
Dedicated to the men and women of today, the past, and the future that spend their time on the mat, continuing the legacy of the world's oldest and greatest sport.

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NOTICE: This manual does not constitute medical advice; users should consult their own physician regarding any such advice.

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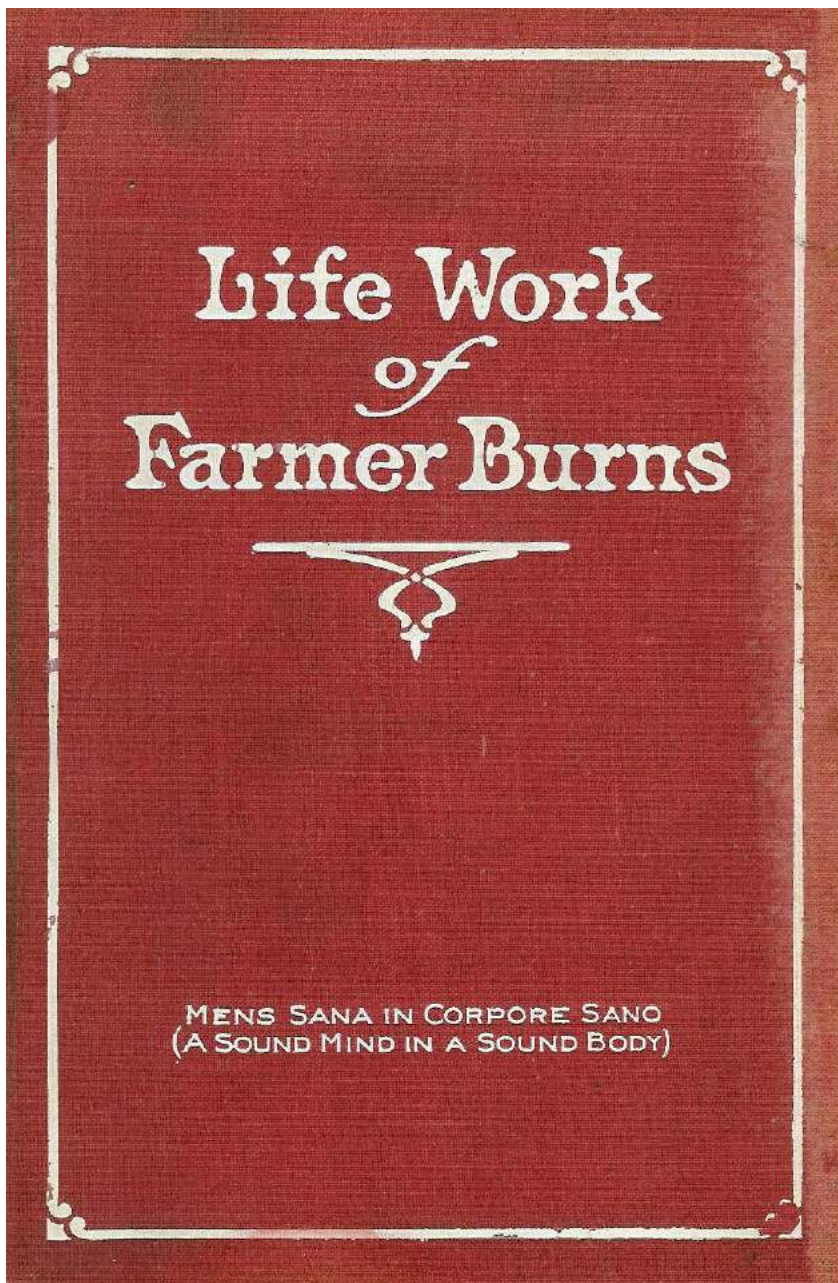
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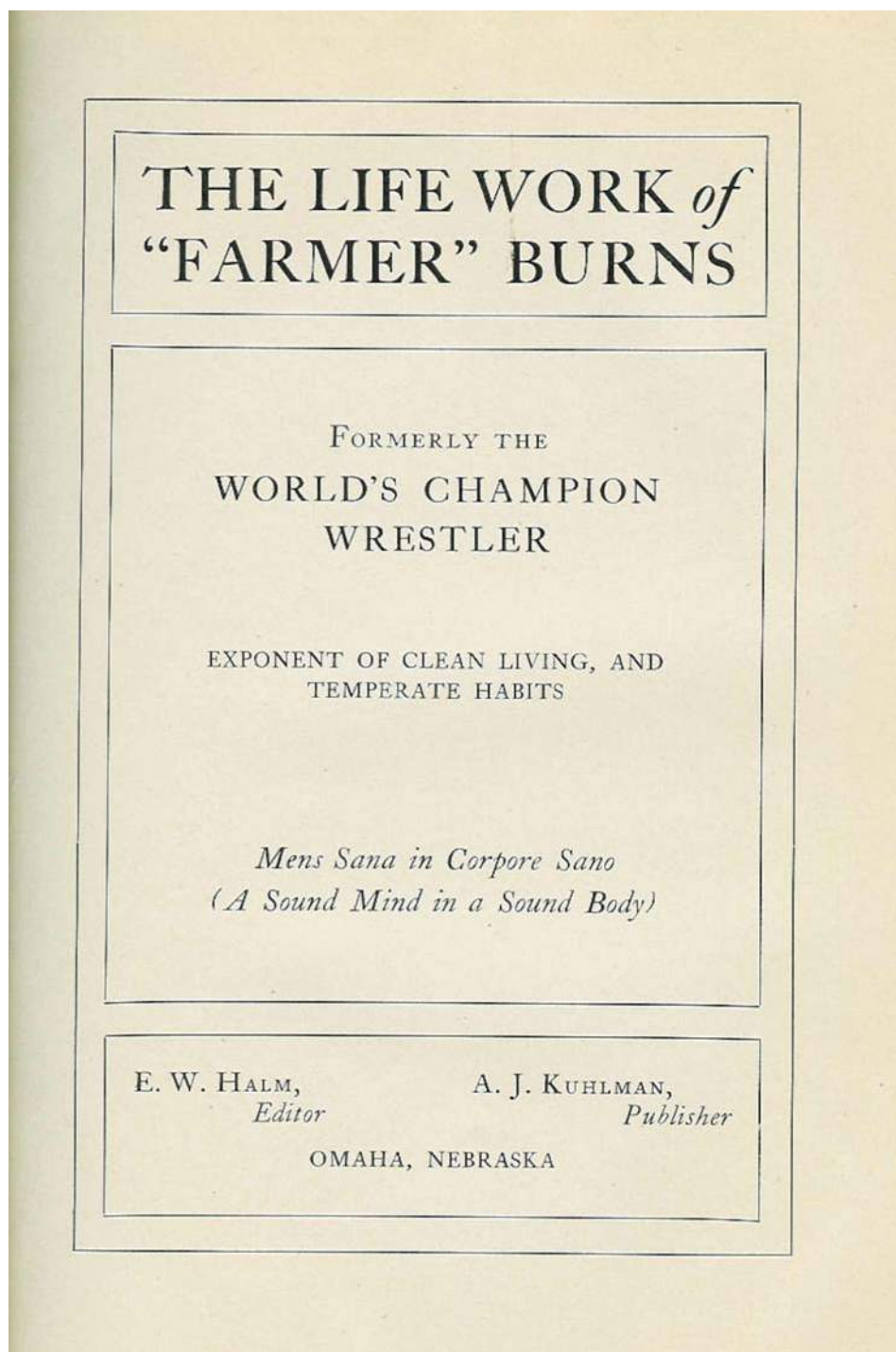
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Life Work of Farmer Burns by Martin Burns





MRS. MARY BURNS.
The mother of "Farmer" Burns at the age of 80.



THE LIFE WORK *of*
"FARMER" BURNS

FORMERLY THE
WORLD'S CHAMPION
WRESTLER

EXPONENT OF CLEAN LIVING, AND
TEMPERATE HABITS

Mens Sana in Corpore Sano
(*A Sound Mind in a Sound Body*)

E. W. HALM,
Editor

A. J. KUHLMAN,
Publisher

OMAHA, NEBRASKA

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PREFACE

THE WHOLE world admires the man who excels the average run of men in physical achievements and qualifications as much as it admires the superior brain feats of some of those lives whose names illuminate the pages of history, science, philosophy and other highly placed positions.

The advantage of the superior physical man is, however, that he is the ideal of his contemporary generation—the politician, soldier, statesman and scientist being forced to wait more or less for the future generations to look into the halls of fame to see his name and the list of his achievements, for it is very often the task of the historian to compare and discover his relative value to the time when he worked and fought and won his battles.

This book is written during the lifetime of the man whose achievements in the line of scientific physical training and battling have brought him before Americans and the world at large as one of the most perfect specimens of physical manhood that the generation has produced.

This book, aside from depicting the historical side of “Farmer” Burns’ achievements, has a message to give the whole world of men—young, middle-aged and elderly—a message whose seeds “The Farmer” hopes to see bear fruit before he lays down his arms and retires to absolute peace and seclusion.

It is hoped that the reader will find amusement as well as value in these pages, and our hope is founded on good ground, for the life of “Farmer” Burns has seen many a hard-fought contest, and many an amusing situation. He is not

alone in the idea that the educational methods, and the life practices of men today, are very much one-sided, which accounts for much real misery, ill-health, and the early ending of many men whose lives, if they could have been spared, would have meant much toward the happiness of others as well as themselves. And it is for this that "Farmer" Burns hopes to provide a remedy that will be pleasant as well as beneficial, for he has trained hundreds of men who wished for nothing more than a good, strong physical constitution as a foundation for life's hard work.

This book will give to the world those methods for acquiring and maintaining a physique fit to bear the burden of a brain that aims to perform great labor, and thereby give the user of such a system a hope for a day later in life when he may enjoy the fruits of his hard labor happily.

"Farmer" Burns may well be termed the pride of all professional wrestlers, for he has lived a clean, honest life, and won his contests fairly and squarely.

He has invented and successfully demonstrated many methods and holds which he gives to the professional world today without any reservations, with the assurance that he intends to devote a large share of his time and efforts to the placing of the professional side of this man-developing art on a higher plane by eliminating "bogus matches" and other fraudulent methods of getting the public's money and disgust.

CHAPTER I.

THE OPTIMIST-CONTROLLED WORLD OF TODAY.

STOP pleasure-chasing for a moment and from some perspective wayside watch the millions of your fellows seek happiness.

Compare the various ways used, and find what most of the unhappy ones blame most—in most cases is it not sickness in either body or mind?

Today we find the greater part of the civilized world controlled by men looking on the brighter side of life—especially is this true of our own country; on every side we find the prominent positions occupied by optimists, some of whom were born so, others who were bred so, and others who were shocked into this happy condition.

Therefore, we believe that optimism is one of the essentials of success, without a great display of logic to prove it.

We find the family physician today coming into the sick man's room with a happy smile upon his face, and a dose of medicine if desired, that never does harm—his good nature, confidential bearing and words of encouragement meaning more to the patient in half of his cases than the administration of drugs, and, even when drugs are necessary, the majority of physicians recognize that their ability to offer encouragement to the patient means the winning of half the battle.

That is why you find the physician who is always pleasant and ready to tell you that you are not half as sick as you think you are, the one who has the greatest success with his patients; his prescriptions are always pleasant to take—he tells you to masticate your food, walk to the office, to take certain kinds

of exercise, to arrange your occupation so that your mind will get a rest and enjoy itself, and not to take life so serious.

Such prescriptions always give you both better results, and besides, his advice gives you the necessary shock that jars you into a state of knowing your own strength, ability, confidence and determination.

If you have such a physician, never desert him; he will prove himself worth more to you and your family than you or your family can ever pay him in money.

We speak thus of the physician because he is the man who is consulted in the time of sickness; it is his life-work to alleviate the greater part of the world's misery—it is his business to know disease and how to treat it; but his duty should be enlightened somewhat—the patient should know that it is within his power to repair fully one-half of the damage and that this power is within his own mental domain.

We believe that the educational systems of the day should embrace proper physical as well as mental training, for with physical training comes confidence in a man's own ability to overcome and achieve, and confidence is the most efficient weapon against man's greatest enemy—fear.

Let us refer to the physician for a real definition of fear.

Dr. Henry S. Munro, in his "Handbook of Suggestive Therapeutics," a work that is recognized by the best physicians in America as being one of the most practical before the medical men of the country today, says:

"Whatever impulse dominates the individual, whether fear, worry or anxiety, envy, anger, jealousy, love or purely animal passions—makes its appeal to, and impress on the involuntary nervous system.

"We all have noticed that the functions of the different organs of the body are greatly disturbed through emotional influences; sorrow brings tears to the eyes, prolonged grief interferes with the secretions of gastric juice by the stomach. Of all emotional conditions which are most detrimental, however, fear,

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which is the opposite emotion to self-reliance and self-confidence, is the worst. (Fear is the natural accompaniment of weakness, ignorance and disease.)

"Fear of sickness, fear of death, fear of failure—fear of anything of any nature—is detrimental to all physiological processes.

"We invite what we fear.

"Fear weakens our resistive power of disease.

"It is the frequent experience of the physicians to have pneumonia and enteric fever patients to die of fear, and not on account of the pathological condition existing. This has been observed by physicians everywhere.

"In the Century Magazine for December, 1899, R. R. Bowker gives the following translation of an Arabic legend:

The Spirit of the Plague entered the gate;
One watching asked, "How many wilt thou slay?"
"A thousand," spake the Spirit, "is my quest."
The plague made end—the Spirit left the gate;
The watcher cried, "Ten thousand didst thou slay?"
"Nay, one," the Spirit said, "fear killed the rest." "

Dr. Munro, later on in the above-mentioned work, makes the following statement:

"We need men in the profession to do as Napoleon did when his men were dying by several hundred each day on his march to the East. He visited the camp and took each one by the hand and assured him strongly and positively that if he would be brave he would get well.

"As this one visit of his to the sick and discouraged soldiers put an end to an epidemic where several hundred men were dying each day, so would many lives be saved by this simple suggestion given with confidence and with conviction in conjunction with other therapeutic measures."

Another man has said that worry (the brother of fear) has killed more than has fell in all the wars of the world, and that they both (fear and worry) are the products of a brain that lacks self-confidence.

Knowing as we do that confidence is the result of experience, we believe that our system of training the young should be improved to embrace a more comprehensive system of physical training, and that men today should recognize that the body should be developed, and trained to do the bidding of the mind; for it stands to reason that a healthful and well-developed mind should hold forth in a healthful and well-developed body.

All men look forward to the acquiring of success and wealth, feeling these two things bring a full measure of happiness, but there are very few who are far-sighted enough to foresee the results of years of work without the proper amount of diversion—they treat themselves with less consideration than they do the machinery of their power plants—the older they become, the less they think of diversions out of doors, and the result is that few of our successful business men see more than fifty years of life—after which age they could be in a position to do more, and enjoy life to a greater extent if they only had obeyed the requirements of nature when placing their life's foundation stones.

It is the hope of Mr. Burns, who on his fiftieth birthday sat down and gave me the history of his life's work, which will appear later in this book, to be an active agent in the formation of some of the future physical training standards for men and boys.

He, at the age of fifty, still retains his vigor and quick brain action, and he attributes both conditions to his regular habits, and his clean and temperate method of getting real enjoyment out of life.

CHAPTER II.

THE TRAINING OF THE WILL.

THE HUMAN WILL is still a mystery. We know that its place of abode is in the intricate mechanism of the mind, and we know that the mind resides in the brain.

These facts have been proven conclusively, and a great many theories of mind action have also been proven to the majority of physiologists and psychologists and are today known as laws.

As the world became more enlightened, the masses found that they had minds of their own, but researches were barred by fear of the unknown which assumed strange mishappen shapes that had formed themselves in the mysterious ages of antiquity; nevertheless, a desire to learn is usually accompanied by the acquisition of the means to secure the desired knowledge, so we find that a great wave of mind study has been sweeping the world for the past twenty years. Hundreds of writers and expounders of new doctrines have suddenly sprang into the limelight with highly imaginative theories and creations that they felt would satisfy the temporary demand long enough to enable them to secure a substantial profit from their facile pens and other tools commonly used to extract money from the over-credulous portions of the public.

As usual, those who were really competent to handle these questions as they should be handled—with care—reserved their views until such a time as they would be called upon to express them—the time when the discovery had been made that hundreds who had attempted to solve the problems

by actual practice found themselves to have been chasing a phantastic creation—digging for a pot of gold at the edge of the rainbow.

Among the few competent ones who have expressed themselves there seems to be an agreement that the will can be trained—that will power, nervous energy, can be stored away and be drawn upon as required.

We all know that will power is a valuable asset, and that all men strive to develop and control it for their own good.

Education is but the training of the will by actual experience. The parent teaches the child to recite a little rhyme—the child directs the efforts of his will upon the learning of this rhyme because he wishes applause or reward.

The teacher gets the assistance of the child by kindness and a system of merits, and the child goads his will to the task of reaching the desired result—at first to please his parents and the teacher, later because he realizes that it really prepares him for life and its problems and labors.

Most of the instructors in our schools today recognize that the pleasant tasks are those most easily performed, and their ingenuity is exerted in many directions to make those tasks pleasant for the individual pupils in order to be successful.

Let us return at this point to the psychologists' opinions on the matter of will culture.

They all agree that the will is strongest in the man of good health, who has trained himself for his tasks intelligently, who avoids excesses, because of unpleasant results or because he really knows the value of clean living and regular habits, and regulates himself accordingly.

We feel safe in stating that the above is agreeable to both physiologists and psychologists, whatever differences they may have on other grounds—and it seems reasonable to believe that the strongest will should be found in the man of health. Of course, cases can be cited where strong will power has been exercised by men who had been ill for years, but even

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in these cases the will had secured its strength in a period of former health.

It is felt by the admirers of the wonderful will of Napoleon that he could have saved the day on the field of Waterloo had he not been under the influence of morbid fancies due to serious illness—for he had saved himself and his men under conditions even more desperate in former campaigns when in full possession of health and strength.

We will not attempt to give you the technical points here upon the development of will power; we will rest satisfied that the prime requisite for a strong will as well as happiness is health. The chapter on "The Culture of Self-Control" will make this clearer to you.

Conditions in the world's large cities are not especially designed for the gaining or the maintenance of the health of those men and women who must work. The air is smoky and gas-laden, and the distances are so great that the street cars are used too freely, thus giving the tired, nerve-racked man but little opportunity to stretch his lungs and his muscles. The result—the blood lacking the proper food (plenty of pure air) does not give the kind of nourishment really necessary to the brain and muscles, so we find ourselves today organized into health battalions to fight consumption and other plagues; our asylums are full to the very doors, our business men who work day and night, almost, leave us very young to seek health resorts in great suffering, all because of a little neglect.

If this truth will only shock eight men out of every ten who read it into a reasonable search for the necessary method to gain and keep their health, we will consider our task well done.

"Farmer" Burns' advice is this:

"Do not let your brain get lazy; find some pleasant way to get three hours of good, energetic out-of-door exercise every day of your life, and you will be worth more to yourself as well as to your business.

"If you are a clerk humped up at a desk all day, and only have two hours of your own after office hours, use them as

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though you meant business—walk down hill, trot up hill, use your lungs freely; walk to and from your work if it means six miles a day—it is good for you and it will make you worth six times as much to your employer because your mental energy will form new ideas every day that will be exceedingly valuable, so that, after a few months, you will feel confident enough to talk a bigger salary out of a stone idol—and you will get it.”

CHAPTER III.

"FARMER" BURNS' THEORY OF HONESTY AND ITS
EFFECTS UPON MAN'S PHYSICAL
CONDITION.

YOU HAVE often heard that "honesty is the best policy."

Many preachers of this doctrine use honesty in the very way it is expressed above—as policy and policy only, not hesitating should the occasion seem fitting to use dishonesty to gain their end. This, however, is not according to "Farmer" Burns' idea.

Concerning this subject he says:

"Honesty must be the basic principle of every man who expects to be strong physically or mentally."

"If a man is honest with himself and his fellows everywhere, and upon every occasion, he is the proud possessor of a good feeling that enables him to perform great tasks, and at the same time to keep on a continual search for better things—he does not have to waste his time attempting to find excuses for the past, neither does he need to have any fear that he will be confronted at any moment by his deceit and its consequences in the future."

If you stop to think you will find that this theory is about as near the truth as it possibly can be.

We will admit that there are times when to be frank is to be brutal, but even these cases can be made easy—for to allow a person to misguide himself by a distorted view only makes the awakening shock the worst to be feared.

It is hardly within the realm of this work to enter into a discussion on morals, and it is certainly not our intention to

sermonize—our reason for bringing up the subject of honesty at this point is to prepare, as it were, a clear pathway to our next subject, "The Training of the Child."

We have shown in the former chapters how fear poisons and distorts life, and the close observer cannot but see that dishonesty is but another product of fear.

Parents who pride themselves upon their excellent control over their children frequently wonder where the child receives his first lesson in dishonesty—why he tells a lie where the truth would have served as well, and the discovery often causes the little one severe punishment and a fresh supply of fear.

It is humiliating to the child to receive a whipping, and he is but human; so that since nature demands that he actively engage in some task, whether it be mischief that seems malicious or just a plain piece of strenuous boyish enterprise that gets him into disfavor at court, he is liable to use whatever tool he can think of to keep himself out of humiliation and disgrace.

That is why we speak of honesty at this time—when your little fellow commences to ask questions, try and spare him enough time to give him a satisfactory answer; take him around with you and make a pal of him. He will appreciate it in the days to come, and you will find that your time has been well spent later in life when you need a pal that will stick through thick and thin.

The old-time methods of severity in a lot of cases produced some pretty good results, but the fear that went along with it very often made a coward of the boy,—and he could hardly be blamed for it.

Today if you stop to pick out your friends who have made comrades of their boys—who have been father, play-fellow, mischief-worker and teacher, all in one, you will find their boys to be the ones you can trust further, who will work with more intelligence and who are able to find amusements outside of saloons and like places—they make good home-builders.

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better citizens, and usually look upon the brighter side of life, and are, therefore, in greater demand socially.

To show you how the Y. M. C. A. considers the question of comradery between father and son, read the following newspaper article published in The Omaha Daily Bee on February 28th, 1911:

"Fathers and Sons at Banquet Table Have a Jolly Time.

"Novel Y. M. C. A. Feast Attracts Many Parents Who Listen to Talks on Boys.

"A father and son banquet was the novelty introduced last night in the boys' department of the Young Men's Christian Association. The auditorium of the building was crowded to its capacity to hold the number of parents and boys that responded to the invitation. Over 200 in all sat down to the feast prepared for them.

"George F. Gilmore, president of the local association, acted as toastmaster in the list of short speeches that followed the dinner.

"R. A. Wade, Jr., of New York City, who is one of the field secretaries of the international committee of the boys' department of the association, was the guest of the evening and delivered the principal address. Mr. Wade spoke from twenty years' experience, as he said, in dealing with the boy problem:

"'Chumminess between father and son,' said the speaker, 'is the ideal state toward which the Young Men's Christian Association and the Sunday School is now working most masterfully. There are two fundamental factors that stand between the problem and its solution. The first is the unpunished crime of parenthood, or the lack of sex instruction. The second is the wrong treatment of the "gang tie."

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"The 'gang tie' is one of the strongest ties known to boyhood," said Mr. Wade, "and the idea is not to pull him out of the gang, but to make the whole gang what you would have your own son be."

"The speaker heavily scored American parents for their neglect of sex instruction, calling it the mighty privilege as well as the responsibility of the father.

"Judge Howard Kennedy delivered a few remarks appropriate to the occasion. He also treated the boy question, dealing with it from both the standpoint of the boy and the parent, and citing a few specific examples in his own experience.

"E. F. Denison, who has lately become the general secretary of the local association, but who was formerly in charge of the boys' department, was given quite an ovation by the boys when called upon for a toast.

"The affair on the whole was so successful that R. S. Flower, the new boys' secretary, expressed his intention last night of making it an annual dinner."

The Y. M. C. A.'s every effort is for the boys' physical, mental and moral welfare, and they have had years of experience in the handling of boys, so that this excellent organization undoubtedly has good reasons for starting such a movement as the above article describes.

Having touched upon honesty-breeding and its beneficial results to both the physical and mental man, we will proceed to our next important subject.

CHAPTER IV.

THE PHYSICAL TRAINING OF THE BOY AND THE CULTURE OF SELF-CONTROL.

THE EDUCATORS of this country today are continually beset by well-intentioned persons, who, possibly, have an inkling that there is room for improvement, and who have an idea that they know considerably more about what should be done, and how much better it would be than are the methods now in effect.

If there is anything wrong in the present-day methods of education, there are none who know it better than the instructors themselves, and there are none who work harder to benefit these conditions than do these faithful servants of the public.

Knowing this, let us look to another source for relief—the parents themselves.

Who are, or who really should be, in closer touch with the child than the parents?

Who shall we look to for the foundation of individuality and character of the child, if not the parents?

Our public schools of today are attended by hundreds of children from all sorts and classes of homes, so that giving this fact due consideration, let us praise rather than criticise the teachers for the wonderful work they are doing.

There are hundreds of people today who are making all sorts of sacrifices in order that their children shall receive education, and they very often see, after it is too late to remedy, that they have not done their part in assisting the youngster to keep up his end of the work.

They have expected the boy to look after his own physi-

cal development as best he may, and when he fails or finds himself tortured with ill-health, they very often blame others for those very things that they themselves are the fault of, even though it be unintentionally.

There are many boys, of course, who look after the physical end themselves, and these seem to make their way regardless of difficulties.

Nearly every school has its physical development department, but as a rule it is optional with the pupil whether he shall be benefited by it or not.

Most of the larger schools have their foot-ball teams for boys, and basket-ball teams for both girls and boys, but in either case the number who play is limited.

The remedy for these conditions is in the home, not the school.

Every man who is the proud possessor of a boy usually realizes that he has a problem on his hands, for while the boy is below the age of thirteen, he plays with his gang, fights and works with vigor and vim that sets the father on his ear, and it is at this age that the father can walk into the boy's heart and make a place for himself that all the adversity in the world cannot shake; so it is at this age the physical training should commence.

Every father who wishes to guide his son should have interests that parallel those of the boy from the very time that the questions commence.

The boy should not be frightened into carrying on certain lines of work—he should be reasoned with and taught.

We have considered the results of fear in the preceding chapters, so we will not consider it further at this time.

