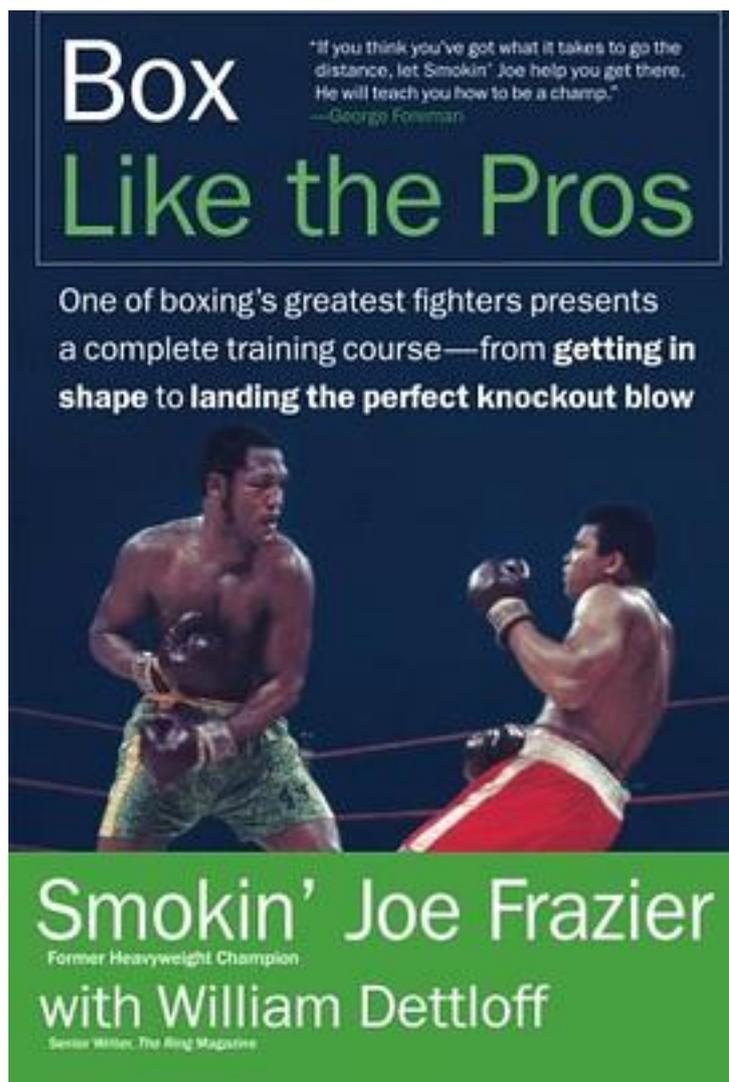


# Box Like the Pros



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著者:Frazier, Joe/ Dettloff, William

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Former World Heavyweight champion Smokin' Joe Frazier and William Dettloff, senior writer for The Ring magazine, present a complete guide to the fight game – from the history of the sport to how to throw a crushing uppercut and take a punch without flinching. Drawing from the experiences of one of the masters of the sport, Box Like the Pros is a must-have for anyone pursuing boxing as a hobby or who is interested in training to become a professional boxer. Frazier, with longtime boxing writer William Dettloff, presents a complete introduction to the sport, including the game's history, rules of the ring, how fights are scored, how to spar, the basics of defence and offence, the fighter's workout, a directory of boxing gyms, and much more. Box Like the Pros is an instruction manual, a historical reference tool and an insider's guide to the world's most controversial sport.

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