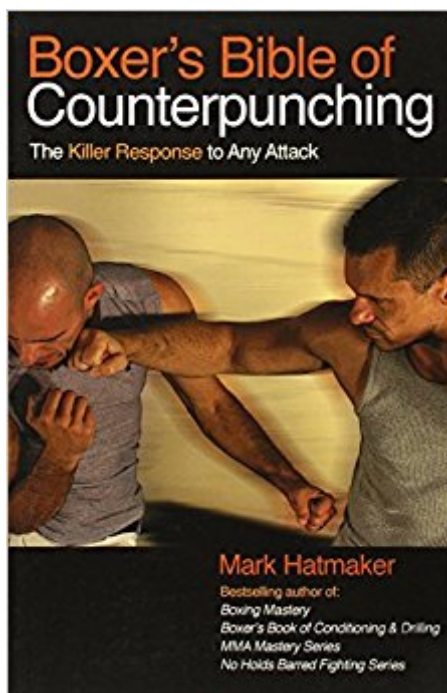


The book was found

Boxer's Bible Of Counterpunching: The Killer Response To Any Attack



Synopsis

All the tools necessary to build a powerful defensive base for boxing – every defense for every punch from every angle – are included in this manual. Punching prowess has become equated with boxing, but what is done in response to that incoming flurry makes a truly good boxer: how to make an opponent miss, how to easily defend, and, most importantly, how to counterattack. Building on that defensive base, this book explores natural punching triggers, or logical counterpunching sequences, that move past the beginner's realm of being a mere puncher into the upper echelons of crafty counter boxing. With encyclopedic boxing defensive drills bolstered by numerous illustrative photographs, this is a one-stop resource for learning the art of counterpunching.

Book Information

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Customer Reviews

Mark Hatmaker is the bestselling author of Boxer's Book of Conditioning & Drilling, Boxing Mastery, the MMA Mastery series, the No Holds Barred Fighting series, and No Second Chance. He has produced more than 40 instructional videos and he has extensive experience in the combat arts including boxing, wrestling, Jiu-jitsu, and Muay Thai. A highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel, he is also the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He lives in Knoxville, Tennessee.

One of the best books on the subject I have ever seen

I absolutely love this book ! If you were like me and thought boxing was just about slugging think again ! After reading this book I realized how underated of an art boxing is . If you have studied arts like wing chun or southern praying mantis you will appreciate the knowledge and the similarities in parrying . No wonder Bruce Lee added more boxing into his art ! Boxing is truly the sweet science .

I like the idea of learning to counterpunch, but love the idea of understanding when,, what, where and how to do it correctly. This book teaches all of the above. It is full of good pictures and gives plenty of fighting offensive and defensive counter punching scenarios. There is a wealth of knowledge in this book and no shortage of photographic examples to increase your fighting brain power and muscle memory. I like it - a lot!

Useful information but could be better if it had color cant see foot placement in black and white.

This was a gift to a boxing teacher, and he liked it.

I love that it has numerous pictures throughout the book to illustrate the punches. I have found this very useful in my boxing gym.

Love it

Very readable publication. A little chatty script but great photos and clear message. However, nothing replaces the actual physical contact training!

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