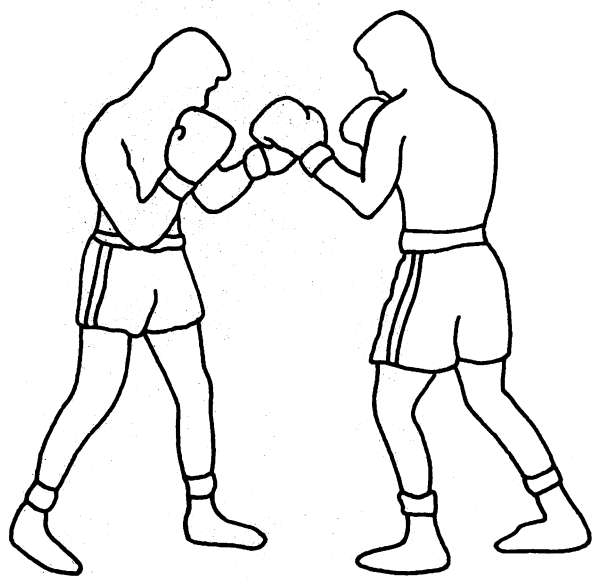


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**CHAMPIONSHIP**  
**BOXING™**  
**BOXING CLINIC**

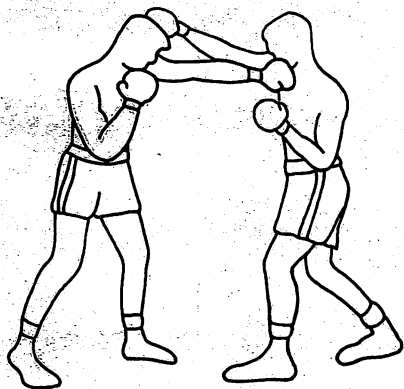


**SIERRA CHAMPIONSHIP BOXING™**  
**THE BOXING CLINIC**

Sign up for the Boxing Clinic after you've played Sierra Championship Boxing™ a few times -- you'll be amazed at what a little professional instruction can do!

## THE PUNCH

There are three basic punches in boxing: the jab, the hook and the uppercut. Each can be thrown by either hand to the head or body of the opponent. A good, clean punch is a direct hit with the knuckle part of the hand on any part of the front or sides of the opponent's body above the belt.



### JAB

The fastest punch in boxing, the jab has the shortest distance to travel to reach its target. It's a straight punch to the face or body that lets you pick up points, keeping the opponent off balance and setting him up for a combination. When thrown with the right hand it is often called a straight right and frequently follows the left jab (the old "one-two punch.") When thrown correctly

it is very powerful and hard to defend against.

Try using a jab in the Arcade Mode to "beat him to the punch." If your opponent is a "slugger" and you are playing with a "boxer," start your left jab when he starts his punch.\* If you're quick and accurate, his blow will never reach you.

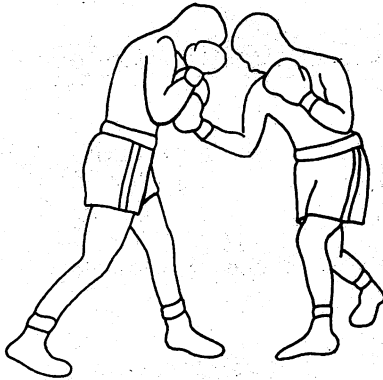
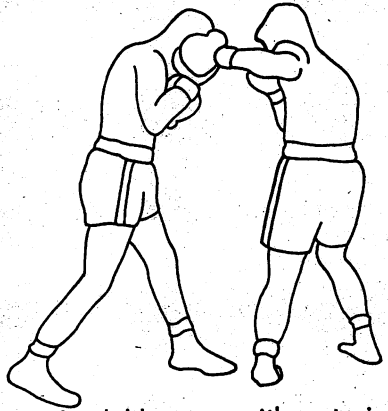
\*Macintosh players do not have "sluggers" and "boxers." Instead, you are able to "handicap" your boxer. If your opponent's handicap is larger than yours, start your left jab when he starts his punch.

