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defense you're either on the attack or on the defensive having good footwork ensures you minimize the risk on both ends and get yourself in and out of danger when necessary the boxer who wins the range battle often wins the war that's why reach is so'

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*difficult and takes a long time to master by the time a boxer makes it to tv he has had 150 amateur fights and 20 pro fights mma and kickboxing have guys on tv after their 3rd or 4th fight'***prehensive guide to footwork in boxing law of the fist**

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between the two as sun tzu would state that everything is of a duel nature it important if your an eastern martial practitioner to know the methods of a western martial practitioner and vice versa'

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