



# Championship Fighting: Explosive Punching and Aggressive Defense

*Jack Demspey*

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*Jack Dempsey*

## **Championship Fighting: Explosive Punching and Aggressive Defense** Jack Dempsey

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, *Championship Boxing* 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

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