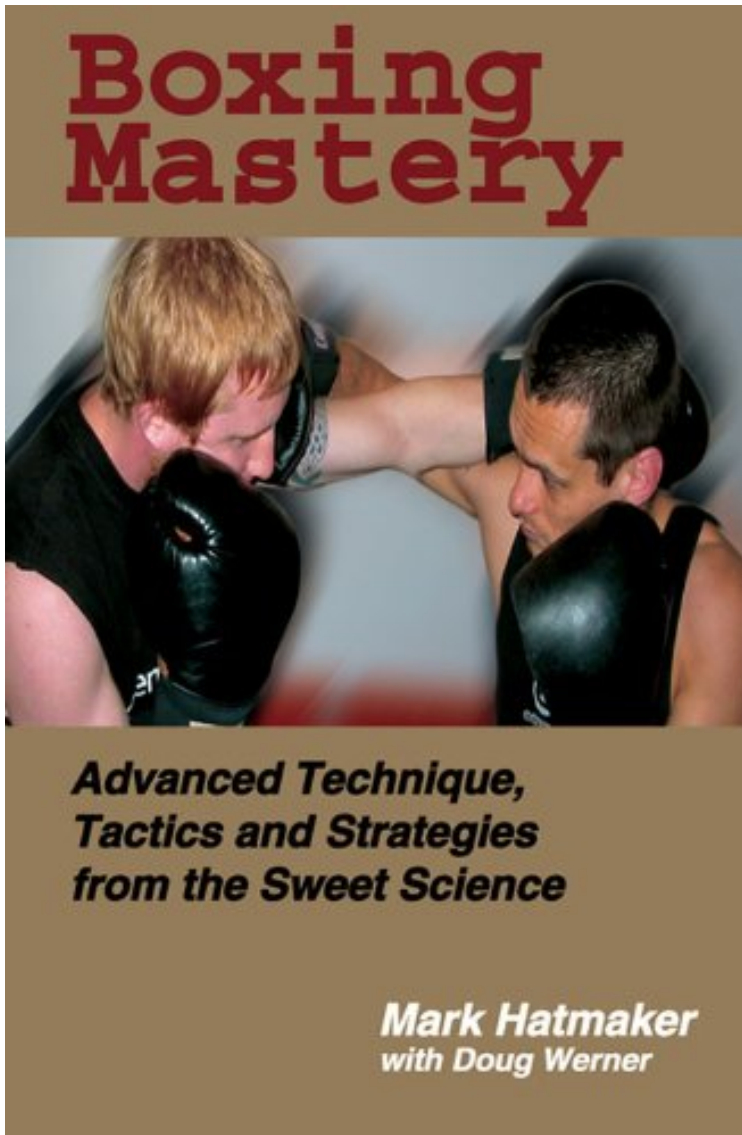


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Boxing Mastery: Advanced Technique, Tactics, and Strategies from the Sweet Science



*Par Mark Hatmaker, Doug Werner
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Description :

Prsentation de l'diteurThis guide to the finer points of boxing provides the wisdom needed to make the transition from enthusiastic beginner to proficient pugilist. The ABCs of ring generalship, offensive and defensive ring movements, feints, and draws and fakes are examined and explained along with clinching techniques, head-hunting, body work, and counter-punching chains. Strategies for boxing against tall and short opponents as well as for a variety of fighting styles such as charger, speed-demon, stick-and-move, and slugger and brawler are discussed in detail. Specific drills focus on sophisticated ring stratagems such as

throwing complex combinations, cutting off the ring, fighting off the ropes, generating power, and cornering an opponent are included.