

# **THE COMPLETE BOXER**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649553648

The Complete Boxer by J. G. Bohun Lynch

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**J. G. BOHUN LYNCH**

**THE COMPLETE  
BOXER**



**THE COMPLETE BOXER**

# TO WIN UNSTOPPABLE



"THE STRAIGHT LEFT AT THE HEAD IS THE BEST OF ALL BLOWS"

*(see page 61)*

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*First Published in 1914*

NO. 1111  
ABSTRACTS

## PREFATORY LETTER BY LORD LONSDALE

"LOWTHER, PENRITH.

"MY DEAR MR. LYNCH,

"I have read with the greatest interest what to me is the finest description of the origin of Boxing that I have ever heard or read, and I offer you my humble compliments on the most thorough and historic résumé I imagine has ever been produced.

"Your description of the origin and purposes of Boxing is of itself interesting and instructive, and accurate to a degree. Coming to the General Hints, I have read and re-read them, and I am not master enough of the English language to find a word that could convey a high enough estimate of the whole of the practical advice, and they show a masterly knowledge of all that happens in the ring.

"The Cardinal Blows and Counter Blows are most accurately described, and anyone who follows your instructions accurately must derive the greatest possible advantage, not to say instruction. I also entirely agree with what you say about 'Knock-Out Blows,' but to my mind there is no such thing as a 'knock-out blow,' except the blow that 'knocks out,'—a very Irish statement, but what I mean is



that any blow that causes concussion of the jaw-bone, from whatever punch—causes vibration of the brain, and that no matter if the blow is on the neck or chin or chest, or with a dropping head, or whatever means, becomes a 'knock-out blow.' But to describe any particular blow as a certain 'knock-out blow' is to me (in my ignorance) an impossibility. I have often heard of and seen a boxer in a competition going on the off chance of a 'knock-out blow,' and nine times out of ten it has never come off, because the position of the adversary prevented it taking effect.

"Your Training remarks are valuable and absolutely correct in my humble judgment. And I think it would be impertinence on my part were I to in any way criticize so able a work—on an art that is healthy, honest, and in the best interests of daily life and exercise, and a game that helps young men to keep their head, know what a blow is, keep their temper under trying circumstances, and above all helps to educate them in the most valuable asset in life—Presence of Mind.

"I only hope that your book, which deserves the greatest praise, may be successful to a degree, and that it may help to bring about a continuance of a science of which Englishmen are proud, and which has done so much for those who have proved heroes for their country.

"Yours very truly,

"LONSDALE"

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