



The Ultimate Boxer: Understanding the Sport and Skills of Boxing

By Christy Halbert

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A practical boxing guide covering developmental and fitness exercises, skill tips, technical information, and competitive strategies. This handbook contains essential information for competitive boxers, fitness boxers, martial artists, coaches, and fans.

Find answers to your boxing questions, including: Why should a boxer lead with the shoulder? How should my boxing strategy change, depending upon the style of my opponent? How do judges score bouts? Which drills will make me more effective in the ring?

Easy-to-follow instructions, diagrams, charts and tables help you understand competitive boxing skills and strategy you can put to use in the gym or in the ring. Learn to make informed decisions about your training, and gain the competitive edge for immediate success.

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