

## PROTECTED: TRAINING WORKBOOK

Gym Name \*

Gym Address \*

Line 1

Line 2

Post Code

City

United Kingdom

Country

Gym Email \*

Coaches Name(s) \*

Coaches Email \*

### Coaches' responsibilities:

I confirm that I will follow the training guidelines within this document. I understand that participants must complete an absolute bare minimum of 50% of all training sessions to be able to take part in the event and they should be **actively** encouraged to complete all sessions.

For the avoidance of doubt, this minimum is 8 out of 16 sessions spread across the 8 weeks.

I agree to use the recommended scoring method and will keep records of matches, including final matching scores ahead of the event, these scores will be given to the area rep who will record them on the event fight order.

### Rep/Sub-rep responsibilities:

I confirm that all PARQs will be checked and reviewed and that participants will not be allowed to start training until their PARQ is completed and checked and all participants must complete an absolute bare minimum of 50% of all training sessions to be able to take part in the event.

Where a participant has disclosed prior experience, I confirm that this has been discussed with the coach/coaches and the gym and agreement has been given for the participant to take part.

Participants will be weighed on week 1, week 4 and at the match up night, these figures will be accurately recorded on the register and fight order.

### Training Session Planning

The people that take part in UWCB events are beginners, total beginners that have never thrown a punch in most cases. They will all have a wide variety of fitness levels. All UWCB coaches will have a minimum of 5 years' experience in combat sports and will be introduced via personal recommendation. When sparring starts boxers should always spar similar weights.

### Learning expectations for the 8 week training programme

At the end of the 8 weeks training programme, all participants should be able to:

- Have a high enough fitness level for 3 x 15 minute rounds.
- Understand how to move their feet correctly – footwork is key.
- Understand how to block and/or parry punches.
- How to move in and out of range.
- How to throw straight punches.

### EVERY SESSION SHOULD INCLUDE:

<b>WARM UP</b>	Start with a <u>warm up</u> (once they understand how to move this can progress to shadow boxing).
<b>SESSION</b>	Follow 8 weeks plan opposite.

<b>20 MIN HIIT</b>	End with a 20-minute-high intensity fitness session (suggestions are below).
<b>CONFIRM LEARNING</b>	At the end of every session confirm their learning by asking the group to go over what they have learnt in that session.  Remember that participants are new to boxing, so the more you explain and check their understanding, the quicker they will learn.
<b>HOMEWORK TASK</b>	Tell them what to do in their spare time (this can be practice technique, attend classes, come to sparring sessions)

**Example 20-minute-high intensity fitness sessions**  
(These are simply examples)

They should be warm from the technique work  
so you can get straight into it.

<b>SESSION 1</b>	<ul style="list-style-type: none"> <li>• 1 minute burpee</li> <li>• 1 minute press up</li> <li>• 1 minute sit up</li> <li>• 30 second rest</li> <li>• Repeat 6 times (21 minutes)</li> </ul>
<b>SESSION 2</b>	<ul style="list-style-type: none"> <li>• 30 second squat <u>thrust</u></li> <li>• 30 second press up</li> <li>• 30 second sit up</li> <li>• 30 second twist sit up</li> <li>• Rest 30 second</li> <li>• Repeat 8 times (20 minutes)</li> </ul>
<b>SESSION 3</b>	<ul style="list-style-type: none"> <li>• 40 seconds burpees</li> <li>• 20 seconds sit <u>ups</u></li> <li>• Repeat 20 times with no rest</li> </ul>

**Homework tasks**

- Recovery runs – 30 minute jog
- Attend extra sessions at gym (fitness, sparring etc)
- Practice lines
- Interval running session ideas

**8 Week Training Plan**

<b>WEEK 1</b>	<b>Focus on Footwork</b> Show correct stance; feet, chin down <u>etc</u> Stepping in and stepping out Progress to show them how to throw a jab
<b>WEEK 2</b>	<b>Teach 1-2</b> Explain how they generate the power in a back hand (push from toe, push hips through, throw hand etc) step in 1-2 step out
	<b>Progress from week 2</b>



