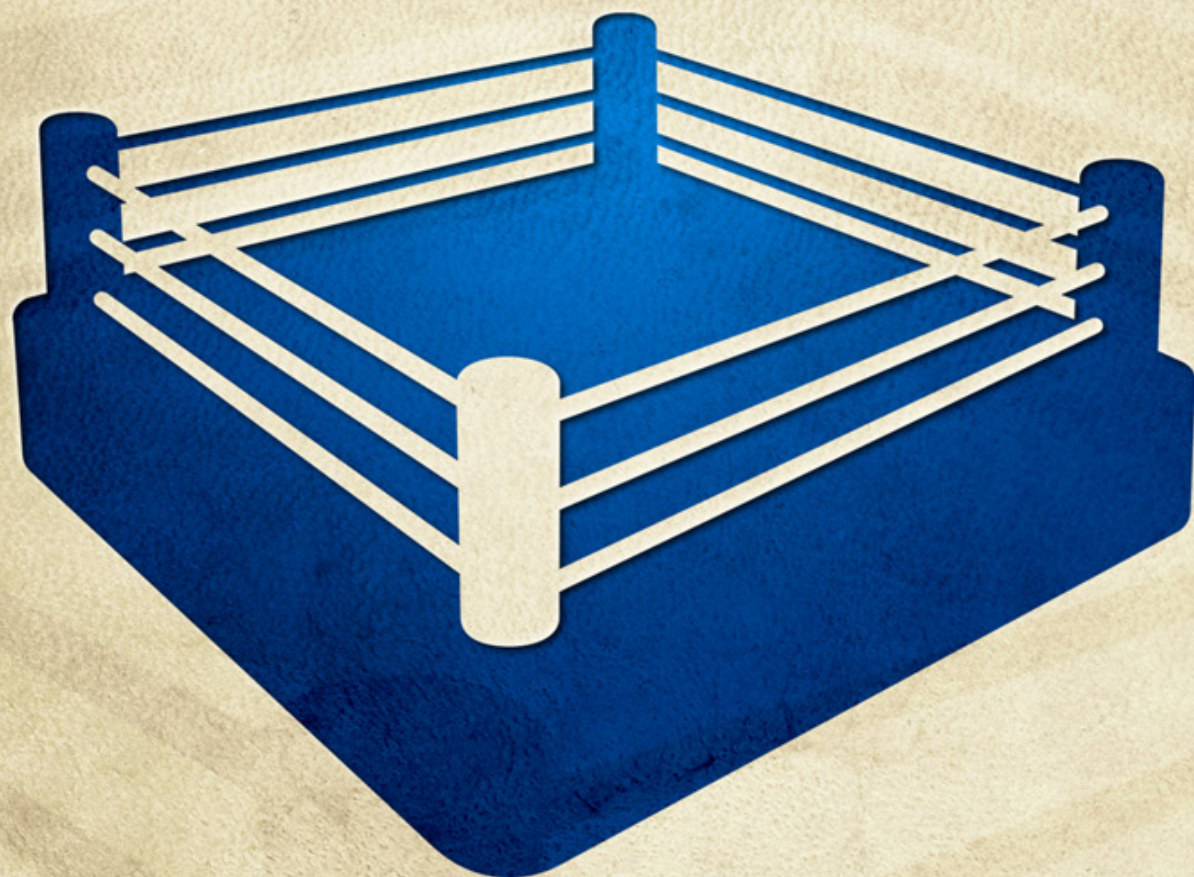


# FREE

## 10-Day Boxing Course

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DAILY TIPS ON TRAINING AND TECHNIQUE!



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**EXPERTBOXING**

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# DAY 1 - Stance & Footwork

## Tip #1 - How to Tell If Your Stance is Balanced

Here is a little trick you can use to see if your weight is evenly distributed across both feet: try lifting one foot off the ground without shifting your body weight. Then try the other foot. If you feel one foot is much harder to lift, there is probably more weight on that leg.

Now see if you can tell when your opponent has too much weight on one leg. If so, he will suffer have mobility and also telegraph which side he likes to punch from.

