

Fighters Rules

1. Every attacking move is to be executed with an exhalation.
2. Watch your opponent constantly, but never look into his eyes or at the point you mean to attack.
3. Never neglect your cover while you attack.
4. Never open your mouth, bite your lips or tongue.
5. Always watch your stance and never bring your feet close together.
6. Do not tense your muscles until immediately before an attack.
7. Do not expose your chin, neck and armpits unnecessarily.
8. Never face your opponent square on or turn your back towards him.
9. Never try a technique in the ring which you have not perfected during training.
10. Do not concentrate on defence, but attack before your opponent does.
11. Do not move widely but concentrate your attack on vital points.
12. If your opponent is taller than you are, concentrate on close-in fighting.
13. If your opponent is known to have a strong right you have a better chance if you fight him with your left.
14. Always take advantage of your opponents' mistakes.
15. Never show when you are hurt, try to get through the round with clinches.
16. Never listen to the audience or fans but follow the advice of your trainer and seconds.
17. Always go slow at the beginning of a round and speed up towards the end.
18. Always register the point you have attacked and try to evaluate the amount of damage done.
19. Remember that a light attack on a target is better than a heavy one missed.
20. Never feel superior. Respect your opponent but also know that you can win whatever his reputation.
21. Remember that a winner of a bout is decided according to rules. It is wrong to beat an opponent with fouls and be disqualified.
22. Try to spar with a partner who is better than you and never use your full strength.
23. Whether in training or competition, always control your temper.
24. Even in training, always select the gloves that fit you best. Do not spar without wearing anklets, groin guard, mouth protector and head gear.
25. Always ask a friend or senior to watch you in training. By knowing your mistakes you improve more easily.