think about fruit. Am I telling you to stop eating fruit as it is full of fructose (a simple sugar). No, I'm telling you to moderate how much fruit you eat. When I get to meal composition in a few lessons, you'll learn there are better times to eat the simple carbs (fruits). Fruit has a benefit other sugar foods don't. Fruits have vitamins, minerals, and a benefit to them besides tasting good. So, a little fruit in the diet is a good idea and nobody ever got fat from eating fruit.

Now before you get all crazy on me, keep reading as I tell you how you can enjoy a little sugar and non-nutritious food in moderation, but if you truly want to achieve the best results, stop eating sugar right now.

3. Cheat Meals

There is no reason you can't enjoy life and have a non-nutritious meal, or at least a meal that isn't necessarily going to do you any good. The thing is that you have to plan for it. I'm going to cover caloric deficit and caloric requirements in the next lesson, but you need to know that if you eat something "bad", you have to make room for it in your day.

This is going to make more sense tomorrow, so I'll leave it at that for now, but just know there is light at the end of the tunnel and you will be able to have a slice of pizza now and again, if you do the planning.

4. Alcohol

Like sugar, alcohol does nothing good for you. It is a poison and if you drink it, you are hindering your progress. It's that simple. If you are serious about your training and diet, alcohol is pretty much off limits.

You simply cannot be serious about your training if you drink excessively.

Alcohol is right behind fat in being the most caloric dense food and that doesn't even take into account the "mix" in the drink. A nice fruity drink can be upwards of 300-400 calories and we all know that when they taste that good, one is never enough.

Now, like cheat meals, you can enjoy a drink now and again, but you have to plan it into your day. If you know you're going out with the boys or girls later on and will have 2 beers, then somewhere during the day, you need to make room for 400 calories. Ideally, you burn an extra 400 calories in the gym (approx 45 minutes on a bike at 100rpm) or eat 400 calories less throughout the day which may short change what your body needs to do its job of repairing and building muscle and burning fat.

So, you have the choice, again it's a matter of how fast you want to get in shape and achieve your goals.

Well there you have it. Four things you can think about and implement in your life today. To summarize:

1. Drink more water than you think you need.
2. Stop eating anything made of sugar or refined flour and eat foods that are as close as possible to their original state.
3. Know that you can slip in a cheat meal, but it takes planning.
4. Know that you can drink, but if you're serious about your training it is going to hinder your progress.

And that's it for this lesson. Over the next few lessons, I'm going to continually refer back to the book by Tom Venuto, [Burn the Fat, Feed the Muscle](#).

As I said yesterday, Tom Venuto is an all natural bodybuilder and if anyone on the planet knows something about nutrition, it's the championship bodybuilders. They know how to grow muscle and eliminate unwanted fat. Tom Venuto has made it a science. This book will be an excellent reference for you in the future so download a copy today.



If you're finding these lessons too long or technical, please [let me know](#). If I can improve them in any way, I would like to do that for others.

LESSON 7 – THE NOT SO SECRET SECRET

In this lesson you're going to learn the secret which really isn't much of a secret at all. It's just been so misused and mistreated that it seems too simple to be true.

In today's lesson, we're going to be discussing a few formulas and math type things. I'll make it painless, but this is another good reason you should consider [joining How to Box](#).

The nutrition portion of the site has all of the calculators you need to determine your caloric requirements, bodyfat, meal composition, and time to reach your goals based on a certain caloric deficit or surplus (which I'll cover in a few minutes). Once again, I'd love to help you achieve your goals as part of the community.

And now that I've given the standard How to Box plug and described a feature, on with the lesson.

If there's one thing about nutrition you need to know it is what you are going to learn right now. This is the base foundation to nutrition what the boxing stance is to your boxing skills, so pay attention.

Without going all scientific, food is fuel. That fuel is measured by the amount of calories in it. A calorie is a fancy name to measure how hot the food burns - or how much energy is in that food. All you really need to know is that you need calories to survive and thrive.

There are three macronutrients you want to be concerned with.

1. Carbohydrates
2. Proteins
3. Fats

There are a bunch of other nutrients and vitamins your body needs, but if you're eating a wide variety of foods, chances are really good you're getting everything you need. On the off chance you aren't, you may want to consider taking a daily multivitamin.

I do this - just a generic no name brand - as an insurance policy. I'm pretty darn sure I get everything I need, but just in case, it's there to cover any missing pieces.

Your Body At Rest - BMR Calculation

At rest, doing absolutely nothing except breathing, your body is still using energy to power all the processes going on - keeping you alive - breathing, heart beating, digestion, muscle repair, fat storage, etc... There is a minimum number

of calories you need in a day in order to live - this number is called your BMR or Basic Metabolic Rate.

To figure out yours, you can use the following formulas, but I'll give you a hint - if you're a member of How to Box, there is a calculator that will make this and other steps real simple. As well, if you type "BMR calculator" into Google, you'll find plenty that are free to use.

Here are the formulas in case you like to do things the hard way:

Women:

BMR = 655 + (9.6 x weight in kilos) + (1.8 x height in cm) - (4.7 x age in years)

Men:

BMR = 66 + (13.7 x weight in kilos) + (5 x height in cm) - (6.8 x age in years)

I'll use myself as an example. My weight in kilos is 78.4kg. My height in cm is 173.5cm and I am 34 years old. Plugging these values into the formula gives me a BMR of

$$66 + (13.7 \times 78.4) + (5 \times 173.5) - (6.8 \times 34) = 1776.38 \text{ calories}$$

So now I know how many calories I need in a day in order to maintain my current condition and run my body.

Problem is that I don't spend all day in bed so this number is not a very accurate representation of the real number of calories I burn in a day.

Adjusted BMR (ABMR)

This is where things are going to vary quite a bit from person to person as an ABMR takes into account your daily activities in determining your actual caloric requirements.

So, depending on what you do in a day, the number of calories your body burns is going to go up or down. Any type of activity is going to expend energy and

thus burn calories. While it is going to be very difficult to get an absolutely accurate representation of what you burn in a day, you can make a good estimate based on your activities.

In their infinite wisdom, the scientists of the world have gone out and measured how many calories are burned doing a variety of activities. Again, there is a calculator on How to Box to help you with this, but a search in Google will undoubtedly turn up the number of calories burned for your favorite activities.

To calculate your ABMR, you simply determine, by day of the week, how many calories you're going to burn doing the activities you have planned, add a margin for error and you have a decent "guess" of the number of calories you are burning in a day.

If you're into gadgets and want a more accurate number over time, you may want to take a look at this [calorie burning counter](#) which is similar to what they use on The Biggest Loser to monitor calories burned for their contestants.

If we go back to me for a minute as an example, on Mondays, I do 45 minutes of cardio in the morning (approx 500 calories on a treadmill) and a 90 minute boxing workout in the afternoon (more than 1000 calories).

As such my ABMR for Monday is $1776 + 1500 = 3276 + 200$ (margin to account for things like walking around, playing with the kids, etc...)

So, I can eat 3476 calories on Monday without worrying about gaining any weight or losing any. In case you don't know the significance of this - that's a lot of good food.

The Secret to All Your Weight Loss and Gain Concerns

Once you know how many calories you are going to burn in a day, you can make your body lose weight or gain weight simply by creating a caloric deficit or a caloric surplus. It is simple math.

Your two irrefutable laws of nutrition:

1. If you eat more calories than you burn, you gain weight (caloric surplus).

2. If you eat fewer calories than you burn, you lose weight (caloric deficit).

There you go, everything you need to know about achieving your weight goals. Yes, it's that simple and it applies to everyone no matter what kind of "condition" you think you have.

If you're looking to lose weight, the initial reaction is, OK, I need a caloric deficit, I'll stop eating. Well, your body is kind of smart having dealt with starvation for a heck of a long time even before you were born, so it has a built in mechanism that is going to piss you off if you starve yourself. Not only will you not lose weight, but you'll be awfully cranky and lacking energy because you aren't eating anything.

[Burn the Fat, Feed the Muscle](#) describes this process and how to beat it in detail.

To make everything go the way you want it to, it is generally agreed upon by all the people "who know" that a deficit or surplus of 500 calories is the target you should be aiming for.

At this deficit, you can expect to lose .5% bodyfat per week or 1-2lbs of fat. This is a healthy weight loss expectation. By the same token you can expect to put on about 1lb of lean body mass a week with a daily 500 calorie surplus (at least in the beginning.)

