

Boxing Trainer

Jamie Dumas,Andy Dumas

A Boxing Trainer's Journey Jonathan Brown, To train the greatest, he had to be the greatest. On the streets of South Philly, Angelo Dundee learned what it took to survive—a sense of purpose, a clear head, and sometimes . . . a powerful right uppercut. Boxing was the family business and the ring was his home. A skilled trainer and cut man, Dundee intuitively adapted to whatever his fighter needed, be it doctor, therapist, drillmaster, or friend. With gauze and liniment or a well-timed joke, Dundee knew how to keep his guy in the fight and instill confidence in the bleakest of final rounds. For the boxing legends of our time, including Muhammad Ali and Sugar Ray Leonard, there was no one else they wanted in their corner.

Old School Boxing Fitness Andy Dumas, Jamie Dumas, 2013-05-01 If you want to look like a world-class athlete, you have to train like one, and no athletes train harder or look better doing it than professional boxers. Fitness boxing takes the best parts of a boxer's workout and combines them with more traditional exercises like running and weightlifting to create a unique workout that will help boost your stamina, strength, and agility while throwing punches. Designed for men and women of all ages and levels of fitness, certified boxing instructors Andy and Jamie Dumas's twelve-week guide to fitness and nutrition is broken into three sections: boxing training, cardiovascular conditioning, and muscular conditioning. Easy-to-follow instructions combined with more than 200 step-by-step photographs describe all aspects of fitness boxing training, from the basics of throwing punches to the tried-and-true conditioning methods professional boxers use for their own cardiovascular and muscular development.

Boxing Gary Blower, 2012-10-01 Boxing - Training, Skills and Techniques is essential reading for both recreational and competitive boxers, and all those who wish to take up amateur boxing, or participate in a boxing-based programme. It offers practical advice on the many crucial factors that need to be taken into account if the boxer is to maximize his, or her, performance and potential. Topics include: an overview of the history of boxing; the amateur code; boxing weights; recreational boxing; equipment and attire; a detailed consideration of both basic and advanced techniques; the role of the coach; fitness training; gym work; running; conditioning; speed and agility training; making the weight and nutrition; planning the season, and much more.

The Complete Guide to Boxing Fitness Hilary Lissenden, 2015-01-08 A comprehensive, practical guide to non-contact boxing - looks at workouts in an individual, group or class setting. Learn how to improve clients' body composition, heart-lung stamina, strength, speed, co-ordination, balance and flexibility. It also covers boxing training's less tangible but equally important benefits such as building confidence and self-esteem - especially relevant to schools and young people. Key features: * Fully illustrated, with vibrant photographs and practical diagrams for imparting core boxing and safety techniques (e.g. wrapping clients' hands; teaching correct stance, punches and combinations) * Sample training programmes for clients of differing abilities and fitness levels, with guidance on safe and appropriate progression * Relevant content on dietary and health matters. The Complete Guide to Boxing Fitness is a tried-and-tested, unique guide to boxing skills and drills for the fitness and sporting arenas.

Successful Boxing Jamie Dumas, Andy Dumas, 2013-04-22 Successful Boxing is the ultimate training manual for aspiring boxers. This indispensable resource shares tips and suggestions on how to improve skills and maximize performance. With inspiration and advice from World Champions Sergio Martinez, Saul Alvarez, Julio Cesar Chavez Jr. and a foreword by legendary World Champion Juan Manuel Marquez, using the information presented in this book will be just like receiving private sessions with a coach or top performer. These tips and training methods allow you to master the individual nuances of boxing to give you the winning edge. Whether you are new to the sport or a serious competitor, this book will help you reach the next level of skill development. This is the ultimate training manual for aspiring boxers. Superbly illustrated with 360 colour instructional and action photographs. Andy Dumas is a Canadian Boxing Coach who hosts and produces a number of TV fitness and sports shows and Jamie Dumas is a trainer of fitness instructors and develops workshops for fitness clubs.