## HOOK

A hook can go to the head or body and can be thrown with either hand. A right hook is often called a right cross. Instead of stepping into the punch (like a jab), the boxer pivots on his left foot and makes a hooking motion toward his opponent. Since it comes from the side, your opponent may not see it coming.

The hook is an effective counter to a jab, but be careful -- if you miss or your opponent sees it coming he might clobber you with a straight right to the jaw.

When you press the key for "head punch" in the Arcade Mode, the computer will decide whether to jab or hook.



## UPPERCUT

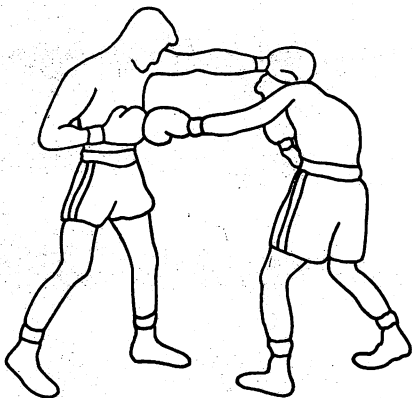
The right uppercut to the chin is probably the most popular knockout blow. The knees flex, the hand drops below the target then shoots upward as the legs straighten. The uppercut can be thrown with either hand but only close in; the target can be either the body or chin. Never lead with it, since the uppercut is most effective as a counter-punch and usually follows a jab.

When slugging it out, a boxer keeps both feet planted on the mat. He twists his body at the hip, and moves on the ball of his left foot if throwing a left punch or his right foot if throwing a right punch. A good boxer always brings his arm back immediately if he misses a punch.

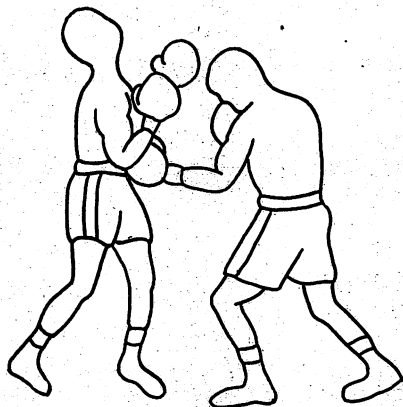
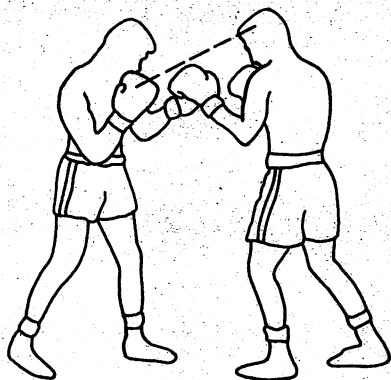
The vital spots for the eight knockout blows are the point of the chin, both temples, Adam's apple, above and below the heart, the solar plexus, the liver and the kidney (a kidney shot is allowed only if the opponent is spinning). All body shots are painful -- even if a boxer gets back up, he may collapse from the pain. Chin and temple shots are not that painful, but can send the recipient to a whole other planet!

Normally it's easier to get a knockout punch to the body because boxers are trained to keep their hands high. Throw head punches, and he'll bring his hands even higher and then you can unload to his body.

Body punches should be thrown so the fist buries itself up to the wrist in the opponent's belly. Body shots are also thrown to get the opponent to drop his guard and to limit his air intake (which drains his stamina for later rounds).



