



## Building Champions:

A Manual for Boxing Coaches and Their Boxing  
Students Where Character Counts

By

Stephen Elliott, Johnny Callas, and Jill Diamond,

Dr. Stephen Elliott, Coach Johnny Callas and WBCares Chair, Jill Diamond, have joined together to assist boxing coaches and their boxing students explore how the fundamentals of boxing can guide a person on their journey to a successful life outside the ring. This manual is not intended to guarantee a world championship, rather the manual is our gift to those in training who choose to live in the world like champions.

## Can you guess who?

Two Boxing World Champions who became Rabbis?

(Yuri Foreman and Dmitriy Salita)

A boxer who became a priest?

(Father Max Puseddu)

A boxer who became a Congressman?

(John Warner)

A boxer who ran for President?

(John McCain)

A boxer who became a comedian?

(Bob Hope)

A boxer who became a star Ballet Dancer?

(Edward Vallela)

A boxer who grills your burgers?

(George Foreman)

A boxer who owns a hospital?

(Oscar DeLaHoya)

A boxer who hosts a cartoon show?

(Mike Tyson)

The challenge for boxers and boxing coaches is facilitating the athlete to become the best boxer and the best human being they can be. These are heads and tails of the same coin. Success is winning on both counts. This manual is designed to help the boxer and the coach to move beyond good intentions. We are interested in reality. Becoming a great boxer and solid, decent person with character, both lanes of the highway, both sides of the coin, emerge from hard work and dedication. The task-at-hand involves tending to the multi-faceted garden of potential growth into actualized athletic and human maturity. **Building Champions** invites us to join together in becoming people of destiny, people who decide to actualize the gifts and talents within our reach. Becoming as great as we can be as an athlete, and becoming the best human being we can be, is how we make the sport really work for us. It's all about turning our lives into a blessing for our families, our friends, our communities, our nation, and our world.

Coaches, you are in an amazingly important role for these young athletes who are in your care. You are their hero, their role model. You are an attachment figure. Like it or not, you will impact and influence each of the young persons on your team. You can help them develop more secure attachments, better relationships. Because of you, they can become better fathers and better husbands. They can become stable members of the community who care for others while taking good care of their own families and themselves. You must be dependable. You can build them up or tear them down. Carelessness on your part can unwittingly lead them astray. Thank goodness for the positive pathway. Let's join together in the spirit of caring with the assistance of this manual, **Building Champions**, to help these valuable young people in our care. Let's work hard to help them become all they can be. Let's help them shine brightly and be the best they can be! Let's build true Champions!

## **Lesson 1:**

Self-Assessment of "Boxing Skills" and "Qualities as a Person" (Assessing the reality at present and then how you want to become)

### **Instructions for Boxer:**

Regarding the Present: Place a "N" over the rating that best represents your boxing skills now on the boxing skills self-assessment. The "N" stands for "Now", your view of how you believe you stand at present. It's not how you want to be, but how you think you are now, realistically.

Regarding your Goals for the Future: Place a "G" over the rating that best represents your boxing skills as you want them to be after a solid amount of training, after you become more experienced. The "G" stands for your "Goal", taken together they will be the goals you want to set for your future as you train as a boxer and as a person.

### **Boxing Skills Self-Assessment**

Stance (waist down): Are your feet pointed forward with your lead foot at 12 O'clock and your back foot at 4 O'clock with your knees slightly bent and are you on the ball of your back foot?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent

Form (waist up): Is your stomach back, lead shoulder pulled around so your upper body is sideways, your chin down and are your elbows resting on your rib cage, with your forearms vertical and one hand in front of the other?

Poor Fair Average Above Average Good Very Good Excellent

Movement (upper body): Are you in a constant side-to-side rhythm in which your head is moving left to right? Can you slip left, right and center while moving forward?

Poor Fair Average Above Average Good Very Good Excellent

Foot work: Can you move forward, backwards, left, right, and laterally while never crossing your feet, while maintaining your feet at a distance no greater than shoulder length apart, and can you pivot in a circle with the ball of your front foot planted?

Poor Fair Average Above Average Good Very Good Excellent

Defense: Can you Parry with your back and front hands as well as shell up with both of your hands wrapped firmly around your face with your elbows and forearms firmly braced against your torso, as well as individually protecting each side of your face to block hooks?

Poor Fair Average Above Average Good Very Good Excellent

Offense (Jab): Do you rotate your fist from the start, fully extending your arm, turning your torso while stepping forward through your opponent, landing with all four knuckles and then returning your fist to exactly where it started in front of your face and back hand?

Poor Fair Average Above Average Good Very Good Excellent

Power hand: Are you twisting off the ball of your back foot, turning your back hip, rotating your torso launching your back hand off the side of your face while fully rotating your fist utilizing every inch of your arm and landing with all four knuckles, and then returning your fist to its original position on the side of your face?

Poor Fair Average Above Average Good Very Good Excellent

Hook: Are you close to your target, generating your power from the ball of either foot, rotating your hip and turning your torso while keeping your elbow as close to your body as possible while delivering a short, close punch while rotating your fist so that all four of your knuckles land vertically across your opponents chin?

Poor Fair Average Above Average Good Very Good Excellent

Uppercut: Are you dipping underneath your opponents chin, generating your power from the ball of your foot, rotating your hip and torso, launching your elbow straight from the front of your rib cage, twisting your fist so that all four of your knuckles land horizontally under the jaw?

Poor Fair Average Above Average Good Very Good Excellent

Overhand Power Punch: As a jab comes at you are you able to deliver your back power hand over the top of your opponents jab in the same fashion that you throw your power hand, and only at the half way point do you over rotate your fist and slightly pick up your elbow so that your fist comes down over your opponents lead shoulder, striking their chin with all four knuckles as it comes across the chin perpendicularly?

Poor Fair Average Above Average Good Very Good Excellent

Combinations: Can you throw a One/Two, leading with your jab hand in same fashion that your jab is followed in quick succession by your back power hand rotating both fists fully, extending both arms and landing with both sets of knuckles horizontally on the point of the chin, then returning both hands to their original position?

