

Syllabus  
K.O. Boxing  
Instructor: Lorissa Ridley-Fink  
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**I. COURSE INFORMATION**

Course Title:       Boxing for Women and Men  
Course #:            PRES – 200  
Credit Hours:       1 UG Credit Hour  
Prerequisite:        None

Course Description: In compliance with the United States Boxing Federation, K.O. Boxing's introductory boxing course will emphasize the fundamentals of boxing including: a correct boxer's stance, basic punches, throwing combos, working the bags (heavy bag, double end bag, speed bag, etc.), the proper use of catch mitts, defensive skills used in the art of self-defense, footwork techniques, speed, power, maneuverability, and cardio-respiratory and muscular endurance.

**II. OBJECTIVE**

To develop a lifetime workout of boxing; upon completion of this course the students will be able to:

1. Demonstrate a proper dominant side boxing stance.
2. Use proper body mechanics while throwing punches.
3. Demonstrate a jab, cross, hook, uppercut, haymaker, and body shots to the heavy bag.
4. Demonstrate all 8 punches while called out by its' number and put the punches into a 4-count combination.
5. Defensively move out of the way of a punch and counter with speed and accuracy.
6. Complete a 2 minute continuous round of flurries. Complete a 2 minute continuous round of alternating punches. Complete a 3 minute round on the heavy bag.

**III. COMPETENCIES**

Upon Completion of this course, the student will with 90% accuracy be able to:

1. Box in a proper protected boxing stance, centered and balanced.
2. Execute 8 punches with proper form.
3. Defensively move out of the way of a punch and accurately counter punch the opponent (bag).
4. Work catch mitts as the boxer or as the catcher (trainer).
5. Box and endure a 3 minute round on the heavy bag using proper punching techniques, body position, and adding defensive moving including footwork, sliding, bobbing and weaving.

#### IV. INSTRUCTOR EXPECTATIONS OF STUDENTS IN CLASS

1. Be on time. Arrive no more than 3 minutes early for your class. Do not be late!
2. Follow all safety procedures outlined by the instructor.
3. Execute proper boxing technique as presented to the best of their ability.
4. Observe rules and regulations of K.O. Boxing and Lorissa Ridley.
5. **The first 15 minutes of class will be used by the students for warm-up, practice, and to ask questions. NOT TO BE LATE!**

#### V. TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE

Handouts provided by instructor, also obtained on-line. Gloves to borrow and boxing bags will be provided by K.O. Gloves and wraps will be available for purchase. Wraps are required and may be purchased at K.O. (\$5). The purchase of your own gloves is optional. Professional leather bag gloves available at K.O. (\$25).

#### VI. METHODS OF INSTRUCTION AND EVALUTAION

Students will gain proficiency of boxing by executing proper boxing punches, boxing stances, defensive moves, counterpunching and footwork. Demonstrations will be given by K.O. Trainers. The students will participate in each class, wearing the appropriate clothing - being prepared to box and workout. The final grade is a combination of class attendance, participation and the final exam.

<b>Grading Scale:</b> 90-100=A 80-89=B 70-79=C 60-69=D < 60=F	<b>Attendance = 64%</b> 16 classes x 4pts. per class <b>Class participation = 18%</b> Students attitude, behavior and effort in the class while following the rules and respecting the sport.	<b>Final Exam = 18%</b> Boxing stance = 2pts. 8 punches = 8pts. Defense & countering = 2pts. 2 min. flurries = 2pts. 2 min. alt. punches = 2pts. 3 min. round on bag = 2pts.
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#### VII. ATTENDANCE REQUIREMENTS

Students are expected to attend each class period. Attendance is an important element for success. If a student must be absent, it is the student's responsibility to notify the instructor personally **prior** to the absence. This may be done by telephone or in person. In case of sudden illness or emergency, notification should follow as soon as possible. Students who are absent from class must have made up the class within one week of the absence. This can be done by attending other K.O. boxing classes available, with Lorissa Ridley's approval.

## VII. COURSE OUTLINE

<p><b>WEEK ONE</b>  1<sup>st</sup> 15 minutes of class – K.O. Boxer’s Abs  Class expectations / Glove and Wrap orders  Boxing Stance  Boxing Technique  Shadow Boxing  Flurries  Alternation Punches</p>	<p><b>WEEK FIVE</b>  1<sup>st</sup> 15 min. of class – Practice/Do warm-ups  Following numbered combos 1-6  Defensive moving (slip &amp; roll under)  Cover and Block defense  Catch mitt combos  2 minute flurries  2 minute alternating punches</p>
<p><b>WEEK TWO</b>  1<sup>st</sup> 15 minutes of class – Abs &amp; Practice  Hand-wrapping  Learning Numbers  Jabs  Crosses  Balancing and moving in your stance  Protection</p>	<p><b>WEEK SIX</b>  1<sup>st</sup> 15 mins of class – Practice/Do warm-ups  Heavy Bag workouts (3 minute rounds)  Jump rope training  Intro to Double-end bag &amp; speed bag  Footwork training  Power and Explosive training</p>
<p><b>WEEK THREE</b>  1<sup>st</sup> 15 mins of class – Abs/warm-up/practice  Hooks to face and body  Haymaker to face and body  Bob &amp; Weave  Rolling under a punch  Catch mitts</p>	<p><b>WEEK SEVEN</b>  1<sup>st</sup> 15 mins of class – Practice/Do warm-ups  “Catch mitt” training with partner  Follow footwork &amp; defense &amp; #'s called out by K.O. Trainers  Shadow boxing workouts  3 minute rounds  Boxing dodge ball</p>
<p><b>WEEK FOUR</b>  1<sup>st</sup> 15 mins of class – Abs/warm-up/practice  Uppercuts back and front leg  Following #'s1-3 called out by K.O. Trainers  Rolling under a punch and countering  1 min rounds flurries &amp; alternating punches  Start muscle endurance training (K.O. 100’s)</p>	<p><b>WEEK EIGHT</b>  1<sup>st</sup> 15 mins of class – Practice/Do warm-ups  Class demonstrations  Final Exams  Bring a boxing buddy night  New drills and skills</p>