

Boxing 2 Inspire

New Member Guide





Boxing 2 Inspire

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Welcome to Boxing 2 Inspire

"We are thrilled to have you as part of our family. Our gym is dedicated to building confidence and self-esteem in children through the art of boxing."

Mission Statement

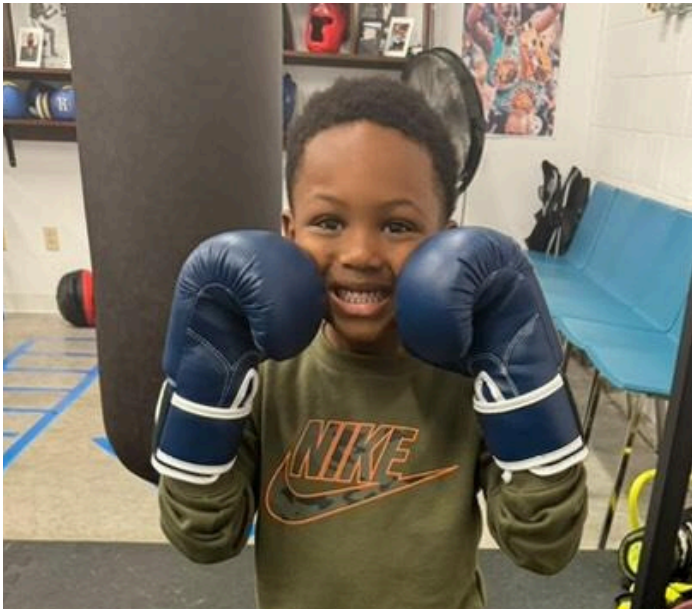
At Boxing 2 Inspire, our mission is to inspire families to reach their highest potential through the transformative power of boxing. We are dedicated to making a positive impact on the world by nurturing children into strong-willed, inspired adults and empowering parents to support their journey with confidence and pride.





About Our Gym

Boxing 2 Inspire is a private boxing gym designed not just for athletes but as a safe haven for children who may struggle with behavioral issues or anger management. Our goal is to provide a fun, family-oriented environment where each child can thrive.



The Benefits of Boxing for Children

- **Confidence Building:** Boxing teaches children to believe in themselves.
- **Self-Defense Skills:** Children learn how to protect themselves.
- **Physical Fitness:** Boxing improves overall health and fitness.
- **Fun and Engaging:** Our sessions are designed to be enjoyable.
- **Social Skills:** Children learn to interact positively with peers.

Program Overview

Group Training Sessions

Each group training session lasts 30 minutes. Children are encouraged to progress to longer sessions as they become more comfortable and fit.



