



Introduction "Basic Fundamentals of Boxing"

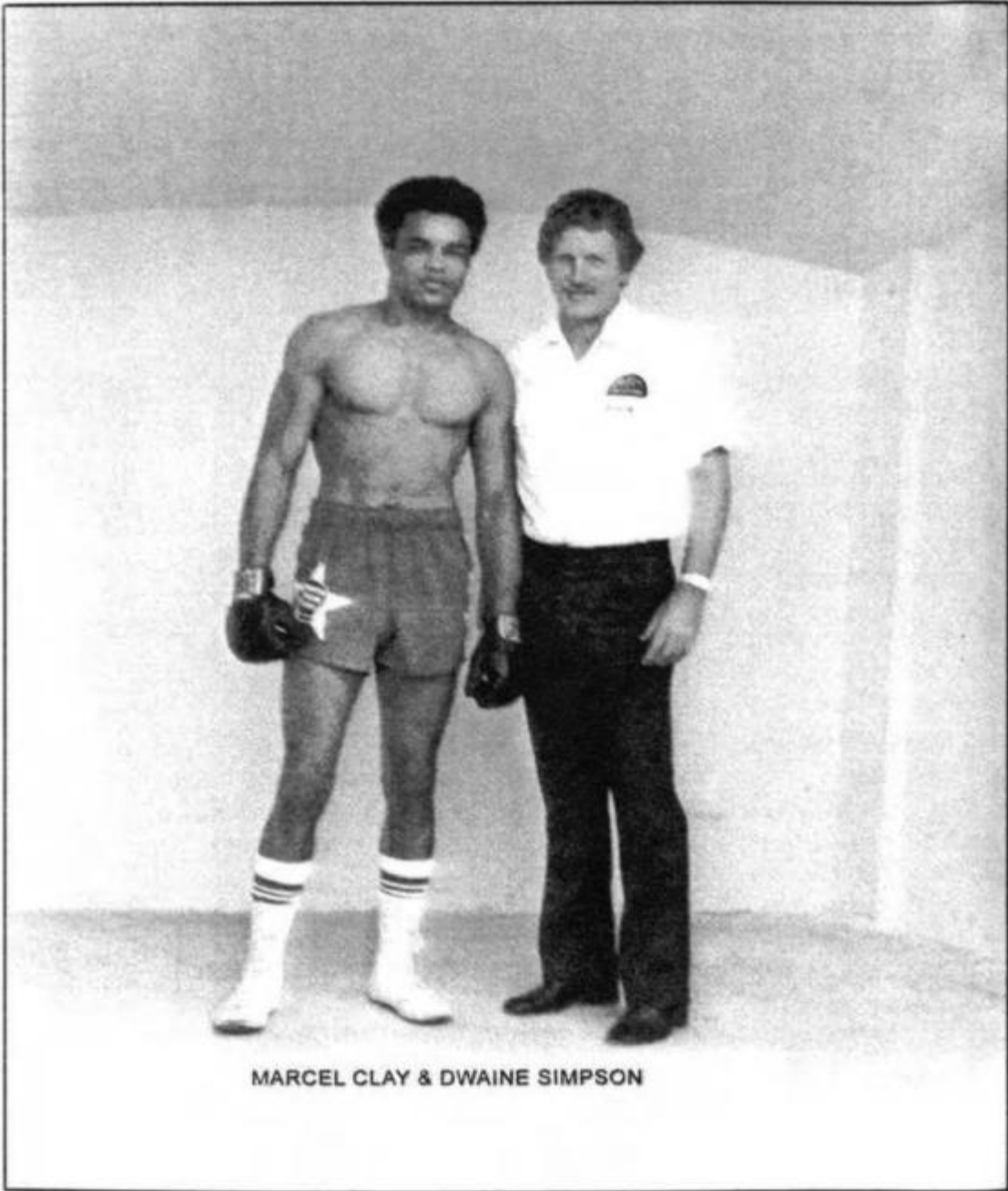
All sport disciplines have basic fundamentals and when problems occur, the great athletes return to the basics.

Boxing is no exception, the problem being that there are very few teachers of "The Sweet Science". The woods are full of trainers or time-keepers for fighting but few teachers of boxing.

This booklet and DVD deals with teaching these fundamentals and with much repetition. Using a very slow process, the athlete will develop these basics where they will become natural movements. The athlete will develop their own style and have the tools to take themselves as far in the sport as desired. The survival of the fittest is a big price to pay to become a winner in boxing.

A top USA/Boxing Administrative Official once told me that my methods of teaching boxing fundamentals were generic. He never boxed, he never taught boxing and he could not spell "box" but, he was right about one thing - the basic fundamentals of boxing are generic and are what makes champions.

