

best boxing training shoes

best boxing training shoes are essential gear for anyone serious about improving their boxing skills and performance. Choosing the right footwear can significantly impact agility, stability, and overall comfort during training and matches. This comprehensive guide covers the top features to look for in boxing shoes, the benefits of specialized footwear, and reviews of some of the best boxing training shoes available on the market. Whether training in the gym or stepping into the ring, the proper shoes provide support and enhance footwork, which is critical for success in boxing. Understanding the differences between boxing shoes and regular athletic shoes can also help athletes make informed decisions. This article will detail key considerations for selecting the best boxing training shoes and highlight the top models suited for various training styles and budgets.

- Why Specialized Boxing Shoes Matter
- Key Features of the Best Boxing Training Shoes
- Top Recommended Boxing Training Shoes
- How to Choose the Right Boxing Shoes for Your Needs
- Care and Maintenance of Boxing Shoes

Why Specialized Boxing Shoes Matter

The importance of specialized boxing shoes cannot be overstated for boxers at all levels. Unlike general workout sneakers, boxing shoes are designed to enhance the specific movements required in boxing, such as quick pivots, lateral movements, and rapid footwork. The best boxing training shoes offer lightweight construction, excellent grip, and ankle support to reduce the risk of injury. They also contribute to better balance and power transfer during punches. Wearing non-specialized shoes may lead to slipping, inadequate support, or fatigue, negatively affecting training and performance. Therefore, investing in high-quality boxing shoes is crucial for maximizing efficiency and safety in the ring.

Benefits of Using Boxing-Specific Footwear

Boxing-specific footwear provides tailored benefits that generic athletic shoes cannot match. These advantages include:

- **Enhanced Grip:** Outsoles are made from materials that offer superior traction on gym floors or ringside surfaces.
- **Lightweight Design:** Allows for faster foot movement and agility without added

bulk.

- **Improved Ankle Support:** Mid to high-top designs stabilize the ankle during lateral movements and pivots.
- **Breathability:** Mesh panels and ventilation help keep feet cool and dry during intense sessions.
- **Durability:** Reinforced materials withstand the rigors of constant movement and impact.

Key Features of the Best Boxing Training Shoes

When selecting the best boxing training shoes, several critical features should be carefully evaluated to ensure optimal performance and comfort. These features are designed specifically to meet the demands of boxing training and competition.

Material and Construction

Durable yet lightweight materials such as synthetic leather, mesh, and rubber are commonly used. The upper should provide breathability and flexibility, while the sole should be sturdy enough to offer traction and withstand wear. Reinforced stitching and quality adhesives contribute to the shoe's longevity.

Outsole Design and Traction

The outsole is a vital component that affects grip and stability. The best boxing training shoes typically feature thin rubber soles with patterned treads that grip smooth surfaces, enabling quick pivots and directional changes without slipping.

Ankle Support and Fit

Ankle support varies from low-top to high-top designs. High-top shoes offer more protection and stability for the ankle, which is beneficial during intense lateral movements. Proper fit is essential to prevent slipping inside the shoe, blisters, and discomfort.

Cushioning and Comfort

Although boxing shoes are generally lightweight with minimal cushioning to maintain ground feel, adequate padding around the heel and tongue enhances comfort during prolonged training sessions. Some models incorporate EVA foam or gel inserts for shock absorption.

Weight and Flexibility

Lightweight shoes enhance speed and agility, two critical elements in boxing. Flexibility in the sole allows for natural foot movement and quick adjustments in stance, which are integral to effective footwork and balance.

Top Recommended Boxing Training Shoes

Several models consistently appear as top choices among athletes and trainers due to their performance, durability, and value. Below is a list of highly regarded boxing training shoes.

1. **Adidas Box Hog 3:** Known for its lightweight design, excellent grip, and breathable mesh upper.
2. **Nike HyperKO:** Offers superior ankle support and a snug fit, ideal for competitive boxers.
3. **Everlast PIVT Low Top:** A budget-friendly option with solid traction and comfort for beginners.
4. **Asics Snapdown:** Combines lightweight materials with durable rubber soles for long-lasting performance.
5. **Venum Elite High Top Boxing Shoes:** Provides maximum ankle stability and aggressive style, favored by many pro athletes.

