



Boxing Is More than a Violent Sport

By Ethan Burger



Why is boxing a sport?

Due to its high requirements of stamina, physical strength, and coordination, boxing has found itself being one of the most competitive sports in the world.



History of Boxing

16
81 | First ever recorded boxing match took place

The first ever reported boxing match took place in Britain. Christopher Monock, 2nd Duke of Albemarle, issued his butler and butcher to fight with the promise of winning a prize. Early matches had no rules.

18
94 | First ever boxing match ever filmed

The first fight to ever be filmed was the Leonard vs Crushing Fight. A small amount of rules had been added as well as padded gloves to protect the fighters.

19
30
s | Boxing Popularity Grew

During the Great Depression many different backgrounds from immigrant settlers to poverty stricken townfolk were competing to fight in the ring. This established betting on fights to give opportunities not only for the boxers to make additional income but as well as the spectators.

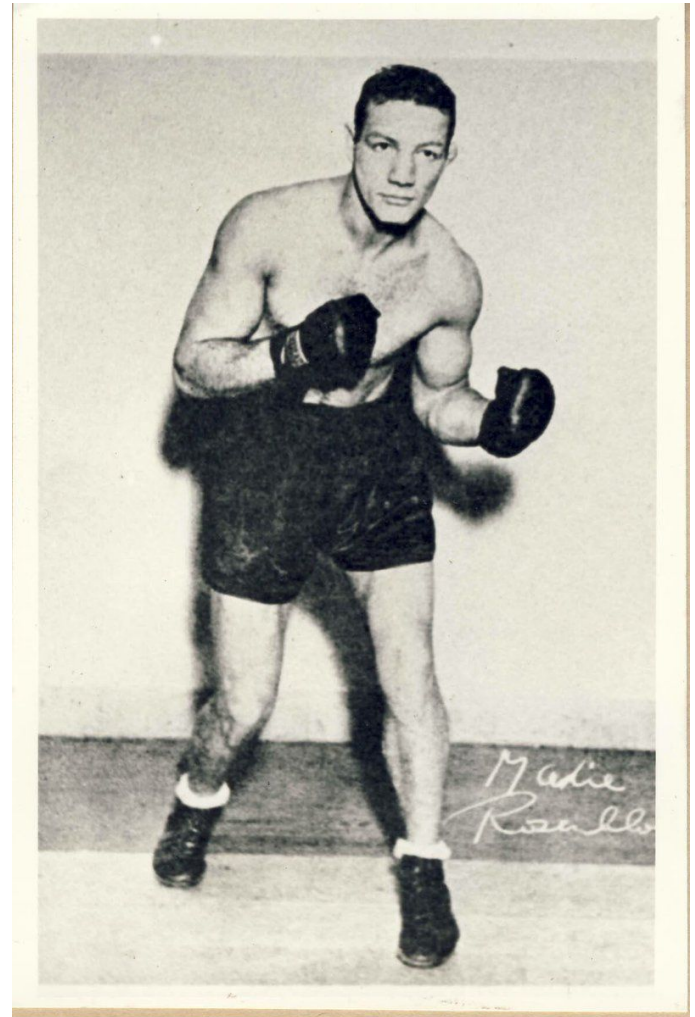


3 Boxing Accomplishments During The Great Depression

1. This was the first form of representation for most migrant workers
2. It gave everyone the equal opportunity to represent themselves in the ring no matter the background or social status
3. With the increase of popularity, the game itself changed for the better with new rules to protect its players in and out of the ring
 - a. Above the belt hits only
 - b. No grappling
 - c. No behind the head strikes
 - d. No elbows

How did this effect boxers?

Many fighters would start to become diagnosed with different stages of CTE. The repeated blows to the head would cause concussions and health related illnesses that would soon follow. Early forms of Parkinson's Disease was predominant as more rules were implemented to the sport of boxing to prevent these traumatic injuries.



How has this affected how we view boxing as a sport?



As health issues started to rise due to the aggressive physical contact in in this environment. These consequences began to give a negative light to boxing as a whole. Instead of bravery for stepping into a ring, or match, it was viewed as vicious and an ugly excuse to brawl with another person. However, although some people may have a negative connection to the art of boxing. It has also helped many people use it as a form of therapy, physical activity, and form of representation. Morals and good foundations of ethics are taught through boxing and have been being implemented throughout generations.



What can you learn from Boxing?

