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## The effect of using applied boxing exercises on two rings of different sizes in developing the level of performance of side and upward punches for young boxers with weights (51-54-57) kg

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### Abstract

The purpose of this paper is to preparing applied boxing exercises on two rings of different sizes for young boxers, and identify the effect of applied boxing exercises on two rings of different sizes in developing the performance level of side and upward punches for young boxers. The researcher used the experimental method by designing two equal groups (experimental and control). The research community was defined by young boxers from the clubs of Wasit Governorate, whose ages do not exceed 16-18 years and each weighing (51-54-57) kg. They numbered (34) boxers. (10) boxers were excluded for the purposes of the exploratory experiment, and the research sample was selected using the method Simple randomization, so the total number of boxers reached (24) and they were divided into two equal groups (12 boxers for the control group and (12) boxers for the experimental group. The experimental group undergoes training prepared by the researcher, while the control group continues with the coach's training curriculum. The sample percentage was from the indigenous community (70.58%). The sample is considered homogeneous in the variables of age, weight, and training age, as the boxers are all of the same age group (youth) and the weights are almost similar in the control and experimental groups. One of the most important results reached by the researcher is that: The use of applied boxing exercises on two rings of different sizes had a positive impact on developing the level of performance of side and upward punches, and training boxers in small rings with an area smaller than the area of a legal ring is of great benefit to the boxers in developing the skills of side and upward punches.

**Keywords:** Boxing, rings of different sizes, young boxers

### Introduction

It is known that the process of sports training aims to develop and develop the level of the athlete who is subject to training curricula in accordance with scientific foundations, and that the great achievements achieved in various events did not come by chance, but rather through sound scientific planning and the employment of specialists in the sports field for all sciences, and since the game of boxing is one of Games that received and still receive great attention in various countries. Being one of the sports games that is characterized by its great popularity and that it has a peculiarity that comes from its possession of the elements of excitement and suspense, and this interest makes those interested in the game always seek to develop it by raising the levels of boxers from the technical, tactical and psychological aspects in addition to developing the various elements. Therefore, we find it necessary to pay attention to its training curricula, especially since the requirements of the game require high-level skill performance, as it requires narrow and small playing areas inside the ring, and the boxing game is characterized by its many variables, speed of execution of the motor duty, and correct tactical behavior towards these changing and multiple situations, so the boxer must understand his surroundings. Complex and complex decision-making through quick and accurate decision-making at the same time and perhaps more than one decision without hesitation. Despite the great interest in the training process and all its elements and the scientific dealing with its basic components such as the curriculum, the player, and training methods and methods, the quality of the training provided remained without the required attention.

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As the boxer's possession of various forms of motor performance that are similar to the requirements of fights allows him to choose the best one according to the changing playing situations inside the ring and increases his ability to maneuver and carry out the appropriate motor task in different places and directions and not be surprised by situations for which he has not been trained, and thus achieve the speed of outstanding performance. With accuracy and consistency in executing the skillful and tactical assignment. Therefore, applied boxing exercises on rings of different sizes are one of the means to consolidate and develop basic skills because these exercises include multiple playing situations, such as what happens in fights, in terms of the presence of an opponent, variable and different positions, physical load, and real competition, as well as the number of skills performed in a certain time in such rings. It is considered very large, which allows for effective repetitions. In light of the above, the importance of research is highlighted through the use of applied boxing exercises on different-sized rings in developing the level of performance of side and upward punches for young boxers with weights (51-54-57) kg, which would provide benefit to those concerned in this regard (Boxers-coaches-clubs-Institutions) in order to improve the reality of the game of boxing.

### Research problem

Through the researcher's experience, as he is one of the former international champions in the game of boxing and follows the reality of the game, he noticed that there is a problem represented by the lack of use of various training methods for different age groups, including the use of playing on miniature rings because they have an effective role in developing the capabilities of boxers, and from this the researcher came to define the topic of his study in the use of Applied boxing exercises on two rings of different sizes in developing the performance of side and upward punches for young boxers with weights (51-54-57) kg.

### Research objective

- Preparing applied boxing exercises on two rings of different sizes for young boxers.
- Identify the effect of applied boxing exercises on two rings of different sizes in developing the performance level of side and upward punches for young boxers.

### Research hypotheses:

- Applied boxing exercises on two rings of different sizes have a positive impact on developing the level of performance of side and upward punches for young boxers with weights (51-54-57) kg.

### Research fields

- **Human field:** Wasit Governorate Youth Club boxers with weights (51-54-57) kg.
- **Time field:** (6/11/2023) to (3/1/2024)
- **Spatial field:** Haidariyah Youth Forum.