Comparison of Features

Each of these models offers distinct advantages. For example, the Adidas Box Hog 3 excels in breathability and flexibility, making it ideal for intense training sessions. The Nike HyperKO's robust ankle support makes it a preferred choice for those seeking additional injury prevention. Understanding the differences helps athletes select shoes tailored to their specific training needs and preferences.

How to Choose the Right Boxing Shoes for Your Needs

Choosing the best boxing training shoes depends on several personal and practical factors. Assessing these will help ensure the chosen shoes meet individual requirements for comfort, performance, and durability.

Training Style and Frequency

Boxers who train frequently or compete professionally may benefit from more durable, supportive shoes, while casual trainees might prioritize comfort and affordability. Consider whether the primary use is for sparring, bag work, or footwork drills.

Foot Shape and Size

Shoes must fit snugly without causing pressure points. It is recommended to try on different brands and sizes to find the best match, as shoe sizing can vary significantly between manufacturers.

Budget Considerations

Boxing shoes range from economical to premium pricing. While higher-end shoes often provide better quality and features, there are effective options available at lower price points that suit beginners and intermediate users.

Additional Features

Some shoes include removable insoles, enhanced ventilation, or custom lacing systems. These features can improve comfort and customization, which may be important for long training sessions or athletes with specific needs.

Care and Maintenance of Boxing Shoes

Proper care extends the life of the best boxing training shoes and maintains their performance. Regular cleaning and appropriate storage are essential practices.

Cleaning Tips

Wipe shoes down after each use to remove dirt and sweat. Remove insoles periodically to air out and prevent odor buildup. Hand wash with mild soap and water when necessary, avoiding machine washing which can damage materials.

Storage Recommendations

Store shoes in a cool, dry place away from direct sunlight. Using shoe trees or stuffing shoes with paper helps maintain shape and prevents creasing. Avoid leaving shoes in damp gym bags for extended periods to prevent mold and odor.

When to Replace Boxing Shoes

Replace training shoes when the soles wear thin, the fit becomes loose, or when support diminishes. Regular inspection helps identify when performance is compromised due to shoe degradation.

Frequently Asked Questions

What features should I look for in the best boxing training shoes?

The best boxing training shoes should offer excellent ankle support, lightweight design, good grip, breathability, and a snug fit to enhance agility and prevent injuries.

Are boxing shoes different from regular training shoes?

Yes, boxing shoes are specifically designed for the sport with features like high ankle support, thin soles for better mat feel, and enhanced grip for quick lateral movements, which regular training shoes typically lack.

Which brands are known for the best boxing training shoes?

Popular brands known for quality boxing shoes include Nike, Adidas, Everlast, Rival, and Asics, each offering models tailored to different needs and preferences.

Can I use running shoes for boxing training?

Running shoes are generally not recommended for boxing because they lack proper ankle support and grip required for lateral movements and quick pivots in the ring.

How important is ankle support in boxing training shoes?

Ankle support is crucial in boxing shoes to prevent sprains and injuries during fast footwork and sudden directional changes common in boxing.

What is the ideal sole type for boxing training shoes?

The ideal sole for boxing shoes is thin, flexible, and non-marking with excellent grip to allow quick, precise footwork without slipping on the ring floor.

How often should I replace my boxing training shoes?

Boxing shoes should typically be replaced every 6 to 12 months depending on usage

frequency and wear, as worn-out shoes can compromise support and performance.

Additional Resources

1. *The Ultimate Guide to Boxing Training Shoes*

This comprehensive guide explores the essential features to look for in boxing training shoes, including support, grip, and durability. It covers various brands and models, helping readers choose the perfect pair for their training style. The book also offers maintenance tips to extend the life of your footwear.

2. *Step Up Your Game: Choosing the Best Boxing Shoes*

Designed for beginners and seasoned boxers alike, this book delves into the importance of the right footwear in enhancing performance. It compares top boxing shoe options and explains how different designs impact agility and footwork. Readers will find expert advice on fitting and testing shoes before purchase.

3. *Boxing Footwork Fundamentals: The Role of Training Shoes*

Focusing on footwork, this book highlights how proper training shoes can improve speed and balance in the ring. It includes exercises and drills that emphasize the connection between footwear and movement. The author interviews professional trainers to provide insider tips on selecting shoes.

4. *Lightweight and Durable: Innovations in Boxing Training Shoes*

Explore the latest technological advancements in boxing shoes that combine lightweight materials with durability. The book reviews cutting-edge designs and materials used by leading manufacturers. It also addresses how innovation is changing training and competition footwear standards.