Poor Fair Average Above Average Good Very Good Excellent

Combinations: Can you throw a One/Two/Hook also known as a 1-2-3 by adding a short lead hook following the above described One/Two, twisting the fist when landing it on the jaw or point of the chin with all four knuckles vertically?

Poor Fair Average Above Average Good Very Good Excellent

Combinations: Can you throw a One/Two/Uppercut by leading with the One/Two followed by dipping your head underneath your opponents chin and delivering a short compact uppercut by twisting your fist as you rotate up landing with all four knuckles horizontally on the bottom of the opponent's jaw.

Poor Fair Average Above Average Good Very Good Excellent

Counter-punching: Can you counter an opponent's straight punches, be it a left or right, with a short punch that horizontally crosses under or over the opponent's punch landing with all four knuckles horizontally across the side of the opponent's jaw or chin?

Poor Fair Average above Average Good Very Good Excellent

Counter-punching: Can you Jab, throw a One/Two or a One/Two/Three (Hook or Uppercut) off of a Parry or any combination off of a Parry?

Poor Fair Average above Average Good Very Good Excellent

Counter-punching: Can you throw a lead hook off of your opponents jab over the top of your opponents back hand, striking the side of the opponent's face?

Poor Fair Average Above Average Good Very Good Excellent

Counter-punching: Can you slip your head outside to the right of your opponents lead hand, beating them to the punch with your lead hand square on their face? Can you slip your head outside to the left of their power punch landing your punch flush on their face?

Poor Fair Average Above Average Good Very Good Excellent

Counter-punching: Can you slip a hook or straight punch by imploding straight down by bending your knees which in turn lowers your head straight down and then pop back up, stepping forward, planting your feet, and throwing a punch (or punches) to your opponents face?

Poor Fair Average Above Average Good Very Good Excellent

Counter-punching: Can you dip to the inside of your opponent's straight punch placing yourself under their chin and striking them with a short lead or power uppercut, twisting your fist and landing all four knuckles horizontally under the chin or jaw?

Poor Fair Average Above Average Good Very Good Excellent

Strategy: "Effective Aggressor" can you consistently back your opponent up by moving your head, cutting off the ring, cutting angles, jabbing, slipping to the inside and landing multiple effective blows to the face and body of the opponent to dominate the bout?

Poor Fair Average Above Average Good Very Good Excellent

Strategy: "Ring Generalship" can you for the majority of a bout draw your opponent towards you either by standing your ground or moving laterally, making them miss and making them pay by beating them to the punch with clear scoring blows and controlling the bout?

Poor Fair Average Above Average Good Very Good Excellent

Conditioning: When Sparring two to three times a week, are you able to perform for four, three minute rounds, going all out where your heart rate reaches up to 180 beats per minute, and returning to a standing heartrate of 60 beats per minute by the end of each one minute rest? An Olympic bout is three, three minute rounds. However, an amateur champion will have the intestinal fortitude to always do a fourth round.

Poor Fair Average Above Average Good Very Good Excellent

Conditioning: Are you able to put in a fifteen round (three minutes of work, one minute of rest, never missing a round, never stopping, and rallying for the last thirty seconds of each round); then, can you work out, starting with a 15 minute warm up, and ending with 15 minutes of strength work and cooling down, five nights a week, entering and leaving the gym enthusiastically each time.

Poor Fair Average above Average Good Very Good Excellent

Conditioning: Can you divide your daily work out into thirds, building your cardio and aerobic in the first five rounds, doing the most anaerobic segment of your work out in the second five rounds and then tapering off and cooling down for the last five rounds? For example, can you complete five rounds of: Shadow Boxing & Jumping Rope, five rounds of: Sparring, Heavy Bag and/or Mitt work, and finish with five rounds of: Double End Bag, Skipping Rope and or Speed Bag?

Poor Fair Average Above Average Good Very Good Excellent

Conditioning: "Interval Aerobic Training," can you run non-stop, varying your speed utilizing: sprinting, lateral movement, shadow boxing, jabbing forward etc... for four three minute rounds with a one minute rest in between with a prior 15 min warm up, and post 15 min of strength work out and cool down, adhering to the same heart rate bench marks used for sparring. Working heart rate up to 180 beats per minute during a three minute round and a standing or resting heart rate of sixty beats per minute during the one minute rest. You can always go an extra round as this builds intestinal fortitude!

Poor Fair Average Above Average Good Very Good Excellent

Conditioning: Can you run three to four miles after a 15 min warm up and concluding with 15 minutes of strength work and cool down. Are you able to run three miles, shadowboxing and maintaining your form the whole way and then do one extra mile to build intestinal fortitude? (Note: An amateur boxer never needs to, nor should they, run more than four miles max).

Poor Fair Average above Average Good Very Good Excellent

Handles Defeat & Winning in a Dignified Way: At the sound of the bell concluding round three, do you immediately proceed to your opponent's corner to congratulate him and his coaches on a good bout and return to you own corner with a positive attitude and looking like you could go another round?

Poor Fair Average Above Average Good Very Good Excellent

Good Sportsmanship: Respectful and well-mannered to all in the gym while training. Respectful in the ring before, during, and after a match. Respectful and well-mannered outside the gym to all others.

Poor Fair Average Above Average Good Very Good Excellent

**Qualities as a Person Self-Assessment** [Note: We know that no one is perfect on these qualities so just be realistic and set yourself up for growth]

Place an "N" over the rating on the qualities as a person that best reflect your qualities now. The "N" stands for "Now", your view of how you believe you stand at present. It's not how you want to be, but how you think you are now, realistically. Place a "G" over the rating on the qualities as a person self-assessment that best reflect the qualities you want to achieve over time as you mature and train. The "G" stands for your "Goal", taken together they will be the goals you want to set for your future as you train as a boxer and as a person.

