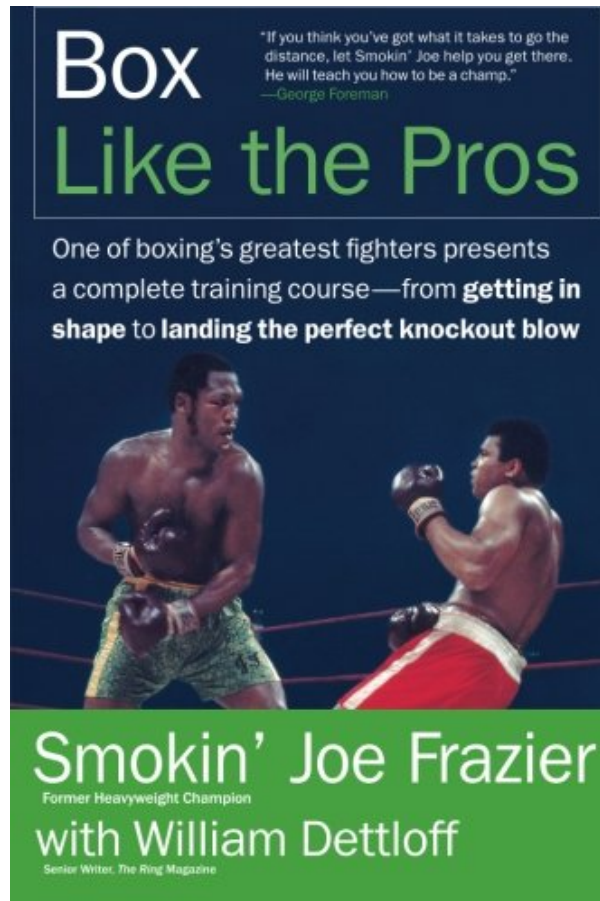


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Box

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Smokin' Joe Frazier

Former Heavyweight Champion

with William Dettloff

Senior Writer, *The Ring Magazine*

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Review

“Frazier knows prizefighting and breaks it down to its fundamentals in this practical primer.” (Larry Merchant, HBO Sports)

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About the Author

Smokin' Joe Frazier was an Olympic gold medalist and the world heavyweight champion for three years. His three epic battles with Muhammad Ali -- the last of which was the famed "Thrilla in Manila" -- are legendary. He's a member of the International Boxing Hall of Fame and author of Smokin' Joe: The Autobiography. He currently trains fighters at the world-famous Joe Frazier's Gym in his hometown of Philadelphia, Pennsylvania.

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BOX LIKE THE PROS BY JOE FRAZIER, WILLIAM DETTLOFF PDF

Former World Heavyweight champion Smokin' Joe Frazier and William Dettloff, senior writer for The Ring magazine, present a complete guide to the fight game – from the history of the sport to how to throw a crushing uppercut and take a punch without flinching.

Drawing from the experiences of one of the masters of the sport, Box Like the Pros is a must-have for anyone pursuing boxing as a hobby or who is interested in training to become a professional boxer. Frazier, with longtime boxing writer William Dettloff, presents a complete introduction to the sport, including the game's history, rules of the ring, how fights are scored, how to spar, the basics of defence and offence, the fighter's workout, a directory of boxing gyms, and much more. Box Like the Pros is an instruction manual, a historical reference tool and an insider's guide to the world's most controversial sport.

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"Box Like the Pros", Joe Frazier

By Jose Serrano De La Frontera (A "Golden Gloves")

This is a good, basic overview of boxing, written primarily for the layperson. It is a quick read and excellent for the beginner or novice. I bought it, read it, and gave it to one of my new trainees to supplement our training. Every new person to boxing should read this book. I highly recommend it.

0 of 1 people found the following review helpful.

Enjoyed it.....

By John

Good Historical Opening, Good Basic Step by Step Approach to boxing for those wanting to start a career or those looking at it from an aerobic exercise approach....

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Be realistic

By Bondsman

For those people who don't like this book: be realistic. Look, if Joe Namath writes a book about football, you can't expect to read it and become an all-star quarterback, or more importantly, can't expect to learn everything you need to know to BECOME an all-star just by reading a book, can you? Same thing here.

To really learn to do something, you have to DO it.

So right, this isn't the most thorough book on boxing you are ever going to read. If it was, it would be 10 times longer, and you probably wouldn't read it because if you already box, you'd already know much of it, and if you are a beginner, you would want something short to get the general idea. This book gives you a general idea, and is therefore a good beginner's book. Also, someone probably ghost wrote it for him, as it reads easily.

In summary then, I'd say it's a great introductory book written by someone who really HAS "been there" as both an Olympic gold medalist and world heavyweight champ. What more do you want?

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