



# SPECIAL BOXING COURSE

# HOW TO KNOCK 'EM OUT

## YOUR SPECIAL BONUS BOXING COURSE

Dear Pupil:

I believe I have definitely proved to you by now that my greatest desire is to help build you he-man muscles and a he-man's strength, and to teach you how to think and act like a real he-man!

To help you build strong muscles, yet fail to teach you the many useful -- and sometimes necessary -- things you can do with them, would be to fail you as your instructor.

It is with this in mind that I send you this Special Bonus Boxing Course, for surely there is no red-blooded he-man who doesn't want to learn how to protect himself or to valiantly defend a weaker person when he must.

Of course, if you've not fully completed the basic Muscle Building Course you've been working on, you should not begin this advanced course. Believe me, it takes plenty of muscular strength, energy, endurance, timing, co-ordination as well as boxing "know'how".

That is why you should go all-out on the basic course and build all these essentials before you take up boxing. I do, however, want you to study this course thoroughly and visualize just how you'd react to such a situation in which boxing would be the only thing you could fall back on. I know that if you study it well, even before you begin the actual practice of it, you'll be twice as good in it and learn it twice as fast!

You want to be able to take care of yourself in any situation, you want to prove to yourself that you are a he-man...you want to win!

This Special Bonus Boxing Course will teach you in easy-to-understand fashion just how to do it. It's sure-fire and fool-proof and if you really practice it well you will be able to be just as tough as the occasion demands. You'll not only know how to "take it" but how to "give it" too.

Boxing is, first of all, a gentleman's sport. It has had a gentleman's code of rules for centuries. You've probably never met a true professional boxer who wasn't soft-spoken, considerate of others, never loud, never a braggart...but a gentleman first and last--in triumph or defeat.

The world's greatest boxers never "throw their weight around", they do not pick quarrels...in fact they usually go out of their way to avoid them!

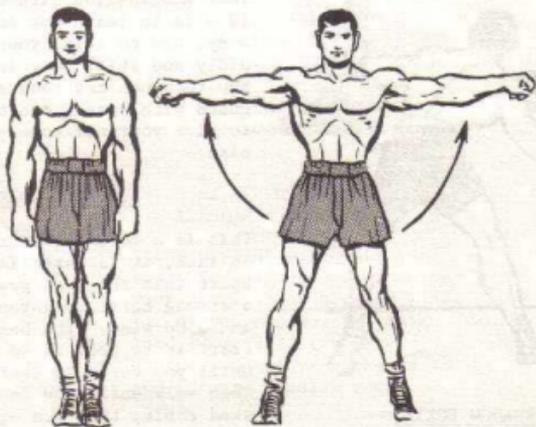
That is why I know you will not use the knowledge you gain from this course to pick a fight with someone or to bully others. Think of boxing as it is popularly called..."the manly art of self-defense"...and underscore that "manly". To use this knowledge for baser purposes goes against the high code followed by all bodybuilders worthy of that name.

THESE SPECIAL EXERCISES WILL HELP YOU TO BUILD THE  
STRENGTH AND STAMINA YOU NEED MOST FOR BOXING

Any exercise which builds up strength, stamina, speed, skill, endurance, or neuro-muscular control is of value to boxing. Thus, ALL of the exercises you have already done, or will do, by the time you finish your Muscle-Building Course, will be of definite value to you in boxing. Naturally, there are some exercises which are more valuable for boxing than others, because they develop those muscles and those attributes most needed by the boxer. Here are some of the most important of these SPECIAL Boxing Exercises:-

GROUP I

You need speedy agile legs and good wind. You must be able to move forwards and backwards, to the sides diagonally, and every other way, quickly, smoothly, efficiently, and you must always be in balance. You also need good wind to enable you to get a steady supply of oxygen so that you can keep up the vigorous pace that boxing requires. The following exercises will help to do both jobs for you.



1. ASTRIDE JUMPING

Stand upright with arms at sides and feet together. Jump legs apart, swinging arms sideways to shoulder level at the same time. Jump feet and arms together again. Repeat until puffed.