From the age of thirteen to eighteen and twenty years is the period in a boy's life when he usually selects a certain mode of thinking and acting. It is during this period that the life of the future man is formed, so that habits formed at this time are usually persistent (if the young man's reason tells him in his later life that he is on the right course) and, also, it is during this period that he is gaining higher educa-

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tion, a work that requires nearly every mutual faculty that he can command.

During this time, while engaged in his first heavy mental work, let us see what development is going on physically.

The physiologists tell us that the growth of a man is greatest between the ages of thirteen and twenty, and aside from this growth the mind powers put forth their first great effort; that habits formed during this part of life cling strongly.

Logically, therefore, this is the time for the beginning of systematic physical training and the culture of self-control.

If the boy is attending school, he should put every moment he can spare from his studies out in the fresh air.

He should arise early in the morning, and as quickly as he has taken a cold bath, and a vigorous rub, spend at least thirty minutes with bells, clubs and weight-pulling, keeping up heavy breathing exercises, using chest muscles and abdominal muscles freely in these breathing exercises.

The bowels should receive their training also at this time, and aside from its other beneficial effects, bridging, after the manner shown by the illustrations on pages 38 and 39, will do considerable toward aiding bowel regulation.

Most people, when working at a desk, stoop forward, leaning the lower ribs into the abdominal organs, and they also move both shoulders forward. This position necessarily causes the intestines to be forced into smaller quarters, and must, therefore, impede the circulation of the blood and digestive fluids. The humped, stooped position of the shoulders necessarily means smaller lung capacity. Therefore, it is necessary that the muscles of the abdomen, back and chest should be strengthened and trained to assume a healthful position at all times.

The body has three ways of discarding its waste material—the bowels, the lungs and the pores of the skin.

The bridging exercise, aside from developing all of the body's muscles, stretches the intestines to their fullest capacity—smoothing out all folds and kinks, thereby allowing free circulation and a full flow of digestive fluids and secreted oils,

so you can readily see how this exercise aids the regulation of the bowels.

The bridging exercise brings the muscles of the back, neck and chest in full play, and if performed regularly strengthens the shoulder muscles and the muscles of the breast to such a high degree that eventually the stooped shoulders must disappear, and the increased circulation with its vital elements must carry health and strength to every portion of the body.

The bridging exercise may be strenuously exerted, and in combination with the other exercises should cause the perspiration to flow freely, thus eliminating waste matter from the pores of the skin.

Having considered the methods of expelling the body's waste material, let us consider the body's building.

Every child knows that when a muscle is moved that parts of that muscle are destroyed, and that the more parts destroyed, the more work for the blood to replace the old tissues by strong new ones.

When you are tired, it is nature's sign that you must rest a while and allow time to rebuild new tissues. So when you are tired, rest in a place that will provide plenty of fresh air, so that the blood will carry good, healthy, muscle-building material to the worn-out machinery.

After the morning exercises are over, the work of the day begins; it may be school work, factory or office work.

You should walk at least a mile, and if the distance is too great to allow you to walk all of the way and get there on time, take a street car after walking a considerable distance.

"Farmer" Burns advocates the following way to walk: While walking, put out your chest and take full, deep breaths of fresh air; if you come to a slight grade, trot up the hill breathing rapidly; if you are in a level country, change your gait every so often, from a brisk walk to a trot, and then back to a walk again. In this way you secure a change that rests you, and it increases your endurance.

During the noon hour get out of doors and take a brisk walk, filling your lungs to their fullest capacity. Fresh air is

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blood food, and the brain receives its food from the blood as well as do the muscles—that is why fresh air is beneficial to students as well as athletes.

So that here we may add a word of advice to teachers without seeming over-officious.

Insist that every pupil go out of doors for fresh air at every recess, and at noon. If they are sick, they should be at home; if they are well, they owe it to their work, their bodies and to their teachers to get a fresh supply of energy to feed their brains.

In the evening the child should get out of doors and engage in work or play as long as possible.

Sleep is nature's greatest health renewer, and considerable attention should be given to conditions in the sleeping-room. Fresh air should be present at all times and all seasons. Simply lower the top portion of the window a few inches and you will receive an ample supply.

Regular hours for retiring and arising should be maintained. Children who are growing rapidly physically and mentally require more rest than older people, and the sum total of hours spent in sleep are usually greater or less as the hour of retiring varies, for the arising hour remains the same in all cases.

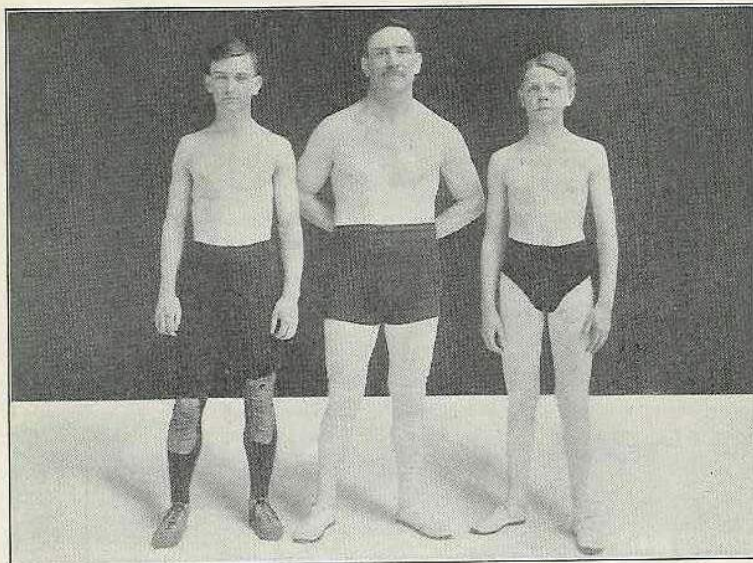
Pure food, simple food, is another necessary requirement for growing children and youths as well as older persons—all children enjoy eating sweets. Rich confections may be enjoyed only when partaken of moderately. If eaten in large quantities they make the person sick immediately, and if the practice is continued it will gradually undermine the health, for it will spoil the appetite for other varieties of food, which are absolutely necessary for the upbuilding of the growing tissues.

"Farmer" Burns, when training for his greatest contests, uses the following list of eatables:

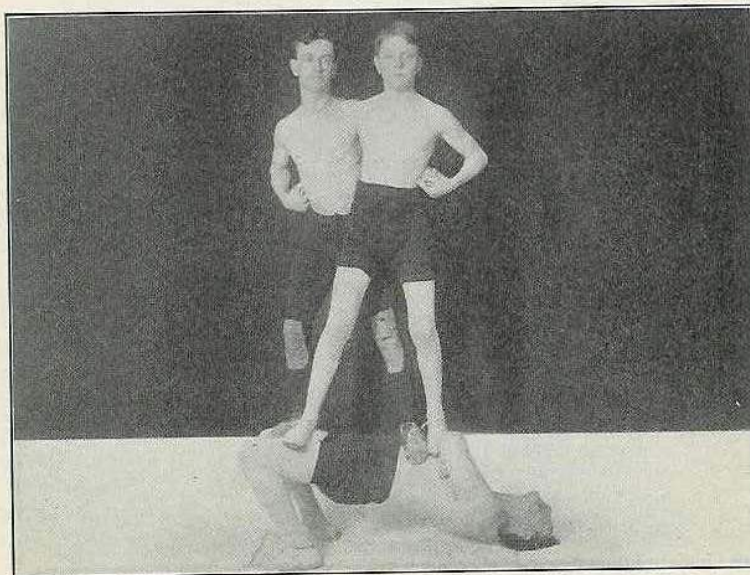
Plenty of meat, potatoes and other vegetables. Water and milk are the two drinks he allows himself to partake of. Fruit is also very beneficial.

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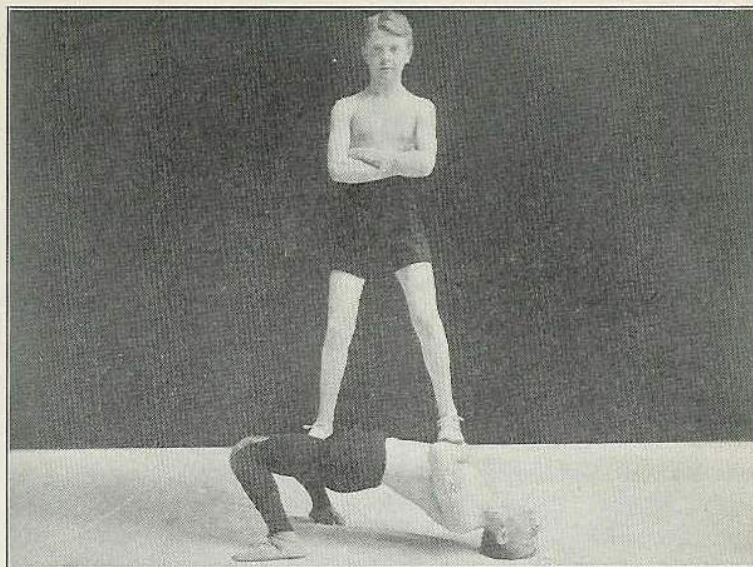
"FARMER" BURNS AND HIS SONS RAYMOND AND CHARLES.



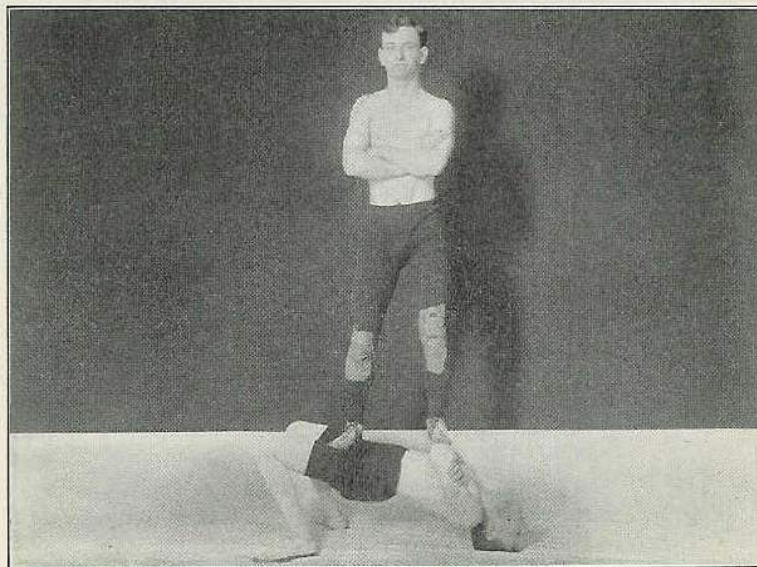
"FARMER" BURNS HOLDING HIS SONS ON A BRIDGE.

THE LIFE WORK OF "FARMER" BURNS.

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THE BOYS BRIDGE, TOO.



These boys have been trained for years to perform this feat. Caution should be used by boys untrained to do this.

He has won more physical endurance feats than most professionals of the world; he is today, at the age of fifty years, superior in strength to the average man of his age, as well as many younger.

He is a hearty supporter of the Young Men's Christian Association, and recommends their work with the young men in the highest terms.

The "Farmer" has two sons, and he maintains memberships for both of them.

He says, concerning the Y. M. C. A.:

"This organization places the boys in the company of men and boys who advocate clean living, the highest mental development and the best physical training, and I am proud to have my boys members. It does them more good than they could gain under other circumstances, because they must have companions, and if they are left to choose their own gangs for themselves, they very often make mistakes that place them in disreputable company—which hurts their good names and very often leads them to depths from which they are unable to get away."

The above statement you will concede to be a statement of another feature of boy training—the gang element. It is an element of which every boy must be a part if he expects to understand and work with his fellow men later in life.

It is the gang element that teaches him generosity, sympathy and unselfishness. Sometimes the lessons are harsh, but they are effective.

This gang idea, while necessary, may be turned into a grave danger, and it is here that older heads should step in with a controlling hand, and no better hand or combination of hands could be chosen than the Y. M. C. A., unless it be that of the father.

* * * * *

Earlier in this chapter we mentioned the bridging exercise as a wonderful physical culture method. A little caution should be exercised in this work at the beginning. You would

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not expect a child to get a good education in a year or two years, so you would not expect to get tough, wiry neck muscles in a day or a week.

A soft mat or pillow should be used for the head to rest upon at first, and the hands should also be used at first to assist in supporting the body.

After the neck and shoulder muscles are developed enough to hold the weight of the body, you will know it instinctively, then you can raise the body, after which you can raise your hands and arms with perfect safety.

The hands should always be used in raising the body, even after you become proficient in the exercise of swaying the weight of the body from head to feet (the only two parts that should touch the floor in the making of a bridge), thus avoiding chance sprains or other accidents.

CHAPTER V.

THE PHYSICAL TRAINING OF THE MAN AND THE
ATTAINMENT OF SELF-CONTROL.

MOST people are actuated by self-interest. I believe that every physically and mentally healthy man should be actuated by self-interest—the kind that inspires him as an individual—to succeed in making something of himself in life, whether that something means purely selfish achievements, or achievements that will benefit him individually while they also benefit humanity as a whole or in part.

In the case of the selfish man—he will see the error of his ways and feel willing to share the fruits of his life with others, because, were it not so, he would not remain normal long. Humanity would ostracize such a man, and he being a thinking man, for purely selfish reasons, would not permit such an occurrence to take place, because, if he is normal, he will desire the companionship of his kind—it is one of the laws of human nature.

In any case, the desire for happiness, whether it consists of more power, greater strength and ability, is the desire of all men.

Since the attainment of any of these really requires the ability of the physical frame to maintain health, we must readily recognize that we must maintain our health after the fashion that nature has designed.

Here, again, it seems well to refer to the man who is most interested in the maintenance of health and happiness—the physician.

Dr. Henry S. Munro, in his "Handbook of Suggestive

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Therapeutics," previously mentioned in this book, says, under the chapter entitled "Conservation of Energy":

"When we, as physicians, are brought face to face with the problems of treating disease, we have but to reflect for a moment to see that the real problem for the individual is how to live.

"The most fruitful cause for disease and weakness of body and mind lies in uncontrolled and misguided appetites, emotions and passions, and a failure to properly conserve and direct our mental and physical energies into healthy channels of thought and conduct."

Why is it, that with all the progress that has come during the centuries and centuries of the existence of the human race, that they, of all the animal creation, should be forced to face such conditions?

There are a few distinguishing characteristics that separate us as human beings from the lower forms of intelligence. The animals beneath us have passions, emotions and appetites similar to ours, and man alone, of all the animal creation, can make known his thoughts, and his reasoning power, by means of speech and written language; yet we do not find the animals breaking the laws of nature, while man, the most intelligent of them all, seems to suffer from the cradle itself because of his unconquerable desires and the methods employed in their fulfillment.

You, who have the records of centuries before you, have only to read to see that the retrogression and degeneracy did not commence until after the acquisition of wealth, pride, self-conceit and idleness.

The prediction of the present day is that the time is coming when happiness among human beings will be universal, but to the man who is anxious to secure his individual happiness no better time than the present should be chosen.

In speaking of excesses we do not refer to drinking, eat-

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ing, smoking, etc., alone; we also refer to working without a thought of future physical comfort—short-sightedness, we call it here—because the business man and his employes, all seem to be in a mad race for dollars, and forget that physical capacity is necessary both to earn and to enjoy, and that physical capacity and a healthy brain go hand in hand for building up business enterprises. Therefore, you will see that the well-developed brain, if it is to maintain its health and usefulness, must reside in a healthy body.

In searching through the laws that have been evolved in the scientific world we find one that is of extreme importance to our present question—how best to train the will, conserve its energies and make it a power.

The memory is the will's storage battery, as it were. We cannot do those things we have never learned to do. The law, therefore, is this:

"The memory of a former experience is that which enables the human mind to duplicate any feat performed at a former time."

So that with this law before us we can readily select a starting point in the development of the will.

All training must commence with bodily training. The child first learns to use his mouth, then the eyes. The eyes bring the realization of an outside world to the brain, and instinct prompts the child to use his voice, hands and feet in the attempt to gain desirable objects and to avoid the undesirable. From the day when the first walking feat is accomplished until the day of maturity the process of building and eliminating is in its most active state; the human machine is then at its best.

When the individual reaches the age of maturity the mind is what requires the most attention, for again the outside world takes on a new aspect; the new situations strain heavily on the memory at first, and the individual starting in a new world, as it were, forms his plans to act independently, and in concert, as the laws of nature and society may require.

The laws of nature demand existence. The laws of society restrict this existence.

The physical functions are performed as they are trained to perform their work, and if the system of training was faulty, the habits of these functions must be changed, because if they are not, they will destroy existence.

If a man neglects his physical culture, and if he practices excessive eating, drinking, thinking or work, he must pay the penalty—that of sickness.

If he neglects his lungs and his stomach, how can he expect to keep his mental faculties in good condition?

The body and mind depend upon the same conditions for health—even though they are considered by so many to be separate machines. Therefore, it stands to reason that the man who keeps his physical health has a better chance in having a healthy brain—and since the brain is the instrument of the will, it is the healthy physical man who has the better will, the quicker thinking power, the quicker executive power; and these are the powers that are in demand today the whole world over.

It is conceded that the man who can control himself is the best fitted by experience and training to take the helm in business, in politics, or in any sphere of human endeavor.

Since we refer to the physician to gain our information concerning the actual conditions of the body in the state of health, let us now refer to another specialist—a man who has demonstrated that health and strength can be preserved to an old age.

"Farmer" Burns, at the age of fifty, says:

"I have always lived a temperate life. I do not drink, smoke, drink coffee and eat but few confections. I do not indulge in any vice or habit that has a tendency to weaken a man physically. I am regular in my daily life. I exercise judiciously, constantly, and observe all the sensible rules of health and hygiene.

"The ordinary man has no use for his neck except to hold his head up with.

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"I have trained and developed the muscles of my neck just as well as the muscles of my arms, and the result is that I am as strong there as anywhere else.

"The muscles of the abdomen are as important to the functions of health as the muscles of the legs, yet the average man is as weak there as a child.

"I have developed myself by training and exercise; first, because it is my business. But there is another reason more important to me than that—I value good health above everything.

"I attribute my good health to my fine physical condition, and I find that my brain delivers messages to my muscles quicker because I train it by keeping up my circulation with plenty of life-giving, oxygen-laden blood, which could not be done under conditions of poor circulation.

"If more attention were paid to athletics, and if there were first-class gymnasiums open to everybody in every town in the country, there would be less dissipation of every sort, and a better and stronger race of men in the country.

"I have, during my busy life, wrestled with six thousand men, and trained over sixteen hundred pupils, and I have always found that my pupils were better and more self-controlled men after the development than they were before. They were better able to execute, and quicker to learn after having learned to handle themselves physically, because they can then tackle the job with more confidence in their ability to win.

"My hope is that I may live to see the day when every large city will have organized athletic clubs for business men with facilities on hand for the building up of every man's physical constitution.

"When this day comes the head of a business firm will insist that his employes also have the advantage of physical training, for it will mean that the man who steps up into the chair of the department head will be a stronger man himself, and be able to sympathize and help his former fellow employes to be stronger men.

"But my advice is, don't wait—you can start to get yourself in better physical condition today—then you will not be disappointed if the athletic clubs fail to materialize or if they are slow, and besides you can start this very work by commencing to train yourself—then when you explain why you always look happier, or why you are always feeling better than those around you, you will arouse a question in another man's mind, and another, and another, who in turn will try your recipe for health and happiness, and they readily see how much more pleasant it is to train with friends than it will be to try alone."

"FARMER" BURNS' METHOD OF TRAINING.

The Sleeping Room.

The sleeping room is a place where tired mankind goes each night to secure rest for both body and mind. During this resting process the rebuilding of the muscles and brain tissues that have been destroyed by the day's work goes on incessantly.

The bed should be comfortable, but not so soft and irregular that the body will lie in a cramped condition, for it is necessary for free circulation to have the limbs outstretched.

The window should be open from the top at all seasons in order to allow pure air—for the rebuilding and revitalizing depends upon the amount of nourishing blood that can be sent to the tired members—therefore, pure air is absolutely necessary.

The Retiring Hour.

The retiring hour should have some semblance to regularity. You regulate the time for each duty to be performed during the day, and you can readily determine how much sleep you require to improve your general health, and after determining this point set the hour and be ready to answer to the call of your tired muscles and brain.

Exercise Before Retiring.

The use of dumb-bells, weight pulling and the assuming of a regular set of muscular positions accompanied by heavy breathing exercises is very beneficial before retiring, because it increases the circulation which is so important for the re-building processes that are to go on during sleep.

Those who have no facilities, such as weights, bells, etc., can secure fully as much benefit from a system of calisthenic exercises, devised to suit their individual requirements.

The Hour for Arising.

The hour for arising should be so regulated as to enable at least an hour of exercise before breakfast.

The first exercise should be the taking of plenty of fresh air into the lungs.

A cold bath every morning in the year is beneficial to those who can stand it, after which the body should be thoroughly dried by briskly rubbing with a coarse towel.

Those who cannot stand cold baths should at first use tepid water until they can become habituated to the cold water.

Most physicians prescribe the morning cold bath as follows:

Allow two inches of water to run into the bath tub; take a towel or sponge, and after allowing it to become thoroughly soaked, rub or beat the soaked towel about every portion of the body, and then quickly commence the rubbing and drying process with a dry towel.

The exercise you get in the rubbing process will increase the circulation in every portion of the body, and will make you breathe very rapidly—in fact, if the work is done as it should, the body will glow with redness and warmth.

Those who feel that a cold bath is rather severe should consult a physician before commencing, thereby gaining such instruction as their individual constitutions may require.

After the bath thirty minutes should be spent in calisthenic exercises, with or without instruments, that will set and twist every muscle of the body.

After a short time you will find that with these preliminaries before breakfast you will be in a much better condition to enjoy this meal, and it will be digested, giving you every possible benefit and place you in a position to sit down to your noon-day lunch with an appetite.

Walk to your place of business if the distance is not too great, and if it is, walk a portion at least before taking your car.

"Farmer" Burns advocates the following method of walking:

In the first place think about what you are doing—get pleasure out of it. If you are worrying about conditions at home or at the office your brain is stealing a part of your reserve strength, which should be used only as it is necessary.

On a level street or road walk as rapidly as you can; vary this rapid walking stride every so far by trotting at a brisk gait. Especially is this practice good if you come to a grade or hill—run up and walk down. This method of walking affords a change which is in reality a rest. It also enables you to walk farther and with greater comfort at all times.

For a grown man at least six miles should be the distance walked every day, and this six miles should be made in the open air where you can breathe pure air. Do not permit anything but very severe weather to change your plans, for it is one of the greatest life renewers that a man can choose.

A Word to the Office Man.

The man who works out of doors does not require as much physical exercise as you do—he gets tired as a result of muscle strain, but you are just as tired because your muscles never get a chance to renew themselves.

When you are tired physically and mentally, it is just nature demanding your intelligence to resolve to strain those muscles and ligaments to get some fresh air into your lungs so that your brain may have a little food.

Do not be afraid to go to a place of amusement in your off hours, and make it a rule to go several times a week. It will make your mind run along new channels and give it a

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chance to build up those brain cells you use most in your daily toil. Your work will then be a pleasure in place of drudgery. Remember that in your case physical work means rest.

The Noon Hour.

Every employer knows that his plant requires good, active brains in the heads of his employes, and if he knew that he could create more active brains by giving his employes an extra thirty minutes each day to spend out of doors, he would give it, and more, with a flourish.

Some employers know this, but others do not think of it. So you see, Mr. Employe, that here is a new avenue for you—spend every minute of the noon hour in the open. Walk as far as you can, and take your mind off of your business; watch the people on the street, keep your lungs full of air, and you will find in a few years that this exercise has been worth thousands of dollars to you, because the change will place fresh ideas in your head, and the exercise will put fresh blood in your brain—the kind of blood that builds up quicker brains and quicker bodies.

In the evening, when the shop closes, if you are an indoor man, walk and breathe—forget yourself and enjoy the interesting scenes around you as you walk.

Before your dinner exercise some more, then eat plenty, but do not overload. After completing your dinner you will have plenty of time to enjoy yourself in reading, walking or at the theatre, club or lodge.

Regulate yourself as you would your business and with as much judgment. Go in to win, and you will find that health means happiness long before you achieve the name of millionaire, general manager or senator.

Eating and Drinking.

"Farmer" Burns' diet nearly all his life has been meat, potatoes, vegetables and fruit—with plenty of pure water. You can always get pure water, so there is no need to fear on what things to avoid.

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Avoid late suppers. If you must attend for the sake of sociability or business, eat sparingly, because your regular time to eat has long since passed, and everything you take into your stomach is just an extra load that should not be there.

If you are strong physically, you know from experience that you have plenty of confidence in yourself, so avoid worry; it will make an old man of you. Think of other things, directing your mind by work, sleep or temperate pleasures. **Be a master of your desires, not a slave to them.**

Just remember, when you are inclined to feel that the whole world seems against you, that pleasure and wealth are in the possession of those men who are physically able to get and hold them.

You have heard, no doubt, that opportunity knocks but once at every man's door, and how. It has been proven a fallacy time after time. You know this to be true; that you have had many an opportunity, and that they knocked many times, and then came back. So we propose the following prophecy by a modern writer which is being fulfilled every day:

"There is no chance, no destiny, no fate,
Can circumvent, or hinder, or control
The prime resolve of a determined soul.
Gifts count for nothing, will alone is great;
All things must give away before it is soon too late.
What obstacles can stay the mighty force
Of the sea-seeking river in its course,
Or cause the ascending orb of day to wait?
Each well-born soul must earn what it deserves,
Let the fool prate of luck;
The fortunate is he whose earnest purpose never swerves,
Whose slightest action or inaction serves one great aim;
Why, even death stands still and waits an hour
Sometimes for such a will!"

CHAPTER VI.

THE OUT-DOOR MAN'S MENTAL CULTURE.

IT MIGHT be well to say a few words about the out-of-door man, who lives the life that nature provides for all men if they would only see it that way.

The following article, which appeared in the "Des Moines Homestead," under date of July 1, 1907, shows that a well-disposed mental attitude is the best fitted to win out in all cases:

"The 'Farmer's' Advantage Favoring Longevity."

"A French newspaper has been instructing its readers how to live to a good old age, drawing its conclusions from the lives and writings of famous men. For instance, Moltke said that the secret of his health lay in great moderation in all things; Victor Hugo had a tablet on the wall of his house with the following inscription, 'Rising at six, dining at ten, supping at six, retiring at ten, makes the life of a man ten times ten.' Chevreul, the famous chemist who lived to be 103 years old, considered a happy disposition to be an important factor contributing to his long life. Sir Benjamin Ward Richardson declares that those who wish to reach a century must neither smoke nor drink; they should eat sparingly of meat, work as little as possible by artificial light, trouble themselves little about making a fortune, and never allow ambition to rule their lives.

