

**PHYSICAL TRAINING FOR
CHILDREN BY JAPANESE
METHODS: A MANUAL FOR
USE IN SCHOOLS AND AT HOME**

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Physical Training for Children by Japanese Methods: A Manual for Use in Schools and at Home
by H. Irving Hancock

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H. IRVING HANCOCK

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No. 1. RESISTANT WRIST WORK, THE FIRST LESSON IN "JIU-JITSU."

Physical Training for Children

By Japanese Methods

A Manual for use in Schools and at Home

BY

H. Irving Hancock

Author of "Life at West Point," "Japanese Physical Training,"
"Physical Training for Women by Japanese Methods," etc.

Illustrated from photographs by

A. B. Phelan



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