In Summary

Now you know how many calories to eat in a day to obtain your goal. You should also be able to see how important nutrition is in reaching and staying in your weight class. It is so much easier to eat fewer calories than it is to burn them off. A burger at McDonalds could take you an hour and a half of running to get rid of. If that doesn't make you take notice of what you're putting in your mouth, I'm not sure what will.

It's one thing to know how many calories you need to eat and another thing to know what the makeup of those calories should be. If you remember earlier I mentioned 3 macronutrients - carbs, proteins, and fats. You need a certain balance of each of these for optimal results. Defining what your meals should look like will be the subject of the next lesson.

Don't worry, only two more small lessons on nutrition and then we'll be back into the boxing specific skills - in particular boxing defense - blocks, catching, and parrying. You're halfway through the lessons and almost to the end where there will be a beginning routine for you to work on for a few weeks. Keep going.

LESSON 8 – MEAL COMPOSITION AND FREQUENCY

In the last lesson you learned all about the secrets of calories and how they affect your ability to add weight, lose weight, or maintain the weight you're at, which, in boxing, is important so that you are able to fight in the weight class you want to be in.

Obviously, the emphasis on weight management in boxing is also beneficial to those of you who are just here exploring how to use boxing to get in the absolute best shape of your life. As I've said many times, there really is nothing like a complete boxing training program to ensure you get in shape and stay in shape.

Anyways, yesterday you learned how many calories you should be eating, but I didn't tell you what you should be eating or how to get all those calories into your body. That will be the subject of today's lesson.

Today's lesson is also going to contain links to a number of nutrition tools - primarily calorie trackers, that are extremely beneficial at least when starting out. Some of them are free tools and some aren't (I'll make it clear which are which), but using one of them to start with, especially if you've never tried to track your calories before is an absolute must. But more about that later.

Right now I want to draw your attention back to How to Box for a minute. Every lesson I've been trying to point out a feature on How to Box that can help you achieve the goals you set a few lessons ago. Today's feature is the [forum](#).

This is nothing flashy or unique to How to Box. Lots of sites have forums. It is your place - both members and non members - to ask your questions and get advice from myself and other members of the community.

You are always welcome to email me, however, if you ask your question in the

forum, other people are going to benefit from the answer as well, so I would encourage you to ask there first before coming directly to me. It will likely be me answering your question in the forum anyways.

The thing I find unique about the How to Box boxing forum is that it has a different mindset than some other boxing forums I frequent. What is apparent is the willingness of people to help one another get better and develop their skills. Generally speaking, nobody criticizes anyone - or at least not in a hurtful way. Constructive criticism is a good thing.

Everyone has to remember they started at the beginning and in the beginning, people know very little, so what seems like second nature to some people may be completely foreign to another. For the most part everyone using the How to Box forum has the right mindset and it makes for a great community spirit.

The How to Box forum is moderated extensively, because no matter how helpful 99% of the people are, there's always the one guy who thinks making fun of someone or posting spam or offensive language is the "right" way to act. If a post like that gets on the forum, it will be deleted as soon as I am aware of it, so please, if you're using the forum, use it for good.

You can access the [How to Box forum](#) and start asking all your questions today.

Now on to Lesson 8

To continue in our quest for the ultimate nutrition plan, I now need to tell you what to eat. You have the total quantity of calories you need to eat based on the last lesson, but you don't know what or when to put it into your body. Both are important.

Meal Frequency

Before I get into what each of your meals should consist of, you need to know how many meals to eat. The answer is 6.

They should be spaced fairly evenly over your day and basically divide the number of calories you need into six equal parts. The thing you are trying to achieve here is a steady flow of nutrients to your body. You don't want to underload or overload at any point during the day. Here's why:

1. **Insulin Reaction** - If you've heard of the Glycemic Index, then you probably know that certain foods, primarily carbs, promote insulin production more than others. Without getting all technical, insulin has a big role to play in fat storage, so you want to keep it from spiking.
2. **Constant supply of building materials.** Protein, in particular, cannot be stored in your body. You either have it in your digestive system, it is being used, or it is being excreted. There is no storage mechanism for it. So, if you're undergoing training that is tearing down your muscles and needing protein to repair them, it has to come from the foods you are eating. 6 meals throughout the day ensure that your body always has a protein source when it needs it and promotes faster growth and efficiency.
3. **Avoids Sugar Highs and Lows.** Ever feel drowsy after a big meal? Ever get hyped up on chocolate or sweets and then crash a little while later? This is due to your blood sugar level and involves that insulin I mentioned a moment ago.

If your blood sugar is high (ie.. you just slammed back a pop and chips or other carb), then insulin is released to counteract it. This is kind of what happens with diabetic pers only their control mechanisms are messed up - either they get too much insulin or not enough... When your blood sugar is high, you feel hyperactive, maybe even hypertensive, and then when the insulin kicks in to counteract and balance out your sugar level, you crash.

By eating 6 times throughout the day, you avoid the highs and lows and maintain a constant state of energy at all times. (OK, not purely constant, it fluctuates a bit, but you will notice a huge difference.)

When I first started doing this, the thing I noticed the most was that I was no longer tired from 1300-1400hrs (right after lunch). I also started sleeping way better at night which was another bonus.

4. **Kickstarts Your Metabolism.** No matter where your metabolism is at right now. If you eat more, it will speed up over time to adjust to the extra meals. If your metabolism is running hot, then you burn more calories throughout the day doing nothing...this is the primary

reason some people can eat whatever they want and never gain an ounce. It's because their metabolism runs so fast that their bodies burn whatever they put into it before it can be stored as fat.

Metabolism slows over time and it will also slow down if you starve yourself thinking that is the way to lose weight. You starve yourself and your body will get really pissed off at you and start storing extra fat just to spite you. Actually, it is a defense mechanism - usually referred to as a starvation response. If your body senses it is going to have to go without food for an extended period of time, it keeps a little extra around. Keep that in mind, and you can read more about it on How to Box or in the book by Tom Venuto, [Burn the Fat, Feed the Muscle](#).

Should You Eat Before Bed?

The closest to bedtime you should eat is about 2 hours. Why? Because your metabolism slows to a halt when you shut it down for the night. Anything left in your digestive system has a better chance of being stored as fat if it isn't being burned right away.

Meal Composition

Members on How to Box can find a guide that basically tells you how to combine each meal for optimal results, but I will also briefly describe it here.

Every meal has a source of protein and a source of carbohydrates. There are different kinds of carbohydrates - simple and complex. The complex ones are the most beneficial - highest energy output and also include fibrous carbs while the simple carbs are the sugars (found mostly in fruits).

Complex carbs, such as potatoes for instance tend to be high on the Glycemic Index which would mean they are going to trigger an insulin release and promote fat storage. To counteract that effect, according to the [Fast Track to Fat Loss Program](#), mixing a protein and carb slows the absorption of the carbohydrate into your system thereby moderating the insulin release and effectively nullifying the importance of the Glycemic Index.

Fast Track has an excellent free newsletter and free DVD that covers some nutrition basics. You will receive some great nutrition information for further

reading and the program is worth checking out too especially how it details what each of your meals should entail including recipes.

These same topics are or will be covered on How to Box.

So, everyone of your meals includes a protein and a carb source.

Fats, the good kind, are also important, however you will notice there is no space to include them on this chart. That is because you will get plenty of the good fats from the foods you choose as proteins and carbs. I'm not getting into what good and bad fats are here. You can look them up on How to Box if you want more info.

So, what are the good proteins, carbs that you should be choosing from? I'm going to list a few here, but if you decide to join How to Box, you'll have access to a much wider variety to choose from and add some variety to your meals.

Protein Sources

Chicken
Tuna
Turkey
Lean Red Meat
Egg Whites (not the yolk)

Complex Carbs (Starchy)

Oatmeal
Brown Rice
Potatoes
Yam
Sweet Potatoe

Fibrous Carbs

Broccoli
Cauliflower
Spinach
Cucumber

Mushroom
See a pattern here yet?

Simple Carbs

Apple
Orange
Grapefruit
Bananna
See a pattern here yet?

Let's Talk About Fibrous Carbs

There's nothing worse than feeling hungry. This is where a good source of fiber can fill the void - literally. When you eat salad type things, vegetables, etc... they expand in your stomach which takes up room which signals to your body that you are full. Vegetables and so on have tonnes of nutrients and very very few calories, so if you're trying to lose weight, load up on them, you can't eat too many.

Portion Control

As I mentioned earlier all of your 6 meals should roughly be the same size. If anyone of them is larger, it should be breakfast as you've just starved yourself for 10-12 hours (since your last meal and while you were sleeping) and there is the biggest likelihood the calories will be used throughout the day.