## 2. FRONT-BACK JUMPING

Stand upright. Take one step forward. Now swinging your arms alternately forward and backwards, jump and change the position of your feet. Continue jumping front and back until puffed.



FRONT-BACK JUMPING

## 3. SKIPPING

This is the boxer's favorite. Skip on both feet, then your left then your right, then try moving around, turning in different directions, and so forth. Not only is this a good exercise for your toes, ankles, feet, legs, thighs but swinging the rope itself is of value to your arms and shoulders.



SKIPPING

## 4. SHADOW BOXING

In this you fight an imaginary boxer. You must jump, weave, twist, turn, jab, move forward, skip backwards, glide to the side punch, duck and otherwise let your imagination direct you. The idea is to learn how to move your body, how to shift your feet rapidly and still stay in balance, how to punch and recover your guard with speed, and of course, to give yourself some good exercise.



SHADOW BOXING

## 5. ROAD WORK

This is a must for every boxer. In fact, it is essential for any sport that requires powerful legs a strong heart, vigorous lungs and good wind. The best way to start is to trot at an easy pace until you begin to feel winded, then walk until you feel refreshed a bit, then run again, and so on. Gradually you will be able to run further and further with shorter and shorter walking breaks.



ROAD WORK

GROUP II

You need strong muscles around the mid-region to be a good boxer, in order to move your upper body from side to side, to weave this way and that, and to move quickly forward and backwards without moving your feet. You also need strong wrists and forearms and powerful upper arms and shoulders. Here are a few exercises which will help you to strengthen these important parts.



1. TRUNK BENDING  
FROM SIDE TO SIDE

Stand upright with your arms hanging at your sides. Bend to the right as far as possible, then straighten your body and bend to the left as far as possible. Continue from side to side at a fast pace until you begin to tire.

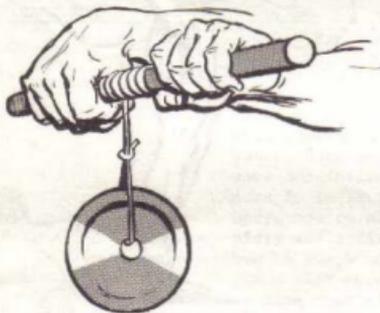


2. TRUNK BENDING  
FORWARD AND BACKWARD

Stand upright with your legs apart and place your hands on your neck. Bend backwards as far as you can go, and then bend forward as far as you can go. Continue backward and forward bending until tired.

### 3. TRUNK TWISTING AND CIRCLING

Stand upright with your legs apart and your hands on your neck. Bend forward, then force trunk to the left and back, to the right and forward in a complete circle anti-clockwise. Continue until you have done four complete circles and then reverse the process and do four complete circles clockwise. Keep this up until you are tired.



### 4. WRIST ROLLER

Tie one end of a piece of rope on a short piece of broomhandle and tie the other end on a weight. Now roll the rope around the broomhandle by turning it. Keep this up until you have raised the weight as high as possible and then reverse the process and unwind the rope. Continue until your wrists and forearms get tired.

### 5. ALTERNATE DUMBBELL PRESSES

Grasp a small dumbbell, or other weight in each hand and press alternately overhead. Start with the weights at your shoulders and then press your right hand overhead. Now, as you lower your right arm stretch your left. Continue at a fairly rapid pace until tired. This exercise is important for developing the triceps power that you need for delivering those crushing blows.



HERE'S HOW TO PROTECT YOURSELF AT ALL TIMES

Having completed the Muscle Building Course, and having started the Special Boxing Exercises listed above, you are now ready to learn some of the vital secrets of the art of boxing itself.



1. MAKE A HE-MAN FIST

There is a right and a wrong way to make a fist. This is very important. If you use the wrong way you can break your own hand or wrist. If you use the right way you will be able to deliver a piston-like, sledge-hammer blow without injury to yourself.

