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**Which Boxing Gloves Will You Buy?**

**By Shirley Bullington**

Do an online search of boxing gloves, and you'll get more results returned than you know what to

do with! First of all, you need to determine the purpose of your gloves. Are they for full contact boxing? Martial arts sparring? Training? Bag work? Aerobic kick boxing? Establish which kind of fighting you plan on participating in first. Then look at the various styles, sizes and weights.

First, go to any sporting goods store or eBay and pick up a stock pair of gloves. But will they protect you and will they help you to become a better fighter? Or are they basically worthless? Many fighters will tell you that leather gloves are the best. They may cost a little more (likely), but you will get a quality pair that will provide better support and will last longer. Note: For the purpose of this discussion we will assume you're not a fitness class or hobbyist boxer.

You truly will get what you pay for. But that's ok in some cases. If you're not in the Golden Gloves, or plan on being a contestant on The Contender, then you may not need \$400 gloves. But if you spend \$15 on a pair, don't expect to be the next Oscar De la Hoya. If you're serious about the sport, and aren't just trying it out to see if you like it, or even just periodically hitting the bag as a hobby, then invest in a good pair of gloves.

The weight of the glove is also important. You will be able to find weights ranging from 10 to 20 ounces. In most professional boxing matches, the fighters usually wear 10 oz gloves. However, for training purposes, most gloves weigh 12 oz, 14 oz, and 16 oz. The heavier the glove, the more protection it offers. For beginners, 14 oz and 16 oz gloves are recommended. For sparring purposes, 16 oz boxing gloves are standard.

Get the right size. Most gloves are sized small, medium and large sizes. On average, men will wear large, women will wear medium and youth will wear small. Of course this will vary if one has exceptionally large or small mitts. Some manufacturers also vary slightly, but for the most part the sizing is fairly standardized.

Another factor to consider is the closure on the glove; do you prefer Velcro or laces? The classic style boxing gloves that you always see in prize fights are tied on with laces. Just like lacing up your shoes,

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laces provide a nice snug fit. It takes two people to get lace up gloves on.

The advantage to buying a pair of boxing gloves with Velcro straps is that you can easily put on the gloves, and remove them yourself. If you have ever tried to lace a pair of gloves when nobody is around, it is almost impossible. For your average person and general training purposes, gloves with Velcro straps are very acceptable.

Buying a decent pair of boxing / sparring gloves isn't too difficult. It just takes a little more thought than simply making a run to your favorite sporting goods store and picking up a pair that is on sale. Determine which type will suit you best. Now show me some combos!

Shirley Bullington, webmaster for

<http://www.rxboxing.com>

has a site that is a terrific resource for

boxing information and supplies. Be sure to visit

<http://www.rxboxing.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.

But, Velcro enclosures are another choice. The advantage to using boxing gloves that have Velcro

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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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