So, if you are supposed to be eating 3000 calories - $3000/6 = 500$ calories per meal. (Of course, you figured this number out in Lesson 7 - The Not So Secret Secret).

When you're just starting out trying to figure out how many calories you're having every meal is going to be a giant pain in the you know what. But it's absolutely necessary until you have an excellent grasp of how many calories are in what size portion of food.

For that reason, at the end of this lesson, I've listed a number of online calorie tracking sites where you can log what you're eating and get a running total of how many calories you've used up in a day. Don't underestimate the importance

of doing this - it will make or break your plan.

So for a 500 calorie meal, how much of that is protein? How much is Carbs etc...?

That's where the calorie tracking comes into play, but you can gauge it by thinking of your plate as a clock. Fill noon to 1500 with protein, 1500-1900hrs with Carbs and the rest with a Fibrous Carb such as a salad. Do that consistently and you should be good to go.

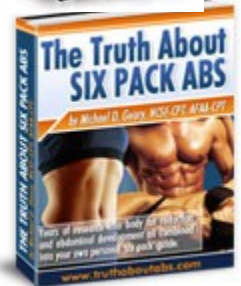
Nutrition Links

The following links I recommend for people trying to get their head around the whole calorie counting thing. Feel free to use them or not - it's up to you - but they will make your life easier in this regard. I know - I've been there.

[Burn the Fat, Feed the Muscle](#) - Ebook that goes into detailed nutrition topics and worth the cost. Very well written and aimed at people not wanting to know the science so much as what actually works. One product I absolutely swear by, own, and highly recommend.



[Truth About Abs](#) – Getting a nice set of six pack abs seems to be a lot of people's ultimate goal and the pinnacle of what they consider healthy. Well, the How to Box training plans coupled with the information in this Ebook can help you peel away the layers of fat and expose them in the shortest amount of time possible. Another product I own and highly recommend.



[All Recipes](#) - Biggest repository of recipes on the internet. Choose their healthy eating section and then find recipes that incorporate the foods you've chosen for your meal. Free to use.

[Calorie-Count](#) - Calorie tracking site with food database. Makes it real easy to keep track of what you are eating and you can see at a glance what you have left for the day. Free account.

Summary

That's it for nutrition in these lessons. I hope you've hoisted aboard how important nutrition is in your training and in achieving your goals. If you didn't, I suggest you go back and re-read lessons 5-8 as it is important information.

Now, we're going to get back into the boxing specifics so I can prepare you for actual completion of a real boxing workout at the end of these lessons. Next up is a discussion on offense and defense and then we'll move right into various defensive techniques.

Stay tuned, another lesson is coming right up. As always, if you are liking these lessons, or hating them, I'd like to know, so please [contact me](#) and give me your thoughts. Even better, [join our community](#) on How to Box.

LESSON 9 – BOXING STRATEGY

I'm back with another boxing lesson from How-to-Box. Been a couple of days since we talked boxing while I brought you up to speed on a few nutrition issues, but now we'll get back into it and get you that much closer to trying out a complete boxing workout that will help you develop your skills and improve your fitness.

Before I tell you a thing or two about how offense and defense work together in boxing, I just want to remind you that if you aren't grasping the concepts I'm describing in these emails to check How-to-Box for more information including videos of techniques.

And if you become a [Gold member](#), you'll have access to even more tools, premium content, and additional tools to get you in shape, keep you in shape and learn boxing skills while doing it.

The How to Box feature I want to describe today is the Exercise and Workout Database. As new exercises and workouts are added to How-to-Box either by myself or other readers, they go into a searchable repository. It is accessed through your training center link ([Silver](#) and [Gold](#) accounts) and allows you to select exercises or workouts you want to do.

These exercises and workouts give you options to change up your routine, try new things to overcome plateaus, or to develop different muscles or abilities. It is an ever-growing database, so if it isn't there now, check back often, cause it will undoubtedly show up.

Now on with today's lesson.

In order for me to show you some basic defensive skills, I need to explain to you the difference between offense, defense, and any mixtures of the two.

Way back in lesson 2, 3, and 4, I explained to you how to throw a few boxing punches - jab, straight right, combinations. If you think in terms of combat or war - these are your weapons and they are used in your offensive game.

You cannot win if you do not have an offense. It is impossible. You have to hit the other person if you want to win in boxing. Even in terms of fitness for those of you who are not learning boxing to fight, without an offense, your workouts are going to be useless. You will burn very few calories. Of all the aspects of boxing, your offense is the most important.

So if offense is so important, why do I have to learn defense?

In a minute I'll get to that, but first you have to understand two concepts:

1. **Momentum.** In a literal sense, momentum is movement. Something has momentum if it is moving. A car has momentum if it is driving. A running person has momentum. It is simply movement.

In boxing, to have momentum is to be doing something and that something is generally working in your favour.

2. **Initiative.** Initiative is what controls the fight. If you have the initiative you are not reacting to what your opponent is doing, you are dictating to your opponent how the fight is going to go.

At all times you want to have both the initiative and momentum. This ties into additional lessons on strategy that are on How to Box. In particular do a search for OODA loop and you'll go into more depth on both of these topics.

Now, on to why you need a defense.

The ultimate goal in boxing as I've said before is to hit without getting hit. If you've lost the initiative or momentum, then you are forced to adopt a defensive posture.

Here's the important thing to learn about defense -- It has to be a temporary state. You adopt a defensive posture in order to find an opportunity to regain the initiative. The longer you stay in a defensive mode, the more chance you have of losing the fight.

While in a defensive mode, you should be taking every opportunity to find an opening to launch a counterattack or preempt an attack. (again, check How to Box for more info on these topics.) Only when you understand that you use defense to open opportunities for offense will you be successful.

I've intentionally kept this lesson short and just touched on these important topics without going into too much detail simply to bring them to your attention, so that when I teach you defensive moves over the next few lessons, you understand their place in the game.

As well, I didn't want to start reprinting a whole lot of information on these topics here when you can find them on the site in much greater detail and pretty much all of it is free to look at. So, I'd encourage you to take the time you'd usually spend reading these long lessons and head over to How to Box to start looking up some of these topics:

- a. OODA Loop
- b. Preemption
- c. Principles of War
- d. How to win a Fight
- e. Counterattack

Do some exploring and start to grasp some of the strategy behind boxing and why you are learning to do things this way or that way. This is where boxing becomes a science and when you understand the why - you will better be able to employ the how.

In the next lesson you'll learn your first defensive move - the block. Until then, have a great day. Boxon.

LESSON 10 – THE BLOCK

I hope you found the articles I recommended in the last lesson interesting and that they have shed some light on the strategy and underlying motivations that lie within boxing.

Now that you're a boxing defense expert - OK at least you're familiar with the term...you're going to start learning a couple of defensive moves. Today we'll go over the block.

At this point in time, it behooves me to remind you that in order to ensure you are performing these techniques correctly, you may want to video yourself and submit your video to How to Box for review and criticism. Not only will it assist in ensuring you don't develop ugly bad habits, but it will strengthen your own understanding of the technique and give you the confidence that you're actually performing it correctly.

To do that, though, you will require a [Gold account](#) on How to Box.

I'm hoping by now you've had a chance to visit How-to-Box, look around and get a good feel for what is there. As such, the rest of these lessons are going to be a lot less on the "this is what exists on How to Box" and focus primarily on the technique I'm trying to teach you. This should shorten these lessons a bit.

In boxing, you're going to get hit. It's inevitable. Even the best defense is eventually going to be penetrated. If getting hit is something that bothers you, you can learn [how to deal with getting hit here](#).

That doesn't mean, of course, that you want to give up on defense all together. A good chunk of boxing is learning how to limit the number of times you do get hit - or at least get hit with a damaging blow.



Teaching Blocking on How to Box

A damaging blow is a blow that you take full force. Obviously these are the worst. You're going to feel it and you're probably not going to like it. It will jar you, may even knock you out, and undoubtedly it's going to hurt. Maybe not during the fight, but after and days later. But hey, that's part of the rewards of the sport.

A damaging blow is also a hit that hits a vital spot. It is possible to take a direct hit and not suffer any damage. In fact, that is part of what you're going to learn about blocking. For a hit to cause damage, it has to penetrate your defenses and hit you in a scoring zone - head or body.

