

BOXING, from page 10

BLOCKING:

Blocking is stopping Attacker's blow with the open hand, arm or shoulder. Every punch is capable of being blocked. In blocking blows, blocking hand is held rigid, body relaxed. Do not go out to meet the blow, let it come to you stopping its force by stiffness of the blocking hand.

DUCKING:

When the attacker shoots a left hook at the jaw, duck under the punch by bending the knees and the waist and the neck. Swing body far enough in order to evade blow. Judge how far down you must lean to allow attacker's blow to pass over the head.

FEINTING:

Feinting means "bluffing" a blow with intention of fooling the opponent. One of the best feints is to suddenly shoot left foot forward a couple of inches as if to step into opponent with a punch. The shooting forward of left foot makes it appear as if your body is jerking forward with a punch, but the hands do not move out of their original position. In feinting with the head, jerk the head forward a few inches as if ducking into the opponent. Feinting is like faking a throw in baseball.

STEPPING BACK:

Done by sliding right foot back swiftly at the same time swaying body back from waist and drawing left foot back. In stepping back from straight punches to the head, step back further than in avoiding hooks or swings.

THE BACK-SWAY:

Feet do not move from original position. Movement is mostly at knees and torso. Head is thrown back out of way of the oncoming punch. Sway back from the punch. Practice will show how far back to sway to evade the blow.

SLIPPING:

Slipping is bobbing head swiftly toward right or left allowing blow to slide harmlessly over shoulder. In slipping hooks it is necessary to take a step forward to bring head inside the blow.

ROLLING:

Is allowing head to roll with the punch in the same direction in which opponent's fist is traveling. If opponent hooks a left to the jaw, allow the head to roll by swaying toward the left, at the same time stepping toward the left with the left foot. This is not completely evading the blow but is robbing it of force.

SIDE STEPPING:

This defense is mostly foot-work. If side-stepping toward the left, the left foot takes the first step. If the attacker leads a left jab to the face, avoid it by stepping quickly to the right.

WEIGHTS AND CLASSES IN BOXING

Junior Flyweight	100 pounds
Flyweight	112 pounds
Junior Bantamweight	115 pounds
Bantamweight	118 pounds
Junior Featherweight	122 pounds
Featherweight	126 pounds
Junior Lightweight	130 pounds
Lightweight	135 pounds
Junior Welterweight	140 pounds
Welterweight	147 pounds
Middleweight	160 pounds
Light Heavyweight	175 pounds
Heavyweight	over 175 pounds

BASIC BOXING RULES

The standard "ring" for boxing contests must be elevated 5 feet above the floor level of the arena. The maximum measurement of the ring is 23 1/2 square feet, of which 20 square feet is roped off and constitutes the fighting zone. The other 3 1/2 feet on the four sides outside the roped area, called the "apron" usually prevents a fall to the floor of the arena proper in case a fighter is pushed through the ropes. There are four posts, made of metal, 3 inches in diameter and 58 inches high. The ring ropes are one inch in thickness and there must be three rows, the first 18 inches from the floor, the second 35, and the third 52.

The gloves must not weigh less than 5 ounces.

A gong begins and ends a round.

A referee, who is inside the ring, and two judges, sitting on opposite sides of the ring, are the officials. All three have an equal vote on the decision.



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