Dwaine Simpson



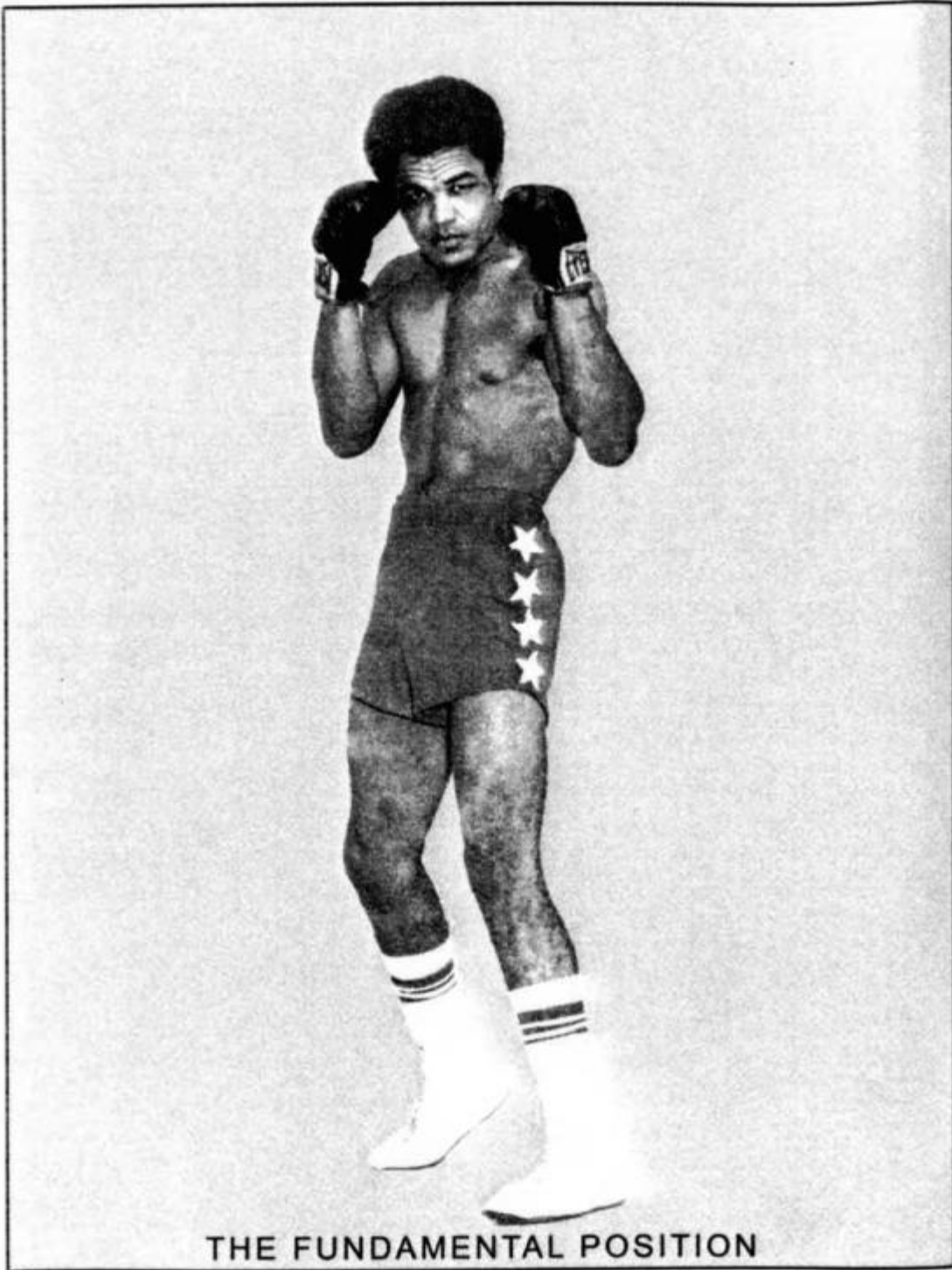
MARCEL CLAY & DWAIN SIMPSON

THE TECHNIQUE OF HITTING

The technique of hitting is the art of obtaining the maximum power in blows with a minimum of effort. Because boxing is a sport in which one contestant attempts to out hit the other by means of well timed and maneuvered blows, hitting is the foundation of boxing.

- A. Take fundamental position: Imagine a rod placed directly through the head, down the spine, and into the floor. A rod so placed would allow only one movement, a turning or pivoting of the body left or right. The rod would prevent swinging, swaying or bending in any direction. All of the power is in the hips.
- B. Hitting is done with the body, not the arms; the arms are merely the vehicle of force.
- C. Body hitting means a snap blow, not a push.
- D. Power in boxing is obtained through a straight turn or twist of the waist with the shoulder and hip following through to the center line of the body.
- E. The principle of the rod must be observed at all times, no swinging, no swaying, and no pushing off with right foot.
- F. the left side of the body and the left leg should maintain a straight line.
- G. Arm extension takes place only after the hip and shoulder are turned through to the center line of the body.
- H. The plane of the fist should never vary, but drive straight for a point and return it through the same plane
- I. The elbows are folded to the body and never drop backward past the middle line of the body.
- J. In making a correct fist, the thumb-side of the hand is perfectly flat.
- K. The hand rotates on quarter turn inward as the arm is extended so that the moment of impact, knuckles are up and thumb-side of the fist inward.
- L. In teaching the hit there is a definite progression that must be followed-making of a fist, and driving the fist through.

The DVD and Booklet show and instruct for a right handed boxer. A left handed (south paw) boxer would just follow instructions in reverse.