Self-control

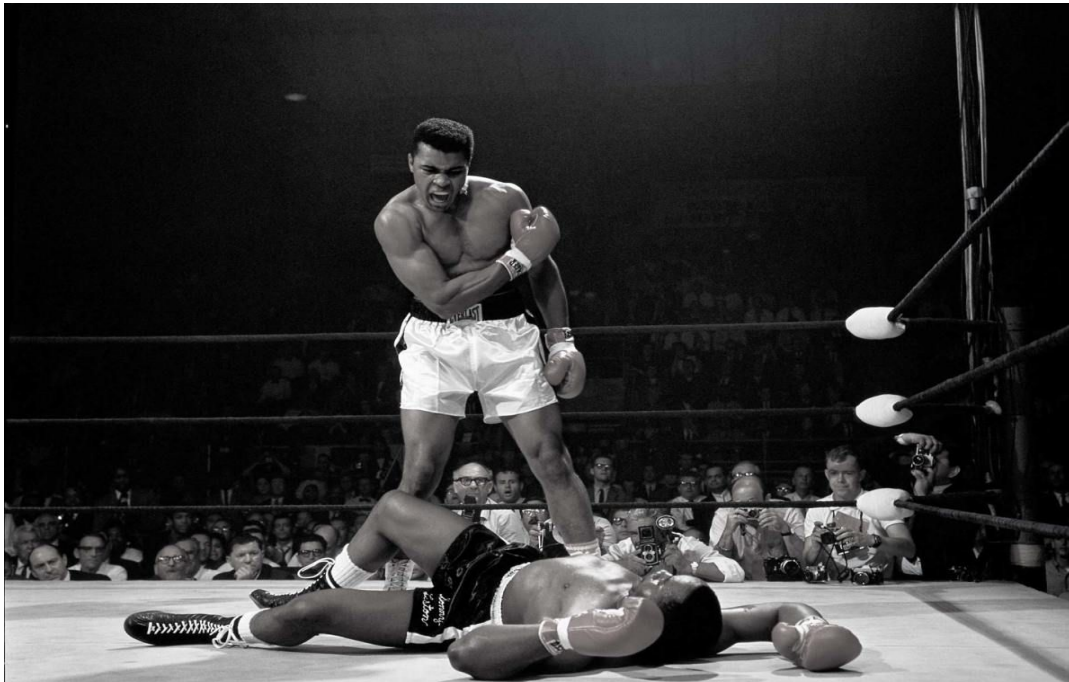
Self-Defense

Discipline

Patience

Bravery

Courage



Mortality

Work-ethic

Adversity
...and many more!



Boxing Strong

My Service Learning Site

-2700 Garden Rd, Monterey, CA 93940-



Boxing Strong is a physical training boxing gym that is dedicated to teaching every range of age group from kids, teenagers, and adults to properly learn the tools and skills of boxing.

Each class is about an hour long, every Monday-Friday from 4pm-7pm, and is lead by a Coach with the help of volunteers and Instructors.

During the class, participants are taught how to properly defend themselves, exercise in different ways to achieve a more powerful strike, and valuable life lessons that are instilled in them from the moment they enter the gym.





Concerns and thought provoking questions

Reasons:

- Boxing is a violent sport and seems too vicious for me to get into. Contact isn't my thing.
- I'm afraid people fight dirty and I'll get injured sparring.
- I don't think I'll have anything to learn from hitting people.
- Why would I send my child into this not knowing what they may experience?

(answered in next slide)

Answers:

- Boxing Strong offers non-contact courses where participants focus on the physical training aspect of boxing.
- Protective pads, like headgear and special shoes, are required before competing/sparring with other students. This is to keep everyone safe.
- You'll learn discipline and self control. A better opportunity to keep emotions under control in a time of stress.



Conclusion

Boxing offers an opportunity of self representation as well as key moral codes to tackle any obstacle in life. Implementing healthy choices, a strong work ethic, and the courage to face any challenge in life are essential to guiding younger generations to achieve whatever goal they may set their mind to. Self defense is great for unpredictable situations but boxing offers more than just that. It offers a chance to truly change one's perspective while implementing these code of ethics into their everyday way of life. Each day is a new opportunity to learn and become a member of a growing a vibrant community. Although boxing is given a bad reputation for being a vicious competitive sport between two people, I believe boxing teaches certain lessons that no other sport can offer that greatly enhances one's character.