5. *Custom Fit: Tailoring Your Boxing Shoes for Maximum Performance*

This book guides readers through the process of customizing boxing shoes for individual foot shapes and training needs. It covers the benefits of custom insoles, lacing techniques, and modifications to enhance comfort and support. Case studies demonstrate how tailored shoes can prevent injuries.

6. *Boxing Gear Essentials: Shoes, Gloves, and More*

While focusing on shoes, this book also provides a holistic view of essential boxing gear. It explains how the right combination of equipment, especially shoes, contributes to overall training effectiveness. The book features buying guides and maintenance advice for all major boxing gear.

7. *From Novice to Pro: Elevating Your Training with the Right Shoes*

This motivational book charts the journey of boxers advancing from beginners to professionals, emphasizing the role of proper footwear. It includes testimonials from athletes about how investing in quality shoes improved their training outcomes. Practical tips for shoe care and replacement timing are also provided.

8. *Footwork Mastery: Exercises and Shoes for Boxing Excellence*

Combining training techniques with footwear recommendations, this book offers a dual approach to mastering boxing footwork. It presents step-by-step drills to improve speed and coordination, paired with advice on selecting shoes that enhance these movements.

Photographs and diagrams aid in understanding.

9. *Boxing Training Shoes: Reviews, Rankings, and Buying Tips*

A buyer's guide featuring detailed reviews and rankings of the best boxing training shoes on the market. The author evaluates shoes based on comfort, price, durability, and performance. Helpful tips assist readers in making informed purchasing decisions tailored to their boxing style and budget.

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best boxing training shoes: *Boxing Fitness Basics* Oliver Scott, AI, 2025-03-14 *Boxing Fitness Basics* is your guide to unlocking the fitness potential of boxing, regardless of your current experience. This book emphasizes the fundamental techniques and full-body workout benefits that boxing provides, focusing on improving both physical and mental well-being. Discover how boxing offers a unique blend of cardiovascular exercise and strength training, enhancing overall fitness. Interestingly, boxing's roots stretch back centuries, evolving into a modern fitness phenomenon embraced by people of all fitness levels, not just professional fighters. The book begins with essential principles and necessary equipment, progressing to detailed breakdowns of fundamental techniques like stance, footwork, and basic punches, such as jabs and crosses. It then explores how these techniques translate into comprehensive workouts designed to boost cardiovascular health, muscular strength, and endurance. Ultimately, the book provides practical guidance on creating personalized training plans, making the transformative power of boxing accessible to all.

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best boxing training shoes: *Official Gazette of the United States Patent and Trademark Office* , 2000

best boxing training shoes: *Works in progress..* Cecilia Hood Ceewee, 2024-07-09 Magnificent family and friends!. Let's keep praising and raising his name up, giving him all... the glory and the praise..... for what he's already.. done, today! Starting with blowing his breath up our nostrils waking us up, circulating his very flow of blood through every vein and vessel. Moving us around standing, stretching, bending, moving grooving to his beat and frankly it is the greatest beat alive.

best boxing training shoes: *No Regrets* Jerry E. Fisher, 2009-06-17 Whether you are a martial artist, a historian, an avid reader of biographies or just looking for a humorous, interesting read, Fisher's work offers a true look at the life and times of an American martial artist. Born in the middle of the Great Depression, his recollections of life and experiences, wrapped around a lifelong love of combat and martial arts training is truly fascinating. The work is peppered with many amusing anecdotes and memories and a view of American life in that wonderful period of the late 20th century in America. His colorful life ranged across the United States and to many foreign countries as he pursued his passion for martial arts and brought him into contact with many interesting characters, some of them quite well known to most readers. At the time of this writing he continues to teach and practice at his school in the mountain ski resort town of Big Bear Lake, California. Many well-known martial artists visit him frequently. He offers training in self defense, mixed martial arts for present-day UFC and WEC fighters, as well as boxing, kick boxing and the

traditional martial arts. Settle in for an unusual experience as Fisher shares his life and stories with you. Read about: ? The making of the Karate Kid from the man who was the Tournament Consultant responsible for creating the tournament scenes for the film. ? The formation of the TPA, the Tournament Promoters Association. ? The adventures of the first American martial artist in mainland China in 1975. ? The experience of the saving of the half-American Vietnamese orphans during the fall of Saigon. ? The producer of many years of Ed Parker's Internationals ? Dozens of hilarious inside stories including many famous martial artists.