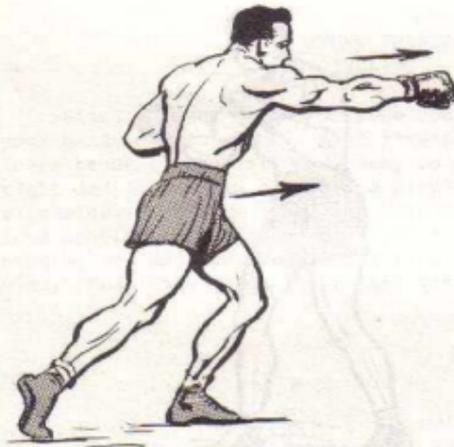
Here is how you do it:- The four fingers of your hand must be clenched tightly presenting a closed surface. Then your thumb must be drawn down to rest across the middle segments of your 1st and 2nd fingers. The pressure of your thumb must be firm and solid, and your wrist must be kept straight. Your lower arm, from fist to elbow, should present one solid piece like a piston-arm, or as if it had been dipped in cement.

2. ASSUME A PROPER STANCE

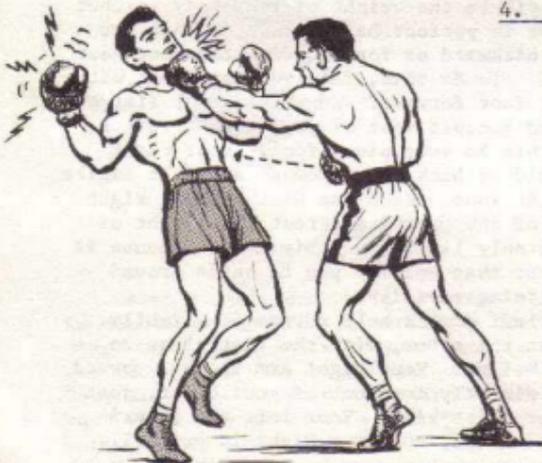
You must be prepared to use your fists for an attack, when your opponent lets down his guard, and at the same time, must be ready to protect yourself if he attacks you. Thus, you must distribute the weight of your body so that it will be in perfect balance.....so that you may move backward or forward with the same ease and speed. To do this, face your opponent with your left foot forward. Keep this foot flat on the ground because most of your weight will be on it. This is your pivot foot. Your right foot should be back and somewhat at right angles to the left foot. Keep the heel of your right foot off of the ground and rest the weight of your body only lightly on this foot, because it is the foot that enables you to shift around with lightning rapidity.

Your left arm is held advanced, slightly crooked at the elbow, with the fist close to shoulder height. Your right arm is bent upward and held directly in front of your chest, just above your waist-line. Your left arm is primarily offensive, and your right is primarily defensive though both may be used either way.

### 3. GET YOUR BODY BEHIND YOUR PUNCHES



Your arms and fists alone do not carry knock-out power. You must get additional drive from your shoulders, your back, your mid-region muscles and your legs. You need "follow through" to deliver those devastating blows. When you see an opening you must put everything you've got into it. Your punch may appear to come from your clenched fist but it actually starts from your toes.



### 4. DO NOT TELEGRAPH YOUR PUNCHES

When you decide to punch, do not pull back your fist in preparation for throwing your punch. An experienced fighter will be watching your hands and will probably beat you to the punch. Even an ordinary fighter, with no boxing experience will be prepared, if your actions are obvious. Make sure your hands are in the punching position all along and, when you do throw your punch, let it come from there with the speed of an express train. Your punch should be knocking him for a loop before he even knows what hit him.

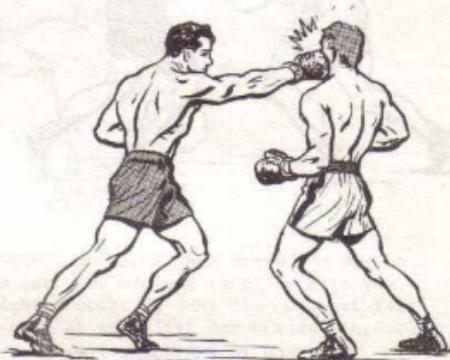
DEVASTATING PUNCHES WHICH WILL ENABLE YOU TO  
ANNIHILATE YOUR OPPONENT

There are four lethal blows which are responsible for all of the knockouts which occur in boxing. These are as follows:- (1) Punch to the Chin, (2) Punch Behind the Ear, (3) Punch to the Solar Plexus, and (4) Punch to the Heart. Each of these blows must be delivered with telling force to do its terrible job. Each must have behind it the full weight of your body. The force of your arm-power alone is not enough. This will jolt your opponent, but will not finish him off, even if it is delivered to the right place.



