

# Training Research on Improving the Application of Short-range Technology in Boxing in Actual Combat

Yulin Xing<sup>a,\*</sup>, Jinmei Lin

Boxing Team of Guangdong Heavy Sports Training Center Guangzhou, 510630, Guangdong, China

<sup>a</sup> gaolcn@foxmail.com

\*corresponding author

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**Abstract:** Close distance technique in boxing is one of boxing techniques, which enhances the boxing ability of trainers by improving the close distance technique in boxing. In order to improve the training level of the trainer, close distance technique training should be combined with the actual ability of the trainer. In order to ensure the effective application of close range technology in boxing by trainers, actual combat training is essential in order to continuously help trainers accumulate practical experience and win in the competition. By analyzing the effect of boxing technique training, this paper puts forward the application strategy of close distance technique in actual combat, which is intended to improve the actual combat ability of trainers.

## 1. Introduction

Boxing is a kind of high-strength, high-speed anti-sports, trainers only rely on flexible pace and boxing technology, in order to find a sense of distance in the rapid movement. And the distance sense of the trainer can be cultivated through daily training, in the boxing process, only the target holds the distance well, can obtain the competition initiative. Boxing matches can be divided into three different distances to carry out actual combat. Distance refers to the separation of the parties from the battle after the strike, keeping the appropriate distance as an adjustment. Middle distance means that both sides of the fist can hook the opponent. Close range means close contact. In the course of boxing, the trainer needs to keep the distance from his opponent according to his own habits and personal technical characteristics. The middle and short distance actual combat is a common winning form in boxing competition. By carrying out the middle and short distance technical training, the trainer's boxing ability is enhanced, and the trainer can obtain the initiative in the boxing match.

## 2. Application Effect of Boxing Technique Training

### 2.1. Empowerment of Trainers

In boxing, the trainer needs to use his explosive force to complete the attack and defense. Only in a short period of time will the trainer give full play to the strength, can achieve the purpose of attack and defense. Therefore, it is necessary for the trainer to have a strong explosive force, which can effectively train the trainer's explosive force and speed force through actual combat training of boxing technique. Because the boxing match needs the trainer sustained strength output, the muscle activity intensity is bigger, if the training level is poor, the boxer can not hold on to the match for a long time. Because of the high mental tension, it is easy to appear nervous system fatigue. Through the practical training of boxing technology, it can effectively improve the activity function of various systems of human body, thus enhancing the endurance of the trainer.

### 2.2. Improved Sensitivity and Responsiveness of Trainers

Only by mastering and using all kinds of boxing skills and using all kinds of tactics flexibly in actual combat can boxers gain initiative in boxing competitions. Sensitivity and rapid response

ability can be gradually improved through actual combat training. In the course of actual combat training, boxers should constantly enhance their reaction ability, adjust the situation in time during the competition, and train all kinds of technical combinations in order to adjust their tactics in time in the changeable match field and avoid being subject to others.

### **3. Application Strategy of Close Distance Technique in Boxing**

#### **3.1. Removing the Fear of Medium- and Short-Range Confrontation**

Boxers need to have good psychological quality, in order to face the changing situation in boxing, strong psychological quality is also the most basic condition of the middle and close combat. In the process of boxing, the boxer's attack depends on the fist, because of the particularity of the boxing match, the boxer will have a fear in the face of a strong opponent. Therefore, in the middle and short distance actual combat process, can not grasp the initiative. In order to enhance the psychological quality of boxers in boxing, it is necessary to carry out close-distance technical practical training in boxing to help boxers dispel their fear. Through constant confrontation training, can effectively improve the psychological quality of boxers. In the course of training, we should pay attention to the principle of step by step, ensure that the training distance is far and asymptotically, and determine the size and speed of boxing strength. So that the trainer can gradually adapt to the distance of boxing confrontation, in the process of continuous actual combat training, overcome fear, so as to promote the trainer to gain the initiative in the boxing process.



Figure 1 Boxing

#### **3.2. Enhanced Air Strike Training**

Air strike training is a kind of training method in adversarial exercise, and it is also a warm-up training method before high intensity exercise. Air strike training can also be individual boxing training, the trainer punches the air. Air strike training can not only help the trainer warm up, but also enable the trainer to maintain rhythm and feeling during exercise. The mid-range air strike training, the trainer can use the mirror air strike way, do the related mid-range attack defense. The purpose of mirror training is to help the trainer find the feeling, but also to find their own technical defects in the mirror, timely correction. In the process of air strike training, we can also use the training method of false air strike, through the trainer's own imagination, switch the various playing methods, to a certain extent, can make the trainer master the rhythm. At the same time, it can also enhance the ability of the trainer to ensure that the trainer in the actual combat, to achieve the purpose of attack and defense.

