



BOXING

What you'll learn:

- Boxing stances and movement drills
- Incorporating boxing into a training plan
- Hand wrapping techniques
- Benefits of hand eye coordination
- Health and safety with Boxing equipment
- Footwork drills
- Training facilitation
- Punching drills and combinations
- Equipment type and usage
- Focus pad and body pad drills

What's included:

- Hand wraps
- Hand wrapping DVD
- Boxing Manual

8 CEC's
Training Fees \$295