

KING DAVID

BOXING FOR CATHOLIC
FATHERS AND SONS
*FAITH *DISCIPLINE*
VIRTUE

PROGRAM

Start with Prayer,
10 min talk, Train.

TOPICS:

Mission

Identity

Journey

Leader

Protector

Provider

Priest

Prophet

King



Basic Fundamentals

(First 3 Lessons)

- Stance
- Footwork
- On Guard Stance
- How to Correctly Throw a Punch
- 1-2 Combination (Jab-Right Cross)

Core Boxing Techniques

(Next 4 Lessons)

- Learning Combinations
- Hooks and Uppercuts
- Where to Throw a Punch

Circuit Training with Advanced Techniques

(Next 2 Lessons)

- Shadow Boxing
- Hand Sparring with Trainer (me or you)

Live Sparring Sessions

(Final Lessons)

- Light Sparring with Trainers
- Light Sparring with Each Other