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best boxing training shoes: Fitness For Dummies Suzanne Schlosberg, Liz Neporent, 2005-04-08 What exactly is new in fitness? In the exercise world, there's something new in equipment, research, classes, gadgets, videos, and Web sites just about every day. The last few years have also seen the invention and marketing of new schlock—like pills that claim to eliminate cellulite or burn extra carbohydrates and machines that purport to tone your thighs “without any effort on your part.” It's all too easy to get confused by all the myths and mixed messages out there. But don't sweat it! This thoroughly revised edition of *Fitness For Dummies* updates you on all the latest—the good, the bad, and the bizarre—tackles your fears about getting fit, and gives you the knowledge and motivation to stick with fitness for the rest of your life. Renowned fitness experts Suzanne Schlosberg and Liz Neporent show you how to: Test your fitness level and set realistic goals Pinpoint fat sources in your diet Create a personalized fitness program Find Internet fitness forums and Web sites Brave a public gym This is your essential get-fit guide, covering state-of-the-art fitness techniques, equipment, programs, and health clubs in a practical, friendly way. You'll see how your individualized fitness program will help you strengthen your heart and lungs, burn lots of calories, lower your stress level, and even help you stay injury-free. You get the latest on low-carb eating, new food pyramids, the glycemic index and trans fats, and new carb guidelines. Plus, you'll see how to: Take advantage of hot trends like Yoga and circuit training Incorporate weight training in your workout Choose the best fitness equipment for your home gym Stay fit at all ages and stages Complete with a list of ten great fitness investments under \$100 (and ten fitness ripoffs!) as well as proven ways to stay motivated, *Fitness For Dummies*, Third Edition is your one-stop guide to a slim, trim new you!

best boxing training shoes: Toxic Neil Ruddock, 2024-10-10 SHORTLISTED FOR AUTOBIOGRAPHY OF THE YEAR AT THE SPORTS BOOK AWARDS 2025 'Extraordinary . . . entertaining and inspiring.' Daily Express 'Neil's book has given me a new-found appreciation of how he used the Razor alter ego to mask what he was going through. The recent turnaround in him, both physical and mental, is a revelation.' ALAN SHEARER 'Love Neil Ruddock. One of the old school. He's honest and funny as f**k. A beautiful read and a strong bit of memoir. Well done son.' DANNY DYER 'You think you know Razor Ruddock? Well, think again. This is a courageous and fascinating autobiography by my ex-teammate, a book which will inspire so many others to confront their past and change their life.' ROBBIE FOWLER 'Neil has always been the life and soul of the party but I can't tell you how much Toxic has given me a more rounded picture of him. To have the strength and determination to transform his life is a special thing.' ROBBIE WILLIAMS 'Neil's book blew my mind. Now I understand my friend's journey to finally being comfortable in his own skin.' IAN WRIGHT Neil 'Razor' Ruddock tells the inspiring and uplifting story of how he faced the battle of his life: to become a different person. In this inspiring and uplifting memoir, Neil Ruddock charts his toxic journey of self-destruction, a path littered with food addiction, plummeting self-confidence and a dangerous relationship with drink which took him to the brink of death. 'Razor' was his caricature of the larger-than-life football hardman, a persona which turned from a natural extension of Ruddock's character to a comfort blanket to smother every mood, every emotion. When his front door closed, the laughter stopped. He was depressed and despairing. Football had institutionalised him. Talking about his inner feelings wasn't an option, owning up to mental health issues was an absolute no-no. In a remarkable series of confessions, and with his trademark humour and brutal honesty, Ruddock recounts how he spiralled so far out of control that he lost sight of who he really was. No matter how

he was feeling, he reached for the same old answer - the mask of 'Razor' and a big night out. Following the fitting of a pacemaker and drastic stomach surgery, Ruddock has lost nine stones, firmly pressed the reset button on his life, and found the strength to free himself of the shackles of the bloke he thought he needed to be in order to become the man he always knew he was. Toxic tells the story of how Ruddock faced the battle of his life: to become a different person. No longer does he feel the need to be anything but his true self. As he now says: I'm half the man I used to be, but twice the man I used to be.'

