



The Science of Wrestling: And The Art of Jiu-Jitsu

Earle Liederman

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Earle E. Liederman was one of the leading strength authorities of his time. He was originally inspired by Eugen Sandow, whom he later partnered in business with. He became the editor of Muscle Power magazine later in life.

The Science of Wrestling discusses the real differences in wrestling for sport, including the rules of Catch-as-Catch-Can and in self-defense situations.

You'll discover 121 photos of wrestling moves with descriptions on how to do them. Then in The Art of Jiu-Jitsu you'll find 53 photographs of real world street fighting tactics. A classic in the field. This is oldtime information but much of it is really street effective.



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