



Boxing Curriculum:

The Fighters Republic Boxing Curriculum gives all boxers a framework of key skills and techniques required to begin competing as a boxer, or to use the sport for self-defence effectively.

Having good fundamentals is paramount to a boxers success. Regardless of their talent, a boxer will not reach their potential without these basic skills becoming second nature.

Level 1: Preparation for sparring. – page 3

Level 2: Preparation for first bout. – page 6



Level 1: Preparation for sparring.



In Level 1, boxers are taught the early fundamentals of footwork, defence and attack.

When a boxer has passed this level, and been approved by the Fighters Republic coaching team, they will be permitted to take part in full sparring.

Although we cover some basic punches in this phase of a boxers development, the majority of our focus in level 1 is based around footwork and defence. Before having punches thrown to their head in sparring, a boxer must be able to perform the basic skills required to minimise damage.

Should a boxer pass level 1, and later regress to a level of technique inappropriate for open sparring, they will no longer be permitted to spar, until they once again demonstrate that they understand, and can perform all techniques correctly from this level.

Fighters Republic Boxing Curriculum: Level 1:

1. Basic Stance and Footwork:

Objectives:

- | |
|--|
| <ol style="list-style-type: none">1. Keeping correct stance and footwork in all practical scenarios listed below.2. To be able to explain the 3 basic rules of footwork.3. To be able to identify reasons for the 3 rules. |
|--|

Objective 1:

- The boxer must be able to maintain a good stance, and follow the rules of footwork during; body sparring, technical sparring, pad work, shadow boxing and bag work.

Objective 2:

- The boxer must be able to identify and explain the three basic rules of footwork; 1. Feet must not come closer together. 2. Feet must not cross over, or line up. 3. Feet must not make noise.

Objective 3:

- The boxer must be able to identify the following reasons for the rules of footwork above; 1 and 2 are to ensure the boxer is balanced at all times. 3 is to ensure the boxer moves as fast as possible with no unnecessary friction, and to ensure all movements are economical and precise.

2. Basic Defences Using Arms and Feet:

Objectives:

- | |
|--|
| <ol style="list-style-type: none">1. To be able to use basic hand and feet defences in all practical scenarios listed below.2. To be able to identify and demonstrate all 10 blocks listed below.3. To be able to perform a “Step back and off to the side” defence correctly. |
|--|

Objective 1:

- The boxer must be able to perform all defences (where applicable) during; body sparring, technical sparring, pad work, shadow boxing and bag work.

Objective 2:

- The boxer must be able to identify and demonstrate all 10 blocks listed below:
 1. Two handed wedge
 2. Outside parry
 3. Inside parry
 4. Downward Parry
 5. Catch
 6. Downward catch
 7. Up block
 8. Wedge
 9. Elbow block
 10. Low parry

Objective 3:

- The boxer must be able to perform a “Step back, and off to the side” defence correctly in both directions. The step back must be completely straight, and the side step at an angle of 90 degrees or less.

3. Basic Straight Punches To Head And Body:

Objectives:

1. To be able to perform 4 straight punches to head and body in all practical scenarios listed below.
2. To be able to identify key coaching points of each punch as listed below and explain the reasons for them.

Objective 1:

- The boxer must be able to perform all 4 punches (where applicable) during; body sparring, technical sparring, pad work, shadow boxing and bag work.

Objective 2:

- The boxer must be able to identify the following coaching points and explain the reasons for them.
- **Jab:** 1. Distance. 2. Shoulder rotation. 3. Knuckles horizontal at POI. 4. Wrist appropriately flexed. 5. Defending arm in correct position. 6. Minimum telegraphing. 7. Hands relaxed until punch is thrown. 8. Move foot with the punch. 9. Aim as close to your own shoulder level as possible.
Cross: 1. Distance. 2. Shoulder rotation. 3. Knuckles horizontal at POI. 4. Wrist appropriately flexed. 5. Defending arm in correct position. 6. Minimum telegraphing. 7. Torso rotation. 8. Hands relaxed until punch is thrown. 9. Aim as close to your own shoulder level as possible.
Jab (body): 1. Distance. 2. Shoulder rotation. 3. Knuckles horizontal at POI. 4. Wrist appropriately flexed. 5. Defending arm in correct position. 6. Minimum telegraphing. 7. Hands relaxed until punch is thrown. 8. Changing level to get shoulder as close to target level as possible. 9. Move foot with the punch.
Cross (body): 1. Distance. 2. Shoulder rotation. 3. Knuckles horizontal at POI. 4. Wrist appropriately flexed. 5. Defending arm in correct position. 6. Minimum telegraphing. 7. Hands relaxed until punch is thrown. 8. Changing level to get shoulder as close to target level as possible. 9. Move foot with the punch.
- The coaching points identified must also be demonstrated in the boxers technique when performing the 4 punches.

