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Knowledge Needed To Excel In The Sport
Of Boxing**

By Al Gotay Ma Mps; Al Gotay



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<http://www.expertboxing.com/boxing-basics/how-to-box/16-basic-boxing-tips>

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Boxing techniques utilize very forceful strikes with the hand. The four basic punches in modern boxing are the jab, the cross, the hook, and the uppercut. Jab.

http://en.wikipedia.org/wiki/Boxing_styles_and_technique

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This playlist features some of the best instructional boxing videos (in my opinion). The trainers, coaches, and fighters are all very fundamentally sound. Ea

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