## Tip #2 - Avoid the Wide Stance

A wide boxing stance is not typically recommended for beginners because of many drawbacks. It uses a lot of leg energy because of poor balance and mobility. Your back hand is also further away from your opponent making it hard to reach with your cross unless you lean your head in (dangerously towards your opponent).

## Tip #3 - Point Your Front Foot Towards Opponent

Make sure your front foot is always pointing towards your opponent. This keeps your opponent "inside your shoulder" allowing you good power and reach with both hands. If your opponent is positioned outside your front foot, he is also likely to be "outside your shoulder" making it harder for you to reach him with punches.

### Read more articles on boxing stance:

- [The Perfect Boxing Stance](#)
- [Perfect Boxing Stance Width](#)
- [Boxing Stance 101](#)
- [Why the Strong Arm Belongs in the Back](#)

# DAY 2 - Straight Punches

## Tip #1 - Increase Jab Power by Dropping Your Hips

When you jab, step forward an inch with your front foot and relax your hips to drop your body weight into the jab. Time your jab so that your fist impacts right when your weight drops into the ground. This is also known as Jack Dempsey's "Falling Step" principle.

## Tip #2 - Don't Look Down When Attacking the Body

Keep your eyes look at your opponent's head and shoulder area when you attack his body. Looking at his body telegraphs your attack and makes it harder for you to see his counter punches.

## Tip #3 - Relax the Chest to Load the Right Cross

There's a trick to load extra power in your right cross without pulling the fist back (and risk telegraphing it). Relax your right chest allowing your right shoulder to stretch further back and then pop your right fist forward as you rotate your body for the punch. This allows you to load your punch without leaving yourself wide open.

### Read more articles on straight punches:

- [5 Types of Jabs](#)
- [The Ultimate Boxing Jab Guide](#)

# DAY 3 - Curved Punches

## Tip #1 - Horizontal vs Vertical fisted hooks

A horizontal fist is for shorter hooks or on the inside. A vertical fist is for longer hooks or when you want to punch AROUND an opponent's guard. Some boxers aren't comfortable throwing a vertical-fisted hook, so they throw with a horizontal fist. Use what feels comfortable for you.

NOTE: All hooks to the body are thrown with a vertical fist or even with an upside down fist like an uppercut.

## Tip #2 - Contract the Chest & Shoulder Muscles Together

When you throw the hook, tighten the chest and shoulder together. The hook becomes just an arm punch if you leave the chest or shoulder relaxed. The key is contracting the chest and shoulder together so that your arm becomes an extension of your body and not just a free weight being swung around. It also helps to tighten your bicep when you throw hooks.

## Tip #3 - Throw Uppercuts Without Shifting Weight

It's sometimes more practical to throw uppercuts without shifting your weight. If you're in close range, it will be faster and more powerful to leave your weight over one leg and throw from that side. Or maybe you're looking to throw 2 uppercuts or 2 hard punches from one side then again, leave your weight on that side. If you're throwing a right uppercut, leave your weight on the right leg. If you're throwing a left uppercut, leave your weight on the left leg. Remember to pivot that foot hard!

### Read more articles on curved punches:

- [How to Setup Hooks to the Body](#)
- [How to Throw an Uppercut](#)
- [Mastering the Left Hook](#)

# DAY 4 - Basic Defense

## Tip #1 - Touch Your Head or Pull Your Elbows

Blocking is the easiest defense to master. To cover yourself, you simply have to recover your gloves. Touch your head to block head shots, and pull your elbows in to block body shots. Focus on recovering your arms instead of trying to chase the punch.

## Tip #2 - Use Parries Against Long Punches

Parries are most effective against long and straight punches. Block like you normally would but shift your guard at the moment of impact to deflect your opponent's punch away from you. This motion can tire out your opponent's arms and make him vulnerable to your counter. Parries are especially useful against taller punchers that commit more shoulder muscle to pull their arms back.

