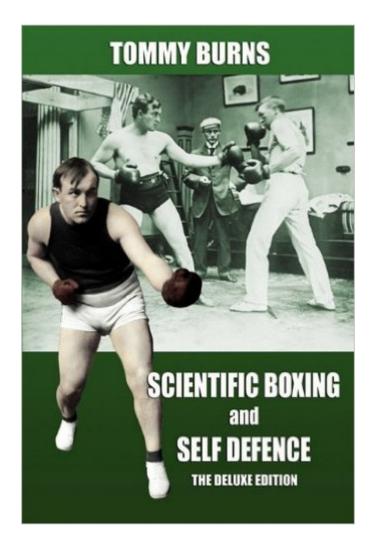
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Scientific Boxing And Self Defence: The Deluxe Edition





Synopsis

In "Scientific Boxing and Self Defence", Canadian Heavyweight Boxing Champion Tommy Burns shows the reader the techniques that made him a success. "Scientific Boxing and Self Defence" includes details on the scientific basis of boxing, ring strategy and tactics, diet, and proper training and conditioning.

Book Information

Paperback: 122 pages Publisher: Promethean Press (June 15, 2010) Language: English ISBN-10: 0981020259 ISBN-13: 978-0981020259 Product Dimensions: 6 x 0.3 x 9 inches Shipping Weight: 2.9 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #1,442,373 in Books (See Top 100 in Books) #71 in Books > Crafts, Hobbies & Home > Antiques & Collectibles > Sports Memorabilia & Cards > Sports Memorabilia #537 in Books > Sports & Outdoors > Individual Sports > Boxing #2546 in Books > Sports & Outdoors > Miscellaneous > History of Sports

Customer Reviews

This book is great. I can tell mike Tyson learned a lot from watching tommy burns. Great for explosive boxers

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