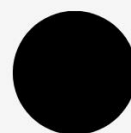
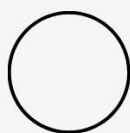


ORX BOXING CLUB

BOXING GRADING SYSTEM

A GUIDE FOR BOXERS, COACHES & PARENTS



Inspired by traditional martial arts belt ranks, this wrap-based structure gives boxing athletes a clear path from complete beginner to competitor.



1.

About

Information about the club, grading system and journey the boxers can go on.

2.

Colour System

Detailed requirements to progress to the next grade in our wrap colour system.

3.

Destination

For those showing the willingness to compete and the desire to step into the ring - what the future holds.

4.

Boxing for Life

The importance boxing plays in the development of athletics, mindset and how it can shape you in life.

5.

Nutritional advice

Some sound advice for young athletes on how to eat better and smarter to improve performance and maintain a healthy lifestyle.

6.

Success Stories

A brief history of the club and our proudest achievements.

ORX BOXING CLUB

About us

1

ORX Boxing Club was started in Summer 2021 by two friends with a huge passion for all things sports, but specifically the martial arts. Over the last 4 years we have helped 100's of kids get fitter, learn how to box and improve their focus, discipline and courage. We have had children and adults compete for the club in various events, dinner shows and even internationally in Bahrain. Our vision has always been to help grow the sport of boxing here in Qatar from the grassroots to competitive levels and show everyone that boxing is a sport for everyone.

We have worked with some incredible partners since starting the company - Doha College, Swiss School, Jaidah Group, KBN Group, Radisson Blu and Sports Corner to name a few. We are extremely grateful for their support, which allows us to continue to grow.



ORX BOXING CLUB

Colour System

2



Why

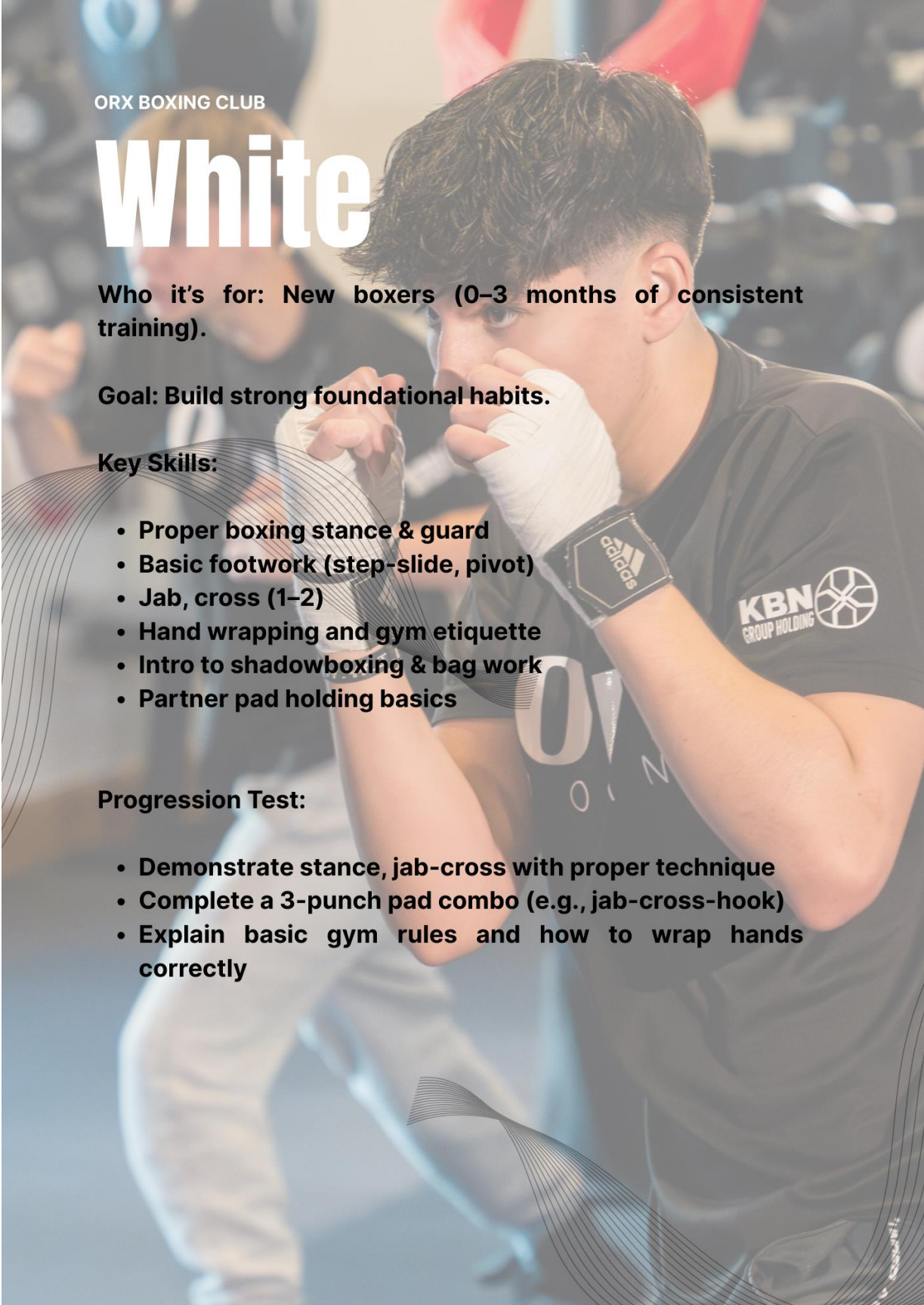
Give our young academy members a path to follow that they can reflect on and work towards outside of the gym. Allowing them to gain promotion and master their skills.

