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# The Pacquiao Method: Dynamic Boxing and Espada y Daga

*Darrin Cook*

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*Darrin Cook*

**The Pacquiao Method: Dynamic Boxing and Espada y Daga** Darrin Cook
Fight like Pacquiao!

Manny Pacquiao is the first and only eight-division world boxing champion, in which he has won ten world titles, as well as the first to win the lineal championship in four different weight classes. These historic achievements don't come by talent or blind luck, but by superior technique.

MMA fighter Holly Holm used these same techniques in her surprise, totally dominating upset of the seemingly invincible Ronda Rousey.

The aim of this book is to teach you Pacquiao's revolutionary boxing method, and furthermore, to apply that method to wield weapons in the style Filipino martial artists call "espada y daga."

The result is a dominant, dynamic style that can be applied armed as easily as empty-handed.

"The Pacquiao Method" is photo illustrated.

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