

## I.1. THE IMPORTANCE AND CURRENTITY OF THE TOPIC

Boxing is part of the sports of direct combat with the opponent, characterized by great combativeness, dynamism and a great motor variety.

From a functional point of view, athletes are required to have a series of morpho-functional aspects that materialize in motor acts with the aim of attack, defense or deception carried out continuously, acyclically, but at a sustained tempo. The general physiological demand of the body is mixed (aerobic-anaerobic) and submaximal. At some moments, however, the effort reaches maximum values.

The type of request, psychological or motor-physiological preponderance, varies depending on the fighting style adopted, the tactical situations, the level of the confrontation and the combatants. All major systems, cardio-respiratory, neuroendocrine and muscular, as well as all body segments are required. Also, its practice requires all the basic motor qualities: speed (execution and repetition), resistance, strength, skill, the formula of the specific effort being mostly resistance in force-speed regime (R(FV)).

Due to the intense demands to which the circular apparatus is subjected, the heart rate increases up to 180-220 pulsations per minute. During the minute affected for the break, the pulse of a trained boxer drops to around 110-120 pulses per minute, and the effort can be resumed under optimal conditions. The level of demand on the cardiovascular system makes experienced, well-trained boxers develop a pronounced state of bradycardia. The respiratory system is intensively and specifically required: due to the position of the chest in the fighting position, the acyclic and arrhythmic movements, as well as the frequent contractions of the abdominal belt, the chest capacity of boxers does not increase much compared to other sports. This finding must lead to the performance of special breathing and compensatory exercises in preparation for other sports (swimming, athletics, skiing).

## II.2 FRONT EXERCISES

Frontal exercises are used in lessons for the group of students to gather in an organized manner in certain formations, for changing formations, for performing, with the whole group, various gymnastic exercises and for learning boxing movements. The students must get precise information about the general rules of the close formation and acquire the skills of moving, in a group, through the hall. High discipline, good posture and precision are the mandatory conditions for frontline exercises.

Part of these exercises is the position in the front, the turns from the place, movement, turns during movement, formation changes, etc. For the organized placement of the group of students in the hall, the formation changes from gymnastics are used.

## II.3 GYMNASTICS EXERCISES WITHOUT APPARATUS FOR GENERAL DEVELOPMENT

These exercises include: strength exercises, which strengthen the muscles of the body; the stretching ones, which develop the suppleness of the body, the relaxation ones, the invigorating exercises.

The variety of gymnastics exercises allows the teacher to choose among them those that are necessary for solving a certain task and to apply them individually, in relation to the particularities of each student.

## CHAPTER III CONCLUSIONS

General physical preparation is the basis of sports performance. Only through the means of boxing we cannot fully ensure the multilateral physical development of the athlete and that is why the boxer must also do different physical exercises completely and with this practicing boxing.

In the boxer's actions in the ring, qualities such as: strength, speed, skill and resistance stand out clearly. During the fight, the boxer must know how to perfectly control his body, to act precisely and in accordance with the goal he is pursuing, to direct his willpower and muscular efforts in a rational way.

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Combining the specialization with the boxer's multilateral physical training is achieved with the help of various general development physical exercises and special physical exercises.

The mastery of the coaches determines that the factors that condition boxing performance are taken into account starting with the first steps of initiation and up to the level of high performance.