

A wooden sign with the text "BEGINNER'S GUIDE" is the central focus. The sign is rectangular with a dark green or blue background and white, bold, sans-serif lettering. It is mounted on a wooden post. The background is a soft-focus bokeh of various colored light circles in shades of blue, purple, yellow, and orange, creating a dreamy, ethereal atmosphere.

BEGINNER'S GUIDE

Beginners Guide To Boxing

Ernie NicholSEN



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