1. THE PUNCH TO THE CHIN

Your fist must land either to the left or the right of the center point of your opponent's chin. Start your punch with your right elbow at your side and your fist at your chest. Throw your fist directly forward and up toward your opponent's chin. When your elbow is almost straight, twist your wrist so that the palm of your hand is down. Throw your shoulder into the punch and add the weight of your trunk and legs. If the blow lands, the fight will be over. If you miss, then recover quickly and dance away from your opponent.



2. PUNCH BEHIND THE EAR

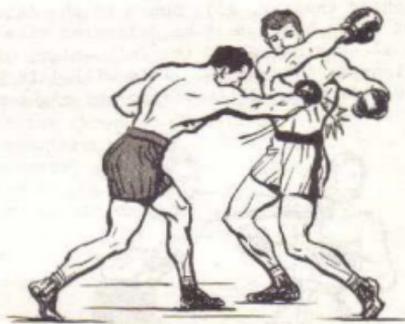
This is similar to the punch to the side of the chin and may be landed either behind the ear or just below it. It is delivered similarly to the blow described above except that the arm is hooked or looped at the ear. If the fighter turns his head to the side, then of course the delivery can be exactly the same as for the punch to the chin. The same is true if in dancing around you happen to get into a position slightly to his side.

Both of these lethal punches send a jarring impact to the brain which causes a temporary paralysis. The victim loses consciousness and falls to the ground, completely helpless.



### 3. THE PUNCH TO THE SOLAR PLEXUS

This blow is thrown in the same manner as the punch to the chin, but you must aim at a point just above your opponent's belt and near the middle of his stomach. This blow does not make a fighter lose consciousness. It will make him double up with violent cramp-like spasmodic contractions. Your victim will crumple forward, fall to his hands and knees, and after a few jerks, will flatten out. He will probably be aware of all that is going on but will be suffering such terrible pain he won't be able to do anything about it. Furthermore, his breathing apparatus will feel as if it was paralyzed and, even if he tried, he couldn't get up on his feet.



### 4. THE PUNCH OVER THE HEART

This too is a deadly blow. So much so in fact, that it has been known to kill outright. However, it must be delivered with speed and strength and with the weight of the body behind it. It should be delivered directly to the region of the left breast. You should be close to your victim, directly in front of him, and must put your shoulders and body behind the punch. Your fist must land squarely and with sledge-hammer force. The crushing blow will stop the regular heart action momentarily, thereby interrupting the flow of blood, and thus bring about a temporary paralysis. Your opponent will drop his arms and fall on his face. He may also lose consciousness.

A FEW SPECIAL POINTS TO REMEMBER



1. ALWAYS KEEP COOL:- Don't lose your head. No matter how angry you may be, you must control your temper. The moment you let your violent emotions rule you, you will begin making mistakes. The smart fighter tries to make his opponent lose his head and then steps in, and lays him out cold at the first hot-headed blunder.



2. DON'T STAND STILL: Keep moving around all the time to make a difficult target of yourself. If you are fighting a right-handed foe, then keep circling to his left. In this way, even if he throws a punch, you will be moving away from it, and he won't be able to get any force behind his blow. If he is left-handed, then of course you must circle to his right.



**3. WATCH YOUR OPPONENT'S HANDS:** In a fair fight your foe can only hit with his hands. Therefore, if you keep your eyes on his hands, you will see his punches start, and will be able to move out of his way, set up a guard, or even hit him first. If it is a rough-and-tumble fight then you must watch everything.



**4. KEEP IN PERFECT CONDITION:** If you are in first-class shape you already have decided advantages over anyone who is not in condition. Exercise regularly, get plenty of sunshine, fresh air, good food, and sleep. Follow correct health habits and adhere to good principles of living. Don't drink, or smoke, or dissipate your health and strength away. Stay "fighting fit" all the time, and you will be able to meet any emergency which might arise.