

From: Green, Larry D
Sent: Wednesday, August 22, 2012 9:26 AM
To: Lovelace, H.P.
Subject: RE: **Boxing, NHB, and MMA tidbits**

H.P. – I watched UFC last night. I'm sure that it was a replay because it was all heavyweights and Brock Lesnar (Sp?) lost in the first round to a striker. But my point is, all 5 bouts were pathetic and pitiful! I finally just turned it off.

But it suddenly dawned on me why I have always found boxing to be such a scientific and complex sport whereas MMA is a farce. The guys in MMA are in incredible physical condition, but they get into incredible condition, and then try to learn how to fight after that. Boxing is just the opposite. You must learn the science of boxing first—the parries, feints, slips, footwork, counters, balance, hooks, jabs, footwork and positioning, coordinating the arms and legs, ad infinitum—and along with the hours and hours of practice on technique that gives you mastery. You as a result develop the physical conditioning to capitalize and deliver the wisdom. The MMA guys were doing stuff that was utterly stupid and amateuristic. Leading with their faces. No idea of even the very basics of coordinating footwork, leverage, & punching. It's all just throwing wild kicks and punches, and hoping that the other idiot will run into something with his face. The MMA guys close their eyes and throw haymakers. MMA is to boxing what pornography is to the visual arts. It's all just essentially a Pier 9 brawl – not an intelligent and trained science. MMA is like lifting weights for a year or two and then running out and bashing your head into a wall. Boxing is a type of ballet-in-violence. I fast forwarded through 3 of the 5 MMA bouts they were so pathetic!

Oh – I found that Golden boy fight program. I was laughing at the bleach blonde girls standing in the ring holding 'Corona' signs and smiling at the camera! That was funny. There's always a gal ready to show her T & A for \$10. Thanks for the item below. I could have written that myself. A lot of knowledge in that writing. Actually. I disagree with the Klitschko opinion. I think that what finally makes a great fighter start losing is old age—about 15 years in the ring—and becoming old, jaded and tired of it all – the pain, the effort, your body just finally doesn't want to take it or do it anymore.

You forgot to mention in the section on the check hook (counter-hook) – Floyd Patterson was really good at that also, but he was just too small of a man to hurt Sonny Liston. Henry Cooper also. A good small man just can't beat a good big man – the laws of physics are against him.

I don't think that you can mix all of the different fighting styles like a bowl of soup. Ju-Jitsu, has one fundamental focus, Karate another, Mui Tai has its own focus, Judo also. You can't just throw them all together and think that they're going to work out in the end. That's eclectic and full of diversity - but it just doesn't work. How do you throw a powerful left hook, when you're thinking about a sweep kick? A left hook requires that you shift your weight to your leading foot and shift and swivel your weight on that foot while twisting your waist, and paralleling your elbow and wrist, but to kick – you have to put your weight on your trailing foot, and plant your weight. You can't do them both at the same time – they totally work against one another. Thanks for the article. See you tomorrow, H.P.

From: Lovelace, H.P.
Sent: Wednesday, August 22, 2012 7:11 AM
To: Green, Larry D
Subject: **Boxing, NHB, and MMA tidbits**

NHB: no-holds-barred fighting

MMA: mixed martial arts

Inside of the ring your goal is to impose your will on the other fighter.

The obvious defensive counter to sneaky guard-splitting uppercuts is head movement. The obvious defensive counter to body shots is footwork or blocking punches.

In the boxing game there are three ways to defend: footwork, head movement, and blocking punches.

Fighters such as Zab Judah and Amir Khan have always been similar in the sense of enjoying the fight when it is going in their favor, but, if not, they do not have the boxing brain to change and adapt to a style to beat the opponent.

Amir Khan has amazing hand speed and each fight you hear about this freakish power and how he is hitting harder as well as feeling stronger but fight night comes and this power disappears after two rounds—excluding the fight against faded, Judah. Fighters such as Miguel Cotto, Fredda Garcia, and Maidana would naturally give Khan nightmares as they would disregard the power and look to walk through and hurt him. If you have no other tactic but to throw 1-2 punches and run away, it becomes easy to figure out. Fighting opposition which is tailor made for your style is a way to impress the fans but when fighting a fighter who comes to win you receive the shock. Khan received this shock previously whilst fighting Prescott, who came to win and wasn't Khan's typical "take punishment opponent." The result was a controversial split decision. Khan has impressed many times against Andriy Kotelnik, Marco Antonio Barrera, Zab Judah, Pauline Malignaggi, but out of these opponents how many could punch and produce speed at the same time? Each opponent faced had speed or just power. This is what has kept Khan safe until he meets the likes of Prescott, Maidana, Peterson, or Garcia. Khan's team has kept him sheltered for too long and hasn't thrown Khan in the deep end to keep his and his extensive fan base's championship hopes alive.