Monthly Curriculum

Week 1

Footwork Week

Week 2

Defense Week

Week 3

Offense Week

Week 4

**Feints & Counters
Week**

Boxing 2 Inspire



2025

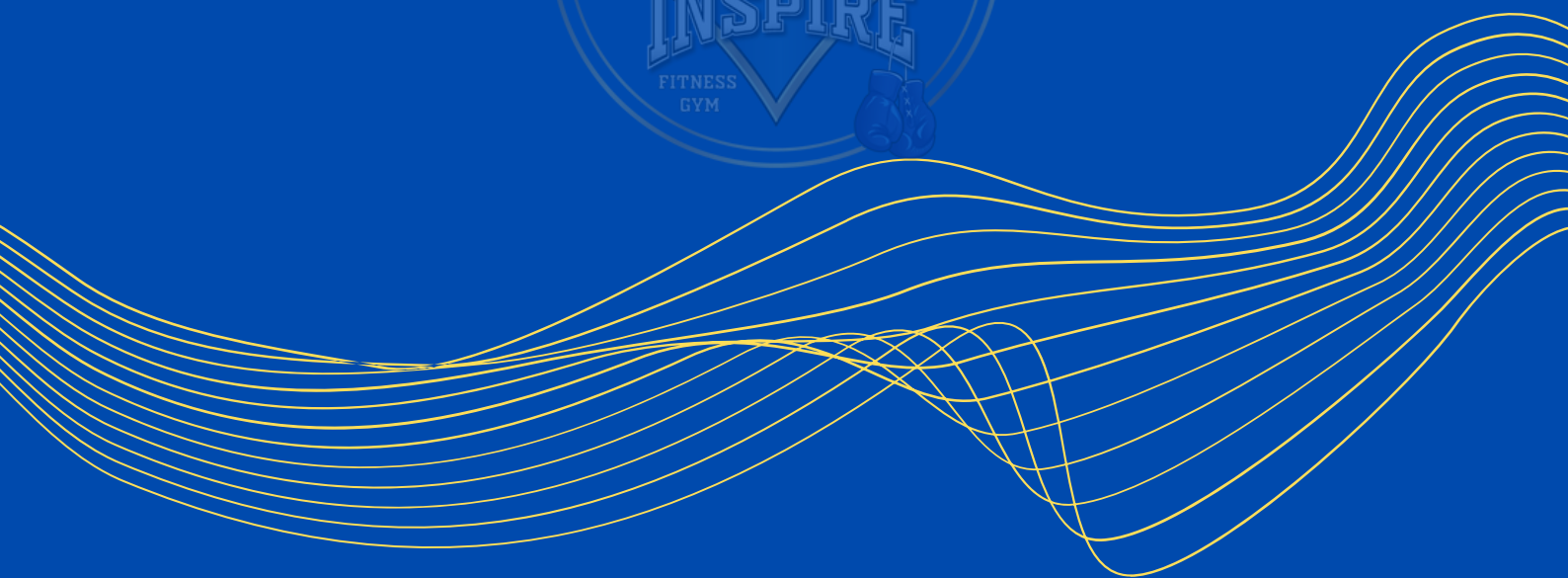
GYM CLASS SCHEDULE

WEEKLY

Subject to change. Note: Kids over 12 years old can also attend (Kids 6+) classes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.00 AM						Adult 🥊	Adult 🥊
10.00 AM						Kids 6+	Kids 6+
10.30 AM						Kids 4-5yr	Kids 4-5yr
11.00 AM						Sparring	Financial Literacy
12.00 PM						Kids 12+	💰
12:30 PM						Kids 12+	
01.00 PM							
04.00 PM	Kids 4-5yr	Kids 4-5yr	Kids 4-5yr	Kids 4-5yr	Kids 4-5yr		
04.30 PM	Kids 6+	Kids 4-5yr	Kids 6+	Kids 4-5yr	Kids 6+		
05.00 PM	Kids 6+	Kids 6+	Kids 6+	Kids 6+	Kids 6+		
05:30 PM	Kids 6+	Kids 12+	Kids 6+	Kids 12+	Kids 6+		
06.00 PM	Kids 12+	Kids 12+	Kids 12+	Kids 12+	Kids 12+		
06:30 PM	Adult 🥊	Adult 🥊	Adult 🥊	Adult 🥊	Adult 🥊		
07:15 PM							

Reserved For Event Space





Half Hour Hustle

Session Structure

- **Warm-Up (5 minutes):** Physical fitness activities like jump rope, push-ups, and jogging.
- **Weekly Lesson (24 minutes):** Focused drills based on the weekly theme.
- **Burn Out (1 minute):** Non-stop punching on the bag to assess learning.

Sparring Information

Sparring sessions take place every Saturday from 11 AM to 12 PM. It's a light boxing match against an opponent of similar size and skill, supervised by a coach.





Safety and Equipment

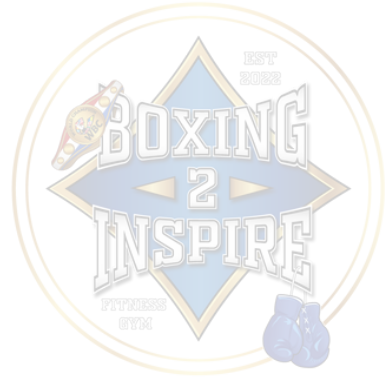
Children must wear protective gear during sparring, including:

1. Full headgear
2. Groin protector
3. Mouthpiece
4. Hand wraps
5. Sneakers
6. Appropriate glove size (12 oz - 16 oz)

At-Home Practice

While there's no formal homework, we encourage practice at home. Activities can include:

1. Jump rope
2. Push-ups
3. Shadow boxing
4. Jogging
5. Squats
6. Boxing drills



Events and Holiday Parties

Join us for member-only events filled with fun activities, food, and games. These events foster community and give children a chance to showcase their skills.



