

# BOX M

2 year programme

## Introduction

Box M "Martial arts boxing". Traditionally martial arts has always been considered as a way of life. Over 150 years of western influence a sport called as boxing evolved. Sports and especially combat sports has always been a risky venture simply because nobody looks at a state champion. People want a national or an international champion. Which means that in India out of 1.2 billion people only 3 can make the it. Gold, silver and bronze.

Martial arts boxing has been made to bring opportunity to not just 3 citizens but a whole community to earn a living and follow Box M as a way of life with respect.

In a match we always end up remembering the winner. But to stage an event a lot of money is spent, apart from the fighters. This money spent on a event is money earned by someone. Why not make this someone a martial arts boxer! Do your 2 years box m programme, get a diploma in box m certificate and live a life of your choice.

Your choices, fighter, referee, judge, cut-man, sparring partner, coach, boxing club owner, sports commentator, and a 1 year paid internship at TSMA.

## Features of Box M

- Daily nutrient rations will be provided at your door step
- Diet and nutrition
- Boxing kit which is glooves, wraps, shoes, guards ,punching ball, and uniform.
- Power and weight training kit
- 6 sparring matched first year, these will be club wars. 2nd year on wards the progress will be towards state level and national level. Another 6 matches for the 2nd year.
- Referee and judge experience in 3 events a year.
- Business knowledge transfer as to how to start a boxing club. Equipment and supplier contacts will be provided.
  These do not have conditions of affiliations.

We want to lay A foundation and help you choose a pathway. Further we also give you a way to progress to be at the best places related to boxing.

## Curriculum

#### White Band - 4 Weeks

- Warm up exercises
- Flexibility exercises
- Push up palm & knuckle
- 6 varieties of punches in riding stance.
- Basic muscle building

### Jr. Yellow Band - 8 weeks

- Fitness combination excercises 1
- Pokes hand movements.
- Palm heel thrust hand movements.
- Back fist hand movements.
- Elbows.
- Four variety of blocks.
- Wall punches.
- Four variety of sparring lessons.
- Leg raises.
- Calisthenics level 1
- Animal flow Level 1

#### Sr. Yellow Band- 6 Weeks

- Fitness combination exercise 2
- Knife and chops.
- Double punches on the wall
- Calisthenics level 2
- Animal flow Level 2
- Sparring lessons 5 & 6.

### Orange Band - 8 Weeks

- Fitness combination exercise -3.
- Double Wall blocks.
- Calisthenics level 3
- Animal flow Level 3
- Free hand sparring 2 minutes 3 rounds.

#### Green Band - 12 Weeks

- Fitness combination exercise 1,2 & 3.
- 6 variety of Boxing foot work.
- Joint end strength building using ice.
- Boxing strikes with 120 BPM beats sound to get the rhythm.
- Calisthenics level 4
- Animal flow Level 4
- Boxing sparring 3 minutes 3 rounds.
- Participate in boxing events Club wars.

#### Blue Band - 12 Weeks

- Foot work exercises.
- 6 varieties of Boxing foot work combos.
- Single hand multiple punch combos.
- Develop power in 1 inch mode.
- Boxing strikes with 120 BPM beats sound to get the rhythm.
- Strikes with arm weights.
- Boxing sparring 3 minutes 6 rounds.
- Participate in boxing events Club wars.

#### Brown III Band - 10 Weeks

- 3 varieties of quick spot cardio running.
- Receiving blocks.
- Fixed leaping movements.
- Boxing sparring 3 minutes 6 rounds.
- Participate in boxing events State Level.

#### Brown II Band - 10 Weeks

- Knee play and fist play.
- Winchun adapted blocks
- Side winder stance.
- Wave Punches.
- Boxing sparring 3 minutes 6 rounds.
- Participate in boxing events State Level.

#### Brown I Band - 8 Weeks

- Create super combos.
- Explore different fighting styles in boxing.

#### **BOXM Band**

Earning the BOXM band, means one is ready to work in various verticals of Boxing. With this one will have capabilities to referee/judge a fight. Being a sport commentator is also another skill that can be shown. Making a business plan for a boxing gym and running it with relevant tools with a complete understanding of the law will also be a skill acquired.

#### List of Courses

The skill development courses are as recorded sessions. Along with them will be a strong team of mentors who will constantly interact with the student to ensure maximum knowledge transfer.

- Different styles of Boxing.
- Path ways of Boxing.
- Judge and Referee programme.
- How to be a sports commentator.
- Designing of flyers and brochures.
- Understanding Direct and Indirect taxes.
- Understanding the liabilities of income tax.
- Understanding the liabilities of GST.
- How to make a business plan.
- What is sports nutrition. How to set a nutrition plan.
- How to handle social media for marketing.
- How to manage a billing, accounting and inventory software.

### **Equipment**



**Gloves 14 Oz** 



**Head Guard** 



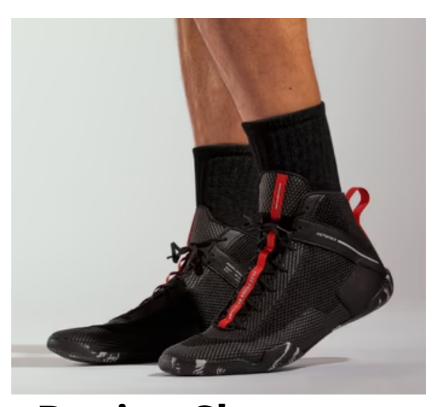
**Groin Guard** 



**Gum Guard** 



**Hand Wraps** 



**Boxing Shoes** 



**Gym Bag** 



Sipper