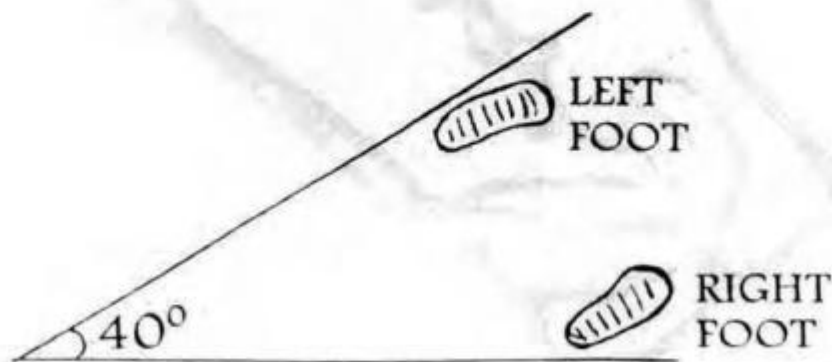
THE FUNDAMENTAL POSITION

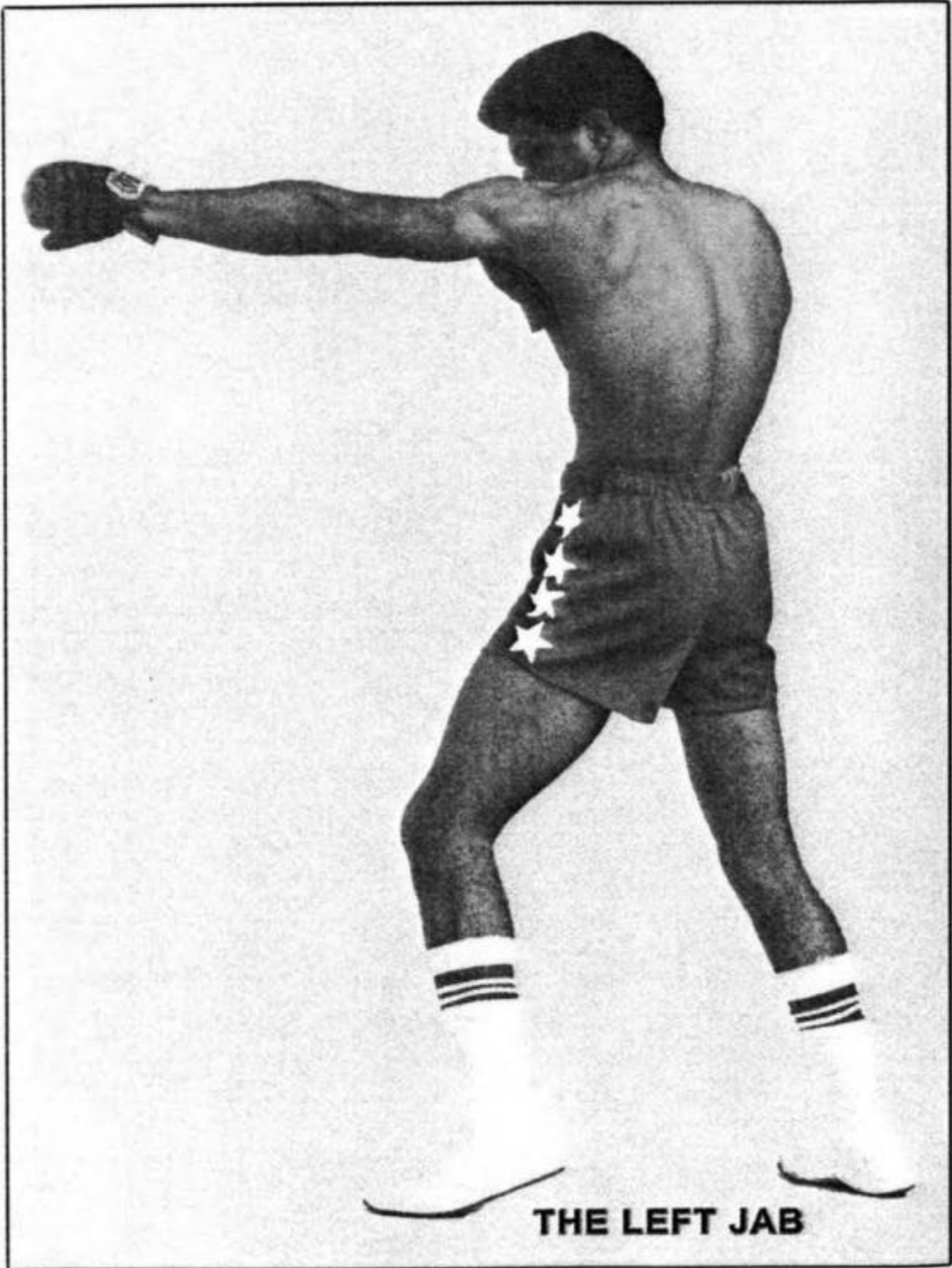
THE FUNDAMENTAL POSITION

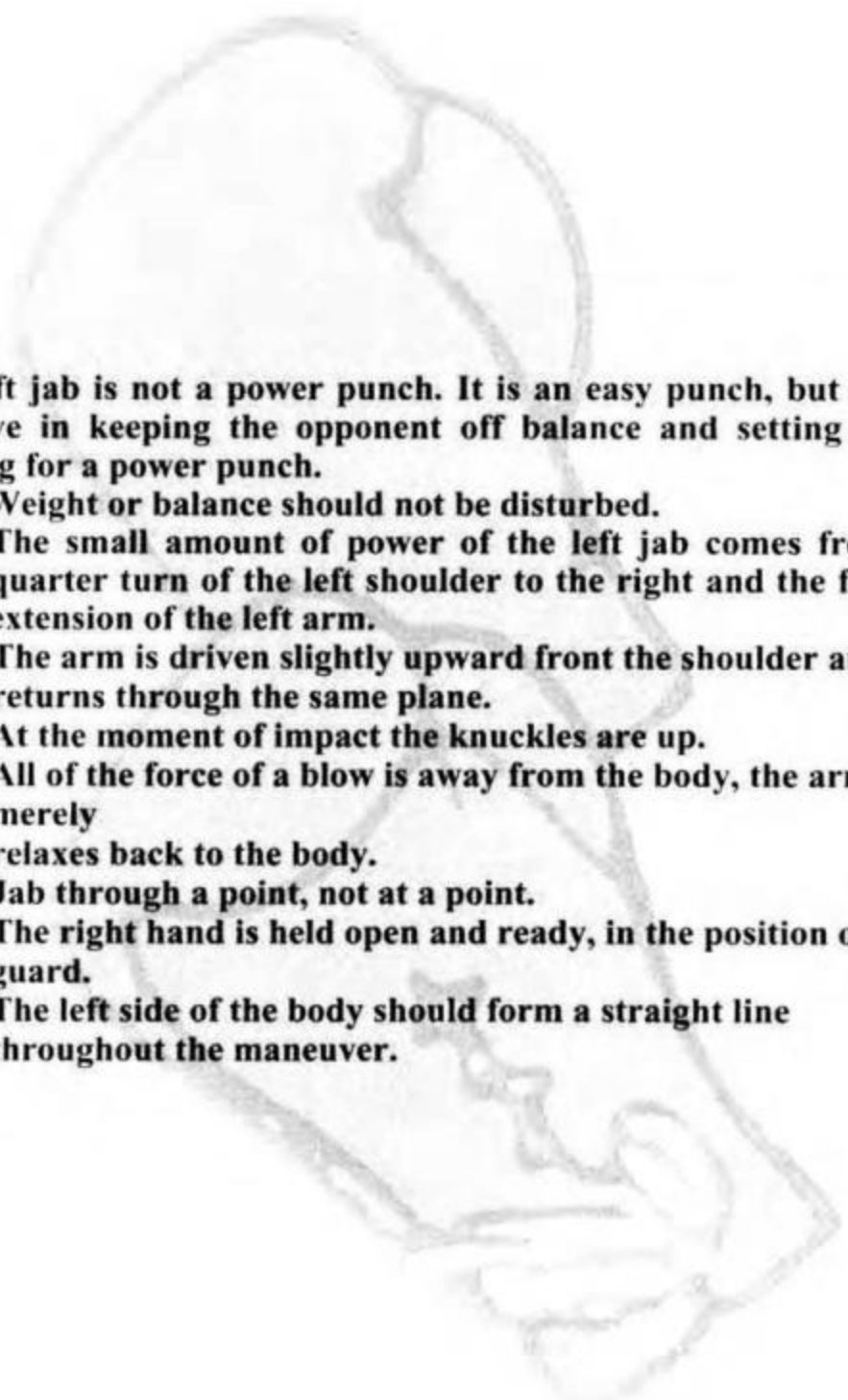
The fundamental position is that position that is most favorable to execute the technique and skills which make up boxing. The body is in a relaxed position and yet is always in balance to attack or defend an attack.

THE FUNDAMENTAL STANCE:

- A. The trunk of the body is turned to the side at a forty degree angle to present a narrow target for the opponent.
- B. The left foot is flat on the floor and turned in at an angle of forty degrees.
- C. The left leg is straight, but the knee is not locked.
- D. The right reel is raised about two inches off the floor, with the right knee bent.
- E. Weight is either balanced between both legs or shifted slightly to the back leg.
- F. The left side of the body forms a straight line with the left leg.
- G. Both elbows are carried down and in front of the rib cage.
- H. The left hand is carried down almost shoulder height, eight to ten inches in front of the body and to the left as far as possible without raising the left elbow.
- I. The right hand is carried up, palm open toward opponent, and directly in front of right shoulder and to the side of the chin.
- J. The chin is dropped forward to the chest.

