



Boxing Like the Champs: Lessons from Boxing's Greatest Fighters

By Mark Hatmaker

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How did the old school, all time champs — like Jack Dempsey, Kid McCoy, Sonny Liston and Stanley Ketchel — do it? This manual examines some of the best and most interesting fighters in boxing history and gets inside the historical import of what they accomplished. Examining the training, technique and tactics of past champions, this book provides readers with recreated templates to drill and box precisely as the greats did. Here are five benefits a reader will gain from this book: 1. Gain historical perspective on one of mankind's most riveting and oldest sports. 2. Hone boxing skills via historical recreation modeling. 3. Create bonding with the material through historical perspective and physical execution. 4. Transform your boxing game as you learn to shift gears through champion mindsets. 5. Learn the valuable skill of immersion training versus simulacra training.

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Editorial Review

About the Author

Mark Hatmaker is the bestselling author of over 175,000 books including the No Holds Barred Fighting Series, the MMA Mastery Series, *No Second Chance* and *Boxing Mastery*. He also has produced more than 40 instructional videos. His resume includes extensive experience in the combat arts including boxing, wrestling, Jiu-jitsu and Muay Thai. He is a highly regarded coach of professional and amateur fighters, law enforcement officials and security personnel. Hatmaker founded Extreme Self Protection (ESP), a research body that compiles, analyzes and teaches the most effective Western combat methods known. ESP holds numerous seminars throughout the country each year including the prestigious Karate College/Martial Arts Universities in Radford, Virginia. He lives in Knoxville, Tennessee.

Users Review

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Jaime Leflore:

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