

★★★ **DESKTOP** ★★★

BOXING

RULE BOOK

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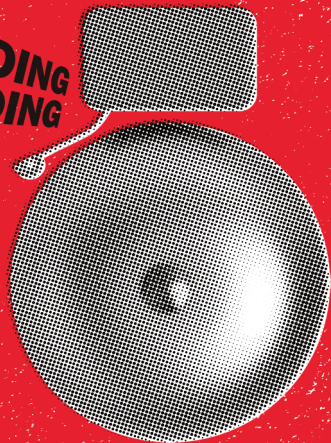
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**DING
DING**



WEIGH-IN

Having one of those mornings (days, weeks. . .) at work where you just want to punch a wall and call it a day? Whether it's an overly chatty coworker or a big, looming presentation stressing you out, you deserve the chance to vent a little. Spare the wall and spoil yourself by slipping on some (tiny) gloves and getting into your own desktop ring. You might not master floating like

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a butterfly and stinging like a bee, but you'll take down the office blues with a solid KO. Ready? Let's get ready to ruuuuumble!

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A BRIEF HISTORY OF BOXING

People have been beating each other up for a long time, and boxing finds its origins in the ancient world, with depictions of fighters ranging from Sumeria and Egypt to Greece and Rome. Brutal matches are described in lavish detail by authors like Homer and Virgil, and the Roman boxing glove (called a *caestus*) even had the

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bloody additions of spikes and metal lumps to raise the stakes.

The sport was formalized in eighteenth-century England by Jack Broughton, often known as the “Father of Boxing.” Boxing as we know it owes its key tenets to Broughton and the Marquess of Queensberry Rules, which became widespread in 1867. The sport’s popularity in England eventually came across the Atlantic to give us legends such as Muhammad Ali,

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Mickey Ward, and Joe Frazier. And just because you have an office job doesn’t mean you can’t get in on the fun! Let’s get started.

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SET-UP

Now that you've gone through your history and your pre-fight routine, it's time to unpack your components. You should have:



- 1 punching bag
- 1 suction cup base
- 2 gloves

Make space for your “ring.” You should have room to throw some elbows here (even if the punches you’re throwing are led by your fingers.) Unless you want to grab an equally game (or just irritable) coworker and turn this into a match (we’ll get to that later), you’re going to serve as your own ref here, so be honest and don’t cheat the count, got it?

Screw the bag onto the base until you can no longer tighten it.

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Moisten the suction cup with a damp cloth, and secure your bag to a flat surface. Give it a few taps with your finger and make sure it’s sturdy.

Slip one glove each onto each pointer finger. Are you going for an orthodox stance or southpaw? Is your desktop game Manny or Floyd? If you’re up for a challenge, you can even try putting the gloves on the pointer and middle fingers of one hand.

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Now pick your entrance song and down that energy drink so you're ready to go every round.

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BOXING MOVES FOR ONE

If you've boxed before (or just watched the *Rocky* movies more times than you can count), you know some of the basic moves to working the bag. There are just a few minor adjustments when it comes to the desktop version. For optimum agility, keep your elbows planted on your desk or table and move only your fingers and wrists.

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JAB

The most basic boxing move, a light, straight punch with your lead hand (or finger in this case) that allows you to stay protected. Simply extend and straighten your gloved finger to tap the bag. Think of this as a testing-the-water move—you're getting the lay of the land.

CROSS

Here's a punch you can put a little more oomph into. In a "real" cross, you're using the pivoting of your body to put real power into this punch. In the desktop version, drive your gloved finger across your body to tell that bag who's boss.

HOOK

A semi-circular move designed to come at your opponent's head from the right or left, the cause of many a devastating KO. In our mini version, crook your gloved finger so that it's curled toward the bag (you can do this from either side). Then go for that bag like you're a Velociraptor and it's dinner.

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UPPERCUT

A rising punch that'll take an opponent off his or her feet. Here, you can position one hand palm-up and bend your gloved finger in a "come hither" motion. Extend the finger straight, landing a punch on the bag. Imagine your boss's face on the bag and go to town. It'll be a better pick-me-up than that same old Starbucks run.

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BOXING MATCHES

Feeling feisty after your solo training? Get a friend or coworker in on the action and go head to head. Professional boxing goes up to twelve rounds, but in the spirit of some boxing discipline (and since you *do* have that report to work on. . .), we suggest capping it at six rounds.