A glancing blow is a hit that you don't take the full brunt of. It may be off target or you may be able to redirect it to remove some of it's power. You're going to learn more about this tomorrow when you learn how to parry, but I'll also touch on it today when defending against hooks.

So, if you're going to get hit by a potentially damaging blow, what can you do about it?

Defensive Option #1 - Block it.

When you block, you receive the full power of the punch, but you take it in a target zone that is not susceptible to it or at least can take it much better than your head or ribs can.

When you block, you want to use your forearms, elbows, biceps/upperarms, and as a last resort, your forehead. I want to stress that if all possible, you would much rather slip a punch or get out of it's way than block it. Generally speaking, blocking requires energy, and there's always a chance your block will fail, so if you have the option, get out of the way.

That said, a block keeps you in range and can let allow you to counterpunch very quickly and regain the initiative so you do want to know how to do this.

Punches are pretty much going to come at you in two different zones from two different approaches:

Zones:

1. To the Head
2. To the Body

Approaches:

1. Straight On
2. From the Side or off center

As such, I'll try and explain how to block each combination of these.

Zone 1, Approach 1- Straight Punch to the Head



If you've seen a "peek-a-boo" guard - it's one of the best guards for blocking shots to the head. Because your arms are already high up in front of your face, it's simply a matter of closing them slightly and presenting the outer, flat part of your forearms to the punch.

*Peek-a-Boo
Guard*

If you aren't in that guard already, then here is how to block a punch coming at your head:

1. Bring your gloves up so they are at least level with your forehead.
2. Force your elbows and gloves together, turning your fists so your knuckles are facing your forehead. Note that it is not essential that you turn your hands in, but you need to create a situation where your forearms are so close together in front of your head that a boxing glove cannot fit through.
3. Ensure you don't hold your arms or gloves away from your face. If you hold them out 1-2 inches, it won't matter if you block the punch – you'll end up hitting yourself in the face.
4. Brace for impact - helps to lean a little into the punch.
5. Immediately after impact look for opening to launch a counterpunch

and return to guard position.

Zone 1, Approach 2- Hooks to the Head

This is a much harder punch to block. They're harder to see coming as they come from the side and it's harder to get your arms into position quick enough to block them. Plus, when you do block them, they have so much power that the block doesn't take away much of the impact. However, done correctly, you can almost nullify the effect of a hook.

1. Identify from which direction the hook is coming. Note that there are ways of doing this even before you see the punch being thrown - check How to Box for answers.
2. Bring the glove of the hand on the side that will be impacted up so it is behind your ear. For instance, if you identify a hook that is going to hit you on the left side of the head, bring your left hand up and back.
3. Step 2 will create a barrier consisting of your forearm, upper arm, and bicep to protect your head. If possible, don't hold it right against your head so it cushions some of the impact.
4. As you are completing step 2, start leaning in the opposite direction that the punch is coming from. You are going to "roll" with the punch. Doing this will absorb even more of the kinetic energy of the punch and minimize the impact.
5. Immediately after impact look for opening to launch a counterpunch or additional incoming attacks and return to guard position. As you just rolled with the punch, it is often advisable to step or duck to ensure you don't bring your head back in a predictable path.

Zone 2, Approach 1- Straight Punches to the Body

At times, your opponent will drop down and either jab or throw a straight into your body. It is not done very often, but better to be ready for it than reacting to it.

Those who utilize a peek-a-boo guard will expose their body more than those

using other guards simply because their arms are held higher up. With quick reflexes, it's not a big deal as they can drop their arms at first sign of an incoming body shot, however, that much movement also lends well to feints. The person using a peek-a-boo guard has to commit fully to move their arms in time which makes it easier to fake a punch low and go high or vice versa.

Just like a straight punch to the head, you are looking to create a barrier between your body and the incoming punch with primarily your elbows and forearms. You're not going to be able to close the gap completely, but you can "crunch" enough to block the shot.

1. Identify that a straight punch to the body is incoming. Note that there are ways of doing this even before you see the punch being thrown - check How to Box for answers.
2. Bring both arms down slightly and bend slightly forward, tensing your abs as if you were doing a crunch. Bring your elbows as close together as possible making a shield out of your elbows and forearms that protects your body. By "crunching" you limit the amount you have to drop your hands and also tense your abs in case there is impact.
3. Brace for impact.
4. Immediately after impact look for opening to launch a counterpunch or additional incoming attacks and return to guard position. Be especially on the lookout for a combination to the head now that you've dropped your hands to protect your body.

Zone 2, Approach 2- Hooks to the Body

Like hooks to the head, these are powerful shots that are difficult to block adequately but not impossible.

If you've ever done oblique situps or crunches, the motion is going to come in handy here.

1. Identify that a bodyshot is approaching from the side. Note that there are ways of doing this even before you see the punch being thrown - check How to Box for answers.

2. On the same side that the punch is incoming, tighten your abs and crunch to that side to lower your elbow to create a barrier between your body and the punch. You may have to drop your hand slightly to cover far enough back on your body.
3. The other hand should be still in position, protecting your chin. Alternatively, you can cross your alternate hand across your face to protect against a feint to the body followed by a punch to the head.
4. Brace for impact.
5. Immediately after impact look for opening to launch a counterpunch or additional incoming attacks and return to guard position. Be especially on the lookout for a combination to the head now that you've dropped one side slightly to protect your body.

Using Your Forehead

There is one more block I'm going to mention briefly, but I suggest you never use it. The top part of your forehead (the area where you would head butt someone) is the hardest part of your body. As such, it can take a pretty good blow and not phase you.

If you see a punch coming in straight that you can't block normally, by bringing your chin down slightly and letting the punch connect on that sweet spot on your forehead, you nullify the punch and there is also a slight chance of hurting your opponent's hand.

Do I recommend this - no. If you get it wrong, you're going to take a straight power punch to the head. Even if you get it right, it will probably stagger you backwards or throw you off balance. It's not something you should be practicing to perfect as a defensive move. I just thought I'd mention it, because it is possible.

How to Practice Blocks With a Partner

Ideally, you need a partner, someone who is capable of throwing controlled punches - both straights and hooks. If you have one, start slow and have them throw one type of punch and you block with one type of block. This is a form of

conditional sparring which I'll talk about in a later lesson.

Once you have that one block for that one punch drilled in, do another punch, and another until you have all four moves in your defensive storehouse. At that time, remove some of the conditions of the sparring and have your partner mix up what he is throwing.

Eventually speed it up and keep it random until you are comfortable reacting to what is coming your way.

How to Practice Blocks Without a Partner

If you don't have a partner, it's not the end of the world, just not as much fun either. You have to be able to visualize an opponent and then react to what he is doing. Best way to do this is in front of the heavybag. Picture your opponent throwing a straight right at you - what do you do? You perform the appropriate block and then counterattack.

Do this for each of the blocks you've learned and then mix it up. Picture your imaginary opponent throwing multiple shots and you react accordingly. Studies have shown that vivid visualization is just as good as practicing the real thing or very close to it. It is an important part of sports improvement, and especially important in boxing when you don't have a partner to spar with.

Well, that's about it for this lesson. To summarize, you've learned how to block in boxing. This technique alone can potentially keep you from getting hit. Sometimes though, it is better to redirect a punch so that you can use your opponent's momentum against him/her. That will be the subject of the next lesson coming right up.

LESSON 11 – THE PARRY

Welcome to Lesson 11 - The Parry. We're quickly getting to the end of this boxing mini course, so you need to start considering what you want to achieve with the sport.

If you've been liking what you've been reading, I can assure you that being a How to Box member offers you significantly more of the same, augmented with video and interactivity. So, start asking yourself if you want to continue learning

after these lessons are over and start taking a serious look at becoming a How to Box member. I'd love to have you there with either a [Free Silver membership](#) or a [paid Gold membership](#).

Today's How to Box feature is the [boxing club and trainer database](#). As I said at the beginning of this, at some point if you want to fight, you're going to have to find a boxing gym or trainer who can give you one on one feedback immediately as you're performing a drill or technique.

That means you need to find a gym or trainer in your area. How to Box maintains an excellent searchable resource of gyms and trainers and more are added all the time. If you know of a boxing gym or trainer that is not in the database now, I would encourage you to send the information to:

webmaster@how-to-box.com - Subject line: [New boxing gym/trainer](#)

It doesn't cost gyms/trainers to create an account and build a profile that lists their services, rates, and so on.

Example – [Fitter Faster](#) (they could definitely add more info and spice up their page, but gives you something of an idea)

To search for a gym or trainer, you simply put the city you are looking for (or province) into the [search boxes](#) and hit submit. You'll get a list of all available gyms in the database in that city.

