

6000 BC 1800 1890 1900 1920 1950 1960 1980 2010

illegal "prize fighting" bare knuckle boxing

English 1867 Queensbury Boxing Rules adopted

St Louis 1904 Amateur Olympic Boxing

New York 1920 Walker Law Legalized "prize fighting"

Golden ERA Begins

1960 Howard Cosell prize fighting radio-TV sports announcer 1995

1974 Don King prize fighting promoter 2000

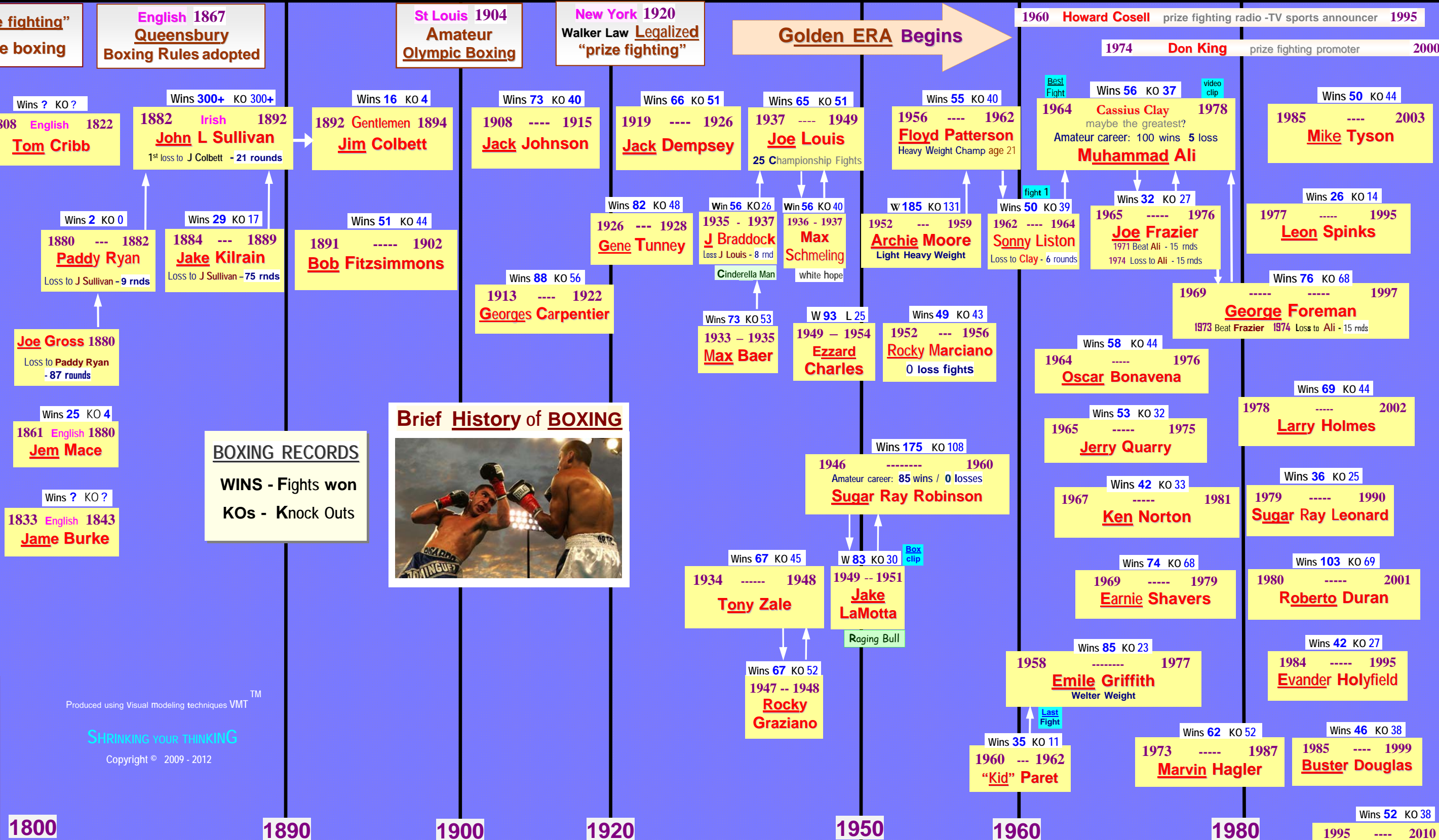
200 BC --- 400 AD Roman Empire Boxing

1000 BC --- 200 BC Greek Empire Boxing

3000 BC --- 1000 BC Egyptian Empire Boxing

6000 BC Boxing

Boxing is form of martial arts thought by historians to have originated in Ethiopia approx. 6000 yrs ago, thus pre-dating other forms of martial arts by centuries. We know that boxing made its way to Egypt and eventually to Greece where it officially became part of the 23rd ancient Olympic games 688 B.C. Greek mythology believed Apollo created boxing



**BOXING RECORDS**  
WINS - Fights won  
KOs - Knock Outs



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Boxing is as much an intense mental sport as it is physical. Even to the extent that the sport is physical, the body is inextricably linked to the mind. Good fighters are masters of the intense interaction of the mind and body. In order to explain the mental challenges presented to boxers, one must understand the human body as it relates to the art of boxing. Power equals mass (weight) multiplied by velocity (speed). Punching power is a precise blend of boxer with effective punching power must execute the punch as a kinetically combined chain from the ground up with his feet, legs, hips, trunk, core, shoulders, arms and hands along with proper rotation, appropriate muscle relaxation and precise muscle tension all comprising independent and critical links which must function synergistically to maximize his punching power. - Cobra Cunningham