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Psychology Of The Knockout: Or The Pocket Pugilist

Tony Stanton

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From PSYCHOLOGY OF THE KNOCKOUT: “Being in shape goes without saying. I would be telling you nothing new if I told you to train hard, though I will get into how to motivate yourself to train hard, and regularly. Knowing your skills is also obvious, though I will get into how to use your individual best skills most often, and develop the skills you are weak at. Keeping your body clean of drugs and alcohol and cigarettes should be obvious, but fighters are often the most easily tempted. Any trainer can TELL them what to avoid, but few can show them the psychology of how to resist the temptation. Knowing your opponent, in the upper ranks of the pro's you can watch tapes of his old fights, but what if there are no tapes? Diet and weight control can be a problem for fighters, more so in the heavier weights. Rather than push back from the table they just figure they can compete in the next division. This is psychology, too. Chicken can taste like steak if you can control your mind. This book is in no particular order, I am a writer but I am a fighter first. I still spar with my students and I don't want to cramp my hands rearranging chapters.”

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