"By all these signs the 'Farmer' should live to a

ripe old age. He practices Moltke's moderation and goes Victor Hugo one better by rising at five and retiring at nine. He has learned through years of experience to cultivate a happy disposition; that it is worse than useless to trouble himself about making a fortune, for nature, urged a little by scientific knowledge, goes serenely on her way duplicating miracles of the past, so that whether it rains or drouth follows the unfailing goodness of God makes the fields to bear harvest that His people may be fed. He works but little by artificial light, while the city man becomes more and more each year a slave to the green-shaded lamp. And less than any other class of men does he smoke or drink intoxicating liquors.

"The story is told of 'Farmer' Burns, the famous wrestler who has been a star on the mat for a number of years, that being asked the secret of his marvelous physique—which he has maintained to an age when most professional athletes have long since become stale and worn out—he explained that he drank neither tea, coffee nor intoxicating liquors, used no tobacco in any form and never swore. It is easy to see why this famous athlete does not inject into his system any stimulant to tear down and destroy his tissues after momentary exhilaration is ended, but it is not so easy to see why he places abstemiousness up first when a struggle comes. When a man says "d—n it," it's a sure sign that he is up against it; that he can't win. It's when the other wrestler is saying "d—n it" that I roll him over on his shoulders.'

"Therein after all lies the real secret of success of the wrestler who is the marvel of the athletic world. He does not know what failure is. To curse his luck would be to admit a possibility of failure, which the very thought would bring about.

"The farmer who succeeds is the farmer who follows the advice of 'Farmer' Burns, wrestler, as much

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as Victor Hugo, poet, and Chevreul, chemist. When he rises in the morning and looking out over the fields which he had intended to work that day, finds the rain falling on them, the impulse to say 'd—n it' may be strong, but to do so is to admit the possibility of failure. The man who refrains from saying it is the man who, like 'Farmer' Burns, rolls the other fellow over on his shoulders and takes the fall, going out to do the thousand and one chores which are invariably left for the rainy day or laying plans which the coming of the sun brings into fruition. There are problems and difficulties in every-day farming life which must be wrestled and thrown just as 'Farmer' Burns wrestles opponents on the mat. His secret of success and strong physique may be followed with as good results to the farmer as to the wrestler."

The most interesting stories told in America today are those of the success and fame of men who, as boys, were farmers.

Many of these boys, when they came from the farm, had but little more than their fine physical equipment as their invested capital, and most of them concede that the real success was a mental equipment nourished and assisted by a fine physical complement that enabled them to endure greater hardships and heavier work, both physically and mentally, than could possibly be expected of a city-bred boy.

So that if you are one whose lot is cast in the great out-of-doors, remember that you have every advantage as long as you keep your eye trained on the brighter side of life.

CHAPTER VII.

WRESTLING AS A MAN DEVELOPER.

MANY boys learn boxing and train themselves with various kinds of instruments, such as dumb-bells, pulleys and the like. These are all good methods of training; but they lack much, because in each of the classes of training mentioned only certain portions of the body are used, and sometimes after the boys have become proficient the practice becomes monotonous, except in the case of boxing; but even boxing has its drawbacks, because a blow that is delivered a little heavier than either expected will cause ill-feeling, especially if the party struck receives a bruise that discolors a part of his face.

That is why "Farmer" Burns advocates wrestling as the finest physical culture possible.

Two brothers can enter the contest, and aside from gaining strength that comes from twisting and pulling every muscle in the body, they can have the same amicable feeling after their contest as they had before they commenced.

If either one finds that he has weak points, he has interest enough in future contests to make him work hard to eliminate these weak points, so that after a time spent at training himself he finds himself evenly developed and ready for life's fray.

"Farmer" Burns has two sons of his own whom he has taught to wrestle, and they are as fine a pair of specimens of perfect physical boyhood as could be imagined. They frequently exhibit their work together before large audiences, and their work never fails to excite very favorable comment.

"Farmer" Burns says:

"No cleaner work could be devised to keep a boy busy and develop him physically.

"He must develop his arms, legs, hands, feet, neck, lungs, abdominal muscles and back muscles. He does this by bridging, running, walking and tugging to get his opponent upon his back. The continual practice gives him knowledge of his own strength, promoting self-confidence. It teaches him to be quick on required occasions and self-confident at all times. He forgets that he has such a thing as nerves, yet his nerves are ready to do his brain's bidding when the time comes. Above all things, it teaches him breathing."

There are whole volumes circulating in this country today on the subject "Breathing," and it is wonderful how breathing affects the various functions of the body.

The man who lifts a heavy object can lift it easier if he breathes deeply. He can run farther and can endure more physical and mental pain. Why? Because he is giving food to the blood, which in turn feeds every organism that dwells in the body.

So that we can safely promise to the boy or man who exercises his muscles, drinks pure water, eats substantial food, breathes deeply, and keeps his mind clean, more happiness than it is within the power of all the wealth of the world to buy.

CHAPTER VIII.

"FARMER" BURNS' THEORY OF TIME.

WE HAVE devoted considerable space to the consideration of suggestions to those who are anxious to find in this book an outline of some systematic plan of action, the following of which would result in the conserved control of body and mind.

We will now proceed to the exhibition of those faculties that "Farmer" Burns considers most important in placing him at very head of the professional wrestling world.

When quite a young man "Farmer" Burns worked on farms and in grading camps. He was a wrestler all his life, but he felt his ways to be slightly clumsy. At a very early age his mother convinced him that spirituous liquors were simply another one of the devil's wiles, to entice the consumer onto the rocks of immorality, disease and destruction, and he faithfully followed her advice until he reached the age when his own reason, as the result of observation, told him that his mother spoke the truth.

This reasoning process also suggested another possibility to his mind, that by regular habits and constant practice he could develop a mental organism that would materially aid him in winning for himself the coveted goal of champion wrestler of the world.

He tried it, and with what success the world knows today.

Be believes that the brain with its telegraph system of nerves should be the director of every move, and that by practice you can leave the transmitting of the messages to that center of the brain called "instinct," which is cultivated by experience.

CHAPTER IX.

THE ART OF SELF-PROTECTION.

THIS is a subject that will undoubtedly prove interesting, as there is always a time in a man's life when he might save himself humiliation, and in many cases life itself, by knowing what to do and how to do it at the right time.

One never knows when he may be at the mercy of a hold-up man, a thug, or an insane person armed with dangerous weapons.

Since "Farmer" Burns is not a fighter, his advice is this:

"Never carry a gun—it will surely get you into some trouble, because the hold-up man is prepared to take chances that you are not prepared to take. So if it is a hold-up man, hold up your hands and let him take your wealth and you keep still. The possession of the wallet will give him many gray hairs, and it is only a temporary loss for you.

"The thug is different. He is a sneak and goes about his methods in an underhanded manner; he creeps up behind you and delivers his blow unawares. So if you are in a questionable portion of a community, keep your eyes open and a good supply of fresh air in your lungs. Don't hit him; grab the arm that holds the weapon and know how to place yourself so that you can kick his feet a-flying.

"The accompanying cut shows how I treat him.

"If he is quick, I pull him over my shoulder on his head, otherwise I take his weapon away from him. Study the picture closely; it may be valuable to you some day.

"If it is a crazy man with a knife, keep cool, and attempt to get a position to the right of his right arm, if this is the arm

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"FARMER" BURNS SURPRISED BY A HOLDUP MAN.

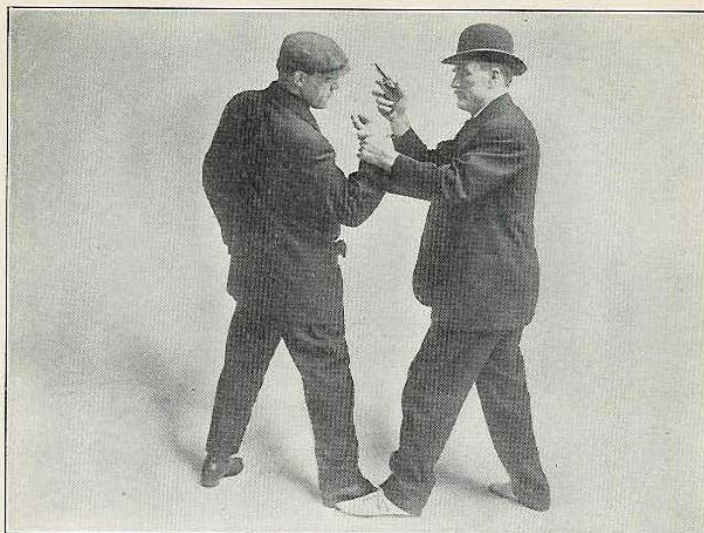


THE "FARMER" WORKS QUICK.

He grasps wrist with left hand and with right grasps opponent's fist, turning the gun in opponent's face.

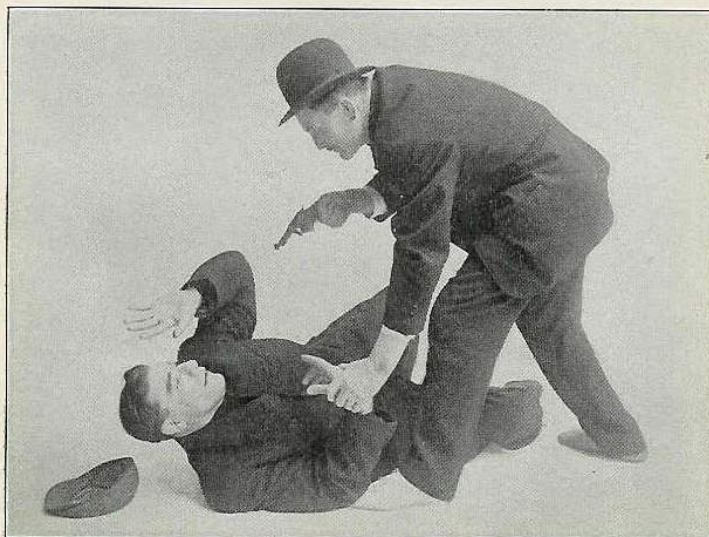
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THE "FARMER" SAFE.

The bending of the robber's wrist broke the hold on the gun. Note position of "Farmer" Burns' left foot.

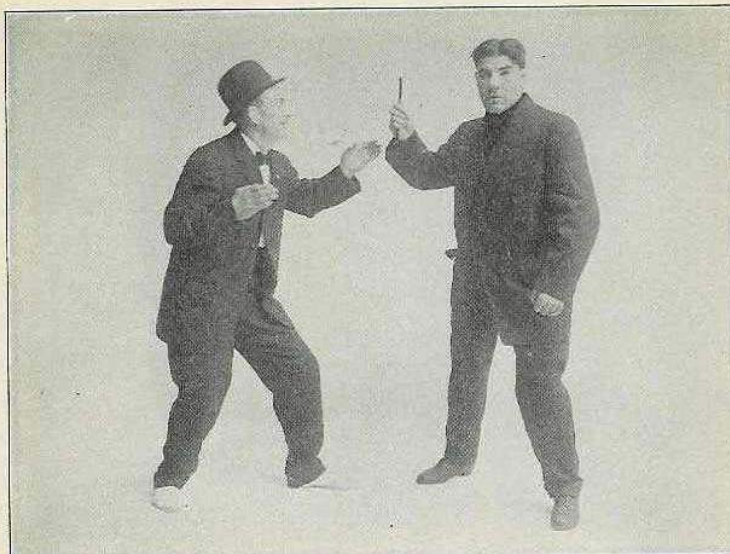


THE ROBBER IN DANGEROUS QUARTERS.

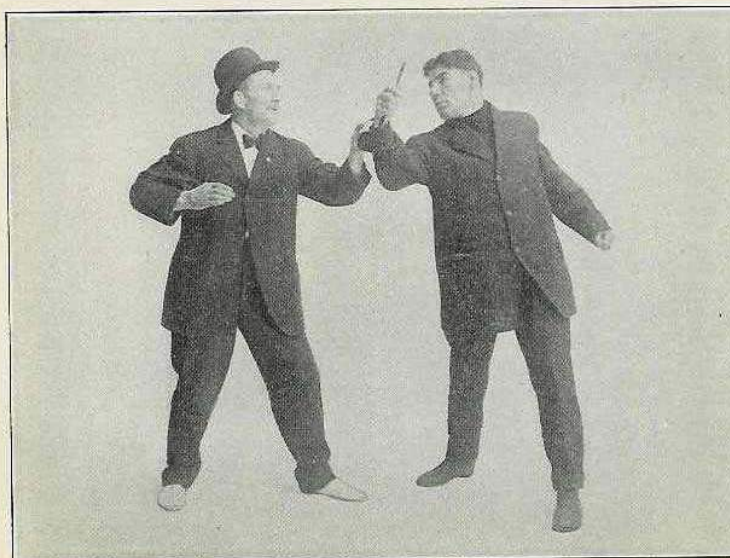
By kicking opponent's right foot and holding and pulling out on right wrist, see what happens.

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THE LIFE WORK OF "FARMER" BURNS.



"FARMER" BURNS ARRESTING AN INSANE MAN ARMED WITH RAZOR.
(Note how Burns' hand is ready to catch coat sleeve.)



THE COAT SLEEVE CAUGHT TIGHTLY.
The man is powerless to either strike, kick or bite.

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THE MAN DISARMED.

Mr. Burns, by bending the wrist, forces razor out of man's hand.



TAKING HIS MAN AWAY, STILL POWERLESS.

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THE LIFE WORK OF "FARMER" BURNS.



THE THUG CATCHING A STRANGLE HOLD.
Burns quickly grabs his arm—



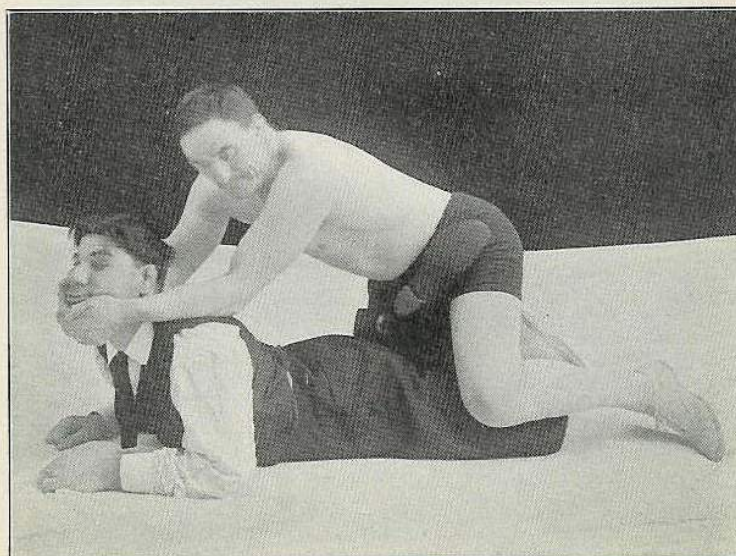
And leans forward, pulling man over his head—

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And forcibly throws him on his back in a powerless position.



A SURE WAY TO HOLD A MAN DOWN.

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that he is going to use, then gauge your distance and work quickly. Look behind him and say 'Hello,' as though you were speaking to a third person, then you can make him release his hold on the weapon and the rest is easy.

"The pictures will show you how I do it, but if you are strong physically and mentally, you can usually win out by keeping cool and working in your own fashion.

"Every man should feel strong enough to use force if necessary to protect his life or that of his friend, but how can he feel that way unless he is strong and knows how to use his strength?

"This is a peaceable world, but even yet there are many deeds of violence in our midst, so it does not pay to take chances."

We might take up space attempting to explain a hundred different plans of action, and the first time you were in a position where it meant action or injury, you would find that your individual case would require something else, so we will not take up your time with anything but a little advice.

Develop yourself in a business-like way, and when you need to employ force, your former experience will enable you to do the right act at the right time.

CHAPTER X.

THE LIFE OF "FARMER" BURNS.

MARTIN Burns, known all over America as "Farmer" Burns, was born February 15, 1861, in a log cabin located in Springfield Township, Cedar County, Iowa.

His father died when he was but eleven years old, leaving besides himself and mother one brother and five sisters.

In those days educational facilities were not like they are today, so the boy secured but very little education, and besides his aspirations were turned to another point in the horizon; he was anxious to make a professional wrestler out of himself. At the age of eight years we find him wrestling with a small companion for his first stake, fifteen cents having been put up on each side. The first opponent, by name James Magrin, was three years older than Martin Burns, but Martin threw him and walked off with the money and with a burning ambition for greater achievements.

He went about training himself by sawing wood and other work about the farm, and a few other light stunts such as farmer boys had to do in those days.

At the age of twelve years he hired out to a neighboring farmer for twelve dollars a month, and he claims he earned it.

From the age of twelve to the age of nineteen years he spent his time plowing corn in the daytime and wrestling evenings every time he secured a chance with whoever he could find to hold up the other end of the work. At the age of nineteen years he was quite well known in the neighborhood of Dennison, Iowa, as a very husky young man with a reputation as a winner in every match into which he had

entered, and it was here that he met a professional wrestler for the first time in his life.

This bout was with a man by name David Grafft; it lasted two hours and nineteen minutes and was decided to be a draw.

After this the young man went to work in a grading camp, and on pay-day he matched with every strong man in the camp, defeating all comers.

It was in the grading camp that the "Farmer" found his first opinion concerning his theory of time, for it was here for the first time that he was placed in a position to observe a large number of physically strong men who should have been as healthy and quick as himself.

He found these men to be free from sickness and full of animal strength as long as they had no money, but on pay-day after pay-day they would to a man almost make up for the whole time lost by prolonged sprees, over-eating and other excesses that would incapacitate them for anything like an endurance test or a prolonged stretch of hard work until the next pay-day came again.

Mentally, these men were morose during the hours of labor, and at night they were so tired that they could not remain awake long enough to think of anything pleasant in life, and when the pay-car arrived their money burned in their pockets until they could lay in a full load of forgetfulness regardless of the price they were forced to pay in the days to come.

"Farmer" Burns, on the other hand, enjoyed his hours of labor and projected pleasant pictures of the future. He watched the shortcomings of his fellowmen, and his theory of time grew closer to the realms of the law day after day, and the law today is this:

"If you wish to have a healthy body that will quickly obey the orders of the brain, exercise your body in the open air; keep the mind in action with pleasant, hopeful plans of the future; do not use spirituous liquors, coffee, tea or tobacco. When you work, keep your mind upon your work, and when

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"FARMER" BURNS AND HIS FAMILY.

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you rest, do it in the proper manner, in a place where there is plenty of fresh air and the presence of something that will direct your mind into entirely new channels of thought. Use a little system in your habits, so that your work, rest and mental relaxation will be a part of your every day life. This is the law that I have followed, and I am happy, strong and in good health yet, and expect to enjoy it as long as I live."

At the age of twenty-six years "Farmer" Burns was married to Miss Amelia Hoffmaster of Davenport, Iowa, which union has seen many happy years, and five children, four of whom are living and enjoying good health.

Mr. Burns takes great pride in his family, and has spent many hours instructing his sons and daughters how to build up and maintain their health and strength. Aside from this they have received excellent educations which the "Farmer" recognizes as the only way to equip a young man or a young woman to make the best of life's opportunities. He says that he regrets one thing in his life, and that is, that he failed to secure even the rudiments of an education, and he had resolved that no such handicap would beset his children.

"Farmer" Burns' life in a grading camp extended through several seasons, and after his marriage he worked for a time as a shoveler for his cousin, P. T. Walsh, who was then a contractor in Davenport, Iowa, but afterwards he returned to farm work.

At all seasons he was meeting men on the wrestling mat, defeating them right and left, until at Anamosa, Iowa, in the fall of 1886, he met his first defeat at the hands of Henry Clayton, otherwise known as "Lewis, the Strangler."

A year later he was again defeated by Tom Connors at Davenport, Iowa.

Both of these men were later defeated by the "Farmer."

The Day when "Farmer" Burns Won the Name of "Farmer."

During the spring of 1889, Martin Burns, as he was then known, made a trip to Chicago in charge of two carloads of hogs. His ticket was arranged for a ten-day stop-over, so after seeing the hogs safely unloaded he started out to see

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the sights that will naturally attract a country visitor in a city.

While wandering around town he noticed bills tacked about in various places which read as follows:

* * * * *
* JACK CARKEEK *
* and *
* EVAN LEWIS, the STRANGLER, *
* at the *
* OLYMPIC THEATRE. *
* WILL MEET ALL COMERS. *
* \$25.00 *
* To anyone staying fifteen minutes *
* or \$2.00 per minute after the first *
* seven minutes. No limit to time *
* and nobody barred. *
* Parson Davis, Manager. *
* * * * *

Martin Burns decided that this was his chance to break into the professional world with a rush, so he went up to the manager's office and offered to take up the proposition offering \$2.00 per minute, and the manager booked him for the following evening.

In the meantime Manager Davis talked with Carkeek and decided to call off the engagement, for according to Carkeek, the rate would prove ruinous, but the "Farmer" would not be put off. He stated that his ticket was good for ten days and that any evening would suit him. The two nights were set after the "Farmer" had been persuaded to accept the \$25.00 offer for each night.

These nights were to be eventful ones for Martin Burns. On the first night, garbed in a suit of overalls, he awaited his turn back in the wings.

The wrestling exhibition was only a part of the show, and nearly all of the rest of it was a comedian named J. W. Kelly who, on this particular night, was slightly the worse for drink and was sleeping soundly on a big box in the wings.

Someone told "Farmer" Burns to wake up Kelly and tell him that his turn had come, and all expected the actor to give the "Farmer" a memorable talking to.

After some difficulty "Farmer" Burns succeeded in shaking the stupid comedian into a state of wakefulness and told him that his time had come.

Kelly rushed onto the stage, and still dazed, stared at the audience, and without a word walked off again.

Someone present then explained the situation and Kelly without a word again walked out upon the stage and commenced to talk with the musicians, asking them this question:

"What would you call a man who hoes potatoes and squash and shucks corn?"

"A farmer," replied the musician.

"Well, then," continued Kelly, "if this farmer would get locked up in a house and the house would catch fire, what would happen to the farmer?"

"I do not know," answered the musician.

"Farmer Burns," replied Kelly and walked off the stage.

The audience did not see the point until a few moments later when a man in overalls walked out and shook hands with a man half stripped for a wrestling bout.

This was the first time that "Farmer" Burns ever witnessed so large an audience, and he was almost overcome with stage fright.

The audience immediately caught the spirit of the joke and commenced to guy the "Farmer" who presumed to meet such men as Carkeek and "Lewis the Strangler," little imagining that they were to see the treat of their lives in the form of wrestling contest.

Jack Carkeek was to be the first man to meet Burns, and he expected to lay both of his opponent's shoulders upon the mat inside of the fifteen-minute limit, but the "Farmer" proved to be a tough one.

He started in with his characteristic quick manner, and in his excitement took his man clear off of the mat, knocking the scenery all over the stage for a period of fifteen minutes

and finally won the match because Carkeek could not throw him.

The fifteen-minute bout with "Lewis the Strangler" was grimly contested, but Lewis had to give up. Fifteen minutes was too short a time for him to throw the "Farmer."

The audience saw that this "Farmer" was a hard one, and their excitement knew no bounds.

The next morning the Chicago papers lauded the name of the unknown "Farmer" to the public in decidedly glowing terms.

Theatrical managers made a scramble to secure the new prize, for the fame of "Farmer" Burns spread rapidly, his methods were new, and his ability was recognized in every quarter. This was in the year of 1889.

"Farmer" Burns accepted an engagement with Conners & Green's Specialty Show, with whom he traveled the entire season, inviting and defeating all comers, among whom were many noted wrestlers.

In 1890 he accepted a new engagement with the Tarjee and Conner All-Star Show, inviting all comers and never losing a fall.

In 1891, while engaged with Turner's English Gaiety Show, he met and defeated Matsada Sora Kichi, "The Jap," at Troy, N. Y., in four minutes.

In 1892 the "Farmer" was engaged with Parson-Davis-Floto Show, meeting all comers, never losing a fall.

In 1893, tiring of the show business, "Farmer" Burns opened a gymnasium at Rock Island, Ill., where he trained several hundred pupils. It was during this year that he met and defeated Jack King of Decorah, Ia., in a hard match lasting two hours and five minutes; he also met and defeated during this same year P. T. King, Jack Griffin and Mat Acton.

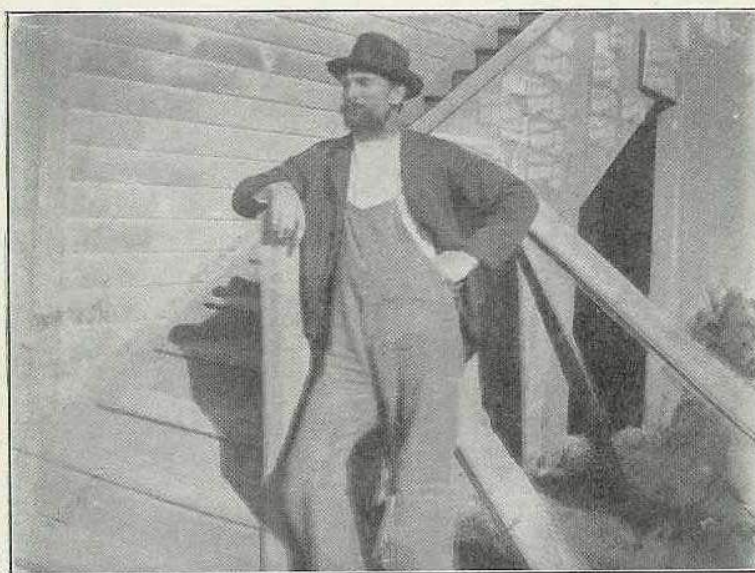
During the year of 1893 the "Farmer" participated in one of the most amusing affairs in which he had ever engaged.

"The Story of the Woodsawyer."

This story might be given in our own words, but we will

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"FARMER" BURNS AS HE LOOKED WHEN HE WAS ACTING THE PART OF A WOODSAWYER.

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reproduce the story, entitled "For the Championship," by Henry Smith Williams, as it appeared in Harper's Weekly shortly after the affair took place. The major portion of the story is the truth, and there is just enough of color added to make it a yarn that will hold the reader's interest for an hour or so.

"FOR THE CHAMPIONSHIP.

"By Henry Smith Williams.

