

MetaBoxing 兒童及青少年 拳擊課程

共6個級別，目的：
• 增強身體的協調性
• 改善反應
• 保持身心健康及強壯

課程由2023年9月5日開始
恆常班可以選擇：
星期二、四（下午5:00-6:00）
或星期六（下午4:00-5:00）
每堂\$280

地址：九龍荔枝角永康街79號創匯國際
中心8樓A-C室（荔枝角站B1出口）



MetaBoxing has been formed with the goal of promoting [西洋拳](#) as a lifestyle as well as a sport. MetaBoxing stresses the holistic benefits of boxing for individuals of all ages and fitness levels, as opposed to typical boxing clubs that exclusively focus on preparing competitive boxers. The name "MetaBoxing" comes from the word "meta," which means "beyond" or "transcending," reflecting the gym's goal to go beyond traditional boxing instruction.

The goal of MetaBoxing is to foster an inviting and inclusive atmosphere where people are inspired to take up boxing as a complete fitness routine and means of enhancing their general well-being. Recognizing the significance of mental and physical balance in attaining a healthy lifestyle, the gym may include aspects of mindfulness, mental conditioning, and nutrition in addition to boxing sessions and technical training.

The gym's guiding principle is to empower its members both inside and outside of the ring by fostering in them self-control, self-awareness, and discipline. Through encouraging boxing as a way of life rather than just a competitive sport, MetaBoxing hopes to draw in a varied group of people who look to the sport of boxing as an exciting and demanding means of staying physically active, gaining strength, and learning valuable life lessons.

With a friendly and inclusive atmosphere for individuals of all ages and fitness levels, MetaBoxing aims to promote [拳擊訓練班](#) as a complete fitness regimen and way of life. Our mission is to enable our members to embrace boxing as a life-changing path towards a healthier and more happy living by instilling in them discipline, confidence, and self-awareness.

Boxing is not just a sport; it's a full-body workout that combines physical fitness with mental discipline and self-defense skills. If you're looking to get in shape, boost your confidence, or

simply discover a new passion, enrolling in boxing training classes could be the perfect fit. In this article, we'll explore the world of boxing training classes, from what to expect in your first session to the physical and mental benefits of this empowering sport.



The Basics of Boxing Training Classes:

Warm-Up: A typical [男士减肥](#) begins with a dynamic warm-up that includes stretching, jumping jacks, and light jogging to prepare the body for intense physical activity.

Boxing Techniques: Instructors will teach fundamental boxing techniques, such as stance, footwork, punches (jab, cross, hook, uppercut), and defensive maneuvers like slipping and blocking.

Shadowboxing: You'll practice your moves in front of a mirror or with a partner, refining your form and coordination.

Pad Work: One of the most exhilarating parts of a boxing class is the pad work. You'll work with a coach or partner who holds focus mitts or pads for you to punch and practice combinations.

Heavy Bag Work: Hitting the heavy bag allows you to work on your power and endurance. It's a great way to let off steam and build strength.

Sparring : Some classes may offer light sparring sessions for those who want to take their skills to the next level. This is usually optional and closely supervised by a coach.

The Physical and Mental Benefits:

Cardiovascular Fitness: Boxing training is an intense cardiovascular workout that improves heart health and endurance.

Full-Body Strength: Punching, ducking, and moving in boxing engage multiple muscle groups, leading to increased overall strength.

Weight Loss: [女士减肥](#) The high-intensity nature of boxing classes can help with weight loss and body composition improvement.

Improved Coordination: Boxing requires precise timing and coordination, leading to enhanced motor skills.

Stress Relief: Boxing is an excellent outlet for stress and frustration, promoting mental well-being.

Self-Confidence: Learning self-defense techniques and seeing physical improvement can boost confidence.

Discipline and Focus: Boxing demands mental discipline and concentration, which can be applied to other areas of life.

Community and Camaraderie: [減肥拳擊](#) often create a supportive and motivating community of individuals working toward similar goals.