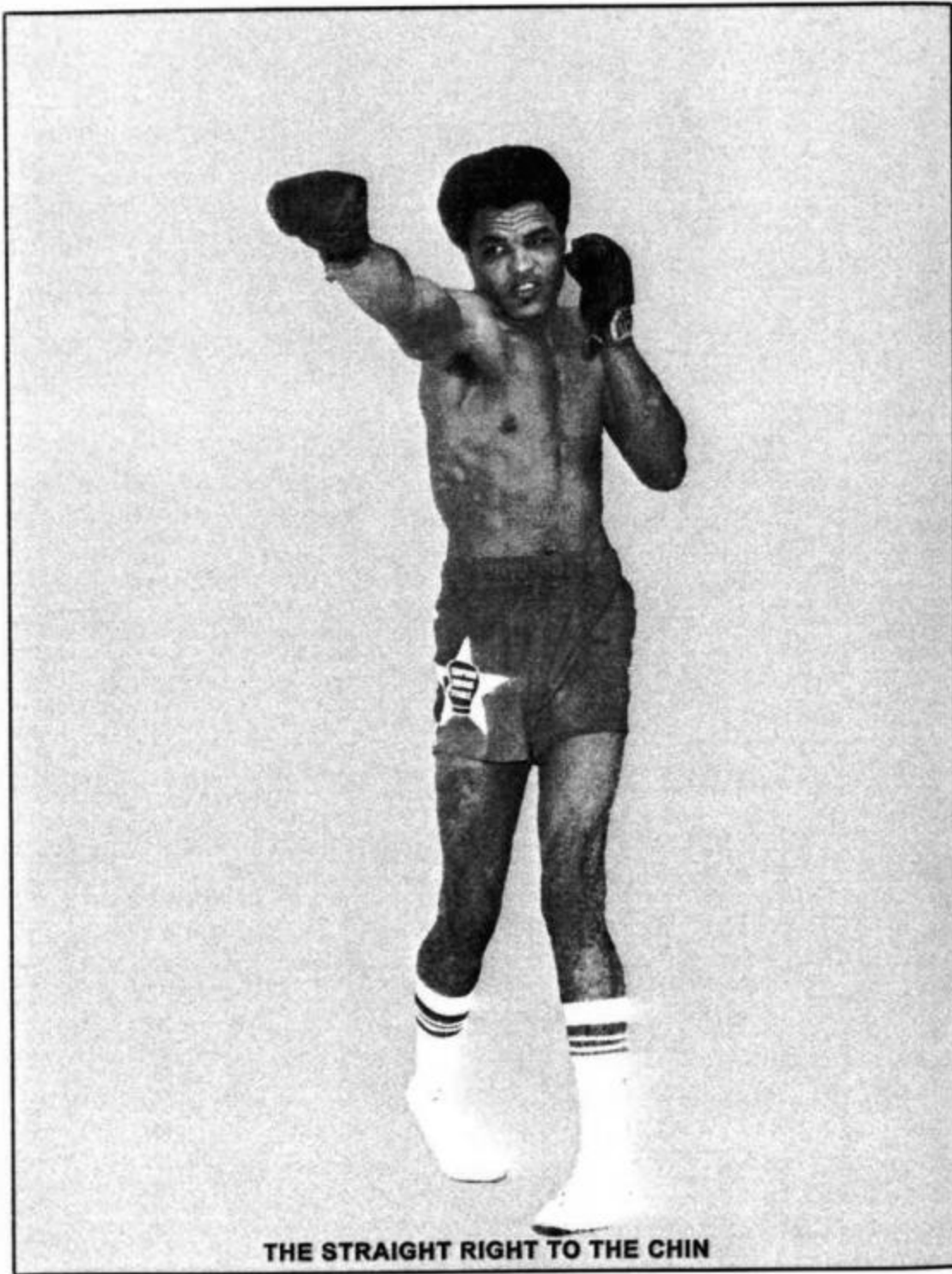


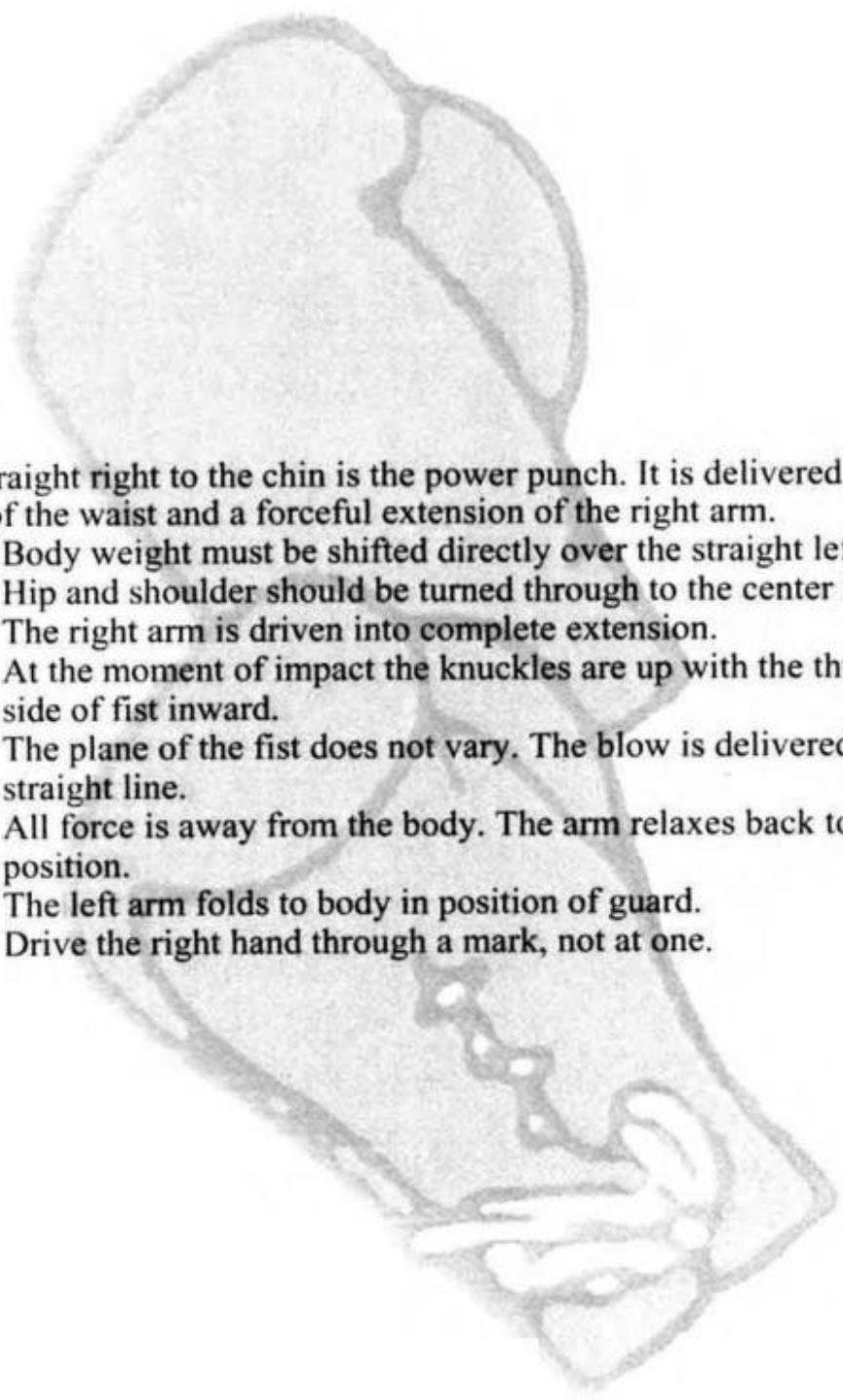




The left jab is not a power punch. It is an easy punch, but can be effective in keeping the opponent off balance and setting up an opening for a power punch.