"He was a lean, cadaverous-looking individual, undersized, and with a pinched, drawn face, suggestive of consumption. He was ostensibly sawing wood, but he seemed in no great haste about the completion of his task, for when presently three men sauntered along the sidewalk and stopped to speak to him, he seated himself on the saw-buck and entered into conversation as leisurely as if he had all the time in the world at his command. The three visitors were well-dressed, professional-appearing men, and elsewhere it might have seemed odd that they should be engaged in familiar conversation with a wood-sawyer. But social gaps, though they exist, are not so very sharply outlined in the West; so the housewives who scanned the group with curiosity from neighboring windows had probably little thought of anything anomalous in the situation, but merely wondered what was brewing. When the leading physician—who chanced at the moment to be also the mayor—the most prominent lawyer, and the editor of the county paper join forces and enter into conclave with a laborer of unknown antecedents who has recently come to town from no one knows or cares where, something must be in the wind.

"And in truth something was in the wind, as the conversation of the representative citizens and the sawyer would soon have made clear, could the interested housewives have overheard it.

"'Look here, McCarthy,' said the doctor, a big burly fellow, beside whom the man addressed seemed a mere pygmy

—'look here; can you really wrestle, or is this all a bluff you are working?'

"The sawyer grinned good-humoredly and waved his hand in deprecation. 'Sure, and it's no bluff,' he said, 'it's straight goods I'm givin' y'u.'

"'But see here, man,' broke in the lawyer, 'this Swede is as big as two of you.'

"The sawyer only grinned the more. 'I don't care if he's as big as a barn. I've throwed big men before, and I kin throw him,' he said.

"Meantime the physician, gratifying a professional instinct, was feeling the sawyer's arm with the absorbed air of one who would penetrate the depths of mystery. He gave his head the same doubtful shake which aforetime had convinced many a patient of his profound wisdom.

"'You're no great shakes for muscle,' he said, finally.

"But McCarthy only grinned the harder and remarked that 'muscle don't count agin' science.'

"'Yes, but the Swede has science, too. You know he threw McMillan, the five-styles champion, and he claims the championship of the Northwest in consequence.'

"'Oh, it's easy to claim things. I claim the championship of Iowa meself, and I'll defend it agin' any man in the state. I kin get a barrel of money to back me, too, from men that's seen me rastle.'

"'All right; tell them to bring on their barrel; they'll find takers here,' said the lawyer. 'We're a committee from the club, and we're authorized to make a match. We'll put up a purse of \$100 and half the gate receipts for a catch-as-catch-can match, best three falls in five. How does that strike you?'

"'Good,' said the sawyer, laconically. 'How is the purse to be divided?'

"'Winner to take all.'

"'Hadn't the loser ought ter have a share?'

"'No; the Swede won't wrestle that way. He wants all or none.'

"'He ain't a hog nor nothin', is he?' came a piping voice

from one of the street urchins who had gathered about the group.

"'Never mind putting in your oar, sonny,' said the doctor, frowning his severest professional frown upon the offender, but without appreciable effect..

"'How about it, McCarthy?' continued the lawyer.

"'Oh, I'll agree to most anything.'

"'You'll try him, then, on our terms?'

"'Yep.'

"'How will next Saturday night suit you?'

"'Tip-top.'

"'All right, then; just sign this paper, and we'll attend to the rest.'

"A scrawling signature secured, the 'committee' walked away, the editor calling back to the sawyer not to forget to send for his friends with the barrel. 'Don't yer worry about that,' said the sawyer, still grinning, as he returned to his work. The small boys scattered to seek some new scheme of interest, and Mesdames Smith, Jones, et al., seeing the field clear, were at liberty to discuss the situation with one another over their respective boundary fences, endeavoring as best they might to thus avoid being consumed of curiosity until such time as their husbands should come to dinner and solve for them the meaning of the mystery. Woe betide the husband who was late that day!

"Next day posters appeared on all convenient fence surfaces announcing with liberal display of adjectives a 'Great Wrestling Match, between Hans Peter Oleson, Champion of the Northwest, and Dan McCarthy, Champion of Iowa,' etc., and town and country were supplied with an all-absorbing theme of conversation for some days to come. Unusual interest attached to the contest, because the alleged 'Swedish champion' was a farmer living near town, known therefore to every one, and sure to have the enthusiastic support of all his Scandinavian neighbors. He was a man of known prowess, gigantic in size, of herculean strength, and a skilled wrestler, as had been more than once demonstrated in public matches.

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The other contestant had come to town seeking work not long before, had remarked incidentally to a chance acquaintance that he could wrestle, and had proven that he knew something about the 'science' by throwing several who thought themselves pretty 'good men' in friendly impromptu scuffles.

"In appearance he was quite the antithesis of the Swede, but he had shown himself active and wiry, and some persons who had seen him thought he might make a fairly interesting contest, or at any rate 'give us a show for our money.' Beyond that, few had any faith in him; but his asseverations that he could get financial backing caused his talk to be taken seriously. The sporting blood of the community was at the surface, and every one wanted to have a hand in the game.

"But would the men with the barrel of money put in an appearance? That was the absorbing question. The town was not long left in suspense, however, for three days before the time set for the contest the daily train from the south brought four flashily dressed men, who at once sought out the wood-sawyer and announced themselves as ready to back him. Before making any bets, however, they wished to see what manner of man the Swede might be. They drove out to the Swede's farm and saw the brawny fellow at the plough. The view dampened their ardor somewhat, at least so the 'knowing ones' among the local sportsmen affirmed. At all events, they were not as free with the exhibition of that barrel of money as had been expected. They asserted that they had money to cover all offers, but they demanded odds of two to one, on the ground that the Swede was so much larger than their man and of greater reputation as a wrestler.

"At first the local enthusiasts were loath to give such odds, but gradually one and another decided to 'chance a ten or twenty on it,' until almost every man in town had taken some share in the 'gamble.'

"On the day of the contest the backers of McCarthy seemed to have gained confidence, for they no longer held out for odds, but placed bets even with all comers. In anticipation of the event the town presented the holiday aspect of

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circus day or Fourth of July. Teams lined the streets, and clusters of men gathered everywhere on the corners and in front of stores, discussing the pros and cons of the coming event.

"The entire farming community had turned out to show their loyalty to their conferee, and most of them had come prepared to risk a few dollars on the result, which, indeed, seemed to them a foregone conclusion. The Swedish champion himself had such unlimited confidence in his ability to throw 'that little Irishman,' that he had offered to make a side bet of \$1,000. After a good deal of parleying, one of the backers of McCarthy had taken up the offer, and the Swede had mortgaged his farm at the bank to secure the ready money. This bet furnished the cap sheaf to the popular interest and enthusiasm, and the whole community was breathless with excitement when it was announced.

"The female members of the community, though not permitted by local etiquette to witness the contest, were not behind their brothers, husbands and lovers in discussing the affair in all its phases. At the Foreign Missions meeting on Saturday afternoon the wrestling contest positively held its own against the otherwise supremely important question whether a certain deacon's wife, whose name it was unnecessary to mention, had gone beyond the bounds of propriety in her attentions (well-meant, of course, but—) to the minister. And the Young Ladies' Ibsen Society, which also met that afternoon, after listening to a most delightful paper from a member, in which it was shown to the grateful appreciation of every one that Nora of the 'Doll's House' had no intention of leaving her husband permanently, but had merely gone away overnight to frighten him ('Served him right, too, the horrid thing!'), turned their attention to the wrestling match with no less avidity than their elders.

"At every supper table in town the same theme furnished the main topic of conversation that evening, and as one individual the community awaited the consummation with breathless expectancy.

"Long before eight o'clock, the opera house was crowded to the doors, and the juvenile members of the audience vented their impatience from time to time in vociferous catcalls and uproarious stamping of feet. Behind the scenes our three friends of the committee officiated, assigning each contestant with his seconds to his room and arranging the last preliminary details. Just before the time for curtain-raising the three stood together peering out on the audience through holes in the curtain.

"Well, Doc, what do you think of it?" asked the lawyer.

"Think of it! I don't have to think; I can see. I've looked the men over now they are stripped, and I'd bet my head the Swede has a lead-pipe cinch on the purse. I've got a few dollars left, and I'm going now to see if I can place them, those fellows seem to be so anxious to drop their pile."

"But before the speaker could put this intention into operation the whistle blew and the curtain rose. As the contestants stepped out upon the mat their difference in size and appearance was almost ludicrous, and it seemed as if the big Swede must crush the other in a moment when they came together. But the wood-sawyer soon made it clear that he was not so easily to be vanquished. He was quick and springy on his feet, and he eluded the rushes of the giant with a cleverness that brought applause even from the men whose money was against him. On the other hand, however, he hardly took the aggressive, seeming fully to realize that his strength must be quite inadequate to such a part.

"By jolly!" said the editor, "he's a spry one; ain't he? What if he should tire the Swede out?"

"Tire nothing," said the doctor, "he'll be tired out himself pretty soon and—hello! the Swede has him See that! A double-Nelson, by the Eternal! Hold him, Hans, hold him!" he shouted in his excitement.

"But the Swede needed no urging. Once his hands had closed in that fatal circle about the neck of his opponent, he bore his full weight and his sinewy strength to the task, and

the writhing victim rolled slowly but inevitably over till his shoulders and hips were pinned to the floor.

"'First fall for Oleson, in eleven minutes,' shouted the referee, and the crowd went mad.

"'What did I tell you?' shouted the doctor in the ear of the editor.

"'By jolly! it is a cinch; ain't it?' returned the delighted editor.

"The Swede himself was wild with excitement. In the exuberance of his joy he ran across the stage, and throwing his feet high in the air in a 'cart-wheel,' smashed a gas-globe far above his head. Then, as the audience broke forth in renewed applause, he came to the footlights and shouted:

"'Ma name is Hans Oleson, and dey call me de champion. I can t'row dis man t'ree times in an hour for a hundred dollars.'

"'I'll just take that,' shouted a man in the audience, rising and coming forward, flourishing a bill in the air.

"But the Swede had spoken rashly. He had already bet all the ready money he could secure, and he had no cash left to support his challenge. So he stared blankly at the bill which the other man shoved in his face and stammered, 'I—I kin t'row him all right, but—'

"'Put up or shut up,' said the other, curtly.

"The doctor, meantime, as he grasped the situation, had spoken hurriedly with his companions, who had gone into their pockets with the result of determining that the net funds of the three aggregated just one dollar less than a hundred. Holding this in his hand the doctor came to the front of the stage and called out: 'Hold on, there; I'll cover your hundred in a minute, but I'm a dollar short. Here, fellows'—addressing the audience—'somebody loan me a dollar.'

"'Never mind the dollar; the ninety-nine goes,' said the other, and the bet was closed.

"'Time!' called the referee.

"The two men stepped briskly to the center of the mat, each smilingly confidently. The Swede made a lunge for his

opponent, as if he meant to crush him to the earth at a single sweep, and then—no two of the audience could ever agree as to just how it happened, but the little man stepped to one side, caught his opponent's wrist, turned, stooping, lurched forward, and the huge bulk of the Swede described a circle in the air over the head of the other, and descended with crushing thud upon the mat, the wood-sawyer dropping on him as a hawk on a chicken. For a moment no one could believe his eyes.

"Well, what about it?" queried the little wrestler, looking toward the referee from his perch on the body of the big Swede.

"The referee required a moment or two to gather his senses before he could stammer, 'McCarthy wins second fall in ten seconds.' Then the audience gave a very half-hearted rattle of applause, and every man fell to telling his neighbor just how and why it had happened.

"It was cleverly done," admitted the doctor to his companions, 'but it was only a trick that caught the Swede un-awares. He can't do it again. We're all right yet awhile.'

"But the doctor did not speak with quite such enthusiasm as before, and it was evident that a suspicion not previously in his mind had come to him, for he went across to McCarthy's room and took a good look at him, and as he came away he mused to himself, 'By the Eternal! it does look like him, and I half believe it is.' But whatever his suspicion he did not communicate it to his companions.

"Meantime a man in the audience was shouting: 'Two to one on McCarthy. What! All the money gone? Well, let's say three to one. No? Well, four to one—five to one. Don't that suit either? Well, name your odds, then, and I'll cover them.'

"But an utter paralysis seemed to have come over the sporting men of an hour before.

"Time!" called the referee.

"The Swede approached his opponent more cautiously than before, though seemingly still full of confidence. As they

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came within reaching distance, McCarthy feinted as if to repeat the manœuvre that had succeeded so well before, but instead of catching for the wrist he dropped to the ground quick as a flash, caught the Swede by the ankles, and springing up and back, with a sudden wrench literally cast his gigantic opponent headlong clear across the mat, dropping on him as before to insure a complete fall. The precaution was unnecessary, however, for the Swede made no effort to arise. He was stunned by the fall, and remained lying there several moments after the referee had announced McCarthy the winner of the third round in thirteen seconds.

"While the audience still gasped for breath hardly less than the fallen Swede, the victor walked to the footlights, cut a cart-wheel in the air in imitation of the Swede's earlier feat, and called out, mimicking the broken English of his antagonist:

"'Me name is Burns—they call me "Farmer" Burns. I kin t'row dis man t'irteen times in an hour for a t'ousand dollars.'

"A hush settled over the audience. Every man looked askance at his neighbor; unable for the moment to grasp the situation. Then a hum of voices filled the air, and one man after another rose and began filing toward the door.

"'Hold on; there is another round!' shouted the referee.

"But the Swede interposed. 'I'll not rastle another round,' he gasped. 'Dis man would kill me.' Then as he struggled to his feet he groaned aloud: 'My Got, I have lost every dollar I had in the world. I no more will rastle again while I lif.'

"The three committeemen standing behind the scenes looked at one another in amazement for a moment, then the doctor thrust his hands deep into his empty pockets and burst into a hearty laugh, as if some rare joke had just dawned on his consciousness. 'Buncoed, by the Eternal!' he mused aloud.

"'Doc, what the devil does it mean?' gasped the lawyer.

"'Mean? Don't you tumble? It means that we're a lot of suckers. We're buncoed by a ringer. This McCarthy is Burns, the professional. I've seen him before in Chicago, and

I ought to have known him, but I didn't. He's one of the best in the business, and he could throw the Swede with his hands tied. Speaking of chumps, we're right in it.' And the doctor laughed again.

"'But hold on, man,' urged the lawyer, 'the Swede won the first fall all right.'

"'Won nothing! Don't you see the game? I do, now it's too late. That was to catch bets—and it caught our hundred. The whole thing was put up from the beginning—wood-sawing and all. Any fool ought to have seen through it, but I know about five hundred fools that didn't.'

"'Well, I'll be blamed!' gasped the editor, using the mild expletive that he always reserved for momentous occasions; had the affair been ordinary he would have sworn roundly. 'Well, I'll be blamed!'

"'Blamed? Of course you will, particularly when your wife finds out about the boodle you've dropped. But don't worry about it now. Come across the street and let's have some refreshment—you need it. Of course we're all dead broke, but Ike'll trust us for the beers. I stand treat. Come on.'

"And the measure of the editor's bewilderment may be taken when it is recorded that instead of responding with alacrity, he only opened his eyes wider and reiterated blankly, 'Well, I'll be blamed!'"

* * * * *

In 1894 "Farmer" Burns toured the country, meeting all comers, including foot-ball teams of some of the most prominent universities, and professional base-ball teams.

The year of 1895 was a memorable one for "Farmer" Burns, for it was during this year that he defeated "Lewis, the Strangler," winning the championship of America, on April 20, 1895. The next day he accepted an offer of three hundred dollars per week to tour the country and meet all comers.

In the year of 1896 he toured the country with the Richards & O'Donnell Company, doing statue work, putting on

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seven performances each day. He afterwards made a trip from coast to coast, meeting all comers.

In 1897 he wrestled with McLeod at Davenport, Ia., winning. During the same year he met Jenkins in a match lasting one hour with no falls, shortly after which "Farmer" Burns was met and defeated at Indianapolis, Ind., by McCleod, and the "Farmer" later met Jenkins at Cleveland, Ohio, and was again defeated.

In 1898 the "Farmer" wrestled Jack Rout, mixed style, for the American championship, winning.

In 1899 he met and defeated the "Terrible Turk," "Hala Adala," "The Sultan's Lion," at Chicago in a handicap match.

Makes a Trip to the Northwest.

On a certain day during this year four miners were sitting about a table engaged in a poker game at Kallispell, Mont. Several thousand dollars were upon the table, but interest commenced to lag, and the minds of the players turned to more interesting topics. In some manner or the other, "Farmer" Burns and his successes became the theme of the hour. He was discussed pro and con, and one of the players who favored home industry, spoke in glowing terms of a local butcher boy named Jack O'Neil as being a possible factor in the wrestling world, and immediately the idle money on the table commenced to talk, and a wire to "Farmer" Burns was forwarded, offering terms and setting a date.

The "Farmer" accepted the terms, agreeing to stop for the match at Kallispell on his way to Spokane, Wash.

On the evening of the bout the town hall was crowded to its fullest capacity with silk-hatted gamblers, miners and cow-punchers.

The bout was a good one, but as usual the "Farmer" placed his opponent's shoulders on the mat so fairly that he won the applause of the spectators and referee, who tossed the stakes of five hundred dollars into the ring in the shape of twenty-dollar gold pieces.

After the Kallispell match he went to Spokane for a four-

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night tournament, in which he was to meet eight men, and "Farmer" Burns took first prize.

The proceeds of the entire trip were over twenty-eight hundred dollars, all in gold, and the "Farmer" said he never before had seen so much gold at one time.

After his return from the Northwest "Farmer" Burns met Frank A. Gotch, the world's present champion wrestler, for the first time at Fort Dodge, Ia., on the evening of December 19, 1899. He found Gotch to be a wonder after a fifteen-minute bout, so the "Farmer" took Gotch with him on his travels, and promised to make him the world's champion. This promise he made good.

In the year of 1900 "Farmer" Burns met and defeated "Mora Adala, the Turk," in a handicap match on March 7th at the Club Theatre, Joplin, Mo.

The year of 1901 "Farmer" Burns opened a gymnasium in Omaha, Neb., with a class of over a hundred pupils. Later during this year he made a trip to California in company with Hala Adala.

In 1902 the "Farmer" commenced to train Frank Gotch in earnest by keeping him at his work. This training being carried on while the two toured the country together, giving exhibitions. In the spring of the same year "Farmer" Burns pronounced Gotch capable of winning anything, so he started him out on his trip to the Klondike country that he might cut a way into the heart of the hardest field in the world. Gotch won at every turn and angle, acquitting himself most creditably in the judgment of his instructor and friend.

The next year, 1903, the "Farmer" took Gotch to New York and introduced him to Richard K. Fox and other noted people, and the "Farmer" himself performed work that the newspapers pronounced to be wonderful.

In this same year he worked at state and county fairs until very late in the season, when he made a trip to Washington to meet Gotch and train him for his match with Jenkins for the championship of America, which match was won by Gotch at Whatcom, Wash., on January 27, 1904. It was

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FRANK A. GOTCH AND HIS MANAGER, EMIL KLANK.
(As he looks today.)

while on this trip that the "Farmer" first met a bear, and demonstrated his wonderful science on a savage beast.

The story of this unique match was printed in the "Whatcom (Wash.) Daily Reveille," December 10, 1903:

"'FARMER' BURNS BEATS THE BEAR.

"Bruin Thoroughly Outclassed in the Catch-as-Catch-Can Wrestling Match at Burlington—'Farmer' Got Two Pinned Falls So Fast that the Bear Does Not Know How It Was Done.

"Bring On Your Bears—'Farmer' Burns Will Throw Them Catch-at-Catch-Can Style.

"The 'Farmer' met his first bear yesterday morning at Burlington and threw him twice for two bets of \$1 a side. The bear is apparently satisfied that he stands no show in the wrestling arena with Mr. Burns, for since his defeat he has steadfastly refused to agree to a return match. The manner in which the 'Farmer' happened to try some of his holds on the bear was unexpected, but none the less entertaining to those who witnessed the contest.

"Mr. Burns with Mr. and Mrs. Tom Davis, and Duncan McMillan, who have been giving exhibitions in Anacortes, Burlington and Sedro-Woolley, returning to this city yesterday, was waiting at Burlington for the Great Northern train. In the vicinity was a young and husky black bear, chained to a pole with a chain about twenty feet long. A man, kindly disposed, stepped up to and offered the bear an apple. His advances were rejected, however, and the bear started after him. This amused the 'Farmer,' who said, 'I bet I can throw that bear.' 'What?' said a man from Anacortes, who stood by, 'I'll bet you a dollar you can't.' 'I'll go you,' said the 'Farmer,' and the money was put up. The 'Farmer' then made for the bear and had the decision on a pinned fall before the bear had time to try his favorite hold. Surprised, but being

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THE BEAR WHO WAS DEFEATED BY "FARMER" BURNS IN STRAIGHT FALLS.—"This match was square."

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a true sport, the Anacortes man offered to bet Burns that he couldn't throw the bear and put both his ears down. The bet was covered and Burns rushed for bruin again. In a few seconds bruin was standing on his head and the decision was once more given to the 'Farmer.' Although the bear did not say so, it is evident by the way he scowled that next time he gets a chance at the 'Farmer' he will have some new tricks 'up his sleeve.'"

In 1904, 1905 and 1906 "Farmer" Burns lived on his farm at Big Rock, Ia., when he was not traveling about the country putting on athletic tournaments at county and state fairs.

In the year of 1907 he made a trip to Birmingham, Ala., to take part in a wrestling tournament at the state fair, and it was here that he met and defeated Jess Westergard.

Returning from Birmingham he stopped long enough at Ashville, N. C., to establish a gymnasium, where he trained more than one hundred pupils, and from there he went to Knoxville, Tenn., to meet and defeat Jim Parr, another famous wrestler.

In 1908 he made a pleasure trip to the Pacific Coast, but being unable to rest without a little work mixed in, he wrestled in many places.

In the year of 1909 "Farmer" Burns and his family took up their residence in Omaha where the noted wrestler opened a gymnasium in the Rohrbaugh Building and trained a large number of pupils.

The next year, 1910, the "Farmer" toured with the Jeffries All-Star Show, winning every fall, and after leaving the Jeffries Show he won over three hundred falls, this being after he had reached the age of forty-nine.

We next find the "Farmer" training Jeffries for his last fight at Reno, Nev., on July 4, 1910, and from that day until his fiftieth birthday he has spent the greater part of his time in his pleasant home in Omaha with his wife and family.

This sketch of "Farmer" Burns' life has been but little

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more than a chronological list of the years spent by a man keenly interested in improving the health and strength of mankind in general. His life has been a busy one, and may be considered unique, for it is not often that a man who spends the greater portion of his life in the sporting world can avoid the temptations and pitfalls that beset his path, and secure the endorsement of the pulpit and the press as an absolute upright and wholesome man whose example may be followed with profit individually.

Read the following editorial which appeared in "The Searchlight," a religious publication published at Lincoln, Neb., under date of April 25, 1907:

"BRAIN AND BRAWN.

"The editor is a timid soul and has remained away from three consecutive matches for fear of seeing someone maimed for life. Some busybody, probably the Rev. Because Forsooth Batten, had whispered it darkly that the wrestlers were under suspicion of being suspected of having a hint of a taint of an odor of the plug-ugly, and the editor does not like plug-uglies.

"But when the far-famed 'Farmer' Burns came to wrestle mightily with the Honorable Oscar Wasem, the editor fell from grace and occupied a seat on the stage when the debate opened.

"As 'Farmer' Burns stepped over the ropes, every moment, every facial expression was the opposite to the disgusting mannerisms of the professional prize-fighter. Nor was this all, for this modest, uncouth, bumpkin-like gentleman (the term is used advisedly) consented to say a few words, words which every minister in Lincoln ought to take for his text next Sunday, words which every father and mother should repeat to their children, words which every child in the city should have been present to hear. Said Burns:

"There are five reasons why I, at the age of

forty-seven, and after having wrestled since I was eight years old, am in perfect physical condition at this time, and am here to meet this good man whom I will beat if I can.

"I don't drink liquor.

"I don't smoke.

"I don't chew tobacco.

"I don't drink tea or coffee.

"I don't swear.

"It may seem strange to you that there is a connection between swearing and wrestling, but there is. It is a filthy and senseless habit, and is the beginning of all bad habits.

"The college dude with his hair combed down over his ears, a cuff around his three-inch neck in place of a collar, a dirty little cigarette stuck in his mouth and a dirtier stream of talk coming out of it is the most contemptible creature on the face of the earth in my estimation.

"Prize-fighting is brutal. There are a lot of those fellows that I could lick, but do you think that I could earn a living by going around the country beating men until they are dizzy and faint, and then knocking them insensible?

"Two brothers could get on this mat and wrestle for half a day, and both of them would be the better for it after they had finished. There is not a muscle in the body which is not used in the game.'

"And then the mighty Wasem, he of the massive legs and broad chest, came out to be evaded, baffled and finally overcome by this cool-headed, even-tempered old warhorse, whose short 'farmer talk to the boys' did more real good than all of the sermonizing of the clergy, all the moralizings of the press during the past year.

"Yet the self-righteous clam who discountenances every manly sport simply because he is unable to in-

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terest himself in anything less gigantic than the products of his own over-worked imagination, would not hesitate to refer to "Farmer" Burns as a 'rowdy.'

Concerning the reference to rowdyism, one has but to meet Mr. Burns to see a man who carries his honors modestly and who knows how to be a perfect gentleman upon all occasions. His efforts have always been for the uplifting influences both for himself and others. He likes to talk to young men and boys about themselves and their mental and physical development. For years he has made a practice after every match to make a little talk to the audience, which aside from being instructive, was full of pleasant bits of humor.

It is true that "Farmer" Burns is proud of his professional achievements, but he is just as proud of his private life, surrounded as he has been by his family, upon whom he showers oceans of attention.

His home was on a farm near Big Rock, Ia., during a part of his palmier days, but if he secured an engagement that would require a long absence from home, he promptly arranged for the removal of his family so that he could enjoy their society and lend his influence in directing their education and training.

A visitor in his home today will find influences surrounding this happy family that would excite the envy of many a man. At the head of his home is the good natured "Farmer" and his wife, and the four children, who, with their musical talents, can make many pleasant hours speed quickly. The eldest daughter taking the leading part at the piano, the second daughter with her violin, and the two sons discoursing on the first and second cornet. So we find this man with over six thousand battles to his credit, aged fifty years, feeling that he has achieved success in every way.

