



The Classic Guide to Boxing

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Since the arenas of ancient Rome to modern-day bouts, a boxer's success has been measured by his balance, strength and recovery. One of the things that The Classic Guide to Boxing teaches us is that boxing is not just a sport but a science. Judging distance, position, arm movement and fist shape all contribute to a boxer's overall performance in the ring, and these are spread out in informative chapters for improving amateurs. This handy guidebook also teaches its readers the art of performance, detailing how to trick one's opponent into being caught off guard, so that they can deliver the winning blow. Penned as the ultimate 'Manly Art of Self-defence', the history of boxing is presented in vivid detail, with essential notes on defence tactics and cross-counter moves such as the 'Famous Solar Plexus Knockout' or the 'McCoy "Corkscrew"' that any enthusiast will appreciate. This volume also recounts notable matches between boxers including Les Darcy, Jimmy Clabby and George Chip, with step-by-step accounts of their moves for readers to learn from, ultimately showcasing the sport in its early glory days.

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