

## Boxing

The Objectives: - تعليمية - تربوية - تطويرية

### Subject vocabulary

- A historical overview of boxing / general physical preparation - special exercises
- Boxing components and requirements / teaching fist position - ready stance
- Membership and eligibility / boxer eligibility and medical aspects / registration system
- Ready pause review - teaching the steps
- Decisions / objections / mistakes / left straight punch from stability and from movement
- Blows below the belt / warnings, warnings, disqualification / capo
- Defensive methods - deletion - blocking - tilting
- Referees and judges/management of referees and judges/timekeeper and bell operator
- Official broadcaster/coaches and assistants
- Defensive methods for the left rectus - stability - movement
- The ring/ring equipment/dental guard/bladder guard
- The right punch is based on stability and movement, associating it with the movement of the legs
- Psychological preparation in long-term boxing
- Short-term / onset fever / apathy / state of readiness
- Defensive methods include deletion, blocking, pushing, leaning, and jumping with the right punch to the right
- Theoretical exam

- **Classification of boxers, boxing eligibility / medical examination, weigh-in process / substitution of players in the general weigh-in process / duties of the judge / methods of awarding points**
  - **The official draw / time and number of rounds / objections / referee duties / fight management**
  - **Practical exam**
  - **International Boxing Federation approved open amateur competitions. /Competition hall and administrators' requirements. Playing area. /Score scoring application and bout management**
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- **Practical and theoretical exam**
  - **The General Supervisor and Deputy General Supervisors/left snatch of stability and movement**
  - **International technical administrators and performance evaluator, judges and referees / medical committee / competition director / left snatch of the movement**
  - **Rules for referees and judges / Management of International Amateur Boxing Federation referees and judges / Left snatch defenses**
  - **Gloves/head protectors/hand bandage. Competition clothing and protectors**
  - **Right snatch of movement**
  - **Tactical methods of play: against a short player / against a tall player / against a left-handed player / against a fast player / against a dancing player / against a fighting player**
  - **Left snatch defenses**
  - **Apply to play on devices/case/wall pads/hand shields**
  - **Theoretical exam**
  - **Application for managing the playing area, seating area, and competition management**
  - **Practical exam (play with arbitration)**

- **Guide to the global classification/planting system in the lottery procedures.**
- **Terms of weight categories and weight range / non-pregnancy permit**
- **Take off the right from stability**
- **Dual and triple applications (application and defense)**
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- **Practical exam**
- **Tournament management applications / weight, lottery, and distribution of referees and judges**
- **final exam**