## Tip #3 - Use Footwork as Defense

There's no rule saying you have to stand there and take punches. If you don't plan on firing back, it's much easier to take a step out of harm's way. You don't need any fancy footwork, walk out of range. As long as you keep your feet moving, it will be hard for your opponent to ground his feet for a hard punch. Footwork makes a great defense because it breaks your opponent's rhythm instantaneously. Anytime you get overwhelmed by punches, take a back step and watch him miss.

### Read more articles on boxing defense:

- [How to Parry Punches](#)
- [3 Levels of Defense](#)
- [The Meaning of Defense](#)

# DAY 5 - Advanced Defense

## Tip #1 - Roll Punches by Turning AWAY From Them

To roll off a punch, simply rotate your body right at the moment of impact to deflect the punch off your shoulder. DEFEND with the timing of the roll and rely on the deflection rather than the covering with your shoulders.

## Tip #2 - Roll UNDER Punches by Turning INTO Them

To roll under punches, **make sure you turn away from them first** so that their impact is minimized if they land. Bend your knees as you turn away first and then turn back into the punch as you roll under them. When rolling quickly under punches, focus on turning your shoulders instead of jerking your head around in a loop.

## Tip #3 - Slip By Moving Your Head Past the Center

Slip punches by trying to cut your head past the middle. Focus on cutting across the center instead of trying to pull your head to one side. It helps to place your head to one side beforehand and then bring it to the other, this way your opponent punches to one side as you move to the other side.

### Read more advanced boxing defense guides:

- [How to Shoulder Roll](#)
- [How to Slip Punches](#)
- [Boxing Defense Techniques](#)

# DAY 6 - Punch Combinations

## Punch Numbering System

- 1 = jab
- 2 = right cross
- 3 = left hook
- 4 = overhand right (or wide right)
- 5 = left uppercut
- 6 = right uppercut
- b = body
- // = slip

## Examples of Common Punch Combinations:

- full combo 1-2-3b-2
- inside combo - 3-6-3 along the ropes
- tricky combo - 1-3-2
- advanced combo 1-2-3-/2/-3-2-/1/-2-3-2
- counter combos /1/-/2/-3-2
- southpaw combo 1-2-/2/-2-3-2-1

### Want to try more punching combinations?

- [Johnny's Punching Combination List](#)
- [7 Basic Boxing Combinations](#)
- [7 Attack Rhythms for Fighting](#)

# DAY 7 - Counter Punching

## Examples of Classic Counter Punches

To counter the \_\_\_\_\_, use \_\_\_\_\_

- **JAB** - parry & counter right
- **RIGHT** - pivot left hook (overhand)
- **WIDE RIGHT** - lean back and counter
- **LEFT HOOK** - roll under & counter right
- **LEFT HOOK to the body** - elbow block & counter right
- **SOUTHPAW JAB** - slip & counter right to the body

**Read more counter-punching guides:**

- [7 Easy Boxing Counter Punches](#)
- [Baiting and Forcing Counters](#)
- [3 Basic Counters for Southpaws Against Orthodox Boxers](#)



# DAY 8 - Advanced Skills

## Tip #1 - Focus on the Exhale (BREATHING)

The trick to boxing breathing is controlling the exhale. Exhale when you make a sharp movement whether it be a punch, slip, or quick step. A sharp exhale creates a sharp movement. By not exhaling all of the air in your lungs, you have more air to throw more punches and make more explosive movements. Work on controlling your exhalations and your inhalations will happen naturally.

## Tip #2 - Counter Explode When You Block

Breathe out when you block as though you are punching back at your opponent using his arm. At the same time you contract your core for a split second to repel the shot. Counter explode by activating your lats and leg muscles, then dropping your weight to transfer energy to the ground. A perfectly timed counter-explosion off a block can push your opponent off balance simply by blocking.

## Tip #3 - Punch Harder and Faster By Releasing the Punch

The trick to power punching is contracting and releasing your muscles at the right moment. Your body should start out relaxed and then contract explosively to fire the punch but then release right at the moment of impact allowing the energy to transfer to the opponent. If you relax too early, the punch will weaken. If you relax too late, you waste precious energy that only pushes your opponent. Relax at the right time and your punch will explode on your opponent. This is also known as the snapping punch.

