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DISCLAIMER This is not medical advice nor intended as a substitute for proper medical advice. You should always consult your physician or other healthcare provider before starting an exercise program.





WELCOME TO HEALING MITTS!

I appreciate your interest in my program! I hope you now feel informed and inspired by Healing Mitts and the mind-body benefits that it offers. My goal is to share my passion and my findings so that others, like you, may enjoy the benefits of Intentional Boxing Training.

To sign up and to learn more, please visit www.healingmitts.org or follow me on Instagram at @clevelandh.fitness. I can be reached via email at healingmitts@gmail.com and via phone at 773-961-9681.

SELF CONFIDENCE & EMPOWERMENT

Is it only natural that when we commit to learning a new skill we will improve over time with proper practice. When you learn how to box, there is a sense of empowerment and confidence that happens. You're learning how to defend yourself intelligently. When you learn these skills, you will feel more confident in your daily life. I've found that my clients feel that they can defend themselves and this adds to their peace of mind.

STRESS RELIEF

An integral part of the process of learning how to box is stress relief. Based on my experience, this relief comes through learning how to control your emotions. You also release stress by punching the bag and the mitts. Boxing is a safe way to release anger and aggression.

SELF AWARENESS

Shadow boxing is one of my favorite components of training. When shadow boxing, you practice your skills in the mirror; I believe this is one of the most effective ways to promote self awareness. Every intentional boxing session requires immense levels of self-awareness. When shadow boxing, you channel this focus and make it your own. Boxing is all about the self. It's a demanding one-on-one sport in which you learn self-reliance and become more aware of your personal strengths and abilities.

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It is a fact that working out boosts brain health (American Psychological Association). Cleveland Hughes's Healing Mitts program integrates several physical and cognitive elements to maximize improvement in mood and overall functioning. Additionally, Cleveland Hughes has a special passion to help those, who like him, have struggled with anxiety and depression.

Rogelio Rodriguez, Ph.D.
Clinical Psychologist

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Benefits of mastering champions breath:

1. Control your emotional state
2. Calm your nervous system
3. Energize your mind and body



TECHNICAL FOCUS

The goal of intentional boxing is to gain the benefits for the mind and body. The technical focus is where we focus on correct boxing mechanics and technique. This is where all that we spoke about above comes together.

The idea is that if you're focused on your technique it will be impossible to think about anything else. This is how we stay in the moment and get all that we can from our sessions. If I have a client who is having a hard time focusing, I remind them that they cannot learn the technique without absolute focus. One of the biggest issues for my clients is stress; they are always thinking about all the things that they need to do. Technical focus forces pushes them to get out of their heads and live in the moment.

Benefits of mastering technical focus:

1. Improved focus
2. Being in the moment
3. Ability to clear mind in tense situations
4. Stress management
5. Clear and calm mind



ANGER RELEASE

It is hard to find safe, healthy outlets for releasing anger and aggression. Intentional boxing sessions are designed to be safe zones for expression and release of these emotions. When practicing the four concepts above, you will likely feel more in control of your emotions. The controlled training environment helps make this possible. I always tell my clients emotions are only ugly when they are suppressed. My goal is to help you express these emotions in a healthy manner.

INTRODUCTION

The idea of intentional boxing training came to awareness when I started asking people the question: "Why do you box?" I started boxing when I was nineteen and going through depression, but I didn't expect that there were going to be so many people that went to the sport for the same reasons as I did. When I came to the realization that most people were using boxing for more than just working out, I began analyzing how boxing was making a difference for so many people. The four principles to intentional boxing training are just the beginning of what I found to be the core of the emotional feel-good side of boxing.

Neuroplasticity: This is the idea that whenever you're focusing hard on learning a new skill, you're actually training your brain to change and grow. This is how important new skills are acquired. I believe that the following activities create the healing benefits in the boxing workout.

Boxing is more than just exercise. Boxing has the power to help rewire your brain to improve emotional control and so much more. This is the impetus for Healing Mitts Intentional Boxing Training™.



THE ART OF RELAXED INTENSITY

Do nothing until you're doing something.

The hardest and most challenging part of boxing is relaxation. Oddly, you need to be relaxed while you box. I have found that men have a particularly difficult time grasping this concept. I tell my clients to let go of the idea of punching hard. Commitment to punching hard will not make you punch hard. The attachment to the idea of punching hard creates tension in the mind and in the body. Good, effective boxing mechanics require relaxation and fluidity.

I tell my clients to detach from the desire of punching hard. Release tension in your mind and your body will follow.

Benefits of mastering relaxed intensity:

1. Detachment from outcome/expectations
2. Ability to recognize tense situations and respond accordingly
3. Self regulation
4. Self awareness

ACTIVE CONCENTRATION

Instinct: fight or flight response/primal response.

Concentration: trained response appropriate for specific situations.

Respond, don't react. Responses are based on choice, whereas reactions are automatic.

I have found that clients find it challenging to concentrate in controlled situations. It is easy for clients to begin to lose focus when training with mitts. They learn to focus better when they practice keeping their eyes in the center, concentrating, and throwing the right punches.

The goal here is to rehearse responses to certain situations. In my experience, this enhances the mind's ability to make good choices when under duress. I believe that if you are prepared to respond to physical threats, you can feel more prepared to respond to emotional threats. threat.

Benefits of mastering active concentration:

1. Improved focus
2. Improved decision making
3. Self control
4. Emotional awareness

CHAMPIONS BREATH

Control your breathing, control your fight.

Though breathing is automatic, we can do a lot to control it. Awareness and control of your breath is the centerpiece of the Intentional Boxing experience.

As clients get excited, they find it difficult to control their breath. They end up breathing quick, shallow breaths due to excitement or frustration.

There may even be a tendency to hold your breath when aggression takes over. I keep a close eye on this and help you to develop new skills for managing your breath, as breath management has been linked to better relaxation.

Six breaths per minute is the magic number. It has been shown to not only relax the nervous system but to energize the body. This mode of breathing may help achieve a relaxed but intense boxing experience.

I coach my clients to breathe primarily through their nose. When punching, it is best to exhale from the mouth.