### Research methodology and field procedures

#### Research Methodology

Since the nature of the problem is what requires the researcher to use the appropriate method to solve it, the researcher used the experimental method by designing two equal groups (experimental and control), which, according to what see, is "an attempt to control all the basic factors affecting the dependent variable or variables." In the experiment, except

for one factor that the researcher controls and changes in a specific way with the intention of determining and measuring its effect on the dependent variable or variables." (Nouri Ibrahim Al-Shouk and Rafi Saleh Fathi. 2004) <sup>[1]</sup>

### Community and sample research

The research community was defined by young boxers from the clubs of Wasit Governorate, whose ages do not exceed 16-18 years and each weighing (51-54-57) kg. They numbered (34) boxers. (10) boxers were excluded for the purposes of the exploratory experiment, and the research sample was selected using the method Simple randomization, so the total number of boxers reached (24) and they were divided into two equal groups (12 boxers for the control group and (12) boxers for the experimental group. The experimental group undergoes training prepared by the researcher, while the control group continues with the coach's training curriculum. The sample percentage was from the indigenous community (70.58%). The sample is considered homogeneous in the variables of age, weight, and training age, as the boxers are all of the same age group (youth) and the weights are almost similar in the control and experimental groups.

### Field research procedures

#### Test under study

- Test name: Boxing test with a colleague (Raysan Khuraibet, 1989) <sup>[2]</sup>
- Purpose of the test: to measure the level of performance.
- Used equipments:
  - Manual stopwatch.
  - Boxing paws (4).
  - Legal boxing ring.
  - Arbitration form.
  - Whistle to start and end the round.
- **Performance Description:** Both boxers stand in the corner designated for them, and upon hearing the start signal from the midfield referee, the competition begins by performing the various punches and necessary defenses for them, for a period of three rounds, with a time of (3) minutes per round and a (1) minute rest period between rounds.
- **Conditions:** It allows the boxer to use various punches and their correct and legal defenses in the game.
- **Register:** The boxer scores a point for every correct hit during the fight.

### Exploratory experience

The researcher conducted his exploratory experiment on Sunday, December 3, 2023, on a sample of the original research community who did not participate in the main experiment, as their number reached (10) boxers, and the intent of this experiment was:

1. Identify the suitability of the tests for the research sample and it has been shown that they are appropriate for their abilities.
2. Identifying the time required performing the research test, and its timing was recorded.
3. Avoid errors and obstacles that may appear in the basic experience.
4. Ensuring the safety of the tools and equipment used. This was done with the help of experts in the field of the game, especially with regard to the two designed rinks.
5. Knowing the efficiency of the assistant work staff \* where those with experience in the specialty were sought.

**Pre-test of the research sample**

The pre-test was conducted by the researcher on the research sample, which numbered (24) boxers representing the two groups, at a rate of (12) boxers for each group, on Wednesday, 6/11/2023.

The tests were conducted for the experimental group and the control group in the Al-Kut oxing Sports Club hall. Before starting to implement the test on his research sample, the researcher explained this test to the boxers and explained its procedure. The experimental research group and the control research group were tested separately, with the two researchers supervising the assistant team and the research group. Before starting to implement the exercises prepared within the training unit for the experimental group, the control group was left to train with its trainers and under the supervision of the researchers.

**Applied boxing exercises on two rings with different measurements prepared by the researcher**

The applied boxing exercises vocabulary prepared by the researcher was applied during the special preparation period in the main part of the training unit, and that was on Saturday, 9/11/2023, in the Haidariyah Youth Forum, as it consisted of boxing-specific exercises that were composed by the researcher on two different rings. The measurement was designed by the researcher at a size smaller than the size of the legal ring in order to create a more difficult competitive environment for the boxers. Then it was reinforced with applied boxing exercises with a colleague, which numbered

(18) exercises, and were arranged in a way that serves the development of the level of performance of side and upward punches. The exercises were carried out in (3) training units per training week on days (Saturday-Monday-Wednesday). The number of training units was (24) training units (see Appendix 1) divided over a period of eight weeks. The training begins at three o'clock. In the evening, the special exercises will be applied in the first part of the main section, that is, after completing the general and special warm-up.

**Post-test of the research sample**

After completing the application of the special applied boxing exercise vocabulary proposed by the researcher during a period of eight weeks, starting from Tuesday, 9/11/2023, until Wednesday, 31/12/2024, it passed naturally and without obstacles. A rest was given that lasted for two days, after which On Saturday, 3/1/2024, the post-test was conducted for the experimental group and the control group. The researcher sought to commit to providing the same conditions in which the pre-test was conducted, where the same supporting work team was present, as well as the same time, place, and supplies required to conduct the test.

