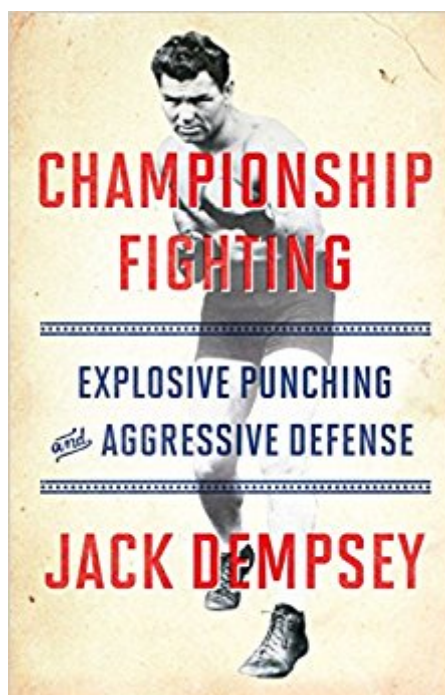


The book was found

# Championship Fighting: Explosive Punching And Aggressive Defense



## Synopsis

Fighting techniques and strategies from World Champion and Hall of Fame Boxer, Jack Dempsey. Jack Dempsey, one of the greatest and most popular boxers of all time, reveals the techniques behind his unparalleled success in the ring. Straightforward and with detailed illustrations, > instructs the reader in the theory, training, and application of powerful punching, aggressive defense, proper stance, feinting, and footwork. The methods Dempsey reveals will prove useful to both amateurs and professionals. "I was confident that I could take the rawest beginner, or even an experienced fighter, and teach him exactly what self-defense was all about." • Jack Dempsey

## Book Information

Paperback: 208 pages

Publisher: Simon & Schuster (January 6, 2015)

Language: English

ISBN-10: 1501111485

ISBN-13: 978-1501111488

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 71 customer reviews

Best Sellers Rank: #16,886 in Books (See Top 100 in Books) #1 in Books > Sports & Outdoors > Individual Sports > Boxing #10 in Books > Sports & Outdoors > Individual Sports > Martial Arts #59 in Books > Sports & Outdoors > Coaching

## Customer Reviews

Jack Dempsey (1895-1983) held the World Heavyweight Championship from 1919 to 1926. Many of his fights set financial and attendance records, including the first million-dollar gate. Dempsey was inducted into the Boxing Hall of Fame in 1951 and is considered to be one of the greatest boxers of the twentieth century.

I love books on fighting, and this one is no exception. Written by Jack Dempsey, so it's an older book...you can tell by the pictures and the language throughout. I really enjoyed it! I've been a martial artist for over 30 years, so I'm always looking to soak up as much knowledge as I can about fighting and self-defense. It's not exactly a "fighter's bible", but it was entertaining and informative. The book is a bigger than a TV Guide, but smaller than a magazine...Not too thick, either. The

writing is big and easy to read.

This is said to be the ultimate book on the subject of boxing from probably the most devastating puncher of all time. When Jack was in his 70`s two young thugs tried to rob him but Jack suddenly throw two lightening fast punches and the two guys were laying on the ground knocked out according to witnesses. Wow, even in old age Jack was still a powerful striker. Jack teaches you how to shift your body and put your weight into your punches with techniques such as "The Shoulder Twirl" so that your punches will be very powerful instead of weak arm punches which is how most people throw them. Using this knowledge will enable a 130 pound guy to easily knock out a 300 pound guy who doesn`t have the same knowledge. The arms are only delivery mechanisms. Think of your arms as whips. It`s the same principle as a cowboy using a whip which can cut flesh and be deadly. With this knowledge you don`t have to be the biggest or strongest guy in order to dominate in a self defense situation in prison or on the street. That`s why boxers are the best strikers in the world and a karate or kung fu guy can`t punch like a skilled boxer. Jack will also teach you how to defend yourself effectively and not get hit. Warning: When you learn this knowledge from Jack be careful how you use it. It can be very dangerous in capable hands. God Bless and Jesus is the answer :)

Very detailed, with explanations beyond the mere basics. The falling step that gave Dempsey his power is there, and much more. The sweet science is well portrayed.

