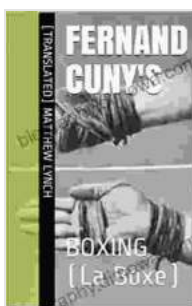


# Fernand Cuny: Boxing - La Boxe - The Ultimate Guide to the Sweet Science

Fernand Cuny, a legendary French boxer and boxing coach, has penned the definitive guide to the sport of boxing. **Boxing - La Boxe** is an invaluable resource for anyone looking to learn about the history, techniques, and strategies of boxing.

## About the Author

Fernand Cuny was born in Paris, France, in 1929. He began boxing at a young age and quickly rose through the ranks, becoming a professional boxer in 1948. Cuny fought for over 10 years, compiling a record of 64 wins, 22 losses, and 10 draws. He was a two-time French national champion and a European champion. After retiring from boxing, Cuny became a successful boxing coach and author.



## Fernand Cuny's: **BOXING (La Boxe)** by Natsume Akatsuki

★★★★☆ 4.6 out of 5

Language : English

File size : 3717 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 196 pages

Lending : Enabled

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## Overview of the Book

**Boxing - La Boxe** is a comprehensive guide to the sport of boxing. The book covers everything from the history of boxing to the different boxing styles to the techniques and strategies used by boxers. Cuny also provides insights into the mental and physical aspects of boxing. The book is written in a clear and concise style, making it easy for readers to understand the complex world of boxing.

## **What You'll Learn from This Book**

By reading **Boxing - La Boxe**, you will learn about:

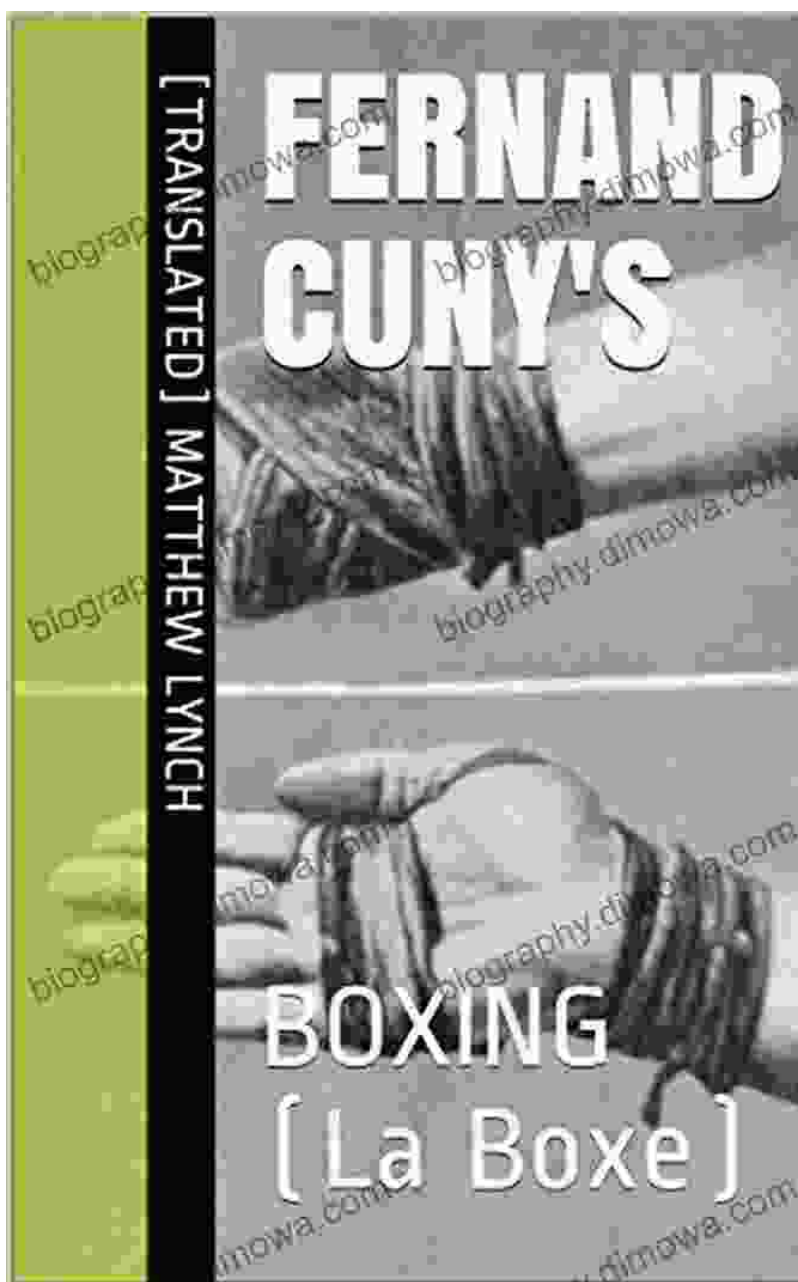
- The history of boxing
- The different boxing styles
- The techniques and strategies used by boxers
- The mental and physical aspects of boxing
- How to train like a boxer
- How to compete in boxing

## **Who Should Read This Book?**

**Boxing - La Boxe** is a must-read for anyone interested in learning about the sport of boxing. Whether you are a beginner looking to learn the basics or an experienced boxer looking to improve your skills, this book has something to offer you. The book is also a valuable resource for boxing coaches and trainers.

**Boxing - La Boxe** is the ultimate guide to the sport of boxing. This book is a must-read for anyone interested in learning about the history, techniques, and strategies of boxing. Fernand Cuny's insights into the mental and

physical aspects of boxing are invaluable for anyone looking to improve their boxing skills.

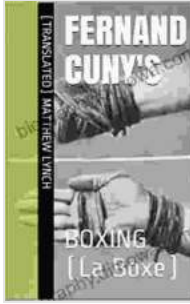


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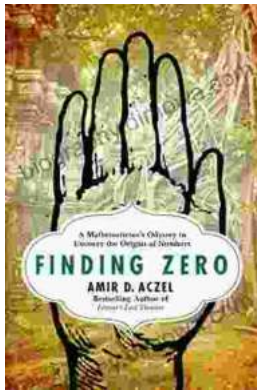
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