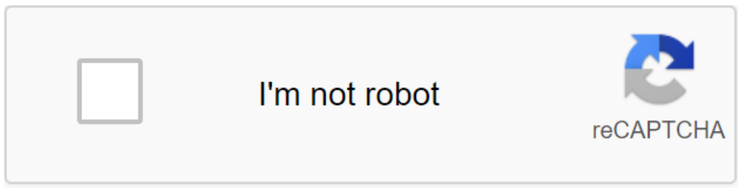
Entrainement boxe anglaise pdf



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Are you planning to start English boxing, and yet you don't have enough time to go to the gym? Why not do it at home in your spare time? Start by exploring this fighting sport and then follow the skill of various basic techniques while sculpting your physique. Finally, finish by perfecting your methods by adopting a fighting style on your own. Sit down and sit comfortably as we teach you how to get around, dodge attacks and hit with strength and precision, all the while staying at home. 9 types of necessary exercises in English boxing You no longer have to go to join a boxing club to benefit from a real boxing course. There are exercises that you can do at home without having to leave the house. 1/ Skipping the ropes It takes a lot of stamina during boxing bouts and this is exactly the perfect exercise to increase it because it allows you to work well cardio and coordination. Very easy in practice, it does not require expensive or complex materials. You will only need a rope and organize your schedule well and you will be able to do this exercise. Start with a few 2-minute sets with a minute break. As you can see the progress, continue to 3 minutes, trying to reduce the break time to 30 seconds. 2/ Shadowboxing is called more simply a shadow by boxing practitioners, it consists of learning in a vacuum. You will have to maintain vigilance and change your moves by performing both evasions and parades. First, you have to position yourself by putting one of your feet in front of the other so that your opponent will not reach you. In the meantime, you have to jump back and forth and send shots while driving. For this exercise, you will need the help and advice of a trainer who can share his experience with you, so that you will become a good French boxer. 3/ Dodging moves When you do English boxing, you should never forget that it is not enough to know how to kick during a boxing match. You also have to learn to dodge if you want to spend as long in the ring as possible during a boxing match. To do this you must be able to dodge direct your competitor, hooks and uppercuts. You can practice with a tight rope. Not only will you master more evasion techniques, but you will also become more flexible. 4/ Striking Bag Advantage Workout With The input is that with this training, you can get more accuracy and power. All moves are allowed while you are working on hooks, directs and uppercuts. You hit the bag and you move around imagining that it is your opponent as during a boxing match. You should also get to touch him with his swing, given that it is your opponent's movement during a boxing match. 5/ Sparring Is a workout where your simulate your boxing fight with your partner. This is an opportunity to practice what you got during other exercises where you trained without an opponent. During this exercise you will learn to give and dodge blows, as well as receive and cash them. It will be a real boxing match, but with some specific rules. 6/ Double elastic bag With this exercise, you will get more precision and faster execution. The double elastic bag is actually a striking bag held by two rubber bands placed vertically. You have to get to send accurate shots at good speed. You will need it at a boxing match to get a start on your opponent. To achieve this goal, you have to repeat this exercise several times to properly assimilate the basic technique. 7/ Climbing the stairs If you've ever seen a Rocky movie, you should remember the famous climb up the stairs of the Philadelphia Museum of Art. It was during his preparations before the fight of the century, during which he challenged the world boxing champion. This exercise requires nothing more than a ladder where you can practice. This improves your power and explosiveness. You just need to synchronize your body's movements with those of your hands while keeping your fists closed. Also make sure your knees and run as fast as possible. 8/ Hammering Even if this exercise will give you more punch power and allow you to work on cardio, it's not always easy to do. Indeed, this requires a complex material, namely the mass and the tire. During this exercise, you have to hit the ground on the splint, having your shoulders run consistently. 9/ Abdos and Lumbar If you are going to take part in a boxing fight, you should have a good abdominal strap and strengthen your lumbar muscles. This will allow you to better take the enemy's punches. Not only do you need it for your boxing match, but it is also beneficial for your overall health, given the function of these muscles hold. In this regard, it is necessary that bench or lumbar table. Lie on your stomach and stretch your legs and arms as much as possible at the same time. Repeat this exercise several times. This means that if you want to practice English boxing without having to go to a boxing club or boxing club in Paris, you must have the necessary equipment for this purpose. Consider this advice before you start boxing training at home. If you play any percussion sport, you have a chance to practice easily on your own. To box at home, you need to know how to make a training program. If you know how to do this, you can easily create sessions an hour or more without seeing the time. 23 MINUTES CIRCUIT✅ Free✅ To do at home✅ Ebook✅ PDF program✅ BONUS:2 program on entering the bag-Improve your straight foot fist sequences We promise not to abuse your email address. Thus, the training will basically revolve around repeating the main strokes, shadowboxing, and typing the bag. The benefits of personal learning are diverse, and we'll look at the two most important of them. Why box at home? There are many advantages to boxing at home