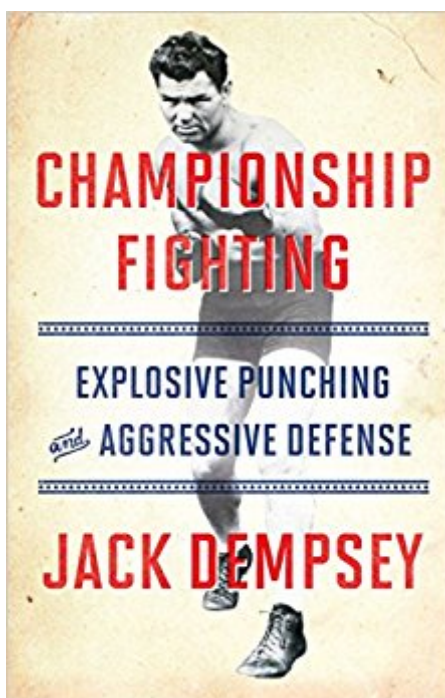


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# Championship Fighting: Explosive Punching And Aggressive Defense



## 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

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## 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 won't 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.

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