

INTRODUCTION AND INSTRUCTIONS FOR THE BRIGHTSPACE BOXING COURSE

Hoping this finds you all safe and well.

You would normally be attending my class in person for an hour and 15 minutes of a hard boxing workout, a lecture and unique personal anecdotes explaining our main film presentations, instructional videos and one on one skill training. My online course will provide you with all of that except I am not physically there with you in person.

This boxing course is the most popular way to earn a credit, get in shape and learn professional boxing like a Champion. Throughout this message to you I repeat the word fun many times. That is exactly what I want you to do with my course - have fun while you learn a great deal about professional boxing and its rich history. You signed up for it so give it all you got!

Each day I recommend that you find a way to fit in your boxing workout - your special pushups, boxing abdominal work and shadow boxing while practicing your variety of punches and combinations all of which I will be demonstrated for you.

Go at your own pace. If you were with me in person, I would play inspirational music during our workouts. Train to the music of your choice which will probably make you want to get up and move. Imagine you are a real professional fighter and look the part as you learn and you will become as good as anyone has who started out just like you are.

HAVE FUN WITH IT.

The boxing workouts will add polish to your physique and is the perfect exercise regiment to add to your daily schedule while letting off steam and getting into shape. My boxing abdominal routine will have you feeling and looking great.

The instructional videos are the best as is the rare and personal background I give to you in my Introduction video for each new class.

I knew these great legendary fighters, and have either trained with them or refereed them in Madison Square Garden or at the very least have met them all on a personal level.

AFTER WATCHING EVERYTHING ON OUR CLASS PAGE, ALL YOU HAVE TO DO is comment briefly at the end of the class with a written submission to me on Brightspace.

Include in your brief written submission all the items within your class page **CHECK LIST without leaving anything out** and of course your written submission must be in the time frame allotted to you **without being late.**

I have attached your syllabus which covers this exciting course content.

Each day of our classes you will have a chance to do your hard boxing workout just as if you were in class with me in person.

In class, I would first give a boxing lecture of the day prior to working out, just like we will do now.

You must first listen to my ENTIRE Introduction video for each class before proceeding to anything else. This will provide the full background of the film presentations that you will view.

PLEASE READ THE INFORMATION BELOW AND REMEMBER THE INSTRUCTIONS

It is very simple, just read and remember what you must submit in your written comments on Brightspace as per the instructions for each class by addressing what you have seen.

BEFORE YOU HIT SUBMIT TO SEND YOUR COMMENTS TO ME,

- 1. You must look once again at the checklist on each class page to make sure you didn't leave out your comments on the introduction video, instructional videos, and all fight films on the class page as well as any articles or photos.**
- 2. Each day your class assignment for the day will appear on Brightspace at 12:00 am, you have until 11:55pm the very next day to submit your student assignment comments onto Brightspace.**
- 3. Please do not be late or Brightspace will lock out your submission while proceeding to the next class date and mark your response as late.**
- 4. I absolutely do not want to chase you down so to speak via e-mail to remind you to submit your assignment on time.**

Once again after watching the INTRODUCTION VIDEO,

You then must watch EVERY SINGLE INSTRUCTIONAL AND FIGHT FILM VIDEO ON THE PAGE FROM BEGINNING TO END. They are all fun to view and will absolutely not take much time.

Click on every single link, every short article and document on the class page and it is required that you read it.

I GUARANTEED THAT YOU WILL BREEZE RIGHT THROUGH IT!

Your assignments are not difficult and I will allow you to submit a short but complete response so that I know you have watched the films from beginning to end. However your submission to me must include the following:

- Your response to the full content of my complete Introduction Video For Each Class.**
- Your response to any and all Boxing Instructional Videos On The Page**

- **Your response to ALL the FIGHTS YOU WILL VIEW ON THE CLASS PAGE. DO NOT LEAVE ANY FILM OUT.**
- **Your response to any article or photo that I may have included on the page.**

The online course is packed with great boxing knowledge and rich vintage history which in some cases have impacted on Americana and the world such as: Jack Johnson, the first African American heavyweight champion; Jack Dempsey, Joe Louis, Muhammad Ali and others.

You will see devastating knockouts and learn about the secrets and visceral background behind each major fight in my video lecture.

On our first day I include that video demonstration of each exercise as well as including a written list outlining them for you. Hopefully you will start each class off with me in the same manner as all my in person students have for so long..

The boxing classes will proceed as scheduled online utilizing our Marist College **BRIGHTSPACE.**

My boxing classes have enjoyed great popularity with my students. Our workouts are hard and rewarding.

Although we cannot work the punch mitts, heavy bag and jump rope together while listening to hard rock music, I have included instructional videos in the BRIGHTSPACE curriculum teaching you the basic punches, jab, right hand, left hook, uppercuts and defensive techniques that you can practice at home.

Have fun with learning them all and if you can get access to a heavy bag and punch mitts to practice on, then all the better.

Many of my students get in great shape while practicing boxing and having fun with it.

I will also show you a video on how to "Shadow box" against an imaginary opponent while practicing your new found skills at throwing the punches correctly. Use that video often to develop your skills.

I have also included film footage of me working the punch mitts and heavy bags with some of my past female and male students so that if you ever decide to buy your own punch/focus mitts to have fun with you will do it correctly.

Additionally, I have attached the rules, regulations, boxing terminology and penal law as it applies to self defense, always thinking civil liability. The penal law is included as it applies to assaults. I am a retired Detective and uniformed police officer and former police firearm and police academy instructor and always want you to be safe and well while avoiding trouble.

ALL Questions and the correct answers regarding two of those pertinent and applicable laws will be on our final written exam. **This can all be found by clicking on “CONTENT” and viewing the “WHAT TO EXPECT” section on Brightspace.**

On our final exam you will be asked to name 2 boxing champions in each division as per the handouts on BRIGHTSPACE. You will be provided with names of many boxing champions to choose from. **That list can be found in the “WHAT TO EXPECT” section after clicking on “CONTENT.”**

You will have to know the weight limits for eight divisions and how boxing judges determine the winner of a professional round utilizing 4 categories for scoring.

Once again so there is no mistake, all questions and answers for you to study are provided on the BRIGHTSPACE site under CONTENT and the “WHAT TO EXPECT” section. I am sure you will score a 100% if you even briefly study it.

I am very confident that at the completion of my course you will have attained much more than just a rudimentary knowledge of pro boxing and easily become the smartest most knowledgeable person in a room when a major fight is telecast on TV.

I have not had one student in 23 years that did not love the course and have great fun with it while learning a lot about professional boxing.

This has also been the case for my students that I have taught online with our summer BRIGHTSPACE course.

Best wishes and stay well,

RON LIPTON
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