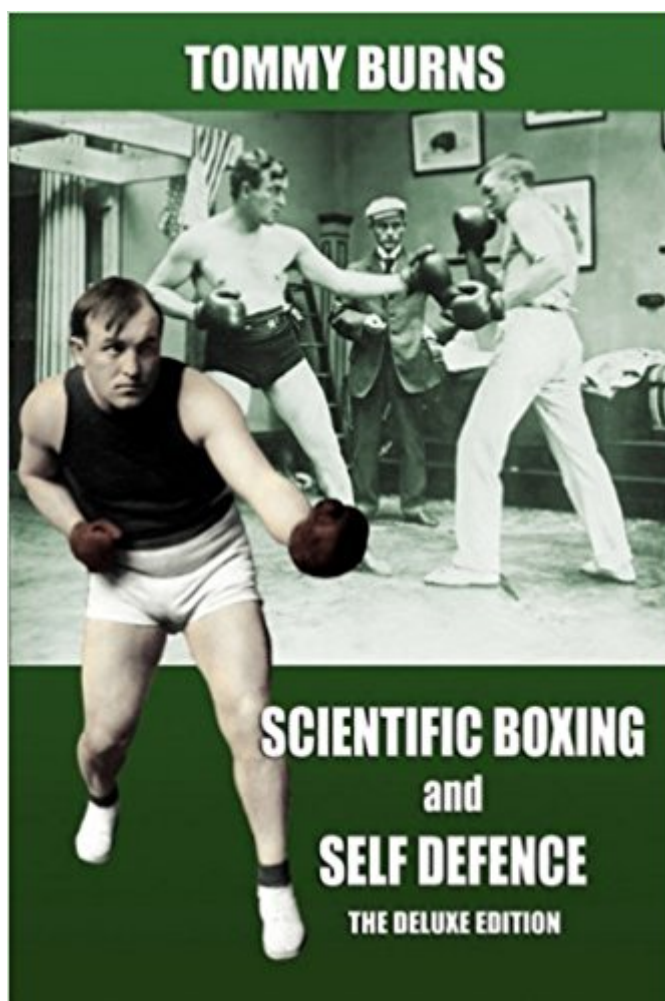


The book was found

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)

Average Customer Review: 3.9 out of 5 stars 2 customer reviews

Best Sellers Rank: #2,317,099 in Books (See Top 100 in Books) #91 in [Books > Crafts, Hobbies & Home > Antiques & Collectibles > Sports Memorabilia & Cards > Sports Memorabilia](#) #936 in [Books > Sports & Outdoors > Individual Sports > Boxing](#) #3861 in [Books > Sports & Outdoors > Miscellaneous > History of Sports](#)

Customer Reviews

This book is great. I can tell Mike Tyson learned a lot from watching Tommy Burns. Great for explosive boxers

Anyone interested in the old school ways of the Masters, should enjoy this book

[Download to continue reading...](#)

Scientific Boxing and Self Defence: The Deluxe Edition Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Boxing Like the Champs: Lessons from Boxing's Greatest Fighters Shadow Boxing Secrets | How To Box | History of Boxing Boxing: The Greatest Fighters of the 20th Century: A complete guide to the top names in boxing, shown in over 200 dynamic photographs Strike Hard Strike Fast: A No B.S. Beginner's

Guide to the Sweet Science of Boxing (Boxing, Fitness, Cardio, Health, Sport) The Boxing Register:
International Boxing Hall of Fame Official Record Book Confidence: How to Build Powerful Self
Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self
Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: F*cking
Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love
Yourself,Affirmations Book 3) The Sherlock Holmes school of Self-Defence: The Manly Art of
Bartitsu as used against Professor Moriarty Wing Chun Power Punching Blueprint for Self Defence
(Wing Chun Power Training Book 1) Wing Chun: Beginning Wing Chun: The Ultimate Guide To
Starting Wing Chun (Martial Arts, Self Defence, Kung Fu, Bruce Lee) NAVY SEAL: Self Discipline:
How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental
Toughness (Navy Seals Mental Toughness) Self-Defense for Gentlemen and Ladies: A
Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and
Quarterstaff Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense:
How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting
Power The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best
Series Book 6) Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag
Training Series Book 1) Double End Bag Workout: For Boxing, Mixed Martial Arts and Self-Defense
Heavy Bag Training: Boxing - Mixed Martial Arts - Self Defense (Heavy Bag Training Series)
(Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)