

## Wrestling Catch As Catch Can Style 23 Illustrated Wrestling Moves

The turn of the 20th century is considered by many to be one of the greatest eras in professional wrestling, and this 1928 manual from the Spalding's Athletic Library series documents some of the top titleholders of the day as they teach readers their secrets. World champ George Hackenschmidt, ironman Tom Jenkins (who the legendary Frank Gotch said was the toughest man he ever wrestled), lightweight superstar George Bothner and other greats of the day demonstrate head locks, strangleholds, nelsons, leg trips, waist holds, grapevines and other fundamental techniques. Bonus essays on tactics and psychology, the "scientific" use of the feet, resistance vs. nonresistance and effective training fill out the nuances of the sport. The book concludes with a special 20-page illustrated section on catch-as-catch-can wrestling moves suitable for the ring or the street. Original copies of this gem of wrestling history are very difficult to find. This quality reprint edition is an essential addition to the training library of serious wrestlers, mixed martial artists or anyone interested in classic sporting texts.

Bob Backlund began life as a poor farm boy in the little village of Princeton, Minnesota, with a population of just over 2,000 people. He was a below-average student with a lackluster work ethic and a bad attitude, who hung with the wrong crowd and made a lot of bad choices. He was a kid whose life was headed for disaster—until a local coach took interest in him, suggested that he take up amateur wrestling, and offered to work with him if he promised to stay out of trouble. It was in North Dakota that Bob Backlund had the first of several chance encounters that would shape his destiny. While working out at the YMCA gymnasium in Fargo, North Dakota, where he wrestled for North Dakota State, Backlund met a well-known professional wrestler, "Superstar" Billy Graham. The men talked, and at Graham's suggestion, Backlund was inspired to pursue a career in professional wrestling. Less than five years from that day, on February 20, 1978, Backlund would find himself halfway across the country, standing in the middle of the ring at Madison Square Garden with his hand raised in victory as the newly crowned World Wide Wrestling Federation Heavyweight Champion. The man Backlund pinned for the championship that night was none other than "Superstar" Billy Graham. Featuring contributions from Bruno Sammartino, Harley Race, Terry Funk, Pat Patterson, Ken Patera, Sergeant Slaughter, The Magnificent Muraco, George "The Animal" Steele, "Mr. USA" Tony Atlas, The Iron Sheik, and many others, this book tells the incredible story of the life and nearly forty-year career of one of the most famous men to ever grace the squared circle.

Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

A control and arrest system for Officers that follows a different style than most have seen. If you are the kind of Officer that goes hands on and don't let go this system will be right up your alley. I have found that most of us lock on and don't let go when the bad guys want to fight. This follows the reality I have seen in my time in Law Enforcement. I explain and show a few simple Catch Wrestling holds that will make you much more effective at your job. A little Cop humor is included to keep it light. If your someone that has an interest in Catch Wrestling here's a new book to dig your teeth into. If your an MMA fan this will give you a different look at some moves you have seen and some that come from the golden era of NHB. Warning: This book contains Gallows Humor common to Law Enforcement Officers.

The fast and easy way to pin down the sport of wrestling Wrestling is a fast-paced sport with many technicalities, rules, and ways to score points—making it difficult for spectators to follow the score and understand whistles and restarts. In Wrestling For Dummies, author and 2008 Olympic Gold medalist Henry Cejudo explains the scoring system and unique rules of wrestling to new competitors, confused parents, and fans of this ancient and captivating sport. Wrestling For Dummies also explains the rich history of the sport and covers the six styles of competitive wrestling and their distinction from the modern entertainment-based "pro wrestling." Covers Greco-Roman and freestyle wrestling Plain-English explanations of wrestling rules Details the history of wrestling Whether you're just getting started as a wrestler or enjoy it as a spectator sport, Wrestling For Dummies makes this sport accessible and easy to understand.

Lex Luger, wrestling megasensation and three-time world heavyweight champion, ruled the ring for years as "The Total Package." Whether he was making a dramatic entrance from a helicopter, defeating champ Hulk Hogan, or sculpting a near-perfect physique, Lex was on top of his game. Yet backstage, he was wrestling with addictions to sex, drugs, and alcohol—things he clung to even when his mistress died suddenly of a drug overdose and Lex went to jail. There, Lex faced the truth: he was losing the fight for his life. And still awaiting him was his most brutal opponent yet, when the wrestling champ found himself helplessly paralyzed from the neck down. In Wrestling with the Devil, Lex Luger reveals never-before-told stories from his career, his struggle with personal demons, and how, through unexpected faith, grace, and redemption, he overcame all odds to fight the only battle that really matters.

