

# A LINE ON SPORTS

By ELBURT MILLER



## Fundamentals of Boxing

### FUNDAMENTALS OF BOXING

#### FIST:

Close fingers into the palm tightly, then bend the first joint of the thumb across the back of the second bones of the first two fingers.

Clenching fists properly is for self protection from a broken or sprained hand such as occurs to the thumb when a blow is struck with an improperly clenched fist.

#### POSITION:

Stand feet together. Take a step forward with left foot (about fourteen to eighteen inches), toes pointing same way; right foot slightly slanted toward right, left foot parallel. Raise left arm and extend directly forward, bent slightly at elbow with fist clenched. Bring up right arm, bent at elbow, extending it slightly across the body with right fist held about four inches in front of heart. Have both fists pointing toward opponent's chin. Keep head slightly bowed and chin in.

#### FOOT-WORK:

Take a series of short gliding steps forward, starting foot and bringing right foot closely up behind left foot. Keep weight on balls of feet. Always go forward starting with left foot first and move backward with right foot first. There are 4 elements of foot-work, advance, retreat and moving to left and to right. Take the movements to right and to left — to do this, first move the right foot about twelve inches towards right. Follow this with left, bringing this foot over about same distance. Move across the room in this fashion and then reverse, going to left by moving left foot twelve inches to left and following it by bringing right foot over same distance.

#### LEFT JAB:

Is usually the opening punch in every boxing contest. Shoot out left fist straight with the palm downward. As arm shoots out, take a short step forward foot and allow body to swing slightly towards right at waist, bringing left shoulder slightly forward. The slight step forward prevents losing balance in case the blow misses. Do not draw back the arm as this telegraphs the punch to opponent. Keep arm straightened to prevent opponent from countering.

#### STRAIGHT LEFT TO THE BODY:

Same as a left jab to the body, except that instead of hitting straight out, the left is shot downward to body. While shooting downward, body is bent at waist and to right, at the same time taking a step forward with left foot.

#### LEFT HOOK TO THE JAW:

Step in with left foot somewhat to the right and strike with left hand, keeping arm crooked or bent at elbow and allowing fist to travel in slightly curved position to opponent's jaw. Keep left arm stiffened, allowing body to travel with punch by swinging at waist towards right. The hook differs from the jab in that the fist instead of traveling in a straight line describes a slight arc and elbow is shoulder high. Wrist is bent slightly inward but held rigid so that when blow lands the forward part of the knuckles form point of contact.

#### LEFT HOOK TO THE BODY:

This is the same as the left hook to the jaw except that it is delivered with an inward and forward swing of body at waist and left elbow is not raised but is kept lowered. Position of the fist is same as delivering left hook to head.

#### STRAIGHT RIGHT TO THE JAW:

Shoot right fist, palm inward, straight from shoulder at full length, taking a step forward and slightly to left with left foot. Lean forward slightly at waist and allow right shoulder to follow through with punch.

#### STRAIGHT RIGHT TO BODY:

This blow differs entirely from a straight right to the jaw, as it is usually delivered through the forearm, the arm being bent at right angles at elbow. Punch generally lands at close quarters and the right has little chance to stretch out at full length. This is one blow that has snap at any distance but more power at short range.

#### RIGHT HOOK TO JAW:

Step forward slightly to left with left foot, raising right elbow to level with right shoulder at the same time and keeping arm crooked so that forearm and upper arm are at right angles. Lean slightly forward and to the left. The power into this blow is from the body. Add to force of this punch by shoving body toward left and forward with right foot.

#### RIGHT HOOK TO BODY:

Movement of feet, arms and body are the same as a right hook to the jaw, except instead of raising arm at elbow, elbow is held down and close to right side. Left knee is also bent a little more than in the right hook to the jaw, which gives more of a body swing. Make sure to land above belt line at a point just below opponent's ribs on the left side.

#### LEFT BODY UPPERCUT:

An inverted left hook. Delivered with a forward and upward movement of fist and fist is turned palm upward. It is an in-fighting punch delivered at close quarters. Lower left shoulder slightly, bending body.

#### LEFT CHIN UPPERCUT:

Delivered with the fist in the same position as in the uppercut to the body. All movements are same except body is not bent so far to left nor left shoulder drawn back so far.

#### RIGHT BODY UPPERCUT:

Step in toward opponent with left foot, dropping right elbow just behind hip and turning fist so that it is palm upward. Shoot right fist forward and slightly upward to opponent's stomach.

#### RIGHT JAW UPPERCUT:

Done in the same manner as the right uppercut to the body except that fist is shot upward more than forward. The arm is well bent in delivering all uppercuts. Uppercuts are the best blows to use at close range.

#### CLINCHING:

There may be times a boxer is caught in a bad spot. At such times clinch. Step in toward opponent with left shoulder toward him, raising his right arm above elbow with the left hand grasping him around body under his left arm. Bring the right elbow up and forward so as to push opponent's left arm back with the right forearm. Bring chin over opponent's left shoulder.

(see Boxing Page 14)

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