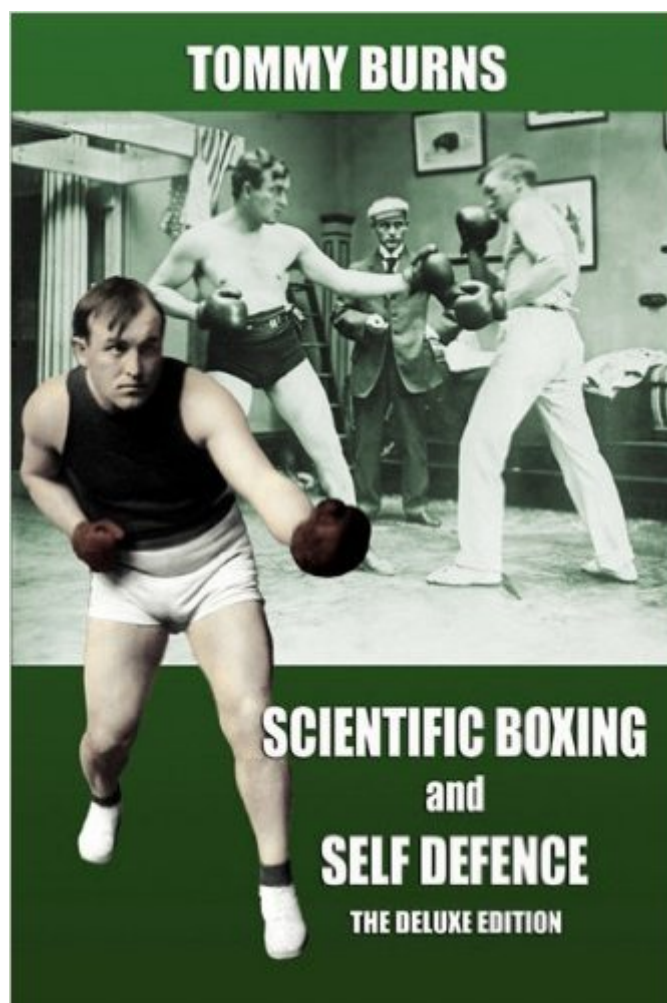


The book was found

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: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #1,442,373 in Books (See Top 100 in Books) #71 in [Books > Crafts, Hobbies & Home > Antiques & Collectibles > Sports Memorabilia & Cards > Sports Memorabilia](#) #537 in [Books > Sports & Outdoors > Individual Sports > Boxing](#) #2546 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

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

Scientific Boxing and Self Defence: The Deluxe Edition Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) 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) Complete Manual of Boxing | How To Box | About Boxing Kickboxing: The Ultimate Beginners Guide To Kickboxing (Kickboxing, Thai Boxing, Muay Thai, Boxing, MMA, Mixed Martial Arts) Self Hypnosis for Beginners: The Ultimate Guide With

Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Wing Chun Power Punching Blueprint for Self Defence (Wing Chun Power Training Book 1) Tarascon Pocket Pharmacopoeia 2010 Deluxe Lab-Coat Edition (Tarascon Pocket Pharmacopoeia: Deluxe Lab-Coat Pocket) My Utmost For His Highest - Deluxe (DELUXE CHRISTIAN CLASSICS) National Parks Quarters Deluxe: 50 States + District of Columbia & Territories: Collector's Deluxe Quarters Folder 2010-2021 (Warman's Collector Coin Folders) National Parks Quarters Deluxe: 50 States + District of Columbia & Territories: Collector's Deluxe Quarters Folder 2010-2021 NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) 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)

[Dmca](#)