How

Following a traditional colour scheme similar to martial arts that will require members to complete tasks and assessments to progress through the phases.

When

Periodically - throughout the term and also occasionally when a student is showing signs of accelerating through the grades.



ORX BOXING CLUB

White

Who it's for: New boxers (0–3 months of consistent training).

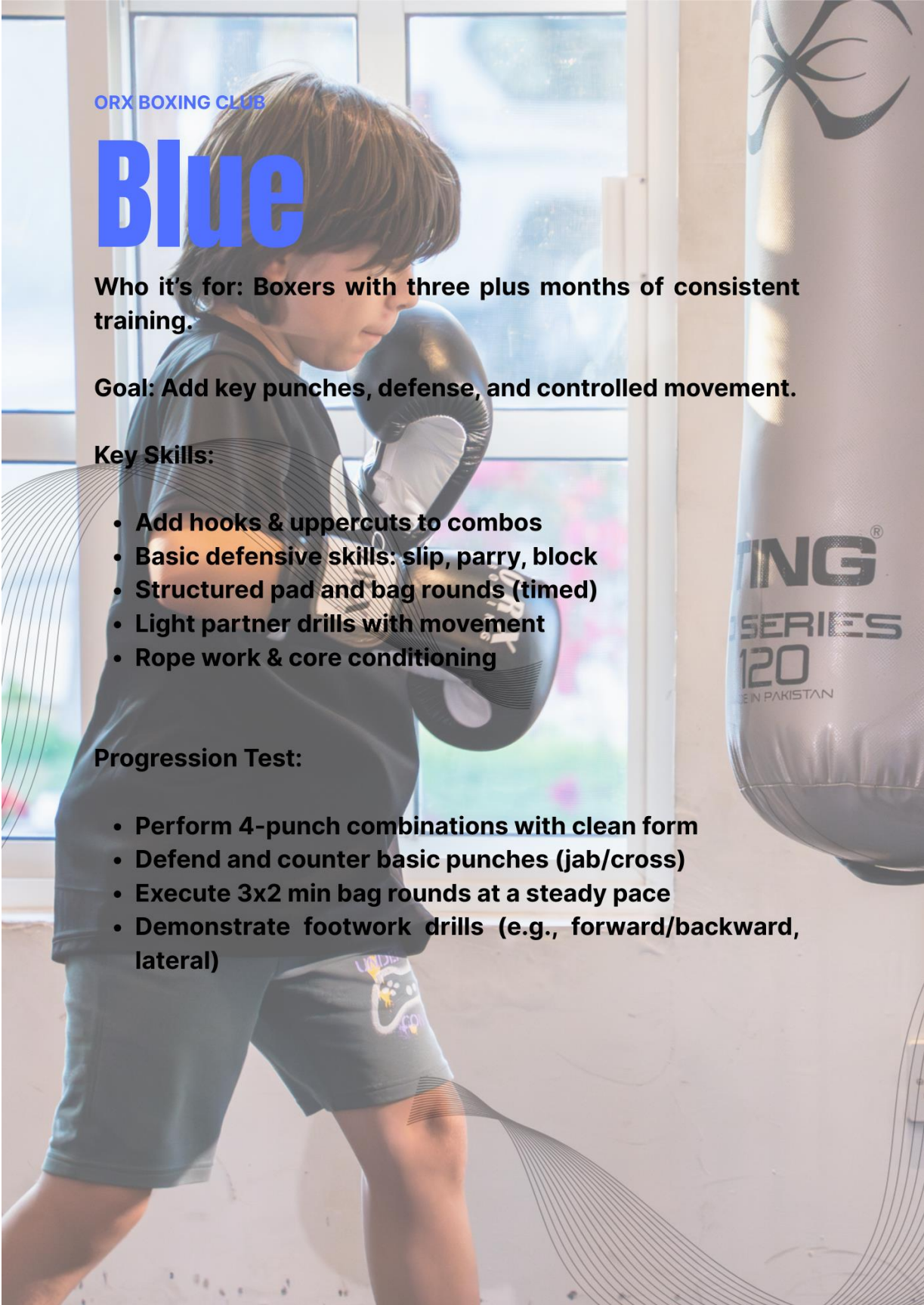
Goal: Build strong foundational habits.

Key Skills:

- Proper boxing stance & guard
- Basic footwork (step-slide, pivot)
- Jab, cross (1–2)
- Hand wrapping and gym etiquette
- Intro to shadowboxing & bag work
- Partner pad holding basics

Progression Test:

- Demonstrate stance, jab-cross with proper technique
- Complete a 3-punch pad combo (e.g., jab-cross-hook)
- Explain basic gym rules and how to wrap hands correctly



ORX BOXING CLUB

Blue

Who it's for: Boxers with three plus months of consistent training.

Goal: Add key punches, defense, and controlled movement.

Key Skills:

- Add hooks & uppercuts to combos
- Basic defensive skills: slip, parry, block
- Structured pad and bag rounds (timed)
- Light partner drills with movement
- Rope work & core conditioning

Progression Test:

- Perform 4-punch combinations with clean form
- Defend and counter basic punches (jab/cross)
- Execute 3x2 min bag rounds at a steady pace
- Demonstrate footwork drills (e.g., forward/backward, lateral)



ORX BOXING CLUB

Purple

Who it's for: Boxers beginning light sparring and developing ring IQ.

