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By Mark Hatmaker

Tracks Publishing,U.S., United States, 2016. Paperback. Book Condition: New. 215 x 139 mm. Language: English . Brand New Book. How did the old school, all time champs like Jack Johnson, Jack Dempsey, Gene Tunney and Stanley Ketchel do it? This manual examines some of the best and most interesting rounds in boxing history and gets inside the historical import of what occurred. Examining exactly what happened in some of the most action-packed moments of some of the best rounds in history, this book provides readers with recreated templates to drill and box precisely as the greats did in the given instances. Here are five benefits a reader will gain from this book: 1. Gain historical perspective on one of mankind s most interesting and oldest sports. 2. Hone boxing skills via historical recreation modeling. 3. Create bonding with the material through historical perspective and physical execution. 4. Transform your boxing game as you learn to shift gears through champion mindsets. 5. Learn the valuable skill of immersion training versus simulacra training.



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