From the host of the critically acclaimed pro wrestling podcast Straight Shoot, this graphic novel history of wrestling features the key grapplers, matches, and promotions that shaped this beloved sport and form of entertainment. As a pop culture phenomenon, professional wrestling—with its heroic babyfaces and villainous heels performing suplexes and powerbombs in pursuit of championship gold—has conquered audiences in the United States and around the world. Now, writer/podcaster Aubrey Sitterson and illustrator Chris Moreno form a graphic novel tag team to present wrestling's complete illustrated history. Featuring legendary wrestlers like Bruno Sammartino, Hulk Hogan, and The Rock, and modern-day favorites like John Cena, Kenny Omega, and Sasha Banks, the book covers wrestling's progress from the carnival days of the Gold Dust Trio to the dominance of the WWF/WWE to today's diverse independent wrestling scene, and it spotlights wrestling's reach into Mexico/Puerto Rico (lucha libre), the U.K. (all-in), and Japan (puroresu).

Some admirers have called Gene LeBell, a.k.a. "The Toughest Man Alive," the deadliest man on the planet. His wife says sarcastically, "He's just from another world." LeBell wears many hats, having grown up in boxing and wrestling gyms around the world and spending a lifetime studying many of the different martial arts. LeBell has won national judo championships, wrestled professionally for over 20 successful years, announced professional wrestling on television for 15 years, and refereed professional boxing and wrestling matches all over the world. The Godfather of Grappling tells the amazing story of this grappling master, who has also been a TV and movie actor and a top Hollywood stuntman for more than half a century. Featuring forewords by "Rowdy" Roddy Piper and Chuck Norris, just two of the many celebrities he counts as friends, and packed with dozens of photos and illustrations, The Godfather of Grappling is an inspirational tale sure to entertain fans of professional wrestling, the martial arts, movies, television, and just about anything else Gene LeBell has taken on during his storied career.

Catch wrestling (originally Catch-as-catch-can) is a classical hybrid grappling style and combat sport. It was developed by J. G. Chambers in Britain c. 1870. It was popularised by wrestlers of travelling funfairs who developed their own submission holds, or "hooks", into their wrestling to increase their effectiveness against their opponents. Catch wrestling derives from various different international styles of wrestling: several English styles (primarily Lancashire, as well as Cumberland and Westmorland wrestling and Devonshire), Indian pehlwani, and Irish collar-and-elbow wrestling. The training of some modern submission wrestlers, professional wrestlers and mixed martial artists is founded in catch wrestling. Here is what you will learn in Beginner's Guide Catch Wrestling: What is catch wrestling? Where did catch wrestling originate? Who invented Catch wrestling? How did Catch wrestling change into professional wrestling? How does catch wrestling differ from Judo? How does catch wrestling differ from Brazilian Jiu-jitsu? How does catch wrestling differ from Russian Sambo? What happens in the average Catch Wrestling class? Is Catch Wrestling right for Women? How often should I train CW, as a beginner? Is CW just a sport, or will it teach me self-

defence? I'm really out of shape: Do I need to get fitter before starting CW? What are the belt ranks in CW? I'm getting frustrated with my lack of progress: how can I overcome this? Guide To Rolling/Sparring I get tired quickly when sparring: what can I do? I'm scared of sparring what should I do? How do I avoid injuries in CW? I'm worried about getting cauliflower ear: how do I avoid it? Effective Catch Wrestling techniques Presents a collection of Christmas stories about Molly, Kit, Samantha, Addy, Kirsten and Josefina.

In this fascinating autobiography, Billy Robinson recounts his upbringing in post-WWII England amid a family of champion fighters, his worldwide travels as a wrestler, his time as a pro wrestling TV star, and his career as a coach to some of the biggest names in mixed martial arts. For the first time, Billy Robinson sets the record straight on: - who won the infamous street fight between him and the grandfather of superstar Dwayne "The Rock" Johnson. - how his family was pivotal in introducing "God of Wrestling" Karl Gotch to Billy Riley's gym and the sport of catch-as-catch-can wrestling. - the accomplishments of some of the greatest competitive grapplers the world has ever seen and that you've likely never heard of before. This memoir fills a crucial gap in the history of catch-as-catch-can wrestling and shares the intriguing details of Billy's life, in his own inimitable voice.

