

BOXING & KICKBOXING

Introduction

By
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Prologue

“If they can make penicillin out of moldy bread, then they can sure make something out of you.”

- Muhammad Ali

Hello, welcome to the Sweet Science(s)! Using the lesson plan and this curriculum, a teacher or student wanting to self study has a path through which to learn the sports of boxing or kickboxing in a structured and gradual way. As an instructor, I emphasize footwork and defense in the first few classes. This allows the student to enter into sparring rounds on their first day and practice something relevantly, namely, defense.

At the bottom of most units, are the combinations that put all the movements in concert. These combinations can be completed at the appropriate BPM. As an instructor, I require that my students complete their combos at the specified BPM and they that they are completed on different days.

Combinations	at 60 beats per minute	at 100 beats per minute
XX- XX- X	Aug 23, 1953	Aug 25, 1953
X- XX- XX	Aug 23, 1953	Aug 28, 1953

This book is meant to be written in! Note, drawings, diagrams, or whatever else helps you learn!

On the cover: Sandy Saddler and Willie Pep



One of the most famous boxing rivalries of all time was between the very evasive “Will o’ the Wisp” (inset, right) and smothering pressure fighter, Saddler (inset, left). Over the course of their careers, they would create a classic quadrology of fights, each more closely contested than the last as they become more and more acquainted with the other’s

styles. The 1920’s to 1940’s saw a major shift in boxing defense, away from blocking and leaning back, and toward forward slipping head movement which allowed for more devastating countering opportunities.

Unit A: First and Second Class

*During Sparring, student is allowed to **defend** against 2 punch combos in sparring.
Emphasize footwork and creating distance.*

Concepts	Definition
Moving Outside the Attack	
Moving Away from Power	

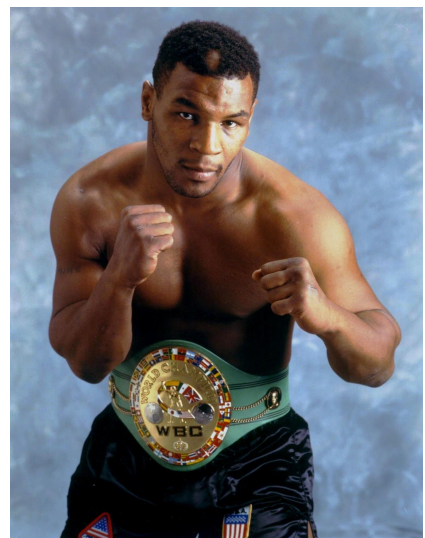
Movements/Defenses:	Drilled
Basic Orthogonal Movement (Forward Back Left Right)	
Circle (Step) + Pivot	
Open-Close (Weight Transfer) Motion	
Circle Out (reset range)	
Shells, High Blocks, Body Block	

Isolated Strikes	Drilled
Jab (1)	
Advancing jab (a1)	
Retreating/Circling Jab (r1/c1)	

Combinations	Demonstrable at 60 bpm
1 - Block - a1 - Block	
c1 - Circle - Pivot	
a1 - 1 - High Block - Step Back	
r1 - Body Block - High Block - Circle Out	

*“Everybody thinks this is a tough man’s sport.
This is a thinking man’s sport. A tough man is
gonna get hurt real bad in this sport.”*

Mike Tyson is often labelled a “puncher” or “brawler” because of his explosiveness. However, he was quite undersized for Heavyweight, and relied on solid footwork and ringcraft to set up his devastating shots, many of which were possible because of good positioning. Be like Mike.



Unit B: 4 Classes

“Give 2 - Get 2 sparring allowed: Student may throw **two punches** in good form, and then receive **two punches** from their partners. This is regardless of level of the partner. (mouth guard and hand-wraps must be worn)

Concepts	Definition
Generating Power while Maintaining Defense	
Compressed Exhalation	

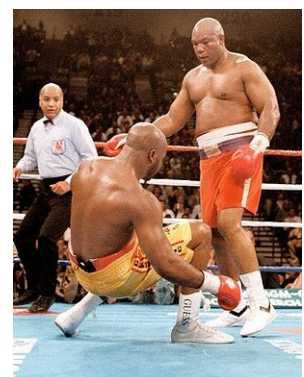
Movement/Defense/Counter	Drilled
Parry	
Slips	
Parry and Straight Counter	
Parry with Side Step	

Isolated Strikes	Drilled
Body Jab (b1)	
Slip Jab (Slip1)	
Rear Straight/Cross: Stationery (2)	
Body Straight (b2)	

Combinations	at 60 bpm	at 100 bpm
Slip1- a1		
parry - 1- 2		
1- b2 - pivot		
parry - 2 - 1		
b1 - 2 - slip		

“Sure the fight was fixed. I fixed it with a right hand.”

