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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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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 pursuinFormer 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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