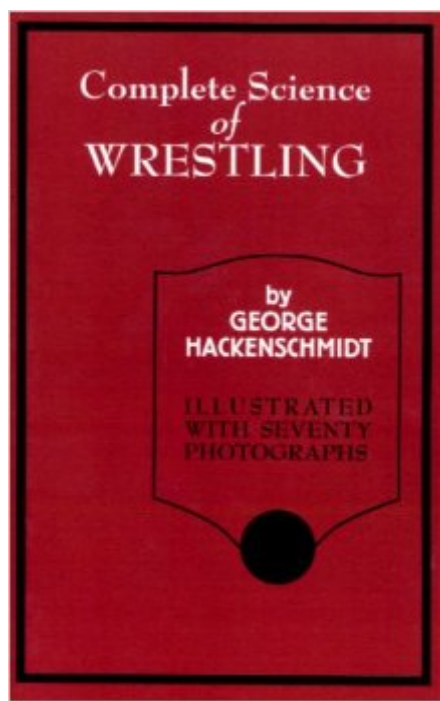


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# The Complete Science Of Wrestling



## Synopsis

George Hackenschmidt was one of a group of illustrious "strongmen" who dominated the rough world of professional wrestling at the turn of the century. Now, modern students of the grappling arts can learn the secrets of "The Russian Lion" with this quality reprint edition of Complete Science of Wrestling. Originally published in 1909, the clear, engaging text provides in-depth discussion of many of the signature moves that Hackenschmidt applied so effectively to overpower opponents throughout his renowned career: strangleholds, leg holds, arm rolls, nelsons, hammerlocks and many more. Variations on the techniques, escapes from common problems and photographs illustrating key points make this a complete wrestling tutorial from one of the sport's greatest practitioners.

## Book Information

Paperback: 156 pages

Publisher: Paladin Press (October 1, 2006)

Language: English

ISBN-10: 1581605307

ISBN-13: 978-1581605303

Product Dimensions: 8.5 x 6.4 x 0.4 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #7,284,919 in Books (See Top 100 in Books) #32 in [Books > Sports & Outdoors > Miscellaneous > Sports Science](#) #1787 in [Books > Sports & Outdoors > Individual Sports > Wrestling](#)

## Customer Reviews

The author presents elegantly the basics of wrestling in a concise, simple language. I think that there is always something to learn or reconsider, even in our age of visual communication. The reading of this book is a must for whoever likes wrestling and the English language.

Basically he's just talking about what his life was during this phase. It's a short book that just goes on and on like that. The title is all wrong. There is no "complete science of wrestling". The only real moves he talks about is 1) When you've got the guy in the clinch spread your legs as far as possible so he won't shoot for your legs. 2) Some move called the "double chancery" or something (I think it's on youtube) he says it really tires a guy out. There's no real advice on how to wrestle a guy who's

bigger or stronger than you. The best advice in here is \*\*\*\* Look into Greco Roman wrestling, look into Jiu Jitsu. The book really was written about 100 years ago. This isn't like a Wrestling Encyclopedia or something. The hype was fun though, I'd recommend finding it at a library or something.

This is a perfect book for any wrestling fan or even any American history buff. Travel back in time to where professional wrestlers were as real as boxers or any other athlete.

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