### Read more advanced boxing guides:

- [How to Throw a Snapping Punch](#)
- [How to Punch Harder](#)

# DAY 9 - Boxing Training

## Tip #1 - Don't Rest on the Heavy Bag

A horizontal fist is for shorter hooks or on the inside. A vertical fist is for longer hooks or when you want to punch AROUND an opponent's guard. Some boxers aren't comfortable throwing a vertical-fisted hook, so they throw with a horizontal fist. Use what feels comfortable for you.

NOTE: All hooks to the body are thrown with a vertical fist or even with an upside down fist like an uppercut.

## Tip #2 - Shadowbox Sparring

When you throw the hook, tighten the chest and shoulder together. The hook becomes just an arm punch if you leave the chest or shoulder relaxed. The key is contracting the chest and shoulder together so that your arm becomes an extension of your body and not just a free weight being swung around. It also helps to tighten your bicep when you throw hooks.

## Tip #3 - Daily Amateur Workout

Most amateur boxers workout 5 days a week (rest on weekend). Every day has 2-3 miles of running, Warm-up 3 rounds on the jump rope, 3 rounds shadowbox, then technique drills and exercises. After sparring or more intense conditioning workouts, they warm down with 3 rounds each on heavy bag, speed bag, double-end bag, and mitts. Then comes the daily core workout of push-ups, sit-ups, and crunches.

### See more training guides:

- [ExpertBoxing EASY Boxing Workout](#)
- [Top 5 Boxing Exercises](#)
- [The Perfect Training Pace](#)

# DAY 10 - Boxing Sparring

## Tip #1 - Great Sparring Drills

**Jab Sparring** - It's a great way to warm up before sparring. Do one round of sparring using only the jab.

**"Center Ring" Sparring** - Spar with both fighters only punching at center ring. The moment one fighter retreats to the ropes, the other backs off. It's a great way for beginners to get accustomed to sparring by giving them a "safety zone" to retreat to.

**"Forwards & Sideways" Sparring** - have fighters work on their defense and lateral movement by not allowing them to move backwards. They are only allowed to go forwards or circle around their opponent. This teaches good movement habits that allow them to maneuver around opponents without backing into the ropes.

## Tip #2 - Aggressive Defense

Work on trying to be more offensive. Be offensive even when you're defending. So basically you're always using offense and counter-offense. Never go into a passive defense mode and make yourself a sitting duck for punches. Always look for offensive opportunities when you defend. Try to get closer or get into punching range when you evade.

## Tip #3 - Aim for the Chest

If you can't hit the head, go for the chest. It's hard for opponents to slip or roll under chest punches so they will be forced to block. Even if you do no damage, at least you're able to touch your opponent on a consistent basis. Then slowly start aiming your way up towards the head. This tip is important for beginners that feel they can't hit their opponents' heads (because they're slipping too fast).

**More guides on sparring:**

- [Boxing Sparring for Beginners](#)
- [Boxer's First Spar Checklist](#)
- [Why Beginners Shouldn't Spar With Bigger Opponents](#)
- [How to Fight Tired](#)
- [How to Lose a Fight Skillfully](#)
- [How to Beat a Better Fighter](#)
- [How to Fight a Southpaw](#)

# Learn How to Box in 10 Days!



## Did you enjoy the free tips?

These free tips were taken directly from my boxing instructional ebook and video. If you enjoyed these tips, you should check out my accelerated boxing course, "How to Box in 10 Days". It's specifically to help beginners learn the basics and improve their fighting ability as fast as possible.

**"How to Box in 10 Days" consists of a 300-page instructional ebook, 32-page workbook, and 1hr 45mins of video instruction. [Check out "How to Box in 10 Days"](#)**

## Share These Tips With Your Friends!

Feel free to share these tips with other fighters and fitness enthusiasts. Thanks for being a part of our great sport. Keep training hard and I hope to see you on TV one day.

Johnny Nguyen,  
Founder of ExpertBoxing.com