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By Jeff McCall

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you new to boxing and don t know where to start? People come to boxing for a variety of different reasons and goals. Some come to the sport as a tool for self-defense, others come for fitness, and some have aspirations to compete. Boxing is a great workout, perhaps the most challenging of all sports. It requires speed, agility, finesse, power, endurance, and ultimate mental toughness. Boxing pushes you like no other, pitting the finest and highest level athletes against each other. It s the sweet science but at the same time also a raw and brutal sport. More importantly boxing takes you further than you ever thought possible. Boxing makes you more alive than ever, more humble in defeat, and most glorious in victory. Boxing reveals the true fighter deep inside every single one of us. Here is what you will learn in Boxing: The Ultimate Guide To Beginning Boxing Introduction / What is boxing?The history of boxingHow to find a gym to train at and check the instructor is legitimateTraining and Gym EtiquetteWhat training gear will you...

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