

Boxing Equipment

Boxing Gloves

Boxing Gloves both soften the punch and protect the hands. Boxing Gloves also protect the opponent from injury. Thumbless Boxing Gloves are sometimes used in the U.S to prevent thumbs from damaging the opponent's eye. Boxing Gloves weigh between 6 to 12 ounces.

Boxing Hand Wraps

Boxing Hand Wraps or Mexican Hand Wraps are soft cloth bandages that are used to wrap the boxer's hands. Hand Wraps add strength to the wrists.

Boxing Head Guard

Boxing Head Guards are worn in amateur Boxing and in professional boxing training. Good Examples of Boxing Head Gear are the Top Ten Head Guard. Boxing Head Guards also protect the back of the head and ears.

Other Boxing Equipment

Boxers also wore trunks and lightweight shoes or boots. A mouthpiece called a gum shield or mouth guard is used to protect the teeth from clashing together. Shock Doctor Gum Shields are a good choice. Boxing also requires a Groin Guard or Boxing Cup to protect the groin from stray punch.

Boxing History

Boxing dates back to a two thousand year old painting on the walls of tombs in Egypt. Egyptian stone carvings depict five thousand year old Sumerian boxers. These Sumerians live in what is now known as Iraq.

Boxing roots are in Greece where two men would sit and face each other with their fists wrapped in strips of leather. Each would take turns to strike the other until one fell to the floor unconscious – or worse. The Roman Boxers wore leather straps with metal plates (cestuses) to help shorten the length of bouts. Boxing had become so brutal that Rome banned it shortly before the birth of Christ.

Boxing was not heard of again until the late 1600s when it re-emerged in England. Modern bare knuckle boxing fights were introduced in the early 1700s. Bouts would continue until one fighter could not keep going. In 1743 the rules were changed so that when a boxer could not continue after 30 seconds the bout was won.

The 1850s saw British boxers visit the USA to promote the sport. Americans opposed the bare-knuckle sport. The last bare knuckle fight in 1889 lasted seventy-five rounds! It was

then that the Marquess of Queensberry changed the rules drastically. This saw the advent of 3-minute rounds with a one-minute respite between rounds. The Boxers would also have to wear Boxing Gloves.

The United States saw the golden age of Boxing in 1920 with New York allowing new legislation that allow public prizefighting.