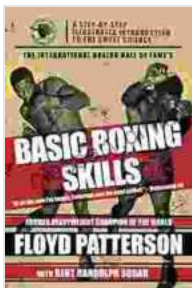
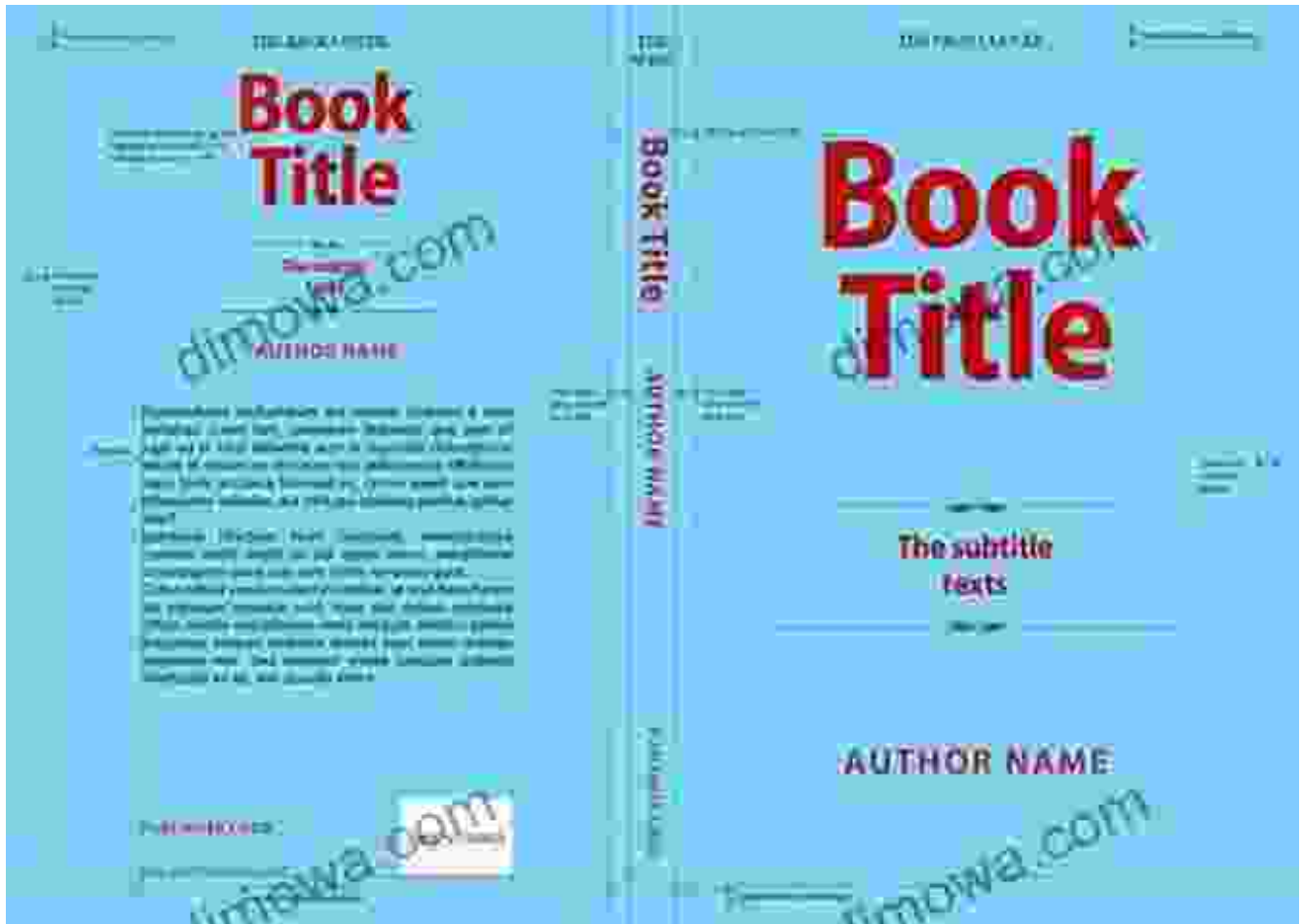


Master the Art of Boxing with "The International Boxing Hall of Fame Basic Boxing Skills"



The International Boxing Hall of Fame's Basic Boxing Skills by Floyd Patterson

★★★★☆ 4.2 out of 5

- Language : English
- File size : 12629 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 140 pages



The Essential Guide to Boxing Fundamentals

For aspiring boxers and enthusiasts seeking to refine their technique, "The International Boxing Hall of Fame Basic Boxing Skills" is an indispensable resource. This authoritative book, meticulously compiled by the renowned International Boxing Hall of Fame (IBHOF), provides an unparalleled insight into the fundamental principles that underpin the sport of boxing.

Written by a team of expert coaches and endorsed by legendary fighters, this comprehensive guide covers every aspect of basic boxing, empowering you to build a solid foundation from which to develop your skills and excel in the ring.

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- **Defense:** Develop effective defensive strategies, including blocking, slipping, and countering punches.
- **Combinations and drills:** Explore proven combinations and drills to enhance your coordination, accuracy, and power.

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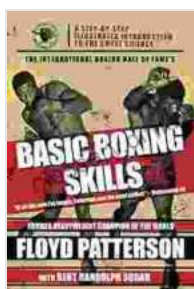
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- Develop a strong foundation in boxing fundamentals
- Improve your punching power, accuracy, and defense
- Train effectively and condition your body for boxing
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