

Chwaraeon RhCT  
Sport RCT

# Welsh Boxing schools project



**WELSH  
BOXING**

BOCSIO CYMRU  
EST 1910

**13** SESSIONS

**1032** PARTICIPANTS

**FEEL HEALTHIER**

**95%**

**FEEL HAPPIER**

**80%**

**ARE MORE ACTIVE**

**92%**

**FEEL MORE CONFIDENT**

**95%**

**WILL CONTINUE TAKING PART**

**100%**



**I HAVE ENJOYED TRYING BOXING  
AND I WANT GERAIN'T TO COME  
BACK AND DO IT AGAIN.**

**I LIKED DOING THE BOXING BECAUSE  
I HAVE NEVER DONE IT BEFORE.**

**I WOULD LIKE TO DO MORE  
BOXING AGAIN.**



**GOOD** **CONFIDENT** **CHALLENGING** **FUN**

**STRENGTH** **BOXING TASTER** **AMAZING**

**NEW SESSIONS** **INSANE**

**EXCITING** **ENJOYABLE**