Young boxers typically make the mistake of "telegraphing the punch." They tell their opponent that they are about to throw a punch by drawing back their hand before the blow. When you are using the Arcade Mode and the "boxer" fighting style, you become a "scientific boxer" -- your opponent will telegraph his punches to you.\*



### COMBINATIONS

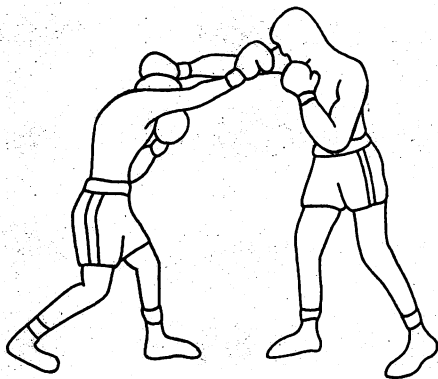
Any blow can be thrown in combination with any other but certain combinations are more effective than others. Try a jab, fake to the body and then uppercut. Or, if your opponent is keeping his hands high to protect his head, throw a series of blows to his body. When he lowers his guard, punch to his head. Try using many different combinations to see what works best for you.

\*Macintosh players do not define "boxer" and "slugger" fighting styles. Instead, you are able to "handicap" your boxer. When you are using the Arcade Mode and your opponent's handicap is larger than yours, he will telegraph his punches by dropping his guard before a head punch or crouching before a body punch.

## **DUCK, BLOCK AND COUNTER PUNCH**

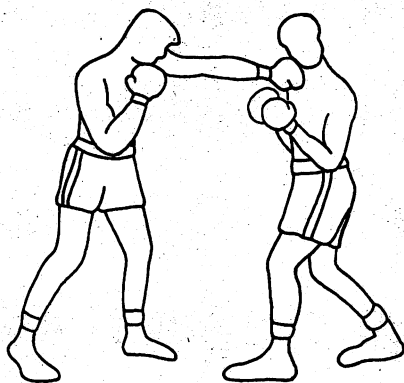
Effective counters to a head punch include ducking, covering the head (which blocks the punch), answering a jab with a jab, and many combinations. Examples of effective combinations include:

- Duck (watch out for a body punch), and as the punch passes over your shoulder jab to his chin. Appropriately enough, this is called the "duck and jab."
- Block the punch (cover head) and fire a quick shot to the head or body.
- If he uppercuts, block it (cover head) and quickly punch to his head.
- If you want to take the initiative, a hook followed by a jab is very effective; the hook draws his attention, then the jab stuns him.



If your opponent throws a body punch, you can cover up, or step back out of reach (if you're quick on your feet). If you're in close, an uppercut will bring him to his knees. Or try a combination, for example:

- Block a body punch with your glove and forearm (cover body) and punch to his head as soon as he leaves his crouch.



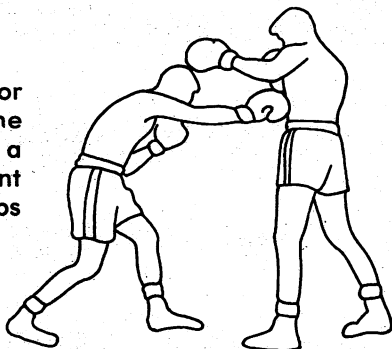
### **FOOTWORK**

Steps should glide above the surface (shuffle). Ali used his famous "Ali Shuffle" both to confuse his opponent and to please the audience. Try alternating between the "step forward" and "step back" keys to "shuffle" and frustrate your opponent.



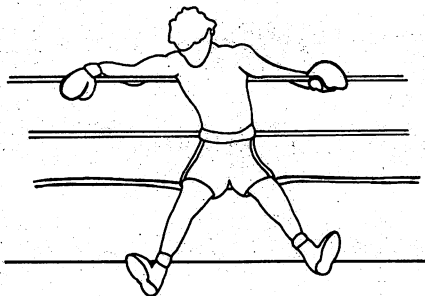
## FEINTS

A feint is a pretended blow or attack intended to take the opponent off his guard. Fake a head punch -- when your opponent covers his head, hit him in the ribs (body punch).



## RING STRATEGY TO USE IN THE STRATEGY MODE

A good defensive boxer lets his opponent wear himself out with meaningless blows and then takes him out when he's tired. If your boxer is punching too much, he'll wear himself out and you should have him slow down and rest up. As a boxer tires, he becomes less able to protect himself and more likely to be knocked down. If you're fighting an aggressive opponent, try using defensive strategy (cover up and protect yourself) for the first half of the fight. You may lose the early rounds on points but you have a good chance of winning the later rounds on points or knocking your tired opponent out.



