

Boxing

A photograph of two boxers in a ring. The boxer on the left is wearing red trunks and red gloves, and is in a defensive stance. The boxer on the right is wearing black trunks and red gloves, and is leaning forward, possibly preparing to throw a punch. The background is dark, and the ring ropes are visible.

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Boxing

Boxing is an individual sport. Two boxers try to hit each other in certain areas of the upper part of the body.



Bouts are won by a count-out,



by forcing an opponent to retire
or on points.



Most bouts are held in a ring.



Amateurs wear shorts, undershirts
and headgear;



They both wear gloves, gum shield and boots.



Attack: there are four basic punches

1. Jab

2. Cross



3. Hook



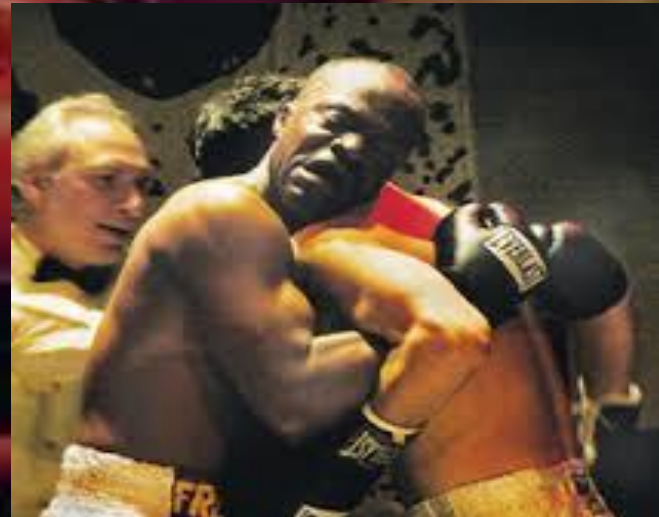
4. Uppercut



Defence: There are several basic movements a boxer can use in order to evade or block the punches of his opponent:

1. Slipping

2. Clinching



3. Blocking



4. Cover-up



A photograph of two boxers in a ring. The boxer on the left is wearing red trunks and red gloves, and the boxer on the right is wearing blue trunks and blue gloves. They are both in a defensive stance, with their hands raised and heads tucked. The background is dark, and the ring ropes are visible.

Q. Fill in the blanks:

1. In boxing, there are four basic defensive movements cover up, slipping, blocking, and clinching.

2. A boxer wears only shorts , gloves, gum shield and boots.

3. An amateur boxer wears shorts , gloves, boots, gum shield, undershirt and headgear.



Q. Mention the four basic defensive movements used in boxing:

1. Cover-up
2. Slipping
3. Blocking
4. Clinching




Q. Mention the four basic punches used in boxing:

1. Jab
2. Cross
3. Hook
4. Uppercut



Q. What does a professional boxer usually wear?

1. Shorts
2. Gloves
3. Gum shield
4. Boots



Q. What does an amateur boxer usually wear?

1. Shorts
2. Gloves
3. Boots
4. Gum shield
5. Headgear
6. Undershirt



Q. Correct the words in italics:

1. Boxing is *a team sport*. An individual sport
 2. In boxing, *three fighters* hit each other in certain areas of the upper part of the body. Two boxers
 3. Slipping, blocking, and clinching are some basic movements used in *attack*. defense
 4. Bouts are won by count-out *alone*. By forcing an opponent to retire and points
- Most bouts are held in a *field*. ring



References:

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