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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.

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.

Box Like the Pros by Joe Frazier - Goodreads

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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 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

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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 that he used in his hall-of-fame career to go 32 – 4 – 1 with ...

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

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Former World Heavyweight champion Smokin Joe Frazier and William Dettloff, senior writer for The Ring magazine, present a complete guide to the fight game from the history of the sport to how to throw a crushing uppercut and take a punch without flinching. Drawing from the experiences of one of the masters of the sport, Box Like the Pros is a must have for anyone pursuing Former World Heavyweight ...

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Box Like the Pros - Joe Frazier - Paperback

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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 person to train with.

Box Like the Pros-- book review

Leading UK supplier of professional boxing equipment and rings to ABA clubs and boxers.

Professional Boxing Equipment Suppliers - Pro-Box

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