To look at "Farmer" Burns one would never imagine that this man possessed such extraordinary strength and skill, even with his muscles bared they do not look over hard, but there is many a man to testify that beneath that velvet skin

there is a system of cords and fibres that can perform wonderful feats when directed by the clear-thinking, well-trained brain that is the result of clean, regular living, and an aptitude toward optimistic views of life's many and varied problems.

"Farmer" Burns thinks that the time has come when every man realizes that the big out-of-doors is the source of all bodily health and happiness, and he says that he is going to do everything in his power to assist men, young and old, toward the utilization of this bountiful store-house of nature, and that is why this book has been designed—to create a desire for better working and living conditions, by showing how simple a matter it is to use the facilities that nature bestows upon everyone.

It is true it requires effort, but those things worth most in this life all have to be acquired by labor and effort; it is well to remember that health means the power to produce wealth as well as to enjoy it.

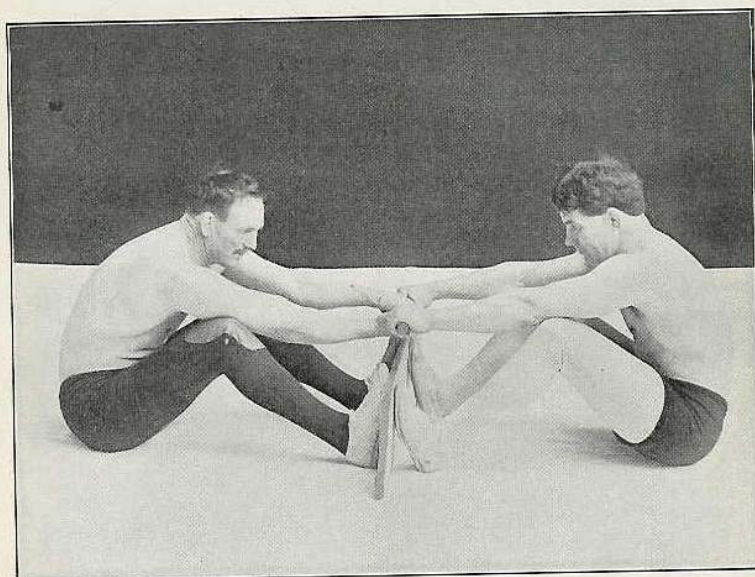
Health is the birth-right of every man and woman, and the reason so many are without it is because they have either overlooked or abused the bounties of nature.

Every city and every town should be well equipped with gymnasiums, where men and women could go to get enjoyment and cultivate their bodies to bear the burdens of life as strong men and women should, and where children would be taught to take an interest in themselves and their future welfare and happiness.

The cost of equipping these places and the maintenance of an instructor would be one of the best investments possible. The dividends could not be estimated in dollars and cents; they would accrue in the form of longer, happier lives, and a stronger and more powerful race of men, superior both mentally and physically.

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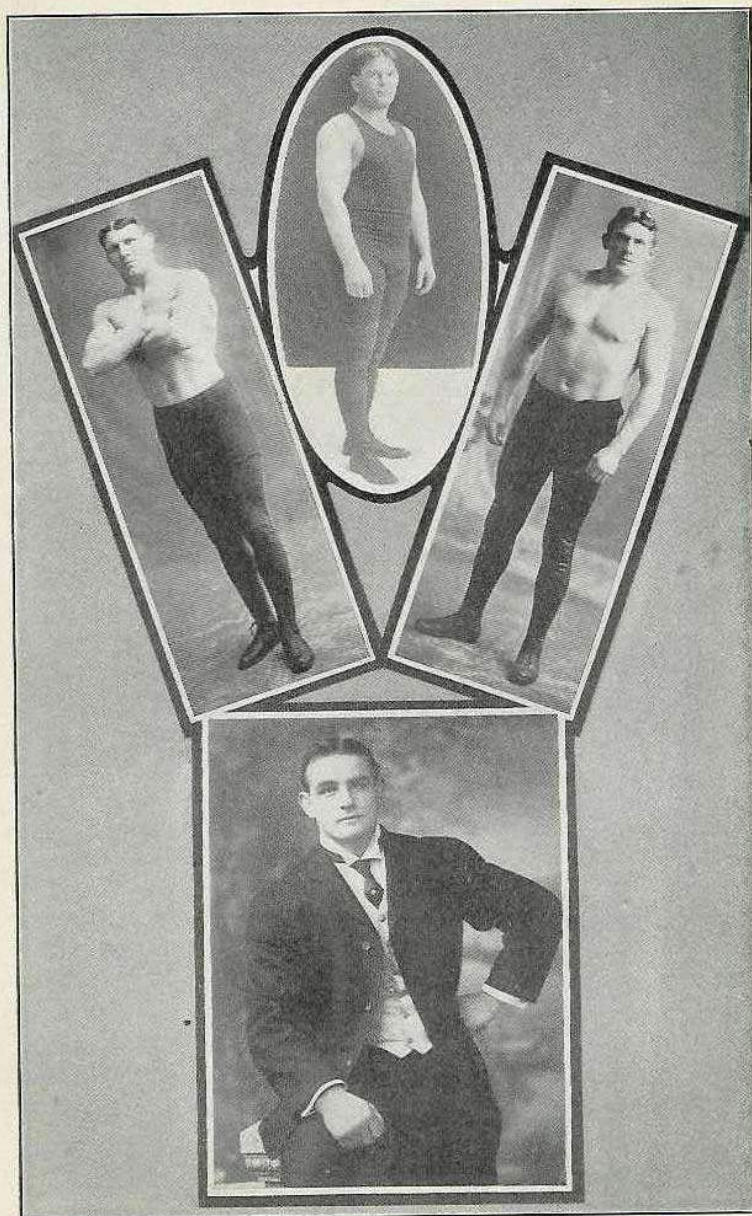
STICK PULLING.

A favorite diversion of "Farmer" Burns—Holds the championship in stick pulling—Has won over \$12,000 pulling sticks.



The Professional Wrestler

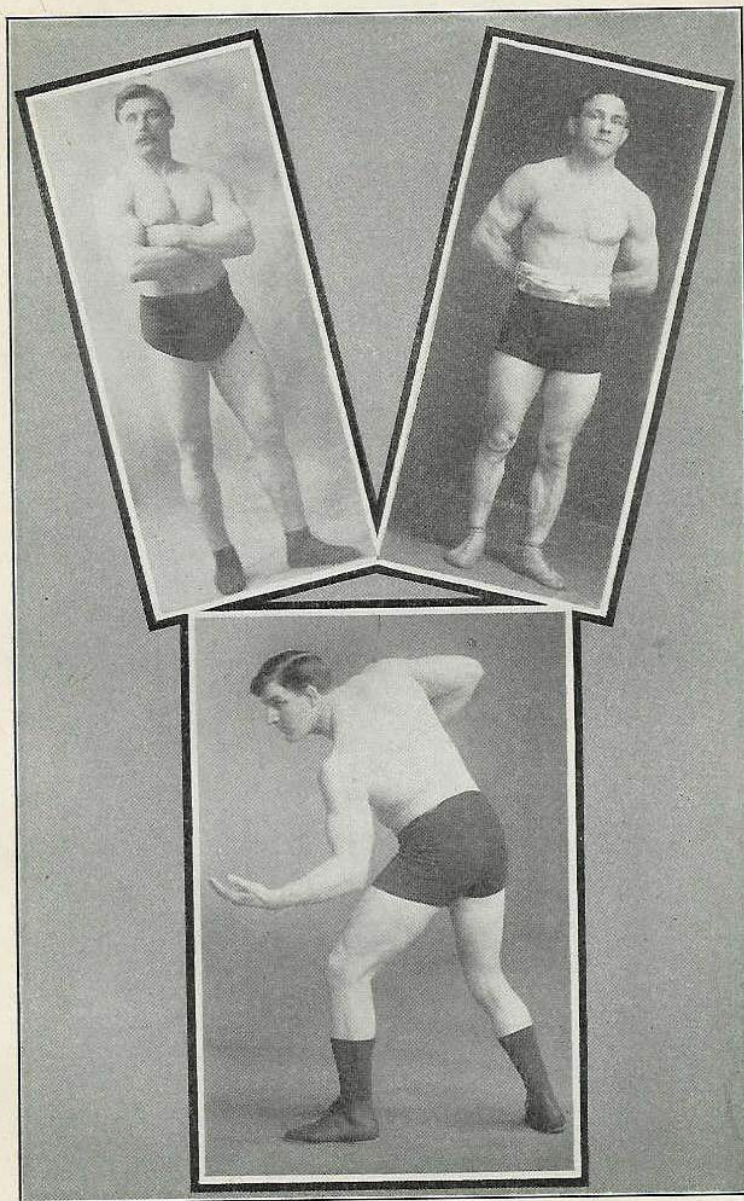
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JESS WESTERGARD. FRANK A GOTCH. HENRY ORDEMAN.
GUS SCHOENLEIN (AMERICUS)

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TOM JENKINS.

KID CUTLER.

JOHN BILLETER.

CHAPTER XI.

THE PROFESSIONAL WRESTLER.

THERE are many formulas today that will improve a man's physical condition, but we believe that no one set of ideas or methods will place a man in a position to defy and defeat the man who has practiced and used many methods, for experience teaches such a man to use his brain in meeting unexpected conditions with which his opponent is liable to confront him without a moment's notice.

There are, however, certain fundamental lines of development that must be experienced before a candidate attempts to seek entrance to the profession with a hope of meeting success, and they are—

First. The training of every muscle and tendon to do the bidding of the mind, by working with these muscles and tendons unceasingly.

Second. The use of those foods that give health and strength to the nerves and muscles.

Third. Regularity is essential, that is, a certain amount of time should be devoted to work and so much to periods of rest.

Fourth. The learning of every hold, bar and lock that it is possible to learn, and aside from this learning to invent as many ways as possible to get away from these holds, bars and locks.

Fifth. The strict abstinence from every form of excess, either physical or mental.

By strictly observing the above and by diligent practice of every known method of physical development the wrestler

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gradually acquires endurance, one of the most valuable assets that a wrestler can possess—an asset upon which he can depend implicitly to tide him over an unexpected disadvantage by tiring his opponent.

According to "Farmer" Burns the knack of resting is really a wonderful thing. To it "Farmer" Burns attributes his remarkable ability to cope with the strongest and most agile men in America, men who are young and in their prime, and still emerge from the conflict the victor in spite of the fact that most men at his age are fatigued after a brisk walk to lunch.

"After I had worked for years learning every point of the wrestling game, studying the sport from every angle, and by continually experimenting on new holds and locks, I still found that something else was needed to make me superior to other wrestlers.

"I wanted to be just a little better than the other fellow," continued the man who taught Champion Frank Gotch practically all he knows, and can still instruct him in some points of the game, "and so I kept studying. I was no stronger physically than other men and found that there were others that had mastered the various holds, bridges and locks just as well as I. Something had to be done to give me an advantage.

"I did not go to a gymnasium to ruin my chances by trying to acquire abnormal strength in a hurry, but just used my head a little. It seemed that it might be well to learn a way to rest up and regain strength while my opponent was tiring himself out, and then when an opening offered itself I would be able to take advantage of my tired antagonist.

"So I learned to rest during a bout. I do not mean that I conceived of a way to 'stall,' but I systematically studied out a campaign that would give me breathing and resting spells, and all during this time my opponent would be wasting his fast decreasing strength. Then it was my cue to do something.

"To the fact that I am able to rest during a bout, together with the fact that I have never used intoxicating liquors, tea,

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coffee or tobacco in any form, I attribute my good physical condition at this age.

"My plan is, to a large extent, to tire my opponent out while I am still fresh.

"I make him carry me around, and while I may appear to be working hard for a fall, I am exhausting the other fellow by making him hold me up. In this way I am always ready for a spurt, and I do most of my best work in spurts, using my head really more than my muscles, because I am no 'strong man,' and then, too, it is much easier. I will still be wrestling when many of those in the limelight now will be almost forgotten.

"In speaking to the professional wrestler, I might tell him how I acquired quickness, skill, endurance and strength, and give it as a recipe that would produce splendid results for them because it did for me; but were the reader to follow my instructions to the letter, he would probably find that my individual demands would not meet his individual requirements. So I can only advise that a man who possesses the strength, health and determination to practice with men who are as skillful as he can find, and keep his eyes open and his brain working, noting the defects of both himself and his opponent, and save his strength for the time when his opponent is weary and worried.

"When exercising remember that fresh air is food for the blood, and that blood is really food for muscle and brain, so never be without plenty of fresh air. And also remember that brisk walks of ten or twelve miles in the early morning air are excellent methods of giving the blood an ample supply of fresh, healthy food. These walks should be on the brisk walking and fast running order, the running consuming about one-third of the time spent covering the whole distance.

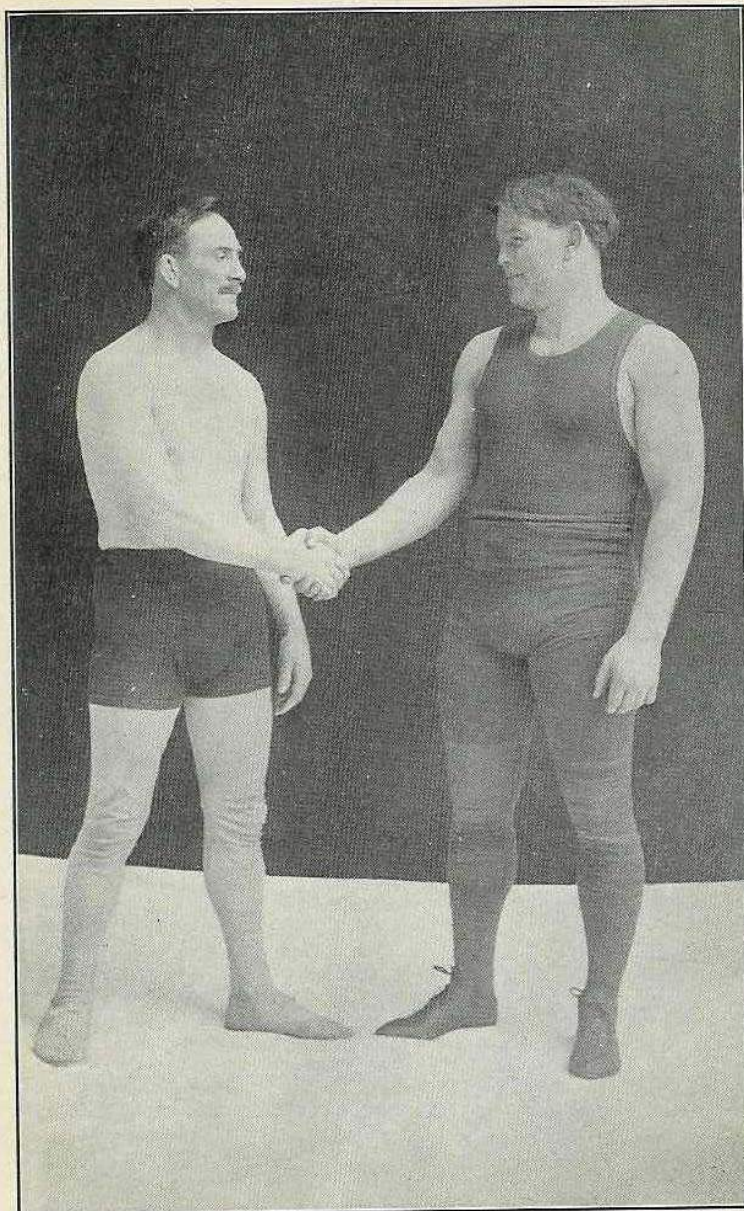
"The morning exercise should be performed after the cold bath and brisk rub, and the clothes worn during this exercise should be as few as possible to allow as much skin breathing as possible, for this method of breathing is as important as lung breathing.

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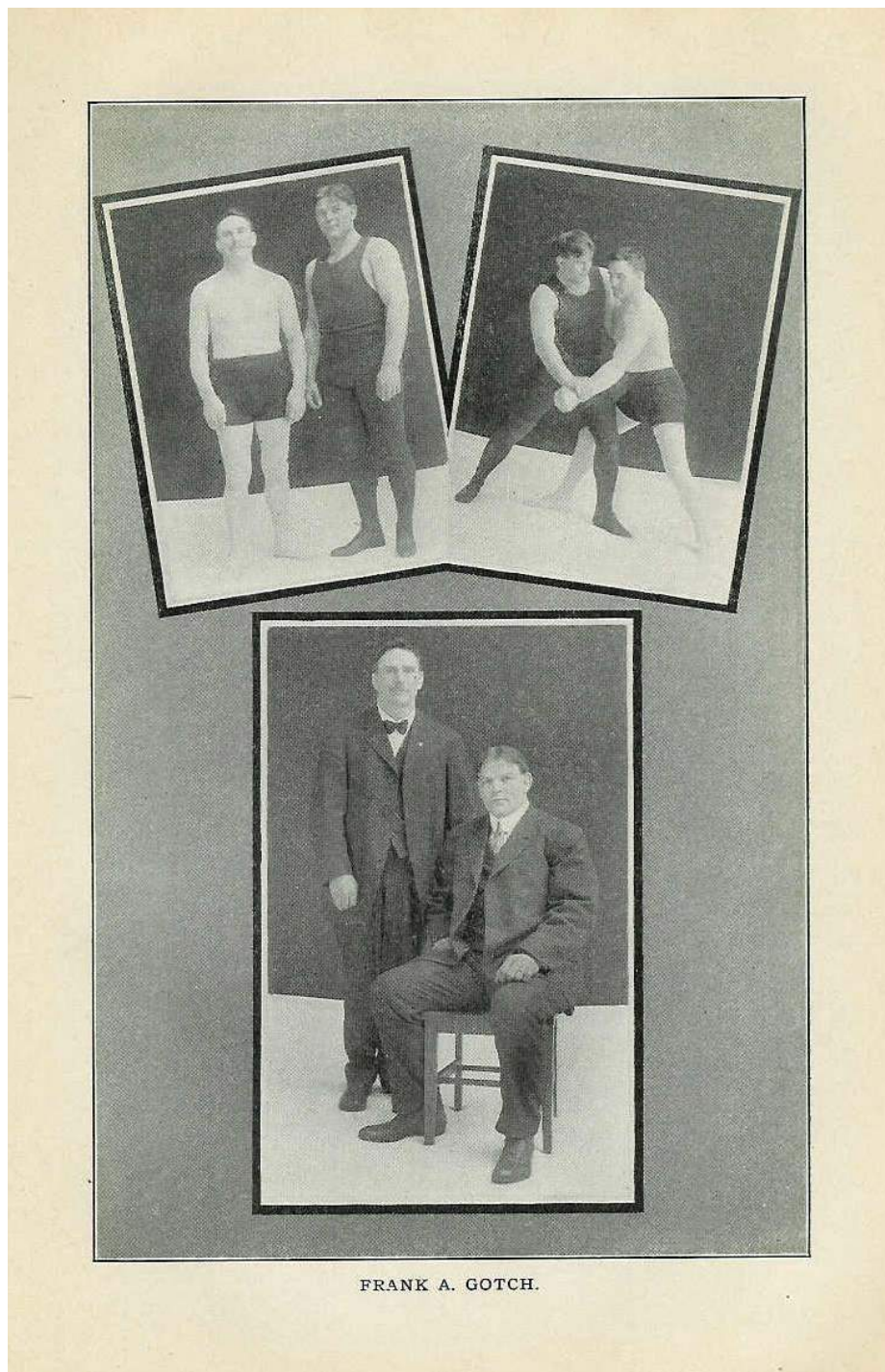
"However, each man after his own taste, for it is a well-known fact that the individual usually has his own ideas about these things which are the result of his knowledge, that his own requirements are best supplied by methods that have given him the best results at former times."

The following pictures illustrate bars, locks and holds that "Farmer" Burns has used during his many years before the public.

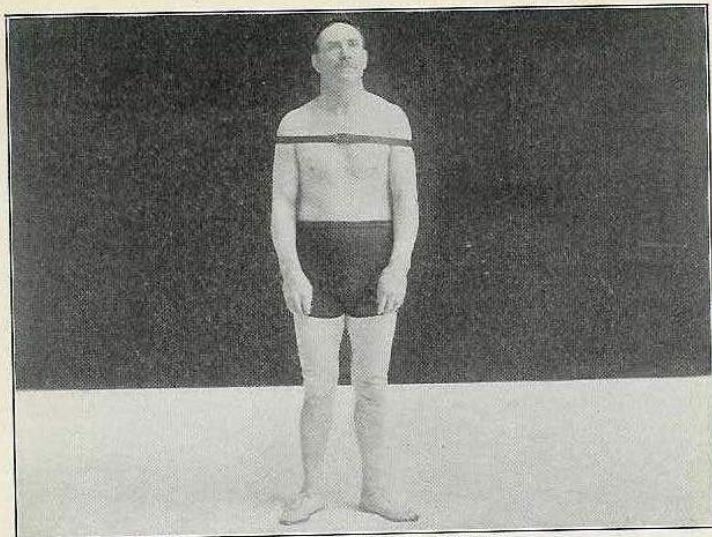
FINIS.



"FARMER" BURNS AND HIS FAMOUS PUPIL.

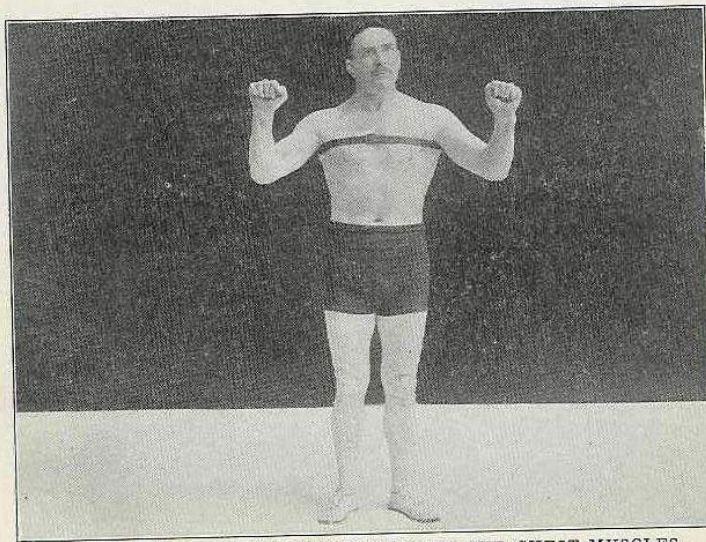


FRANK A. GOTCH.



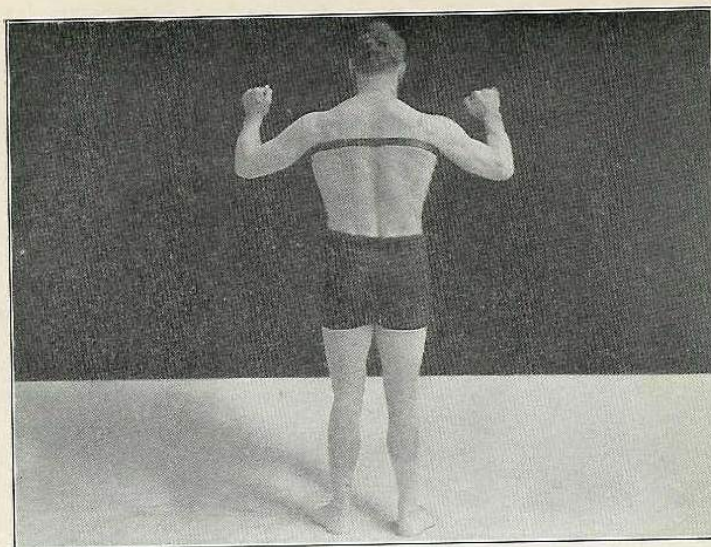
STANDING IN NATURAL POSITION.

This picture shows "Farmer" Burns standing in natural position, with a strap buckled about shoulders; all muscles are relaxed. While in this position abdominal breathing is practiced to its fullest extent, the strap causing no impediment whatever.



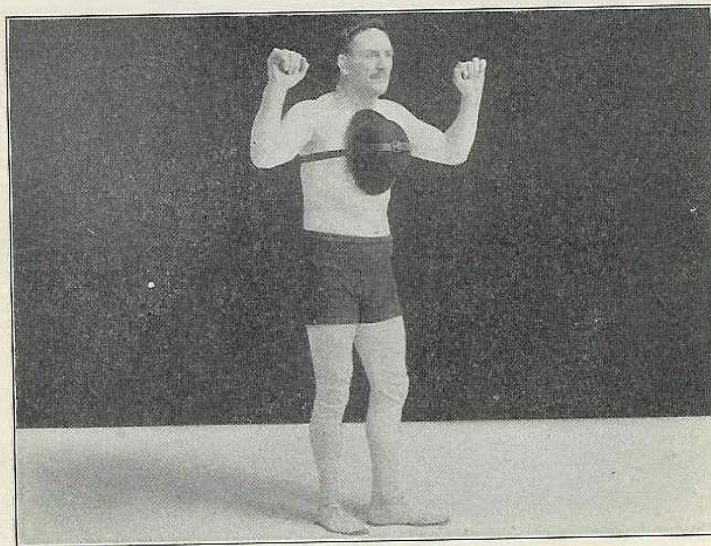
SHOWING FULL EXPANSION OF BACK AND CHEST MUSCLES.

This picture shows the same strap removed to a position beneath the arms without having been unbuckled. All chest and back muscles and chords are fully expanded, and abdominal breathing is the same as in the position above. The strap fits tighter in this position than it did when about the arms and shoulders.



THE BACK VIEW OF NO. 2 POSITION.

Note the condition of the back muscles. The strap fits so tightly that it indents itself into the flesh.

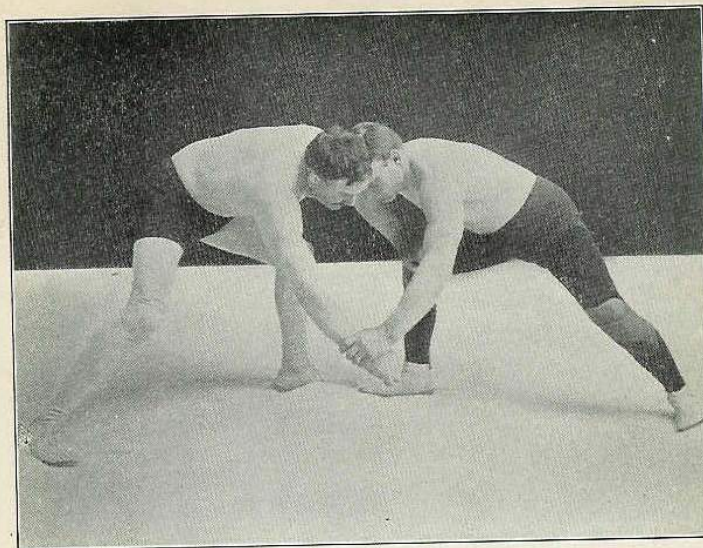


SHOWING ALL MUSCLES RELAXED.

