



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

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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