Boxing Hand Wrap Instructions

Introduction

Originating from ancient Greece, boxing is one of the oldest sports in the world. It is not only a sport for fighters, but it is a sport that anybody can participate in. The combination of strength, footwork, speed and thinking on your feet, makes boxing a very fun and interesting way to exercise. Before putting on your gloves you need to wrap your hands in order to protect the bones in your fingers, hands and wrists. The wraps maintain the alignment of the joints, and compress and strengthen the soft tissues of the hand during the impact of a punch.

Materials

Cotton Hand Wraps with Velcro Straps. (Hand Wraps can be found in most sport stores, but larger stores will have a greater variety.

(The most common sizes are 120 in. and 180 in. 180 for bigger hands and 120 for smaller)

Procedure

Note: Have all the fingers spread out during the process, so that the wrap is not too tight.
Step 1
Slide the loop of your wrist wrap over your thumb so the wrap lays perpendicular to the backside of your wrist.

Make sure that the smooth side of the wrap is facing outside your hand

Step 2
Wrap the band around your wrist twice, once just below the joint and once directly over it.

Stop after the second loop so the wrap is underneath your out-stretched hand.

Step 3
Bring the wrap up and toward the outside of your pinky finger’s first knuckle.

Making sure that a diagonal is forming on the back of your hand.

Step 4
Pull the wrap under your palm and encircle your knuckles two times.

On the second time around, bring the wrap up between your thumb and forefinger and then diagonally back down toward your wrist across the back of your hand that is opposite the diagonal
previously formed toward your pinky.

Step 5

Wrap the bandage around your wrist once more.

Step 6

Bring the wrap up the diagonal on the back of your palm toward your pinky

Step 7

Wrap your knuckles once more

Step 8

Bring the wrap toward your wrist along the diagonal between your thumb and forefinger.

Follow these pictures especially closely.
Step 9
Bring the wrap up diagonally between your pinky and ring finger.

Step 10
Bring the wrap under the palm diagonally to the joint where your thumb meets your wrist.

Step 11
Bring the wrap up diagonally between your ring and middle finger

Step 12
Bring the wrap under the palm diagonally to the joint where your thumb meets your wrist.

Step 13
Bring the wrap up diagonally between your middle and forefinger
**Step 14**

Bring the wrap under the palm diagonally to the joint where your thumb meets your wrist.

**Step 15**

Pull the wrap diagonally across the back of the palm toward the outside of the pinky.

**Step 16**

Wrap around the knuckles twice.

**Step 17**

Bring the wrap back down diagonally toward the wrist between your thumb and forefinger.

**Step 18**

Bring the wrap under the wrist toward the outside of the thumb.
Step 19
Wrap the thumb twice.

Step 20
Loop the wrap around the wrist.

Step 21
Encircle the wrist two more times to complete the wrap.

Step 22
Attach the Velcro Straps

Note: The wrap should feel snug, but not too tight. Wraps that are too tight will cut off circulation of the hand.

All photographs are from boxinggyms.com
Troubleshooting

If your wraps were not long enough for this particular wrap, there are plenty of other variations that you can look up at boxinggyms.com.