

# Boxing Private Training (, USD)

Location **Washington**  
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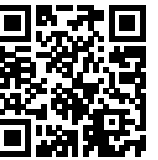
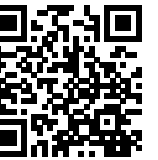



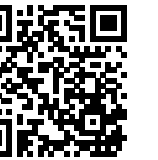
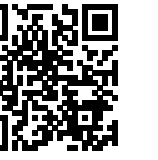
QR Code Link to This Post I am a boxing coach based out of Fairfax, Virginia and I'm offering 1 on 1 boxing training for anyone (adults and kids) who really wants to learn the sport of boxing. You'll learn how to throw punches the right way and how to defend yourself from those same punches so you're not an easy target. Below is a sample of my teaching curriculum to give you an idea of what you'll be doing.

## CURRICULUM:

- 1) Fundamentals (Stance, Footwork, Breathing)
- 2) Punching Combinations
- 3) Defensive Techniques
- 4) Counter Punching Techniques
- 5) Bag Work (Heavy Bag, Double End Bag, Speed Bag)
- 6) Focus Mitt Training
- 7) Strength and Conditioning
- 8) Sparring Drills and Ring Strategy \*

\* I specialize in training clients to get ready to spar when the time comes. If this is something you're interested in, I am well equipped to help prepare you for your first time sparring. Please note, it is absolutely NOT mandatory you have to spar if you don't want to. You can still get almost all of the same benefits of boxing without sparring or getting hit if you decide to work with me.

I meet my clients here at TITLE Boxing Club Fairfax near Main Street in the City of Fairfax. We have all the equipment needed to train including our very own boxing ring! To get started, please send me an email to schedule an appointment for your first session. Right now you can take advantage of purchasing a 5 session training package for only \$180! That's just \$36 per

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