Winning most of his professional matches in less than 10 minutes and a claimed career record of more than 2,000 wins and 5 losses, George "the Russian Lion" Hackenschmidt, was considered the top wrestler of his day and is even now considered one of the top Catch-as-catch-can wrestlers of all time. First published in 1909 and lavished with 70 photographs, provides an introduction to what Hackenschmidt thought was the most important elements of Catch-as-catch-can wrestling, with particular attention to what was not included in competing manuals.

Though he had earned a reputation as a true gentleman in the ring, his manual includes details on trips, leg-locks, arm-locks, chokes, skirting the rules, "punishing" holds, and various "tricks" that could be used in a match. This manual, faithfully transcribed by Kirk Lawson from the original, contains a wealth of information for modern Catch-as-catch-can wrestlers and remains an important and valuable wrestling resource to this day.

This book details the rich history of both amateur and professional wrestling from the late 1800s to 1933 in the Lakehead, Ontario region. There was a real heyday for wrestling between the early 1880s and into the early to mid-1920s, which included the development of catch-as-catch-can-wrestling, the precursor to modern freestyle/folkstyle wrestling. There were also numerous grassroots wrestling clubs and organizations, including many based in working class organizations, such as the Finnish Labour Temple, the Communist Party of Canada, and the Industrial Workers of the World (IWW). The book details the relation of the growth of wrestling in the region to the growth of the economy, industry, and trade, as well as the accompanying national and ethnic tensions and disputes.

Catch-as-Catch-Can, a brutal martial art and sport, was created in England beginning in the 1490s and refined for hundreds of years. Sailors from the British Navy traveled all over Asia and the Middle East, bringing back fighting techniques from these exotic lands. Englishmen mixed these techniques with their existing wrestling techniques sourced from all over Europe. The result was a devastating martial art known as "Catch Wrestling." The history of Catch Wrestling makes us take a hard look at what we think we know about the martial arts and where they came from. Also included in the book is a rare interview with one of the few Catch-as-Catch-Can experts still carrying on the tradition, Coach Joel Bane of Snake Pit USA. He reveals invaluable information about Catch Wrestling you would be hard pressed to find anywhere else.

This early work by E. J. Harrison was originally published in 1934 and we are now republishing it. 'Wrestling - Catch-As-Catch-Can, Cumberland & Westmorland, All-In Styles' is an excellent publication that details the various schools of wrestling and the key holds and manoeuvres in each. It is complete with illustrations and photographs for extra clarity. This is a wonderful work for anyone with an interest in the techniques of wrestling.

Behind the scenes with a pro - wrestling and MMA legend In this fascinating autobiography, Billy Robinson recounts his upbringing in post - WWII England amid a family of champion fighters, his worldwide travels as a wrestler, his time as a pro wrestling TV star, and his career as a coach to some of the biggest names in mixed martial arts. For the first time, Billy Robinson sets the record straight on: who won the infamous street fight between him and the grandfather of superstar Dwayne "The Rock" Johnson. how his family was pivotal in introducing "God of Wrestling" Karl Gotch to Billy Riley's gym and the sport of catch - as - catch - can wrestling. the accomplishments of some of the greatest competitive grapplers the world has ever seen and that you've likely never heard of before. This memoir fills a crucial gap in the history of catch - as - catch - can wrestling and shares the intriguing details of Billy's life, in his own inimitable voice.

From William Muldoon to Brock Lesnar, this history covers those who have divided themselves as tough guys on the professional wrestling circuit and legitimate confrontations. From catch wrestling master Billy Robinson to the Japanese professional wrestler who gave birth to the global phenomenon that is modern mixed martial arts (MMA), this investigation travels from the shadowy carnival tent and the dingy training hall to the bright lights of the squared circle and the Las Vegas glitz of the octagon. Billy Riley's legendary Wigan Snake Pit and the rigorous UWF Dojo in Tokyo are explored, revealing the secret history of both professional wrestling and the rising sport of MMA. Squared circle icons Strangler Lewis and Lou Thesz and Olympic heroes Danny Hodge and Kurt Angle are also featured.