If you have a big enough crew of people interested (or just bored

enough to avoid work), you can rotate players and refs to keep things moving. For the pros, each round lasts three minutes before the bell; in the desktop version, you'll have to hustle and get it done in just one.

There have been some legendary fights over the years—controversial promoter Don King's **“Thrilla in Manila”** and the **“Rumble in the Jungle”** (George Foreman used to do more than just

sell grills, remember?); **Roberto Duran v. Sugar Ray Leonard**; **Ali v. Frazier**—but it was **Joe Louis v. Max Schmeling** in 1938 that typified how sports can transcend their immediate context. The world was on the brink of war, and Schmeling had the dubious honor of a pep talk with Adolph Hitler himself before the bout. Louis, a black American and rising superstar, absolutely demolished him: facing a crowd of thousands at

Yankee Stadium and a German radio audience so dispirited by the mauling that they cut the broadcast short, he delivered the KO heard 'round the world.

DON'T:

CLINCH: In pro boxing, this is usually when the two exhausted fighters are grappling and trying to prevent each other from landing blows. The ref will break it up. In desktop boxing, this is when your boxing has devolved into thumb wrestling and you're just trying to pin each other.

DELIVER A LOW BLOW: In the desktop world, we interpret this as hitting

anything beyond the hand. No poking your coworker in the eye just because they kind of threw you under the bus during that status meeting last week!

DO:

BOB AND WEAVE: OK, so you're only working with your fingers here, but you can still be nimble about it to avoid hits. Your endless hours spent at a keyboard each day weren't a waste of time. They were *training*.

BLOCK AND PARRY: Sometimes you can't avoid a hit altogether, so put that glove up and protect yourself.

COUNTERPUNCH: Whether you go with a Mayweather-esque Philly Shell to set this up or are just coming up after a successful block, sometimes the best defense is a good offense. It's an eye-for-an-eye here in desktop boxing.



ROUND

6

Scoring

Six rounds. One minute each. Fight to the death (just kidding.)

Pro boxing involves a somewhat labyrinthine scoring system judged by experts to determine an eventual winner. A true knockout is actually somewhat rare in pro bouts. TKOs (technical knockouts) and unanimous decisions are far more common (if not as immediately exciting.) If you were

a newbie boxing fan perplexed by the long-awaited Mayweather-Pacquiao 2015 fight, you get what I mean. Think of it as a really violent performance review. You can rack up the points like this.

- **HITS:** 2 points (Must be a proper jab, hook, cross, or uppercut. Counter-punches count of course)
- **BLOCKS AND PARRIES:** 1 point
- **CLINCHING:** -1 point

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- **LOW BLOWS:** -2 points
- **KNOCKOUT:** You win. (Since we're not trying to concuss our office-mates here, the desktop boxing version of a KO is successfully pushing someone's hand out of the "ring.")

Tally up after six rounds and see who has to stand a round (of drinks) at the next office outing.

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Tie-Breaker Trivia

Fought to a draw? Settle it with trivia! Not every bout will end with a clean KO, and if you're short on refs (a.k.a. willing coworkers waiting for their turn), a victory by decision may be out of your reach. Or maybe you've just got to get back to work. . .

Whatever the reason, here are some trivia questions you can use to crown a definitive winner.

QUESTION #1

Jack Dempsey was both a WWII vet and a legendary offensive fighter. In what year did he win his first heavyweight championship?

- A. 1918**
- B. 1925**
- C. 1940**
- D. 1919**

QUESTION #2

Where was the oldest evidence of boxing as a sport found?

- A. Greece
- B. Egypt
- C. Sumeria
- D. Rome

Answer: C. Sumeria

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QUESTION #3

Whose ear did heavyweight Mike Tyson infamously bite mid-bout?

- A. George Foreman
- B. Evander Holyfield
- C. Oscar de la Hoya
- D. Ricky Hatton

Answer: B. Evander Holyfield

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QUESTION #4

Who was the first black boxer to win heavyweight championship of the world?

- A. Sonny Liston
- B. Muhammad Ali
- C. Jack Johnson
- D. Tom Molineaux

Answer: C. Jack Johnson

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CHAMPION'S RING

Whether you took the victory with your sweet moves or your trivia knowledge (or are licking your wounds and waiting for the next round), you gave yourself a shot of adrenaline and a break from the monotony of just another afternoon at the office, all without bruising your knuckles or even leaving your desk. Keep polishing

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your skills and “conditioning,” and you could be the new Desktop Heavyweight Champion of the World!



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