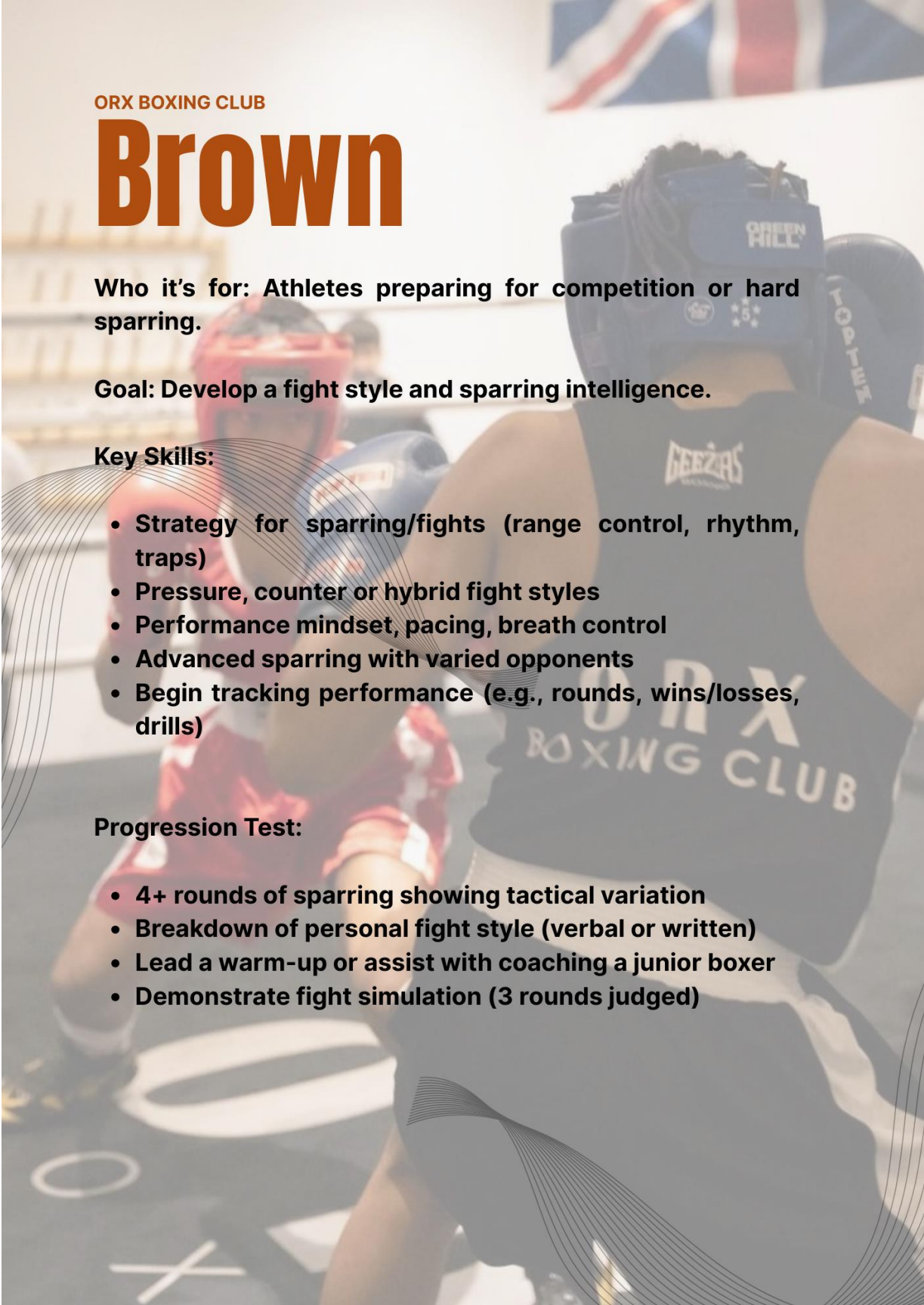
Goal: Blend offense, defense & ring movement with fluidity.

Key Skills:

- Full punch arsenal with timing and angles
- Controlled technical sparring (light contact)
- Defensive movement (slip-roll, pivot out)
- Feinting and counter-punching
- Basic ring generalship concepts

Progression Test:

- Controlled 2 rounds of sparring showing defense and attack
- Combine 5–6 punch drills with movement
- Explain punch scoring and amateur boxing rules
- Perform pad drills under light fatigue



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Brown

Who it's for: Athletes preparing for competition or hard sparring.

