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Boxing: Advanced Tactics and Strategies

R. Michael Onello

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Boxing: Advanced Tactics and Strategies R. Michael Onello
Boxing: Advanced Tactics & Strategies is a concise collection of drills, tips, exercises and strategies designed to take the novice boxer to the next level. Building on his popular first book, Boxing: A 12 Week Course, R. Michael Onello explains advanced ring tactics including hitting with movement, blocks, slips, feints, draws, and advanced punch variations. He also shares strategic tips gained through years in the ring and in the corners of successful boxers. In addition to a range of practical offense, defense, punch progression and shadow sparring drills, he includes advanced conditioning exercises and a chapter on ring generalship. This book is a great resource for boxers who want to advance their skills and coaches looking for solid training advice.

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