



# Boxing: The Sweet Science

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## Overview

Boxing is a sport highly regarded around the world. It focuses on building strength, conditioning, and muscle memory through an intense regimen of high intensity workouts. Self discipline is the key to success in this sport, and those that learn self discipline early

will carry it with them throughout the rest of their lives. Additionally, boxing is a sport that teaches skills that carry over to the real world. Striking, defense, and evasion are all skills that are an absolute must-have in a self defense scenario.

## Goals

1. Build students confidence through team and solo boxing drills designed to push their physical limits
2. Teach students the fundamentals of The Sweet Science
3. Introduce them to the world of competitive boxing, and teach them to respect themselves, their opponents, and their communities at all times
4. Instill in them the self discipline needed to consistently improve their boxing skills, and ultimately their studies.

## The Program

The Boxing Enrichment Class is a program designed for all ages, and is a one hour class twice per week with additional drills students are expected to practice at home. The program will focus on four key areas: Strength & Conditioning, Boxing Skills & Drills, Self Discipline, and Mutual Respect. These focus areas will be drilled on in every class, and students will be expected to drill at home in their spare time. This is a no contact program that emphasizes the fundamentals of boxing.

### Strength & Conditioning

During the first 15 minutes of every class, students participate in group strength and conditioning exercises pertinent to boxing. The typical cadence of this segment will be:

1. 3 minutes of warm up
2. 3 minutes of Strength Training
3. 3 minutes of Conditioning
4. 3 minutes of Agility Training
5. 3 minutes of Stretches

Exercises will include trunk bends, pushups, crunches, wind sprints, jumping jacks, and burpees, among others.

### Boxing Skills & Drills



The next 15 minutes of the class will focus on teaching, adjusting, and evaluating fundamental boxing skills and drills. The first class or two will teach the basics, and subsequent classes will teach variations of those techniques. Most of this segment takes place in a lecture setting to teach them the proper form for executing these techniques. Skills that will be covered include:

- Basic Striking - the Jab and the Cross
- Advanced Striking - Hooks and Uppercuts
- Footwork
- Defense - The Guard and Evasion

## Self Discipline & Mutual Respect

The rest of the class will be focused on teaching the self discipline and mutual respect required to build up those basic boxing skills into more advanced skills. Students will be paired together to practice their new skills with each other, with the coach making adjustments as necessary. This is VERY important to building up confidence in their abilities, as well as shaking the fear of their opponent out of them.

An important aspect of this segment is the home study portion. Coach Stephen will create YouTube videos every week that students are expected to watch and follow. These videos will include workouts, drills, and recaps of the lessons learned during previous classes.

## Specifications

### I. Registration Fee

\$20 - The registration fee covers the cost for age appropriate bags, target mitts, and handwraps.

### II. Class Fees

Class fees are \$75 per month per student. This includes two classes per week.

### III. Class Schedule

Class is held Wednesdays and Fridays from 4pm to 5pm.

### IV. Materials Required

Students are expected to bring their own handwraps and gloves to every class. Handwraps are required in order to participate in any striking drills to prevent wrist



injury. Handwraps will be distributed to each student during the first class, though parents must provide recommended bag gloves.