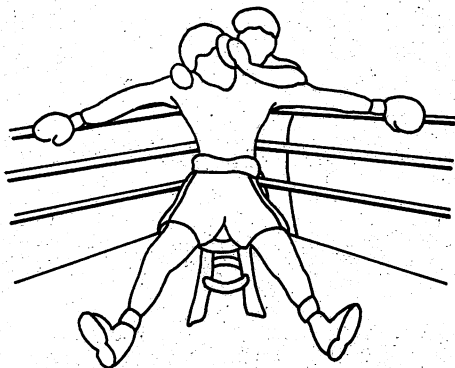
Angelo Dundee, the famous trainer of champions like Ali and Sugar Ray Leonard, once said you should never say "tired" to your boxer (not even to say his opponent looks tired!) As soon as you say "tired," your boxer will slump noticeably. Sometimes the best strategy is to tell him he's doing well -- it peps him up!

Try working on your opponent's body during the early rounds of the fight. This should make him tire faster and you will have a better chance of winning the later rounds or knocking him out.

If you've knocked your opponent down twice in the same round, take advantage of the three knockdown rule (if it's in effect) by choosing to "go for the knockout." If he goes down three times in the same round, he will stay down.

If you are ahead on points in the later rounds and know your opponent can't catch up, fight defensively. He will be trying to knock you out to win and this will help to counter his strategy.

An injury should be treated immediately or it may get worse and affect the boxer's performance. If you are injured in the Arcade Mode, try switching to the Strategy Mode for the next round and treat the injury.



Before the fight, go to the gym and look at both boxers. You'll want to use your boxer's best abilities and cover up his weaknesses. If your boxer's best punch is a jab, tell him to "jab, keep him away from you" and take advantage of his jabbing ability. Conversely, you want to avoid your opponent's strengths and exploit his weak points. If your opponent tires in the early rounds, cover up and fight defensively for the first few rounds. Notice how tired he is between rounds -- when you feel he's ready, go for the knockout!

These strategy ideas are general and will often work to your advantage, but not always. A lot depends on which boxer you choose, your opponent's strategy and a little bit of luck.

### **BOXING TERMS**

**ALI SHUFFLE:** Muhammad Ali would sometimes shuffle his feet to confuse his opponent and please the audience.

**BELL:** The gong that signals the start and end of each round.

**BOXER:** The performer in a boxing match. Also refers to a style of fighting which relies on defensive moves and strategy.

**CANVAS:** The covering on the floor of the ring.

**CLOCK:** The timekeeper at ringside is referred to as the clock. Most large arenas (like the one in Sierra Championship Boxing™) also have large clocks on display so that spectators can see how much time remains in the round.

**DECISION:** If a fight "goes the distance," the result is "decided" by the judges. If at least two judges agree on a winner, that boxer is the victor. If two judges declare different winners and the third declares a tie, then the fight is a draw. If at least two judges declare a tie, then the fight is a draw (even if the third judge declares a winner).

**DIVE:** When a fighter deliberately loses a fight, he "takes a dive." This usually happens when certain shady characters have large amounts of money bet on the other fighter.

**DRAW:** If a fight concludes without a knockout, the judges make a "decision" which results in a win by one of the boxers, or a tie (draw).

**FAVORITE:** The favorite boxer is the one that the odds say is most likely to win the fight.

**FLATTENED:** A fighter who is knocked out is said to be "flattened."

**FOUL:** An illegal boxing move (hitting below the belt, butting, hitting a man when he's down) is called a foul.

**GLASS JAW:** A boxer who is easily knocked down with a punch to the jaw is said to have a glass jaw.

**GLOVES:** The leather padded mittens that boxers wear are called gloves.

**GOES THE DISTANCE:** When neither fighter is knocked out, disqualified or unable to continue, the fight goes on until the agreed upon number of rounds is completed. In that case, the fight "goes the distance."

