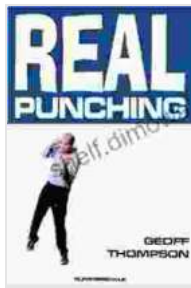


Real Punching: The Definitive Guide to Boxing by Geoff Thompson

Boxing is a demanding sport that requires both physical and mental strength. It is a sport that can be enjoyed by people of all ages and fitness levels, but it is important to learn the proper techniques in Free Download to avoid injury. Real Punching is the definitive guide to boxing by Geoff Thompson, one of the world's leading boxing coaches.



Real Punching by Geoff Thompson

★★★★☆ 4.5 out of 5

Language	: English
File size	: 636 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 178 pages
Lending	: Enabled



With over 30 years of experience, Thompson has trained some of the most successful boxers in the world, including Ricky Hatton, David Haye, and Amir Khan. In Real Punching, Thompson shares his insights and expertise on every aspect of boxing, from the basics of punching to the advanced techniques of footwork and defense.

The book is divided into three parts. The first part covers the basics of boxing, including how to throw a punch, how to block a punch, and how to

move around the ring. The second part covers more advanced techniques, such as how to use footwork and defense to your advantage. The third part of the book provides tips and advice on how to train for boxing and how to compete in boxing matches.

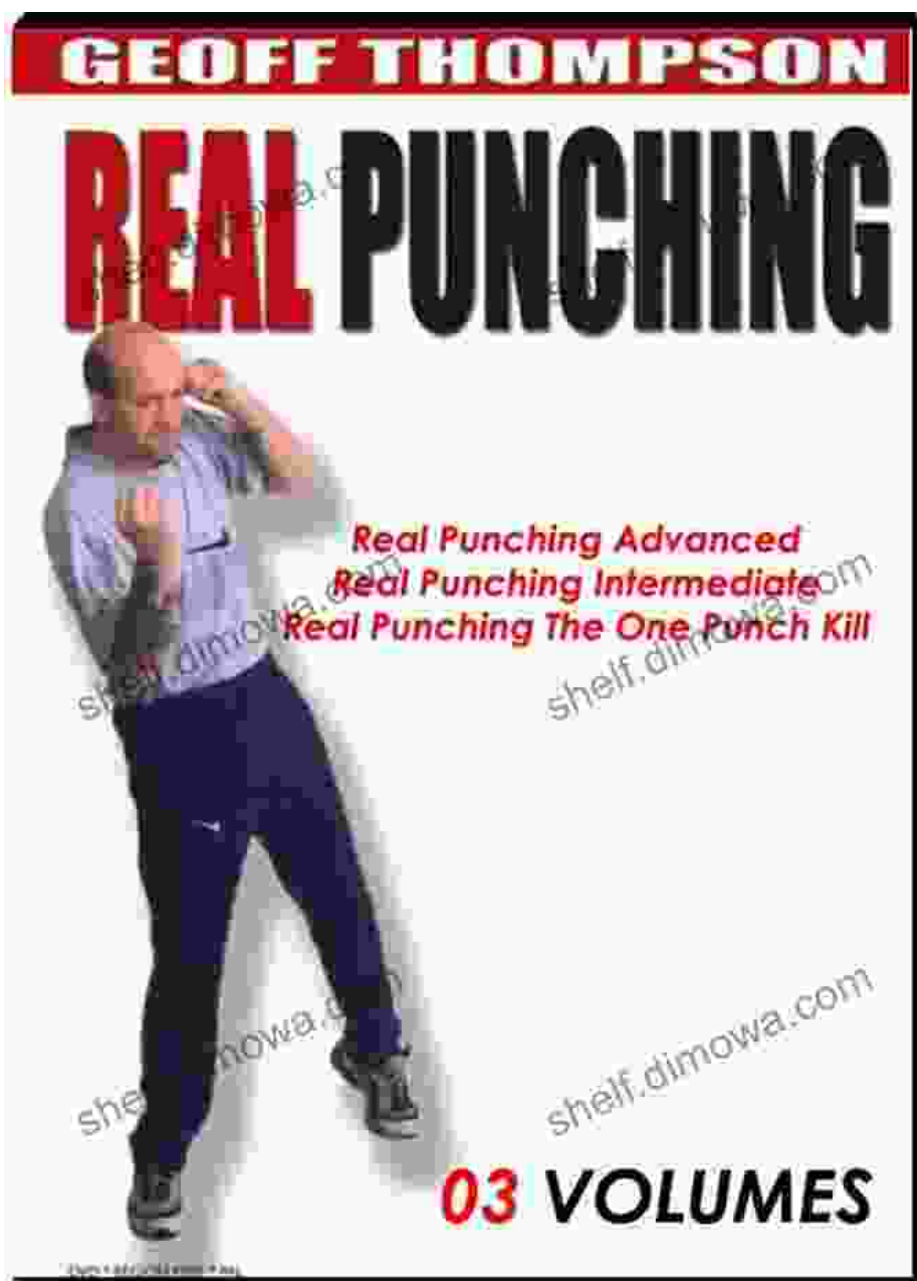
Real Punching is an essential resource for anyone who wants to learn how to box. It is a comprehensive guide that covers every aspect of the sport, from the basics to the advanced techniques. With over 30 years of experience, Thompson is one of the most knowledgeable boxing coaches in the world, and his insights and expertise are invaluable.

Here are some of the things you will learn from Real Punching:

- The basics of punching, including how to throw a jab, cross, hook, and uppercut.
- How to block a punch, including how to use your gloves, forearms, and elbows.
- How to move around the ring, including how to use footwork to create space and avoid punches.
- More advanced techniques, such as how to use feints, counters, and combinations.
- How to train for boxing, including how to develop your strength, speed, and endurance.
- How to compete in boxing matches, including how to develop a game plan and how to deal with the pressure of competition.

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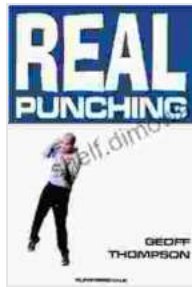
Thompson has trained some of the most successful boxers in the world, and his insights and expertise are invaluable. Whether you are a beginner or an experienced boxer, Real Punching is an essential resource that will help you take your boxing to the next level.



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