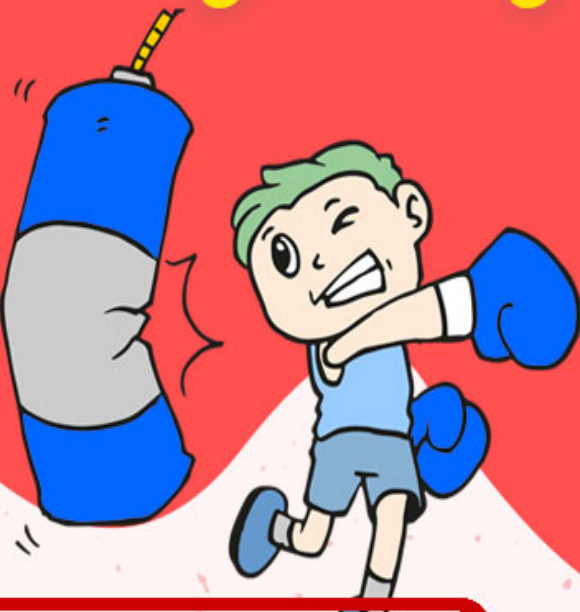


Basic Tips For Children When Using *Punching Bags*



Always have boxing gloves on when striking the bag



Strike the bag with the knuckles

Stand in a square position or almost at an arm's length from the bag



Move your feet synchronizing with your hands when striking with speed

Shadowboxing is ideal for children



Vigorous boxing regimes are not recommended for children below 18 years of age