Consistent: Do you show consistency in your behavior, your work, your training, your chores, your studies (if applicable) and how you treat people?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent

Wise Decision-Making: Do you make decisions in your life based on wisdom, how much the decision will help you reach your goals, if the decision will possibly have undesirable consequences for you or others, and are your decisions made based on a genuine assessment of what you know is right and ethical?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent

Self-Confidence : Do you consistently take a "Can Do" attitude about life's challenges and train or prepare at a level appropriate to the task while talking to yourself (silently) in positive and encouraging ways?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent

Dependable: Can your family members, friends, coaches, and teachers depend on you to follow through with what you say you will do. Do you make your best effort to be on time using alarm reminders, or whatever it takes, to be reliable about keeping your word?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent

Loyal: Do you feel and operate from a loyal mindset when it comes to dealing with family, close friends, coaches, and others who are investing their time and energies into making you better?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent

Good Role Model: Are you a good role model for others to follow? If everyone acted like you, what kind of world would it be? Do you make it a point to mentor a younger or new boxer and or point things out to them that would be helpful, both in and out of the Ring?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent



Follow the Rules: Do you play by the rules and have respect for the rules, believing that rules are there for a good reason such as safety or some other protective or benevolent reason. The rules are not there to be broken, but to be followed.

Poor Fair Average Above Average Good Very Good Excellent

Handle Disappointments with Maturity: You realize that life has its moments of challenge and disappointment. Do you handle this as a test that you desire to pass in terms of dealing with the disappointment in a mature way. It doesn't mean you like it.

Poor Fair Average Above Average Good Very Good Excellent

Focused and Pay Attention: You are able to pay attention to coaches, teachers, or parents instructions and follow them without being distracted by competing stimuli such as a noise or someone talking down the way, or other stimuli that are not even a part of the situation at hand.

Poor Fair Average Above Average Good Very Good Excellent

Help Others in Need: When a friend, teammate, or even a person you are not close to is injured, stranded, hungry, or hurting, do you tend to reach out to help in some way. Do you have compassion for those who are less well off than you are?

Poor Fair Average Above Average Good Very Good Excellent

Respectful of Others: Do you do your best to treat other students, peers, co-workers, athletes, and people in general with "The Golden Rule" (Treating others the way you would like to be treated)?

Poor Fair Average Above Average Good Very Good Excellent

Respectful of Elders: Do you treat your parents, grandparents, teachers, coaches, older persons, and adults from all cultural backgrounds with respect and good manners to the best of your ability?

Poor Fair Average Above Average Good Very Good Excellent

Respectful of Opposite Gender: Do you treat members of the opposite gender with respect and good manners, protecting them if the need arises, and only tolerating positive language that is respectful in their presence. Are you equally respectful if a courtship or dating relationship breaks up (something that happens to just about everyone)?

Poor Fair Average Above Average Good Very Good Excellent

Select Friends Who are a Positive Influence: Do you select as friends those whom you admire and look to as positive role model, and who would have a good influence on you? Do you avoid making friends with people who are likely to be a negative influence on you?

Poor Fair Average Above Average Good Very Good Excellent

Not Self-Absorbed: You are balanced between your concerns for your goals, your health, your well-being, your problems, your personal issues and challenges and those faced by others around you within your social network. In other words, you accept that it's not all about you. You count, but so do those around you, and in some important ways "everybody counts equally".

Poor Fair Average Above Average Good Very Good Excellent

Not Rebellious: You don't have a chip on your shoulder or come across as a person who is rebellious against authority, the laws, the principal, the boss, the police, teachers, leaders, or the rules. You accept the need for structure and hierarchy in various social systems. You understand that anarchy produces chaos which is bad for society.

Poor Fair Average Above Average Good Very Good Excellent

Able to Channel Anger in Healthy Directions: Are you able to see anger as an inevitable part of life that happens sometimes, and see it as a source of energy to be channeled for a worthy cause or towards a constructive goal.

Poor Fair Average Above Average Good Very Good Excellent

Able to Settle or Calm Worrying Down Fairly Quickly: Are you able to talk to yourself (silently) with an inner conversation that is soothing, encouraging and allows you to settle yourself down, regulating your emotions effectively. You are able to calm yourself down rather quickly.

Poor Fair Average Above Average Good Very Good Excellent

Able to Settle or Counter Sadness (When It Hits You) Fairly Quickly: Are you able to counter sad, helpless, hopeless, or hurt feelings with inner conversation that allows you to decide to handle it maturely, deal with it constructively, and not give in to the demands of depression. Are you able to fight off the demands of depression and handle things in the opposite way.

Poor Fair Average Above Average Good Very Good Excellent

Coach: [Note: We will use the name “Jimmy” in the examples below, but you can use your boxer’s first name to get the conversations going]

Example 1: “Jimmy, let me see your self-assessment from the manual. Let’s go over your answers to Lesson 1. We are going to be going over all these lessons over the next few months as part of your training. I care about you as a boxer and as a person”.

Your Lesson 1 assignment is to go over all of the Boxer's answers, sharing your experiences. You can encourage the boxer in their journey towards becoming the best boxer and the best person they can become. Begin developing a game plan for improving as a boxer, and an equally important game plan for improving as a person. Do we all agree that “a person of character is a decent person who strives to treat people right (including their own self) and engages in continuous self-improvement”. A person of character treats self and others with respect. A decent person is respectful to parents, the elderly, members of the opposite gender, and to children. Kindness and good judgment are part of the good person's mode of operation. Self-absorption (something most people experience during adolescence) is gradually replaced with a balance between self-development, an adequate degree of self-love, and caring about (and having compassion for) others. When these qualities are desired, adopted and integrated into the positive habits of the person, consistently expressed through real actions, we then have a rock solid and decent human being.

Example 2: “Jimmy, let’s talk about what makes a decent person decent, a good person good, and a great person great? What would you say are the main ingredients that go into making a person’s character outstanding?” You can also use “signs of”, or “indicators of” if you don’t like the phrase, “ingredients that go into making”. The goal is to list the qualities that make a good person good.

Do the boxer and coach agree on what the signs and indicators are of a person of character? (Circle One) Yes No

Continue discussing this until coach and boxer find an agreement on what makes a decent person decent and a great person great. This might take several days or even several weeks.