So, start thinking about your future development.

The Parry - Boxing Defense

We went over what is primarily a static defensive move - the block. Today, we're going to get a little dynamic and put some motion into the mix.

As I touched on in the last lesson, you can either absorb the full impact of a punch, or you can redirect it's energy elsewhere. That second concept - redirection- is where a parry comes into play.

Why would you want to redirect a punch?

There are two specific reasons:

1. You can use your opponent's momentum in your own attack. You can only generate so much force with your punches and that is done by accelerating your fist using your own muscle and weight transfer. At some point, you can't do anymore due to your own physical limitations. The only way to increase your power output at this upper limit is to utilize the momentum of your opponent.

Here's an example. If your opponent goes to throw a straight right at you they are transferring their weight towards you (accelerating towards you). If you could evade the right and accelerate towards your opponent at the same time, you are effectively doubling the force of the impact.

It's like a head on collision between a train and a car. If the car just runs into a stopped train, yes, it's a big crash, but not nearly the same energy is expelled when a train travelling 90mph hits a car head on that is travelling 90mph in the opposite direction.

So, if you can harness your opponent's momentum, it makes for more damaging blows.

2. The second reason is because of the energy you save. It takes less energy to deflect a punch that it does to absorb one or stop it head on. There is also less chance of damage even if the punch is blocked.

To block a punch, you have to get in position, brace for impact, and become very tensed up. All of that takes energy. To deflect the same blow, could be as simple as a twist of the hand that will not only send the punch off into a harmless region, but also leaves you in position to counter what should be a wide open target.

All that to say, if you have the option, deflections or parries are better to use than blocks.

How to Parry?

Generally speaking, you can only parry punches that are travelling in a straight line towards you. However, a roll while blocking a hook as you learned in the last lesson, is a hybrid of a parry and an absorption of the power.

Boxer's will generally parry or slip jabs and/or straights while attempting to duck/rock/bob and weave out of the way of hooks. Uppercuts require movement or a catch to nullify.



Teaching the Parry on How to Box

Two terms you'll hear used with parries are inside parry and outside parry. An inside parry redirects a punch in towards your body usually done with the palm of your hand. An outside parry uses the back of the hand/forearm to redirect the punch to the outside of your body either left or right. When you use each will be discussed now.

To Parry a Jab (Orthodox Fighters)

1. From your boxing stance identify that a jab is incoming. Again check How to Box for ways of doing this prior to actually seeing the jab.
2. As it approaches you have some options:
 - a. Use outside parry with right hand to deflect it off to your right.
 - b. Use an inside parry with your left hand, while slipping left to deflect it off to the right.
 - c. Use an inside parry with your right hand, while slipping right to

deflect it off to the left.

- d. Use an outside parry with your left hand, while slipping or stepping right to deflect it off to the left.

Of these, the best option is d. as it puts you in a prime position to follow up with a straight right to what will be a completely exposed target.

3. To actually execute the parry, at the last possible second as the punch is being fully extended, you simply let it impact your hand which is held at an angle that will deflect the punch rather than stop it. A quick little flick or tap with your glove will send it flying away harmlessly.

Note: The movement is very subtle. It is not a big arm movement. Doing that is akin to flinching and will result in a beating as you expose yourself. This is more of a twitch.

4. As the punch flies by, position yourself and counter.

To Parry a Jab (Southpaw Fighters)

1. From your boxing stance identify that a jab is incoming. Again check How to Box for ways of doing this prior to actually seeing the jab.
2. As it approaches you have some options which are the same as for orthodox fighters:
 - a. Use outside parry with right hand to deflect it off to your right.
 - b. Use an inside parry with your left hand, while slipping left to deflect it off to the right.
 - c. Use an inside parry with your right hand, while slipping right to deflect it off to the left.
 - d. Use an outside parry with your left hand, while slipping or stepping right to deflect it off to the left.

Of these, the best option for a southpaw is not d as identified for orthodox fighters, but is a. as it puts you in a prime position to follow up with a straight left to what will be a completely exposed target.

3. To actually execute the parry, at the last possible second as the punch is being fully extended, you simply let it impact your hand which is held at an angle that will deflect the punch rather than stop it. A quick little flick or tap with your glove will send it flying away harmlessly.

Note: The movement is very subtle. It is not a big arm movement. Doing that is akin to flinching and will result in a beating as you expose yourself. This is more of a twitch.

4. As the punch flies by, position yourself and counter.

To Parry a Straight Right (Orthodox Fighters) - Identical to a Jab

1. From your boxing stance identify that a jab is incoming. Again check How to Box for ways of doing this prior to actually seeing the jab.
2. As it approaches you have some options:
 - a. Use outside parry with right hand to deflect it off to your right.
 - b. Use an inside parry with your left hand, while slipping left to deflect it off to the right.
 - c. Use an inside parry with your right hand, while slipping right to deflect it off to the left.
 - d. Use an outside parry with your left hand, while slipping or stepping right to deflect it off to the left.

Of these, the best option is d. as it puts you in a prime position to follow up with a straight right to what will be a completely exposed target.

3. To actually execute the parry, at the last possible second as the

punch is being fully extended, you simply let it impact your hand which is held at an angle that will deflect the punch rather than stop it. A quick little flick or tap with your glove will send it flying away harmlessly.

Note: The movement is very subtle. It is not a big arm movement. Doing that is akin to flinching and will result in a beating as you expose yourself. This is more of a twitch.

4. As the punch flies by, position yourself and counter.

To Parry a Straight Left (Southpaw Fighters) - Identical to Jab

1. From your boxing stance identify that a jab is incoming. Again check How to Box for ways of doing this prior to actually seeing the jab.
2. As it approaches you have some options which are the same as for orthodox fighters:
 - a. Use outside parry with right hand to deflect it off to your right.
 - b. Use an inside parry with your left hand, while slipping left to deflect it off to the right.
 - c. Use an inside parry with your right hand, while slipping right to deflect it off to the left.
 - d. Use an outside parry with your left hand, while slipping or stepping right to deflect it off to the left.

Of these, the best option for a southpaw is not d as identified for orthodox fighters, but is a. as it puts you in a prime position to follow up with a straight left to what will be a completely exposed target.

3. To actually execute the parry, at the last possible second as the punch is being fully extended, you simply let it impact your hand which is held at an angle that will deflect the punch rather than stop it. A quick little flick or tap with your glove will send it flying away harmlessly.

Note: The movement is very subtle. It is not a big arm movement. Doing that is akin to flinching and will result in a beating as you expose yourself. This is more of a twitch.

4. As the punch flies by, position yourself and counter.

Parrying Body Shots

You're going to be hard pressed to parry a body shot. If you do, it will completely expose your head on the side you drop your hand to deflect the shot. You can do it, just be advised that you open yourself up for some punishment. It is better to block a body shot or get out of the way.

If you are going to try this, you simply drop your arm in a sweeping motion either inside or outside to catch the incoming punch and redirect it away. Be sure to return to the guard immediately and move as most likely another punch coming at your exposed head.

To Practice Parrying with a Partner

Just like blocks, start slow and start with one punch that both of you know is being thrown. One person is parrying, the other throwing. Practice each combination alone - parry jab inside parry left hand, parry jab outside parry left hand, parry jab inside parry right hand, etc...

Once you have one technique mastered, move on the next, increase the speed and eventually increase the randomness of the incoming punches (ie..mix it up - jab, straight right, jab, jab etc...)

To Practice Parrying Without a Partner

Back to the heavy bag and visualization with you. Picture your opponent throwing and then react. Take a look at the previous lesson for more information on visualization.

Alternatively if you have a double end bag, you can use it as a partner. Hit it and parry it as it comes back with whatever parry you are trying to practice. Double end bag is excellent to simulate incoming punches (primarily targeting the head.)

And that's the end of Lesson 11. It's also the end of the free boxing defense lessons. You know know enough techniques to attack and defend in the ring. There is, of course, a lot more to learn. Just in boxing defense alone, there are slips, bobs and weaves, ducks, rocking, steps and so on. You can continue learning on How to Box once you create an account ([Silver](#) or [Gold](#)).

There are four more lessons to go in this mini boxing course. In the next lesson, I'm going to discuss boxing drills with you and their importance, and give you two that you can use to increase your hand speed and power. Until then, keep practicing. Mix everything you have learned to this point together.

You should be starting to feel like you actually know something about boxing.

Boxon.

