



Join Kickboxing sydney: Secrets Revealed

A boxing training program is essential for the serious boxer. For the one that want's to take his boxing to a whole new level, a structured program is definitely recommended. Boxing is a great sport and martial art, the wonderful thing with practice this type of martial art is that it will keep you fit and you will get a nice body. Boxing keep your whole body up to date, mentally and physically, your condition and health is bound to be amazing. Visit [website](#) for more details.



Benefits With Joining A Boxing Gym

Starting at a boxing gym or club is incredible exciting, you meet people with the same interest and gain new friends, it becomes more than just a sport, it is a social thing. One great thing with going to the gym is that you will get a trainer and be able to get great feedback from the coach and you friends or your sparing partner. You will be able to improve faster and greater.

Why Participate in a Program

To participate in a boxing training program is a wise choice and if you are up for the [challenge](#) you will see great successful change fast. If you become dedicated to the program you will notice improvement fast. Another great thing with a boxing program is that while you learning the process and technique you will be able to practice back home as well. If you wouldn't be able to attend to the gym one day, you will be able to practice at home. All you need is to get your shadow boxing going and remember what you been taught from the program.

ABOUT US



We all know that taking up any kind of sport will greatly improve our physical fitness level. But there is one sport that stands out among the rest when it comes to being a really good fitness program by itself. And that is boxing. For so many years people who have no ambitions of ever going professional have taken up boxing training to help improve their overall wellness and of course, their physique. Boxing can definitely do all of these for you, and more.

RESOURCES

- <https://www.swindonadvertiser.co.uk/news/17192763.boxing-gym-provides-free-sessions-for-families/>
 - <https://www.localdvm.com/news/virginia/boxing-gym-aims-to-change-their-clients-lives-not-only-physically-but-mentally/1560717280>
 - <https://www.eddineacademy.com.au/>
 - <https://www.devonlive.com/news/boxing-gym-plan-teignmouth-help-2152106>
 - <https://metro.co.uk/2018/10/12/boxing-gym-wants-schoolchildren-to-tackle-violence-by-joining-secret-fight-club-8030550/>
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INFOGRAPHICS

The ANATOMY of a GLOVE



KNOW THE DIFFERENT GLOVE TYPES

BAG GLOVES



Designed to accustom your knuckles to harder impact.

Usually stiff and don't form well to a curved fist.

Cheaper than most types of gloves, with prices ranging from **\$20 to \$100**.

TRAINING GLOVES



Serve as all-purpose gloves although some are not thick enough for sparring.

Training gloves price range - **\$30 to \$200**.

A basic pair of long-lasting and supportive gloves will cost between **\$70 and \$90**.

SPARRING GLOVES



Made with extra cushion to protect your hand as well as soften the blows to your opponent.

Should be at least **14-16** ounces especially if you weigh over **130 pounds**.

FIGHT GLOVES



Smaller and more compact to deliver more damage to your opponent.

Only recommended for real competition.

CHOOSE QUALITY

PADDING

High Quality Gloves:

- Absorbs energy by compressing and absorbs the shock once the glove strikes the target.
- Is molded foam which is pre-curved and provides the shock-absorbing capabilities.
- Lightweight and requires no break-in period.

Low Quality Gloves

- Heavier materials.
- Less versatile.

LEATHER

High Quality Gloves:

- Durable and resistant to wear and tear.
- 100%** premium top-grain leather—especially cowhide and goatskin—is used because of its highly durable nature.

Low Quality Gloves

- Lesser quality leather more susceptible to breaking down.
- Low-quality materials mean gloves need to be replaced sooner.

STITCHING

CARDIO GLOVES



Least amount of padding and will fall apart faster than other gloves.



STITCHING

High Quality Gloves:

Top-notch stitching using nylon-based thread ensures the padding stays where it should.



Low Quality Gloves

Inferior stitching may allow padding to shift and affect glove performance.



LACE-UP OR HOOK LOOP ?



Gloves that lace up provide a more snug and secure fit.

Lace-ups work best if you're with a trainer or a sparring partner who can lace up for you.