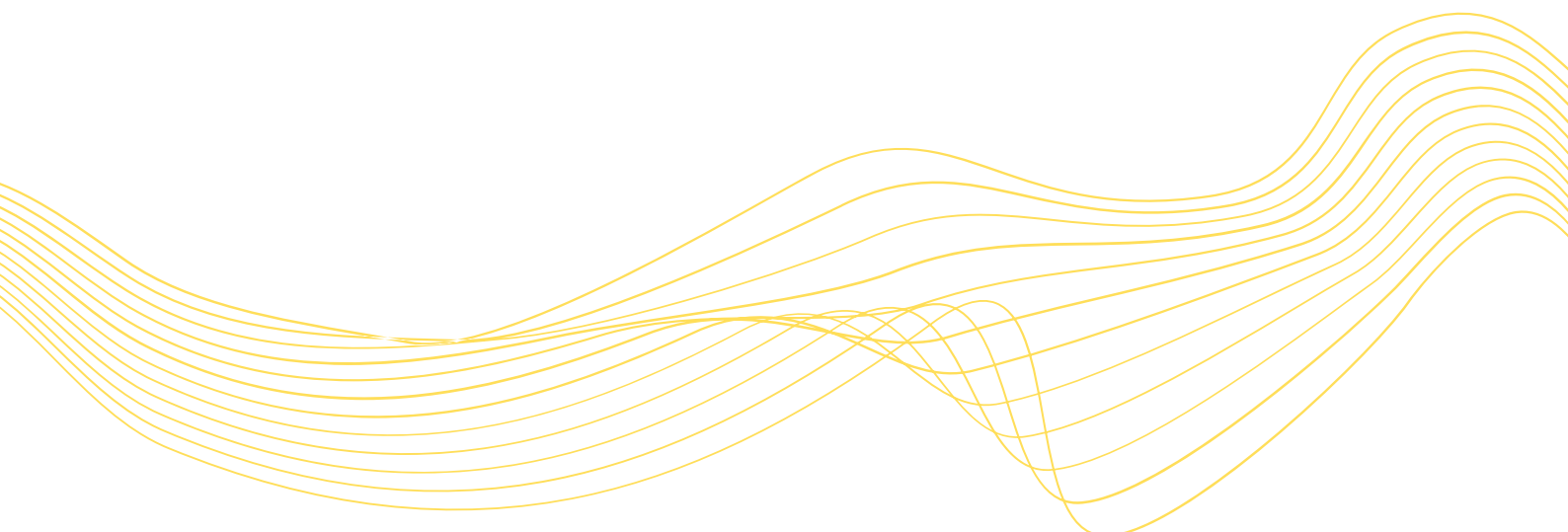
Games



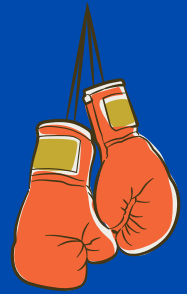
Sparring



Contest



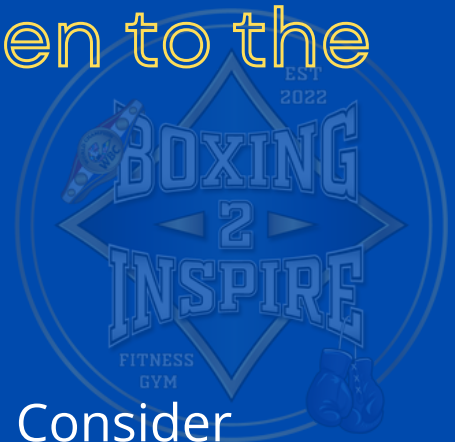
Professional Fighting

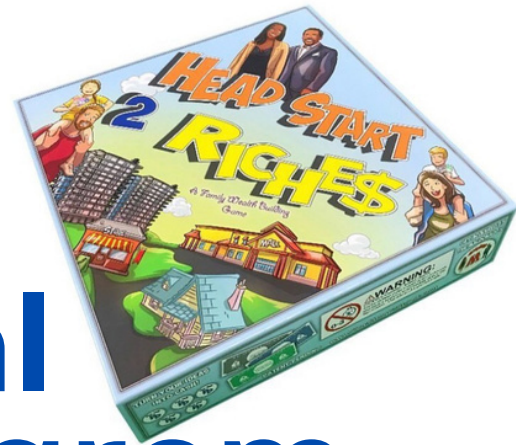


If your child expresses interest in competition, please inform us so we can guide them on the right path. Currently, we do not have a fight team, but we are open to the idea.

Parent Participation

We encourage parents to get involved! Consider practicing boxing moves with your children at home. Use tools like pool noodles or punch pads for safe practice.





