



ATTACK TECHNIQUE IN BOXING

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Annotation: *This technique is used to create maximum readiness for a boxer's next actions, using fighting stances and movement techniques. That is, to: move in any direction and in any way; execute punches at any time. During the attack, moving serves to quickly close the distance with the opponent and to exit the attack position. While moving in the ring, it is necessary to eliminate the vertical sway of the center of gravity (COG) and only slide with slightly bent legs. Fighting Stance: A fighting stance is an optimal positioning of the body joints relative to each other, which helps in solving the tasks of the movements in front. The fighting stance is the universal starting position for all actions in the ring.*

Key words: *Combat stance, Punches, Offensive actions, Coordination, Repetitive punches, Dual punches, Series of punches, Combination, Power indication, Speed indication, Punch movement, Boxing technique, Opponent's counter actions, Balance, Elbow joint, Foot movement, Physical ability, Punch leverage, Body rotation, Shoulders.*

Main Part: The fighting stance allows the boxer to use the strongest hands in organizing defense against the opponent's punches, and at the same time creates the best conditions for executing punches, as the strongest hand remains in the most favorable initial position. Depending on the boxer's functional asymmetry and the level of physical development, three types of stances are distinguished: Right-handed stance, typically used by orthodox boxers. Left-handed stance, commonly used by southpaw boxers. Face-to-face (head-on) stance, used in close-range combat to solve tactical tasks. Additionally, fighting stances are categorized based on the degree of body joint groupings (open and closed) and the height of the center of

gravity (COG) (high, low). Boxing Punches – the main tool of attack, and one of the most important components of a boxer's technical skill set. The level of the athlete's skill is defined by a wide range of punch variations and their perfect and reliable execution. Despite certain individual characteristics of a boxer, their attack actions are based on typical techniques for executing punches. This serves as the foundation for the boxer's technical training, from which different types of punches can be developed, taking into account the boxer's individuality. When executing a punch: Striking a specific part of the opponent's body; Achieving a certain force of the punch in order to negatively affect the opponent's combat ability. The accuracy of the punch execution is the result of controlling influences, and it depends on the following factors: The speed of the punching movement. The higher the speed, the more difficult it is to execute the controlling influences. During training, it is necessary to achieve high accuracy in movements performed at high speed. **The duration of the movement.** The shorter it is, the more difficult it is to control. Therefore, it is necessary to improve accuracy in movements that occur quickly. **Relevance of the Topic: Direct Punches** In boxing, direct punches are the most commonly used. Their advantage lies in the fact that they are relatively simple in terms of coordination, and they allow both quick and powerful strikes with a high degree of accuracy and efficiency. The punch is delivered from the fighting stance. For orthodox boxers, the right hand is positioned further from the target compared to the left hand, so these punches are often used as powerful strikes. However, the relatively long path of the right hand to the target allows the opponent to organize an effective defense. When delivering a "power" punch, the boxer simultaneously pushes off with the right foot from the support and rotates their body around the vertical axis. Shortly after, the arm is extended from the elbow joint, and the punch accelerates toward the target. At the same time, the body rotation and the push-off from the supporting foot continue, and the right shoulder is driven forward. Furthermore, the center of gravity (COG), which initially stood at the middle of the support area, shifts toward the front boundary, and the palm of the left foot moves

to the center of the target. At the end of the punch, the boxer relies on the left foot, with their body slightly rotated to the right, the right shoulder pushed forward, and the supporting foot at the front boundary. The arm is extended from the elbow joint, and the fist is in contact with the target. During this, the boxer uses the left hand to protect their body and head from counter-punches. At close range, the punch is performed similarly to the description above, but the arm is not fully extended—there is a slight bend at the elbow joint. The key point here is to block the movement of the antagonist muscles in the elbow joint (the wrist flexors and extensors), which creates a "lever" effect in the punch, making the arm more rigid. Since the distance to the target is longer than the extended arm length, the boxer must bend slightly forward and downward to extend the shoulder further toward the target, thus helping to reach the target.

Left-Handed Direct Punch The punch is delivered from the fighting stance, with the left fist closer to the target. Because the path of the punch is shorter, direct punches from the left hand are used as quick and highly accurate strikes (see figures 13 and 14). When delivering a "power" punch, the boxer must first perform a swing motion. Before delivering the punch, the boxer rotates their body to the left around the vertical axis, during which the left fist moves away from the target while accelerating the punch. Then, the boxer simultaneously pushes off from the supporting foot at the back and rotates their body to the right. A little later, the left hand begins the punching motion toward the target, and the extension starts from the elbow joint. During this, the body continues to rotate to the right, the left shoulder is pushed forward, and the center of gravity (COG) shifts to the front boundary of the support (the body weight moves to the left foot). At the end of the punch, the boxer relies on the left foot, with their body turned slightly toward the opponent's left side, the left shoulder pushed forward, and the supporting foot at the front boundary level, with the arm fully extended from the elbow joint. And the fist makes contact with the target. When punching, the fingers can be oriented either downward or to the right; both positions are equally natural and comfortable, depending on the boxer's