Initial the box to the right when you have completed this task: [       ]

Date Lesson 1 was completed: \_\_\_\_\_/\_\_\_\_\_/ 20\_\_\_\_\_

Lesson 2:

Boxer:

What kind of person do you want to become even after your boxing career is over? List the top ten qualities you wish to have as an adult. What qualities do you want for your character as an adult? For each one, add the first or last name or role of each person who influenced you to want to possess the given quality. For example, if you select "Honest" as a quality you value for yourself, then say who influenced you to want to be an honest person, such as "my teacher" or "my brother", "Mr. Johnson, my football coach", or my aunt Susan. Then, answer this question: How do you plan on achieving these qualities? Who do you need to assist you in making this a reality?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Write several sentences about how you will increase your chances of making real progress towards these goals:

---

---

---

---

---

Coach: A huge percentage of moving towards being a rock solid, decent person is “wanting to”. The boxer’s motivation is everything. If they want to be a good person, they are likely to do so with the help of their role models and attachment figures.

Example 1: “Jimmy, what are 10 qualities do you want to have (for yourself) when you are a grown person?”

Your Lesson 2 assignment is to go over the Boxer's answers, sharing your expertise and experiences as you encourage the boxer in their journey towards becoming the kind of adult they want to become. Focus on how to help them actualize the specific qualities they named as qualities they want for themselves.

Example 2: “Jimmy, let’s talk about how to make these excellent qualities into positive habits in your life. It’s crucial to work hard to build good life in habits, just like building good habits in boxing”.

Initial the box to the right when you have completed this task: [       ]

Date Lesson 2 was completed: \_\_\_\_/\_\_\_\_/ 20\_\_\_\_

### Lesson 3

How we treat members of the opposite gender reflect the kind of person we are. Name 5 ways you want to treat members of the opposite gender:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are the main 2 reasons for wanting this?

1. \_\_\_\_\_

2. \_\_\_\_\_

Name 3 benefits to you of being successful at this way of relating to the opposite gender?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Coach: How we treat members of the opposite gender shows clearly whether respect is our guiding belief for relationships. Good manners are foundational like a solid foundation is important for building a house. Politeness and kindness are two huge issues that are cornerstones for relationships.

Example 1: “Jimmy, let’s talk about treating members of the opposite sex with respect. What comes to your mind about how to treat women?”(how to treat men for a female boxer)

Your Lesson 3 assignment is to go over the Boxer's answers, sharing your expertise and experiences as you encourage the boxer in their journey towards treating members of the opposite gender with respect and sensitivity. Good manners and kindness are probably the key ideas in this department along with safety and protection. The key to these relationships is to provide comfort, safety and secure attachment since life has its share of challenging moments and experiences. Being there as a safe, reliable, dependable, close adult will help those who look up to us to weather the storms of life.

Example 2: “Jimmy, I can tell you beyond a shadow of a doubt, there are benefits to you by your choice of treating women with manners and respect. Let’s talk about this. What do you think is in it for you by treating women with good manners, protecting them, and showing them respect?”

Initial the box to the right when you have completed this task: [       ]

Date Lesson 3 was completed: \_\_\_\_/\_\_\_\_/ 20\_\_\_\_

Lesson 4

Do you have a desire to help others who are less fortunate than you are? (Circle one) Yes No

If yes, what are 3 specific ideas you have for getting started with some community outreach with your coach?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who can help you accomplish these goals?

\_\_\_\_\_

What can you and your coach do on a monthly basis that would help you both solidify a positive habit of reaching out to help others?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Coach: Reaching out to others who are hurting or going through a tough time builds our social interest. It is crucial in becoming a well-rounded person to go beyond our own self.

Example 1: “Jimmy, let’s put our minds together and figure out a way to reach out to others in the community, or in the world somewhere, who are hurting and need help. I have a couple of ideas. Do you have any thoughts on this? We can do this outreach together or as a team. I would suggest once a month to start with”.

Your Lesson 4 assignment is to go over the Boxer's answers, sharing your expertise and experiences as you make specific plans to join with the boxer for actual engagement in a specific community service at least once per month (once per week or every other week if you prefer). This should continue at least for as long as the boxer is in training with the coach.

Initial the box to the right when you have completed this task: [       ]

Date Lesson 4 was completed: \_\_\_\_/\_\_\_\_/ 20\_\_\_\_

Lesson 5

What are your beliefs, intentions and decisions on the use of Performance Enhancing Drugs (PED's) during the course of your athletic career as a boxer?

Beliefs: \_\_\_\_\_  
\_\_\_\_\_

Intentions: \_\_\_\_\_  
\_\_\_\_\_

Decisions: \_\_\_\_\_  
\_\_\_\_\_

Who will you be accountable to regarding these decisions? \_\_\_\_\_  
\_\_\_\_\_

Coach: The goal of this lesson is to connect Performance Enhancing Drugs to the moral equivalent to cheating. In addition, these are detrimental to one's health. As coaches we are trying to produce healthy young people who are becoming better athletes and better people. We do not support cheating in the sport we love.

Example 1: "Jimmy, let's talk about PED's (Performance Enhancing Drugs) and illegal supplements. Do you agree with me that these are a form of cheating? In my gym, we don't cheat. I do not cheat people, and I do not respect people who do cheat. They are trying to gain an unfair advantage. These drugs are unhealthy as well. I would be putting winning above your health and well-being if I promoted PEDs. It runs against my values. Period. Are we on the same page about this?"

Your Lesson 5 assignment is to go over the Boxer's answers, sharing your expertise and experiences as you help the boxer clarify about PED's and how this form of breaking the rules (cheating) is unethical, un-safe, and something totally off limits to the athlete who has integrity.

Initial the box to the right when you have completed this task: [      ]

Date Lesson 5 was completed: \_\_\_\_/\_\_\_\_/ 20\_\_\_\_



## Lesson 6

What are your beliefs, intentions and decisions on the use of illegal drugs, recreational drugs, as well as the misuse or abuse of alcohol & tobacco?

