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For a small book devoted to two subjects,Myles Callum packed a lot of good,useful information into it!The exercise and weight training section is basic,old school weight training that will work for anyone who works hard at it-sure did for me!The self-defense section is based on judo/jiu jitsu,which were the popular martial arts when this was written.Callum mentions karate,which was just being introduced to the west,and savate,which was virtually unknown at that time.Interesting to note that ...

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The body-building programs are comprised of “muscle tension” exercises, setting-up exercises, tumbling, gymnastics, and weight-lifting. The fundamental rolls, stands, springs, bends, flips are presented before the basic throws and releases of the Oriental systems of self-defense, among them judo, jiu-jitsu, karate. The exercises and movements are illustrated by photographs of athletes in actual work-outs.

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MYLES CALLUM is an American freelance writer, former magazine editor, and the author of two books, Body-Building and Self-Defense (1962) and Body Talk (1972). Born on April 4, 1934 in Lynn, Massachusetts to Abraham Edward and Ann Edith (Caswell) Callum, he attended the University of Connecticut from 1951-1953, before serving with the U.S. Army's Counter-Intelligence Corps Army from 1955-1957. He then worked as a private investigator in Stamford, Connecticut for two years, before he joined ...

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