

Boxing O'Live Shield, 43 x 21 x 9 cm

Improve your **boxing** or sparring with our **shields**: learn combinations and defense. Designed with durable EVA padding, leather closure and firm Velcro fastening, train with guaranteed stability and durability!

Product description:

Shield work in boxing: learning combinations and defense

Shield work is a fundamental technique in boxing to learn how to throw different combinations and protect yourself from counter attacks during a real fight. In addition, it helps to develop reflexes and deliver powerful blows behind jabs.

In the ring, coaches stay out of the way, but there is one thing that always accompanies the fighter: memory. These punches and reflexes are recorded in both conscious memory and muscle memory. During the fight, the body responds according to what it has learned during the work sessions with shield and gloves.

During these sessions, the trainer not only offers the shields to throw punches, but also launches different attacks and asks the fighter to defend himself. This improves the fighter's reflexes, both for dodging counter-attacking blows in boxing and for countering blows in other combat sports.

Our shields are designed with EVA padding to prevent deformation and offer greater resistance. The closure is made by leather braiding, and the fastening is firm and

resistant thanks to the Velcro. In addition, they have a thick, reinforced grip that ensures greater durability. Thanks to the 3 fixing brackets on the back, they offer great stability.

The dimensions of this shield are: 43 x 21 x 9 cm

get our mittens now!

Sold individually.

Reference: FI07000.00
EAN13: 8436554044443
UPC: -