Financial Literacy Program

Every Sunday, we offer free financial literacy lessons using the game Head Start 2 Riches. This program is available for children ages 6 and up.



Suitable for ages 6+



The game teaches real wealth building lessons

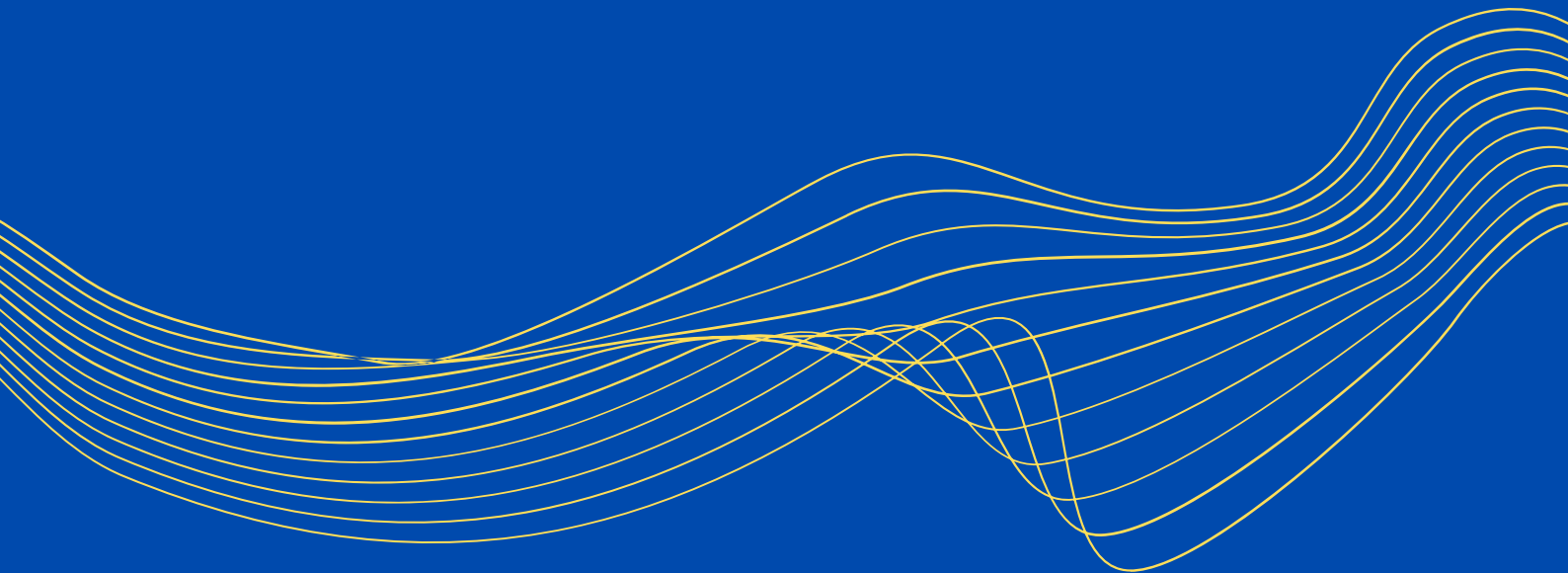


1 hour session-FREE!





Other Services...





Reserve
the date
for only
\$99

Event Space Rental

Host a unique boxing-themed birthday party at our gym!
Packages start at \$399 and include access to our
kitchenette and boxing activities.



Cake
Cutting
Room



Fun Boxing
Activities



Punch
open a
piñata





Custom Hype Videos



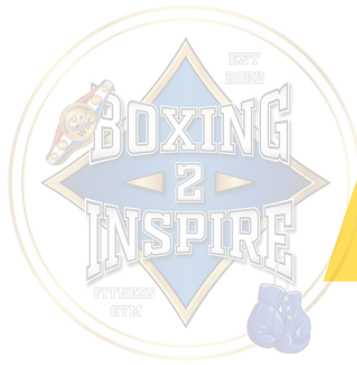
Capture your child's boxing journey with a custom hype video. Choose from various packages to document their progress.

Packages starting at \$199



Awards

Kids can level-up!



Boxing 2 Inspire LEVELS OF SUCCESS

1 CERTIFICATES OF ACHIEVEMENT

Earn up to 7 different certificates of achievement awards.



2 FIGHTER OF THE MONTH AWARD

Each month we select a new child for this award. They don't necessarily have to be the best, but they do have max out.