LESSON 12 – BOXING DRILLS SPEED AND POWER

It's time to start taking everything you've learned over the past 11 lessons and put it together into some sort of training plan that you can use to develop and improve your conditioning.

Today will be the first of three lessons that will build on each other to give you a challenging but also doable boxing workout that you can use indefinitely (or at least until you get bored with it).

It's at that point you should seriously consider [joining How to Box](#) to get a complete 12 week boxing training plan that is constantly growing and improving. In fact, Version 3 of the program was recently released and vastly improves significant portions of the online learning experience.

Did you know that How to Box has private messaging built in? Not unique to How to Box, but it does give you an option of contacting other boxers and trainers on the site for one on one personal advice. Of course, you [require a membership](#) in order to do so, but it could be an additional way of getting your questions answered.

I'm in the military - infantry in particular - and in the military we drill everything. We drill marching, we drill shooting, we drill standard operating procedures. We practice the same things over and over and over again until we are so bored with them that we can do them in our sleep (or without any sleep), then we do them some more.

Studies and actual combat situations have shown that the ability to think in a combat situation is diminished significantly. As such, soldiers will rely on their training and muscle memory to do what needs to be done whether it's shoot, perform some type of covering movement, react to enemy fire or whatever.

As boxing is a combat situation, the parallels and comparisons can be carried over and the need for drills immediately becomes quite clear. Most people don't even remember their first real boxing match. The adrenaline is pumping and before they know it's over and they are wondering what they did and how they did.

That subsides somewhat with subsequent matches, but it goes to show how important it is to train your muscles and body to react in a certain way - and you do that by doing drills over and over and over again. There is then no thinking involved, your muscles know how to jab, move, block or do whatever is required basically on instinct.

As such, a large part of boxing training is doing the same drills day in and day out. You mix them up so they don't get boring, but you are constantly revisiting the basics and building on the foundation. Your style will generally include a limited number of drills that you do really really well, and then you add to them as time and training allows.

What follows are two drills that you can use with your Jab and Straight Right to help you develop some speed and power. They are sometimes referred to as punch out drills.

Speed Drill

The aim of this drill is to increase your hand speed. As such, you are not so concerned about throwing proper technique as you are about just throwing punches. Pay attention to how you're throwing and always strive to make it better, but the important thing is to throw very fast punches and break through your anaerobic barrier where it basically hurts to throw anymore. Go past the

fatigue.

1. Stand in front of the heavybag. You are not in a true boxing stance, but squared off. Hands up ready to throw. Set your timer for 1 minute.
2. Start punching, really fast - jab, straight right, jab, straight right. Alternating hands, make them connect with the bag as fast as you can. Use your hips to help throw your punches. Work into a rhythm and maintain it. Keep going for the entire minute – even when it starts to get really really tiring like you can't do anymore, look inside and find the strength to keep going.
3. When the round ends, stop, and rest for 2 minutes, then repeat. You should do this at least 3 times in a session.

Note: As an alternative, you can do 10 second sprints on the bag, followed by 10 seconds rest for an entire 3 minute round.

Power Drill

Unlike the speed drill which lets you be a bit lax with your technique, this power drill depends on proper technique in order to get as much power as you can in your punches. Technique will account for 90% of your power, whereas 10% comes from your actual strength.

The punches you will throw for this drill are a 1-2 combination, but both the Jab and the Straight Right are to be throw with as much power as possible. That power comes up from the legs, through the hips, shoulders and out the end of your fist. It does not start in your arm. Try and picture it flowing up from the floor out through your fist.

1. Stand in front of the heavy bag in your proper stance. Set your timer for 1 minute.
2. Throw the jab, concentrating on technique and putting as much hip action into it as possible. Immediately after the jab, throw a blistering straight right being sure to transfer your weight and plow it into the bag. You're trying to put a hole through it.

3. Don't move around, stay in one spot, recock and fire again. Repeat. You should do this at least 3 times in a session with a 2 minute break between rounds.

Note: As an alternative, you can do 10 second sprints on the bag, followed by 10 seconds rest for an entire 3 minute round.

And there you have it, two drills that if you do them on a regular basis will incrementally increase your hand speed and power. They develop your coordination as well as your muscle's ability to contract fully. Work these into what you're doing now to practice the other lessons you've learned. In the next lesson, I'm going to give you a beginner heavy bag routine. The day after, I'll outline a beginner boxing training plan that you can start using to develop what you've learned.

In the meantime, if you want to start developing some other boxing skills, whether you decide to join How to Box or not, there is a growing repository of [Boxing Tips and Drills](#) that are free to view on the site.

And, as always, I want you to join the boxing community. I want to help you achieve your boxing and fitness goals. I want you to get bitten so bad by the boxing bug that you just have to learn more about it, so [sign up now for your free account](#) and consider [upgrading to a Gold membership](#) in the future.

LESSON 13 – THE HEAVYBAG WORKOUT

In this lesson, you get to put everything you've learned into practice and actually do a full heavybag workout.

It's tough and don't expect to perfect it right away. Plus, there may be one or two techniques that you haven't learned, but do what you can and eventually you'll improve. If you find a technique that is new to you here – [shadowboxing](#) for instance - check How to Box for instructions.

The Heavybag Workout

Enjoy this workout and as I said, if there is a technique you don't know, then create an account at How to Box and go over the video lesson, or substitute what you do know. As well, guaranteed, if you've never skipped before this will

be a humbling experience. Stick with it, skipping well takes a lot of practice, but the benefits are worthwhile.

Warmup

Round 1: skip rope for 3 minutes, immediately followed by 25 pushups.

Rest 1 minute

Round 2: skip rope for 3 minutes, immediately followed by 25 pushups.

Rest 1 minute

Round 3: skip rope for 3 minutes, immediately followed by 25 pushups.

Rest 1 minute

Note: There are different ways to skip rope. Create an account and see the exercise demonstrations for different variations to try. To prevent boredom, you'll want to master a few different techniques to mix it up a bit.

For instance you can swing the rope on the side, or go for double/triple jumps. All increase the intensity. Also, get used to pyramiding. Using the warmup above as an example, when you can do 25 pushups for 3 rounds, increase to 30 and so on. Always increase the intensity if possible.

Followed by Shadowboxing

Each round of mirror training outlined will follow the same format:

Do 3 rounds:

1st minute: footwork only, work the long and short rhythm described on How to Box. Move left, move right, pivot...keep your hands up and consciously watch yourself to make sure you are doing it correctly.

2nd minute: Practise your defensive moves. Duck, slip, parry left, parry right, catch jabs. Picture an opponent throwing punches at you, get your imagination working.

3rd minute: Add in the punches. Start slow and end fast. Work through the major combinations: 1-1, 1-1-1, 1-2, 1-2-3. Speed is great, but technique is better at this stage, watch everything. Keep your hands up, stance correct. Picture that opponent, knock him down, knock him out.

Main Workout - Heavy Bag Workout (Beginner Workout)

With this workout, slow things down a bit and concentrate on doing things right.

Round 1: Footwork only. Give the bag a push and move around it and move with it. Try dodging it. Use lots of sidestepping and pivots. Become fleet footed.

Rest 1 minute

Round 2: Jab - 1-1B. To your footwork, add your jab to the head and to the body. Attack the bag when it comes towards you. Accelerate out, SNAP, accelerate back. Always keep your hands up, in your stance. The bag is an opponent.

Rest 1 minute

Round 3: Straight Right - 2-2B. Practice the straight right with your footwork. Throw it to the head and body. Speed and power.

Rest 1 minute

Round 4: Left Hook - 3-3B. Throw left hooks to head and body in addition to footwork. Remember, you are never standing still. Always keep a rhythm going. Get close to the bag, this is infighting. Don't be afraid to throw in some defense. The bag is trying to hit you back.

Rest 1 minute

Round 5: Right Hook - 4-4B. Throw right hooks, mirror image of left. Keep moving, you're getting tired now, don't stop. Stopping gives your opponent an easy target. Hands up, they're falling, gravity is trying to take over, push past the pain.

Rest 1 minute

Round 6: Left Uppercut - 5. Your right up to the bag. Left uppercut, left uppercut, left uppercut, try and lift the bag with the power. Aim at the sternum and follow through to the head. The power is coming from your legs, push up.

Rest 1 minute

Round 7: Right Uppercut - 6. Again, still at the bag, hit it with the right uppercut, move, hit it again, pivot, move, again. Almost done, your opponent is shaky, but manages to hang on to the bell.