best boxing training shoes: Simp-Lee the Best Lee McCulloch, 2013-10-17 Lee McCulloch plays for Rangers and is club captain. He signed for his boyhood heroes in July 2007 in a GBP 2 million transfer from Wigan and he has helped the club to three SPL titles and a UEFA Cup Final. His popularity with the Rangers fans has increased dramatically in recent months during the turmoil at Ibrox. When others walked out, Lee stated he would play for the club for nothing and was also the first player to pledge his future to the Rangers newco. In his explosive autobiography, McCulloch opens up on the turmoil at Rangers in the past two years as the club was sold by Sir David Murray to Craig Whyte and the historic events that followed, from administration to liquidation and to the club being reformed under Charles Green. He lifts the lid on the remarkable and fascinating inside story from the dressing room and their battles with those in power at Ibrox. From his humble upbringing in Lanarkshire where he was driven to succeed in football by his strict disciplinarian father, to joining Rangers and how his first season there left him in tears and regretting the decision to move to Ibrox, this book has it all. Lee was also a success at Wigan and was the club's record signing when he joined them from Motherwell in 2001 for GBP 700,000. He was recently voted into their all-time Greatest XI and tells the story of their rise to the English Premiership and the part he played. Lee has been capped for his country 18 times and tells what it was like to play under five Scotland managers - Berti Vogts, Walter Smith, Alex McLeish, George Burley and Craig Levein. He also reveals boozing sessions with Berti Vogts that left him shocked and opens his heart on why he quit Scotland under George Burley and the bust-ups that followed with the SFA. With his high profile as Rangers captain, his loyal following including more than 50,000 Twitter followers, and his unique insight into the recent turmoil at Ibrox, Lee McCulloch's autobiography is Simp-Lee the Best.

best boxing training shoes: Hard Luck Steve Springer, Blake Chavez, 2011-04 In Hard Luck, Irish Jerry Quarry comes to life--from his Grapes of Wrath days as the child of an abusive father in the California migrant camps to those as the undersized heavyweight slaying giants on his way to multiple title bouts and the honor of being the World's Most Popular Fighter in '68, '69, '70, and '71.

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best boxing training shoes: McClure's Magazine , 1928

best boxing training shoes: Perry Boys Ian Hough , 2007-04-22 In the late 1970s, a small body of violent young trend-setters exploded out of England's north-west to bewilder, terrify, and eventually enlighten the rest of the country. Their novel hooligan style came to be known as the casual movement, with its wedge haircut and obsession with expensive designer clothing and training shoes, but the story of how its original perpetrators emerged from disparate beginnings has never yet been completely detailed. Ian Hough came of age at the epicentre of the explosion, in 1979 in north Manchester, where outsiders branded these unlikely-looking pretenders Perry Boys, due to the Fred Perry polo shirts they wore with their narrow cords, effeminate hairstyles and Adidas Stan Smith trainers. Hough witnessed the sudden ramping up of an age-old rivalry between Manchester and Liverpool's Scallies, as the two cities' football hooligans realised each was a carbon copy of the other, and how they all in turn were embracing a form of organised violence, thievery, and thinking that was yet to see the light of day elsewhere in the UK. As the enlightened tribes of the north-west dug in for the long war, slashing each other with craft knives and engaging in battles involving thousands, the rest of Britain began to pick up the styles for themselves. He describes, in vivid and

often humorous prose, how the Perry Boys waged a style-war on their lesser-evolved peers within Manchester, kick-starting a national fashion eruption whose tremors are still being felt today. The book moves confidently through the 80s underground, as the psychedelic fragments of what came to be termed the Rave scene gravitate from the council estates and football stadia of Manchester, into the nightclubs, where the jaded Perry Boys were waiting all along. Manchester's subsequent descent into rampant mayhem, in the form of gangsters, drug dealers, and music, now bathed in the strange purple glow of hallucinogenic drugs like Ecstasy, spawned the Madchester scene of modern urban legend. The sense of unreality and optimism which accompanied Manchester United's domestic and European successes later became inextricably dovetailed to the scene in the city, and Hough takes the reader on an intense trip through those heady times. Rounding the book off with the story of how this unlikely new style had proved contagious across the UK, and how its perpetrators proceeded to travel the globe in search of greener pastures, Hough describes the mass exodus of young people, many of whom exported the philosophy of the Perry mindset, grafting and simply travelling for its own sake, around the globe. This book is for anyone who is interested in how things began, whether it was football hooligan culture or the Rave mentality, as the world grew smaller. It is a testament to those who lead, and a mesmerising read for those who have followed.

