



# **Boxing Basics: The Techniques and Knowledge Needed to Excel in the Sport of Boxing**

*Al Gotay Ma Mps, Al Gotay*

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## **The Techniques and Knowledge Needed to Excel in the Sport of Boxing**

The illustrations, explanations, and techniques presented in *Boxing Basics* provide everything needed to excel in the sport of boxing. Easy to follow explanations and illustrations introduce the reader to the sport by providing information on training equipment, types of boxing gyms, and how to get into fighting shape. The bulk of this boxing text is devoted to providing progressive steps in the learning of the sport of boxing. It begins by presenting the primary elements of boxing and ranges to advanced skills. The Instant Reference Guide is a special feature designed for busy persons. It provides fast-track references to the important points in every chapter. This publication can be used as a how-to reference guide for trainers as well as beginners.

"Some books just show you how to box, others just tell you. Still others do a little of both. With *Boxing Basics*, Professor Gotay becomes your personal trainer, teaching you step by step how to box. This is the most definitive ¿how to¿ boxing book I have ever seen."

- Randy Gordon, Former Editor-in-Chief of *Ring Magazine*;

Boxing Analyst for ESPN, USA Network, and the MSG Network;

and Chairman of the New York State Athletic Commission.

Presently the host of *Fight Club*, the popular Sirius Radio boxing talk show.

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