

## **Abstract**

**Title:** Analysis of punches in top boxing competitions

**Objectives:** The main objective of this work was to analyze the total number of punches, their efficiency and the use of punches on the body at two weight categories. The specific categories studied were welterweight and light heavyweight.

**Methods:** An observation method was used to create statistics from watched videos. Two consecutive World championships served as a data source. The first one took place in 2013 in Almaty, the second two years later in Doha. MS Excel was used to process data.

**Results:** It was found that more active in terms of attacks was the weight category up to 69 kg, but not more successful. More precise hits have been used by the light heavyweight category. The most commonly used technique was a direct followed by a hook and uppercut. Punches to the body were in the sum total of about 12 % and they were much more effective than strikes to head.

**Keywords:** punch techniques, tactical concept, boxing, comparison, weight categories