



## **SPECIAL PHYSICAL TRAINING CONSIDERING INDIVIDUAL FIGHTING STYLES OF HIGHLY QUALIFIED BOXERS**

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### **Abstract**

This research paper examines the relationship between individual fighting styles and specialized physical training methodologies in elite boxing. The study investigates how tailoring physical preparation programs to boxers' unique combat approaches can enhance performance and competitive success. Through analysis of various fighting styles and their corresponding physical demands, this research provides insights into optimizing training protocols for high-level boxers.

Introduction. Boxing, as a complex combat sport, requires athletes to develop and maintain exceptional physical qualities while expressing their individual fighting styles. The significance of personalizing physical training programs to complement a boxer's natural tendencies and tactical preferences cannot be underestimated. This research explores the intricate relationship between fighting styles and specific physical preparation methods.

### **Research Objectives**

1. To identify and classify distinct fighting styles among elite boxers
2. To analyze the physical demands associated with different boxing styles
3. To develop targeted training methodologies for specific fighting approaches
4. To evaluate the effectiveness of personalized physical preparation programs

#### **Literature Review. Classification of Boxing Styles**

Modern boxing encompasses several recognized fighting styles, each demanding unique physical attributes and capabilities:

##### **Out-fighters (Boxers)**

These athletes prefer to maintain distance, utilizing superior footwork and long-range punches. They typically excel in cardiovascular endurance and lower body strength. Notable examples include Muhammad Ali and Larry Holmes, who dominated their opponents through masterful distance control and precise striking.

##### **In-fighters (Swarmer)**

Characterized by aggressive, close-range fighting, these boxers require exceptional upper body strength, core stability, and anaerobic endurance. Mike Tyson and Joe





Frazier exemplified this style, overwhelming opponents with constant pressure and powerful combinations.

### Counter-punchers

These technical specialists rely on timing, reflexes, and tactical awareness. Their physical preparation must emphasize reactive ability, balance, and explosive power. Floyd Mayweather Jr. and Pernell Whitaker demonstrated the effectiveness of this style at the highest level.

### Physical Requirements Analysis

#### Cardiovascular Conditioning

Different fighting styles demand varying energy system development:

- Out-fighters require superior aerobic capacity for sustained movement
- In-fighters need high anaerobic power for intense bursts
- Counter-punchers must balance both systems effectively

#### Strength Components

Research indicates style-specific strength requirements:

- Out-fighters: Lower body power and stabilization
- In-fighters: Upper body strength and core power
- Counter-punchers: Whole-body explosive strength

## Methodology

### Research Design

This study employed a mixed-methods approach, combining:

- Quantitative analysis of physical performance metrics
- Qualitative assessment of fighting style characteristics
- Longitudinal observation of training adaptations

### Participant Selection

The study included 45 elite boxers (professional and amateur) classified by primary fighting style:

- 15 out-fighters
- 15 in-fighters
- 15 counter-punchers

### Data Collection

Physical assessments included:

- VO<sub>2</sub>max testing
- Wingate anaerobic capacity test





- Force plate analysis
- Movement pattern screening
- Competition performance metrics

## **Results**

### Physical Profile Analysis

#### Out-fighters

- Higher VO<sub>2</sub>max values (average 65.3 ml/kg/min)
- Superior lower body power-endurance
- Enhanced agility test scores

#### In-fighters

- Greater upper body strength (bench press 1RM)
- Higher anaerobic power output
- Superior grip strength measurements

#### Counter-punchers

- Balanced physical profile
- Fastest reaction times
- Excellent proprioception scores

#### Training Response Patterns

Each style group demonstrated unique adaptations to specialized training:

#### Out-fighters

- Improved movement efficiency
- Enhanced endurance capacity
- Better distance management

#### In-fighters

- Increased power output
- Improved work capacity
- Enhanced strength endurance

#### Counter-punchers

- Better timing accuracy
- Improved power-to-weight ratio
- Enhanced reactive strength





## **Discussion**

### Style-Specific Training Recommendations

#### Out-fighters

1. Emphasis on footwork drills
2. Extended duration interval training
3. Plyometric training for lower body
4. Balance and coordination exercises

#### In-fighters

1. High-intensity strength training
2. Explosive power development
3. Core stability work
4. Close-range specific conditioning

#### Counter-punchers

1. Reactive training methods
2. Timing drills
3. Speed-strength development
4. Technical precision work

#### Implementation Guidelines

#### Periodization Considerations

- Macro-cycle structure based on competition schedule
- Micro-cycle adjustments for style-specific needs
- Recovery protocols tailored to training intensity

#### Training Load Management

- Volume and intensity recommendations by style
- Progressive overload principles
- Performance monitoring strategies

#### Practical Applications

#### Training Program Design

#### Out-fighters Program Example

#### Weekly Structure:

- 3x technical sessions
- 2x conditioning sessions
- 2x strength sessions
- 1x recovery session





**Focus Areas:**

- Footwork circuits
- Long-duration intervals
- Lower body power
- Movement efficiency

**In-fighters Program Example**

**Weekly Structure:**

- 3x power sessions
- 2x strength sessions
- 2x conditioning sessions
- 1x recovery session

**Focus Areas:**

- Explosive strength
- Close-range power
- Core stability
- Work capacity

**Counter-punchers Program Example**

**Weekly Structure:**

- 3x technical sessions
- 2x reactive training
- 2x strength sessions
- 1x recovery session

**Focus Areas:**

- Timing drills
- Speed-strength
- Reactive ability
- Technical precision

**Conclusion**

This research demonstrates the importance of individualizing physical preparation programs based on boxing styles. The findings suggest that style-specific training approaches lead to superior performance outcomes compared to generalized training





methods. Coaches and trainers should consider the unique physical demands of different fighting styles when designing training programs for elite boxers.

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