

## BOXING IDIOMS

idiom	meaning	example
below the belt	say or do something unfair/against the rules	Eddie really upset me today, he made a few below the belt comments.
blow-by-blow account	a detailed description of an event	Sit down, I want a blow-by-blow account of your date last night.
come out swinging	go immediately of the offensive	The young boxer came out swinging and knocked out his opponent in 30 seconds.
come to blows	start arguing/fighting after a disagreement	It all came to blows when Christine found out who keyed her car.
down and out	a person with no money/job/prospects	The guy I was seeing turned out to be a bit of a down and out.
draw first blood	the first person to score/succeed/attack	The greens have drawn first blood, this is going to be one hell of a match.
fighting chance	a small possibility of success after a struggle	I want to give my marriage a fighting chance, so I've agreed to stop drinking.
hang up one's boots	retire from playing a sport/working	My grandad has finally hung up his boots after 50 years in the Royal Navy.
have the upper hand	gain an advantage	My brother always has the upper hand when we fight. He is much bigger than me.
in someone's corner	give someone your full support	He's innocent, why am I the only one in his corner?
knock oneself out	go ahead, feel free to do something with no restrictions	The bar is free lads and lasses, knock yourselves out.

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low blow	an unfair attack	Don't humiliate him in front of his new girlfriend, it's a low blow.
no holds barred	no rules/restrictions	I went to a no holds barred wrestling match. It was brutal, one guy got his ear bitten off.
on the ropes	close to defeat/collapse	The old pro is on the ropes. It looks like the young boxer will beat him.
out for the count	be unconscious or in a very deep sleep	McDonald hit Derry so hard in the first round, he was out for the count.
pull punches	be less severe/violent	Give me your honest opinion, don't pull punches.
roll with the punches	cope with/adapt to difficulties	I'm just rolling with the punches until I get another job.
saved by the bell	rescued from trouble at the very last moment	I was saved by the bell. The gang were about to beat me, then a policeman arrived.
take something on the chin	accept that something bad has happened and don't complain about it	Johnny wasn't picked for the team, He took it on the chin and is going to train harder.
the gloves are off	become aggressive/hostile/show no mercy	I can hear the neighbours screaming, the gloves are off.
throw in the towel	surrender, give up, admit defeat	My new business was failing so I threw in the towel.