This picture shows how "Farmer" Burns can relax his muscles and place a 1911 style derby hat, with a crown five and one-half inches high, beneath the same strap and still continue to breathe without crushing or even making a dent.

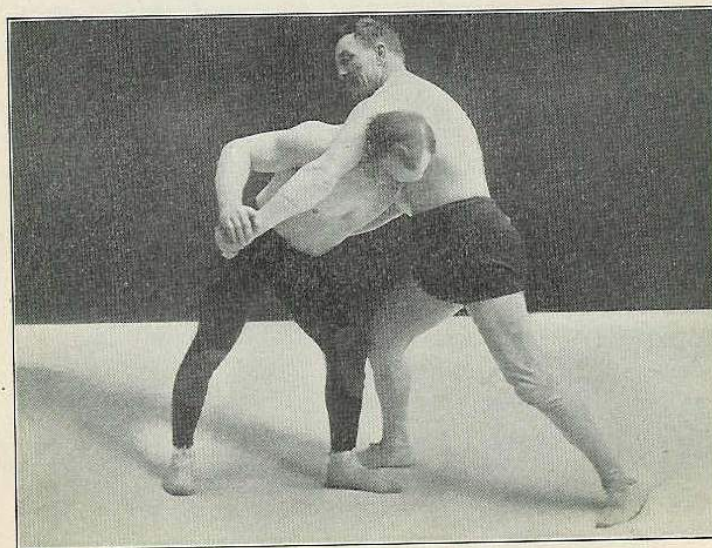


"FARMER" BURNS AND FRED BEELL.
"Farmer" Burns and Fred Beell are acknowledged to be the two greatest wrestlers (for their weight) that America has ever produced. Both of these men have met and defeated several heavy-weights, and both are farmers.



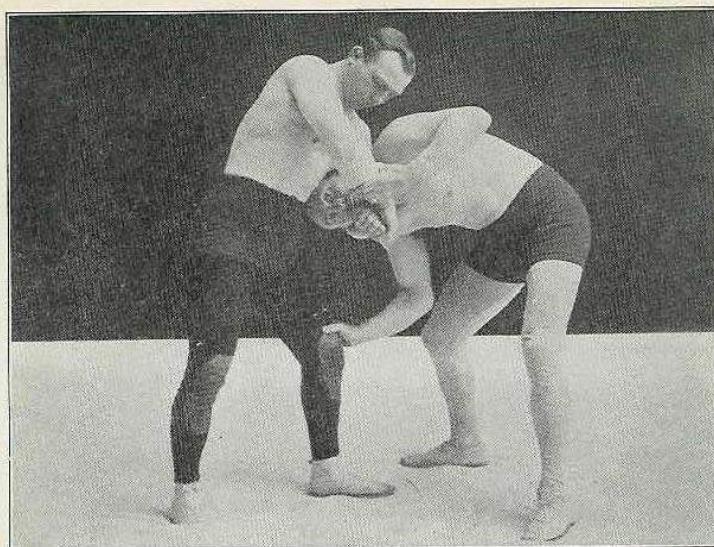
STANDING ARM AND WRIST HOLD—BOTH ON TIME.

This picture shows both men on the offensive. Beell holds Burns' wrist, and on account of out timing Burns by getting this hold he has a slight advantage.



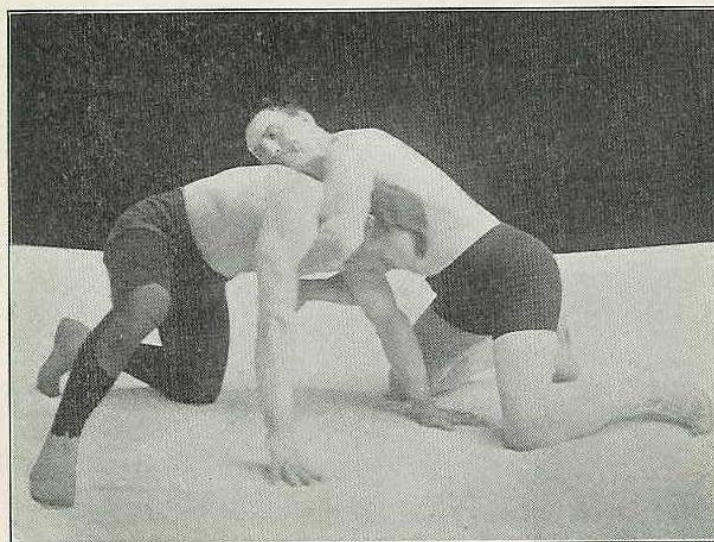
STANDING ARM, WRIST AND BODY HOLD.

This picture shows how Beell followed his advantage by raising Burns' right arm and diving under and gets Burns' shoulder on his neck. By securing this position he can swing and get behind opponent if he is on time.



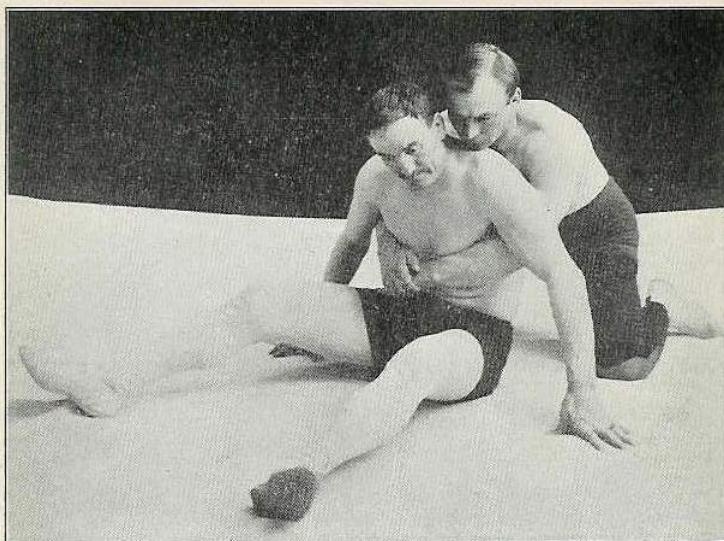
THE HEAD IN CHANCERY.

This picture shows Mr. Burns with head under left arm of opponent, ready to break hold and reverse advantage.



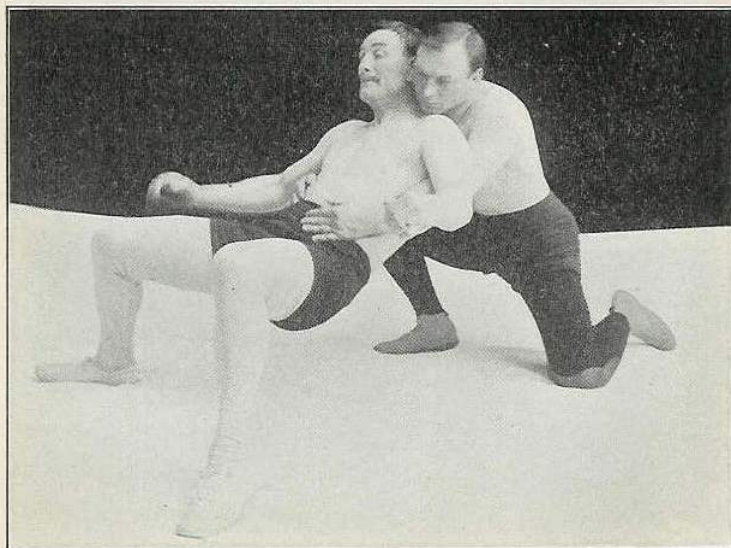
HOW BURNS GOT AWAY.

In getting away from above position Burns whirls and catches opponent's head and arm in chancery, pulling down to mat on all fours.



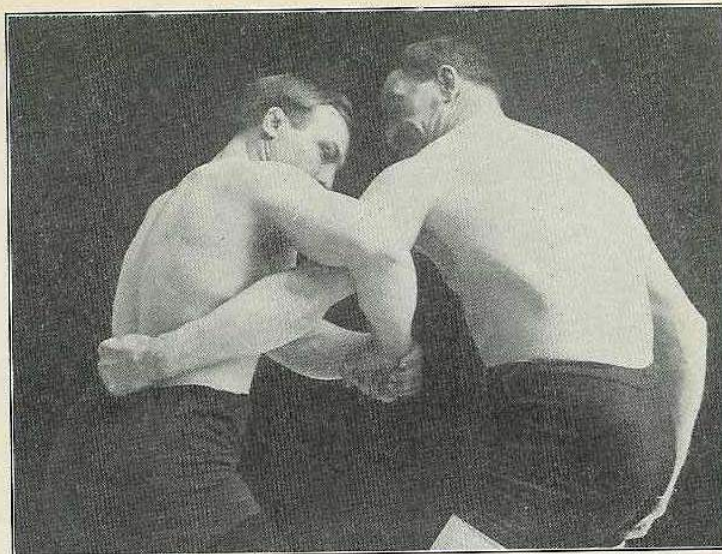
HOW BURNS' OPPONENT GETS BEHIND.

Burns' opponent comes to sitting position, breaking chancery hold, and by quick move swings behind Burns, getting a chest held and Burns comes to a sitting position with muscles relaxed.



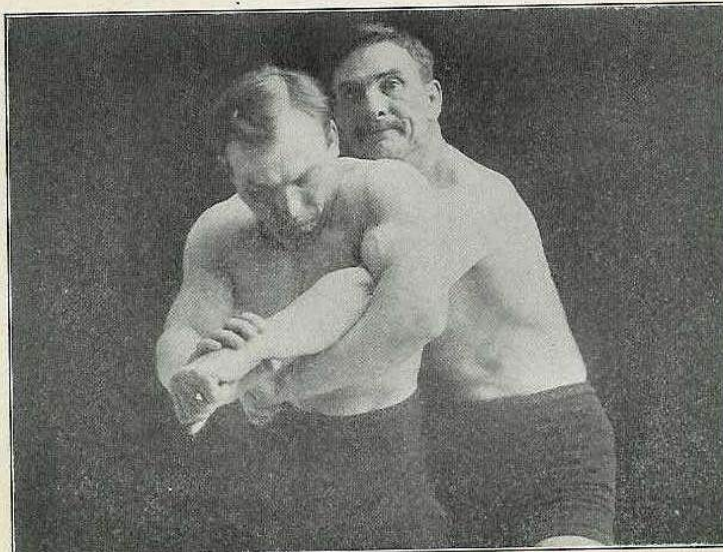
BURNS' GREAT GET-AWAY.

By quick expansion of breast muscles Burns breaks opponent's hold and raises to his feet with body in an angle position, bringing opponent to a powerless position.



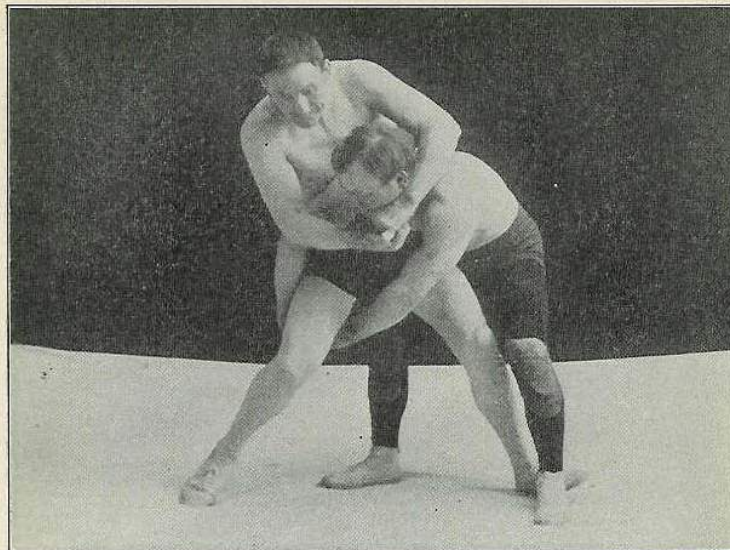
BAR ARM HOLD.

This picture shows Burns after allowing opponent to get his arm in a bad position. By passing arm forward at the right time the shoulder will be below opponents arm pit, but quickness must be exercised to protect the arm.



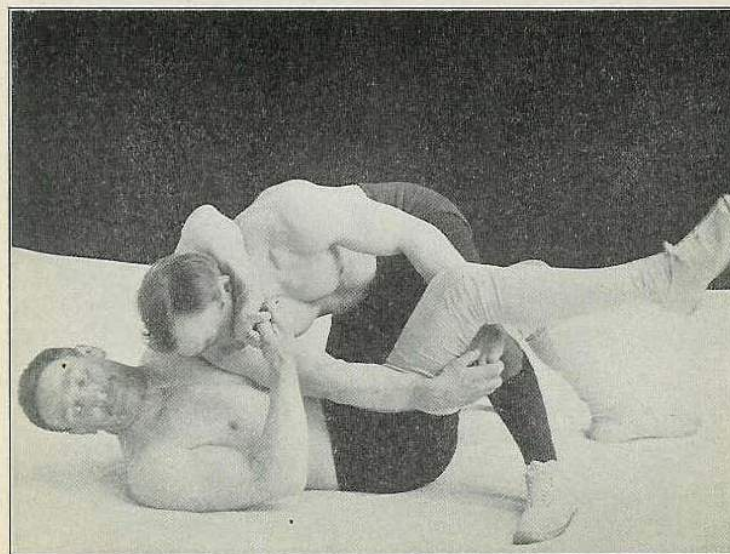
BAR HOLD ON ARM, READY TO SIDE ROLL FROM STANDING POSITION.

This picture shows Burns after allowing opponent the advantageous hold. By being on time Mr. Burns drops right arm and catches crotch hold, preparatory to change for a better hold, which next picture shows.



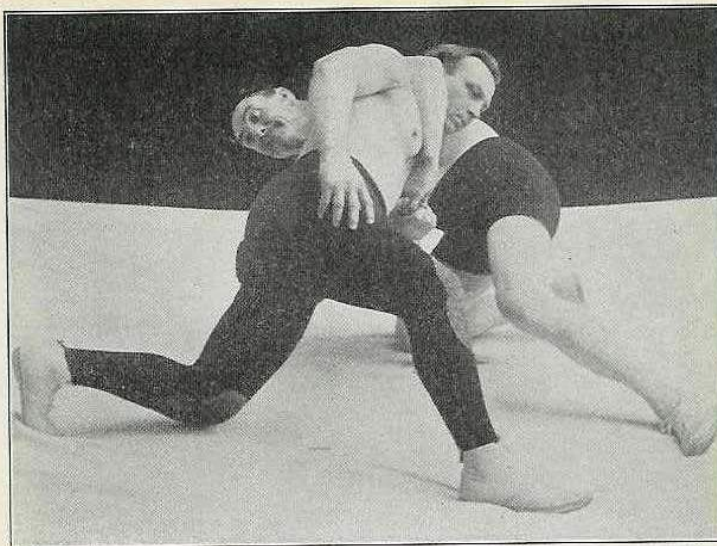
THE CROSS CHANGE.

This is position Burns gained after break from the above, but is still powerless to assume the offensive. This picture shows a hold that "Farmer" Burns is showing for the first time, which hold enables his opponent to raise a man bodily and lay him on his shoulder.—(Note the next picture.)



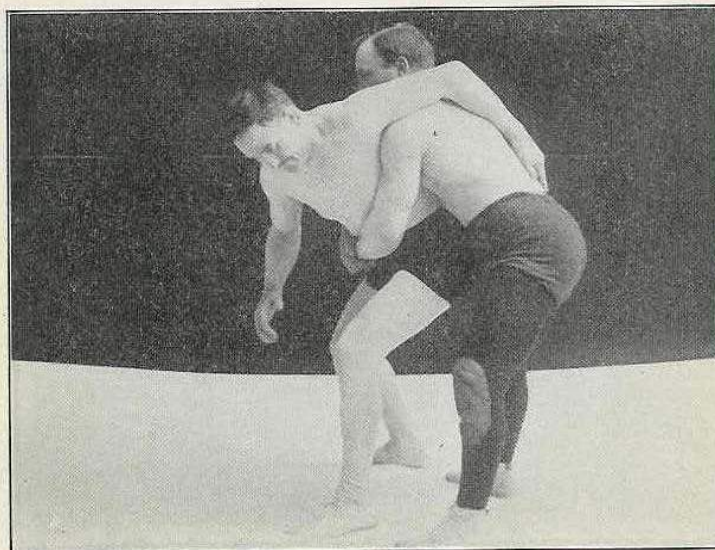
LEG AND CROSS-BAR HOLD.

This position shows Burns on one shoulder with opponent's head in chancery. Opponent with his cross-bar lock and leg hold has Burns in nearly powerless position.



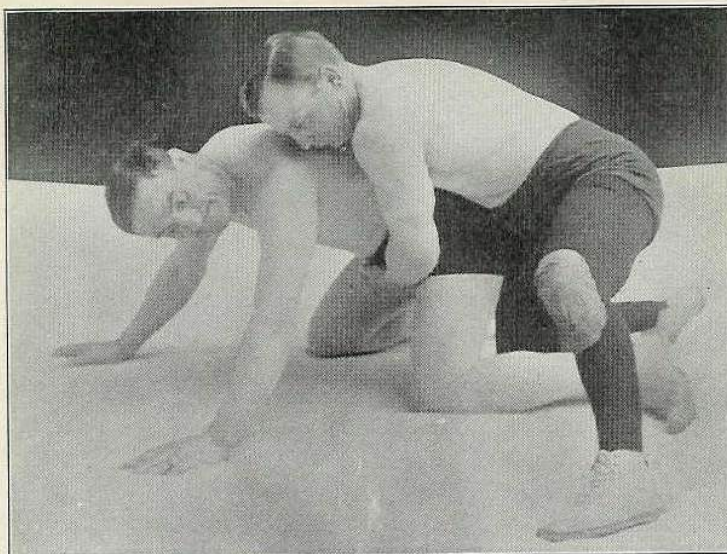
A MIXUP WELL STARTED.

The "Farmer's" opponent ducks his head under Burns' arm in an attempt to get behind, which he manages to do, as you will note by the next picture.



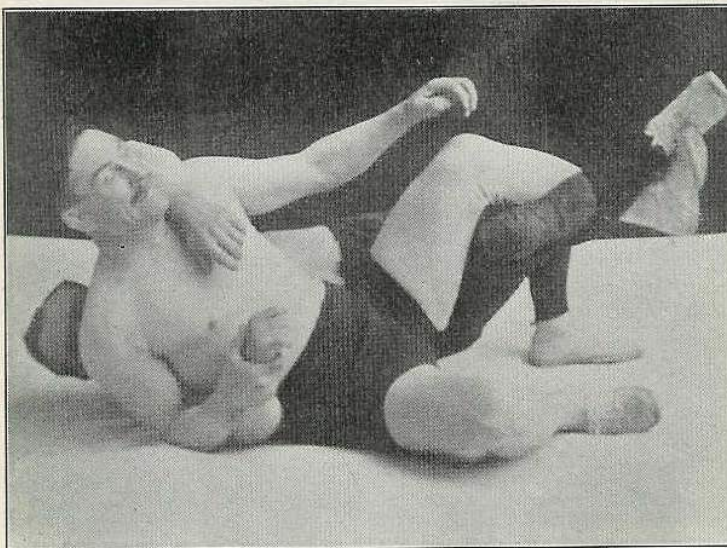
A STANDING BODY HOLD.

This picture shows Burns where he must assume the defensive by leaning forward and pulling on all fours.



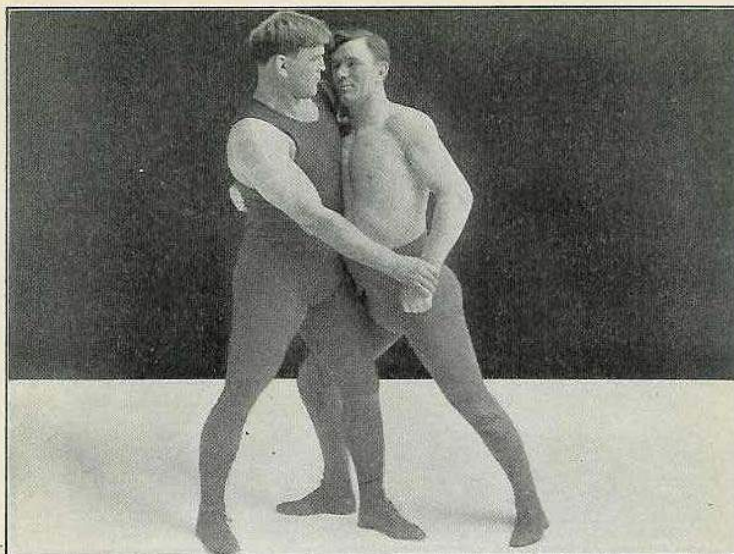
WAIST HOLD STILL UNBROKEN.

This picture shows Mr. Burns still on defensive, but planning some fine work while in a comparatively safe position.



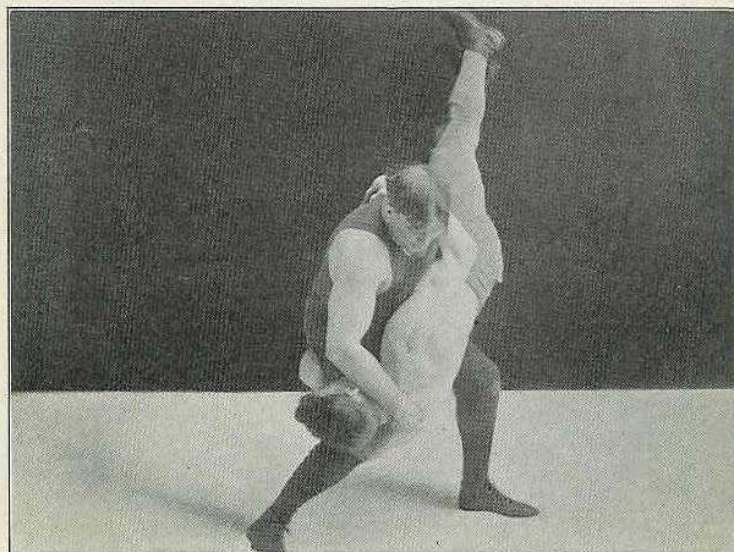
HOW BURNS ACCOMPLISHES THE FALL.

Burns takes his opponent's right wrist in his right hand and grapevines his opponent's left leg and side rolls his opponent on his shoulder. This work Burns accomplishes as quick as a flash.



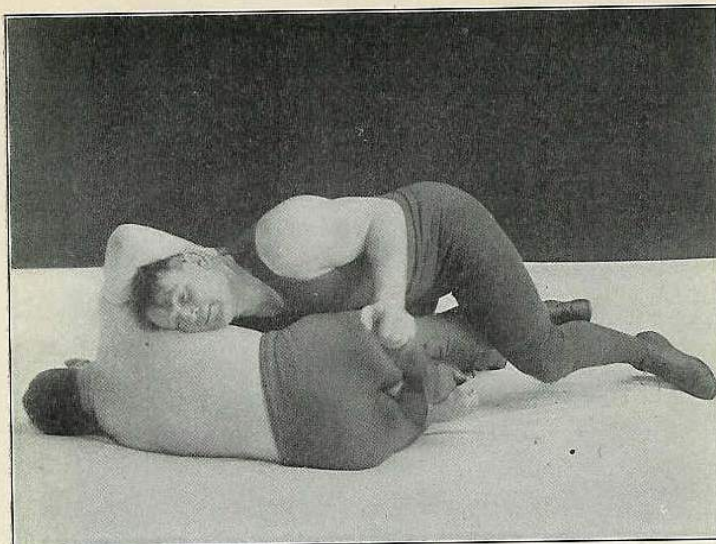
FRANK GOTCH MEETING HIS OPPONENT IN HIS FAMOUS UPRIGHT POSITION.

The average wrestler must place his body at a greater angle for his own safety. Frank A. Gotch, on account of his powerful physique, can safely assume an upright position, thereby getting closer to his opponent, and thereby gain a wonderful advantage.



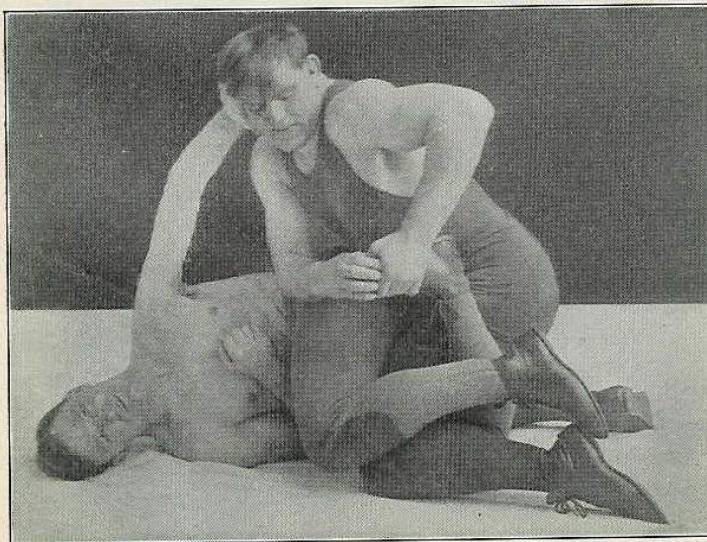
THE HALF NELSON AND CROTCH HOLD IN OPERATION.

The close position assumed in top picture enabled Gotch to grab his opponent at crotch and neck and reverse his position (with head toward the floor) preparatory to fling and fall upon his opponent.



