



# Typhoon Tecnnique - Training, Technique & Titles

*Vinny Furlani, Tracy Patterson*

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## **Typhoon Tecnnique - Training, Technique & Titles** Vinny Furlani, Tracy Patterson

The thrill of boxing for the spectator and the fighter is in the quality of the competition and the finesse of the ring combat. The chain of boxing intelligence that was passed from Cus D'Amato to Floyd Patterson, to Vinny Furlani and Tracy Patterson, forms the underlying framework for the 10-Point Strategic Boxing System and the Typhoon Technique. Vinny and Tracy were both trained by Floyd Patterson at his Huguenot Boxing Club. Vinny and Tracy have written this book to preserve and pass on the genius of old-school boxing. Cus and Floyd were undisputed masters of old-school boxing. These strategies and techniques made Floyd a two-time heavyweight champion and Mike Tyson the legendary fighter that he is. They are the basis of the 10-Point Strategic Boxing System and the Typhoon Technique. Mesmerizing boxing is the result of great physical conditioning, exceptional technical skill, and flawless strategic execution. These ingredients are the result of systematic training supervised by someone who understands why the science of boxing can be so very sweet. This training manual offers the perspective and instructional guidance you need to shift your training regimen back to the art of boxing. The book expands beyond boxing technique and looks at how Floyd taught his fighters with great insight into the world of this legendary fighter. Tracy Patterson shares his experience punch by punch, defensive move, by defensive move in his rise to two World Championships. He talks about the legends that influenced him and remembers specific fights during his career. Vinny Furlani talks about his boxing career and the amazing ride living on Patterson's property, and experience throughout his own boxing career. A must read for boxing fans, fighters and coaches.

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