

Sport Terminology

Terminologie du sport

As of WED 21 OCT 2026

Term	Definition
Apron	The section of a boxing ring canvas, on the floor, that extends outside of the ring ropes.
Bell	A type of gong used to signal the start and end of each round.
Below the Belt	A punch that strays low, below the waistband of a boxer's trunks.
Break	This is a command used by a boxing referee to stop the action and separate the boxers.
Canvas	The general term for the ring flooring, although it may not be entirely made from this material.
Clinch	A term used to describe when two fighters grab onto or hold each other to prevent an exchange or to slow the action.
Combination	This is any series of punches thrown in succession, one right after the other, with no break in between.
Counterpunch	This is any punch that is thrown in return or comes back as a response to an offensive move by the adversary.
Cross	A power punch thrown with the rear hand that travels across the boxer's body.
Cut Technician	The individual in the corner who is responsible for controlling any cuts, abrasions, or swelling that could negatively impact a fighter’s ability to perform or continue to box.
Eight Count	When a fighter is knocked down or in trouble of being stopped, a referee can administer a count of eight to give the boxer time to recover or so that he can better assess the situation.
Foul	To break one of boxing's rules, which can ultimately lead to point deductions if they are repeated.
Hand Wraps	In order to protect their fists in training and competition, boxers wrap their hands in tape and gauze specifically designed for boxing.
Hook	This punch is thrown with the lead or front hand and is delivered in a semi-circular pattern. The hook is executed by leading with the front hand, bringing your elbow up and rotating the front side of your body. It is intended to reach beyond an opponent's guard and make contact with the side of the opponent’s head or chin.
Infighting	Also known as "inside fighting" where punches are exchanged at close range.
Jab	The jab is a punch that is thrown with your front hand and delivered straight at your opponent. It is usually the centrepiece of any boxing offence and also used as a defensive weapon.
Knockdown	When an opponent is struck and falls to the ring floor or when his glove or knee touches the canvas after being hit.
Mouth Guard	A piece of protective equipment that is constructed of a dense rubber material, molded to a fighter’s mouth to protect his teeth, gums and jaw from injury. Also called mouthpiece.



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Neutral Corner	Each of the two fighters is assigned a red or blue corner. The remaining two corners of the ring are white and considered "neutral territory". Neither fighter's cornermen are stationed there. It is where a fighter is directed after knocking down an opponent. They remain there while a count is administered by the referee.
Orthodox	A right-handed fighter or one who leads with a left jab and uses his back, or right hand, as his cross.
Overhand	A punch delivered in an arcing motion, that travels downward towards the opponent.
Point Deduction	A point is taken away from a fighter when a blatant foul or rule infraction occurs. It can also happen after several cautions have been issued, such as in a case of unintentional, but repeated low blows.
Pugilist	A historical term originating from the Latin word "pugil" which means a fist-fighter or boxer.
Ringside	A position in the front row or immediately next to the boxing ring is considered "ringside".
Second	A second is a coach or a trainer assisting the boxer during a bout.
Shifting	An offensive technique where you change your lead foot, shifting your weight to gain more power. A change from orthodox to southpaw, or vice-versa, as you deliver a punch.
Shoulder Roll	This is a defensive move where a fighter leaves his front arm low and drapes it across his midsection so that when his opponent throws a punch he can use his shoulder to block or roll with it.
Slip	When you move your head to avoid getting hit.
Southpaw	A common term for a left-handed fighter or someone whose left hand is dominant, as opposed to an orthodox fighter.
Sparring Partner	This is a term used to describe another boxer that a boxer trains with and practices against, in order to prepare for a "real" bout.
Throw in the Towel	When a boxer's corner tosses a towel into the ring in order to stop the bout. It is usually due to their boxer taking too much punishment and is symbolic of abandoning the bout.
Toe-to-Toe	When two boxers do not back down, stand directly in front of each other and exchange punches.
Uppercut	A punch thrown in an upward fashion, up the middle of a fighter's guard, intended to make impact on the point of his chin. This can be thrown with either hand.
Warning	Given by the Referee to a boxer who commits a serious foul. A boxer receiving a warning will have one point deducted from each judges' total score. Three warnings in a bout lead to disqualification.

Note:
For further information please consult: www.worldboxing.org