**GYM:** Short for gymnasium, the gym is a building where boxers train for fights.

**HEAD HUNTER:** A boxer that concentrates on hitting his opponent's head.

**HOOK:** A sideways punch to the jaw or ribs.

**IBF:** International Boxing Federation. The newest major boxing group.

**JAB:** A short punch to the head or body.

**JUDGE:** Three judges score the fight and that score determines who wins the fight in the event of a decision.

**KILLER INSTINCT:** Ferocious fighters who know how to take advantage of a hurt opponent are said to have the "killer instinct."

**KNOCKDOWN:** This is when a fighter is hit by a punch that knocks him off his feet.

**KNOCKOUT:** When a fighter who has been knocked down is unable to stand up within 10 seconds, he has suffered a knockout and loses the fight.

**MANDATORY 8-COUNT:** When a fighter is knocked down, he is out on the 10th count. When the mandatory 8-count rule is in effect, even if the boxer gets up before the count is completed, the count must go to 8 before the fight can resume. This gives the fighter more time to recover and lessens the chance of injury.

**MARQUIS OF QUEENSBURY:** The British Marquis of Queensbury sponsored the rules that govern modern boxing matches. Before these rules were accepted, fights were bare-knuckled, knockdown and drag-out affairs.

**POINTS:** At the end of each round, judges award each fighter a certain number of points that reflect how well they did. Unless something (like a knockout) stops the fight, the ending scores determine a win or a draw.

**REACH:** The distance measured between the fingertips of each hand when they are stretched out to the side. A boxer's reach determines how close he must stand to his opponent in order to hit him.

**REMATCH:** When two boxers who have already fought each other are scheduled to fight again, it is called a rematch.

**RING:** The square in which boxing contests are held. Usually it is about 20 feet square.

**ROUNDS:** The segments the fight is broken into. Between rounds the fighters get a one minute rest period. Heavyweight championship fights usually consist of 15 three-minute rounds. In Sierra Championship Boxing™ you have the option of choosing the number of rounds you want your fight to last.

**SCIENTIFIC BOXER:** A boxer who relies on skill and strategy rather than just brawling with his opponent.

**SECOND(S):** The man in a boxer's corner. Between rounds, he tends to the fighter's injuries, sponges him off and gives him advice.

**SLUGGER:** A fighting style that relies on power rather than skill.

**SPLIT DECISION:** A fight that "goes the distance" is decided by the judges. If the judges don't all agree on the winner, then the resulting decision is called a "split decision." It does not indicate a tie, merely a very close match.

**STARTER:** Some boxers take several rounds to get warmed up and fight their best. These boxers are called "slow starters." Other boxers fight their best at the start of the fight. These boxers are called "fast starters."

**TAKE A PUNCH:** This refers to a fighter's ability to absorb blows. A fighter who can absorb a lot of punishment can "take a punch" and a fighter with a glass jaw can't "take a punch."

**TALE OF THE TAPE:** Some pre-fight statistics: the weight, age and measurements of the fighters, as well as odds on the fight.

**TECHNICAL KNOCKOUT:** When the referee decides a fighter can no longer continue fighting, he is ruled to be technically knocked out.

**TEN POINT MUST:** A system of scoring a fight where each judge "must" award one of the fighters 10 points at the end of the round. The other fighter earns between 7 and 10 points from each judge.

**THREE KNOCKDOWN RULE:** A fighter who is knocked down three times in one round (when the three knockdown rule is in effect) is ruled to be unable to continue and a technical knockout is awarded to his opponent.

**THROW IN THE TOWEL:** If a fighter's cornermen determine that he is too badly hurt to continue the fight, they indicate surrender by throwing a towel into the ring.

**TIMEKEEPER:** The person who operates the clock and counts the seconds of a knockdown.

**TKO:** Technical Knockout

**WBA:** World Boxing Association. A major international boxing group.

**WBC:** World Boxing Council. A major international boxing group.

