

Secret of Boxing

The boxing bible

By Beda Mathis

The author has over 20 years experience as a boxing trainer and runs his own boxing gym.



The Secret of Boxing gives a fascinating insight into the complexities of the sport of boxing. A lot of to date unexplored or not well documented facts about the correct posture, movements and ultimately the creation of the translational and rotational movements, that are supposed to lead to the “perfect punch”, are outlined with impeccable clarity. Beda Mathis’ book is the result of many years of tireless dedication to the sport, combined with the the studies of the most up to date recognized scientific principles of modern biomechanics. He clearly demonstrates that knowledge of these basic principles is an absolute necessity for any trainer who wants to “perfect” his students boxing skills, a never ending process that he and his students have to aim for. Like in boxing, every sport has its optimal movement to achieve perfection. The Secret of Boxing is a must read for every person interested in the sport, a true eye opener.

Mr. Jon Von Planta,
Financial Advisor

Enthusiastic boxing fan and active participant in boxing training in three countries:
England, Mexico and Switzerland.

Beda Mathis' Secret of Boxing begins with the story of a young person with the ambition and dream of achieving greatness through athletic achievements. This familiar story accompanies the book and serves as a didactic tool to convey the complexity and diversity of the technical aspects of a developing boxer.

The strength of the book lies in its use of clear examples from live boxing matches, as well as illustrations, figures, and reasoning to present a unique perspective on boxing. The author makes a strong effort to explain how the laws of physics and physiology coincide in boxing. Drawing on knowledge developed in the field of biomechanics and his extensive experience as a trainer, Beda Mathis' Secret of Boxing aims to dispel common misconceptions about body movement and punch power in boxing.

This book is designed for both boxers and trainers, offering insights into boxing fundamentals along with arguments that align with strong strategic thinking. It's a dense and comprehensive resource, packed with detailed information and analysis. As such, it isn't intended for readers looking for a quick read but rather for those committed to delving deeply into the art and science of boxing.

With the help of this book, readers can achieve an intrinsic understanding of boxing and hopefully, a new field of interpretation will open up for them. For me, Secret of Boxing holds its promise as a thorough and enlightening exploration of the sport.

Mr. Alexandre Cottier

High School Teacher and Artist based in Zurich, Switzerland