

fun

Parents can get involved too!

- **Get fit with boxing training**
Parents can do a boxing training class that has similar exercises and drills but is suited to adults. Stay as fit as the kids.
- **Become a Coach**
By completing our accredited level one Boxing Coaching Course and supervised practical experience, you can help build skills and confidence in young people.
- **Become a Judge or Referee**
By completing our course and practical experience, you can help promote a fair and safe competitive environment.



Where can I do Kid Gloves?

The Kid Gloves program is being introduced at several gyms affiliated with Boxing ACT, including the Canberra Police and Citizens Youth Clubs.

To find a club near you and for further information please contact:

Phone: (02) 6101 9901
Email: kidgloves@boxingact.org.au
Website: www.boxingact.org.au



Kid Gloves is an initiative of Boxing ACT. Boxing ACT is the peak body for amateur boxing in the Australian Capital Territory. We acknowledge the support of the ACT Government.

We are a member of Boxing Australia, and are affiliated to the ACT Olympic Council and ACTSPORT.



Kid GLOVES



**COME & JOIN US
FOR FUN, CONFIDENCE
& FITNESS!**

Kid GLOVES

Kid Gloves is a skills class, designed for teaching boys and girls basic movements and defence techniques of amateur boxing, without physically connecting with another person.



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
- Make new friends



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

Where to after Kid Gloves?

After Kid Gloves, you can progress to more advanced activities:

- **Sparring**
This is a closely supervised exchange of punches with another person in the boxing ring – this takes static training into a dynamic situation.
- **Competition**
Competing against someone your own weight within a designated time frame – this is a chance for your boxing to be judged and points to be given for excellent technique.
- **Represent your state or country**
This is a chance to compete locally and potentially represent your state or country in national and international competitions, such as the Oceania Titles, World Titles and the Olympic Games!
- **Keep having fun**
Exercise and enjoy challenging yourself while having fun!

Confidence

