

Boxing.

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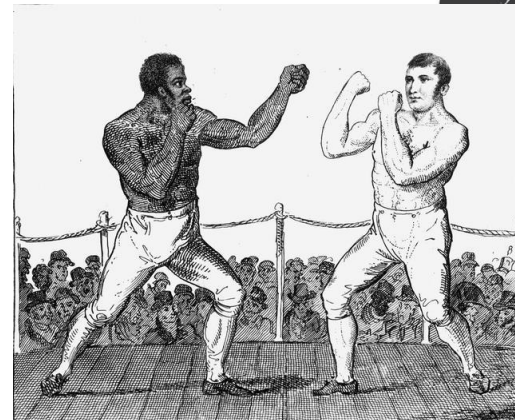
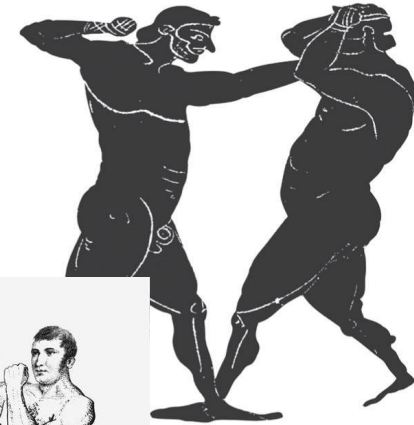
Introduction

- boxing is one of the most ancient and challenges sport in the world. for other meanings of these words ,boxing is a combat sport in which two participate



History of boxing

- Boxing is one of our most exciting sports, it was enjoyed up to six thousand years ago in Ethiopia. Boxing have been found in Iraq, suggesting that five thousand years ago, the sport spread to Egypt, where cave paintings thought to be two thousand years old depict boxers.



Ammunition for boxing.

- 1- sweats
- 2- shorts
- 3- gloves
- 4- protectors and head and dental equipment



Rules.

- You can't hit below the belt, hold, trip, kick, head butt, or push your opponent.
- You can't hit with your head, shoulder, forearm, or elbow.
- You can't hit with an open glove, the inside of the glove, the wrist, the backhand, or the side of the hand.

Training.

- Boxing Training aimed at razaitie:
- Force
- Speed
- Endurance
- Reaction
- Punch Accuracy
- Volitional qualities
- Fight intelligence



Dangers and risk.

- Boxing can be a dangerous sport. Boxers have been seriously injured, left crippled for life and have even died as a result of participating in the sport



Safety tips.

- boxers have to wear protective head and using a boxing club to simply train and use the equipment.
- Boxers have to wear gloves to safe her hands.

Famous Boxers.

- Muhammed Ali
- Marco Antonio Barrera
- Joe Calzaghe
- Julio Cesar Chavez
- Amir Khan
- Floyd Mayweather
- Gennady Golovkin



**Thank you for
attention!**