George Foreman on reclaiming the Heavyweight Title against Michael Moorer at age 45, 20 years after he had originally won it. The win came after 9 harrowing rounds, which saw Foreman down on points on all judges' card. A straight sealed the match in the 10th round.



Kickboxing Prologue

For those of you studying or teaching boxing, you may ignore the kickboxing addenda entirely. For those of you studying kickboxing, the boxing units are **vitaly** important.

A Venomous Tradition: Muay Thai

The history of Muay Thai (or “Muay Boran” as it was called then) as a distinct sport can also be traced to the middle of the 18th century. Legend has it that during the war between the Burmese and Siamese, the famous fighter Nai Khanomtom was captured in the year 1767. The Burmese King Mangra knew of his expertise in hand-to-hand combat and gave him an opportunity to fight for his freedom. In one day, Nai managed to knock out ten consecutive Burmese contenders. Impressed by his fighting skill, King Mangra said “Every part of the Siamese is blessed with venom” and allowed to him to return to Siam. Muay Boran was modernised into Muay Thai with gloves, rounds, and a boxing ring in the early 20th Century. Every 17th of March, on the annual “Muay Thai Day” or “Boxer’s Day”, is an especially busy night for stadiums and fighters as the Thai people honour Nai Khanom Tom’s valour with celebratory bouts.



Beginner’s Round Kick Progression:

The Round Kick is a tricky motion because it requires that you stay balanced on one foot as it swivels. Notice the angle of **Buakaw’s** grounded leg and foot (right). Here’s a simple progression to help your body internalize the motion.

- 1) Stand facing a partner. Have the partner hold your right leg with their left hand. Your leg should be roughly parallel with the ground. The foot being held should have the toes pointing upwards. The feet on the ground should be pointing toward your partner. Bend both knees. Ask your partner to bend their knees for stability.
- 2) Simultaneously, while keeping your knees bent, turn your grounded left foot and knee between 90 and 140 degrees to the left, and turn your held right foot roughly the same. Your ending position should have your hips turned to the left roughly 90 degrees and your right shin, roughly going parallel into your partners thigh. We will call this the Round Kick **Energy Transfer Phase** (ETP).
- 3) Once the ETP becomes easy, add the arm motions: The left arm will come across the face like you are hiding behind a cape (your instructor might say “**Dracula**” or “**Batman**”) and the right arm may go over your right hip, behind your butt.
- 4) Once upper and lower body are in sync (this might take a few days), we are going to go from the ETP, have our partner release our foot, and push off with our hip and quad to come back to our standard boxing or striking stance.
- 5) From here, it is a matter of slowly increasing the fluidity of the motion from Stance to ETP back to Stance off the heavy bag. Make sure to practice on both left and right side. When practicing with the left leg, the stance will naturally end in Southpaw (right foot forward).

Kickboxing Addendum 1 (after all previous Boxing units): 4 classes

“Give 3 and Get 3” Sparring allowed (if mouth guard, hand-wraps, and groin cup are worn)

Movement/Defense/Counter	Drilled
Checking Kicks	
Blocking Mid and High Kicks:	

Isolated Strikes	Drilled
Low Rear Round Kick (10)	
Low Lead Round Kick (9)	

Combinations	at 60 bpm	at 100 bpm
“Orange”: 1 - 2 - 10		
parry - 1 - 9 - pivot		
10 - 2 - Slip		
Circle - 9 - 10 - Check		
“Jet”: a1 - 10 - 9 - Circle Out		

The Birth of Kickboxing: More than the Sum

Kickboxing as a rule set had its genesis from 1959 to 1963, when Japanese practitioners began mixing Kyokushin Karate, Western Boxing, and eventually Muay Thai together into a “Full Contact Karate”. The Japanese would frequently test themselves against Indo-Chinese striking styles like Muay Thai and Lethwei, with both parties having their fair share of triumphs. An early incarnation would make its way to The Netherlands in the 60’s and remain popular in the country’s many karate gyms.

Internationally, Hollanders would start making splashes in the Muay Thai scene, with a few winning prestigious titles in Thailand. With the rise of professional kickboxing promotions, especially K-1 and Glory, many Dutch fighters and gyms have asserted themselves as the cream of the crop. Of the 20 K-1 Grand Prix to have taken place, 16 have been won by Netherlanders. Inset: Dutchman **Ernesto “Mr. Perfect” Hoost**, 4-time champion of the K-1 GP and 5-time finalist.



