

Bache, R. Meade. "The Dynamics of Boxing." *Proceedings of the American Philosophical Society*, vol. 33, no. 145, 1894, pp. 179–187. www.jstor.org/stable/983266.

Response: Boxing is a art of self defense. Greeks believed fist fighting was one of the games played by the gods on Olympus; thus it became part of the Olympic Games in about 688 BC.

Dickey, Donald R. "The Shadow-Boxing of Pipilo." *The Condor*, vol. 18, no. 3, 1916, pp. 93–99. www.jstor.org/stable/1362511.

Response : Shadow boxing is a self taught technique to help improve muscle memory, combinations, accuracy and footwork. Many boxer use it especially after learning a new technique.

"BOXING AS A RELISH." *The Journal of Education*, vol. 65, no. 21 (1631), 1907, pp. 578–578. www.jstor.org/stable/42816087.

Response: Boxing is an enjoyment from staying in shape and learning how to fight, from landing punches and seeing your hard pay off is amazing. Getting hit isnt that bad you have to be mentally prepared and ready for any kind of punch. Overall boxing is a fun sport.

Smith, Theodate L. "On Muscular Memory." *The American Journal of Psychology*, vol. 7, no. 4, 1896, pp. 453–490. www.jstor.org/stable/1411845.

Response: muscle memory is a key factor for boxing, you have to be repetitive with your punches, footwork and defense. You never want to be timed and predictable because people start to see the same movement, when you change it up and don't inquire bad habits into your fighting you become an unstoppable fighter.

Kroh, Carl J. "Physical Training." *The Elementary School Teacher and Course of Study*, vol. 3, no. 1, 1902, pp. 47–53. www.jstor.org/stable/992288.

Response: Physical training is important for the sport of boxing. Your body has to be strong to withstand a fight every punch will hurt you mentally and physically. You have to be strong your body has to be able to take the punches your endurance has to be up so that way you can fight to your last breath.

Wright, Eleanor Lee. "Diet Lists." *The American Journal of Nursing*, vol. 19, no. 6, 1919, pp. 428–430. www.jstor.org/stable/3406169.

Response: Fighters have to be eating healthy no matter what. Putting the right nutrients in your body it is what gives you the right energy and doesn't effect your personal performance. You have to watch what you put in your body becuae you ever want to get sick becuae that another day that you're out the gym not training. Before a fight a fighter never wants to eat a lot

he has a specific diet so that way they don't throw up in the middle of a fight, they have to be able to fight and give their opponent everything they got.

"Trusts upon Personal Confidence." *Columbia Law Review*, vol. 6, no. 5, 1906, pp. 348–349. www.jstor.org/stable/1109009.

Response: when preparing for a fight you have to be confident the best of the best never put yourself down you. Floyd mayweather is the best and he knows it he says he can beat anyone you throw him in the right with. His confidence is through the roof. Confidence is important as and for a fighter.

"Criminal Law: Murder: Elements of Murder." *Michigan Law Review*, vol. 6, no. 7, 1908, pp. 590–591. www.jstor.org/stable/1274226.

Response: Boxing is legalized murder and if you go in the ring and kill someone you don't have to worry about any charges because you can get away with it. When people say boxing is a dangerous sport it's no lie they are telling you the truth. You always have to protect your self at all times.

Choate, Joseph H. "The Right and the Duty of Self-Defense." *The North American Review*, vol. 201, no. 712, 1915, pp. 363–365. www.jstor.org/stable/25108396.

Response: As a boxer your hands are lethal weapons you have to be able to make the right decisions on defending yourself on the streets. If someone is talking smack and you decide to fight him and throw the first punch you will be locked up. But if someone decides to punch and make contact you are 100% allowed to defend yourself. You always have to make the right decisions.

Green, E. L. "A Family of Athletes." *The Classical Journal*, vol. 13, no. 4, 1918, pp. 267–271. www.jstor.org/stable/3287820.

Response: Being an athlete is very important you have to be coordinated and be able to be physically active. No boxer is just un active they are always doing something, training, and being the best they are at the sport they like. Being an athlete means you can accomplish any athletic task.