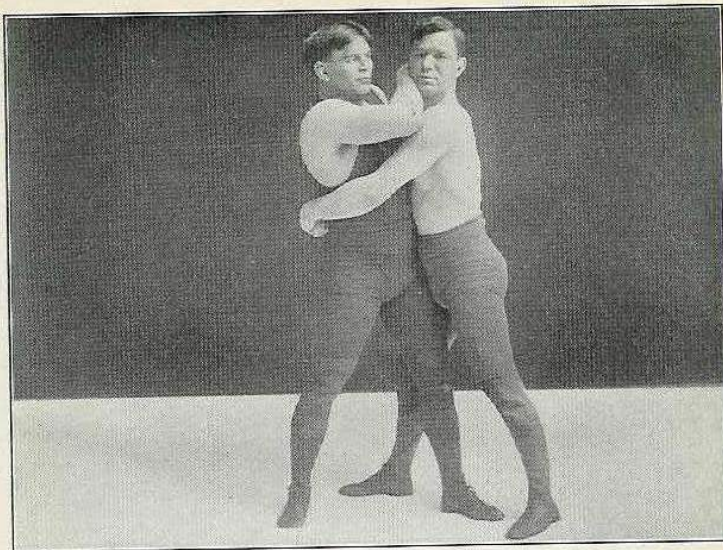
GOTCH'S FAMOUS TOE HOLD IN OPERATION.

In flinging opponent to the ground, Gotch stays close enough to strike his body as soon as opponent strikes mat. While pulling he gets astride opponent's legs and with one hand catches opponent's toe. By pulling the toe toward the body all leg muscles must relax and leg becomes powerless and opponent usually turns on his back.



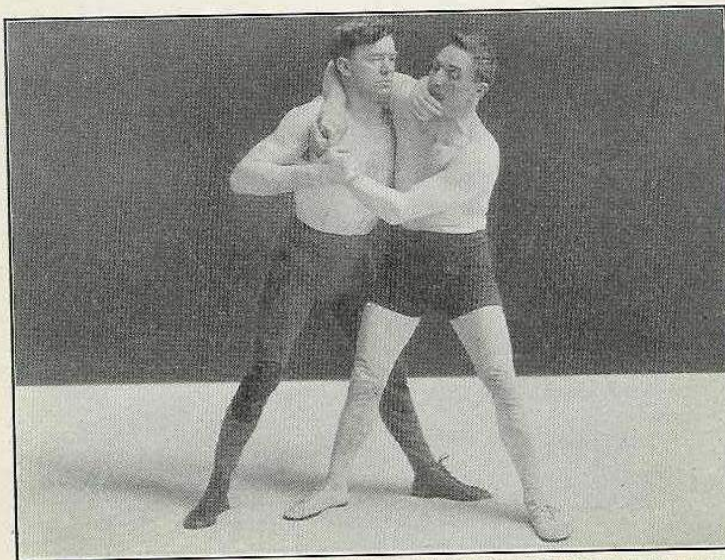
ANOTHER OF GOTCH'S TOE HOLDS IN OPERATION.

This picture shows a toe hold bar hammer lock on the leg with opponent in such a position that he can neither get up or down. This means quit.



GOTCH BLOCKING AND BREAKING A BACK BODY HOLD.

This picture shows how Gotch breaks the hold with one arm while holding the other arm ready for emergencies.



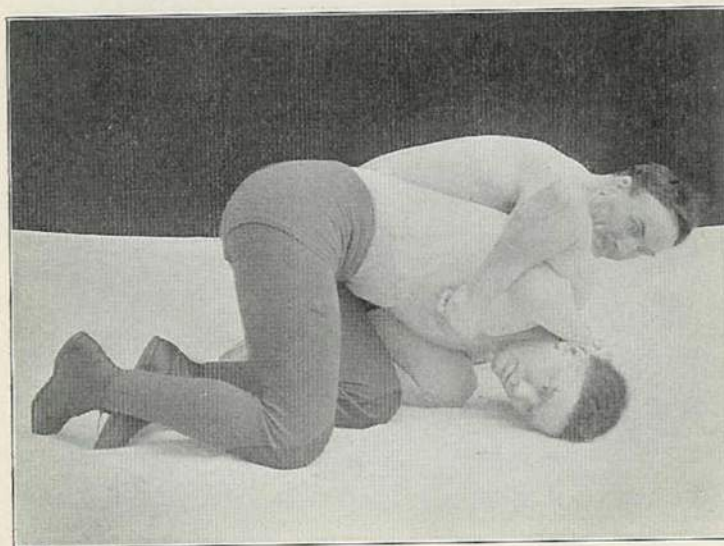
"FARMER" BURNS TEACHES ASBELL HOW TO BREAK A HEAD AND NECK HOLD.

This picture illustrates what may be done by pushing head and pulling arms apart. "Farmer" Burns wishes to say that opponent has a fair hold by placing his hand on chin instead of over the mouth or across the throat.



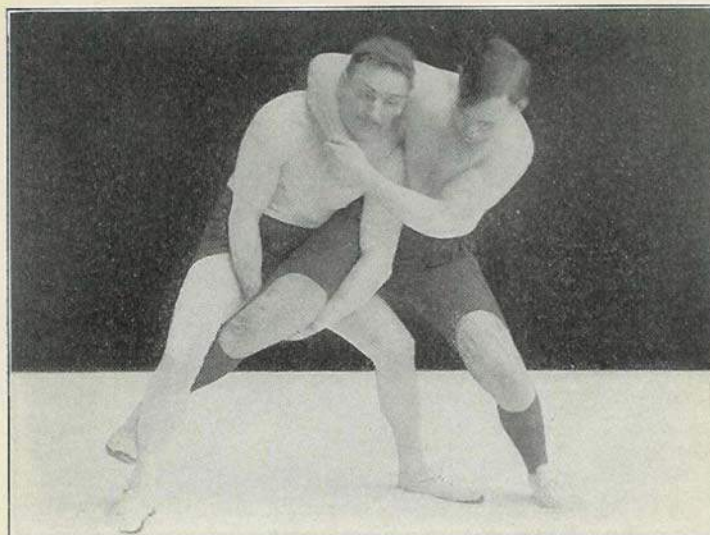
DIVING FOR A HOLD AND THE BLOCK.

Asbell dives for Burns' left leg with left arm and leaves opening with right arm, and Burns takes advantage of opening thus presented, and swings his opponent to the floor after breaking leg hold.



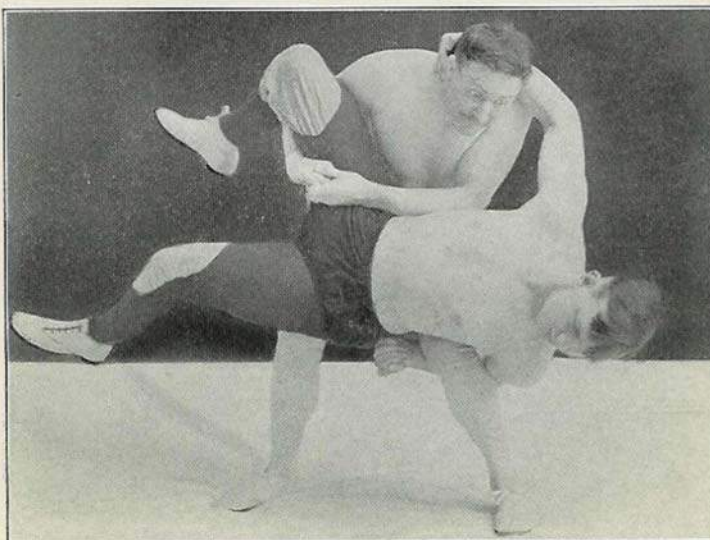
THE RESULT OF THE FAILURE TO PROTECT RIGHT ARM.

Burns, after swinging, uses the further half Nelson, after which with one swing he can make the two shoulders touch, although opponent's body and legs will be over the "Farmer's" back.



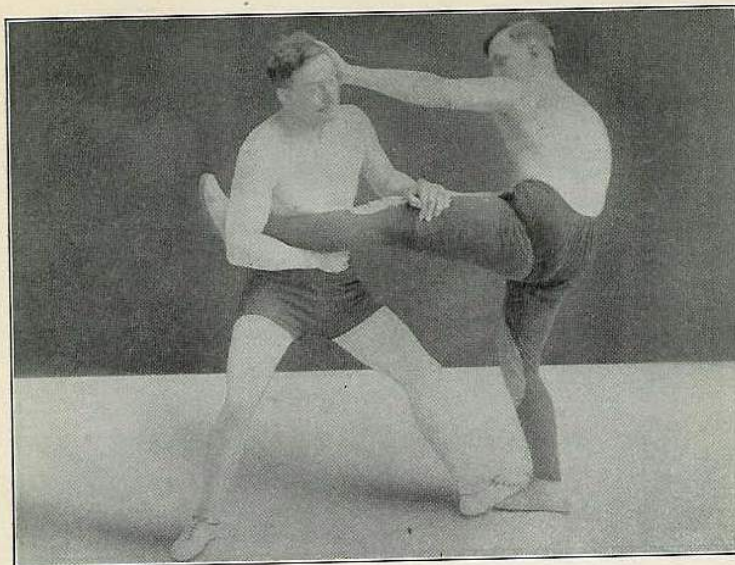
"FARMER" GOES BOUT WITH JACK TAMISIEA OF THE CREIGHTON FOOT BALL TEAM.

This pose shows "Farmer" Burns' head in chancery with a cross grapevine lock. Burns catches opponent's leg and lowers body before kicking his own leg free.



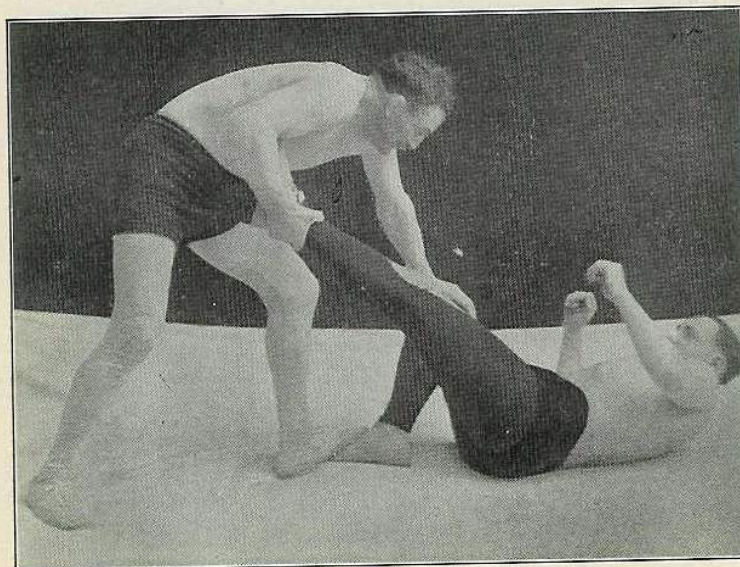
PREPARING TO LAY OPPONENT ON SHOULDERS.

This is position after freeing his leg from the grapevine hold in the above picture. By raising the leg to the shoulder opponent is defenseless, for the "Farmer" sits down and fastens opponent's left arm in angle by binding the left knee, thus assuring a fall, for both shoulders will touch.



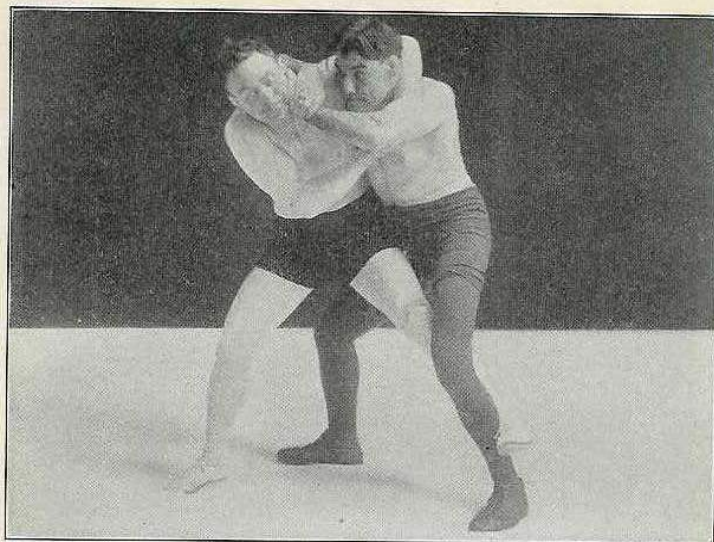
LEG AND TOE LOCK.

Burns dives and grabs opponent's ankle, raising leg to the waist, at the same moment steps on opponent's right toe with his left foot, thus having his man in a powerless position.

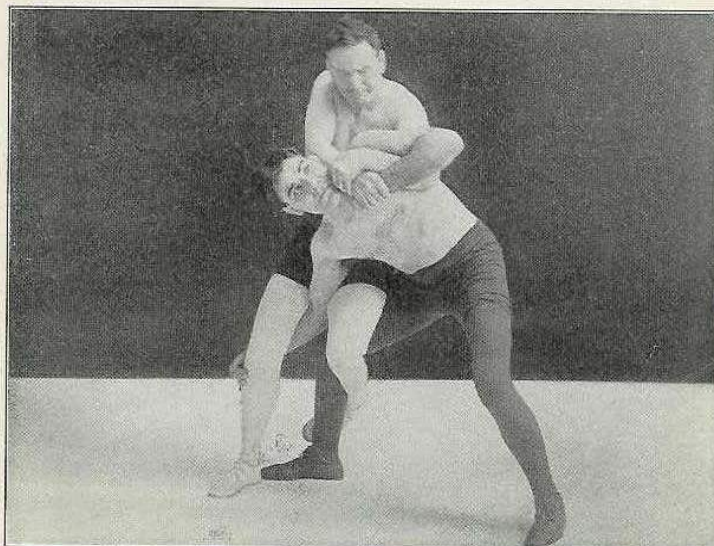


THE RESULTING FALL.

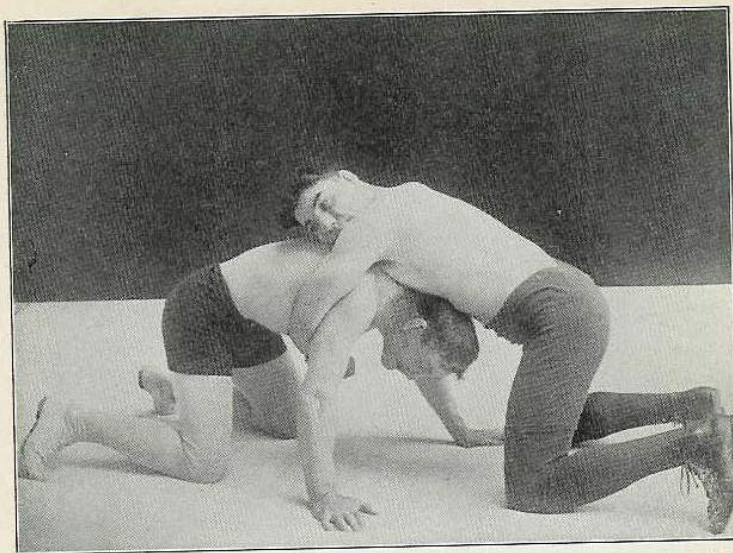
After getting position shown above Burns swings slightly to the left, and opponent, unable to remove foot, falls and touches two shoulders simultaneously.



BURNS' OPPONENT STOPPING A CHANCERY AND CROSS GRAPEVINE.
This picture shows how to break Burns' hold by a hand and arm pressure on Burns' face.

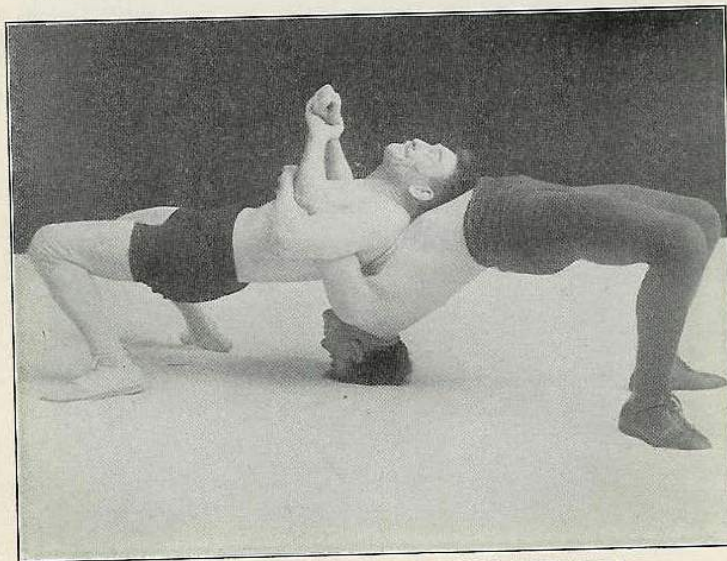


AN INSIDE GRAPEVINE AND DOUBLE BAR ARM LOCK BY BURNS.
This picture shows Burns' opponent almost under control. Burns' next move will be to pull opponent backwards, bringing him to the floor in sitting position.



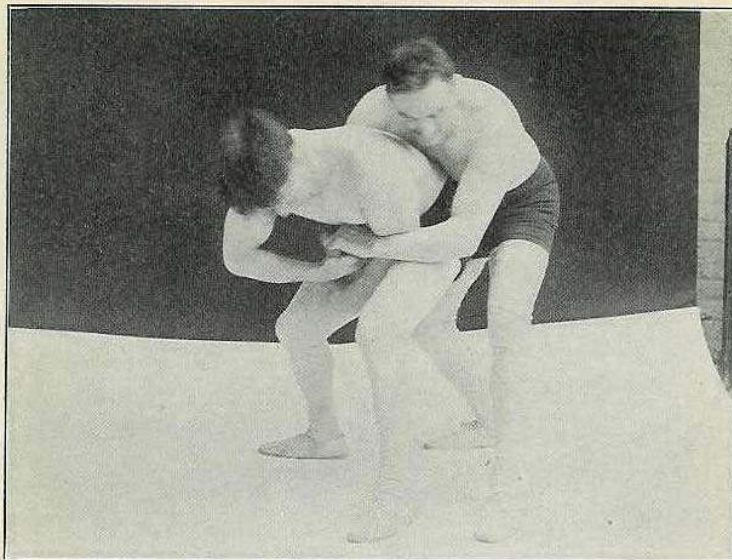
POSITION RESULTING FROM BURNS' ATTEMPT TO DIVE FOR LEGS.

This picture shows how Burns' opponent has saved himself momentarily by jumping back and grasping over the back and under both arms, thus holding Burns on the floor upon all fours.



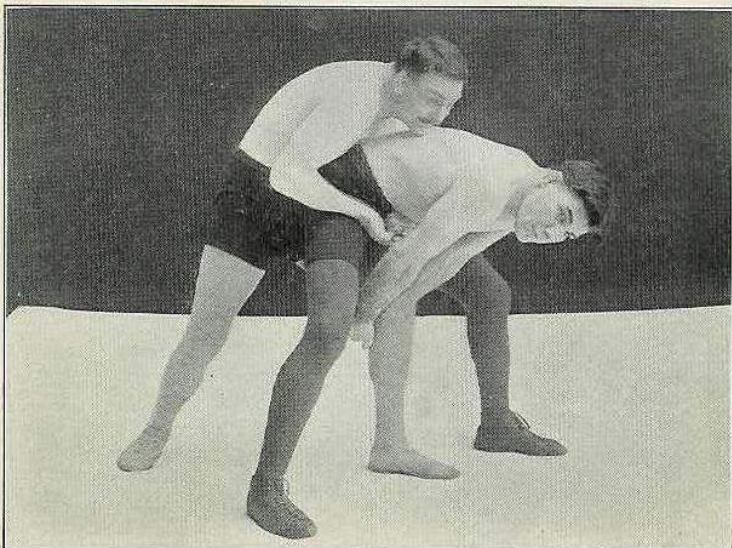
DOUBLE BRIDGE RESULTING AFTER SIDE ROLL.

Burns while on all fours raises both arms catching opponent's arms above elbow, in angle thus formed and quickly side rolling finds himself and opponent at a double bridge with arms still locked and opponent carrying all of the load on head and neck, which in all probabilities will result in a fall.



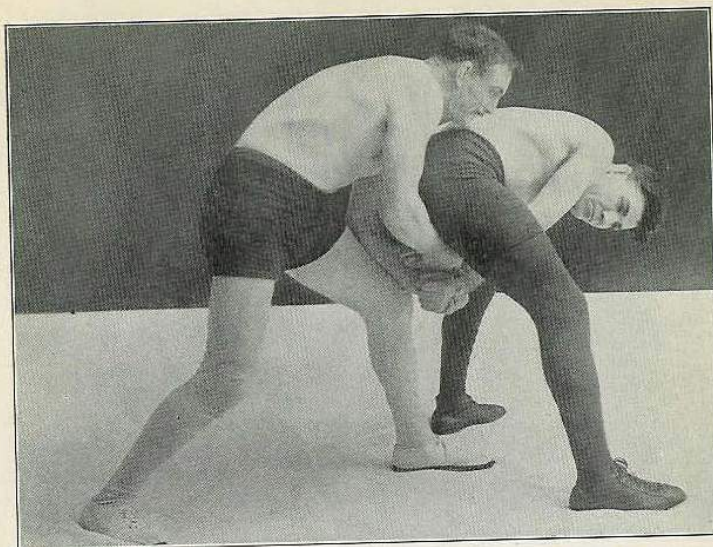
BURNS' DOUBLE GRIP HOLD.

This picture shows Burns behind opponent with hands gripped in such a manner as to cover every finger; ready to trip his man to the floor.

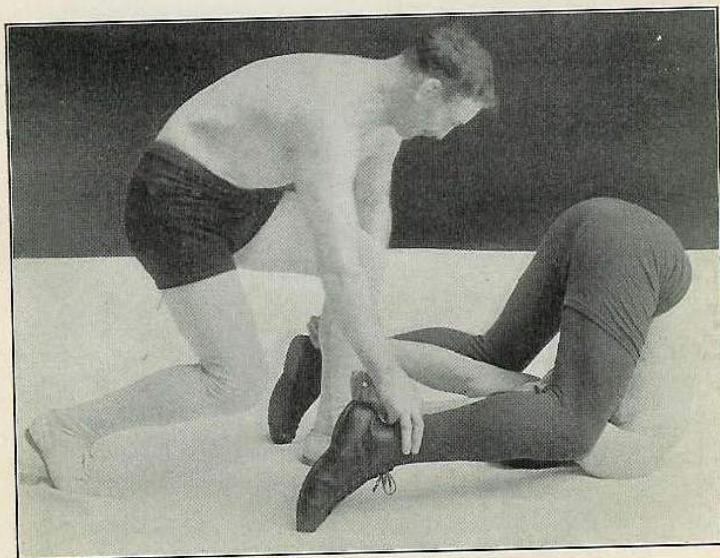


BODY AND LEG HOLD.

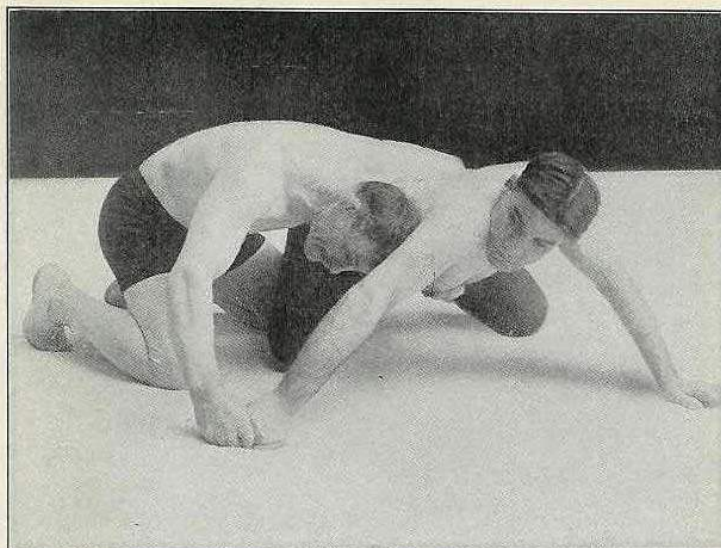
Opponent unable to break above double grip hold gets lock hold on Burns' leg for a pull forward in an attempt to make Burns sit down.



STANDING DOUBLE WRIST HOLD BETWEEN LEGS FROM REAR.
Burns finding leg fast releases waist hold and catches the double wrist hold, raising up with opponent's wrists with a jerk.

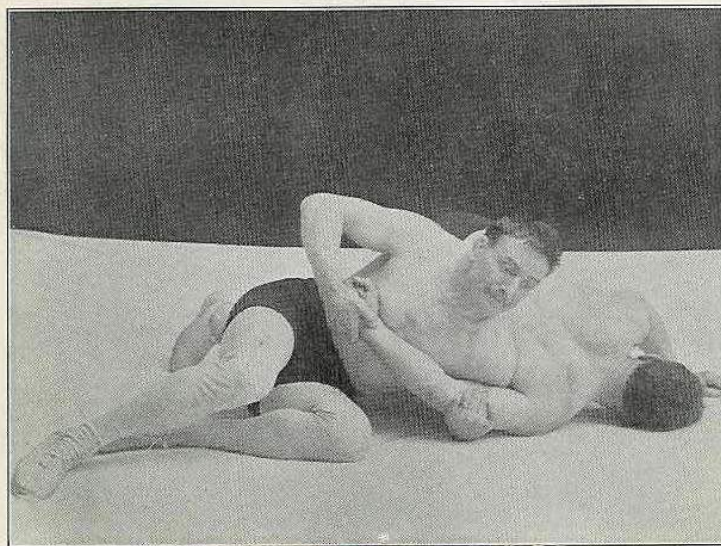


FALL FROM THE DOUBLE WRIST HOLD.
Burns, after getting opponent's wrists, as shown in the above picture, quickly pulls up and opponent neatly lights on head, neck and shoulders.



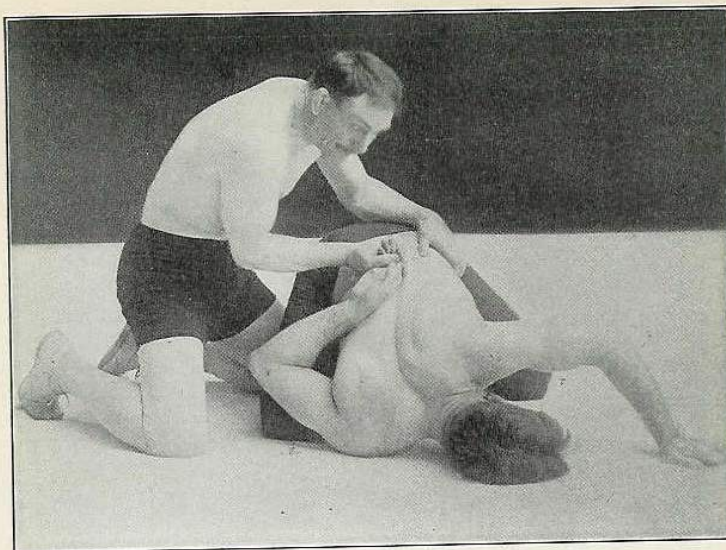
COMMENCEMENT OF BACK HAMMERLOCK UPON KNEES.

