

LEARNING DOESN'T STOP IN THE CLASSROOM.

Confidence.
Discipline.
Resilience.



BOXING101

A PLACE TO LEARN AND GROW

More than a boxing club.

Boxing101 works with schools and parents to give young people a supportive place to learn, move and grow.

CONFIDENCE

Try new challenges

DISCIPLINE

Build positive habits

COMMUNITY

Grow together



Skills for the ring.
Belief for life.

Meet your corner.



KENNY

FOUNDER

A former junior sprint champion in the 100m and 200m, Kenny became a boxer and coach. He brings first-hand understanding of what sport can give a young person.



NATHANIEL

CO-FOUNDER

Nathaniel has coached young people, NHS professionals and Olympic medallists. His approach centres on discipline, perseverance and resilience.

WHY BOXING101?

The progress is personal.



INSPIRING

New skills create confidence and a sense of accomplishment.



JOURNEY-FOCUSED

From complete beginners to skilled boxers, coaching meets each starting point.



TRANSFORMATIVE

Young people see what they can accomplish through effort, support and practice.

AFTER THE BELL

AFTER-SCHOOL CLUB

10

WEEKS

15

STUDENTS MAX

1

SESSION / WEEK

WHAT WE PROVIDE

Specialist gloves, skipping ropes and pads
Sessions tailored to the group
Attendance and development tracking

OUR COACHES

England Boxing Level 2
Enhanced DBS
First aid trained
Safeguarding trained

SAFE. STRUCTURED. SUPPORTIVE.

Current availability and pricing are confirmed when you enquire.



Boxing101

WIDER DEVELOPMENT

THE BOXING101 PROGRAMME

8

WEEKS

15

STUDENTS MAX

POA

PRICING

Structured boxing training and educational workshops, with Boxing Awards accreditation and pathways that can support GCSE, BTEC, ASDAN and Duke of Edinburgh routes.

SMART targets
FITT principles
Healthy eating
Wellbeing



BOXING101

MEASUREMENT, EVALUATION AND LEARNING

Progress you can see.



Upshot supports attendance, performance and feedback reporting for schools and parents.



BOXING101

BRING BOXING101 TO YOUR SCHOOL

**THE NEXT
ROUND STARTS
HERE.**

info@bxing101.co.uk

bxing101.co.uk