

8-WEEK BEGINNER BOXING CURRICULUM

One progression every coach on staff teaches the same way, so a student's week 5 looks the same whoever is coaching. Each week builds on the last. Move a student on when they show the "ready" check, not when the calendar says so.

Gym _____ Head coach _____ Start date _____

WK	FOCUS & KEY DRILL	COACHING CUE	READY TO MOVE ON WHEN...	SIGN-OFF
1	Stance + jab Drill: step-jab	Build the stance first, then the guard, then the punch. The jab is the punch they'll throw most.	Balanced recovery after every jab, no overextending.	☐ Ready _____
2	Straight punches Drill: 1-2	Turn the hips into the cross and stay on balance through the rotation.	Full hip rotation without losing balance.	☐ Ready _____
3	Hook Drill: 1-2-3	The guard comes back after every punch. Watch the opposite hand.	Guard returns, stance stable throughout.	☐ Ready _____
4	Footwork Drill: step-and-angle	Half steps create the angle. Stay on balance through every step.	Stays balanced, uses half steps to create angles.	☐ Ready _____
5	Body work Drill: 2-3-2	Change level with the legs. The stance and guard come down with them.	Changes level without losing stance or guard.	☐ Ready _____
6	Defense Drill: slip-counter	Defend first. Counter with the hand on the side they slipped to.	Defends first, then counters with the hand on the slip side.	☐ Ready _____
7	Combinations Drill: 1-2-3-2	Call the numbers, don't script them. Finish every combination by exiting the pocket.	Flows without freezing, exits the pocket.	☐ Ready _____
8	Controlled sparring Drill: constrained rounds	Set the limit before the bell: jab-only, defense-only, or power below 20%. Timing, not power.	Applies skills calmly with a defensive mindset. See the readiness signs on page 2.	☐ Ready _____

One rule for every week: one correction at a time. Fix the root (stance, footwork, or guard), not the symptom, and frame the correction as the next rep. A beginner who can't get anything right stops experimenting.

COACH'S REFERENCE

The shared language that keeps the curriculum out of one coach's head. Every coach uses the same numbers, the same class flow, and the same rules for corrections and sparring.

THE SIX-PUNCH NUMBERING SYSTEM

1 Jab

2 Cross

3 Lead hook

4 Rear hook

5 Lead uppercut

6 Rear uppercut

Some gyms number the uppercuts differently. Pick one system and make every coach use it. Call combinations by number on the mitts so students learn to react, not memorize.

CLASS FLOW

1. Warm-up
2. Shadowboxing
3. Stance and guard check
4. One technique or a progressive drill from this week
5. Pad or bag work, short rounds with reps
6. A controlled finish

DAY ONE ONLY

- Stance and guard before the first punch
- The jab
- The 1–6 numbers
- Short pad rounds
- Situational rounds: light touch, one skill, cooperative. Nobody scores or lands hard.

No hard sparring. No correcting them ten times before they've done four reps.

HOLDING PADS FOR BEGINNERS

- Meet the punch, don't chase it.
- Hold at the right distance and height to draw out proper mechanics.
- Start slow, with low resistance. Speed grows as competence does.
- Read the mitt for power, dropped hands, range, and snap vs. push. Then pick one correction.

THE DRILLING LADDER

1. All six punches, thrown properly
2. Shadowboxing
3. Heavy bag
4. Partner work on focus mitts, power down

Move a student up a rung when they can do the current one safely without thinking about it.

SPARRING: SET THE LIMITS, THEN WATCH FOR THE SIGNS

Jab-only

Defense-only

Limited combinations

Power capped below 20%

Timing games

Trapping games

Coach-selected partners

Ready for constrained sparring when the student can:

- ☐ Reliably slip, weave, bob under, and parry incoming punches
- ☐ Keep a guard and use footwork to enter and exit the pocket safely
- ☐ Use a strong jab to control distance, set up punches, and cover entries and exits

Once contact is a regular part of training, check that your instructor insurance covers it.

WHO'S READY FOR WHICH WEEK

Tick a week when the student shows its "ready" check. A covering coach can see at a glance who has done slip-counter before anyone is put into week 8 rounds.

Group / class _____ Coach _____

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