Unit 23 — English for Boxing

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Agility

The ability to move quickly and easily.

"Agility is a key attribute for a successful boxer."

Bell

The sound that signals the start and end of a round.

"The bell rang, signaling the end of the first round."

Canvas

The floor of the ring.

"The boxer fell to the canvas after taking a hard punch."

Champion

The best boxer in a weight division.

"The boxer became the new champion after winning the title fight."

Corner

A boxer's designated area.

"The boxer went back to his corner to receive instructions."

Defense

Protecting oneself from punches.

"Good defense is just as important as a strong offense in boxing."

Footwork

The way a boxer moves around the ring.

"Excellent footwork allows a boxer to control the distance and angle of attack."

Gloves

Padded coverings for the hands.

"Boxers wear gloves to protect their hands and their opponent."

Hook

A curved punch thrown from the side.

"The boxer landed a powerful hook to the body."

Jab

A quick, straight punch.

"The boxer used a jab to keep his opponent at a distance."

Knockout

When a boxer is unable to continue fighting.

"The boxer won the fight by a knockout in the tenth round."

Punch

A striking blow with the fist.

"The boxer delivered a powerful punch to his opponent's face."

Referee

The person who enforces the rules.

"The referee stopped the fight to protect the injured boxer."

Ring

The square area where boxers fight.

"The boxers entered the ring to begin the match."

Round

A period of fighting in a boxing match.

"The fight went the distance, lasting all twelve rounds."

Sparring

Practice fighting.

"The boxers spent hours sparring to prepare for the fight."

Stance

The way a boxer stands.

"A proper stance is crucial for balance and power."

Title

A championship.

"The boxer is fighting for the world title."

Trainer

The person who coaches a boxer.

"The trainer gave the boxer important advice between rounds."

Uppercut

An upward punch.

"The boxer surprised his opponent with a strong uppercut."