

WANNA PACK A PUNCH?

GETTING BORED WITH YOUR WORKOUT REGIMEN?
LOOKING FOR AN ENTIRELY NEW FORM OF
EXERCISE? WELCOME TO THE WORLD OF BOXERCISE
WITH NAWAZ MODI

A LEAD
HOOK TO
THE HEAD
IN THE
ORTHODOX
POSITION



A LEAD JAB IN THE
SOUTHPAW
POSITION



BOXERCISE is not boxing. Boxercise is not a sport. Boxercise is not the art of combat or self defence. Boxercise is an exercise concept based on the methods and techniques adopted by boxers. It is a combination of aerobic exercise, boxing and kick boxing. It is as close as possible to the methods employed in boxing training, with some modifications to ensure safety and effectiveness.

The main difference between boxers and boxercisers is that boxers will use techniques that preserve energy for maximum benefit and outcome over the course of a contest, which may last upto 12 three-minute rounds. Boxercisers, on the other hand, aim to expend energy in order to get the most out of their workout. Their moves will be exaggerated to adopt a greater degree of effort, and to utilise a wider range of muscle and joint movement.

WHY BOXERCISE?

This form of exercise has several benefits:

- * It addresses all aspects of exercise — aerobic, anaerobic, strength, stamina, flexibility, etc.
- * It offers a great new variety of movements.
- * It reduces the likelihood of injury due to overuse.
- * It's designed to work all parts of the body.
- * It's suitable for both sexes, all ages and all fitness levels.
- * It has psychological benefits: Boxercising is a great stress-buster!
- * It's proven — a well-trained boxer is an

Jabs to the body are delivered in the same way but in a crouched position.

Hook

Again, hooks can be delivered to the head or to the body.

The target is contacted with a hooked or bent arm, thrown from the side, with the forearm parallel to the floor. At the point of contact, the palm should be facing the body.

Hooks to the body are delivered in a crouched position at an angle of approximately 45 degrees in a slightly upward movement.

Uppercut

Here, the target is contacted with a bent arm, thrown from under, with the forearm perpendicular to the floor. At the point of contact, the palm should be facing the body. The arm travels in an upward direction.

Remember: If your stance is orthodox, you will lead or start with your left hand. If your stance is southpaw, you will lead with your right hand. Incidentally, the hands are not referred to as the left and right, but as lead and backhand.

TWO-WAY PUNCH

Boxercise can be taken on in two ways — **Box Aerobics** and **Box Circuits**. There are no hard and fast rules concerning their structure and the form which the session might take is confined only by one's own imagination. Keeping in mind, of course, the basics of safety and the degree of effectiveness of each exercise. The variety of exercises which can be used are so abundant that a constant round of changes can be made.

Box Aerobics embodies a blend of the boxing spirit and aerobic moves. This can make for a great cardiovascular workout, while increasing upper body strength and tone.

Box Circuits include the use of equipment with various exercise stations, which include heavy punch bags, stair running, abdominal crunches, floor-to-ceiling balls, skipping or rope jumping, steps, speed balls, sprinting, shadow boxing, focus pads, etc. A participant can take a go at each station for a minute or two.

Remember not to disregard the importance of a proper warm-up and cool-down, though, to diminish the risk of injury. Limbering exercises along with full body movements should be included.

Now go ahead and have fun — who knows, it might come in handy with your boyfriend or husband! (Hey, wait! I'm just kidding!)

excellent example of physical fitness in all aspects.

* And hey, it's great fun!

SOME BASICS

The correct boxing stance creates a solid, wide base, with the feet placed in a 'magic triangle'. This provides balance, stability and a position from which a great deal of movement and flexibility is possible. There are two ways of doing this.

The orthodox: Right-handed people usually take up this stance, with their left foot forward.

The southpaw: This is taken up by left-handed people, with their right foot forward.

The feet should be about shoulder distance apart. If you're right-handed, the left foot takes one step forward. Body weight must be evenly distributed between both legs. Stay light on the balls of the feet, not on the heels. The knees should be 'soft' or 'loose'; in other words, slightly bent.

While in this position, visualise an imaginary plumbline being drawn from the top of your head through the length of your

body, emerging from an unmentionable area of the human anatomy, and hitting the floor. This point, along with your feet, form a triangle. Therefore, this position is known as the Magic Triangle.

The hands must be held just under the chin and a little away from the upper torso, while keeping the elbows close to the mid-body. This is known as the 'on-guard' position. The hands should return to this position after every punch or combination of punches. Keep the thumbs over the front of the fist, never inside the palm.

BASIC PUNCHES

Jab/Straight

This can be delivered to the head or to the body. It is a straight-arm punch, made by twisting at the waist to get the power of the whole body behind the punch. As the arm moves forward, the palm faces down at the point of imaginary contact. Face forward all the time.

Never 'snap' at the elbow. Extend your arm to 80 to 90 per cent of your full reach, so that the elbow remains slightly bent and well protected.