Beliefs: \_\_\_\_\_

\_\_\_\_\_

Intentions: \_\_\_\_\_

\_\_\_\_\_

Decisions: \_\_\_\_\_

\_\_\_\_\_

Who will you be accountable to regarding these decisions? \_\_\_\_\_

Coach: Bad habits are commonly seen in modern day culture. These need to be discussed with the boxer who lives in this culture. The boxer's values are being formed and good habits are competing with the potential bad habits. As coach, you want to model good habits and promote the boxer establishing good habits.

Example 1: "Some athlete's try to condition, smoke cigarettes, eat a bunch of junk food, drink alcohol and do drugs. Jimmy, what are your thoughts about trying to mix training with these various bad habits?"

Your Lesson 6 assignment is to go over the Boxer's answers, sharing your expertise and experiences as you help the boxer clarify about the use of illegal recreational drugs and alcohol misuse or abuse and how this lifestyle is totally off limits to the athlete who wants to do well and to the person who has integrity.

Initial the box to the right when you have completed this task: [       ]

Date Lesson 6 was completed: \_\_\_\_/\_\_\_\_/ 20\_\_\_\_

## Lesson 7

Winning and losing athletic competition is an integral part of all sports and makes up a large percentage of the agony and ecstasy of sports. How a person handles winning and losing will send a strong message to fans and people in general about your character. How do you want to handle yourself in victory?

---

---

---

How do you want to handle yourself in defeat (defeat is a part of all sports and happens to all athletes)?

---

---

Would you say that both of these responses, the one to victory and the one to a loss, are dignified and classy? (Circle one) Yes No

Coach: How we handle winning and losing shows a lot about the character of the athlete. Teaching them to win with class and humility is a great lesson for the young athlete. Similarly, how a person acts when they lose shows a lot about character as well. Losing with good sportsmanship, and turning the experience into an experience to learn from, and improve from, will be fantastic for the young boxer.

Example 1: “Jimmy, when a boxer loses a fight, and let’s say you are watching on TV, what do you like to see from that boxer after the match that will make you think well of him/her? What makes you think he is a good sport? What will he do when he returns to the gym? What about when he wins a fight? What is a classy way to handle it?

Your Lesson 7 assignment is to go over the Boxer's answers, sharing your expertise and experiences as you help the boxer clarify their thoughts and intentions about how to handle victories and defeats. The goal is to establish how good sportsmanship and a proper perspective on wins and losses shows others a lot about one's personality and character development.

Initial the box to the right when you have completed this task: [      ]

Date Lesson 7 was completed: \_\_\_\_/\_\_\_\_/ 20\_\_\_\_

## Lesson 8

Our key relationships are the relationships we have with those people who mean the most to us. These are usually family members, friends, and those who invest their time and effort to help us. Who are your key family relationships, who in the family are you close to:

---

---

Who are your key friendship relationships, those friends who you are closest to:

---

---

Who are your key teachers, coaches, adults who are not relatives, who you have significant relationships with, who you feel close to:

---

---

What are the keys to making these relationships work well, to insure that they have a positive influence on you, and vice versa, and for them to last over time?

---

---

---

---

Now, let's consider the other side of the coin. It is unrealistic to think that you will only interact with purely positive people. So, let's be aware of people in your life that may have a negative effect on you. What is the effect? How can you develop boundaries to minimize and or eliminate that effect? Can you name these people, identify the negative effect on you of those on this list, and figure out how you are going to neutralize that effect?

---

---

---

---

---

---

---

---

Coach: The young person's support system is a vital aspect of maturing into a great person. Assessing these as well as the people who may have a negative effect on the boxer is also a worthwhile area for exploration and discussion.

Example 1: "Jimmy, let's talk today about who the most important people that are in your life, the key people who help you in becoming a mature young adult. Let's talk about family, friends, and the key people who have an influence in your life. Let's talk about the positive influences and the negative influences. Some people sacrifice to help you advance in your development. Some people encourage and lift you up, and some people may be tearing you down. Some may be leading you in the wrong direction. Some may be trying to introduce you to some bad habits. Let's talk about the details".

Your Lesson 8 assignment is to go over the Boxer's answers, sharing your expertise and experiences, as you help the boxer sort through their significant interpersonal relationships with family, friends and others. Help the boxer see how relationships are like a garden, the relationship has to be nurtured and attended to with care. The relationships are to be grown through giving to them what helps them to grow and develop. Yelling, criticizing, insults, bad habits, and/or aggression are the equivalent to poisoning or mowing down the garden. These never facilitate growth.

Initial the box to the right when you have completed this task: [       ]

Date Lesson 8 was completed: \_\_\_\_/\_\_\_\_/ 20\_\_\_\_

## Lesson 9

Name five ideas for having great relationships with adults, peers, colleagues, teammates, parents, grandparents, aunts, uncles, teachers, coaches, neighbors, and others in your social world?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Of these five, which two do you need to work on the most?

1. \_\_\_\_\_

2. \_\_\_\_\_

Coach: To maintain healthy relationships, it takes effort. A person should be proactive and take initiative for making their relationships good. Go first, go second, and go third. Keep giving and investing in your relationships. The care you put out there will come back to you. It may not be coming this week or this month, but it will most likely return within 6 - 8 months at the latest. Give and do not give up. Do not whine that nothing is coming back to you. Just keep doing what's right, what enriches the other person. Care for them, love them, give just about endlessly to them. You are investing in them. Be patient. Do not be a baby and cry when you are not paid back within a few days or a few weeks.

Example 1: "Jimmy, let's develop a game plan for how you go about nurturing your grandmother, and how you bring out the best in her". (Substitute other family, friends, and key people) Develop a game plan for each key relationship. Promote giving unselfishly with patience and kindness.

Your Lesson 9 assignment is to go over the Boxer's answers, sharing your expertise and experiences as you help the boxer gain more skills and insights into growing good relationships all around them. Respecting everyone and being an encouraging person in general is behind the idea of being successful with nearly all relationships. This is where Champions rise up!

Initial the box to the right when you have completed this task: [       ]

Date Lesson 9 was completed: \_\_\_\_/\_\_\_\_/ 20\_\_\_\_

## Lesson 10

Everyone worries about some areas of life at times. Write a few sentences about the things you worry about at times:

---

---

---

---

What tends to help you worry less?

