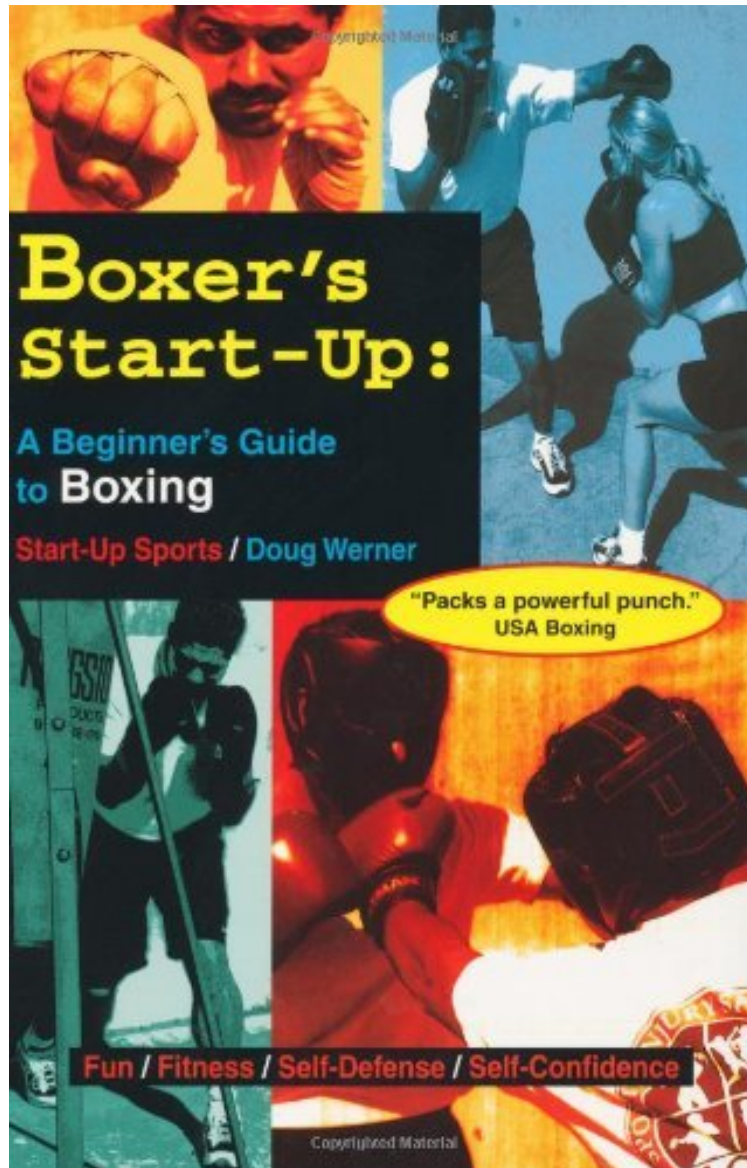


[Mobile book] Boxer's Start-Up: A Beginner's Guide to Boxing (Start-Up Sports series)

Boxer's Start-Up: A Beginner's Guide to Boxing (Start-Up Sports series)

Von Doug Werner

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Von Doug Werner : **Boxer's Start-Up: A Beginner's Guide to Boxing (Start-Up Sports series)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Boxer's Start-Up: A Beginner's Guide to Boxing (Start-Up Sports series):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Great book, but one warning... Von Ein KundeThis is probably the best current book on how to box. I read it and learned to box and I really like the book. The instructions are great and the chapter on the "Boxer' Workout" is really good. That is a great way to work out. I just have one small problem. I spar now and was recently hit pretty hard. Since then I have been reading up on boxing injuries. To be honest, I am a bit afraid to spar now. I wish the book had included a small section on boxing injuries and the current controversy surrounding this issue. The simple fact is that boxing involves repeated blows to the head, which causes damage to a lesser or greater degree. The current medical research shows that among amateur and pro boxers, (those who have sparred for an average of 9 years, of 22 rounds per week), 5 % have serious brain injuries. Around 30 % have some damage to the brain (shown on CAT-scans). Thus, this sport, if done intensively, results in 35 % or more of the athletes being injured in some way. The question is, is it worth it ? One conclusion that should also be made in the book is: everyone who spars should first consult a doctor. A CAT scan might not be a bad idea (note: I am not a medical doctor, and thus this information is provided by me as a lawman). You should consult a doctor before fighting. My experience has been that non-supervised sparring can get real intense, which Mr. Werner also mentioned. Also please note that although the pictures in the book show the boxers wearing headgear, headgear only will protect you against cuts and ear damage, but not against the blows themselves, as far as I know. My conclusion is thus: this is a great book on boxing, do the "boxer's workout" if you want, but before boxing, see a doctor and read the medical literature on this issue.0 von 0 Kunden fanden die folgende Rezension hilfreich. Great Beginner's Guide!!! Von RichardGreat beginner's guide to boxing! The author goes through the basic movements, punches, evasions, counters and working on the heavy bag. There are lots of pictures to show the technique that the author is trying to explain. Great camera angles from the side, top and front views for some of the techniques. There is also a short history of boxing included, as well as brief descriptions of those who made the sport great. As someone who wanted to learn the "basics" of boxing, this was a welcome book to add to my library!0 von 0 Kunden fanden die folgende Rezension hilfreich. Great book for people wanting to learn to box!! Von Cain Cardiel (txstud45@aol.com)As a football player and powerlifter I didn't know much about boxing but wanted to get into it. After reading this book more than twice and getting a full understanding on boxing I feel a lot more confident about my boxing workouts now and of what to use and buy for myself. This is an excellent book for beginners who need a starting point but is great to use as a guide to go back and refresh on skills on defense and offense!

KurzbeschreibungA user-friendly, highly illustrated, straightforward boxing guide that promotes fun, fitness, self-defense, and self-confidence. Endorsed by USA Boxing, national governing body for amateur boxing.