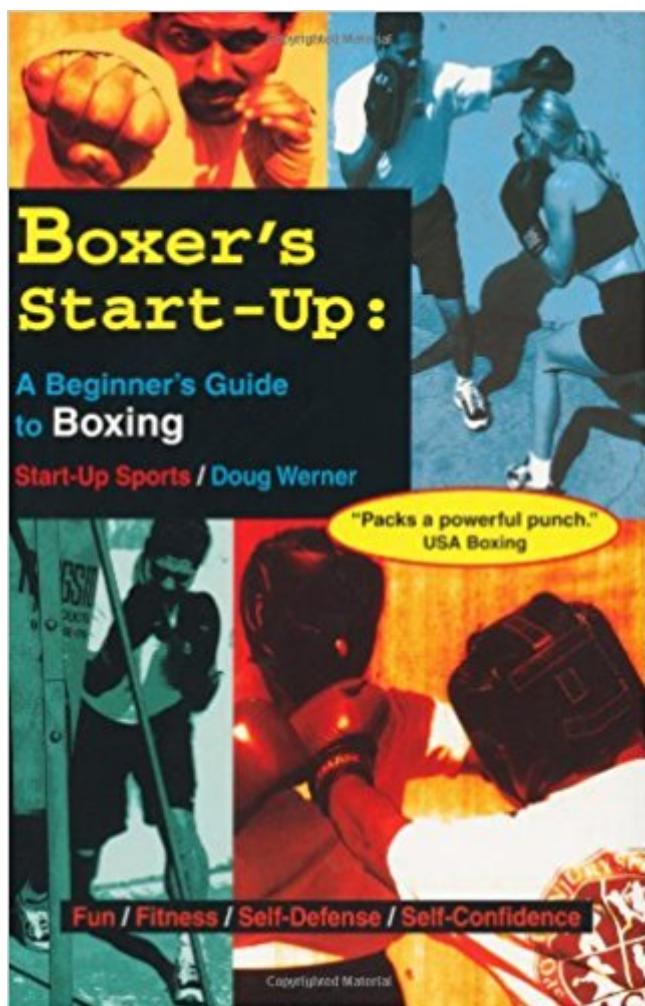


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# Boxer's Start-Up: A Beginner's Guide To Boxing (Start-Up Sports Series)



## Synopsis

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.

## Book Information

Series: Start-Up Sports series

Paperback: 160 pages

Publisher: Tracks Publishing (January 1, 1998)

Language: English

ISBN-10: 1884654096

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Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 63 customer reviews

Best Sellers Rank: #241,154 in Books (See Top 100 in Books) #6 in Books > Sports & Outdoors > Individual Sports > Bowling #74 in Books > Sports & Outdoors > Individual Sports > Boxing

## Customer Reviews

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 lending clarity. The volume finishes with a brief boxing history, as well as a personal diary documenting Werner's supervised boxing lessons and sparring bouts. Although some boxing techniques, drills, and workouts are included, the book is not so much a how-to manual as a general overview of an ancient sport. Includes glossary and a list of helpful resources, though some of the suggestions, like "just type in boxing" when looking for Web sites, are less than helpful. Sue-Ellen Beauregard

âœStart-Up Sports tackles the hottest sports. These inexpensive titles are forthright and simple, with good illustrations and social pointers.â • â "Library Journal

Great intro guide to surfing. I'm going to learn to surf this year and this book made me feel comfortable digging in and doing it. The writing was pleasant and the book's pace was brisk. There

were no awkward moments or boggy sections. I finished it quickly and got a lot of information from it.

I really liked this book. The first 2 chapters are an introduction to boxing and what equipment you'll need as you go deeper into training. Chapter 3 through chapter 10 are the fundamentals - from stance (very important) through sparing. Each function and mechanic of a technique is described very well and great and useful detail is given. The section regarding wrapping your hands - don't worry too much if you don't get it here. It takes a while to figure out how to wrap. They have dvds and videos dedicated to just wrapping your hands so don't stress out. The writing has personality and the teaching isn't preachy or too butch or too vague. It's a nice and easy introduction to the fundamentals. Again - this is a beginners guide and is really for the beginner - NOT exclusively as I got some good detail regarding throwing a hook punch. Also the pace of the book builds as your skill builds - the order of chapters and tools taught are exactly where they should be. Chapter 11 is a brief history of boxing which I enjoyed. Chapter 12 consists of the author's journal entries (a newcomer to boxing) - they are his first 6 months of lesson's with Alan Lachica - who sounds like one very cool guy and one of the best coaches out there for those interested in practicing the Sweet Science. Great book for the beginner

Great little book for beginners. Clear and concise. Thank you!

Excellent for beginners

Got this book for my 10 yr old. Explains simple basics on surfing. Easy to understand. Lots of pictures! Definitely a great buy.

This is a good read if you are interested in beginning a boxing program for exercise or competition. However, it shouldn't replace training with a real boxing trainer especially at first to get you started right.

**HELPS U UNDERSTAND THE HOW'S AND WHY'S OF TRAINING.....IT ALSO STRESSES THE IMPORTANCE OF KEEPING YOUR BOXING STANCE**

I think this is a helpful book for coaches that teach beginners or folks entering their first foray into

the sport of boxing.

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