

Boxing: Boxing is a sport of Defence and Attack. It is surrounded by a four square corners of thick ropes with two fighters in an attacking mode. In which two people usually wears protecting gloves and some other protecting equipments like mouth guards, And throw punches at each other for a predetermined amount of time in a boxing ring .It is overseen by a referee over a series of one to three minute intervals called rounds .each round consist of certain amount of points for the fighter It requires lots of skills, techniques, power. Boxing techniques have been incorporated into martial arts, military sports and other combat. There are generally four types of boxing styles that are used to define the fighters, swarmer, out-boxer,puncher,slugger.Boxing is both Olympic and commonwealth games sport is a standard fixture in most international games. On many points of grounds between the two fighters still standing after the final rounds judges also decide the winner award to one fighter on technical criteria. Throughout the human history hitting, punching, kicking as an act of human aggression has existed across the world throughout human history. However “Mary Kom” is an Indian female boxer from the northeast she is the only women boxer who won medal in all six world championships. On the other hand Mike Tyson is regarded as the one of the greatest heavyweight boxer of all the time.

“Never Give Up”