and we will see them below. It is already important to determine that this practice should be an addition to your club session. It should not replace weekly training, but should complete it. The nuance may seem small, but it is very important. Training with teachers and training partners remains the most effective basis for progress. However, personal training will give you a plus that will set you apart from others. The goal is that during your personal training, you are not in the right place to consider what you want to improve on and what you have been having problems with during your club sessions. It's a kind of responsibilities, more fun and much more interesting. Some aspects you will develop boxing at home: You train where you want and when you want. You may take some time to consider your weaknesses. Repeating your favorite methods will forge weapons specific to your game or style. You will be more creative and confident during club sessions. The benefits of personal trainingCreativityThe number one aspect of personal learning is creativity. Boxer at home will allow you to work in complete freedom. And the absence of a rule will inevitably contribute to the development of atypical methods. All MMA fighters, boxers or kickboxers who have a creative or atypical style of athletes who love Only. What for? Just because you can train what you want. In sparring, you reproduce what your brain has written during the last hours of technical work. Therefore, if you stay in the ordinary, you will have regular boxing. This does not mean that it will not be effective, on the contrary. But you will apply what you have been taught. If you now add to this solo stage of preparation, where you will allow yourself to develop a very personalized game, you will inevitably apply it in sparring. Again, personal training should not be preferable to group sessions, but if you want to make a difference, take the time for yourself. DisciplineBoxer is home, so learning alone will also require rigor. You need to be consistent in your practice and plan your workouts as much as possible. What the organization and rigor will require will require discipline. When we train at a club, we have fixed schedules and teacher expectations. So our sense of duty is different. By learning alone, the only basis that exists is yours. It's up to you to force yourself to train and follow your schedule. The ability to discipline, in my opinion, is much more important than motivation, because motivation is a powerful driver, but often ephemeral. Following his motivation, you can not be constant, because there will always be a good reason to skip training. If you are disciplined, you follow the program, whether you like it or not. Three pillars for boxing at home1. Basic StrikesStight's technical repetition is the best way to make each of your moves and moves faster, more powerfully and more accurately. Repeated strokes, or combinations of chains, simply become more effective. Repeating certain types of moves on your own is basically to become more efficient. That is, use less energy, less resources, for a more efficient result. Repeating the basics of your sport should always be present in your practice to always move in the most effective way. In practical terms, it will be a matter of choosing a move, such as a straight front hand, and repeating it several times. The goal is to focus on clean technique as well as the purity/purity of the gesture2. Shadowboxing We are entering more freely to work with shadowboxing, because in general, movement is free and we are far from structured form as in the previous year. The idea is always to assign a work theme to each round This allows us to focus on specific technical/tactical elements such as movement, specific strike frequency, specific sequences, or speed. Shadowboxing is very important because most of the moves we give in combat are given in a vacuum. Muscle mobilization is not the same as hitting a vacuum or on a target. No bounce will help you get back to the guard. Thus, muscle contraction is different. Shadowboxing can be practiced anywhere, so this is the ultimate exercise in the field at home.3 Key bag trainingThe great advantage of the key bag over shadowboxing is that we can train the force of the punch. Thus, skills such as power and explosiveness./Free Strike Bag ProgramThree force types, basically, should be highlighted when hitting a bag :P strikeuissance: a balanced balance of strength and speed. Explosiveness: slightly pressed (low body weight), on the other hand the maximum speed. Heaviness in impact: moderately fast, on the other hand the maximum strength and weight of the body. Thus, working in a bag for input is more complicated than shadow boxing. The tool is definitely interesting if you want to box at home. You can also work on certain sequences (Left to Right Direct, Left Hook), or Free Strings (Free Combinations). However, the working theme for each round should be clearly defined. Boxing program1. Warming Never miss a warm-up, it is important in order to properly raise your body temperature as well as switch between your daily activities and training. PhaseExercicDedrationDured1Mobilizing jointsMobilize all body joints slowly.05:002Sour jump rope, changing the types of jumps to maximum.05:003Stretching free mostly pull hips, legs and back for practice kicking.05:002. Technical repetition (simple forms) We will repeat each step as many times as possible within a set time. The goal is not the number of strokes, but the technical quality of your support, your posture and your pictures. PhaseFrappeDur'e1Director front hand01:002Director rear hand01:003Crownish front hand01:004Crowish rear hand01:005Uppercut front hand01:006Uppercut rear hand01:007Directed front leg (front kick, front kick, front kick,