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

Box Like the Pros: Amazon.co.uk:
Frazier, Joe, Dettloff ...

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

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Box Like the Pros – HarperCollins
How to box like a pro As you know, we recently launched the Square Mile Fight Club in partnership with Lloyd's Boxing Club and City Warriors. We went

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down, and very much enjoyed seeing the City's finest pugilists hitting the hell out of each other.

How to box like a pro | Square Mile

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 William Dettloff, presents a complete introduction to the sport, including the game's history, rules of the ring, how fights are scored, how to spar, the basics of defence and offence, the fighter's workout, a directory of boxing gyms, and much more.

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

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Box Like the Pros - Joe Frazier -
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Private Garden | MovieBoxPro 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 right

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Box Like the Pros-- book review
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