3 FIGHTER OF THE YEAR BELT

Out of all of our students... only one child will be chosen for this special award.

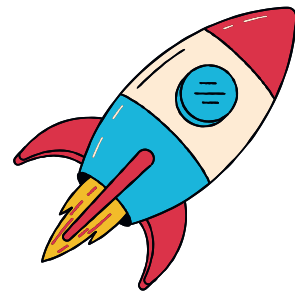


4 A TOTAL TRANSFORMATION

Watch how a shy, timid, socially awkward child, blossoms into a strong, self-disciplined kid, who has confidence pouring out of them.

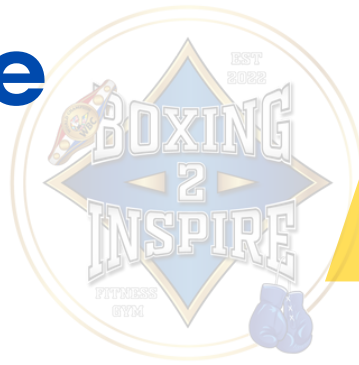


Watch their confidence skyrocket!



Certificate

Study Guides



BOXING 2 INSPIRE

OFFENSE & DEFENSE

Study Guide

Offense Test Defense Test

1. Jab (1)
2. Cross (2)
3. Left hook (3)
4. Right hook (4)
5. Left upper cut (5)
6. Right upper cut (6)
7. Jab to the body (1)
8. Cross to the body (2)
9. Left hook to the body (3)
10. Right hook to the body (4)
11. Slip jab (1)
12. Jab slip (1)
13. Slip cross (2)
14. Cross slip (2)
15. Roll hook (3)
16. Feint jab, then cross
17. Feint cross, then hook
18. Feint jab, then jab
19. Feint jab, then upper cut
20. Over hand punch
21. Loaded up hook
22. Loaded up upper cut

Cost: \$10 each

**Testing day and time:
Saturday 11-12**

Rules:

**Miss 5 questions and
you have to wait 1 week
to retry.**

**Pass and earn a
certificate of
achievement and get
access to 1 hour of
sparring per week on
Saturdays free of charge**

1. Slip to the left
2. Slip to the right
3. Roll to the left
4. Roll to the right
5. Slip, roll
6. Pull
7. Down parry
8. Side parry
9. Duck
10. Step back
11. Step to the left
12. Step to the right
13. Roll and step to the left
14. Roll and step to the right
15. Angle
16. Block body on the left
17. Block body on the right
18. Block head on the left
19. Block head on the right
20. Down parry a body punch



BOXING 2 INSPIRE

FOOTWORK

Study Guide

Footwork Test

- Box step
- Step (outside) & pivot
- Angle (step inside & pivot)
- Side step (Check hook)
- Skip around the ring
- Take 3 steps back & do a lateral movement to the left
- Take 3 steps back & do a lateral movement to the right
- Move forward & backwards quickly 3 times across the ring
- Perform 1,2,3 while moving forward. (Step with each punch)
- Perform 1,2,3 while moving backwards. (Step with each punch)
- Pivot to the left
- Pivot to the right

- Foot taps clockwise and counter clockwise around a circle
- Step forward, pivot, pivot back, step back, switch stance, step forward, pivot, pivot back, step back, switch stance
- Feint step left, then feint step right
- Feint left, then pivot
- Move forward while slipping the jab
- Move backwards while slipping the jab
- Move forward while rolling
- Move backwards while rolling
- Lateral movements with an uppercut
- Angle shuffle
- Step forward and slide back foot
- Step back and slide the front foot

Cost: \$10

**Testing day and time:
Saturday 11-12**

Rules:

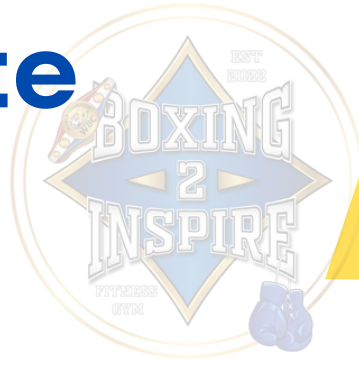
**Miss 5 questions and
you have to wait 1 week
to retry.**

**Pass and earn a
certificate of
achievement and get
access to our next
certificate opportunity.**



Certificate

Study Guide



• Boxing 2 Inspire

Study Guide- Calisthenics Test

1. Jump Rope

You must jump rope at any pace for 2 minutes... non-stop!

