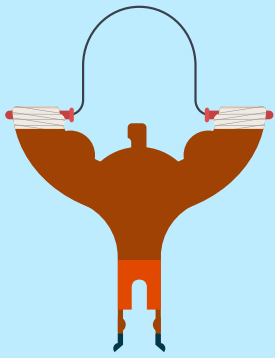


Barnsley Museums Makes: Boxing Clever

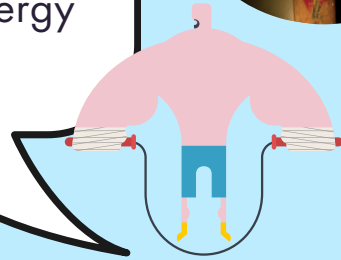


Have you ever imagined being a champion boxer like Barnsley born Brian Swaine?



At Experience Barnsley Museum you can see the sparring kit Swaine wore in the ring. Trained by top trainer Brendan Ingle at the famed Junction, Swaine was so tenacious that he was never knocked out.

Skipping is a brilliant cardio exercise used by boxers as it helps them improve their footwork. By constantly transferring pressure from one foot to the other, just like when skipping, boxers can save energy and last longer in the ring.



Take the Boxing Clever Challenge

- Cut out the cards below and challenge yourself or your friends to use that skipping move and then try another one.
- When you get really good, why not try doing each skipping move for three minutes (the time of a round in boxing). Rest for 1 minute and try another move.



Basic Bounce

Both feet together
on the spot



Travelling

Running with the
rope



Criss Cross

Cross your arms
over in front of you
every other skip



Double Under

Two turns of the
rope in one jump