The Birth and Evolution of Catch-as-Catch-Can Pro-Wrestling in East Lancashire, England. "The Story of Catch" covers the most forgotten stages of Lancashire's Catch Wrestling history, including its origin, its fast growth and evolution during first fifty years of Catch, introduction of professionalism and its Golden Era, as well as introduction and popularization of it in the United States. This story has many heroes who affected Catch in its early stages and remained in history as true symbols of Lancashire Wrestling. But the whole story is dedicated to the memory of Adam Ridings of Bury, Lancs (1819-1894), who was also known under the nickname of "Dockum of Bury" a pioneer of Catch Wrestling, and the most prominent and popular wrestler of Lancashire in the 1840's-1850's. For anyone with a serious interest in history of professional wrestling "The Story of Catch" is a must.

Wrestling catch-as-catch-can style - 1912 edition illustrated .

"... I consider it has been of great value in the training of the soldier and the bringing out of those qualities of grit and determination which have been seen in all ranks..." - Capt Daniels.

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By 2025, the American empire will have gone the way of so many empires before it. So says iconoclastic (and uncannily prescient) libertarian hypnotist and former financial engineer Jake Shannon. In ENDonomics, Shannon lays out the causes of the impending collapse of the United States as we know it in clear and simple language: ...why, despite multiple 'quantitative easings', we are not



seeing hyperinflation and in many cases seeing deflation? ...what happens when the US defaults on the national debt? ...how has modern financial economics, and derivatives instruments specifically, helped to hasten the collapse of the United States? ...and much, much more. Despite the dismal title referring to the dismal science, Shannon contends that there is good reason to be an "Apocaloptimist". Read and share ENDonomics and learn why the end of the American empire may very well lead to the rebirth of the American Republic!

Catch wrestling (or Catch As Can Wrestling) is a bit of an umbrella term that captures several similar grappling arts. Generally speaking, current forms of catch wrestling are jacketless (no gi) arts that allow a wide range of submissions and also honor pins as a way to win a match. It is an extremely effective form of grappling and helped to establish an early form of Mixed Martial Arts. Much like Judo, catch wrestling got its start in the Middle Ages when armored knights would fight one another. The heavy metal armor presented real problems for the attacker, and one solution was to take the knight down and use the extra force of gravity to help defeat the prostrate man. They turned to wrestling traditions that existed in their respective cultures, which included a great deal of techniques for combat situations. Knights were full time soldiers who spent their lives developing and honing martial skills, and as a result the Middle Ages were something of a golden age of European martial arts, and to this day we still have combat manuals written by masters of the time. Getting started in Catch Wrestling can be daunting. But training martial arts is one of the most beneficial things I've ever done, mentally and physically, but getting over the beginner's hump was where a chunk of those benefits come from. Thankfully the Internet now allows us to learn more easily from those who came before us. Here is what you will learn in Beginning Catch Wrestling What is catch wrestling? Where did catch wrestling originate? Who invented Catch wrestling? How did Catch wrestling change into professional wrestling? How does catch wrestling differ from Judo? How does catch wrestling differ from Brazilian Jiu-jitsu? How does catch wrestling differ from Russian Sambo? What happens in the average Catch Wrestling class? Is Catch Wrestling right for Women? How often should I train CW, as a beginner? Is CW just a sport, or will it teach me self-defence? I'm really out of shape: Do I need to get fitter before starting CW? What are the belt ranks in CW? I'm getting frustrated with my lack of progress: how can I overcome this? Guide To Rolling/Sparring I get tired quickly when sparring: what can I do? I'm scared of sparring what should I do? How do I avoid injuries in CW? I'm worried about getting cauliflower ear: how do I avoid it? Effective Catch Wrestling techniques (With Videos) Would You Like To Know More? Download and begin your Catch As Catch Can journey.

