

livre technique boxe anglaise pdf

La boxe anglaise, aussi appelée le noble art, est un sport de combat dans lequel deux adversaires, de même catégorie de poids et de même sexe, se rencontrent sur un ring, munis de gants rembourrés afin de limiter le risque de coupure, et s'échangent des coups de poings, portés au visage et au buste.

Boxe anglaise â€” Wikipédia

Carrière amateur. Très jeune, Jean Pascal se découvre des aptitudes pour le hapkido, le soccer et le hockey. Mais c'est à l'adolescence, en suivant les traces de son frère aîné, Nicholson Poulard, que Jean tombe en amour avec ce qui allait devenir sa passion: la boxe. À 13 ans, il commence une carrière chez les amateurs qui le ...

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