

# Am I too old to start Boxing?



## Introduction

Are you someone who's over the age of 23 and considering starting boxing

Looking to take a step out of your comfort zone, learn a new skill and potentially shed a few pounds?

Or are you wanting to increase your confidence, learn some self-defense and maybe even get in the ring for the first time?

If one of these goals stood out to you then definitely start boxing.

After all, boxing is a thrilling and intense sport that can provide a wide range of physical and mental benefits.

And if the only thing STOPPING you is the infamous question

“Am I too old to start boxing”

**NO!!**

And here's why...



### **Brotherhood**

The best place to learn boxing is some sort of class.

Doesn't matter whether it's a beginner's class, sparring class(not recommended for first-timers), or a boxercise class

You will be in a group of people who also chose to take that class

So you will probably share similar goals and reasons for being in this class

After all, boxing is not just about hitting bags and pads, it's also about building a community of like-minded individuals who share a passion for the sport.

Whether you're training at a gym or competing in the ring, you'll be **surrounded** by people who are supportive, encouraging, and inspiring.

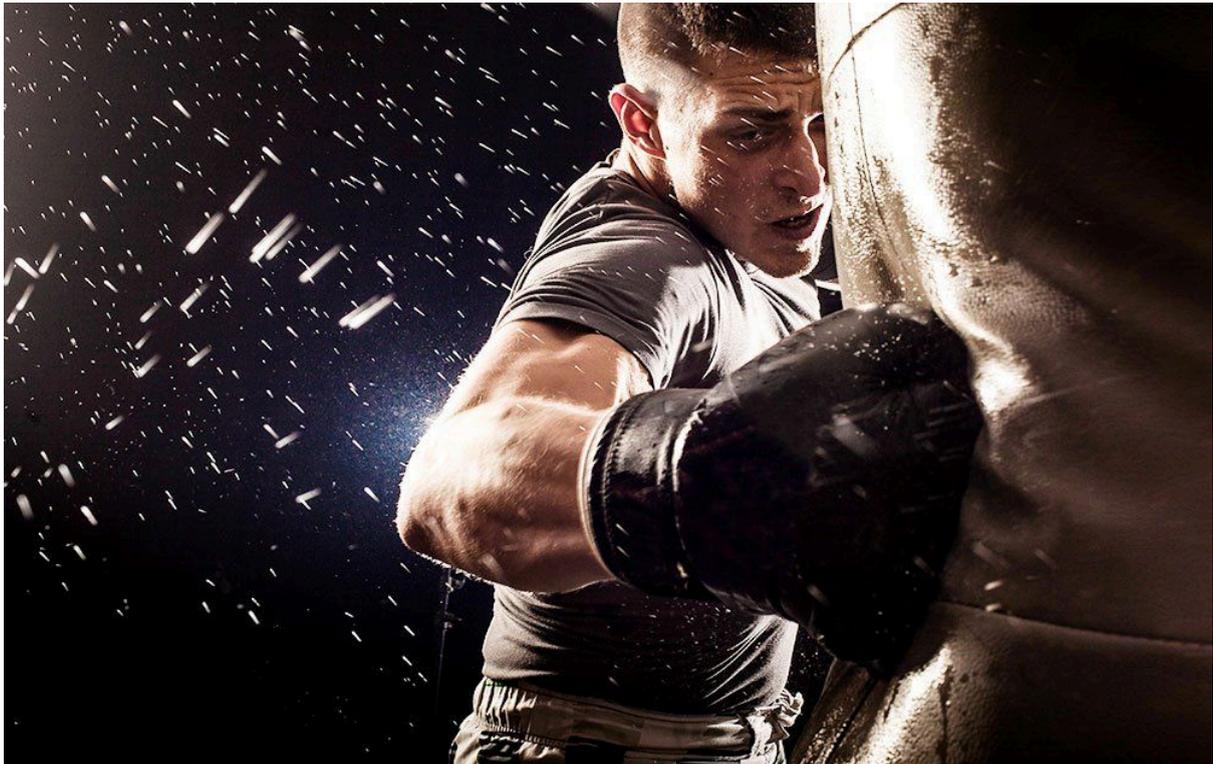
And what most people don't understand is...