Boxing from Chump to Champ 2 Andrew Hudson , 2020-12-15 How to Start Winning in the Boxing Ring, Even if you Fear Your Opponents and Keep Making Simple Mistakes Becoming a successful boxer doesn't happen overnight, you have to put in hours of hard, dedicated work in order to make a name for yourself in the ring. It gets to a stage where the basics aren't as effective, and the sessions start to test you mentally more than physically. It is likely that once you reach this stage you are more inclined to give up and stop chasing your dream. But that doesn't mean you should stop! Whether you want to start winning in the ring, become the best in training, become as fit as you can be, or be mentally tough, then I am here to help. This book carries on from "Boxing From Chump to Champ" and is suited for people that want to improve their boxing ability from a beginner level. As a Qualified Boxing Coach, there is nothing I love more than helping boxers progress, and I have published this book to help you on your boxing journey. I have helped many boxers get out of that slump, they would tell me to stop wasting my time on coaching them and I stuck by them to bring the best out of them. All it took was a change to their boxing routine to make it more advanced and a few corrections to their errors and boom...they are now smiling in the ring fighting at a level they have always dreamed of. I will be taking my boxing expertise and putting the information into steps that you can follow in this book. This book will allow you to discover the simple mistakes you are making and how you can make the improvements to see immediate results in training or in the ring. You will find information such as new boxing styles, knockout combinations, different defensive techniques and for the fitness fanatics, you will discover new boxing workouts to keep you in great shape. I get that not everybody wants to fight in the ring, this book won't force you to! You can follow this book to get incredibly fit as boxing training provides a full-body workout, this is something that you can't get from running or biking. Plus, you will build up some self-defense skills along the way so what's not to enjoy about boxing for exercise? I hope for this book to provide you with more information than you expect. In this book, you'll discover: New and Advanced Ways of Training with Boxing. What can be Done Outside of Boxing to Improve Your Overall Ability. Methods of Defense That Allow you to Hit and not get Hit. The Most Effective Counter Moves and When to Use Them. How to Break Down Opponents to Win Fights. Basic Diet Tips to Maximise Your Energy Levels for Improved Boxing. What you can do to Develop Discipline and Why Fear is Your Friend You know what will happen once you stop boxing, so why don't you keep it going? Every second even thinking about getting this book is a further second you are away from reaching your Boxing Goals. Don't make your future self, live with regret. Instead, Click "Add to Cart" Now!

Boxing R. Michael Onello, 2003 Provides a step-by-step, twelve week course in boxing with lessons covering such topics as conditioning, basic punches, stance and movement, defensive tactics, and and equipment.

How to Box Kerry W. Pharr, 2012-08-01 Learn how to box using proven championship boxing techniques. Discover everything you need to know including the proper stance, the jab, cross, hook, and uppercut. You'll also learn how to throw lightning fast combinations and smooth footwork. This book has an invaluable collection of resources that provide easy instructions for the beginning boxer as well as some little known pro-boxer secrets for advanced fighters.

Boxing Mastery Mark Hatmaker, Doug Werner, 2004-10-01 This guide to the finer points of boxing provides the wisdom needed to make the transition from enthusiastic beginner to proficient pugilist. The ABCs of ring generalship, offensive and defensive ring movements, feints, and draws and fakes are examined and explained along with clinching techniques, head-hunting, body work, and counter-punching chains. Strategies for boxing against tall and short opponents as well as for a variety of fighting styles such as charger, speed-demon, stick-and-move, and slugger and brawler are discussed in detail. Specific drills focus on sophisticated ring stratagems such as throwing complex combinations, cutting off the ring, fighting off the ropes, generating power, and cornering an opponent are included.

The Gleason's Gym Total Body Boxing Workout for Women Hector Roca,Bruce Silverglade,2008-06-16 Defined arms; sleek shoulders; flat, tight abs; lean, firm legs -- this is the shape that women want to get from their workouts. World-renowned trainer Hector Roca and owner Bruce Silverglade bring Gleason's Gym's boxing secrets to your home with The Gleason's Gym Total Body Boxing Workout for Women, outlining a step-by-step program that gets any woman into knockout shape -- fitter, faster, and firmer than ever in just four weeks! Boxing is not only a dynamic fitness program but also a powerful addition to other fitness routines. Using unique combinations of muscle groups and both aerobic and weight training movements, boxing works out the entire body at one time. You'll lose weight; build lean, toned muscle; improve cardiovascular fitness; and feel physically and emotionally stronger all at once. Roca and Silverglade break down all the boxing basics, from how to make a fist and how to stand, to more advanced boxing moves and various ways of jumping rope and include a nutritional plan to maximize results. The Gleason's Gym Total Body Boxing Workout for Women offers the ultimate workout for women who want to look their best, feel their best, and be their best.

