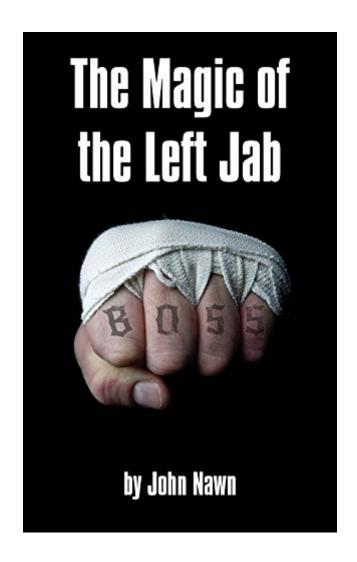
## The book was found

# The Magic Of The Left Jab





# **Synopsis**

This book is titled the â œMagic Of The Left Jabâ • for a very good reason. The Left Jab is the first punch all boxers are taught. It is used to control the distance between you and your opponent. Itâ ™s used to probe your opponentâ ™s defences. Itâ ™s used to set up combinations. Itâ ™s used to control your opponentâ ™s movements. Itâ ™s used to wear down your opponent mentally and physically. Itâ ™s used to set up knockout punches. Itâ ™s used to control the speed, tempo and intensity of the fight and much, much more. It is in fact the most versatile punch you can learn to use. IT IS IN FACT A MAGICAL PUNCH! The left jab is a much under-estimated and underutilised strike. The left jab when used to effect with good footwork can be a fight winner. It can be used in so many different circumstances including but not limited to :-â ¢ FEELING OUT YOUR OPPONENT AT THE START OF A FIGHT.â ¢ WORKING DISTANCE.â ¢ CHECKING HIS REACTION SPEED.â ¢ MOVING IN BEHIND THE JAB TO CLOSE THE DISTANCE BETWEEN YOU AND YOUR OPPONENT.â ¢ JABBING YOUR OPPONENT OFF AS HE RUSHES AT YOU.â ¢ WEARING YOUR OPPONENT DOWN PHYSICALLY BUT JUST AS IMPORTANTLY MENTALLY. â ¢ SETTING UP COMBINATIONS. â ¢ SETTING UP KNOCKOUTS. â ¢ THE JAB CAN BE A KNOCKOUT PUNCH. We will discuss all this and much, much more in this e-book. Additionally, when you buy this e-book you will receive a link to two youtube videos that will demonstrate some vital exercises with the left jab.

### **Book Information**

File Size: 527 KB

Print Length: 45 pages

Simultaneous Device Usage: Unlimited

Publisher: Top Dog Combat Solutions (February 5, 2015)

Publication Date: February 5, 2015

Sold by: A Digital Services LLC

Language: English

ASIN: B00TA3DJOC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #352,281 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #64 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #173 in Books > Sports & Outdoors > Individual Sports > Boxing #268 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors

## **Customer Reviews**

Well written. Concise and to the point.

#### Download to continue reading...

The Magic Of The Left Jab The Baine Chronicles Series, Books 1-3: Burned by Magic, Bound by Magic, Hunted by Magic Herbal Remedies: The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics,: herbs, Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Magic the Gathering Strategy and Deck Building Tips: A Complete Guide to Building a Magic Deck that Wins! Summary - The Life Changing Magic of Tidying Up: By Marie Kondo -The Japanese Art of Decluttering and Organizing (The Life Changing Magic of Tidying Up ... Paperback, Audiobook, Audible, Japen) The price of playing jund in Magic: IF 8,000 PEOPLE READ THIS, I CAN BUY THIS MAGIC DECK El autobus magico Salta Hasta Llegar a Casa / The Magic School Bus Hops Home: Un Libro Sobre Los Habitats De Los Animales / A Book About Animal ... / the Magic School Bus) (Spanish Edition) Rainbow Magic #3: AzafrÃin, el hada amarilla: (Spanish language edition of Rainbow Magic #3: Sunny the Yellow Fairy) (Spanish Edition) Into the Magic Shop: A neurosurgeon's true story of the life-changing magic of compassion and mindfulness Reflections: On the Magic of Writing: On the Magic of Writing WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing) The Druid Magic Handbook: Ritual Magic Rooted in the Living Earth Murder's a Witch: A Beechwood Harbor Magic Mystery (Beechwood Harbor Magic Mysteries Book 1) Wicca Candle Magic: A Beginner's Guide to Practicing Wiccan Candle Magic, with Simple Candle Spells Wicca Elemental Magic: A Guide to the Elements, Witchcraft, and Magic Spells (Wicca Books Book 2) Wicca Candle Magic: A Beginner's Guide to Practicing Wiccan Candle Magic, with Simple Candle Spells (Wicca Books Book 3) Wicca Crystal Magic: A Beginner's Guide to Practicing Wiccan Crystal Magic, with Simple Crystal Spells (Wicca Books Book 4) Black Magic Spells: Black Magic Spells for Beginners (Black Magick) Wicca Elemental Magic: A Guide to the Elements, Witchcraft, and Magic Spells Gurps Grimoire: Tech Magic, Gate Magic and Hundreds of Spells for all Colleges

#### **Dmca**