



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 gloves, wraps, shoes, guards ,punching ball, and uniform.
- Power and weight training kit
- 6 sparring matches first year, these will be club wars. 2nd year onwards 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