

# Sparring warning order

Old School Boxing @ Dragon Gym

## The Concept of the *Warning Order*

I was lifting once at a commercial gym on the way home from where I was boxing in the city. At the time I was doing a variation of the Bigger Stronger Faster Program, basically squat/press or deadlift and power clean. One of the gym's floor trainers approached me and (to his eternal credit—it is hard to find people who know what they don't know) explained that someone had asked him for help with an exercise but he was not qualified to teach the power clean. Could I help? Sure, I offered and he introduced me to Chris.

In between coaching Chris, an extremely polite and respectful guy, through his sets of cleans I took a look at the photocopied sheets he was referring to. They contained a complete program: lifting, running, swimming, and calisthenics. As the workout went on and I read more, I started to become incredulous: whoever wrote this death march wanted someone to power lift five days per week, do 300-500 push-ups, pull-ups, dips, and sit-ups daily, run 30-50 miles per week, all in boots, AND swim for at least an hour a day.

I was about to explain to him about overtraining, rhabdomyolysis, and sudden death. Then I flipped the packet to the front page: **Basic BUD/S Warning Order**. Enough said. I smiled and handed it back to him. For a Navy SEAL prospect, that isn't overtraining. That's what to do *before you even show up*.

I like the term **warning order**. It implies, very correctly, that what you will be undertaking will not be without risk. It is up to you to be sure that you are able to meet certain requirements just to be able to train, and then a more stringent set before you consider yourself competent to fight. The Basic Boxing Warning Order is *what you should be able to do before you even show up for a fight*.

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## Pre-Test: 2 min rounds, 1 min rest

*24kg kettlebell(s) for full-grown adults, 20kg if you are under 175lbs, 16kg if you weigh under 125lbs, women and boys under 18 may use 16kg.*

1. Rack Hold 2 KBs
2. Plank
3. Box Step with 2 KBs in rack or guard position
4. Circle Step with 2 KBs in rack or guard position
5. Snatch 10+10+10+10 within 2 minutes
6. Jump rope—preferably skip

*Know the four basic combinations, A-B-C-D:*

**A:** Jab—Jab—Cross—Jab

**B:** Lead—Cross—Lead Hook—Rear Uppercut

**C:** Lead—Cross—Lead Overhand Hook—Rear Overhand Hook

**D:** Lead—Cross—Lead Unorthodox Uppercut—Rear Unorthodox Uppercut

*Perform consistently switching leads after every combination.*

7. Mirror A
8. Mitts A
9. Heavy Bag A
10. Mirror B
11. Mitts B
12. Heavy Bag B
13. Mirror C
14. Mitts C
15. Heavy Bag C
16. Mirror D
17. Mitts D
18. Heavy Bag D

The Pre-Test takes 54 minutes. If you can't handle it, you are *NOT* ready for the reality of sparring. TRAIN MORE.

# So You Want to Fight?

If you take your training seriously,  
get the following squared away immediately:

## Equipment

- Mouthpiece—Shock Doctor or Brain Pad
- Cup
- Jump Rope
- Jacket, Gi top, heavy coat or sweatshirt, etc. (MMA only)
- Sparring Gear (if you are cleared to spar)—16oz boxing gloves, USABA approved headgear, appropriate leg pads

## Knowledge

- Read [extonkettlebells.com](http://extonkettlebells.com) and any class handouts—as well as anything you seek out on your own—in order to learn

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the correct terminology for techniques and training methods

- Remind yourself of the basic principles of stance, footwork, offense and defense while you are training. THINK about what you are doing and TALK yourself through combinations and drills
- Learn safe technique for basic kettlebell lifts—***correct Two Hand Swing technique is vital for all fighting classes.***

# So You Want to Fight?

## Conditioning

Be able to complete the following 2 minute rounds with a one-minute rest, back-to back. If you are unable consider it **your responsibility** to get your fitness to this level ASAP.

1. Hold two 12/16kg kettlebells in rack position and box step
2. Jump rope
3. Plank
4. Jump Rope
5. Rack Hold one minute, finish round with constant 1-2 straight to heavy bag last minute

## Technique

On command be able to display the following techniques. The techniques must be visually consistent and mechanically correct in the mirror, against a partner, on punch mitts, or on a heavy bag.

(Boxing)

- Fighting Stance
- Proper footwork in box step and star/circle step
- Jab

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- Lead Straight
- Cross
- Orthodox Hook
- Overhand Hook
- Uppercut
- Unorthodox Uppercut/Up Jab

(MMA)

- Lateral Elbow (path of orthodox hook)
- Foot Jab/Front Kick
- Thai Roundhouse Kick
- Oblique or Scoop Kick
- Straight Knee, Round Knee
- Thai Clinch