Wrestlers and soft martial arts guys—e.g., judo and jujitsu—may pick up a technique here and there, but for the most part any instruction on takedowns really misses this group. In other words, it would be a waste of time for them. You see. Unlike prizefighters—boxers who spar exclusively—soft martial arts guys often welcome an opponent's push, pull, or grab as an opportunity. They hold onto an attacking hand/limb while they yield to the momentum of the attacker and then redirect his attack to their advantage. It feels like your hand has hit glue on a swinging door. Consider for a moment a philosophy of takedown techniques that are based on a sparring or jabbing model. The opponent's balance is disturbed by a sudden jab like push, pull, or grab of some kind which is then abandoned so you can follow up with usually a double leg takedown—though many other takedowns are considered and employed in this discipline. These set ups calling for a jabbing attack

can end up being used to off balance the attacker. Of course, if you limit yourself to inexperienced opponents or prizefighter type opponents, this shouldn't be a problem. The problem with this model is that it won't work with "sticky" opponents.

Strategy is key in takedowns. You must adapt. Choosing a stance, vertical versus bent over, wide base versus normal base, to deal with varied opponents. Most soft martial arts guys are going to be more vertical than lean-in boxers and wrestlers. In the same vein, different takedowns will work for wide based stances than normal shoulder width apart stances—square versus staggered foot stances. Tailoring the takedowns to different opponents is just as important as selecting your own stance. Part-n-parcel with learning to do takedowns is learning how to fall safely. Because, it's also inevitable that you're going to be taken down sometime during the fight. There are those excellent things besides the clinch that are taken directly from in-ring boxing. A perennial shoot favorite, second only to the clinch, is head butting. The kind of head butt taught by a real fighter; not clowns, like those bullying jocks from high school. Clown head butts are done with the forehead. Fighters use the top of the skull. This is extremely effective. It's the type of thing that comes natural in a boxing situation. Doing it on purpose is against the rules in prizefighting, of course.

Fist rolling? Yeah, you know, making a fist. To that you say. Basic stuff. Been there. Done that. Well, let's make sure that we're all on the same page. Modern boxing gloves and hand wraps changed the science of making a fist. NHB gloves are close in size and weight to the "mufflers" from the early days of the gloved era in boxing when fist-rolling was practiced as it was in the bare-knuckled days. In Eastern martial arts, you hear "strike with the first two knuckles of the fist"—index and middle finger knuckles. This supposedly has a two-fold benefit: aligns your bones of your fist with those of your forearm resulting in a more structurally-sound striking weapon, and, you can sight between these two knuckles like a gun sight to better aim punches. Total bullshit that's a sure-fire prescription for sprained wrists from repeated ungloved, unwrapped punching against hard, live opponents. You fist-roll like the old-timers did when they were punching their bare fists hard though more than 70 pounds. The fighter rolls his fist by first closing from the outside fingers in—little finger followed by the ring finger, middle finger, and then the index finger. Lastly, he folds his thumb over his middle joints of his index and middle fingers, resulting in a fist-rolled into a solid block. The striking surface? The fighter will strike with the outside three knuckles—the middle, ring, and little fingers, not the first two. Moreover, he'll strike with the entire three-knuckle area, not with just the top knuckles—this puts him in proper skeletal alignment. All of his strikes will line up naturally with his forearm's radius and ulnar bones and will prevent rolling and spraining of the wrists. Skeptical? From Missouri, "the show-me state?" Don't want to take my word for it? Then, try a simple experiment, for yourself. Compare the two alignments by rolling a fist and placing each version against a wall—push through with all your weight—you'll instantly see which version provides more stability. Feel that wobble in the Eastern version? You don't want that. What about gun-sighting? Gun-sighting has nothing to do with how the body works. You don't need to sight down your hands to reach forward and pick up a pencil. Kinesthetic perception takes care of that. Precision punching is gained through drilling, not sighting down an imaginary barrel. Such notions hamstring a novice learning.

A brutal ground game, early ground and pound from Mark Coleman involved a lot of head butts and almost no attempts to pass guard.

Passing wasn't a part of the second or even third iteration of GNP. In fact, early practitioners of GNP like Tito Ortiz adopted a similar style of ground and pound from Coleman that involved a more frenetic attack but also incorporated very little passing.

But as other wrestlers and jiu-jitsu players began to incorporate passing, strikes to set up passes, and other openings, GNP slowly became something new even as rules in MMA changed to enforce stand-ups and more action.

With additional fine tuning on how to launch varied strikes, ground and pound evolved over time into what is now a formidable, controlling, ultimately punishing, and unique feature to MMA fighting that exists nowhere else in combat sports.

Boxing 101: the shorter fighter with the shorter reach should stay busy working the inside, while the taller fighter with the longer reach should stay busy on the outside.

CompuBox is the name of a computerized punches scoring system run by two operators. It is used in boxing matches across the world.

Khan's bait-n-switch style/stance is a replica of Roy Jones Jr.'s style—hands down, fast lateral leg movements, elusive, etc. He imitates Roy Jones Jr. perfectly—that includes his fantastic hand speed and reflexes.

