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## **Boxer S Start Up A**

Boxer's Start-Up: A Beginner's Guide to Boxing. A user-friendly, highly illustrated, straightforward boxing guide that promotes fun, fitness, self-defense, and self-confidence. Endorsed by USA Boxing, national governing body for amateur boxing.

## **Boxer's Start-Up: A Beginner's Guide to Boxing by Doug Werner**

After being introduced to Boxer's start-up my opinion has changed. The book is filled with excellent photography to support the text, and you really can learn the techniques from just reading the book! The book can be divided into

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three parts. The first part covers about 100 pages, and it is the actual instructional part of the book.

### **Boxer's Start-Up: A Beginner's Guide to Boxing (Start-Up ...**

Boxer's Stance & Basic Footwork. The foundation upon which all boxing skills are based is the stance. (Color me slow, but it took 15 lesson hours for mine to fall into place.) Boxer's Stance: Basic Position, Legs & Feet. In front of an imaginary opponent, position yourself sideways so that you present a shoulder to your target.

### **Boxer's Start-Up: A Beginner's Guide to Boxing by Doug ...**

This latest entry in the Start-Up Sports series covers boxing, which, the author argues, offers a good aerobic workout, builds physical self-confidence, and promotes self-defense. Equipment suggestions, safety tips, and offensive and defensive skills and strategies are discussed, with sequential photographs

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lending clarity.

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## **Boxer's Start-Up: A Beginner's Guide to Boxing by Doug ...**

Boxer's Start-Up: A Beginner's Guide to Boxing explores boxing as a confidence building and practical method of defending oneself, as well as a fun, sure-fire way to get into the best shape of your life. Included is information about equipment, safety, the boxer's workout, offensive and defensive skills and history.

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## **Boxer's Start-Up: A Beginner's Guide to Boxing (Start-Up ...**

While the above-mentioned ala carte programs were helpful CHAPTERS for the beginner boxer, the BOXER'S START UP GUIDE was the ENTIRE BOXER'S BIBLE. What you learn in the BOXER'S START-UP GUIDE is equivalent to nearly a year's worth of lessons and fees at your local boxing club (hundreds upon hundreds for group classes that teaches at snail's pace or thousands upon thousands for private lessons).

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## **Boxer's Start-up Guide - The Ultimate Boxing Experience**

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Boxer's start-up : a beginner's guide to boxing. [Doug Werner] -- Guide to boxing training and techniques with information about equipment, safety, working out, and offensive and defensive skills, with a history of the sport.

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