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titles, won by Leonard Doroftei (lightweight) and Francisc Vastag (middleweight), who was also declared the best boxer in the world

In April 1986 at the European Boxing Championships in Vejle - Denmark, Romanian boxers achieved remarkable results through Leonard Doroftei and Francisc Vastag who won the gold; Marian Simion took silver and Sabin Bornei took bronze. Vastag was also awarded the cup for the most technical player.

The fact that Romanian boxing representatives were present on the podium of all major competitions, zonal, continental, world championships or at the Olympic Games, proves that a school has been formed in Romanian boxing that rivals any of the world's renowned boxing schools.

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The development of special resistance is done in relation to the character of the fight in the ring, with the varied and numerous sequence of acyclic actions specific to boxing.

The development of resistance for fighting in the ring can be achieved mostly through specific means, but it must also be supplemented with the use of non-specific means.

The factors that condition the resistance are:

- the functional establishment of the nerve centers that ensure the long-term maintenance of the correlation between excitation and inhibition;
- the high activity capacity of the body's devices and systems and, in particular, of the cardiovascular and respiratory systems;
- the degree of interaction between the activity of the locomotor system and the functions of the internal organs;
- the body's energy resources;
- the ability to make efforts of will and especially perseverance and determination;

The content of the differentiated training:

### **II.3 DESCRIPTION OF TRAINING AT GROUP LEVEL**

#### **Beginners group**

For this group, the preparation lessons will take place 3-4 times a week, over a period of 8-10 months. At this moment, the conditioned fight and the free fight will be avoided.

After this period, training will take place 5-6 times a week, considering this preparation as a special stage for the verification match in order

- Any demonstration attempt, be it by a world champion, cannot be as deep as repeating with the emphasis of the essential elements due to the fact that the subject does not have the same qualities as the one who demonstrated.

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