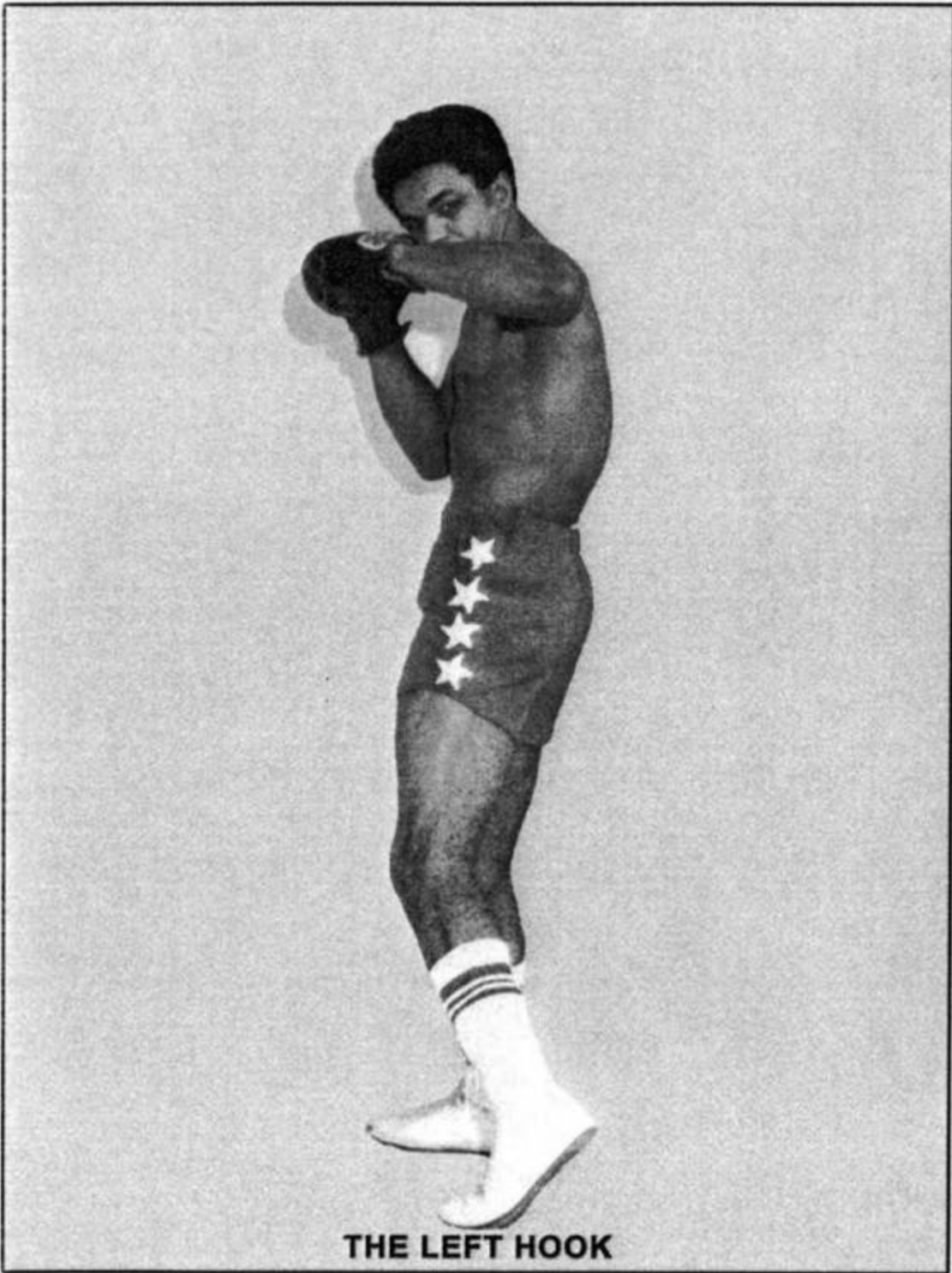
- 1. Weight or balance should not be disturbed.**
- 2. The small amount of power of the left jab comes from the quarter turn of the left shoulder to the right and the forceful extension of the left arm.**
- 3. The arm is driven slightly upward front the shoulder and returns through the same plane.**
- 4. At the moment of impact the knuckles are up.**
- 5. All of the force of a blow is away from the body, the arm merely relaxes back to the body.**
- 6. Jab through a point, not at a point.**
- 7. The right hand is held open and ready, in the position of guard.**
- 8. The left side of the body should form a straight line throughout the maneuver.**

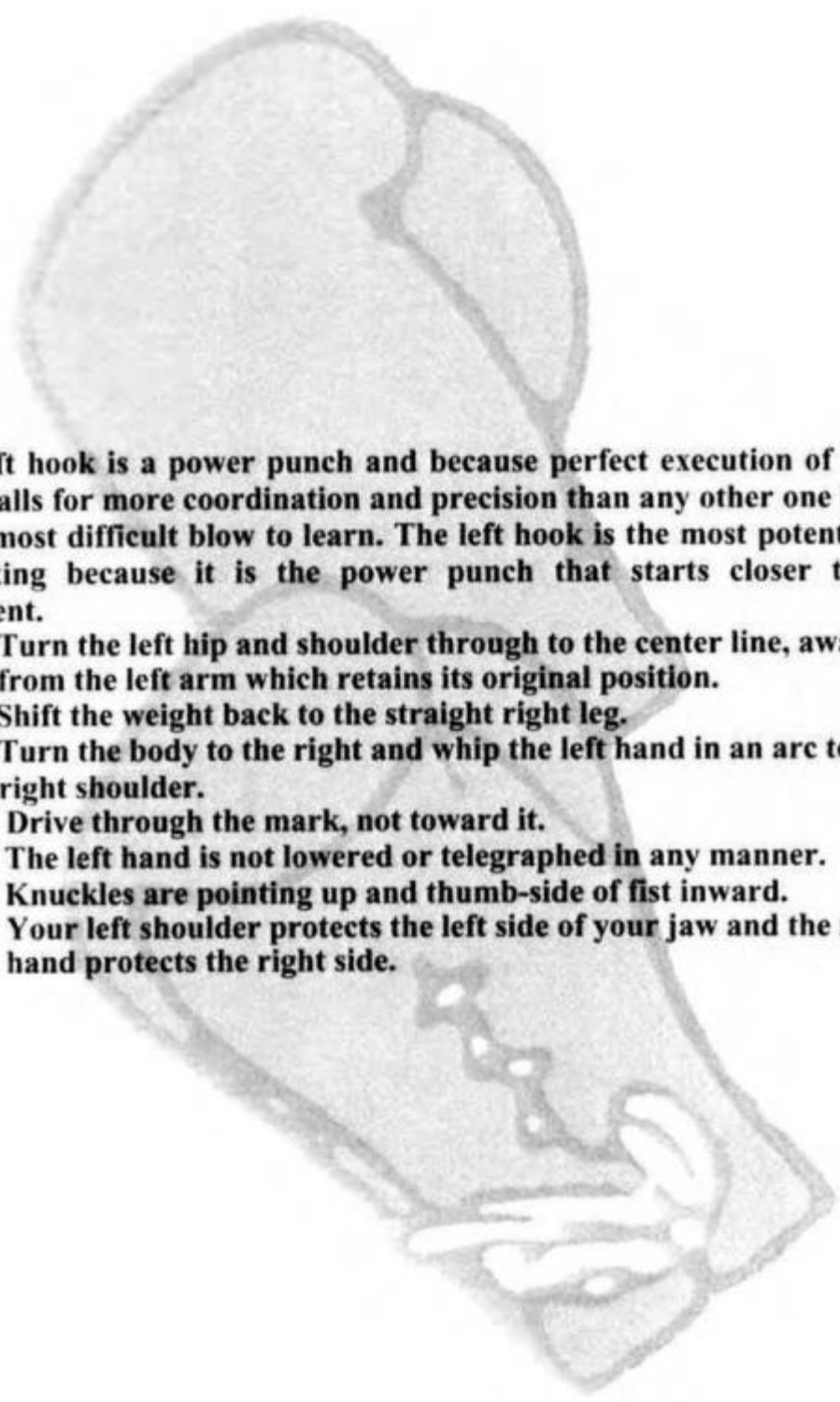




The straight right to the chin is the power punch. It is delivered with a twist of the waist and a forceful extension of the right arm.

