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what would be the danger zone. But this does not make for realistic 'fighting'. The bell sounded and we took a time out.

Ian explained that close quarter punches were more effective than long range ones. This seemed to go against common sense when longer swings would seem to carry more power. Ian called a time out to show me how this was not the case. He got me to right and left hook from range and then standing toe to toe. The former punches, or should I say hay-makers, tailed off with a dull thud when my gloves impacted with the pads, but the close range 'missiles' landed with a loud thwack. He was right. At that moment I realised what it must be like to be on the receiving end of a close range missile.

The bell sounded and it was time to go again. I was trying to punch effectively. If I didn't Ian would point out the flaws in my technique. On a couple of occasions I experienced pain in my thumb and/or wrist as I landed a right hander. This was due to my poor technical execution of punches from this side and in particular

my lack of correct wrist to forearm alignment. Ian explained that you should not turn your wrist in, out, up or under when you punch otherwise the force created does not follow a straight (and non painful) path through your arm. Instead it deviates which as I found out can be quite painful. I'd recommend that you make sure you learn to punch properly before you resist the very tempting proposition of seeing how hard you can punch. Ian (or your Padbox instructor) will of course ensure that you are able to punch properly before allowing you to 'go for it'.

Round three began, by now I was sweating heavily and blowing hard, but Ian ramped up the intensity as he brought me in for some close quarter combat. We then moved over to the ropes where I had to supposedly finish him off. The fact that he had the pads and was not feeling a thing made it a little difficult! Twenty seconds to go and we were still there. Ian put the pads up at shoulder height and I knew I had to throw a left, right, left, right combination



and then another, another and another. Ian or rather Padbox had Ko'd me

Padbox is a fun - as close as you can get to actual boxing without getting hit workout - that will test the boxer (or fitness level) in anyone. **UF**



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