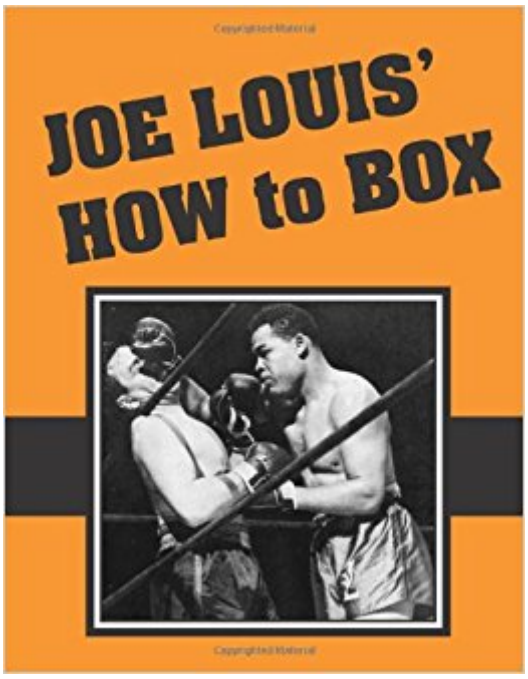
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Joe Louis' How To Box



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Synopsis

In words, diagrams, and action photographs, Joe LouisÃ¢â ¬â •who was named the greatest heavyweight champ of all time by the International Boxing Research Organization in 2005Ã¢â ¬â •explains the techniques he successfully used in his boxing career. There can be no greater authority to write a book on this subject than the "Brown Bomber," who held the World Heavyweight Championship for 11 years and successfully defended the title 25 times, both heavyweight records.Paladin Press is pleased to offer this classic old-school boxing title, which was originally published in 1948, to a whole new generation of enthusiasts eager to learn boxing. Starting with the correct mental attitude and basic training rules and equipment, the book proceeds through the proper stance and footwork to all the various punches and knockout blows. Personal experiences and pictures of the legendary champ enliven the instructions and lessons.Joe Louis' How to Box is for anyone interested in learning more about Joe Louis or boxing for self-defense.

Book Information

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Customer Reviews

A great starter guide from the most mechanically efficient puncher in the history of boxing. W

It's Joe Louis. What's not to love? One page description of boxing technique.

Very clear cut and to the point. Great book from a great athlete.

I enjoyed the book. It was entrtaining and very informative.

This is a small book written by one the greatest boxers that ever lived. Some of it is so rudimentary that you will likely think it seems ridiculous, but Joe Louis wrote it, to take a raw novice and teach them how to box. What are truly the pearls of wisdom in this book is that he tells you very specific things he favored and how to use them. He tells you combination punches that he personally used, like a left jab followed by a left hook, left-left. That is something you don't hear many other boxing books talk about. But Louis not only tells you that it is a good combination to practice but he tells you specific fights he used it in and tells you when it is a good combination to throw. This is why I give this book 5 stars. Some of it maybe rudimentary, but there are pearls of wisdom in this book that are priceless. The book is also filled with pictures showing him using the punches he is explaining, taken from real fights, so he is showing you how he used particular combinations or a punch. He gives good instruction on things how to train on a heavy bag, though the info he gives is brief. His conditioning information and diet and other things are simple compared to what we hear today, but it is explaining what he did, and again, that is priceless. If you want to learn about boxing and/or how to punch I would definately suggest this book, but would add that it would benefit you to also purchase "Fighting Fit" by Lachica/Werner to fill in with a more comprehensive amount of information. But, like I said, this book is the basic information on "How To Box" by one of the very greatest boxers that ever lived, and it is well worth the money.

As I have mentioned in numerous other reviews, sometimes good things come in small packages. This 64 page text was originally published in 1948 and has been recently republished by Paladin Press, a company known for finding old military, martial art and law enforcement books and publishing them. This excellent text covers the mental attitude, the equipment needed to learn to box, the proper stance, footwork, how to throw the jab, left hook, right cross and uppercut punches. This book also has a list of Joe Louis's title defenses as well as the ratings of other fighters in 1948. In conclusion, if you are a boxing fan or a collector of old boxing and self-defense books you will want to get a copy of this historical text. Rating: 5 Stars. Joseph J. Truncale (Author: Martial Art Myths-Cafe Press).

It's the bare bones basics of boxing, which you can get from anywhere; the Jack Dempsey boxing guides are much better. The only reason to get this is simply because it's by Joe Louis, but a rank amateur with a GED and a couple years of competitive experience could do better. Nothing that would make it unique to Louis or his particular style of ring-craft is to be found here.

Like many of the books supposedly written by great boxers this one falls short. It’s a very short book. There are some interesting parts about the attitude one must have to fight but that’s about all I found useful. This book like the Floyd Patterson book is not on my list of recommended boxing books to read.

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