

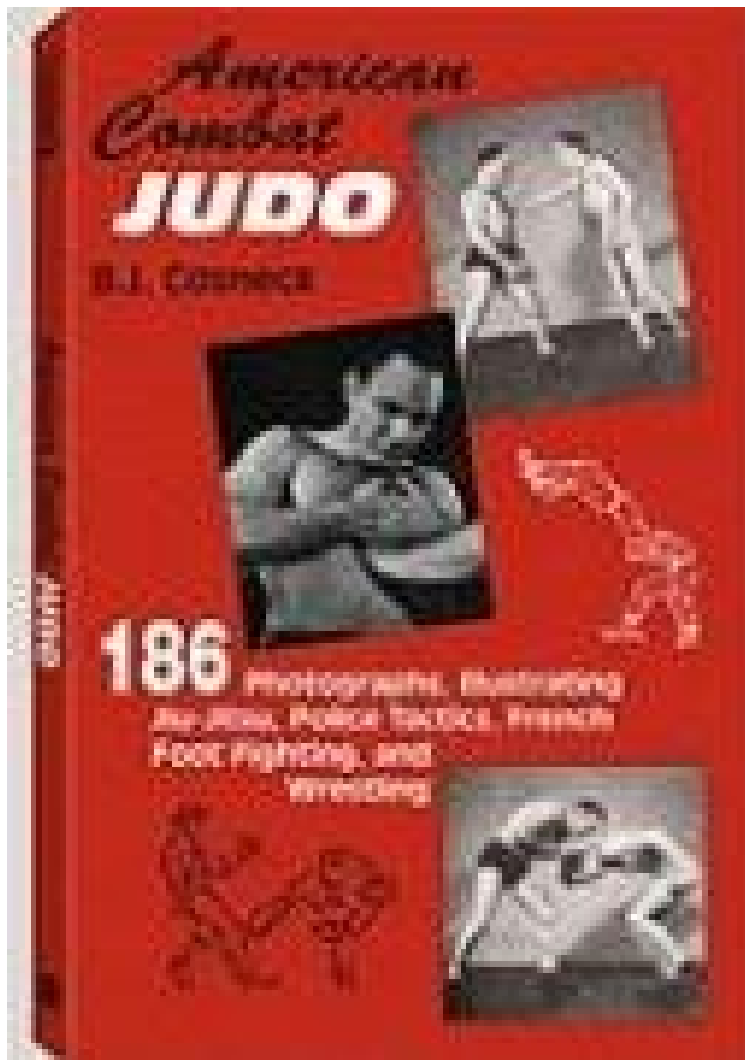
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B.J. Cosneck

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## **American Combat Judo: 186 Photographs Illustrating Jiu Jitsu Wrestling, Foot-Fighting and Police Tactics**

**B.J. Cosneck : American Combat Judo: 186 Photographs Illustrating Jiu Jitsu Wrestling, Foot-Fighting and Police Tactics** before purchasing it in order to gage whether or not it would be worth my time, and all praised American Combat Judo: 186 Photographs Illustrating Jiu Jitsu Wrestling, Foot-Fighting and Police Tactics:

8 of 8 people found the following review helpful. COAST GUARD COMBATIVESBy T.A.L. DozerThis compendium of lethal and brutal combative techniques was written in 1944, by Cosneck a former wrestler, who was the United States Coast Guards combative instructor. The book contains broad spectrum of fighting arts to down and dirty gutter fighting methods. All designed to rapidly sap your opponents will to continue the fight. All the material in

this book is practical and effective, and I recommend it highly recommended it for academic and historical study for the modern combatant. The book has various photos throughout the text.3 of 3 people found the following review helpful. interestingBy Brian S. Millera 1959 book describing blows a few holds throws and trips for use in offense and some defense as the author states "the essence of success in the method of american judo is speed,combined with a complete knowledge of theproper moves based on the element of surprise".it applied back then as much as that applies for today.nothing really dazzling just looks effective to me .course i lean toward older methods anyway .interesting little book.thank you0 of 0 people found the following review helpful. Five StarsBy Michael Russprobably the best hand-to-hand combat manual printed(my opinion)!

This 1959 solo effort, American Combat Judo, is a lengthier training session in vicious close-in fighting skills. In it, Cosneck combines elements of jiu-jitsu, boxing, wrestling, savate and plain old dirty fighting into an easy-to-learn set of practical unarmed combat techniques designed to incapacitate any attacker as quickly and painfully as possible. No collection of hand-to-hand combat books is truly complete without this exclusive reprint edition of American Combat Judo from Paladin Press

About the AuthorA champion intercollegiate wrestler and chief hand-to-hand fighting instructor for the U.S. Coast Guard, Cosneck is perhaps best known as the man who teamed up with boxing great Jack Dempsey to write How to Fight Tough for rookie Coast Guardsmen during the war.