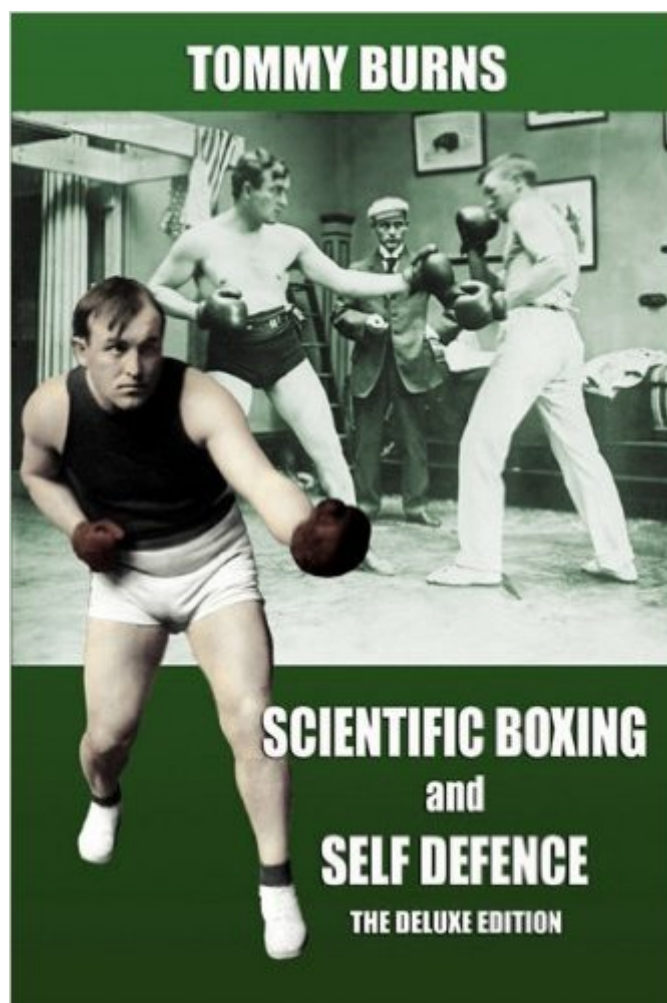


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Scientific Boxing And Self Defence: The Deluxe Edition



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: Prometheus 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)

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

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