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Box Like The Pros

Drawing from the experiences of one of

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the masters of the sport, Box Like the Pros is a must-have for anyone pursuing boxing as a hobby or who is interested in training to become a professional boxer. Frazier, with longtime boxing writer William Dettloff, presents a complete introduction to the sport, including the game's history, rules of the ring, how fights are scored, how to

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spar, the basics of defence and offence, the fighter's workout, a directory of boxing gyms, and much more.

Box Like the Pros: Frazier, Joe, Dettloff, William ...

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much more.

Box Like the Pros - Joe Frazier - Paperback

"Box Like the Pros" is a fantastic introduction to the sport of boxing for someone that wants to begin practicing the sport. It gives the reader a brief history, an explanation of the rules, and

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then, best of all, practical instructions for serious training.

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Box Like the Pros - Boxing914.com

Box Like the Pros. From BoxRec. Jump to: navigation, search. By Joe Frazier & William Dettloff; ISBN 0060817739; Format: Paperback, 216pp; Pub. Date: November 2005; Publisher: HarperCollins Publishers; FROM THE PUBLISHER Smokin' Joe Frazier shares the same training techniques and tips

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Box Like the Pros - BoxRec

Box Like the Pros is a wonderful tool, but even Frazier admits that nothing will be better than finding the right gym and the right trainer. He submits a whole chapter in finding the right place and the

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right person to train with.

Box Like the Pros-- book review

Drawing from the experiences of one of the masters of the sport, Box Like the Pros is a must-have for anyone pursuing boxing as a hobby or who is interested in training to become a professional boxer. Frazier, with longtime boxing writer

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Box Like the Pros (PDF)

Drawing from the experiences of one of the masters of the sport, Box Like the

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workout, a directory of boxing gyms, and much more.

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