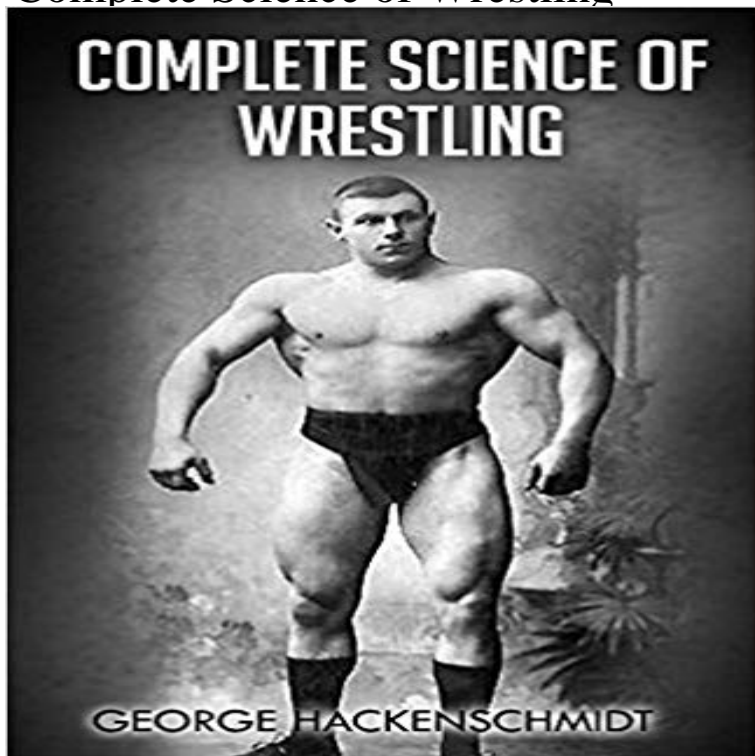


Complete Science of Wrestling



But then, equally of course, every man who takes up wrestling seriously will only do so because he is fond of it, because he prefers wrestling to most, if not all, other sports and pastimes. Every wrestler who ever trod the mat is a potential champion. He may not have been endowed with the wrestling instinct, but he will be able to cultivate a high degree of wrestling science, even quickness, if not absolute lightning rapidity of movement, which, if combined with the necessary strength and stamina, may enable him to compete with all but the greatest champions on equal terms. Skill, that is to say, the science of wrestling, can only be cultivated by practice, and the man who takes up wrestling seriously must get as much practice as he can with the most skilful wrestlers. The better his opponents are, the faster will be his progress in knowledge of the art, as also in the power of its application. He can learn a good deal also in another way, and that is by closely watching serious bouts between skilled wrestlers, and by carefully practising such moves as attract his notice. - George Hackenschmidt This is an original version, restored and re-formatted edition of Hackenschmidts 1909 classic. Visit our website and see our many books at PhysicalCultureBooks.com

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