<b>WEEK 3</b>	<p><b>Progress from week 2</b></p> <p>In lines facing each other practice jab &amp; 1-2 punching to <u>gloves</u></p> <p>Introduce movement left &amp; right</p>
<b>WEEK 4</b>	<p><b>Progress from week 3</b></p> <p>Show how to parry &amp; <u>block</u></p> <p>Gradually introducing more intensity</p> <p>Here they are learning to block or parry or slip shots they know are coming, so jabs or 1-2's</p>
<b>WEEK 5</b>	<p><b>Progress from week 4</b></p> <p>Still in straight lines but now they don't know what shots are coming (must be straight)</p> <p>Practise countering (reply within 3 seconds with any <u>3 punch</u> combo for example)</p> <p>Here they have effectively started <u>sparring</u></p> <p>(Headguards <b>MUST</b> be worn)</p>
<b>WEEK 6</b>	<p><b>Body Sparring</b></p> <p>This should be light &amp; <u>technical</u></p> <p>Participants don't have conditioned torsos so will easily hurt ribs so this must be built up intensity wise.</p> <p>(Headguards <b>MUST</b> be worn)</p>
<b>WEEK 7</b>	<p><b>Progress from week 6</b></p> <p>Lead hand to head, anything to body <u>sparring</u></p> <p>Progress to open sparring</p> <p>(Headguards <b>MUST</b> be worn)</p>
<b>WEEK 8</b>	<p><b>Session 1</b> – open sparring</p> <p><b>Session 2</b> – run through what they have learnt and get them mentally ready for what they are about to do.</p> <p>Remember a lot of the boxers will be very, very nervous so explaining how they will feel and what will get them through it on the night will really help them here.</p> <p>(Headguards <b>MUST</b> be worn)</p>

## Matching Process

Fair matches are key to our events. Imagine if your child was boxing, would you be happy with the match given?

**To ensure fair matches, the following steps must be taken.**

### Assessment

**All boxers must be assessed across the 8 weeks training period; this assessment involves:**

- Regularly checking weights (weeks 1, 4 & 8)
- Skill assessment.
- Fitness assessment.
- Sparring appraisal.

All paperwork compiled through training must be retained so that we can explain matches if required to do so, scoring sheets etc.

### Matching

Following this assessment, these processes must be used by all UWCB gyms/trainers when matching bouts:

- Fighters ideally matched within 3 kilos.
- 7 kilos is the target maximum weight difference, however:

It is important to remember this is a guide and in white collar boxing there can regularly be bigger weight differences than 7kg and the

bout still be fair.

- If matches fall outside a 7kg weight difference they must be referred to HQ for approval and explained on the fight order.
- It's better to have a fair match with a larger than 7kg weight difference than have a stand in.
- Anyone boxing over 50 years old MUST be discussed with HQ and their match approved.
- Bouts over 95kg can have a larger weight difference.

Weights should be considered with scores to ensure matches are fair.

Experience must be carefully considered, if someone has boxed or had combat sports experience before take care when matching them with a first timer.

Whilst ability may appear to be the same the first timer may be more affected by the 'occasion', ensure that this is considered.

Boxer Ability - Scoring Method

To standardise how we assess participants ability throughout the training programme, the following scoring method should be used at training sessions and recorded against the participants name on the register. These scores may fluctuate as each participant progresses through their training and are vital for matching participants fairly for the final event. The participant's final scores must be recorded against their name and weight in the fight order for the event.

Scores should be used in conjunction with weights to ensure matches are fair.

You can also use 1+ / 3- etc. This is if you feel participants sit between whole scores.

1	2	3	4	5
Complete novice	Slightly advanced	Good	Very good	Close to amateur standard

Stand In Boxers

These should be avoided and only realistically used if there is an odd number of boxers.

**REMEMBER:** The boxers have signed up to raise money for charity, they should have a fair bout and not be embarrassed by a stand in boxer.

- Stand in's must be appropriately matched, you cannot simply get a similar weight as their ability may be drastically different!
- Event coordinator MUST brief the stand-in boxers and ensure they 'look after' the opponent in case there is an ability discrepancy (this could happen if the boxer 'freezes' as it's their first bout and the stand-in is more comfortable.)
- We should let the participant know there will be a stand in as soon as possible.

Declaration

I agree that I will follow the training and matching process throughout the training period. I confirm that all participants taking part in the final event will complete the minimum 50% of training sessions.

Where prior experience is disclosed, this has been taken into account and participants were matched fairly in line with the recommended scoring method and weight considerations.

I confirm I will keep records of matches, and that final participant scores will be given to the area rep ahead of the final event to be included on the fight order alongside weights.

All PARQs were received and reviewed prior to each participant starting their training.

Coach/Trainer Name \*

Signature \*



Clear

Date \*

10/06/2024

SUBMIT

PREVIOUS

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