Sure, you know how to punch and kick, but how well can you fight at shorter range? Can you defend yourself when the fight turns to grappling? When both you and your opponent are rolling around and wrestling on the barroom floor, are you confident that you can win the fight? If you doubt your chances at close quarters, then you are not prepared for the reality of streetfighting. That's because, as Ned Beaumont points out here, in the real world, fights frequently begin with or turn into bouts of wrestling, and the antagonist with the greater expertise in wrestling is most often the victor. The truly tough customer is the person who thoroughly conditions himself, diligently studies and practices wrestling holds and techniques, and then makes full use of them in rough-and-tumble situations. Learn to prevail in the street by reading this book!

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Anything-goes catch wrestling from England merged with the rough-and-tumble fighting of the American frontier to spawn one of the most lethal fighting arts ever - North American catch-as-catch-can wrestling. This book chronicles the exploits of an elite group of wrestlers who took on all comers in packed arenas, carnivals and dirt lots all across America. Contains matches featuring wrestler, boxers and jiu-jitsu practitioners and a superb collection of old photos, poster and ads.

Physical ChessMy Life in Catch-As-Catch-Can WrestlingECW Press

Few sports are as intense as wrestling. The physical training demands total dedication. The mental side requires focus, anticipation and resilience. No letup. No excuses. Wrestling Tough, Second Edition, will inspire and guide you to achieve the mind-set of a champion. Whether you need to identify the flaws of an opponent, get optimally psyched for a big match, or overcome the adversity inherent in participating in the sport, Wrestling Tough will prepare you to excel and win. Mike Chapman, known for his unique expertise, analysis, and insight into the great sport of wrestling, has had the privilege of rubbing shoulders with many of America's greatest amateurs and professional wrestlers. In the second edition of Wrestling Tough, he shares his insights to take you beyond the physical attributes needed to succeed on the mat:

- Explore the attacking mind-set and the importance of psyching up for competition.
- Gain perspective on the increasing popularity of the sport among women and girls and how female participants are proving their toughness on the mat at all levels.
- Examine the rise and importance of funk-style wrestling, through which an individual's personality is allowed—and encouraged—to shine.
- Glimpse the key moments in the careers of many great wrestlers and the training methods they used to break through barriers and achieve ultimate success.

Wrestling Tough is loaded with stories, insights, and coaching philosophies from legendary coaches and wrestlers such as Cael Sanderson, Dan Gable, Lee Kemp, John Smith, Tom Brands, and Steve Fraser, and even coaches from other sports such as basketball's John Wooden and football's Vince Lombardi. These stories will captivate wrestlers, coaches, and fans of wrestling alike. Make your mind a key weapon in your wrestling arsenal. Wrestling Tough provides you the ammunition to develop the mental firepower to win and dominate on the mat.

The Jiu-Jitsu killer!This extremely rare book has long been sought after for the practical self-defense methods shown by wrestling champion and boxer Prof. Frank S. Lewis.In response to the Jiu-Jitsu invasion in the early 1900s, Lewis showed the American public that its own methods of fighting were even more effective than the Japanese import.

In the early 20th century, one man ruled the tough world of professional wrestling -- Frank Gotch. Learning the ferocious craft of catch-as-catch-can wrestling under the tutelage of catch wrestling master Martin "Farmer" Burns and in regular, brutal bouts in the ring, Gotch went on to dominate the sport and become one of the most famous sports figures in the world. The Life and Legacy of Frank Gotch chronicles Gotch's rise to the pinnacle of the wrestling world before his untimely death in 1917. It provides little-known details about his earliest matches, his trip to Alaska to hone his wrestling skills, his training under Farmer Burns, his harshly instructive contests with the fierce Tom Jenkins and his two epic bouts against the "Russian Lion," the great George Hackenschmidt. Author Mike Chapman offers intriguing speculation about how Gotch may have matched up against some of the other top wrestlers of all time, and he has unearthed fascinating accounts from wrestling legends, promoters and sports writers, during and after the Gotch era, who all weigh in on why Gotch was the greatest of them all. Close to 80 photos,

many of which are being published for the first time in nearly a century, round out this portrait of one of the most influential figures in the history of professional wrestling.

