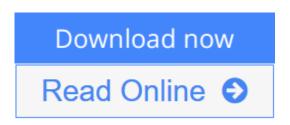


# The International Boxing Hall of Fame's Basic Boxing Skills

By Floyd Patterson, Bert Randolph Sugar



**The International Boxing Hall of Fame's Basic Boxing Skills** By Floyd Patterson, Bert Randolph Sugar

For all boxers and fans, this step-by-step guide to successful boxing by a twotime World Heavyweight Champion will be educational and entertaining. Floyd Patterson set out to "pass along to you what I've learned, to unlock some of the secrets of the greatest sport in the world." He succeeded, creating a classic that's one of the most comprehensive boxing manuals ever written. Topics include rules, equipment, how to bandage your own hands, stance, bobbing and weaving, punching technique, offensive and defensive moves, strategy, and conditioning—all offered with stories from Patterson's career. Plus, there is a full workout program. With a new introduction by International Boxing Hall of Fame member Bert Randolph Sugar, this tour de force is an excellent resource for trainers and boxers as well as a tribute to a great champion's career.

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#### About the Author

Bert Randolph Sugar has established himself as one of the world's foremost sports historians. The former editor-in-chief of The Ring and Fight Game magazines and the author of more than eighty books (including over a dozen books on baseball), Sugar lives with his wife in Chappaqua, New York.

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