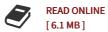




Boxing s Ten Commandments: Essential Training for the Sweet Science (Paperback)

By Alan Lachica, Doug Werner

Tracks Publishing, U.S., United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. This boxing handbook provides up-to-date, in-depth coaching for serious contenders. Weaving fundamental skills into a progression of drills that hone technique in increasingly complex, demanding, and realistic fighting situations, the handbook aidsfighters in developing the reflexes of a complete boxer and teaches themove from a process-and-react mentality to one of seeing-and-reacting. Hundreds of sequential images illustratevital steps in the progressionfrom proper stance, effective footwork, and range to defense and counters, the importance of angles, and creating winning strategies.



Reviews

Very beneficial for all type of folks. It can be rally intriguing through studying time. You will like how the writer publish this ebook.

-- Nathan Cruickshank

Totally one of the better pdf I have at any time read through. It really is simplified but shocks within the 50 % from the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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