



Boxing Safety OIF SB-022



Boxing is a great martial sport that provides aerobic conditioning, tests hand-eye coordination and enhances a warrior's skills. However; when done improperly, injuries have occurred that have taken Soldiers out of the real fight here in Iraq. To help prevent this from happening to you follow these controls when training for or participating in sparring and sanctioned competitive events:

Training:

- Stretch and warm up properly to prevent muscle strains or joint injury
- Wear proper footwear that provides good traction and supports your ankles
- Wrap your hands and wear proper gloves for heavy and speed bag workouts
- Use good form to prevent wrist injuries and stop if you feel pain

Sparring:

- Agree with your partner beforehand on rules, sparring speed, and have a pre-arranged signal to stop in case of injury or fatigue
- Wear proper boxing headgear with cheek and jaw protection
- Wear padded boxing gloves that absorb shock
- Use a mouthpiece to protect your teeth and gums
- Train at a reduced speed and limit the force of blows delivered
- Stop and seek immediate medical attention for any injuries sustained

Sanctioned Competitive events:

- Follow the rules and take all direction from the referee
- Know about and do not commit fouls such as:
 - Hitting below the belt, behind the ear or head
 - Pushing your opponent into the ropes
 - Butting with head, elbows or knees
 - Hitting your opponent after the bell sounds or when they are down
- Stay within your personal limits to avoid injury

Above all practice good sportsmanship when boxing and protect yourself to stay mission ready.