**Statistical methods:** The search data was processed through the Statistical Package for the Social Sciences (SPSS).

**Results and Discussion**

**Presentation and analyze the results of the boxing test with a colleague**

**Table 1:** Shows the arithmetic mean and standard deviation of the boxing test with a partner for the control and experimental groups

Skills	Groups	Arithmetic mean	Standard deviation	T Value Calculated	T Value Tabular	Type sig
Right side punch	Control	8.02	2.88	2.58	2.2	Sig
Left side punch	Experimental	10.3	3.72			Sig
Right upward punch	Control	6.45	1.38	3.32		Sig
Left upward punch	Experimental	8.87	2.96			Sig

At the degree of freedom (11) and below the level of significance (0.05). (Abdel Qader Halabi, 1985) [3]

**Discussing**

It is clear from the previous table that there are significant differences in favor of the experimental group, and the researcher believes the reason for this is the implementation of the exercises prepared by him, which included applied boxing on two rings of different sizes, that is, playing on an area smaller than the area of the regular ring, which would work to develop the level of performing side and upward punches. Because they are exercises that take on a specific character in boxing, and the use of applied boxing exercises on two rings of different sizes in a way similar to the reality of play and real competition contributed to developing the level of boxers' performance, as the smaller the distance, the more difficult it is to make the appropriate decision in situations similar to competition, and thus the exercises used provide an opportunity For boxers to develop their level of performance through the use of exercises similar to the situation of real competition, and this is consistent with what pointed out, "that real competition represents the most specialized form of level monitoring, as it thus provides important information about the individual's true performance level and enables conclusions to be reached and thus contributes to Improving the sports format significantly" (Adel Abdel Basir, 1999) [4]. The prepared exercises confirm the progress of the competition with a colleague in order to

maintain the level of the boxer. On the other hand, training, application and competition between the boxers leads to maintaining the level reached by the boxers, which is achieved through systematic training, increasing the number of repetitions of the exercises and diversifying their performance. This has led to the development of the level. The performance of side and upward punches by boxers, as (Afaf Abdel Karim, 1990) [5], confirmed, "Diversity and complexity in the movement models of exercise is necessary in order to meet the changing needs of skills." The researcher also attributes the development achieved by the experimental group to the result of the varied training and the change in the training load (high and low) according to The training load appropriate to the ability of the boxers according to the scientific principles used in preparing modern training exercises, as the exercises that were trained in accordance with the nature of the real boxing performance had a prominent role in this. And also to the existence of these exercises and the form in which they were applied to the boxers in a competitive manner far from the boring routine that boxers face in the usual training daily, and this is what "that modern sports training depends mainly on science to obtain good results, and that time has passed." (Afaf Abdel Karim, 1990) [5] "In which some coaches were able to bring their talented athletes to the high level based on individual scientific experiments." state, "The process of preparing and qualifying boxers in a good manner is not an easy matter according to the concept of the characteristics of modern

boxing. Therefore, work must be done to escalate the components of the training load and make the most of the boxer’s abilities to reach high sporting achievements through scientific planning of the training process.” (Mahmoud Abdullah Ahmed *et al.* 1990)<sup>[6]</sup>.

**Conclusions and Recommendations**

**Conclusions**

- The use of applied boxing exercises on two rings of different sizes had a positive impact on developing the level of performance of side and upward punches.
- Training boxers in small rings with an area smaller than the area of a legal ring is of great benefit to the boxers in developing the skills of side and upward punches.
- Trainers are accredited in training their boxers with the same established training methods and the same exercises without giving new exercises, and this leads to restricting the process of progress and development of the boxers’ level.

**Recommendations**

- The necessity of using applied boxing exercises on two rings of different sizes.
- Trainers must familiarize themselves with such exercises and know their importance in improving and developing the level of boxers in performing side and upward punches.
- The necessity of adopting training curricula based on a sound scientific basis in order to raise the athletic level of boxers.
- Using applied boxing exercises on two rings of different sizes for different age groups.

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**Appendix (1)**

Shows a model of a training unit for the exercises used in the study  
 First week  
 Unit No. (1)  
 Days: Saturday-Monday-Wednesday  
 Date: 11-15/12/2023  
 Aim of the training unit: the level of performance of side and upward punches  
 Time: a minute  
 Section: Main  
 Stage: Special preparation

Day	Section	Unit details	Time of one exercise	Repetitions× sets	Exercise intensity	Rest between repetitions	Total time for work and rest	Notes
Saturday	Main	Exercise no. (1)	10sec	2× 9	%85	45sec	18 minutes	The time of the main section is 53.5 minutes
		Exercise no. (4)	12sec	2× 8	%90	50sec	17.5	
		Exercise no. (6)	10sec	2× 9	%85	45sec	18	