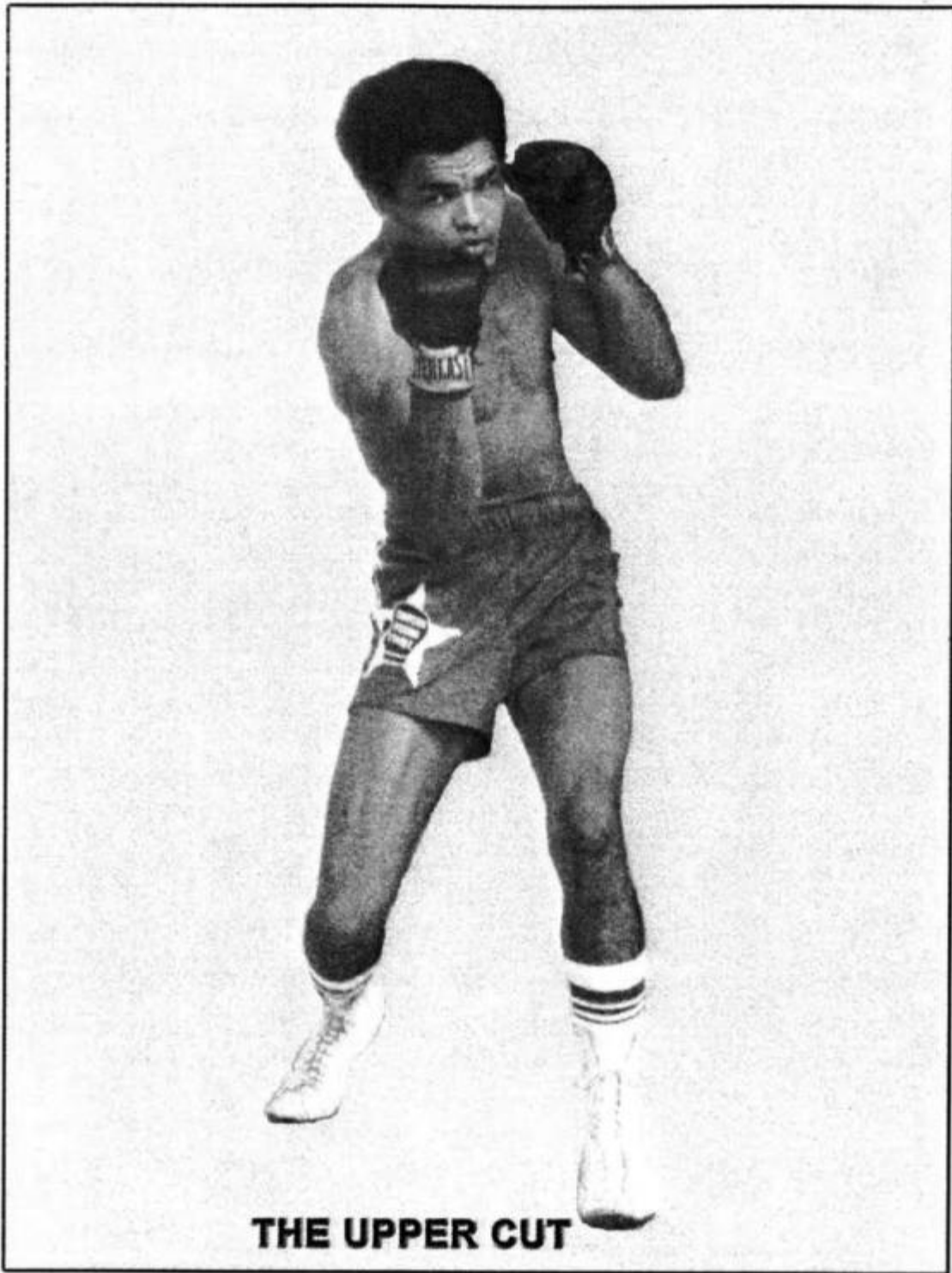
1. Body weight must be shifted directly over the straight left leg.
2. Hip and shoulder should be turned through to the center line.
3. The right arm is driven into complete extension.
4. At the moment of impact the knuckles are up with the thumb-side of fist inward.
5. The plane of the fist does not vary. The blow is delivered on a straight line.
6. All force is away from the body. The arm relaxes back to position.
7. The left arm folds to body in position of guard.
8. Drive the right hand through a mark, not at one.

