

Boxing Mastery



***Advanced Technique,
Tactics and Strategies
from the Sweet Science***

***Mark Hatmaker
with Doug Werner***

Boxing Mastery Advanced Technique Tactics And Strategies From The Sweet Science

Mark Hatmaker



Boxing Mastery Advanced Technique Tactics And Strategies From The Sweet Science:

Boxing Mastery Mark Hatmaker, 2004 This comprehensive manual illustrates and tells how to throw advanced combinations cut off the ring fight off the ropes generate power corner a foe and how to hit and not get hit Information is presented through logical easy to follow drills that require just two pairs of gloves and the enthusiasm of a sparring partner

Boxing Mastery Doug Werner, Mark Hatmaker, 2010-08-24 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

Boxer's Book of Conditioning & Drilling Mark Hatmaker, 2011-10-01 Going beyond the standard workout for boxers this innovative manual introduces a diverse set of training methods integrating them into drill sets that build the athletic attributes for which past and present fighters are known From Leroy Jones sparring with chickens and Ken Norton's 15 combined rounds of shadow boxing sparring and bag work to Ricky Hatton's staggering 12 round sparring bouts with a body belt and Kosta Tszu's creative tennis ball and head strap punching apparatus this guide highlights a wide vocabulary of exercises all incorporating boxing specific equipment The drills can be performed solo or with a partner and each piece of equipment is approached individually with detailed descriptions of routines including floor exercises and drills with the heavy bag medicine ball horizontal rope and jump rope With two workout menus for weight training this guide guarantees a regime to suit any individual need be it professional or simply a desire to train like some of the best athletes in the world

No Holds Barred Fighting: Takedowns Mark Hatmaker, 2005-11-01 This fourth No Holds Barred Fighting training manual contains all fighters need to know about the art of takedowns or shooting and how to counter takedown tactics used by an opponent Readers learn to see it from both sides with offensive and defensive stances footwork setups and shooting techniques Several variations of the most commonly employed shots are featured double leg takedowns single leg takedowns snatch singles and low singles as well as counters for each Hundreds of sequential photos illustrate the steps grips and angles of every move and takedowns are included for use inside the inevitable clinch Sections on drills and chains as well as a list of resources for further practice round out the text

No Holds Barred Fighting: The Clinch Mark Hatmaker, 2006-10-28 With its complete focus on a single fighting position this handbook unsparingly examines the clinch In the clinch the no holds barred combat techniques of striking and grappling meet posing new challenges and calling for new strategies With these detailed explanations of each aspect of positioning in the clinch fighters can set up their own clinch takedowns and beat those used against them in the ring The

unique striking tools protection strategies and takedowns the clinch requires are explained for both offense and defense moving smoothly between each fighting element to maximize advantage A clinch situation is an inevitability in NHB fighting and this reference gives fighters the most complete education in turning the clinch to their advantage Mud, Guts & Glory Mark Hatmaker,Doug Werner,2013-08-01 Obstacle racing is a grueling physical challenge based on elements found in some of the world s elite special forces training where competitors test their mettle against obstacles terrain and conditioning similar to military boot camps and this book provides an in depth look at the training gear preparation tactics and logistics for making it through After a brief overview of obstacle racing s roots and development the guide provides detailed information on the conditioning techniques required to prepare participants for the unusual demands of these courses The tactics section teaches specific techniques for climbing mud covered ropes fording swamps mounting walls executing an effective belly crawl and numerous other tips for the wild chaos that might ensue A section on logistics gives insider tips concerning gear lodging building a team and the ever present problem of cleaning up Whether racing for fun or in it to win it Mud Guts Glory is the one stop guide for enduring the race from start to finish **Boxer's Bible of Counterpunching** Mark Hatmaker,2012-10 Boxing is more about what you do in response to punches than punching prowess itself This guide is an encyclopedia of counter boxing and includes every effective defense response and follow up combination to every attack Publisher **No Second Chance** Mark Hatmaker,2009 When violence becomes unavoidable it s best to be informed and this self defense book provides revolutionary information that could mean the difference between life and death in the event of a physical assault Included are drills to increase awareness examples for using the environment as a self defense tool and methods that allow victims to best use their inherent strengths to repel an attack An interesting look at the psychology of an attack exploring the mindset of both attacker and victim and illuminating the dynamic between the two this manual puts the power back into the hands of concerned citizens No Holds Barred Fighting: the Ultimate Guide to Conditioning Mark Hatmaker,2007 Features a training guide for competition and fitness using little or no gear with greater results in less time and includes a variety of exercises **No Holds Barred Fighting: the Kicking Bible** Mark Hatmaker,2008 Features a training guide for competition and fitness using little or no gear with greater results in less time and includes a variety of exercises

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