Goal: Develop a fight style and sparring intelligence.

Key Skills:

- Strategy for sparring/fights (range control, rhythm, traps)
- Pressure, counter or hybrid fight styles
- Performance mindset, pacing, breath control
- Advanced sparring with varied opponents
- Begin tracking performance (e.g., rounds, wins/losses, drills)

Progression Test:

- 4+ rounds of sparring showing tactical variation
- Breakdown of personal fight style (verbal or written)
- Lead a warm-up or assist with coaching a junior boxer
- Demonstrate fight simulation (3 rounds judged)



ORX BOXING CLUB

Black

Who it's for: Competitive boxers or those ready to lead.

Goal: Compete, coach, or lead in the gym environment.

Key Skills:

- Compete in real bouts
- Train with the Competition team.
- Advanced ring craft: tempo shifts, foot traps, setups
- Conditioning for competition (camp periodization)
- Corner awareness, judging strategies

Progression Test:

- Compete in 1+ amateur bouts (or complete an Exhibition bout)
- Corner another boxer or lead a technical drill session
- Present sparring review (self or others)
- Lead training session and mentor lower-ranked athlete

ORX BOXING CLUB

Destination

3



White 0-3 Months

Boxing Fundamentals - Working on perfect technique at this early stage.



Blue 3-6 Months

Technical Development - Consistency with all of the the above plus adopting the defensive skills to block them.



Purple 6-12 Months

Full Combinations - Speed, agility & power developing. Showing confidence in controlled sparring.



Brown 1-2 Years

Controlled Sparring - Technical knowledge developing and showing willingness to be promoted to the competition group.



Black 1-2+ Years

Leadership - Sparring & preparing to complete.



ORX BOXING CLUB

Destination

Continued



Wearing the Colours

Once the kids are ready to fight and the opportunity is there for them to compete they will be allowed to wear the blue colours with pride. After 5 fights they will get to keep the strip.

ORX Boxing Squad

Being part of the fighting squad comes with lots of benefits including - team training, extra sessions at no extra cost and an opportunity to travel with the team and compete around the GCC.



Local Champions

For the local children an opportunity to progress to the national team is within their grasp. Hard work and dedication will take them towards the team and give them a chance to represent Qatar on a national level.

ORX BOXING CLUB

Boxing for life

4

Confidence & Self-Belief

Learning to step into the ring gives young athletes courage in school, friendships, and future challenges.



Discipline & Focus

Regular training builds habits of commitment, concentration, and respect that carry into education and daily life.



Resilience & Grit

Boxing teaches how to handle setbacks, push through hard work, and keep going when things get tough.



Health & Lifestyle

Staying active, fit, and positive sets the foundation for lifelong wellbeing.



ORX BOXING CLUB

Nutritional Advice

5



Hydration

Before , during & after training fluids are essential. Try to target 2-3 litres daily.

Balanced Meals

Focus on whole foods: lean proteins, fruits, vegetables, and whole grains.



Smart - Snacks

Choose healthy snacks like fruit, yogurt, or nuts instead of processed foods.

Recovery Fuel

Eat a mix of protein and carbs after sessions to help the body repair and get stronger.



ORX BOXING CLUB

Success Stories

6



Building Young Champions

We have produced medal winners at the Katara Boxing Championship 3 years in a row and have won multiple local schoolboy and junior titles.

ORX Boxing Squad

We work hard to build more than boxing champions, we grow team players and create a culture where the squad care for and look after each other. Pushing each other to achieve great things.



Ladies Boxing

Through determination and will ladies boxing is becoming more prominent now in the region, with one of our fighters, Dana, representing Qatar in events around the world.



ORX BOXING CLUB

Thank

You!

We hope the contents of this document have shone a light on our processes and given clear direction for your child as they progress through our grading system, towards champion status.

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