

About the Kid Gloves program

Kid Gloves is a skills class designed for teaching boys and girls basic movements and defence techniques of amateur boxing, but without exchanging blows.

Benefits of Kid Gloves

- Improve fitness and co-ordination
- Develop self-confidence
- Loads of fun in an active environment
- Learn at your own pace
- Enjoy safety drills and games
- Learn basic defence skills

What does Kid Gloves involve?

- Stretches and warm-up exercises
- Skipping, strength and conditioning techniques designed especially for kids
- Practising footwork – and learning how to move correctly.
- Learning to co-ordinate footwork and hand actions.
- Practising the basics with a coach – ‘on the move’ in the ring, using focus pads
- Practising handwork using punching bags.
- Specifically developed games to help speed up reflexes and improve co-ordination, including shoulder tag, foot tag and handball.
- Shadow boxing and mirror work.
- Fitness drills

Where can we do Kid Gloves?

The Kid Gloves program is running at several gyms affiliated with Boxing ACT:

- Tuggeranong PCYC, Erindale.
Special kids-only classes Tues & Thurs 4.30-6pm and Sat 2-3.30pm
- Winnunga Boxing Gym, Fyshwick.
Kids included in general classes with additional supervision

See the Clubs page on our website for contact details for these clubs and to enquire about class fees.

We have a colour leaflet outlining the Kid Gloves program which you can view online at our website. If you would like to have a supply of the printed leaflet, or would like further information, contact us.

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