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## The History Of Boxing

By Naldo Camarones

Boxing has become one of the most celebrated sports of our time. With big name matches being held in glamorous locations like Las Vegas, it attracts the interest of media world wide as well as the attention of boxing enthusiasts.

The history of boxing shows us that the sport is basically the same as when it was first introduced. Granted some of the aspects have evolved considerably since then. However, the basic premise remains largely the same.

To trace the history of boxing to its roots we need to go back to North Africa during 4000 BC. Another place that participated in boxing early on was the Mediterranean during 1500 BC.

The first documented evidence of boxing was in Greece in 900 BC, when a ruler found the practice of watching two men beat each other entertaining. The difference between this early form of boxing and the boxing we enjoy today is that the ruler, a man named Theseus, allowed the boxing match to continue until one of the opponents was killed.

The history of boxing also indicates a very big difference in the attire worn by the boxers during the beginning of the sport and the safety equipment required today. Early boxers wore nothing except for padding on their arms and a pair of unpadded gloves.

Boxing was one of the first Olympic sports. It was part of the competition at the 668 BC Olympic Games. The competitors wore clothing but instead of gloves their hands were covered with leather straps that were designed to protect them from injury.

Looking at the more recent history of boxing we see that in 1681 in London the first bare-knuckled prize fight was fought. Very similar to the early fights that occurred in Greece, this type of boxing didn't afford any type of protection for the participants.

As the name indicates they fought with their bare hands. Throwing punches directly to the body and the head of their opponents. This continued for many years and in 1743 the first set of documented

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rules were introduced. This was done mainly to prevent the deaths that had been occurring during the matches.

The rules stated that if a man fell and didn't get up after a period of 30 seconds the boxing match would be over. It was also during this period that boxing gloves with padding were introduced and required.

Reviewing the history of boxing shows that the sport rose in popularity and championships with prize money were soon formed. This eventually graduated into the introduction of amateur boxing which is what we see during the Olympic Games today.

In amateur boxing the focus is mainly on landing punches that will score you points. The competitors are not as concerned with landing a knock-out as professional boxers are.

Throughout the recent history of boxing many amateur boxers, after competing in the Olympic Games will progress to the world of professional boxing. With the prize money many times in the millions of dollars and the endorsement deals exceeding that, it's a lucrative career move.

History of Boxing information and more of his work at:

<http://www.boxinghouse.com>

### **Boxing Gloves - How To Choose The Right Ones**

**By Joel Noah**

Boxing has been a very popular sport for a very long time. But, it's not only the athlete's ability that is important, but also the equipment that he/she uses that matter. Boxing gloves are perhaps the most important thing a boxer needs to have before stepping into the ring. Choosing the right pair is a must to ensure the best performance possible.

If you plan to step into the boxing ring anytime soon, you know that you must first have the proper pair of boxing gloves for you. Before you buy your first pair of the familiar, red gloves, there are some things that you should know.

Leather gloves are usually the most recommended. Sure, they may cost a little more than boxing gloves made out of other materials, but they will definitely last longer as well as offer better support. If you want to use boxing gloves strictly for a fitness class, the material may not matter, but if you want to train it is definitely important.

The next thing to consider is how the gloves close. Boxing gloves of the classic style, usually seen in prize fights, are often tied onto the boxer's hands with laces. As with your shoes, a pair of gloves with laces can ensure a very snug fit.

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But, Velcro enclosures are another choice. The advantage to using boxing gloves that have Velcro straps is that they can easily be put on or removed by yourself and without the help of anyone else. In fact, for anyone who has tried to lace gloves up themselves and without anyone else's help, it is just about impossible. If you are just an average person who wants to use the gloves for general training purposes, then Velcro straps are ok for you to use.

The size of the boxing gloves that you choose is of great importance. They come in small, medium, and large, and also for men and women. Any average man will usually need a size large, while the average size boxing glove for a woman is a medium. The size can vary with different manufacturers, but it is usually standard.

Boxing gloves can weigh anywhere from 10 to 20 ounces, but those used in a professional boxing match are usually 10 ounces. If you plan to use the gloves for training, then the standard sizes are 12 ounce, 14 ounce, and 16 ounce. If you are looking for more protection, then a heavier glove is for you. If you are a beginner, then 14 or 16 ounce gloves are usually recommended. But if you plan to use them for sparring, 16 ounce gloves are the norm.

Most people think they must buy a glove that fits their hand, but this isn't the case. If possible, put 180' inch wraps on your hand when trying a glove on. By doing this, you can see how the feel will change with the handwrap and if a bigger size is needed.

When shopping for boxing gloves, also look for a great feature called a thumb attachment, or a thumb-lock. Most gloves made nowadays have this feature, which helps to prevent thumb injuries or any accidental eye gouges that can occur during a match.

Boxing Gloves information and more of his work at:

<http://www.glovesp.com>



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