



**HEALING
MITTS**
Intentional Boxing Training



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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

Stress relief is also a part of the process I think that most of the stress is in controlling your emotions. You will also physically release emotions through punching the bag and the mitts. Boxing is a safe way to release anger and aggression.

SELF AWARENESS

One of my favorite exercises for boxing is shadow boxing. I believe it's one of the most effective tools for helping my clients become more self aware, spending time in front of the mirror and working on their skills. Every part of the intentional boxing session brings awareness to the self and that is why I think it's so powerful. Boxing is a one on one sport in saying that it's all about the self. In this sport you will learn self reliance, as you progress you will become more aware of your strengths and abilities.

CONCLUSION

Thank you for taking interest in my program. It is my goal to spread my findings so that more people like you can enjoy the benefits of intentional boxing training. If you would like to learn more about how you can get involved visit www.clevelandhughesboxing.com or follow me on instagram [@clevelandh.fitness](https://www.instagram.com/clevelandh.fitness).

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 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

There are a lack of places where it is safe and appropriate to release your anger or aggression. The intentional boxing session is designed to be a safe place for your anger and aggression in a healthy way. When practicing the four concepts above, you will naturally take control of your emotions. The reason boxing is a good way to help control anger is because it's in a controlled environment. I always tell my clients emotions are only ugly when they are suppressed. It is essential that all emotions should be expressed 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 workouts, I began analyzing how boxing was making a difference for so many people. The four principles to intentional boxing training is just the beginning of what I found to be the core of the emotional feel-good side of boxing.

Neuroplasticity: the idea that whenever you're doing something you're training your brain to become better at it.

The following are what I believe to be the activities that create the healing benefits in the boxing workout.

Boxing is not just exercise. Boxing has the power to help rewire parts of your brain and improve your control over your emotions and so much more. This is the philosophy on intentional boxing training.



THE ART OF RELAXED INTENSITY

Do nothing until you're doing something.

The hardest and most challenging part of boxing is finding the right amount of relaxation. I find it exceptionally difficult for men to understand this concept. I tell my clients to let go of the idea of punching hard. The attachment to the idea that trying to punch hard will not make you punch hard. This attachment creates tension in the mind as well as the body. Good boxing mechanics require fluidity and relaxation.

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.

Choose to respond not react. The difference between a response and a reaction is one is automatic and the other is a choice.

I find that clients have a difficult time using their concentration in controlled situations. This one is specific to the mitts. What happens is the client begins to lose focus. The key is to keep your eyes in the center, concentrate and throw the right punches.

The intention behind this is rehearsing a certain response to certain situations. This strengthens the mind's ability to make better choices in stressful situations. I believe that if you can train you a certain response to a physical threat you can train a similar reaction to an emotional 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.

Breathing is the only thing that is automatic and under our control. Breathing is the most important part of your intentional boxing experience.

My clients struggle with this because boxing excites them and they breathe fast, shallow breaths due to their excitement or frustration. I also have clients that get caught up in aggression and hold their breath while punching.

I recommend that my clients breathe at the rate of six breaths per minute. This has been shown to not only relax the nervous system but energize the body. This breathing is essential to achieving relaxed intensity.

I coach my clients to breathe primarily through the nose. When punching, I encourage my clients to exhale out of their mouth.