There is a **different level** of respect when you are surrounded by people who you train with

This is because you are all there day in and day out trying your hardest and pushing each other to new heights

It doesn't matter how old you are, with the right group of training partners, I can almost guarantee that you will accomplish things you never thought possible

Personally, some of the most respectful, funny, and hard-working people I have ever met, come from my boxing gym.



### **It's Not Just A Sport, It's A Discipline**

Boxing is not just a sport, but a discipline that rewards hard work, dedication, and skill.

It doesn't matter whether you're 25 or 55, as long as you're willing to put in the time and effort, you can become a competent and efficient boxer.

The key is to focus on your journey and not worry about the age of other boxers around you.

A great example of this is an exceptional fighter known as Ken Norton

Ken Norton didn't start boxing until he was 24 years old

However, through his hard work and dedication, he was able to end his career with 50 fights, 42 wins, and 33 by knockout.

In those wins, he was able to defeat big names such as Jack O'Hallow, Jose Luis Garcia, and even **The Great Muhammed Ali**

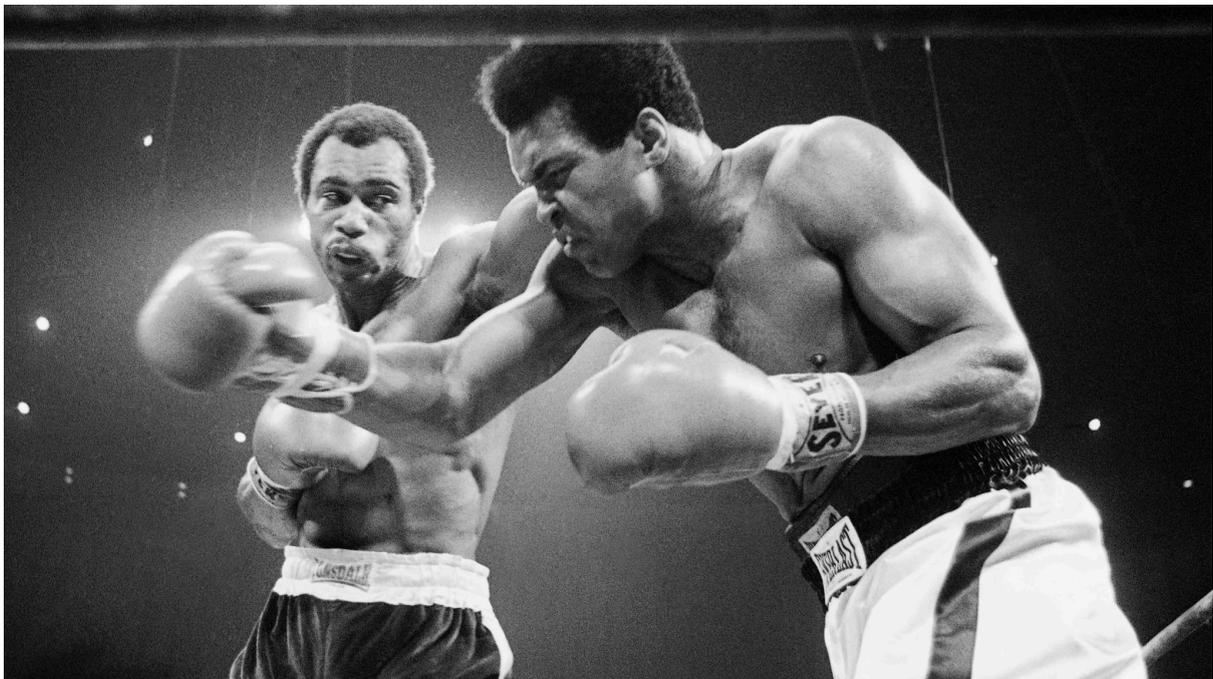
Let me ask you this...

