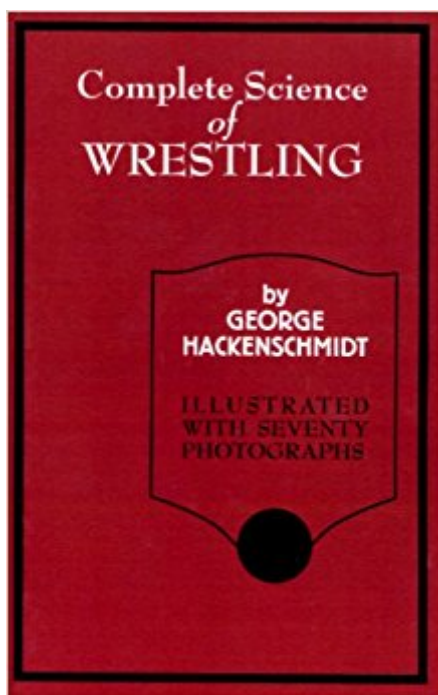


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# The Complete Science Of Wrestling



## 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

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## Customer Reviews

George Hackenschmidt: The Russian Lion - "Back in an age when ... few if any Far Eastern Masters of Martial arts were known to the rest of the World. ... One man in particular, a master of his own most ancient fighting skill, ... possessed the same qualities ... to be recognized Japanese/Chinese martial arts masters ... He had the total formula for combat domination, winning over 3000 bouts between 1889 and 1908. That man, George Hackenschmidt was destined to become famous throughout the World and take his place in fighting arts history as THE RUSSIAN LION and unlike many of his opponents and contemporary wrestlers, 'Hack' was never mean, vindictive or unnecessarily rough in his wrestling bouts, contrasting his physical prowess and fighting skills with a quietness of spirit. George Hackenschmidt was the epitome of calm, self-assurance and inner

peace, with full awareness of his own capabilities and thus like all masters of combat found NO NEED FOR MACHOISM or outward aggression. His tactic to win was skill and speed, born of confidence in his own ability and fighting prowess. He spoke softly, so that you were forced to listen and pay attention, rather than raise his voice to be heard. His serenity was 'catching', calming all those in attendance at his lectures...and it was a developed calmness. A true warrior has to struggle and EARN the wisdom to do battle, with not only his adversities, but with LIFE ITSELF. Of German/Swedish descent,(which accounts for his un Russian name) the fighting legend Georges Karl Julius Hackenschmidt (aka Hack or The Russian Lion) was born 2nd August 1878, or using the older style Russian calendar July 20th 1872, at Dorpat in Estonia. Genetically favored from his grandfather's physique, he soon excelled at gymnastics, athletics and weight lifting. Beginning a career in the oldest martial art of all, wrestling. which was to bring him a fortune and enduring fame".  
- David Gentle --This text refers to an alternate Paperback edition.

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 recomend finding it at a library or something.

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.

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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