Rest 1 minute

Round 8: EVERYTHING. Unleash on the bag, you smell blood, you smell the knockout. Your opponent is stumbling all over the place. Finish him, hit him hard from all angles. It's almost over. POW, nail him. It's done, he goes down.

Rest

Cooldown - Ab Workout

The way it works is that you do as many of the specified exercise as you can for the time allotted, then switch to the next exercise without taking a break until the round is over.

Round 1:

Crunches - 30 sec

Leg Raises - 30 sec

V-Sits - 30 sec

Left Side Crunches - 30 sec

Right Side Crunches - 30 sec

Bicycle - 30 sec

Rest 1-2 minutes if needed

Round 2: Repeat round 1.



Yes Sir,
that's what
6 Weeks on
This Plan
Do...

A Little Gym
Time,
A Little Rest
Time, and
A Little
Nutrition
Knowledge

Remember, if you [sign up as a Gold member](#) of How to Box, you will receive 84 days of detailed instruction that will develop your skills and literally transform your body. I've used the training plan myself to drop as much as 5% bodyfat and increase lean body mass by 12 pounds in just 6 weeks. Imagine what it could do for you in 12.

In the next lesson you're in for a treat. An entire routine that you can customize and use on a weekly basis for an indefinite period of time. It's received excellent reviews from those who have

tried it and has been endorsed by other boxing coaches and trainers. Look forward to it.

Until then, Boxon.

LESSON 14 – BOXING TRAINING PLAN

Today's lesson is very valuable - it is a beginner boxing training plan that you can start using right now on a weekly basis. Not only that, but what is written here is complemented by what is offered to [Silver account members](#) on How to Box.

This training plan along with a [free Silver membership](#) on How to Box is ideal for those of you who have never boxed before and want to give it a try before committing to the full 12 Week Training Plan. As well, this Pre-Training will get your conditioning to a level that will enable you to take full advantage of what is offered as part of the 12 Week Plan.

I originally posted this training plan on a certain boxing forum I used to frequent as I was continually reading post after post about new boxers wanting to get started but really having no clue as to what to do or where to start. I figured I could offer some advice.

Unfortunately, the moderators on that forum decided to repost the article minus my link back to How to Box – essentially claiming it as their own. That is only one of the problems I had with that forum and as such I do not contribute there

anymore. However, you can still find it posted under a different name (although they did give credit to my alias - lunas) and see all the comments that have been left about it.

This is effectively the culmination of this boxing mini course. It is a good starting point for you, but it is not near the quality or have as much detail as you will find in the How to Box 12 Week Boxing Training Plan. If you're seriously wanting to lose some weight, add some muscle, and learn some boxing skills, then get a [Gold Membership now](#) and join How to Box right now to start day 1 of 84 tomorrow or even today.

And Now the Routine (as originally posted)

This is a beginner's boxing routine that will basically cover everything someone needs to do to get involved in the sport from training to nutrition. It's a lot, so I'm going to be as brief as possible, but I also want to be semi-complete. I question the value of one line answers to a lot of the questions I've seen.

First, realize that if you ever want to compete and be good at it, you are going to have to have a real coach/trainer impart their incredible wisdom. You can't learn everything from books and the internet, although with video coaching and innovative ideas, it is easier to get feedback when you are training by yourself. At any rate, at some point, plan on spending some of your paper route dollars to invest in yourselves.

Okay, on to the good stuff and to summarize everything you've learned in the last couple of weeks.

First, an overview:

1. **Conditioning** - is the be all and end all. If you can't last 3 minutes in the ring and can't recover in 1 minute afterwards, you have no business being there. Boxing is the ultimate workout as it covers everything - strength training, agility, aerobic capacity, anaerobic capacity, speed, and power. As such you have to train everything in a logical and well planned way - and believe it or not, it means getting enough rest as well.

Needless to say, it is a lifestyle you have to adopt.

2. **Boxing skills** - you have to develop the necessary skills to carry with you into the ring and that means practicing drills and perfecting them. It means understanding why you are throwing a jab before a right cross or why you slip to the outside. You have to learn the proper mechanics and the proper defense. In combat, your brain will shut down and your body will rely on what it has been taught in those drill sessions. Battle inoculation is the term - you come prepared with a game plan and rely on your training to take you to the finish.
3. **Nutrition** - all the exercise in the world is not going to get you in peak physical shape. The fuel you put in your body is going to be directly related to the results you get from your training. Everytime you raise your hand to your mouth you are making a choice - ensure it is the right one.

I've seen a lot of advice given on forums about eating 5-6 times a day, eating a tonne of protein, eating a tonne of carbs, no carbs, no protein, yadda yadda yadda. The truth is, human bodies are not all that different.

If you are eating more calories than you are using for energy, you put on weight. If you are eating less, you lose weight. How those extra calories are stored (as fat or muscle) depends on other factors.

Basically though, one can predict how much of each nutrient - vitamins, proteins, carbs, and fat (yes FAT) one should be eating.

4. **Planning** - Implementing a complete boxing routine requires some serious thought on your part. You have to plan numerous workouts, devise an efficient meal plan, ensure you are getting plenty of rest, learning the trade, and fit a life in there. Time management is crucial. If self discipline is not your strong point, do not think for a second you can dream your way to the Contender. You have to make a lot of sacrifices that I feel are well worth it in the long run.

Here is a very basic beginner program. It is suitable for someone who has no boxing experience and no exercise experience. As for equipment, if you want to learn to box - you need (at minimum) - heavy bag, bag gloves, hand wraps, and a skipping rope. You can start everything else with your body-weight.

In addition to what is below, join How to Box with at least a [Silver membership](#). It's free and will give you access to all of this in a well planned out manner including access to all of the progress tracking tools on the site.

Strength Training

Frequency: 5 times per week - eg... Workout A (M, W, F), Workout B (T, Th)

Sets: As indicated

Reps: Indicated

Weight: Bodyweight

Workout A:

Pushups - 25, 25, 25

Pullups - 10, 10, 10

Diamond Pushups - 15, 15, 15

Wide Pushups - 15, 15, 15

Chinups - 10, 10, 10

Mountain Climbers - 20 each leg

Workout B:

Squats - 100, 75, 65

Lunges - 100 each leg

Standing Calf Raises - to failure, to failure, to failure (could take a while)

Wall Sit (back against a wall, legs at 90 degrees) to failure, to failure, to failure

Burpees - 20, 20, 20

For Speed and Explosiveness

Plyometrics (Very Basic Routine)

Frequency: twice a week (not on same days as Workout B - Strength Training)

Squat Jumps - 10, 10, 10

Bounding - 50metres, 50 metres

One legged hops - 20 metres frontwards, 20 metres backwards (both legs)

Clap Pushups - to fail, to fail, to fail

Step Jumps - 30, 20, 10 (get something about calf height and jump sideways over it)

Anaerobic Conditioning

Interval Training

Frequency: 3 times per week (eg. M, W, F)

Pick a start line and mark off increments of 25 metres up to 400 metres. If you have a road with telephone poles on it, it works well as the poles are usually spaced 25 metres apart.

From the start line, sprint as fast as you can to the 25 metre mark.

Stop, turn around and walk back to the start line.

When you hit the start line, immediately sprint to the 50 metre mark.

Stop, walk back.

Do the same for 100metres, 200 metres, and 400 metres

(if you have anything left and haven't puked all over yourself, good, then work your way back down)

The idea is to push your heart rate up fast as you sprint and then return it to normal during the walk back (or at least close to it). These will hurt, I guarantee it.

Aerobic Capacity:

Endurance

Frequency: 2 x per week (eg. M and Saturday)

Take a long run and by long I mean more than 45 minutes. Pick a good pace that you can comfortably run and then increase that pace as often as you can. It takes at least 15 minutes of continuous running before your aerobic system kicks in, so the first 15 minutes are a write off, after that you will begin to develop your aerobic capacity. You need to keep your hear rate in the range of <70% of VO2 Max otherwise it turns into interval training and targets the wrong systems.

Boxing Specific:

Frequency: Ideally 5 times per week (2 days with a trainer and 3 on your own).
On your own - a basic routine.

1. Warmup - Skipping - 5 rounds of 3 minutes/round, 1 minute rest in between

2. Shadowboxing - 3 rounds of 3 minutes/round, 1 minute rest in between.

1st round - focus on footwork

2nd round - add a jab to your footwork

3rd round - do 1-2 combinations for the entire round.

3. Heavy Bag: (all are 3 minute rounds, with 1 minute rest)

Round 1: Footwork - push the bag and move around it, get the feel for moving in a proper stance. Move with the bag, around it and against it. Become fleet footed.