Boxing Curriculum

Level 2: Preparation for first bout.



In Level 2, the focus moves away from simple defence, and focuses more on the footwork, and defensive movements to set up attacks.

Hooks and uppercuts are introduced at this stage, and added to the straight punches already learned in level 1.

To pass this level, and be put forward for competition, a boxer must demonstrate proficiency in all techniques in level 1 and 2. They must also have displayed appropriate levels of physical fitness, and mental toughness.

Should a boxer pass level 2, and later regress to a level of technique inappropriate for competition, they will no longer be permitted to compete, until they once again demonstrate that they understand, and can perform all techniques correctly from levels 1 and 2.

Fighters Republic Boxing Curriculum: Level 2:

1. Footwork; step & pivot, cross step and half steps:

Objectives:

1. To be able to identify and demonstrate each technique in all practical scenarios listed below.
2. To be able to explain the main function of each technique.
3. To be able to identify key coaching points of each technique as listed below, and explain the reasons for them.

Objective 1:

- The boxer must be able to demonstrate all techniques (where applicable) during; body sparring, technical sparring, pad work, shadow boxing, bag work and open sparring.

Objective 2:

- The boxer must be able to explain the main function of each technique as follows: 1. Step & pivot; to move around an opponent safely without turning your back on them. 2. Cross step; to move around an opponent and completely reverse your position in relation to the ropes or a corner. 3. Half steps; to temporarily change position with one foot, whilst maintaining the original position with the other. Used for feinting, misdirection and alongside slips/ducks/lean backs. Also used to avoid punches and to set up counters.

Objective 3:

- The boxer must be able to identify the following coaching points and explain the reasons for them.
- **Step & pivot:** 1. Head movement. 2. No dragging. 3. One step/one pivot only. 4. Accurate foot placement.
- **Cross step:** 1. Head movement. 2. Maintain correct centre of gravity. 3. Front foot as close to opponents front foot as possible. 4. One step/one pivot only.
- **Half steps:** 1. One foot remains planted. 2. Control the centre of gravity through correct torso position. 3. Return to original stance as quickly as possible.

2. Movement defences:

Objectives:

1. To be able to use hand blocks, with foot movement (where applicable) in all practical scenarios listed below.
2. To be able to demonstrate slips, rolls, ducks, and lean backs in technical sparring.
3. To be able to use foot movement with all movement defences listed above (where applicable) in technical sparring.

Objective 1:

- The boxer must be able to perform all defensive techniques from Level 1:2, objective 2, whilst moving the feet simultaneously (where applicable) during; body sparring, technical sparring, pad work, shadow boxing, bag work and open sparring.

Objective 2:

- The boxer must be able to demonstrate slips, rolls, ducks and lean backs whilst adhering to the following coaching points:
- Head faces forward, and doesn't tilt up or down during any of the defences.
- A good centre of gravity must be maintained, by using foot movement if necessary.
- Minimise movement with all defences to facilitate counters and save energy.

Objective 3:

- The boxer must be able to; 1. Slip and step to either side. 2. Roll and step either side. 3. Lean back with half step. 4. Duck with half step. 5. Duck with full step. 6. Slip with half step. 7. Slip with full step.

3. Hooks and Uppercuts:

Objectives:

1. To be able to perform 8 bent arm shots (where applicable) in all practical scenarios listed below.
2. To be able to perform 8 bent arm shots whilst adhering to coaching points listed. Boxer must also be able to identify coaching points and explain the reasons for them.

Objective 1:

- To be able to perform all 8 punches with correct technique (where applicable) during; body sparring, technical sparring, pad work, shadow boxing, bag work and open sparring.

Objective 2:

- The boxer must be able to perform all 8 punches listed below with coaching points adhered to, and be able to identify the coaching points listed, and describe the reasons for them.
- Punches; 1. Lead hook. 2. Back hand hook. 3. Lead uppercut. 4. Back hand uppercut. 5. Lead hook (body). 6. Back hand hook (body). 7. Lead uppercut (body). 8. Back hand uppercut (body).
- Coaching points; 1. Hand position. 2. Wrist flexion. 3. Elbow position. 4. Shoulder position. 5. Torso rotation. 6. Head position. 7. Weight transfer & distribution. 8. Defence whilst punching. 9. Do not telegraph. 10. Correct trajectory.