



# Learn'n More About Boxing Handbook/Guide For Kids, Parents, and Coaches

*Bob Swope*

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# Learn'n More About Boxing Handbook/Guide For Kids, Parents, and Coaches

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## **Learn'n More About Boxing Handbook/Guide For Kids, Parents, and Coaches** Bob Swope

This is a practical guide book for parents and young kids learning to box. It has 528 individual pictures, illustrations, and charts to look at. It covers all the basic boxing fundamentals, both offensively and defensively, young boxers will need to be successful. It is complete with boxing ring size, new parent orientation to boxing, strategies and tactics, officiating and refereeing info, equipment used, glossary of boxing terminology, attitude development and behavior, and health and fitness info.

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