



# How To Wrestle And Wrestling:catch-as-catch-can

*Frederick Toombs, E. Hitchcock, M.D. Nelligan, R.F. Nelligan*

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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.



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