Unit C: 4 Classes

“Give 3 and Get 3” sparring allowed (if mouth guard and hand-wraps are worn)

Movement/Defense/Counter	Drilled with Partner	Drilled on Slip Line
Slip and Side Step		
Parry and Slip		
Slip to Body Straight (1 Beat)		
Slip to Nearside Hook Counter (3)		

Isolated Strikes	Drilled	Demonstrable
Pivot jab (p1)		
Turning/Power Jab		
Advancing Cross (a2)		
Retreating/Circling Cross (r/c2)		
Lead Hook (3)		

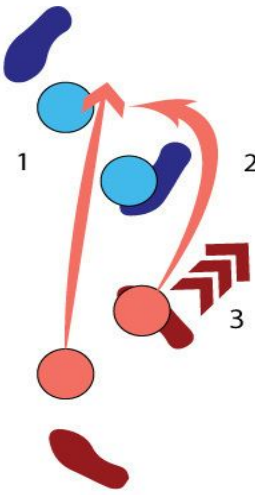
Combinations	at 60 bpm	at 100 bpm
“Bread”: p1 - p1 - 2		
“Smokin’ Joe”: parry - slip - 3 - b2		
a1 - 3 - slip		
parry - a2 - 3		
“Ali’s Anchor Punch”: c1 - c2 - circle out		

“Rhythm is everything in boxing. Every move you make starts with your heart...then you penetrate your opponent’s rhythm. You make him fight your fight.”

“Sugar” Ray Robinson is considered one of the best boxers of all time for his versatility, speed, and accuracy, Robinson would retire having held the Welter, Middle, and Light Heavyweight titles at different points in his career. Partially because of his disruptions, analysts created “Pound-for-Pound” rankings to describe raw talent and skill across weight classes.



Southpaw Addendum for Boxing: 2 classes

Concepts	Definition
<p>Unmatched Leads: <i>This is for left-hand dominant fighters and is meant to make them aware of the basic differences they when using their stance and positioning differently than that of right handed fighters.</i></p>	<div style="text-align: center;"> <h3>Unmatched Leads (Southpaw vs. Orthodox)</h3> <p>Key Considerations:</p> <ol style="list-style-type: none"> 1. The Rear Straight becomes a much more usable weapon for both parties because of the opening of the guards 2. The jab becomes hindered because of the proximity of the lead hands, so the hook becomes a more viable option 3. Both fighters are generally trying to move towards the outside of the opponent's lead foot to avoid the cross and gain a better attack angle. </div> 

Movement/Defense/Counter	Drilled
Slip and Side Step	
"T-ing Out": Staying on the outside of the opponent's lead leg	

Isolated Techniques	Drilled
Using a2 to get outside of the lead leg	
Clinch: Using the Lead Hand Control to stop the jab	

Combinations	at 60 bpm	at 100 bpm
"Kom": (Jab) Parry - a2 - 3 - 2		
"Pernell": Lead Hand Control to p1 - b2 - pivot		
Lead Hand Control - a2 - pivot - b2		
Lead Hand Control to pivot - 3 - b2		
c2 - 3 - Circle Out		

Kickboxing Addendum 2 (after all previous units): 4 classes

“Give 3 and Get 3” sparring allowed (if mouth guard and hand-wraps are worn)

Movement/Defense/Counter	Drilled
9 counter - p1	
10 Counter - a2	

Isolated Strikes	Drilled
Mid Rear Round Kick (b10)	
Mid Lead Round Kick (b9)	

Combinations	at 60 bpm	at 100 bpm
2 - b10 - step back - b9		
“Dutch Rush”: a1 - a2 - 3 - 10		
(10 Check) - 9 - a2 - 3		
(9 counter) p1 - 2 - b10		
(10 Counter) a2 - 3		

“I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.”

- **Bruce Lee**

Lee’s impact to the martial arts as a teacher and philosopher are vast. Exemplified by his innovation in creating his own martial art, Jeet Kune Do (“Way of the Intercepting Fist”). JKD heavily emphasized “formlessness” and practicality above ritualism. Starting with Wing Chun, Boxing, and dance as a child, Lee would learn from Judoka, wrestlers, Karateka, Tae Kwon Do fighters, Escrimadors, and many others to improve his craft. In this booklet, the concept of “Unmatched Leads” is borrowed from Lee’s own terminology.