The story of global sport is the story of expansion from local development to globalized industry, from recreational to marketized activity. Alongside that, each sport has its own distinctive history, sub-cultures, practices and structures. This ambitious new volume offers state-of-the-art overviews of the development of every major sport or classification of sport, examining their history, socio-cultural significance, political economy and international reach, and suggesting directions for future research. Expert authors from around the world provide varied perspectives on the globalization of sport, highlighting diverse and often underrepresented voices. By putting sport itself in the foreground, this book represents the perfect companion to any social scientific course in sport studies, and the perfect jumping-off point for further study or research. The Routledge Handbook of Global Sport is an essential reference for students and scholars of sport history, sport and society, the sociology of sport, sport development, sport and globalization, sports geography, international sports organizations, sports cultures, the governance of sport, sport studies, sport coaching or sport management.

Offers training drills for wrestling that range from simple to complex, covering takedowns, escapes, reversals, and riding-to-pinning combinations, as well as points for coaches intended to maximize the value of the drills.

Horseback wrestling, catch-as-catch-can, glima; long before the advent of today's WWE, forms of wrestling were practised by virtually every cultural group. C. Nathan Hatton's "Thrashing Seasons" tells the story of wrestling in Manitoba from its earliest documented origins in the eighteenth century, to the Great Depression. Wrestling was never merely a sport: residents of Manitoba found meaning beyond the simple act of two people struggling for physical advantage on a mat, in a ring, or on a grassy field. Frequently controversial and often divisive, wrestling was nevertheless a popular and resilient cultural practice that proved adaptable to the rapidly changing social conditions in western Canada during its early boom period. In addition to chronicling the colourful exploits of the many athletes who shaped wrestling's early years, Hatton explores wrestling as a social phenomenon intimately bound up with debates around respectability, ethnicity, race, class, and idealized conceptions of masculinity. In doing so, "Thrashing Seasons" illuminates wrestling as a complex and socially significant cultural activity, one that has been virtually unexamined by Canadian historians looking at the nineteenth and early twentieth centuries.

Biography of professional wrestler Lou Thesz.

This instructional guide explains the origins of submission wrestling, the underlying fighting skill associated with such events as the Ultimate Fighting Championships and the King of the Cage. It explores its various offshoots and influences and features hundreds of photographs to demonstrate techniques and training exercises. Rules and regulations regarding associated competitions, workout programs, and match etiquette are thoroughly discussed, and resources for further research are included. Full of self-defensive skills and tips that improve physical fitness, confidence, and mental toughness, this book starts the novice on the path to proper training and provides fundamental information for all skill levels.

Geschiedenis van de worstelsport, alsmede interviews met worstelaars.

In recent years, the grappling arts have proven to be the most effective form of combat in mixed martial arts (MMA) and no-holds-barred (NHB) competitions. Above all others, the Gracie brand of Brazilian jujitsu has become recognized as the preeminent fighting style in unarmed combat. Now Renzo Gracie—instructor; competitor; and champion of numerous grappling, MMA, and NHB events—reveals the inner workings of the art in his latest book, *Mastering Jujitsu*. From the origins of the art to personal techniques, you will experience the impact the Gracies have had on jujitsu and learn the strategies they have developed to dominate their opponents. Gracie shares the subtleties of the techniques necessary for mastering the art, and he clearly demonstrates the flow of movement with more than 250 high-quality photos. Not only will *Mastering Jujitsu* help you progress from isolated skill development techniques to a full set of tactics and fight plans, but it will also introduce you to the concept of combat phases and teach you to attack from any phase. You will learn how to react to your opponent in any situation. Whether you're caught in a bottom position or attacking from the top, Gracie reveals the key strategies designed to give you the upper hand. The depth and breadth of topics covered in *Mastering Jujitsu* will aid even the most experienced black belts in their understanding and execution of Brazilian jujitsu. With detailed coverage on advanced principles, you will get all the tactics, strategies, techniques, and drills you need for close combat fighting. Contents Chapter 1. Classical Jujitsu: Theory and History Chapter 2. Modern Jujitsu: New Concepts, New Directions Chapter 3. Underlying Theory and Strategy of Modern Jujitsu Chapter 4. Free-Movement Phase Chapter 5. Clinch Phase Chapter 6. Ground Fighting Chapter 7. Winning From the Bottom Position Chapter 8. Winning From the Top Position Chapter 9. Training and Competition Chapter 10. Jujitsu for Self-Defense

A new system of Wrestling and Physical Training without mats or apparatus. Adopted by the Army Gymnastic Staff, Aldershot, and the Board of Education

This is a new release of the original 1926 edition.

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