

Boost Your Mind and Body with Boxing



Boxing isn't just about physical fitness; it's a powerful tool for mental well-being. Here's why boxing can be your new go-to for boosting mental health:

- Empowerment through movement
- Stress relief
- Community connection



Meet Your Instructor: Angie van Zyl

Angie has been teaching boxing-inspired classes for Virgin Active for nearly 20 years. What first started as a self-defence class with work colleagues, progressed into karate, boxing, muay thai classes and an international qualification from LesMills.

Contact Information:

Instagram: @box_with_angie

Location: Foreshore Virgin Active

Remember, everybody had to start somewhere. Every workout can be modified to all fitness levels so that everyone is included.



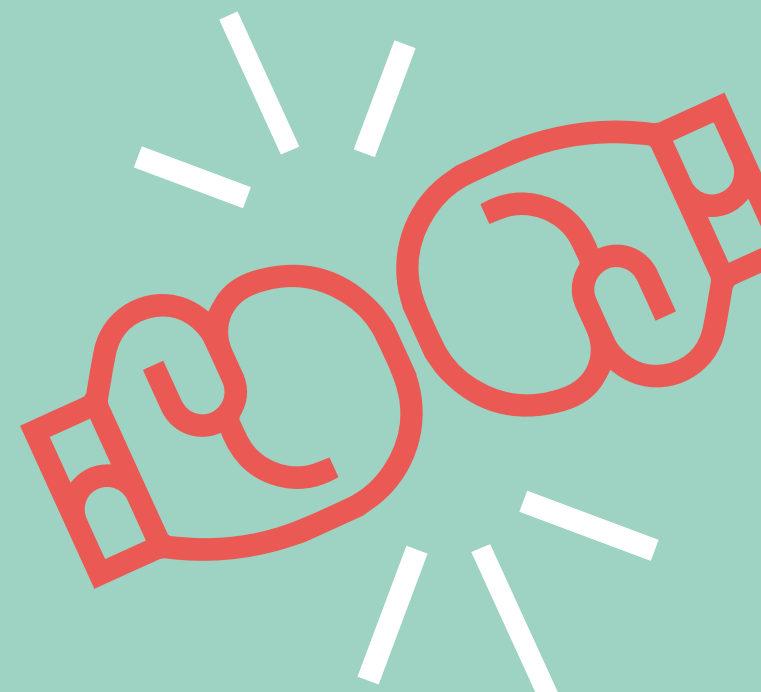
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THE ART OF
UNWINDING

THE ART OF
Boxing

WORKSHOP INSTRUCTOR:
Angie van Zyl



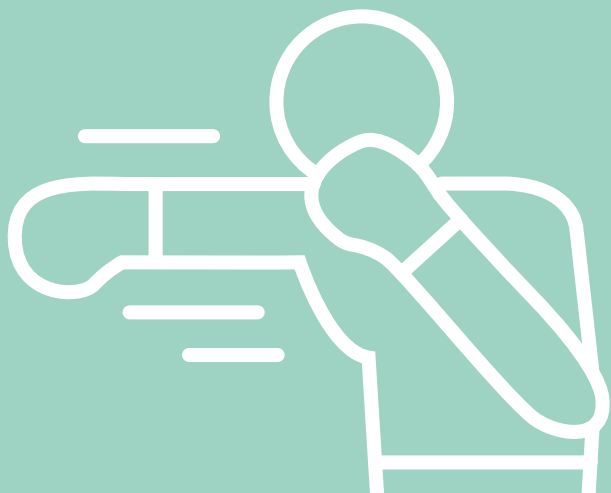
Welcome to Boxing 101 Guidebook

What is Boxing?

Boxing is a fun, full-body sport that builds strength, coordination, and confidence. It's not only just about punching, it's a blend of physical skill and mental focus that gets you moving while you exercise without even realising it!

Why Start Boxing?

Looking for a powerful way to unwind? Boxing is a great 60-minute escape from daily stress, it helps you focus, release endorphins, and connect with a supportive community of fellow boxers.



"Float like a butterfly, sting like a bee."
— Muhammad Ali



Why You Should Try Boxing

Prepare for a high-energy experience! In this workshop, you will learn the basics of boxing, from punching techniques to foot positioning, as well as effective kicks and defensive moves like knee blocks. By the end, you'll have experienced the benefits of this powerful sport for both body and mind.

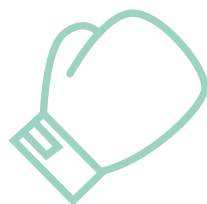
DID YOU KNOW?

Regular physical activity, including boxing, can lower your blood pressure, your cholesterol and your risk of heart disease.

Essential Gear for Beginners

To start your boxing journey, you'll need a few essentials:

- Boxing Gloves
- Hand Wraps
- Boxing Shoes
- Jump Rope
- Water Bottle



BEGINNER TIP: You can find affordable gear at your local sports store.

Let's Get Started

Now that you've grasped the basics, it's time to put them into action! In these exercises, you'll build your boxing skills. Grab your gear, and let's jump in!
Grab your tools, and let's dive in!

Now that you have the basics, let's put them into practice with some simple exercises.



1. Footwork Basics: Boxing Stance

Exercise: Stand with your feet shoulder-width apart. Practice shifting your weight from one foot to the other and moving forward, backward, and side-to-side. This builds balance and helps you feel steady in your boxing stance.

2. Shadowboxing: Practice Your Moves

Exercise: Stand in front of a mirror or in an open space and practice basic punches, jab, cross, hook, and uppercut, paired with your footwork. Visualise an opponent and focus on smooth, controlled movements. Shadowboxing helps you build technique without the need for an opponent.



3. Power Punching: Heavy Bag Drill

Exercise: If you have access to a heavy bag, practice your punches with power and follow-through. Focus on combinations to improve striking power and technique.