Round 2: Jab to the head. Move, stick and jab. Move stick and double jab. Practice your jabs the entire round (good shoulder workout)

Round 3: 1-2 combinations - Move and jab/right cross (straight right). Make sure you move right after you throw. Think circles and angles. Switch directions.

Round 4: 1-2-3 combination - Move and jab, right cross, left hook combination (these are your basic punches).

Round 5: Free for all - hit away

Round 6: Sprints - 1 minute of continuous punching to the head. Think speed, not power - let your hands fly as fast as you can.

If you want, add another Round but this time focus on 1 minute of power punches rather than speed. (If you are beginning, you are going to be wasted by now...)

4. Ab Work: 3 minutes - do as many reps as you can and switch exercises every 30 seconds. Repeat for another round if you can.

Basic crunches - 30 seconds

Basic situps - 30 seconds
Leg raises - 30 seconds
Bicycle - 30 seconds
Left side crunch (oblique crunches) - 30 seconds
Right side crunch (oblique crunches) - 30 seconds

5. Neck Exercises - Yes's and No's to failure

Yes's - lie on your back and bring your chin to chest and then back to the floor.

No's - lie on your back, lift your head about 45 degrees and then look as far left as you can, then as far right as you can, repeat until you can do no more.

Nutrition

I can't possibly prescribe a meal plan that is generic enough for everyone out there - even a beginner, but understand that you need protein, you need carbs, you need some fat, and you need to eat regularly. Do not cut any of that out and make sure you are keeping hydrated.

To come up with a meal plan, you have to determine your basic metabolic rate, adjust it for your activity level and then adjust it again to reach your goals. Then you determine what balance of nutrients that number requires and then pick the foods that will give you that. - Sounds complicated and it is, but luckily there are calculators that do most of the work.

Track Your Progress

You should really keep a log of your progress so you can visually see the differences in your body and abilities. This will not only motivate you to keep going, but will provide concrete evidence that all of the hard work you are putting in is leading somewhere.

Summary

If any of this confuses you then do yourself a favour and [join How to Box](#). I take you through this step by step over the course of 84 days. I teach you how to

build a good meal plan. I teach you the boxing techniques and I give you the tips and tools you can use to effectively learn these skills online. If you're unsure about forking over the money for the [Gold membership](#), then just sign up for a [Free Silver membership](#). That account will get you used to using How to Box and takes you through this Pre-Training – getting you ready for the 12 Week Boxing Training Plan.

If you're serious about wanting to get in shape- and I do mean serious. I'm not interested in wasting my or anyone else's time with people who don't really want to do the work but want the benefits, then join me and the other trainers on How to Box. With a training plan and program that is continually evolving and getting better and better, I'd question your commitment if you didn't.

Invest a little bit in your health and make the right choice. Boxing is a great sport and I applaud anyone interested in getting started.

Stick with it and you will reap great rewards. Evangelize the sport - boxing needs you (and if you think I'm being pushy - I am - I know what's good for you in this case.)

Please Do Something For Me

If you've liked this boxing mini-course, then visit How to Box and [send me a quick testimonial](#). Say what you liked about it, how you are using it, what you have been able to achieve because of it.

If there is something you didn't like - too long, too detailed, too complicated etc... I'd like to know that too. Your comments could improve things for the people who sign up behind you.

The ultimate goal I have for How to Box is to build a resource everyone can use to build strong bodies and learn boxing - you can be a part of that. [Tell me what you think](#). I'd very much appreciate it.

A FINAL WORD

Did you know that it's a proven fact that only about 20% of people who buy fitness products or information actually use the information or programs they spend their money on? You can be one of the statistics, or you can decide right

now that you do want to make some changes, learn how to box, and transform your body. All it takes is a [How to Box membership](#) to get started. It's a decision you will look back on a few short months from now and consider to be one of the better decisions you've made in your life.

Just the fact that you are reading this means you've already beaten out 80% of the people who thought they wanted to learn to box, but weren't really committed to doing so. If you've made it to this lesson and you've applied some or all of the techniques and concepts I've presented along the way, then you are well on your way to becoming a boxer.

Presumably, just a couple of weeks ago, you stumbled across How to Box because you wanted to learn to box or maybe use boxing to get in shape. If you were starting from ground zero - look at how much you've accomplished just in a few short days.

You've learned the basics of:

1. Basic Stance and Footwork
2. The Jab
3. Straight Right
4. One and Two Series Combinations
5. Boxing Nutrition - plenty of it, enough of it to build your own meal plans.
6. The Block
7. The Parry
8. Boxing Strategy
9. Couple of Boxing Drills
10. Have followed a Heavy bag Routine
11. Know how to design a comprehensive boxing training plan

If I had asked you to do this workout 2 weeks ago, could you say you had the knowledge and the skills to carry it out? If you answered, no but now realize you do have this knowledge - pat yourself on the back. It's quite an accomplishment given the limitations of an e-book.

If you got lost along the way, then maybe now is the time for you to go back and start where you left off. Renew the commitment to yourself to follow through with this and finally realize your dreams in relation to your body and boxing skills.

Taking it little by little, bit by bit, day by day is how you get there. It's how you learn something new and become good at it. It's the persistence and consistency that allows you to succeed and nothing else. It isn't magic or genetic ability. It is hard work and practice and if you want it bad enough, you'll get it.

So What Do You Do Now?

This boxing mini course is over, but your boxing development, fat loss, or muscle building has just begun. There is an absolute wealth of information on How to Box. It is a thriving community of people just like you, looking to learn these skills and use boxing to better their level of fitness.

They're young and old, skilled and inexperienced, men and women who all have one thing in common - a desire to push themselves, and engage in a challenging and therefore rewarding sport - boxing.

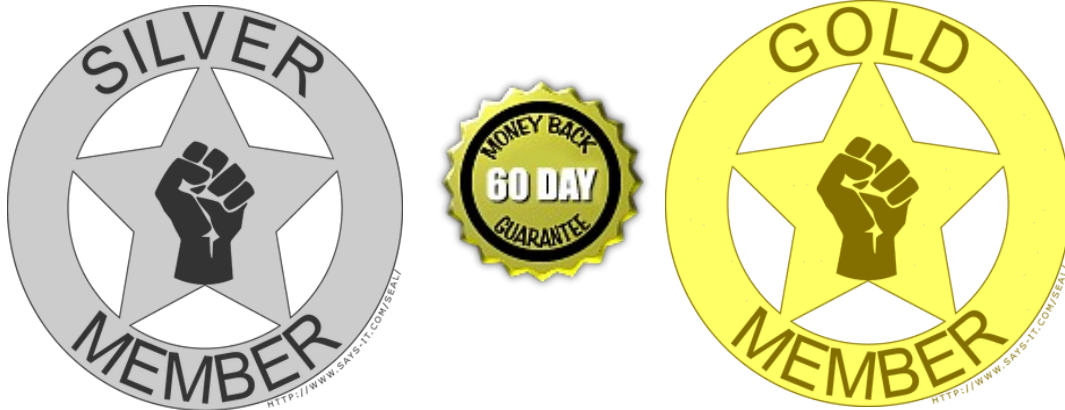
Even if you never have any intention of boxing with a partner or in a ring, the benefits of boxing are nothing short of amazing.

So, now you have a choice. You can continue to sit on the outside looking in, or you can take the leap and [join How to Box](#).

Because you've made it this far, I know that you will be an active contributor to the community and actually take away the spirit of the site with you - evangelizing boxing to those around you. You are the type of person who is going to succeed with the program because you've already shown the dedication by completing these lessons.

In short, you're the type of success story I want using How to Box. I don't want people who say they are wanting to learn, but are displaying actions and attitudes that are contrary. I want to help those that want to be helped.

So, yes, you have a choice to make. Take a look at the membership options: Silver and Gold and make the choice that is right for you.



I hope you decide to join one way or another and even if you don't, I sincerely hope you've found these lessons useful and will tell someone about them. And most importantly - never stop boxing.

Well, that's it for me for now. It's been a pleasure teaching you. Thanks for taking the time to read through this mini-course.

Hope to see you on the inside.

P.S. Remember - you are still signed up for the How to Box newsletter. Even though this boxing mini course is over, you will still receive boxing tips, techniques, reviews, and motivation in your inbox from time to time.



Take care and Boxon.

A handwritten signature in black ink that reads 'A. Luhnig'.

Aaron Luhnig
<http://how-to-box.com>