So glad they decided to reprint this. The Massana Mauler goes into great detail about power punching. Learn the drop step,shoulder whirl,the hip hunch to ko your opponent into oblivion. Tons of useful info written by a truly hard hitter. Get yours before its too late.

Jack Dempsey explains in the book that some fighters who leave books behind to explain their techniques are missing a certain detail: their growth in their boxing careers. It means that champion boxers have learned techniques so instinctively, they forgot the training and sharpening of their skills they went through to become a champ. Dempsey breaks down his techniques, punches, and strategies inch-by-inch and step by step like a dance.

For a book about the "Sweet Science" this one is surprisingly good. Dempsey was the heavyweight champion of the world for a good reason, and he applies his intellect to this book like many could

not, with a sincere wish to help mentor those of us who are trying to up their game. The writing is straightforward, the drawings are first class, and about the only thing missing is more in the way of pictures showing the intricacies of punching - but then again most pugilists develop their own way of getting their punches off. Altogether this book is a very good effort by the Champ to pass along a bit of his expertise while he still could. I understand that Bruce Lee underlined entire passages of Dempsey's book while Lee was developing his own style of fighting, and if true, this is a higher testament to Dempsey's art than anything that I could say. Recommended !

This is arguably the best book on boxing I've EVER read. The techniques are sound. I love the writing style "Palooka's. Lads and Chaps". It is very descriptive with step-by-step instruction. It is a simple read making it easy to pick up every lesson taught. I urge everyone to pick up this book even intermediate or better boxers. It's fun and effective-that's what makes this such a great tutorial. It is strictly boxing-so MMA fighters wont benefit from anything but the stand-up fighting. It is worth the read anyway.

This is a must have book for anyone who's interested in and practices fighting with their fists. I applaud "Simon & Schuster" for making this valuable book available to those who know that if one's interested in learning how to punch effectively, there's no greater authority than the legendary Jack Dempsey to learn from.

[Download to continue reading...](#)

Championship Fighting: Explosive Punching and Aggressive Defense Survival Self Defense: Keep Yourself And Your Family Protected (Self Defense Gear, Home Defense Tactic, Self Defense Equipment) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Vortex Control Self-Defense Bundle: Hand to Hand Combat, Knife Defense, and Stick Fighting Knife Training Methods for Self Defense: How to Become a Pro at Knife Fighting: (Self-Defense, Self Protection) Krav Maga: Dominating Solutions to Real World Violence (Krav Maga, Self Defense, Martial Arts, MMA, Home Defense, Fighting, Violence) Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Explosive Reactions Lab Kit (Mad Science Explosive Reactions Lab Kit) Championship Contest Fiddling: 44 Transcriptions from 15 Championship Rounds (Mel Bay

Presents) Hard to Believe! Cleveland: Cavs win the NBA Championship! Indians win the AL Championship! Browns win a game! Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts Defense From Within: A Guide to Success As a Dental Malpractice Defense Expert Storytelling for the Defense: The Defense Attorney's Courtroom Guide to Beating Plaintiffs at Their Own Game Practical Escrima Knife Defense: Defending Yourself against Knife Attacks (Vortex Control Self-Defense Book 2) Baseball Defense Mastery: Fundamentals, Concepts & Drills For Defensive Prowess (Baseball Defense, Baseball Book, Baseball Coaching, Baseball Drills, Outfield, Infield) Steven Universe: Punching Up (Vol. 2) Wing Chun Power Punching Blueprint for Self Defence (Wing Chun Power Training Book 1) Knockout: The Ultimate Guide to Sucker Punching Heavy Bag Combinations: The Ultimate Guide to Heavy Bag Punching Combinations (Heavy Bag Training Series Book 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)