

POPULAR BOXING GUARD TECHNIQUES USED BY BOXERS

Following the right boxing guard form and wearing the correct guard equipment protects you from injuries and impact from the opponent's punches.



HIGH GUARD

The high guard is the most basic and widely used guard in boxing. It involves keeping your hands close to your head, elbows tucked in, and chin down to protect your face.



PEEK-A-BOO GUARD

The peek-a-boo guard is a defensive style, it involves keeping your hands in front of your face, elbows tucked in, and chin down, while bobbing and weaving to avoid punches.



PHILLY SHELL GUARD

The Philly shell guard is a defensive style, it involves keeping your lead arm low, your rear hand near your cheek, and your shoulder protecting your chin.



CROSS-ARMED GUARD

The cross-armed guard is a defensive style, it involves crossing your arms in front of your chest to protect your body. It's an effective against body shots but leaves your face vulnerable.



LOW GUARD

The low guard is a defensive style that involves keeping your hands low to invite your opponent to throw punches, then countering with fast punches of your own.



ORTHODOX GUARD

The orthodox guard is the traditional guard used by right-handed boxers. It involves keeping your left hand up to protect your face and your right hand near your chin to protect your body.



SOUTHPAW GUARD

The southpaw guard is the opposite of the orthodox guard and it keeps your right hand up to protect your face and your left hand near your chin to protect your body.

Fighting With The Guards

Wolfgang Guggemos



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