



# Advanced Boxing: Training, Skills and Techniques

*Rakesh Sondhi, Tommy Thompson*

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**Advanced Boxing: Training, Skills and Techniques** Rakesh Sondhi, Tommy Thompson

**A reference and training guide for boxers wishing to improve competition fighting, and for coaches and trainers looking to enhance their training methods**

Utilizing the latest research in sports science and combat sports, this book focuses on developing every aspect of a boxer's fighting to the most advanced extent, and training the boxer to win competition fights. It reviews the basics of boxing in order to provide the tools to begin an advanced boxing program focusing on specific development goals. It also outlines the best contemporary training methods, concentrating on yielding the most effective outcomes. Topics include a 12-month training plan; useful tips and tables to help organize a training program; the important aspects of psychology, physiology, nutrition, and coaching; important right fighting and sparring strategies; and the latest sports science thinking, including new techniques for pad-holding.

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