The Ultimate Fitness Boxing & Kickboxing Workout Ross O'Donnell,2006-03-17 Take fitness training to the next level with 30 years of experience you can buy! The Ultimate Fitness Boxing & Kickboxing Workout provides the knowledge, skills and techniques... you supply the sweat!

Corner Men Ronald K. Fried,1991 The Great Boxing Trainers.

Boxing's Ten Commandments Alan Lachica,Doug Werner,2007 This boxing handbook provides up-to-date, in-depth coaching for serious contenders. Weaving fundamental skills into a progression of drills that hone technique in increasingly complex, demanding, and realistic fighting situations, the handbook aids fighters in developing the reflexes of a complete boxer and teaches the move from a process-and-react mentality to one of seeing-and-reacting. Hundreds of sequential images illustrate vital steps in the progression -- from proper stance, effective footwork, and range to defence and counters, the importance of angles, and creating winning strategies.

Legendary Boxing Trainer George Washington Kenneth Washington,2022-08-24 As people of color, we arrived on a nightmare and never stop praying for the dream. George did not fret because of any evildoers neither envious against the workers of iniquities, asking God to give him grace to accept with serenity of the things that cannot be changed, courage to change the things that should be changed, and the wisdom to distinguish the one from the other, keeping God first as the head of his life. Showing how the God of his weary years, the God of his silent tears, brought his family thus far. He proudly served his county in World War II and the Korean War, trying to make a difference for his life and his family's lives, always striving for perfection. Kenneth Washington shares his experiences, knowledge, and understanding of being raised by this warrior, trainer, father, mentor, man of God, friend, awesome person, and legend. Legendary Boxing Trainer George Washington is a great read; it will guide you to living life on life's terms and walking by faith not by sight. It takes you from childhood to manhood basic training to basic boxing skills leadership and the dedicated life of Brother George Washington.

A Boxing Trainer's Journey Jonathan Brown (Novelist),2019

Fighting Fit Doug Werner,Alan Lachica,2000 Information on boxing workouts, including techniques and sparing.

Boxing Danna Scott,2000 An easy-to-understand, fully illustrated guide to health and fitness with the art of boxing. It will be useful either to the novice fighter or to those looking for a new form of exercise. It explains the equipment, punches and combinations, defensive skills and movement, ring strategy, boxing styles, training techniques, and tricks of the trade.

Boxing Fitness Clinton McKenzie,Hilary Lissenden,2013-06-30 Boxing is well-known for its training regime, which produces some of the strongest, fittest athletes in the world. 'Boxing fitness', a recent development in personal fitness, has adapted elements of this training into a safe, enjoyable and effective workout. A non-contact discipline, it's fun and suitable for everyone. In essence, it's a great cardiovascular workout that also helps develop strength, speed, co-ordination, balance and flexibility. In this book, two experts describe the techniques involved - a circuit that includes shadow boxing, skipping, punch bag and focus-pad work - and explain how a regime can be tailored to address each individual's fitness goals, whether it be weight loss, general toning, increased stamina or improved strength. The unique structure of a boxing fitness session evokes the traditional boxing experience, adding an authentic touch to a modern exercise regime that's suitable for men and women, young and old. Whether you're a cross-training athlete or simply want to enjoy a great workout, this clear and well-illustrated guide will help you reach the top of your game.

Boxing Robert Michael Onello,2007 This book offers 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, 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 offence, defence, 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.

Taking the Punches Mike Edwards,2020-08-01 A story of the cut-throat world of promoting in New Zealand boxing, from the 1960s to the modern era, as told by legendary trainer and promoter Mike Edwards. 'Who would want to be a boxing promoter? It's like being on a treadmill you can't get off, as you forever chase the elusive pot of gold at the end of the rainbow.' From an Otahuhu boxing gym in the 1960s through to the height of the modern era, enter a world of showmen and superstars, brawlers and shysters: Taking the Punches is about the cut-throat world of boxing in New Zealand and Australia, from legendary trainer and promoter Mike Edwards. Anyone who is anyone in the story of New Zealand boxing has worked with (or against) Mike, including Tony Mundine, Anthony Bigeni, Kevin Barry, Lance Revill, Monty Betham Snr, Paul Murdoch and Joseph Parker, to name a few. Taking the Punches is an incredible chronicle of some 60 years in boxing. '...life is always made easier by having a good man in your corner, and there are none better than Mike.' - Monty Betham Jnr

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Boxing Trainer** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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