---

---

What makes you worry more?

---

---

Talk to your family members about how they deal with the worries in their lives.

Initial the box to the right when you have completed this task: [       ]

Coach: Everyone, or nearly everyone, worries or feels anxious at times. This is a normal emotion as long as it doesn't dominate one's life or drastically interfere with school, work, or key relationships. It's helpful to talk about how to manage our worries so they stay in check. We can share ways that are used to keep our worries at bay. Think of how you manage your own worries.

Example 1: "Jimmy, I want us to talk about how we deal with everyday worries that we all have at various times. Some people worry about the opposite sex, some worry about having enough money, or having our health, being liked, passing our school with good enough grades. Some people worry about whatever follows the 'what if'....What if the plane crashes? What if the building falls down? What if I lose my boxing match? What if my girlfriend drops me? What would you say is the main thing or two that you tend to worry about?"

Your Lesson 10 assignment is to go over the Boxer's answers, sharing your expertise and experiences as you help the boxer clarify some concrete strategies for managing their emotions and reducing their worries.

Initial the box to the right when you have completed this task: [      ]

Date Lesson 10 was completed: \_\_\_\_/\_\_\_\_/ 20\_\_\_\_

## Lesson 11

Everyone feels sadness or "down" at times. Write a few sentences about the things that tend to get you feeling sad or "down" at times.

---

---

---

---

What tends to help you counter your sadness or helplessness?

---

---

What makes you feel more sad or helpless?

---

---

Coach: Everyone, or nearly everyone, feels sad, blue, helpless, or down at times. This is a normal emotion as long as it doesn't dominate one's life or drastically interfere with school, work, or key relationships. It's helpful to talk about how to manage our sadness and our helplessness so they stay in check. We can share ways that are used to keep our sadness from dominating us. Think of how you manage your own feelings of sadness, helplessness, or when you have the blues.

Example 1: "Jimmy, I want us to talk about how we deal with everyday sadness, feeling down, or feelings of helplessness, feelings we all have at various times. Some people feel depressed if a relationship goes bad, they lose a job, or a girlfriend breaks up with them. Some people feel sad if

they lose a boxing match, or fail a test in school. If we get treated unfairly by life itself, we may feel helpless. What would you say are the main thing or two that tend to bring you into a down mood?"

Your Lesson 11 assignment is to go over the Boxer's answers, sharing your expertise and experiences as you help the boxer clarify some concrete strategies for managing sadness or feeling down, moody or blue.

Initial the box to the right when you have completed this task: [       ]

Date Lesson 11 was completed: \_\_\_\_\_/\_\_\_\_\_/ 20\_\_\_\_\_

## Lesson 12

After your boxing career is over, what do you see yourself doing? Do you have a career plan that goes past your activities as a boxer? Elaborate below:

---

---

---

---

Do you predict that you will be the kind of adult you described in Lesson 2, 3 and 4 of this Manual? If yes, provide a few sentences about that below:

---

---

---

---

Coach: Preparing for life after boxing is a critical step in setting the young boxer up for success. Boxing is a career for very few. It's a sport and hobby for the majority of those who receive coaching. Even the successful pros need a Plan B. Most of the youth we teach need a Plan B and a Plan C. These plans need to be cultivated and prepared for as well.

Example 1: "Jimmy, let's talk about what you're planning to do for your career, and if boxing as a pro, after the pro boxing career has ended. Jimmy, this is a very important life decision, almost as important as who you select as your marriage partner".



Your Lesson 12 assignment is to go over the Boxer's answers, sharing your expertise and experiences as you help the boxer clarify a plan for life after boxing.

Initial the box to the right when you have completed this task: [       ]

Date Lesson 12 was completed: \_\_\_\_\_/\_\_\_\_\_/ 20\_\_\_\_\_

## **POST-TEST**

Post-Test Self Assessment of boxing skills and qualities as a person

Enter the Date the PRE\_TEST was completed: \_\_\_\_\_/\_\_\_\_\_/ 20\_\_\_\_\_

How long has this boxer been in training since the PRE-TEST? \_\_\_\_\_years \_\_\_\_\_months

### **Instructions for Boxer:**

Regarding the Present: Place a "N" over the rating that best represents your boxing skills now on the boxing skills self-assessment. The "N" stands for "Now", your view of how you believe you stand at present. It's not how you want to be, but how you think you are now, realistically.

### **Boxing Skills Self-Assessment**

Stance (waist down): Are your feet pointed forward with your lead foot at 12 O'clock and your back foot at 4 O'clock with your knees slightly bent and are you on the ball of your back foot?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent

Form (waist up): Is your stomach back, lead shoulder pulled around so your upper body is sideways, your chin down and are your elbows resting on your rib cage, with your forearms vertical and one hand in front of the other?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent

Movement (upper body): Are you in a constant side-to-side rhythm in which your head is moving left to right? Can you slip left, right and center while moving forward?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent

Foot work: Can you move forward, backwards, left, right, and laterally while never crossing your feet, while maintaining your feet at a distance no greater than shoulder length apart, and can you pivot in a circle with the ball of your front foot planted?

Poor      Fair      Average      Above Average      Good      Very Good      Excellent

Defense: Can you Parry with your back and front hands as well as shell up with both of your hands wrapped firmly around your face with your elbows and forearms firmly braced against your torso, as well as individually protecting each side of your face to block hooks?

Poor Fair Average Above Average Good Very Good Excellent

Offense (Jab): Do you rotate your fist from the start, fully extending your arm, turning your torso while stepping forward through your opponent, landing with all four knuckles and then returning your fist to exactly where it started in front of your face and back hand?

Poor Fair Average Above Average Good Very Good Excellent

Power hand: Are you twisting off the ball of your back foot, turning your back hip, rotating your torso launching your back hand off the side of your face while fully rotating your fist utilizing every inch of your arm and landing with all four knuckles, and then returning your fist to its original position on the side of your face?

Poor Fair Average Above Average Good Very Good Excellent

Hook: Are you close to your target, generating your power from the ball of either foot, rotating your hip and turning your torso while keeping your elbow as close to your body as possible while delivering a short, close punch while rotating your fist so that all four of your knuckles land vertically across your opponents chin?

