

**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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METHODS; A MANUAL FOR
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By 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.

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A. B. Phelan



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