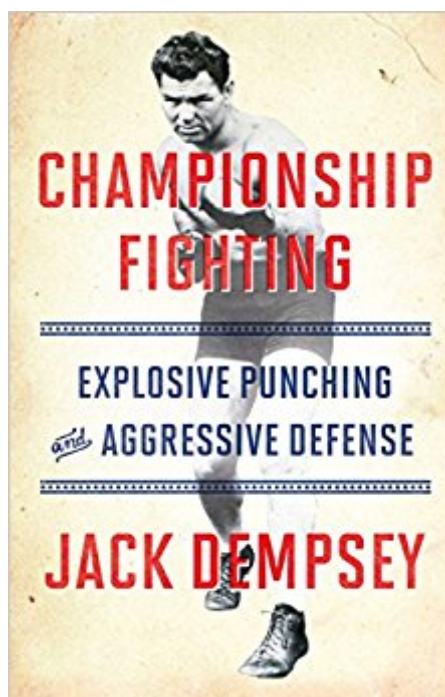


The book was found

Championship Fighting: Explosive Punching And Aggressive Defense



Synopsis

Fighting techniques and strategies from World Champion and Hall of Fame Boxer, Jack Dempsey. Jack Dempsey, one of the greatest and most popular boxers of all time, reveals the techniques behind his unparalleled success in the ring. Straightforward and with detailed illustrations, > instructs the reader in the theory, training, and application of powerful punching, aggressive defense, proper stance, feinting, and footwork. The methods Dempsey reveals will prove useful to both amateurs and professionals. â œl was confident that I could take the rawest beginner, or even an experienced fighter, and teach him exactly what self-defense was all about.â • â "Jack Dempsey

Book Information

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Customer Reviews

I chanced my bucks with this book and turns out that it is not a disappointing investment. There's plenty of useful information in this book that you can put into actual practice in your training regimen which makes it even more appealing to me. This is more like an "instructional manual" and the book was obviously designed for that purpose. You can't go wrong with Jack Dempsey's work. PS I saw one of the review which said perhaps this is where Bruce Lee draw his inspiration. I totally agree with that. I've trained a little Jeet kune do in the past and Jeet kune do is the south paw version of Jack Dempsey's approach to boxing. Now Bruce Lee was learning to box as part of his martial art development. It makes me think that perhaps his boxing coach were familiar with Jack's method or one of those old timers boxers/ maybe Bruce Lee even read this book before. There's just so much resemblance to dismiss the possibility that Bruce Lee based his martial art on Jack's boxing

approach. To call it a coincidence I think would not be a satisfying answer. There's 99 percent overlap between the two except the kungfu elements of parrying and kicking were part of jeet kune do's arsenal which present the 1 percent. PSS Another comment were saying it was difficult managing the "fall-step". Where I found it interesting was that if you had been a runner like me who studied the "Pose Method running" - by Dr. Nicolas Romanov ~ you grasp the idea almost instantly. I have no problem to adopt the "falling-step" in my training routine because the idea of falling step was what constitute the main practice of Pose Method of running. If you don't know what is "Pose Method Running" maybe you should google it and I highly recommend the book.

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