Poor Fair Average Above Average Good Very Good Excellent

Uppercut: Are you dipping underneath your opponents chin, generating your power from the ball of your foot, rotating your hip and torso, launching your elbow straight from the front of your rib cage, twisting your fist so that all four of your knuckles land horizontally under the jaw?

Poor Fair Average Above Average Good Very Good Excellent

Overhand Power Punch: As a jab comes at you are you able to deliver your back power hand over the top of your opponents jab in the same fashion that you throw your power hand, and only at the half way point do you over rotate your fist and slightly pick up your elbow so that your fist comes down over your opponents lead shoulder, striking their chin with all four knuckles as it comes across the chin perpendicularly?

Poor Fair Average Above Average Good Very Good Excellent

Combinations: Can you throw a One/Two, leading with your jab hand in same fashion that your jab is followed in quick succession by your back power hand rotating both fists fully, extending both arms and landing with both sets of knuckles horizontally on the point of the chin, then returning both hands to their original position?

Poor Fair Average Above Average Good Very Good Excellent

Combinations: Can you throw a One/Two/Hook also known as a 1-2-3 by adding a short lead hook following the above described One/Two, twisting the fist when landing it on the jaw or point of the chin with all four knuckles vertically?

Poor Fair Average Above Average Good Very Good Excellent

Combinations: Can you throw a One/Two/Uppercut by leading with the One/Two followed by dipping your head underneath your opponents chin and delivering a short compact uppercut by twisting your fist as you rotate up landing with all four knuckles horizontally on the bottom of the opponent's jaw.

Poor Fair Average Above Average Good Very Good Excellent

Counter-punching: Can you counter an opponent's straight punches, be it a left or right, with a short punch that horizontally crosses under or over the opponent's punch landing with all four knuckles horizontally across the side of the opponent's jaw or chin?

Poor Fair Average above Average Good Very Good Excellent

Counter-punching: Can you Jab, throw a One/Two or a One/Two/Three (Hook or Uppercut) off of a Parry or any combination off of a Parry?

Poor Fair Average above Average Good Very Good Excellent

Counter-punching: Can you throw a lead hook off of your opponents jab over the top of your opponents back hand, striking the side of the opponent's face?

Poor Fair Average Above Average Good Very Good Excellent

Counter-punching: Can you slip your head outside to the right of your opponents lead hand, beating them to the punch with your lead hand square on their face? Can you slip your head outside to the left of their power punch landing your punch flush on their face?

Poor Fair Average Above Average Good Very Good Excellent

Counter-punching: Can you slip a hook or straight punch by imploding straight down by bending your knees which in turn lowers your head straight down and then pop back up, stepping forward, planting your feet, and throwing a punch (or punches) to your opponents face?

Poor Fair Average Above Average Good Very Good Excellent

Counter-punching: Can you dip to the inside of your opponent's straight punch placing yourself under their chin and striking them with a short lead or power uppercut, twisting your fist and landing all four knuckles horizontally under the chin or jaw?

Poor Fair Average Above Average Good Very Good Excellent

Strategy: “Effective Aggressor” can you consistently back your opponent up by moving your head, cutting off the ring, cutting angles, jabbing, slipping to the inside and landing multiple effective blows to the face and body of the opponent to dominate the bout?

Poor Fair Average Above Average Good Very Good Excellent

Strategy: “Ring Generalship” can you for the majority of a bout draw your opponent towards you either by standing your ground or moving laterally, making them miss and making them pay by beating them to the punch with clear scoring blows and controlling the bout?

Poor Fair Average Above Average Good Very Good Excellent

Conditioning: When Sparring two to three times a week, are you able to perform for four, three minute rounds, going all out where your heart rate reaches up to 180 beats per minute, and returning to a standing heart rate of 60 beats per minute by the end of each one minute rest? An Olympic bout is three, three minute rounds. However, an amateur champion will have the intestinal fortitude to always do a fourth round.

Poor Fair Average Above Average Good Very Good Excellent

Conditioning: Are you able to put in a fifteen round (three minutes of work, one minute of rest, never missing a round, never stopping, and rallying for the last thirty seconds of each round); then, can you work out, starting with a 15 minute warm up, and ending with 15 minutes of strength work and cooling down, five nights a week, entering and leaving the gym enthusiastically each time.

Poor Fair Average above Average Good Very Good Excellent

Conditioning: Can you divide your daily work out into thirds, building your cardio and aerobic in the first five rounds, doing the most anaerobic segment of your work out in the second five rounds and then tapering off and cooling down for the last five rounds? For example, can you complete five rounds of: Shadow Boxing & Jumping Rope, five rounds of: Sparring, Heavy Bag and /or Mitt work, and finish with five rounds of: Double End Bag, Skipping Rope and or Speed Bag?

Poor Fair Average Above Average Good Very Good Excellent

Conditioning: “Interval Aerobic Training,” can you run non-stop, varying your speed utilizing: sprinting, lateral movement, shadow boxing, jabbing forward etc... for four three minute rounds with a one minute rest in between with a prior 15 min warm up, and post 15 min of strength work out and cool down, adhering to the same heart rate bench marks used for sparring. Working heart rate up to 180 beats per minute during a three minute round and a standing or resting heart rate of sixty beats per minute during the one minute rest. You can always go an extra round as this builds intestinal fortitude!

Poor Fair Average Above Average Good Very Good Excellent

Conditioning: Can you run three to four miles after a 15 min warm up and concluding with 15 minutes of strength work and cool down. Are you able to run three miles, shadowboxing and maintaining your form the whole way and then do one extra mile to build intestinal fortitude? (Note: An amateur boxer never needs to, nor should they, run more than four miles max).

Poor Fair Average above Average Good Very Good Excellent

Handles Defeat & Winning in a Dignified Way: At the sound of the bell concluding round three, do you immediately proceed to your opponent's corner to congratulate him and his coaches on a good bout and return to you own corner with a positive attitude and looking like you could go another round?

