



# American Fist: A Fighter's View of Boxing

*James LaFond*

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# American Fist: A Fighter's View of Boxing

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## **American Fist: A Fighter's View of Boxing** James LaFond

Whether your interest in boxing is oriented toward the ring, the cage, the street, or the flat screen TV on your man cave wall, American Fist will broaden and deepen your understanding of this ancient art that has, in its final form, become something quintessentially American.

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