



The Chicano
Federation

BARRIO YOUTH BOXING PROGRAM

GLOVE UP AND STEP INTO THE RING!



WHAT YOU WILL LEARN:

- PROPER BOXING STANCE & CORE PUNCHES
- AGILITY, COORDINATION & BALANCE
- SAFE SPARRING FUNDAMENTALS
- RESPECT, DISCIPLINE, & SPORTSMANSHIP
- EMOTIONAL CONTROL & CONFIDENCE

MONDAY-FRIDAY
3:30PM-6:30PM

FREE!

AVAILABLE FOR GRADES 6TH - 12TH



BARRIO STATION 2175 NEWTON AVE. SAN DIEGO, CA 92113



AMANDA CHAVEZ / ACHAVEZ@CHICANOFED.ORG / (619) 285-5600



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BARRIO YOUTH

PROGRAMA DE BOXEO



LO QUE APRENDERÁS:

- POSTURA CORRECTA DE BOXEO Y GOLPES BÁSICOS
- AGILIDAD, COORDINACIÓN Y EQUILIBRIO
- FUNDAMENTOS SEGUROS DE SPARRING
- RESPETO, DISCIPLINA Y ESPÍRITU DEPORTIVO
- CONTROL EMOCIONAL Y CONFIANZA

LUNES-VIERNES
3:30PM-6:30PM



PARA ESTUDIANTES DE 6.º A 12.º GRADO



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