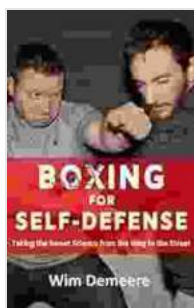


Taking The Sweet Science From The Ring To The Street: A Comprehensive Guide to Self-Defense

In a world where violence is all too common, it's important to know how to defend yourself. Taking The Sweet Science From The Ring To The Street is a comprehensive guide to self-defense that teaches readers how to use boxing techniques to defend themselves in real-world situations.



Boxing for Self-Defense: Taking the Sweet Science from the Ring to the Street by Wim Demeere

★★★★☆ 4.3 out of 5

Language	: English
File size	: 8842 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 214 pages
Lending	: Enabled



Written by a former professional boxer, Taking The Sweet Science From The Ring To The Street covers everything from basic boxing techniques to advanced self-defense strategies. Readers will learn how to:

- Throw a proper punch
- Block and evade attacks

- Use footwork to create space and control the distance
- Develop situational awareness and avoid dangerous situations
- De-escalate conflicts and avoid using violence

Taking The Sweet Science From The Ring To The Street is more than just a self-defense manual. It's also a valuable resource for anyone who wants to learn more about boxing. Readers will learn about the history of boxing, the different styles of boxing, and the training methods used by professional boxers.

Whether you're a beginner who's looking to learn how to defend yourself or an experienced martial artist who wants to add boxing to your repertoire, Taking The Sweet Science From The Ring To The Street is the perfect book for you.

What's Inside Taking The Sweet Science From The Ring To The Street?

Taking The Sweet Science From The Ring To The Street is divided into three parts:

- 1. Part One: The Basics of Boxing**
- 2. Part Two: Self-Defense Techniques**
- 3. Part Three: Advanced Strategies and Tactics**

Part One covers the basics of boxing, including punching, blocking, and footwork. Part Two teaches readers how to use boxing techniques to defend themselves in real-world situations. Part Three covers advanced

strategies and tactics, such as how to deal with multiple attackers and how to use weapons for self-defense.

Taking The Sweet Science From The Ring To The Street is illustrated with over 100 photos and diagrams. These illustrations help readers to visualize the techniques and strategies that are described in the text.

Who Should Read Taking The Sweet Science From The Ring To The Street?

Taking The Sweet Science From The Ring To The Street is a valuable resource for anyone who wants to learn how to defend themselves. This book is especially useful for:

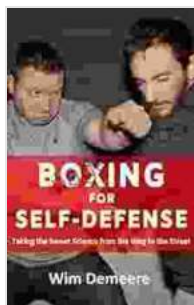
- People who live in dangerous neighborhoods
- People who work in high-risk jobs
- Women and children who are at risk of being attacked
- Martial artists who want to add boxing to their repertoire
- Anyone who wants to learn more about boxing

If you're serious about learning how to defend yourself, then Taking The Sweet Science From The Ring To The Street is the book for you.

Free Download Your Copy of Taking The Sweet Science From The Ring To The Street Today!

Taking The Sweet Science From The Ring To The Street is available now at [Our Book Library.com](http://OurBookLibrary.com) and other online retailers.

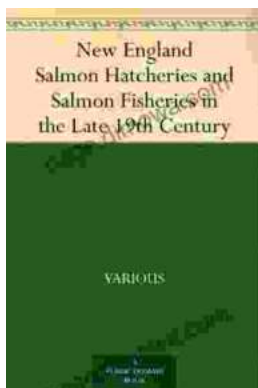
Free Download your copy today and start learning how to defend yourself with the sweet science of boxing.



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