Poor Fair Average Above Average Good Very Good Excellent

Good Sportsmanship: Respectful and well-mannered to all in the gym while training. Respectful in the ring before, during, and after a match. Respectful and well-mannered outside the gym to all others.

Poor Fair Average Above Average Good Very Good Excellent

**Qualities as a Person Self-Assessment** [Note: We know that no one is perfect on these qualities so just be realistic and set yourself up for growth]

Place an "N" over the rating on the qualities as a person that best reflect your qualities now. The "N" stands for "Now", your view of how you believe you stand at present. It's not how you want to be, but how you think you are now, realistically.

Consistent: Do you show consistency in your behavior, your work, your training, your chores, your studies (if applicable) and how you treat people?

Poor Fair Average Above Average Good Very Good Excellent

Wise Decision-Making: Do you make decisions in your life based on wisdom, how much the decision will help you reach your goals, if the decision will possibly have undesirable consequences for you or others, and are your decisions made based on a genuine assessment of what you know is right and ethical?

Poor Fair Average Above Average Good Very Good Excellent

Self-Confidence : Do you consistently take a “Can Do” attitude about life’s challenges and train or prepare at a level appropriate to the task while talking to yourself (silently) in positive and encouraging ways?

Poor Fair Average Above Average Good Very Good Excellent

Dependable: Can your family members, friends, coaches, and teachers depend on you to follow through with what you say you will do. Do you make your best effort to be on time using alarm reminders, or whatever it takes, to be reliable about keeping your word?

Poor Fair Average Above Average Good Very Good Excellent

Loyal: Do you feel and operate from a loyal mindset when it comes to dealing with family, close friends, coaches, and others who are investing their time and energies into making you better?

Poor Fair Average Above Average Good Very Good Excellent

Good Role Model: Are you a good role model for others to follow? If everyone acted like you, what kind of world would it be? Do you make it a point to mentor a younger or new boxer and or point things out to them that would be helpful, both in and out of the Ring?

Poor Fair Average Above Average Good Very Good Excellent

Follow the Rules: Do you play by the rules and have respect for the rules, believing that rules are there for a good reason such as safety or some other protective or benevolent reason. The rules are not there to be broken, but to be followed.

Poor Fair Average Above Average Good Very Good Excellent

Handle Disappointments with Maturity: You realize that life has its moments of challenge and disappointment. Do you handle this as a test that you desire to pass in terms of dealing with the disappointment in a mature way. It doesn’t mean you like it.

Poor Fair Average Above Average Good Very Good Excellent

Focused and Pay Attention: You are able to pay attention to coaches, teachers, or parents instructions and follow them without being distracted by competing stimuli such as a noise or someone talking down the way, or other stimuli that are not even a part of the situation at hand.

Poor Fair Average Above Average Good Very Good Excellent

Help Others in Need: When a friend, teammate, or even a person you are not close to is injured, stranded, hungry, or hurting, do you tend to reach out to help in some way. Do you have compassion for those who are less well off than you are?

Poor Fair Average Above Average Good Very Good Excellent

Respectful of Others: Do you do your best to treat other students, peers, co-workers, athletes, and people in general with “The Golden Rule” (Treating others the way you would like to be treated)?

Poor Fair Average Above Average Good Very Good Excellent

Respectful of Elders: Do you treat your parents, grandparents, teachers, coaches, older persons, and adults from all cultural backgrounds with respect and good manners to the best of your ability?

Poor Fair Average Above Average Good Very Good Excellent

Respectful of Opposite Gender: Do you treat members of the opposite gender with respect and good manners, protecting them if the need arises, and only tolerating positive language that is respectful in their presence. Are you equally respectful if a courtship or dating relationship breaks up (something that happens to just about everyone)?

Poor Fair Average Above Average Good Very Good Excellent

Select Friends Who are a Positive Influence: Do you select as friends those whom you admire and look to as positive role model, and who would have a good influence on you? Do you avoid making friends with people who are likely to be a negative influence on you?

Poor Fair Average Above Average Good Very Good Excellent

Not Self-Absorbed: You are balanced between your concerns for your goals, your health, your well-being, your problems, your personal issues and challenges and those faced by others around you within your social network. In other words, you accept that it’s not all about you. You count, but so do those around you, and in some important ways “everybody counts equally”.

Poor Fair Average Above Average Good Very Good Excellent

Not Rebellious: You don’t have a chip on your shoulder or come across as a person who is rebellious against authority, the laws, the principal, the boss, the police, teachers, leaders, or the rules. You accept the need for structure and hierarchy in various social systems. You understand that anarchy produces chaos which is bad for society.

Poor Fair Average Above Average Good Very Good Excellent

Able to Channel Anger in Healthy Directions: Are you able to see anger as an inevitable part of life that happens sometimes, and see it as a source of energy to be channeled for a worthy cause or towards a constructive goal.

Poor Fair Average Above Average Good Very Good Excellent

Able to Settle or Calm Worrying Down Fairly Quickly: Are you able to talk to yourself (silently) with an inner conversation that is soothing, encouraging and allows you to settle yourself down, regulating your emotions effectively. You are able to calm yourself down rather quickly.

Poor Fair Average Above Average Good Very Good Excellent

Able to Settle or Counter Sadness (When It Hits You) Fairly Quickly: Are you able to counter sad, helpless, hopeless, or hurt feelings with inner conversation that allows you to decide to handle it maturely, deal with it constructively, and not give in to the demands of depression. Are you able to fight off the demands of depression and handle things in the opposite way.

Poor Fair Average Above Average Good Very Good Excellent

### **EVALUATION OF THIS EXPERIENCE AND THE MANUAL**

Boxer: What part of this experience and the manual has helped you the most?

---

---

---

---

How can the experience and the manual be improved for future boxers who take the time to work through the lessons with their coaches?

---

---

---

---

---

---



Coach: What part of the manual has helped you the most as a coach to work productively with your boxer?

---

---

---

---

---

---

---

How can the manual be improved for coaches and future boxers who take the time to work through the lessons in the manual with their coaches?

---

---

---

---

---

---

---

THANK YOU!