

A colorful illustration of a boxer in a ring. The boxer is in the foreground, wearing white shorts and boxing gloves, in a dynamic pose. In the background, another boxer is visible in a green outfit, and a crowd of spectators is shown in the lower right corner. The scene is set within a boxing ring with ropes.

# The Art of Boxing

**A SELF-INSTRUCTION BOOK**

Written and Illustrated

By TOM LOTTA

Covers: Long Range and  
Infighting

Training and  
Diet

Correct  
Punching

Defensive  
Moves

Covers every phase of fighting; fighting positions, feinting, long-range fighting, infighting, all punches, and defense moves for amateur or professional.

# Boxing A Self Instruction Manual

**Camilla Rothe**



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