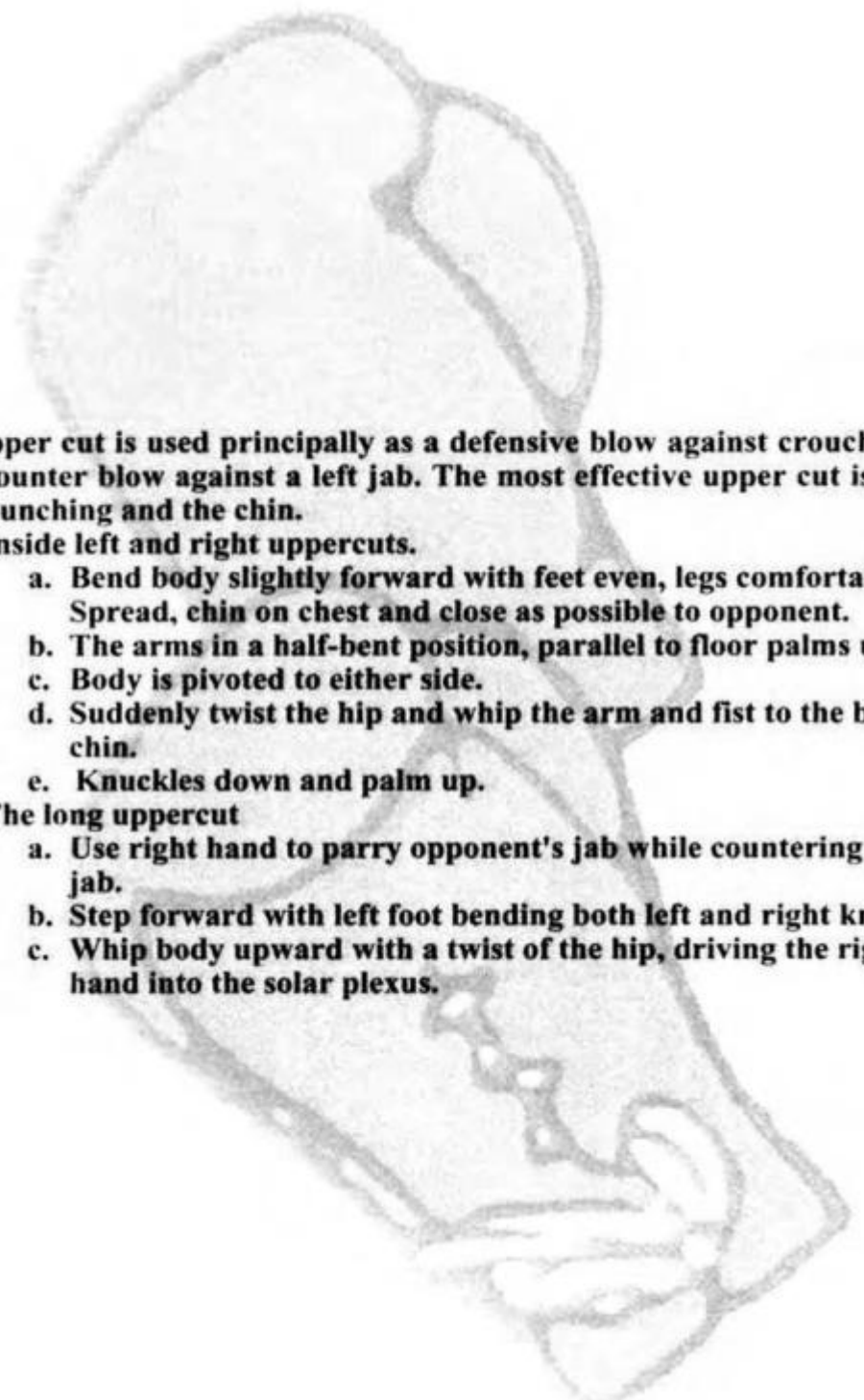




The left hook is a power punch and because perfect execution of the left hook calls for more coordination and precision than any other one blow, it is the most difficult blow to learn. The left hook is the most potent punch in boxing because it is the power punch that starts closer to your opponent.

- 1. Turn the left hip and shoulder through to the center line, away from the left arm which retains its original position.**
- 2. Shift the weight back to the straight right leg.**
- 3. Turn the body to the right and whip the left hand in an arc to the right shoulder.**
- 4. Drive through the mark, not toward it.**
- 5. The left hand is not lowered or telegraphed in any manner.**
- 6. Knuckles are pointing up and thumb-side of fist inward.**
- 7. Your left shoulder protects the left side of your jaw and the right hand protects the right side.**





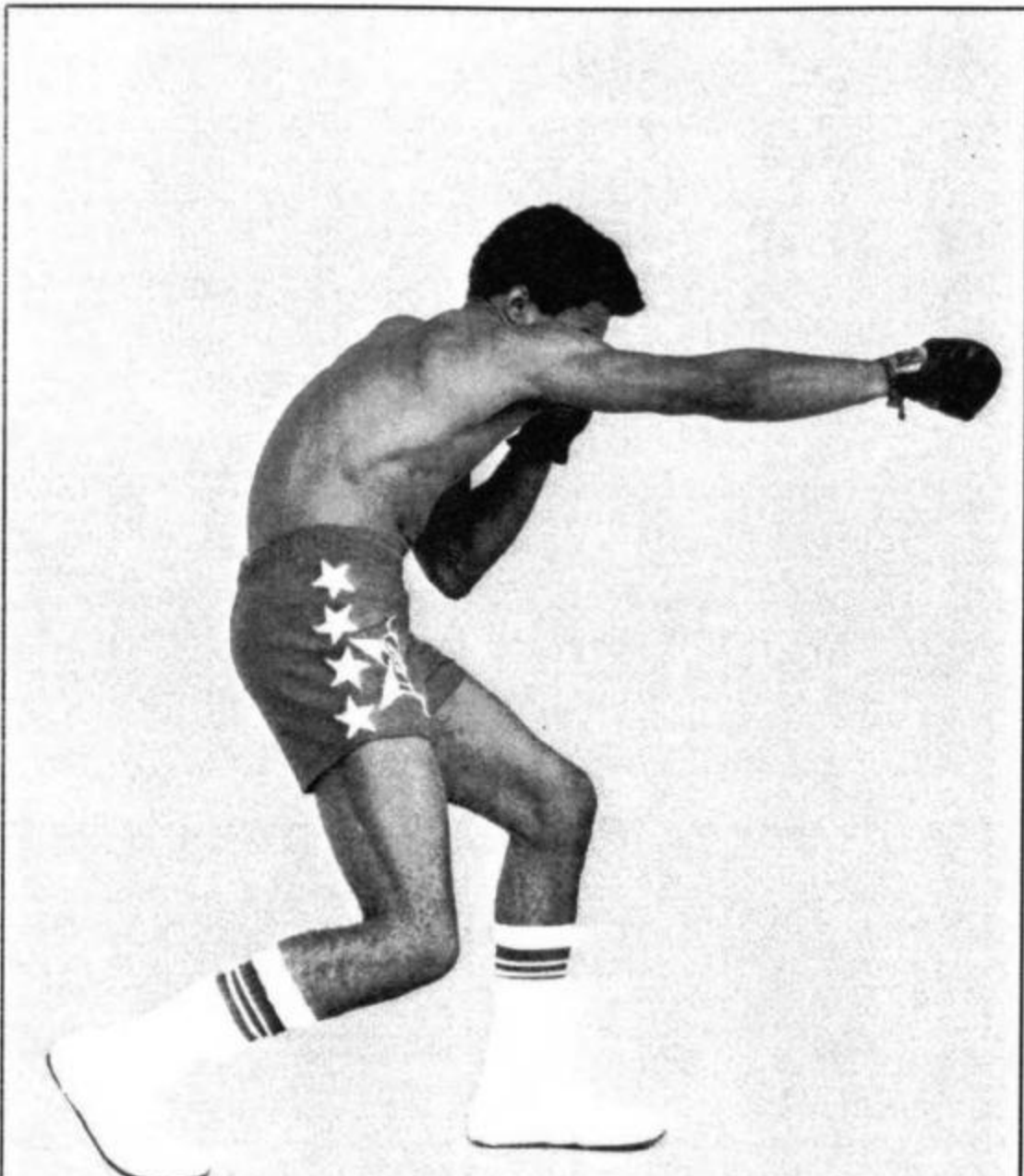
The upper cut is used principally as a defensive blow against crouches and at as counter blow against a left jab. The most effective upper cut is inside body punching and the chin.

