

# KINGSWAY BOXING | HOW TO WRAP FOR BOXING

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Use this handout to help learn the correct way to wrap your hands for boxing. If done correctly, wrapping your hands is beneficial to helping protect against the repetitive impact endured in boxing. An incorrect wrap can lead to disqualification from your fight, or even worse, an injury sustained to the hand or wrist.

## Step 1

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Your hand should be held open in a relaxed position, with your fingers spread apart. Begin by placing the hand wrap thumb loop around your thumb and be sure that the 'This Side Down' text on the hand wrap is against your skin. Bring the wrap across the back of your hand and wrap around your wrist 2 or 3 times.

Be sure to wrap high enough (2" to 3" up from your wrist joint) on the wrist to maximize support. You want to keep the hand wrap snug throughout this process, but not so tight that it will cut off your circulation.

## Step 2

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From the wrist, bring the wrap across the back of your hand and around your palm, then across the top of your knuckles.

## Step 3

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Wrap around the knuckle area 2 to 3 times. From the top of your knuckles, wrap across the back of your hand toward your wrist and around. This will create an 'x' pattern across the back of the hand.

Repeat the 'x' pattern 2 or 3 times.

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## Step 4

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Continue around the palm of your hand to the base of your thumb. Wrap completely around your thumb and back toward your wrist on the palm side of your hand.

It is important to keep the wrap from twisting while wrapping the thumb.

## Step 5

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Continue wrapping around the back of your hand to the thumb and once again wrap around your thumb, this time from the opposite direction.

## Step 6

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Wrap from the thumb over the back of your hand and around your wrist.

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## Step 7

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Continue around your wrist, over the back of your hand and through the space between your pinky and ring fingers. Wrap around your palm back toward your wrist and repeat the steps for each finger.

Be sure to keep the wrap as flat as possible and twist free.

## Step 8

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With the last finger completed, bring the wrap across the palm back toward your wrist.

## Step 9

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Continue wrapping across the back of your hand toward your knuckles.

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## Step 10



Wrap once more around the top of the knuckles and across the back of your hand toward your wrist.

## Step 11



Secure your wrist with the remaining hand wrap. Be sure to wrap it snugly to provide support for your wrist.

## Step 12



Fasten the Hook & Loop closure and you're done.

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## Step 13



The finished product should be a secure and protected tightly wrapped hand.

Note:

You may vary your wrapping technique for comfort, this is more of a template.