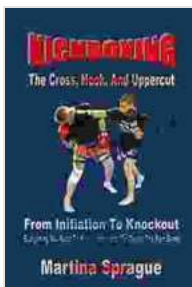


# Kickboxing: The Cross Hook And Uppercut: From Initiation To Knockout: Everything You Need To Know (and More) To Master The Pain Game (Kickboxing: From Initiation To Knockout)

## The Cross, Hook, and Uppercut: The Ultimate Guide to Boxing Techniques

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### Kickboxing: The Cross, Hook, And Uppercut: From Initiation To Knockout: Everything You Need To Know (and more) To Master The Pain Game (Kickboxing: From Initiation To Knockout) by Martina Sprague

★★★★☆ 4.5 out of 5

Language : English  
File size : 6812 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled

Print length : 86 pages  
Lending : Enabled



In this book, you'll learn:

- The basics of boxing, including footwork, punching, and defense
- Advanced techniques like the cross, hook, and uppercut
- How to develop a winning boxing strategy
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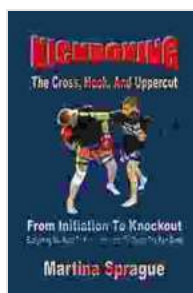
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