

The Complete Airman



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THE COMPLETE AIRMAN



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Read Books, United Kingdom, 2008. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.THE COMPLETE ATHLETIC TRAINER BY S. A. MUSSABINI 14 k IN COLLABORATION WITH CHARLES RANSON WITH THIRTY ILLUSTRATIONS I PREFACE N the multitude of physical culture counsels derived from all parts of the world, the author believes that none surpass or even equal the old-fashioned English training methods which once stood for our unassailable supremacy in the field of athletics. The American coaches, supposedly gifted with super-natural powers, freely admit that the foundation-stone of their reflected successes in recent years was laid by the teachings of the old school of England's professional athletes, These imply an adherence to simple and therefore natural health rules combined with a nice technical understanding. Nowadays, elementary details are mostly neglected or overlooked, for the reason that most of the qualified track trainers have gone out of business. They and their kind have had to seek other occupations. Some have gone to America, and many are to be found tending to the professional football teams up and down the country. As a result, the willing amateur athletes have lacked competent coaching, and the British Olympic teams have not covered themselves with glory. They have generally been beaten where their predecessors often excelled. The Americans and other competing nations have attempted and not by any means adopted professional training on the approved old English lines, especially in regard to track athletics. What shape these lines take it is the purport of this book to illustrate, under the direction of one who has travelled along them. If serving no other good purpose, their production here and at a time when athletic trainers and training is a topic of the day may lead...



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