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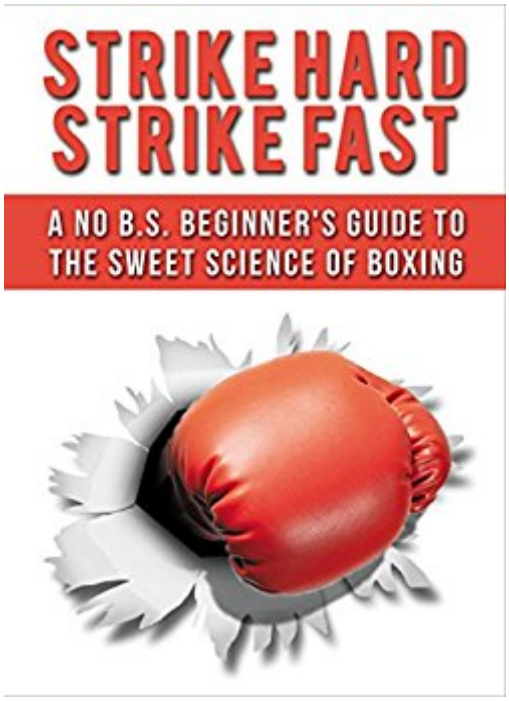
Strike Hard Strike Fast: A No B.S. Beginner's Guide To The Sweet Science Of Boxing (Boxing, Fitness, Cardio, Health, Sport)



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Synopsis

Want to Get into the world of Boxing? Or maybe just looking for a fun alternative way to workout?Today only, get this bestseller for just $0.99. Read on your PC, Mac, smart phone, tablet or Kindle device.YouÃ¢â ¬â„¢re about to discover how to...This book contains proven steps and strategies on how to go from nothing to having all the basic skills necessary for success in boxing.Since the late 1800's, modern boxing under Queensbury Rules has been one of the most popular spectator sports in the world. Epic fights and epic fighters have wowed fans world wide, with names like Ali, Foreman, Dempsey, Louis, Leonard, and Hagler inspiring us with epic displays of power and skill. Now, you too can learn the same techniques that brought them championships.Starting from the most basic stances, in this book you will learn all of the basic punches and defensive techniques of boxing, and learn how to put them together effectively. Whether you are looking at boxing for fitness, for fun, for competition or for self defense, this book will give you the tools you need.On a starting note, all of the technique descriptions used in this book will assume that you are a right handed fighter. If you are left handed, or want to try using a "southpaw" style, just switch left and right in the text.Here Is A Preview Of What You'll Learn...Introduction, Stance & FootworkPunchingDefenseCounterpunchingTrainingFrequently Asked QuestionsMuch, much more!Download your copy today!Take action today and download this book for a limited time discount of only $0.99!Tags: Boxing, fitness, health, diet, exercise, train, boxer, MMA, Workout

Book Information

File Size: 723 KB

Print Length: 28 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 26, 2015

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00SSK3B8C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #368,824 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #78 inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #169 inÃ Â Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Sports & Outdoors #205 inÃ Â Books > Sports & Outdoors > Individual Sports > Boxing

Customer Reviews

Fascinating for me as someone who's always loved watching the big fights but never tried it myself. A thorough introduction to the basics and history of the sport without being overwhelming. The punching bag at my gym has caught my eye now so might have to put some of it into practice...

Sting like a bee! Great beginner stuff in this book. Of course, it's all useless without some practice and application, but it's a good primer on what yo uneed to be successful in for boxing. Highly recommend this book to start with.

Great read! This book will give you the basics of boxing. If you intend to get involve in the sport, this book is perfectly designed for you. Recommended!

Good info for beginners who are interested in some of the basic information that goes into boxing. Great help. Fin

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