1. Inside left and right uppercuts.

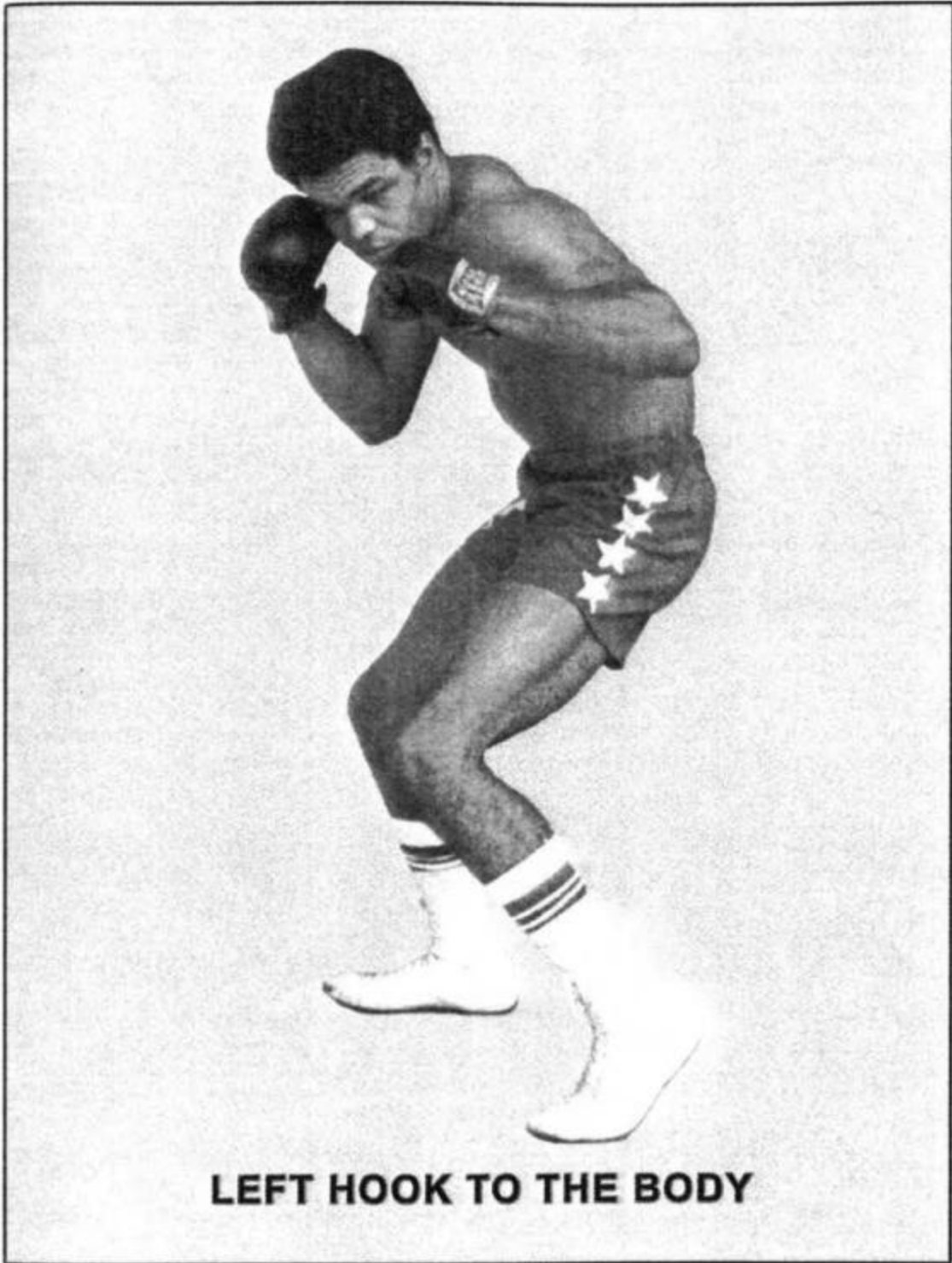
- a. Bend body slightly forward with feet even, legs comfortably spread, chin on chest and close as possible to opponent.
- b. The arms in a half-bent position, parallel to floor palms up.
- c. Body is pivoted to either side.
- d. Suddenly twist the hip and whip the arm and fist to the body or chin.
- e. Knuckles down and palm up.

2. The long uppercut

- a. Use right hand to parry opponent's jab while countering with a jab.
- b. Step forward with left foot bending both left and right knee.
- c. Whip body upward with a twist of the hip, driving the right hand into the solar plexus.



The jab, straight right, and left hook to the body are all thrown the same way as to the chin, except that both knees are bent as far as necessary to hit target and still maintain your position of guard



PROPER EXERCISE OR TRAINING

Proper exercise or training is the psychological and physiological conditioning of an individual preparing for intense neural and muscular reaction. It implies discipline of the mind and power and endurance of the body. It means skill. It is all these things working together as one.

I. Psychological condition:

A. An individual may have all the physical gifts possible: speed, coordination and power. The body may be ready for extreme exertion, yet the individual may be a poor competitor. It is easy to prepare a body for a contest; it is difficult to prepare the mind. It is necessary to help each individual discipline his thinking, to help him control his emotion, to dispel fear and worry.

1. Fear is one of the most important considerations in athletic conditioning. It is especially important in boxing. As the boxer gains confidence in himself, with experience and proper technique he has learned, the fear will be at a minimum.

2. Conditioning of the mind means discipline, discipline of the will and through the will, the body.

2. Physiological Condition:

A. There are many things that are needed to get the body in a proper physical shape. These include proper diet, sleep, and relaxation and elimination. The boxer should form a definite "habit time" and try to be as regular as possible for these necessary functions.

B. The greatest exercise for conditioning in boxing is roadwork. If an athlete has time for only a single training activity, that activity should be running. Running strengthens the heart, the lungs and the legs. Distance and sprints are equally as important.

1. Stomach exercises:

- a. The sit-up
- b. The leg raise
- c. Knees to chest
- d. The jack-knife (v-set)
- e. The alternate leg raise.

2. Arm exercise

- a. The push-up

3. Specialized training

- a. Rope skipping
- b. The light bag (speed bag)
- c. The heavy bag
- d. Shadow boxing
- e. Double-end-bag
- f. Bob-and-weave rope
- g. Punch mitts
- h. Upper cut bag
- i. Boxing (Sparring)

Dwaine Simpson Bio for Boxing

Dwaine graduated from Camp Lejeune High School in 1951. He played football, baseball and basketball for four years.

1951/54 - He attended Western Carolina University on a basketball scholarship. Served on Board of Alumni, 1974/1975.

Dwaine was a very gifted athlete and basketball player however, it was boxing that gained his interest and devotion. He moved to Miami, Florida and took up the sport.

1955 - He boxed amateur (9 wins, 2 defeats).

From 1956 through 1970 Dwaine fought professionally, compiling a record of 113 wins, 22 defeats and draws.

1970/1977 - As a hobby, Dwaine trained and managed professional boxers.

1977 - Dwaine was appointed as the Amateur Boxing Director for Miami-Dade County Parks and Recreation Department by the Mayor. He continued in this position until his retirement in 2003.

During the 80's and 90's Dwaine was the Senior USA official that took US Amateur boxers to compete against: 1980 USSR in Moscow, Russia; 1987 Scandinavia; 1990 Yugoslavia.

1988 - National Counties Achievement "More Than Boxing".

1996 - Elected to Florida's Gold Coast Boxing "Hall of Fame".

1999 - He received a \$210,000. Grant for "Kids at Risk".

2001 - Recognized as one of the three "outstanding" Dade County Administrators and Leaders from among 30,000 employees.

Dwaine has devoted his adult life to working with under-privileged children - contributing time, resources, knowledge and leadership in giving "at risk" youth an alternative to crime and drugs.

2003 - Florida Gold Coast Amateur Boxing Association Lifetime Award for dedication and leadership.

2003 - Retired, Miami-Dade County Parks and Recreation Department Award "41 Years of Faithful and Loyal Service".

Consultant HBO's "Legendary Fights".

2004 - Simpson Boxing Concept Inc., President.

2005/2006 - Chairman of USA Boxing, Florida Gold Coast Junior Olympics.