



Catch Wrestling for Cops: Control and Arrest Tactics for the Politically Incorrect

Donald C Powers

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A control and arrest system for Officers that follows a different style than most have seen. If you are the kind of Officer that goes hands on and don't let go this system will be right up your alley. I have found that most of us lock on and don't let go when the bad guys want to fight. This follows the reality I have seen in my time in Law Enforcement. I explain and show a few simple Catch Wrestling holds that will make you much more effective at your job. A little Cop humor is included to keep it light. If your someone that has an interest in Catch Wrestling here's a new book to dig your teeth into. If your an MMA fan this will give you a different look at some moves you have seen and some that come from the golden era of NHB. Warning: This book contains Gallows Humor common to Law Enforcement Officers.

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