#### **3.3. Sandbag Training**

hitting sandbags is a medium and close training method, because the medium and close distance requires the strength of the trainer. Through sandbag training, to a certain extent can enhance the strength of the trainer's punch, speed up the punch. In the process of practical exercise training, the direct attack is generally adopted, and the trainer should take the combined attack according to his own motion situation and the swing situation of the sandbag. The trainer must take the sandbag as

the real enemy and go all out to exert his ability. But pay attention to hit sandbag training, to think about their own tolerance, so as not to be injured in the training. Trainers need to pay special attention to four points when hitting sandbags. The first point is to prepare for the activities of the arms to be punched, the purpose of which is to move the muscles and bones, to avoid injury during the training process, and to ensure the training safety of the trainer. The second point, hit the sandbag, according to the principle of gradual, to achieve the best training results. Third, pay attention to the techniques of hitting sandbags. When the fist to touch the sandbag, need to keep the wrist tension, keep the fist clenched. Trainers should ensure that the shoulders, elbows and wrist joints are fully relaxed when wrestling and pumping the sandbags. Fourth, grasp the correct grip posture, both to ensure that the face of the fist flat, but also slightly inside buckle. In order to ensure the safety of the sandbag beating process, to avoid the training of contusions. If the training intensity is large, the trainer can wear sandbag gloves to increase the strength of the punch and ensure the safety of the training.

### **3.4. Hand Target Training**

Hand target training is similar to sandbag training, but hand target training has mobility, which can not only enhance the strength of the trainer's boxing, but also enhance the flexibility of the trainer. There are three ways of hand target training.

First, fixed target training. In order to improve the training ability of close combat, it is necessary to use the middle and close shooting in hand target training, so that the trainer will swing fist and hook fist as the main attack technique, straight fist as auxiliary attack, fixed target training because of the fixed distance, the trainer will not be disturbed, more focused attention, in the beating action training process, can also make the movement more in place.

second mobile target training. Based on the fixed target training, the trainer can follow the movement speed of the trainer and carry out the hit training. Mobile target training can effectively enhance the flexibility of trainers. At the same time, because of following the pace of the trainer, the boxer's mobility is enhanced.

Third, actual hand target training. In the course of continuous training, the trainer can switch the actual combat skills at will to achieve the purpose of attack and defense. At the same time can also make the trainer in the actual combat reasonable distribution of physical strength to complete the boxing match.



Figure 2 Boxing

### **3.5. Actual Combat**

The aim of boxing training is to improve the skill level of close distance among the trainers in the process of actual combat practice. Through actual combat confrontation, it can also effectively improve the technical level of trainers. When carrying out actual combat, it is necessary to carry out actual combat according to the sports ability and physical condition of the trainer. So that the trainer in the process of continuous offensive and defensive strength. The middle and close attack and the defense actual combat, can make the attacking two sides to maintain the middle and close distance, because the middle and close distance limits the use of the straight fist to a certain extent, therefore,

in the actual combat usually with the swing fist and the hook fist way primarily. The trainer should constantly strengthen the training of swing and hook boxing, strike training, the trainer should also do a good defense, the trainer's attack to block. In order to ensure that the trainer can improve the ability in the actual combat training, the group confrontation can be used to make the two trainers with similar sports ability and technical application to fight. Trainers in the process of confrontation, improve the level of application of mid-range technology. In the middle and close range of offensive and defensive training, the offensive side takes a fixed combination of action, the defensive side needs to take appropriate protective measures according to the action, or can take the way of continuous attack to further improve the actual combat response ability of the trainer. The attacking party has no specific offensive requirements. Therefore, defenders need to use different combinations of boxing to effectively defend. Single attack and continuous offensive and defensive training can enhance the actual combat ability of the trainer to a certain extent.



Figure 3 Boxing

#### 4. Concluding Remarks

Short distance technique in boxing is an important scoring technique in boxing. Only by mastering the technique and applying it fully in actual combat can the trainer obtain the initiative of the competition and finally win the prize. To a certain extent, the actual combat training of boxing technique can enhance the strength of the trainer, enhance the sensitivity and response ability of the trainer. By eliminating the fear in the actual combat of the trainer, strengthening the air strike training and carrying out the sandbag strike training, the trainer's actual combat ability and sensitivity can be further enhanced. In the process of actual combat training, pay attention to the intensity of boxing training, in order to ensure the training safety of trainers.

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