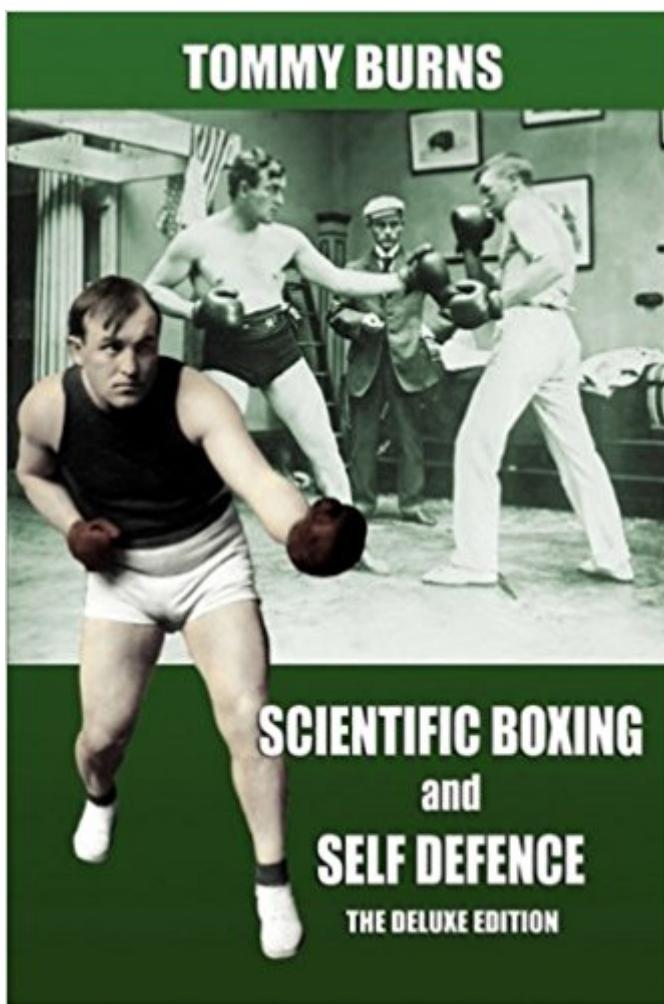


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Scientific Boxing And Self Defence: The Deluxe Edition



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.

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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

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