

How To Box

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Collected from a series of articles in the New York Evening World, this classic reprint is actually four books in one: "How to Box to Win" by bantam- and featherweight champ Terry McGovern; "How to Build Muscle" by heavyweight champ "Gentleman Jim" Corbett; "How to Breathe, Stand, Walk, or Run" by Dr. J. Gardner Smith; and "How to Punch the Bag" by Gus E. and Artie R. Keeley, self-taught "champion bag-punchers of the world." A must for every boxing fan and martial artist. Publisher: Paladin Press
Illustration: N Language: ENG Title: How To Box Pages: 00000 (Encrypted PDF) On Sale: 2011-08-24
SKU-13/ISBN: 9781581604665 Category: Sports & Recreation : Martial Arts & Self-Defense

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