VARIOUS BOXING CLASS

- A variety of group classes to fit individuals with different needs and purposes
- Group classes are scheduled in different period of time in a day from Monday to Sunday to fit the busy schedule of our members



What to Expect in Your First Class:

Proper Attire: Wear comfortable workout clothes and supportive sneakers. Most gyms provide boxing gloves, but you might want to invest in hand wraps for added protection.

Positive Atmosphere: Expect a friendly and encouraging atmosphere. Instructors are there to guide and motivate you.

Safety First: Safety is a top priority. Coaches will ensure that you learn proper techniques and use equipment safely.

No Pressure: In your first class, you won't be expected to perform at an advanced level. Go at your own pace and enjoy the process of learning.

Boxing training classes offer an incredible combination of physical fitness, [手眼協調](#) mental discipline, and self-confidence. Whether you're looking to shed pounds, build strength, or simply have a blast while learning a new skill, boxing classes provide an empowering and exhilarating experience. So, lace up your gloves, step into the ring, and discover the transformative power of boxing training. Your journey to a stronger, more confident, and healthier you begins here.

Western boxing, often referred to simply as "boxing," is one of the oldest and most respected combat sports in the world. This discipline of pugilism is renowned for its emphasis on technique, strategy, and physical conditioning.



BOXING FITNESS

- Suitable for individuals who would like to improve fitness, lose weight or improve the shapes and figures
- Adopt different boxing and fitness programmes to enhance the effectiveness

The History of Western Boxing:

The roots of Western boxing [改善體格](#) can be traced back to ancient Greece and Rome, where it was a prominent Olympic sport. Over time, the sport evolved, taking on different forms in various cultures. In the 18th and 19th centuries, the Marquess of Queensberry Rules were established, marking the birth of modern boxing. These rules introduced elements such as gloves, weight classes, and timed rounds, shaping the sport as we know it today.

Fundamental Principles of Western Boxing:

Stance and Footwork: Boxing begins with the right stance. A boxer's stance and footwork are crucial for maintaining balance, mobility, and the ability to both attack and defend effectively.

Defense: A critical aspect of boxing is minimizing the damage received from an opponent's punches. This involves slipping, blocking, parrying, and evading punches through head movement and footwork.

Offense: Effective offense relies on the proper execution of punches, including the jab, cross, hook, and uppercut. The key is to throw punches with accuracy, speed, and power.

Combinations: Boxers often use combinations of punches to keep their opponents off balance and capitalize on openings. Combos can include jabs, crosses, and hooks delivered in rapid succession.

Defense-Counter: An integral part of [運動減肥](#) boxing is countering an opponent's attack immediately after defending against it. This involves quick reflexes and reading an opponent's movements.

Head Movement: Controlled head movement helps boxers avoid punches and create angles for counterattacks.

BOXING BASICS

- Suitable for individuals who is the beginners of boxing
- Acquire the basic boxing skills and enjoy the fun of boxing



The Global Appeal of Boxing:

Competition: Boxing is celebrated for its one-on-one competitive nature, where the skill and strategy of each fighter are on full display. This competitive spirit resonates with audiences worldwide.

Fitness and Conditioning: Boxing training is renowned for its ability to improve cardiovascular health, endurance, and overall fitness. This attracts individuals seeking a challenging workout.

Mental Discipline: The mental discipline required in boxing is as important as the physical aspect. Fighters must remain focused, make quick decisions, and develop mental toughness.

Professional Boxing: The sport has a vibrant professional scene with world-class fighters and major championships, drawing global attention and inspiring many aspiring athletes.

Western boxing [增強自信](#) is more than a combat sport; it is a discipline that demands dedication, skill, and strategy. Its rich history, fundamental principles, and enduring global appeal make it a cornerstone of sports culture. Whether as a spectator or participant, boxing continues to captivate and inspire people, celebrating the sweet science that lies at the heart of this noble sport.