individual capabilities. The right hand protects the body and head. Side Punches Side punches in boxing are almost always used frequently. They can be executed with great effectiveness, being both strong and fast strikes. Against an orthodox boxer, as well as against a southpaw boxer, short punches are the most commonly used and quickest. In the fighting stance, the boxer's right fist is positioned farther from the target. During the punching motion, it travels a relatively long path to the target, giving the opponent a chance to sense the boxer's intentions and organize an effective defense. For this reason, long punches in the attack are used less frequently and are more often applied against southpaw boxers. A long punch with a "power" command is executed similarly to a straight punch. First, the boxer simultaneously pushes off with the right foot from the support and rotates their body around the vertical axis to the left. Then, the right hand is engaged, moving along a slightly curved trajectory. During this, the fingers of the fist turn inward. The boxer simultaneously extends the arm, continues the rotation, and pushes off with the foot. The right shoulder is driven forward, and the center of gravity (COG) moves to the front boundary of the support, with the body weight shifting to the left foot. The boxer relies on the left foot at the end of the motion. The body continues to rotate slightly downward and forward, and the left shoulder is pulled back. It should be noted that the arm is not fully extended; a slight bend is maintained in the elbow joint. At the end of the punch, the boxer relies on the front foot, with their body slightly rotated to the right, the left shoulder pulled back, the right shoulder pushed forward, and the supporting foot at the front boundary level. The body is slightly tilted forward, the arm is slightly bent at the elbow, and the fist makes contact with the target. During this, the left hand protects the body and chin from counter-punches. General Rules of Side Punch Execution with the Right Hand When executing side punches with the right hand, the following general principles can be observed: During the punch execution, the antagonist muscles (flexors and extensors) actively work to block the movement at the elbow joint, which creates a rigid punching lever. When delivering the punch, there is a significant redistribution

of body mass to the left side. Additionally, reactive forces arise that push the center of gravity (COG) further to the left. In such situations, to create a stable stance in the fighting position, it is necessary to increase the support area along the frontal axis. For this, the feet should be placed slightly wider than when executing a straight punch.

Discussion Part: Bottom Punches Bottom punches are primarily used in close-range combat. A right-handed bottom punch is frequently used when the opponent's left hand does not block the path to the target. When executing a **"power" short punch**, the boxer starts by simultaneously pushing off from the support with the right foot at the back, rotating the body around the vertical axis. At the same time, the right elbow is slightly pulled back, and the right fist moves backward and downward along a curved path. Then, the body continues to rotate to the left, pushing off from the right foot and driving the right shoulder forward. Simultaneously, the arm, which is bent at the elbow (the movement at the elbow joint is blocked), moves forward. The fist accelerates along the curved path from below to above and forward. The fingers of the fist... The punch is delivered with the fist rotating outward and extending towards the target. During the punch, the movements at the elbow and shoulder joints are blocked, creating a strong punching lever. At the moment the fist makes contact with the target, an additional movement is performed to enhance the punch — the body slightly rotates from the waist (more specifically, from the hip-joint), adding extra force to the punch. This type of punch can initially be delivered by stepping forward with the left foot. During the punch, the center of gravity (COG) is transferred to the left foot, creating additional power when the fist makes contact with the target. When delivering a "power" short punch, the following preparatory movements are performed: the body weight is quickly shifted to the front foot (the COG moves to the left boundary of the support), the body slightly rotates to the left around the vertical axis, and the left elbow is pulled back while the fist moves downward and backward. This creates a sliding motion. Then, the boxer simultaneously pushes off from the left foot and rotates the body to the right, quickly

driving the left shoulder forward. The arm is rotated at the shoulder joint, and the fist accelerates along a curved path from below to above and forward toward the target. Upon impact, the body quickly rotates from the hip-joint, generating additional force during the punch. At the end of the punch, the boxer relies on the left foot, with their body rotated slightly to the left, the left shoulder pushed forward to the front boundary level of the support, and the arm bent at the elbow joint, with the fist making contact with the target. The right hand shields the body and head from counter-punches. A bottom long punch with the left hand is used, similar to the right hand bottom long punch, to force the opponent to straighten their posture. Structurally, both are similar: the punching arm is less bent at the elbow joint. When executing a "speed" bottom punch, the initial phase of the punch and the sliding motion are similar to the previous one, but the amplitude of the sliding motion may be smaller. As the punch begins, the body's rotation to the right almost completely stops. The punch is delivered using only the movement of one arm, making it fast but relatively weak.

Conclusion: Coordination of Punches in Offensive Actions In combat situations, single punches are used less frequently and are typically part of a coordinated series of actions. The coordination of punches can occur in the following ways: Repetitive: Two punches are delivered consecutively with the same hand. Dual: Two punches are delivered consecutively with each hand. Series: A sequence of 3-4 or more punches alternates between both hands. Generally, the technique for performing repetitive and dual punches is similar to that of single punches, as described above. However, when combining single punches into combinations, several key principles must be considered: Observe the opponent's positioning and counter actions consistently and carefully. In combinations, quick punches should be delivered before strong punches. When executing the first punch, conditions must be created for the subsequent punch, such as: Maintaining balance. Returning to the starting position at the end of the first punch. Actively moving the feet when transitioning between punches. The target of the punch can be varied in combinations: for

example, one punch may be directed at the head, and another at the body, or vice versa. A combination usually ends with a focused punch.

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