The roll/Philly Shell—the Shell Defense, Shoulder Roll, Pull Counter. The Philly Shell defense, also known as the Hitman or Crab style defense, is a style of defense used by boxers to capitalize on counter opportunities. This style of defense was first popularized by Thomas “The Hitman” Hearns, who specialized in this defensive style and had a unique “flicker” jab. Current notable practitioners of this style include Floyd “Pretty Boy” Mayweather and James “Lights Out” Toney. The Philly Shell defense is an unorthodox defense requiring deft movements and quick reflexes, as the main distinguishing aspect of the defense lies in its use of the shoulder roll. The defense is also recognized by its unique placement of the boxer's hands, rather than keeping both hands up near the head, his or her lead hand is placed horizontal across the torso, and the back elbow resting on top of the lead fist, forming an “L” shape. To an untrained eye, this defense may seem to leave a large number of holes, most notably the front of the head. This however is merely a false appearance, as a practitioner of the Philly Shell can merely roll off punches toward the head and slip in body hook counter or an uppercut to the solar plexus. For example, if there are two right-handed fighters, if fighter A throws a right cross toward fighter B, fighter B in the Philly Shell simply keeps his chin tucked to his shoulder and rolls it toward his left. This leaves his back hand ready to counter fighter A's exposed right side. In the case of a jab, fighter B wants his back hand to parry the jab while leaning forward or twisting square to his opponent to allow for a quicker counter opportunity. A hook is easily blocked in this style because the back hand is always up protecting the head. Body shots are likewise protected by the lead hand. Perhaps the easiest punch to slip through the Philly Shell defense is the uppercut, it forces the practitioner to move his back hand away from his head and down toward the punch to parry or block it, thus exposing the head for a chance hook or haymaker. As described by the twisting and movement of the defense, the Philly Shell requires a boxer to have move quickness and upper body agility to get to the angles to counter and to roll and block combinations that the opponent throws.

More boxing 101. Negate the superior speed of the quicker fighter by pressuring them. In a prizefight you do this. By walking them down and cutting off the ring. Timing punches is another way for a slower fighter to negate the hand speed of the quicker fighter. There's also working the jab. Then there's.

In boxing, footwork can be used for defense or offense.

- **“The world belongs to Klitschko, and we all just live in it.”** The heavyweight division could really use some of the younger heavyweights like David Price, Tyson Fury, and Deontay Wilder to step up and challenge IBF/WBA/WBO heavyweight champion Wladimir Klitschko (58-3, 51 KOs) to finally provide a quality opponent for him that has a chance to beat him. Sadly, the mismatches will continue for the 36-year-old Wladimir, as he's reportedly going to be fighting #4 WBC Mariusz Wach (27-0, 15 KO's) in November. The 6'7" 247-pound Wach has the size and the right-hand power to stop Wladimir in theory, but in reality, this is just another terrible mismatch for Wladimir. Wach doesn't have hand speed, doesn't have a jab, doesn't have a left hand, and doesn't have any defense. He's like a slightly better version of Tye Fields and it's going to be sickeningly for Wladimir to crush the 32-year-old Wach. Wladimir can pick how he wants to beat him because he's got the jab and the power to either outbox Wach with ease or blast him out with a big right hand.

One of the most underutilized techniques in boxing is the check hook aka counter-hook. In boxing, a counter-hook is designed to catch an aggressive fighter coming forward. This maneuver consists of a normal left/right hook, combined with some nifty footwork. As your opponent comes forward in an overly aggressive manner, you almost simultaneously take a step back, pivot on your lead leg, and swing your rear leg while throwing a hook. The result is sort of like when a matador sidesteps a bull and sticks him, but instead you sidestep your opponent, and catch him with a hook for his efforts. This punch is extremely hard to pull off in a boxing match, simply because it requires great footwork and a good amount of speed to land. A fighter must have the foot-speed to take a half-step back and pivot on his lead leg almost simultaneously. A fighter must also have the reflexes to make his opponent miss, and the hand-speed to throw the hook while pivoting and swinging the rear leg. While any fighter can learn this technique, applying it in the ring requires much effort. However, when used effectively, this can be a great tool to stop an aggressive opponent obsessed with bringing the fight to you. At the very least, if landed, this punch will throw your opponent off balance. If landed with authority, this can be a knockout blow, or at least a knockdown blow. This punch should be in the arsenal of any fighter with the speed to pull it off. Any young boxer with better than average hand-speed, foot-speed, and a counter-punching style should know this technique. If Manny Pacquiao is smart, he will add this punch to his repertoire for the Hatton fight. Historical example: Floyd Mayweather Jr. vs. Ricky Hatton. Ricky Hatton was becoming overly aggressive due to his irritation with Floyd's counter defensive style. He lunged forward with his chin up to get to Floyd. In one swift action, Floyd both sidestepped Ricky, and hit him with a picture-perfect check hook, sending him head-first into a ring post. Side note: Roy Jones Jr. also used this punch significantly throughout his career.