



GREAT BRITAIN NATIONAL BOXING AWARDS

Boxing Tutor's Course Introduction Letter

Date:

Time:

Venue:

Cost: £100 + VAT

Cheque Payable to

Address

EVENT ORGANISER

Name

Tel Direct

Tel Mobile

Email

AIM

The aim of the ABA of England One Day Boxing Tutors Course is to qualify participants to deliver and organise the ABA Boxing Awards in Schools, Colleges, Universities, Youth Center's and Sports Centers. The course is open to anyone 16 years of age and over.

Congratulations on taking your first step toward becoming a certified ABA of England Boxing Tutor. The ABA Boxing Tutor Course provides the basic principles, skills and knowledge needed to begin delivering the ABA Boxing Awards. The Course covers a variety of topics including Warm Ups for Children and Adults/ DVD, Different Circuit Training, Basics of Boxing, Pad Work, Partner Work, Lesson Planning and guidance on how to deliver the ABA Boxing Awards.

How To Prepare for the ABA Boxing Tutor Course

1. If you are not familiar with amateur boxing, take a few lessons in your local boxing gym.
2. The course has a lot of practical work so you will need a certain level of fitness, mobility and flexibility to get full advantage of the course.

What To Bring To The ABA Boxing Tutor Course

Please note all payment must be received prior to attending the ABAE Boxing Tutor Course (£100.00 + VAT).

1. Writing Pad and Pen.
2. Completed ABA Boxing Tutor Registration Form.
3. Two passport size photographs with names written on the back.
Please note: If you are a registered ABA Boxing Coach with an ABA registered boxing club then you do not need to pay a registration fee, please be in possession of your ABA Boxing Book and have your ABA Boxing Coach's registration number with you.
4. Water Bottle.
5. Lunch and Energy Snacks.
6. Comfortable Clothes to learn Boxing Awards (Trainers, Tracksuit etc) .
7. Comfortable Dry Clothes for leaving the course.
8. Sparring Gloves (10oz +) or Coach Spar-Pads.
9. Small Towel.
10. Bag to take home you course materials.

Get Certified

To be a registered ABA of England Boxing Tutor you will have to complete an ABA Boxing Tutor Registration Form and supply two passport size photographs with names written on the back.

Please note: If you are a registered ABA Boxing Coach with an ABA registered boxing club then you do not need to pay a registration fee, as you will already be registered. Please be in possession of your ABA Boxing Coaching Book and have your ABA Boxing Coach's registration number with you.

On successful completion of your Boxing Tutor Course you will be awarded with a T-Shirt and boxing tutor guide and tutor/coaching book also to assist you in the early stages of your award scheme a Boxing Tutor DVD.

You will have to complete a Criminal Record Bureau (CRB) Check with your local establishment or authorities.

You will also be required to hold a first aid qualification prior to teaching the ABA Boxing Awards.

ABA OF ENGLAND

ONE DAY BOXING TUTOR'S COURSE A.M.

0830-0900	Welcome/Registration and Boxing Awards DVD.
0900-0925	Phase 1: Introduction to Course and ABA of England.
0925-1200	Practical: Coaching The Warm Up Part A – (Group Teaching) - Joint Mobility, First Phase Warm Up, Short Stretch.
1030-1040	BREAK
1040-1200	(Group Teaching) Second Phase Warm Up, Livening, Fun and Games.
1200-1220	LUNCH
1220-1300	Phase 2: Teaching the Basics of Boxing: Stance, Guard, Torso Movement, Footwork, Footwork Fun and Games. Learn how to take Recreational "Boxing Pad work".
1300-1400	Phase 3: Jab (Head and Body), Rear Hand (Head and Body) Punching static and with movement.
1400-1430	Phase 4: Defences: Teaching Boxing Defences. Push Away, Lay Back, Block, Outside Parry, Elbow Blocks Slip and Duck.

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ONE DAY BOXING TUTOR'S COURSE P.M.

Phase 5:

1430-1445 Teaching Hooks to head (L&R).

Teaching Defences for the above.

1445-1500 **Phase 6: Teaching Hooks to Body (L & R).**

Teaching Defences for the above.

1500-1520 **Phase 7: Teaching Uppercuts.**

Teaching Defences for the above.

1520-1530 **Phase 8: Shadow Boxing /Combination Punching.**

1530-1535 Practical - Non Contact Sparring.

1535-1540 **BREAK**

1540-1545 **Phase 9: Colour Circuit Explained.**

1545-1550 **Phase 10: How to teach Skipping Explained.**

1550-1555 **Phase 11: The ABA Boxing Awards.**

Planning Your Lesson/Lesson Plans.

1555-1600 **Phase 14: Course Complete.**