The Basics of Boxing Classes by James Pollard

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For those who are ready to start some boxing classes, they should know that the boxing categories are divided by the type of weight. For example, a person whose weight is around 60 kg canâ€™t practice boxing with a person whose weight is over 80 kg. Those are the first criteria on dividing the persons who are ready to start the boxing lessons. First of all, the boxing is a sport where two opponents are fighting using their fists and they should wear special boxing gloves and wrist wrap. The boxing itâ€™s not the same thing as the martial arts and the boxing classes are involving different fighting strategies than the martial arts classes because martial arts is the sport which involves the practitioners into a defensive fight.

All over the world, there is at least one boxing training gym in all over the countries and those who are interested in this sport but they are too afraid to go at a boxing lesson, they can practice the boxing classes online.

If there are some candidates who want to practice this sport, they should know that this sport involves a full contact fighting and at the beginning of the training, the trainers are always breaking the nose of those who are ready to start boxing. It is a rough sport and the training is breaking the nose of a practitioner involves the training for boxing, and this is the most essential rule in all the boxing gyms, all over the world. Beside the fact that this is a fighting sport, the fighters should develop their own strategies to win a match and thatâ€™s why those boxing lessons are very useful.

At the beginning of the lessons the candidates will learn how to fight and how to use their hands, how they should strike the opponent and how to create evasion when the opponent is trying to strike them back. Itâ€™s a complex sport where the defending and the accuracy of the strike are very important and this sport canâ€™t be practiced by anyone. In a boxing match a round last for three minutes and there are 12 rounds. A boxing match could be won by points, or by knocking out your opponent, also known as K.O. Those are the first lessons of boxing, and those who are ready to start boxing they should know that this is a rough sport and it canâ€™t be practiced by everyone.

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