A wrap-around, hook & loop closure fits securely into the channeled wrist, making it completely unobtrusive.

A supportive, segmented cuff acts as a second handwrap as it adds stability to the wrist.

A flexible upper wrist hinge allows just the right amount of flexibility.

Professionals prefer lace-up gloves during competition while hook & loops are more suited for training especially with a punching bag.

GUIDELINES FOR BODY WEIGHT AND SIZE OF TRAINING GLOVES RECOMMENDED



120lbs & less = 12oz - 14oz



120lbs - 150lbs = 14oz - 16oz



150lbs - 180lbs = 16oz - 20oz



"BOXERS PREFER TO TRAIN WITH HEAVIER TRAINING GLOVES TO ENHANCE ENDURANCE"

"TWO PAIRS OF MUHAMMAD ALI FIGHT WORN BOXING GLOVES"





180lbs & up = 18oz and up

**WORN BOXING GLOVES
WENT FOR A COMBINED
\$771,696 IN AN AUCTION LAST 2012."**

LIFE EXPECTANCY

Professional boxers replace their gloves after a mere **30 rounds**.

The average lifespan of gloves of amateur boxers is **3 years**.

With proper care, they can be used much longer.



ALWAYS REMEMBER

Buy gloves based on **quality and comfort**.

A good pair of boxing gloves will be comfortable and will fit your hand around the wrist and fingers.

Never settle for gloves that tire out your hands or force them to shape in a way that feels awkward.

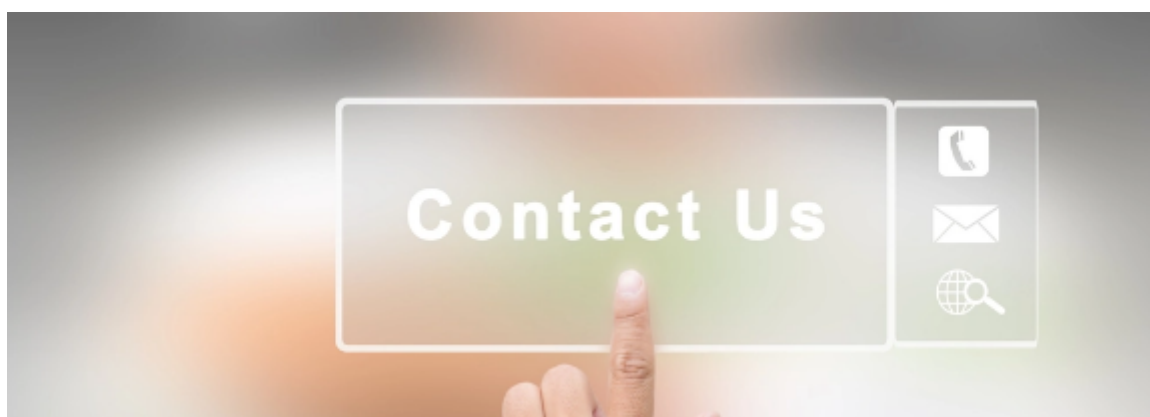
**CHECK OUT THE DIFFERENCE
WHEN YOUR GLOVES FIT YOUR NATURAL SKILL. KNOCKOUT!**

<http://www.expertboxing.com/boxing-basics/boxing-equipment/boxing-gloves-buyers-review>
<http://boxingisport.com/boxing-guides/the-basic-guide-to-boxing-gloves>
<http://www.madehow.com/Volume-6/Boxing-Gloves.html>
<http://www.guide2boxing.com/equipment/gloves.aspx>
<http://www.ringside.com/ringside/ringside-pro-style-inf-tech-training-gloves.html>
<http://www.livestrong.com/article/11472-need-choosing-boxing-gloves/>
<http://www.theglowingedge.com/how-to-choose-your-boxing-gloves/>
<http://www.expertboxing.com/boxing-basics/boxing-equipment/what-boxing-gloves-to-use>
<http://sports.yahoo.com/blogs/boxing/two-pair-muhammad-ali-fight-worn-gloves-fetch-163953588-bad.html>
<https://www.made4fighters.com/blog/2012/how-to-maintain-your-boxing-gloves>



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