2. Sprint

Run from the back door, to the grass and back in 90 seconds or less.

4. Sit ups

Perform 40 sit ups in 2 minutes or less.

3. Pushups

Perform 20 Mike Tyson Push ups in 2 minutes or less.

5. Squats

Perform 40 squats in 2 minutes or less.

6. Burpes

Perform 10 burped in 30 seconds or less.

Perform all of these tasks in 10 minutes or less and earn our Calisthenics Test Certificate!

Boxing2Inspire.com



Home work is a must! 💪





Trophy



Fighter of the month

All kids must meet the following requirements to be eligible for this award:

- Successfully pass their defense and offense test
- Consistent attendance
- Always has a positive attitude
- Making noticeable progress
- Have atleast 1 sparring match
- Must over come adversity

Fighter of the year



Go hard every month!



Kids can test their skills and earn different medals

**Speed
Bag
Champ**



**Jump
Rope
Champ**



How to earn awards

All certificates and medals must be earned by taking the required test.

Each fee paid will give a child 2 attempts to pass.*

Certificates



Test Cost: \$10

Test Day: Saturday 11-12

Rules: Must attend at least 10 sessions before testing.

Miss 5 questions and you'll have to wait 1 week to re-test.



Medals

Test Cost: \$5

Test Day: Saturday 11-12

Rules: Must perform the exercise NON-STOP for 1 minute at a fast pace.

Make 1 mistake and you'll have to wait 1 week to re-test.



How to earn awards

There are no additional cost to receive a trophy or a plaque.

There are no test to take!

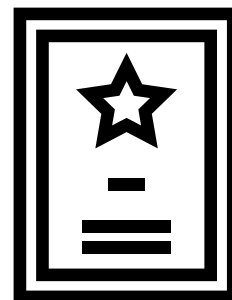
Trophy

- Fighter of the month
- 5 Sparring matches completed
- 20 Sparring matches completed
- Fighter of the year



Plaque

- 1 Year of Boxing Training
- 2 Year of Boxing Training
- 3 Year of Boxing Training
- 4 Year of Boxing Training
- 5 Year of Boxing Training



These awards must be earned over time, hard work, and dedication. 💪



Challenges and Solutions

Consistent Attendance

Maintaining a realistic training schedule is crucial. Aim for at least one class per week.



Overcoming Hard Work

Encourage your child to push through challenges. Consistency is key to embracing the program.

Facing Sparring Fears

Support your child in facing their fears about sparring. Encourage them to participate and reassure them of the safety measures in place.



Contact Information

For any questions or concerns, please reach out to us:

Phone: 216-327-1225

Email: Boxing2inspire@gmail.com

Website: Boxing2inspire.com



FAQ

Q

What age can my child start boxing?

A

Children as young as 4 can participate in our programs.

Q

Is sparring mandatory?

A

No, we offer a no-contact option.

Sparring is encouraged, but not required.



FAQ Conti.

Q

Do I still need to make an appointment to train if I am a member?

A

Yes! All members must download the mind body app and book every session before 2pm.

Q

Do I lose my sessions if I miss a week?

A

No! Your unused sessions will carry over to the following week.



FAQ Conti.

Q

Will my membership dues ever go up?

A

No! Your membership cost will remain the same as long as you don't cancel.

Q

Can I bring a guest?

A

Yes! You can bring in unlimited guests!

Their 1st visit is free!

Member Testimonials



Nicolina Kajic

1 review · 1 photo



an hour ago

New

Ivan is great with the kiddos! You can tell that he truly cares about what he does and is there to make a difference by letting kids express themselves. I take my 10 year old nephew, this helps him express his anger in an appropriate way. He looks forward to his Saturday morning sessions!



Katie Kelley

2 reviews



19 minutes ago

New

Ivan is probably one of the most remarkable trainers I've ever met. I'm raising two of my grandchildren for the past eight years and in today's society, I feel that protection is very important how to protect yourself, but his classes are more than that. They teach respect they teach self control and he also teaches self-worth, which is something that you don't see much of these days. I referred him to several people that I know and he is an absolute wonderful trainer well organized, and an absolute joy for my granddaughters. Thank you, Ivan for all you do for these children



Final Thoughts

Thank you for choosing Boxing 2 Inspire!



We look forward to supporting your child's journey in boxing. Together, we will inspire and empower!