Do you think people would remember Ken Norton's name if at the age of 24, he said to himself "You're too old, GIVE UP"?

Of course not.

Now you may not want to go on to fight world champions and the elite-level fighters who started at 10 years old

But this just shows that your age isn't as important as your work ethic in boxing.



### **The Art of Boxing**

Boxing is not just a sport and a discipline, but also an art form that requires skill, patience, and precision.

Hitting the BAG

And hearing the sound of the gloves smacking the bag, as the sweat pours down your face while you bang out all of your frustrations from that day

Or even SPARRING

When you step into the ring, you become one with your body, and the rest of the world fades away.

The movements are fluid and graceful, as you dodge and weave to avoid your opponent's punches while waiting for the perfect opportunity to counter

You become so focused on what you are doing that for a short period of time,

Work, bills, money, people and stress dont matter, all you are thinking about is **smashing that bag** until your arms give out.

And the best part is, this feeling doesnt come with an expiry date. As long as you can hurl your fists at the punching bag you will be able to experience this euphoric feeling.

Even with sparring, as long as you have someone who is your weight and skill level, it doesnt matter how old you are, go at them.

(Sparring can be dangerous though and so you want to make sure you do it properly. Be sure to read the last paragraph for advice on how to minimize the risk of injuries when sparring.)



**You Dont Have To Get Punched In The Nose**

For those who aren't interested in sparring,

Boxing is a fantastic way to **lose weight**, improve fitness and increase strength and endurance

With each session, you'll work up a sweat, shred off some calories and feel your arms burn as your muscles get stronger.

You'll also develop better coordination, balance, and agility, which have massive benefits both inside and outside of the gym.

But most importantly boxing is also a great way to relieve stress and improve your **mental health**.

Because let's be honest

Nothing is more relieving than **ragefully** swinging your fist at something as hard as you possibly can,

Over and over again until your arms give out and you're left so tired that you no longer care what happened today at the office.

And this feeling is even better for those who do decide to spar and get to use it on another person

Just be sure to keep control, know when to stop, and dont lose respect for your opponent.



## **Safety**

If you are going to be sparring though, there is a safety concern to be aware of.

After all, boxing is a contact sport, and there is always a risk of injury when you step into the ring.

However, it's important to remember that safety should always be a top priority in boxing, regardless of your age.

With proper training and the right equipment, you can minimize your risk of injury.

But the only thing more important than your equipment is your sparring partner

If you're only a beginner and it's your first time sparring

**Dont spar** the 6ft 3, 120kg monster with anger issues.

I promise you it won't go well.

The ideal scenario is, you find someone your weight who has had more experience than you but can also control himself

And make sure it is all under a coach's supervision so you not only have someone to monitor it but also get key feedback that will contribute to your development

And I'll let you in on a little **SECRET**

A lot of people believe that the best fighter in the gym is going to be some big strong rageful guy who bashes people for looking at him wrong

That is the exact opposite of the truth

In fact, from my experience, the top fighters have gone through so much struggle and are working so hard on themselves

They either dont care about you or just respect the fact that you showed up.



## **Conclusion**

In conclusion, boxing can be an excellent choice for men who are in their late twenties or older.

It's a sport that rewards hard work, dedication, and skill, regardless of your age. With each punch, you'll feel more confident, empowered, and alive.

You'll experience the art of boxing with all of your senses, and feel the benefits of a fantastic workout that can improve your physical and mental health.

You'll also become part of a community of like-minded individuals who share a passion for the sport.

So, if you're someone who's considering taking up boxing, don't let your age hold you back.

Embrace the challenge and excitement of the sport, and discover what you're truly capable of.

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