

**PHYSICAL TRAINING  
FOR WOMEN BY  
JAPANESE METHODS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649139347

Physical training for women by Japanese methods by H. Irving Hancock

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**H. IRVING HANCOCK**

**PHYSICAL TRAINING  
FOR WOMEN BY  
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**By H. IRVING HANCOCK**

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# Physical Training for Women

By Japanese Methods

BY

H. Irving Hancock

Author of "Japanese Physical Training"  
"Life at West Point," etc.

Illustrated from photographs by

A. B. Phelan



G. P. Putnam's Sons  
New York and London  
The Knickerbocker Press

1904



GV439  
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Published, April, 1904

The Knickerbocker Press, New York

TO THE  
AMERICAN WOMAN  
AND TO  
HER ENGLISH SISTER  
THIS VOLUME IS DEDICATED BY  
THE AUTHOR