best boxing training shoes: The Principles and Practices of Solo Training Dr. Guy Windsor, 2023-09-14 EVERYONE WANTS TO ADD YEARS TO THEIR LIFE. BUT EVERYONE NEEDS... TO ADD LIFE TO THEIR YEARS. One of the world's foremost experts in historical swordfighting and martial arts systems, Dr. Guy Windsor wants to teach you how to maximize your personal development and live up to your true potential - in training, in martial arts, and in life - even when training solo. Using simple, straightforward, and (above all) achievable principles of action, Dr. Windsor can help you establish a solid foundation for mechanics and training in your own martial arts practices, as well as teaching you best practices to achieve excellence in life. Whether you are searching for ways to improve your combat and martial arts training, hope to increase your physical fitness, or simply want to find a better mindset for living life, The Principles and Practices of Solo Training is for you. Join Dr. Windsor as he teaches you how to... USE MENTAL IMAGERY to improve your training effectiveness FIND GREATER HEALTH as you progress UNDERSTAND THE IMPORTANCE of and best way to set goals IMPROVE YOURSELF even when dealing with physical or psychological impediments AND MORE! With profound insight, unparalleled expertise, and good-old-fashioned common sense, Dr. Windsor is the perfect guide for your journey of self-improvement. Whether you are a master of the martial arts trying to add that last critical edge to your skills, or a beginner who has never thrown a punch or picked up a sword, The Principles and Practices of Solo Training will help you find - and master - the hidden potential within.

best boxing training shoes: You Can Still Hit the Mark! Discover How Persistence Overcomes Natural Talent Kevin Hudson, 2019-10-10 You Can Still Hit the Mark is an exciting read for those looking to enjoy and amazing journey as well as learn some simple tools to improve their life and relationships. In this book, you'll discover strategies for improving your health, financial position, family life, and even your spiritual walk. You Can Still Hit the Mark is a finely-woven story of a young man who began an activity as a child, which grew into a passion, then a way of life, and finally a profession. During his life's journey he learned some valuable tools, which later had a profound impact on his adult life. You Can Still Hit the Mark chronicles Hudson's journey, starting with dreams inspired to dreams shattered, and ending with the same dream being tweaked to become exactly what it was meant to be. The collage of colorful stories takes you through the highs and lows of a professional athlete's life, through relationships forged to relationships lost. You'll become engulfed in Kevin's passion while he is unknowingly exposed to time-tested and proven principles, which seem to have been lost in this high tech, digital age. You'll see that you too can STILL hit the mark!

best boxing training shoes: Southern Reporter , 1894 Includes the decisions of the Supreme Courts of Alabama, Florida, Louisiana, and Mississippi, the Appellate Courts of Alabama and, Sept. 1928/Jan. 1929-Jan./Mar. 1941, the Courts of Appeal of Louisiana.

best boxing training shoes: Outing and the Wheelman , 1905

best boxing training shoes: *The Great Sports Documentaries* Michael Peters, 2018-01-16

Sports and competition have been film subjects since the dawn of the medium. Olympic sports documentaries have been around nearly as long as the games themselves; films about surfing, boxing, roller derby, motorcycle racing and bodybuilding were theatrical successes during the 1960s and 1970s. The author surveys the history of the sports documentary subgenre, covering more than 100 award-winning films of 40+ different competitions, from traditional team sports to dogsled racing to ballroom dancing.

best boxing training shoes: *The Complete Boxer* Bohun Lynch, 1914

best boxing training shoes: *Fighting As Real As It Gets* Michael Staack, 2019-07-25 Michael Staack's multi-year ethnography is the first and only comprehensive social-scientific analysis of the combat sport 'Mixed Martial Arts'. Based on systematic training observations, the author meticulously analyses how Mixed Martial Arts practitioners conjointly create and immerse themselves into their own world of ultimate bodily combat. With his examination of concentrative technique demonstrations, cooperative technique train-ings, and chaotic sparring practices, Staack not only provides a sociological illumination of Mixed Martial Arts culture's defining theme - the quest of 'Fighting As Real As It Gets'. Rather further-more, he provides a compelling cultural-sociological case study on practical social constructions of 'authenticity'.

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