Burns behind forming a bar with his head and pulling body towards himself to make all opponent's weight come on right arm, thus forcing opponent to keep arm in extended position.



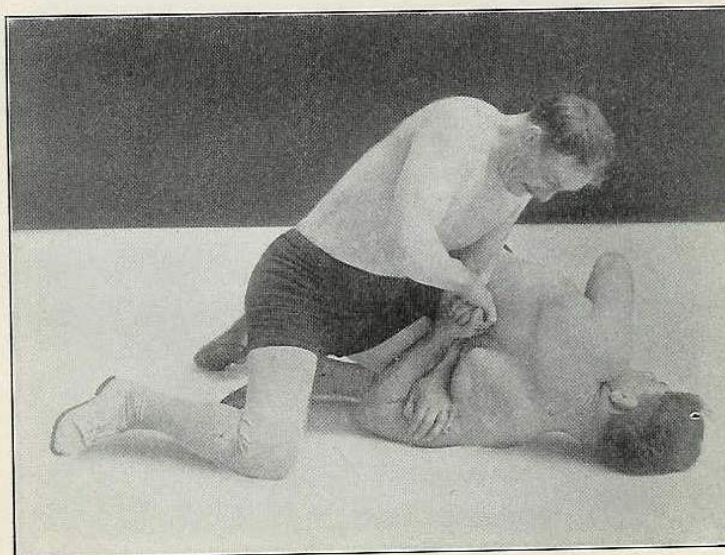
NEARER THE BACK HAMMERLOCK.

After position in the above picture is gained, Burns suddenly jerks arm out and back at the same time pushing with head and shoulders, forcing his opponent's head and shoulders to the floor. After gaining this advantage he grasps opponent's arm above elbow and twists wrist with right hand, thus reducing opponent's arm to practically powerless position.



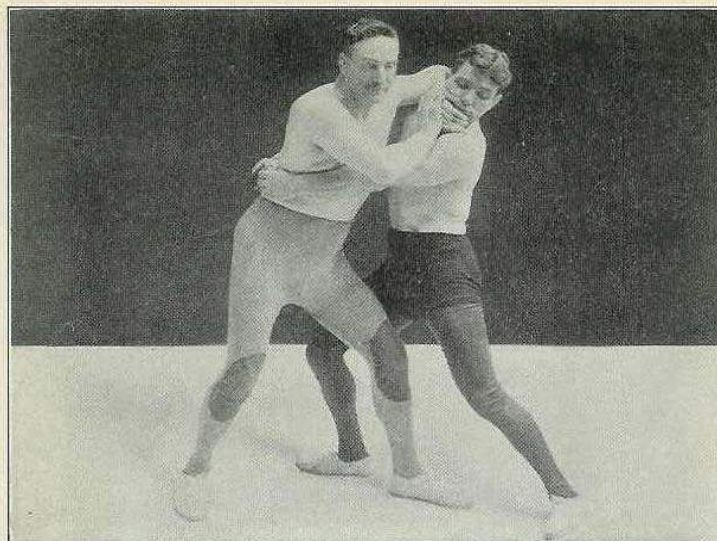
BACK HAMMERLOCK SECURED.

Burns' opponent under control, hand and arm can still be pushed up to shoulder blade until opponent is willing to turn on two shoulders.

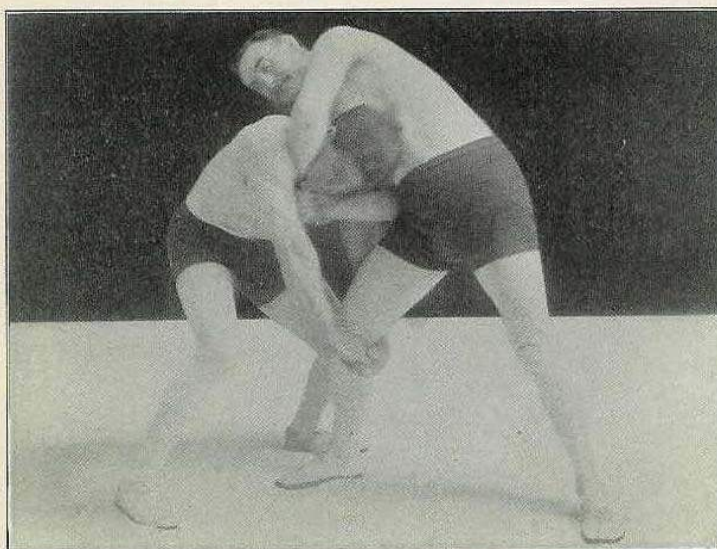


THE DOUBLE BAR HAMMERLOCK BY BURNS.

This hold is one of "Farmer" Burns' great holds. "When I get it on a man it's all off with him."



"FARMER" BURNS BREAKING FLOATING RIB BODY HOLD.
Burns' opponent has knuckle of thumb on left hand against the floating rib on Burns' right side, which hold is indeed a severe one.

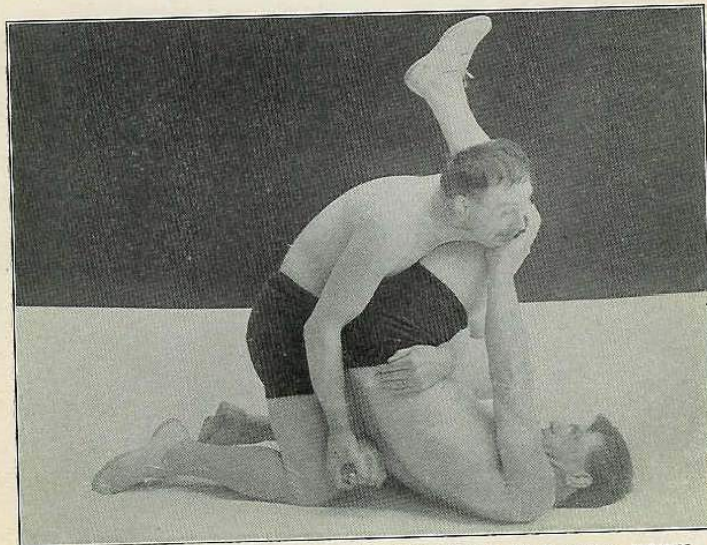


BURNS BLOCKING LEG HOLD BY HOLD ON OPPONENT'S JAW.
Burns' opponent dives for Burns' right leg and Burns leaning forward catches opponent's jaw with both arms pulling and twisting upwards, but is careful to leave throat free. This breaks opponent's leg hold.



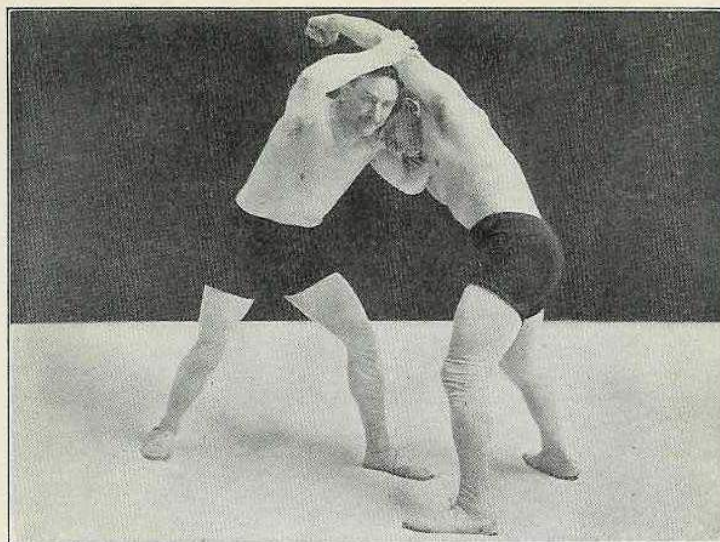
DIVE FOR LEG IN AN ATTEMPT TO GET BEHIND.

After breaking above hold Burns dives for leg hold, catching opponent's left leg with his left arm, and by quick muscle expansion of chest breaks opponent's back body hold.



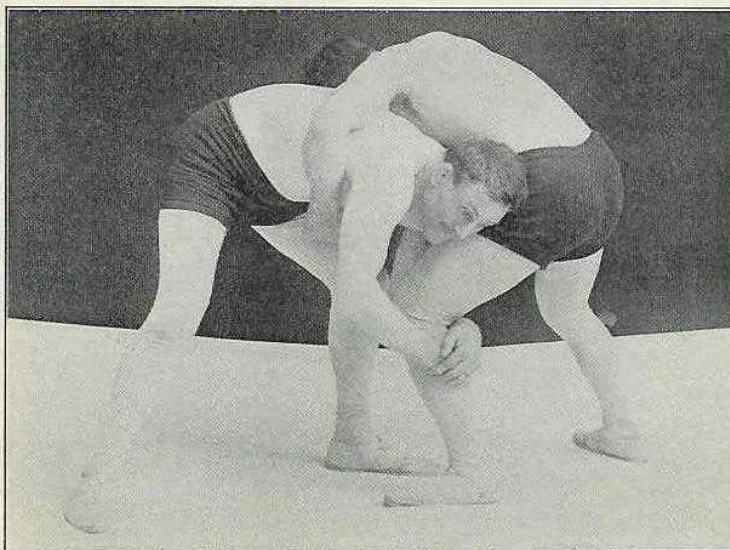
COMBINATION HAMMERLOCK, CROTCH HOLD AND PUSH DOWN.

This is the fall resulting from Burns whirling behind opponent, and picking him up by crotch, whirling him on his head and catching opponent's arm that grabs on Burns' leg, thereby making hammerlock possible. Opponent then reaches for Burns' chin with free arm and Burns operates right arm hammerlock and pushes down with chin, grasping him tightly, pinning the two shoulders down.



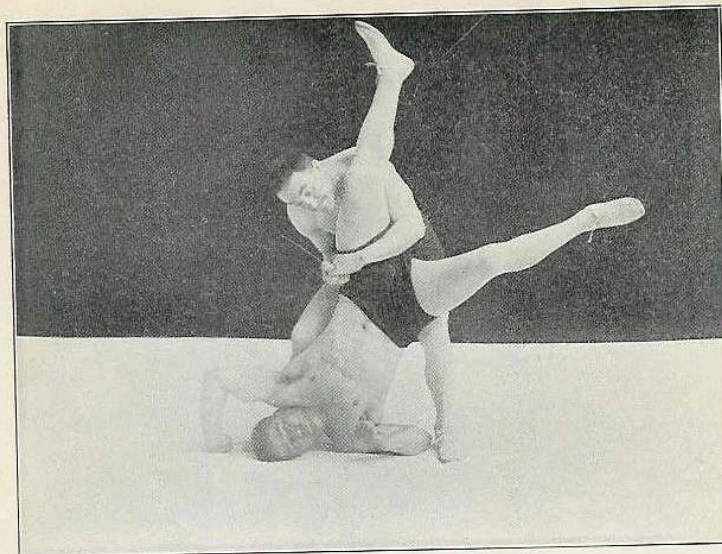
BURNS PREPARING TO BREAK FROM CLINCH.

This picture shows Mr. Burns preparing to get a leg hold on his opponent. Note how he has raised opponent's arm to make clear path.



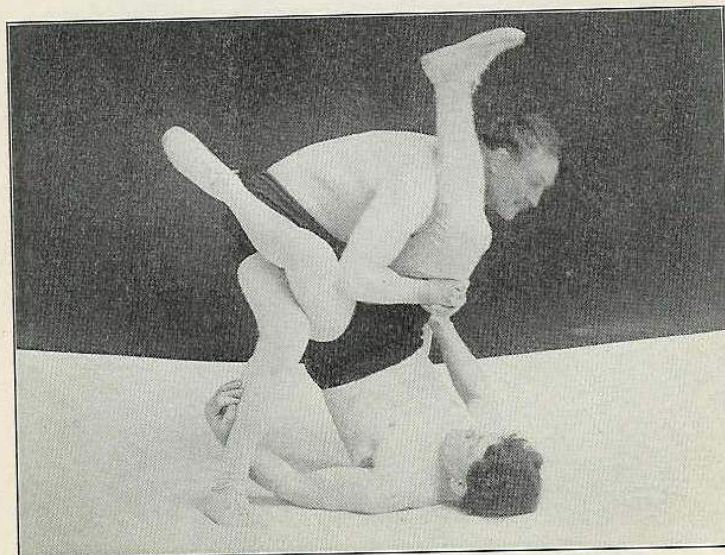
LEG AND BACK BODY HOLD.

Burns' object here is to raise opponent's leg, at the same time expand back body and chest muscles to break opponent's hold.



FURTHER LEG LIFT AND TWIST.

Burns has his opponent practically powerless on one shoulder; opponent is planning to attempt to whirl from one shoulder to the other.



FALL RESULTING FROM ATTEMPTED WHIRL.

Wassem executes half whirl and Burns reverses leg hold and lowers body for angle pressure, forcing opponent's two shoulders down.



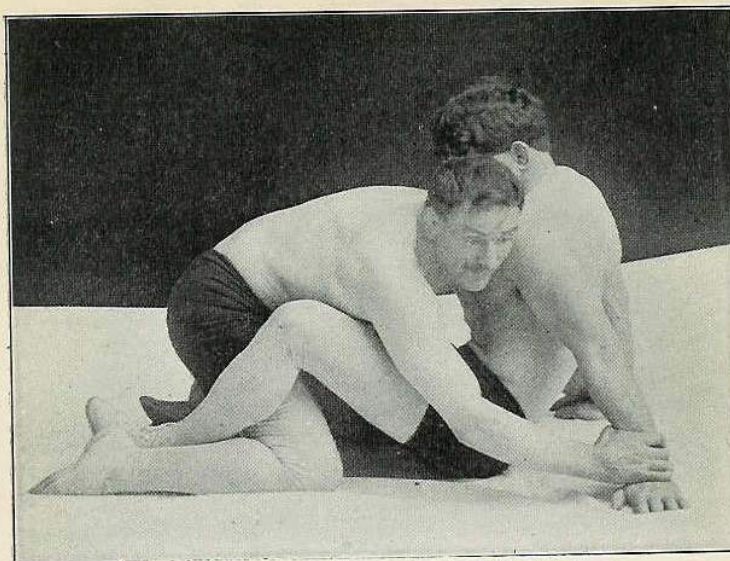
THE CLINCH—ON GUARD.

This picture shows Burns preparing to raise opponent's arm to dive for a double leg hold.



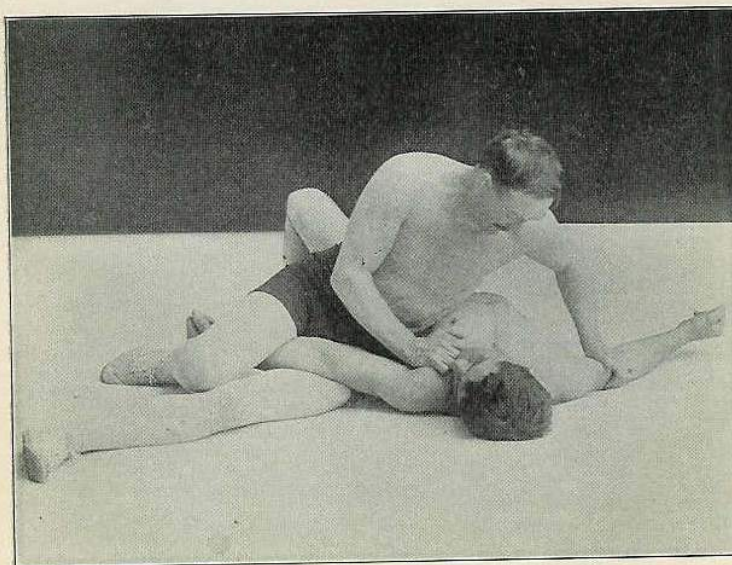
THE DOUBLE OUTSIDE LEG HOLD SECURED.

Burns' object in getting this hold is to raise opponent and fall to the floor with him, as shown in the next picture.



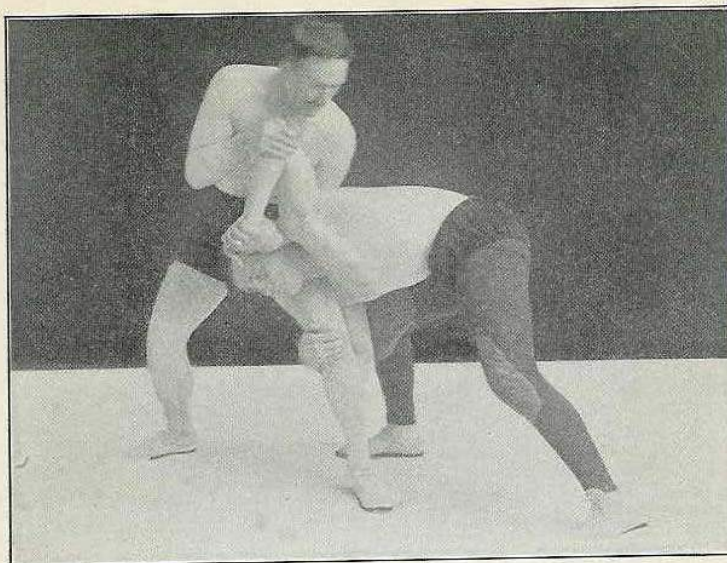
LEG LOCK AND DOUBLE WRIST HOLD.

The operation of the hold secured in the above picture places Burns' opponent on defensive, so that when Burns lifts and falls opponent must place both arms in position shown in this picture in order to protect himself temporarily.



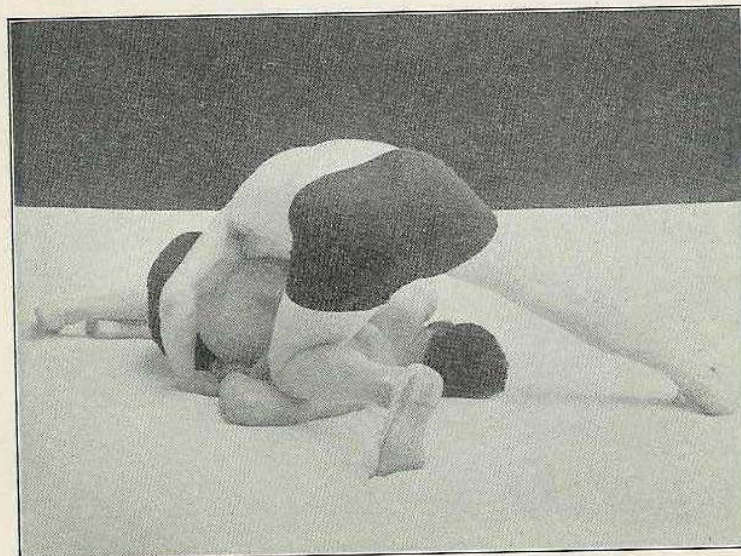
THE HOLD AND FALL DOWN RESULTING FROM WRIST HOLD.

When Burns pulls both wrists he prevents opponent twisting out by jumping astride arm, using double bar leg hold on arm, and pinning both shoulders down to stay. "Farmer" Burns says this method is superior to a half Nelson for a permanent hold down.



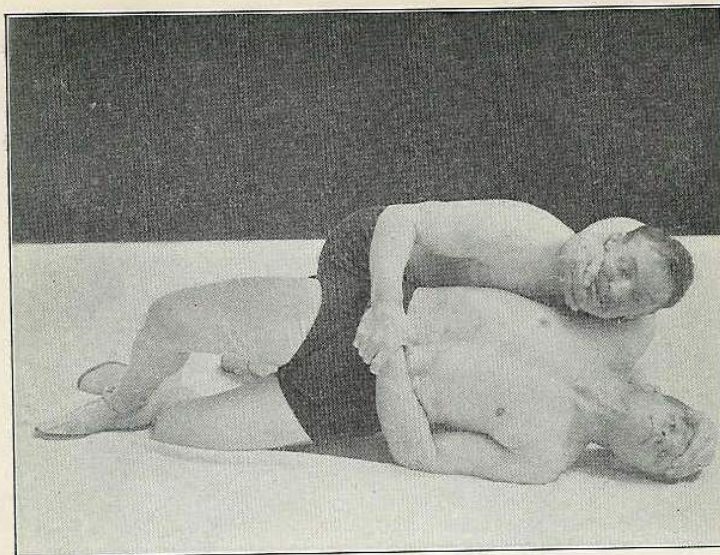
BREAKING A LEG HOLD BY TOP BAR HOLD.

By operating this top bar hold opponent is forced to release leg hold to save himself, but the iron grip secured by Burns will not be released, as you will see by referring to the next picture.



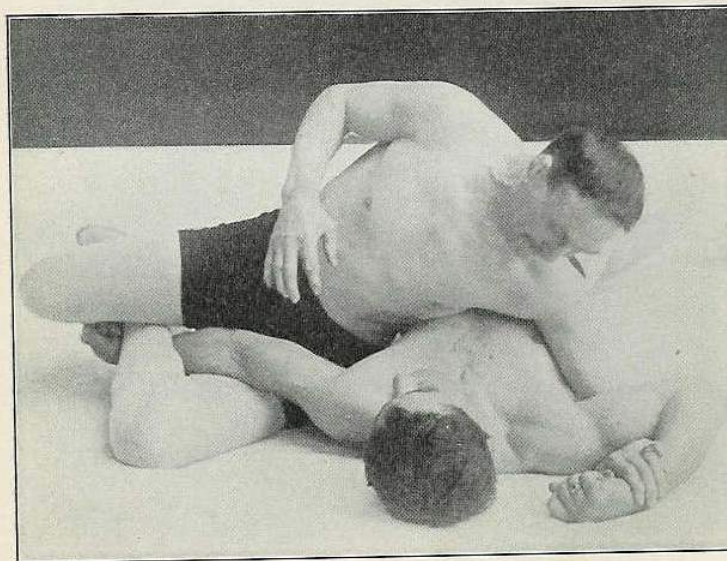
UNDER BAR LOCK.

By pulling opponent's right arm back and up and by putting keen pressure on opponent's arm he hopes to force opponent to whirl on opposite shoulder.



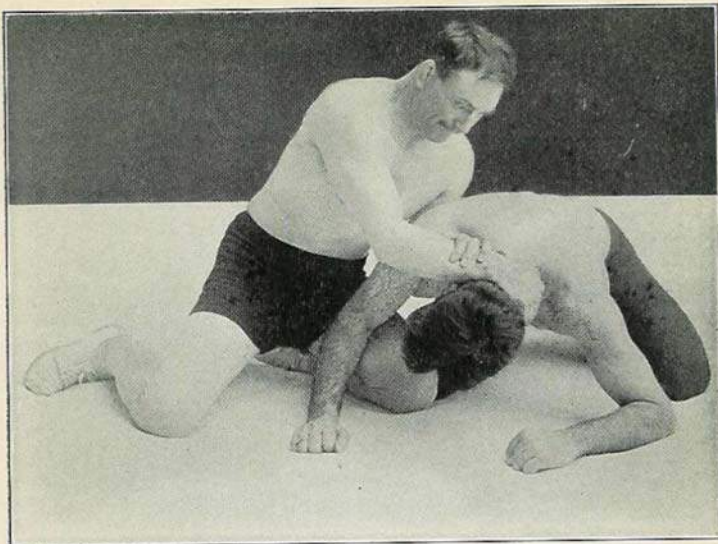
COMBINATION WRIST AND HEAD HOLD.

This picture shows Burns pulling upon left arm and back on opponent's head, pressing knee into small of back, by which he hopes to draw man to "shoulders down."



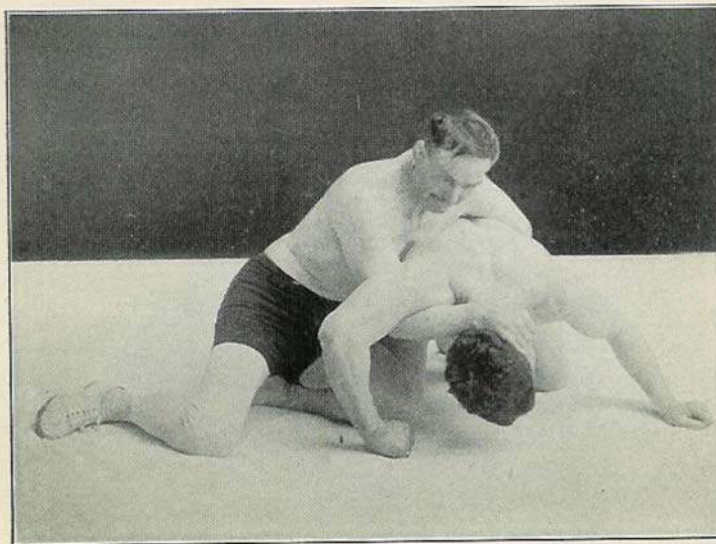
A COMBINATION FALL AND PIN DOWN.

This picture shows another effective way of holding a man down permanently, and is the result of the operation of the combined wrist and head hold shown in the picture above.



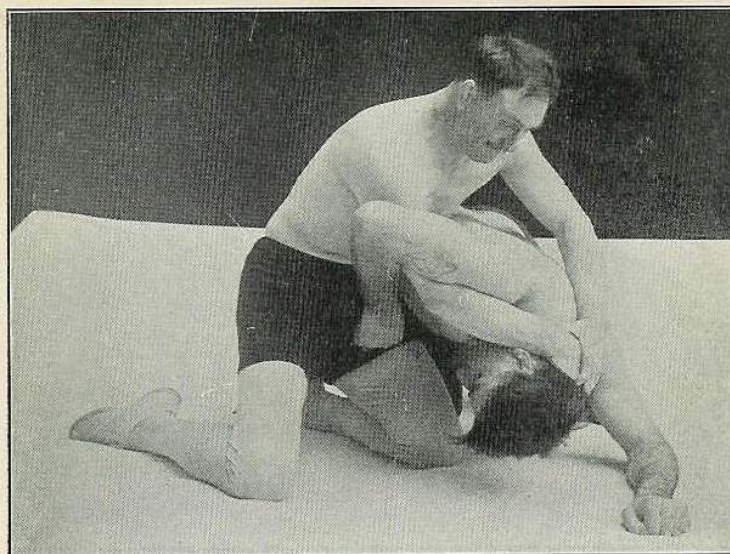
A FRONT QUARTER NELSON.

"Farmer" Burns says that by pulling up, swinging forward and twisting down you have your man in a powerless position.



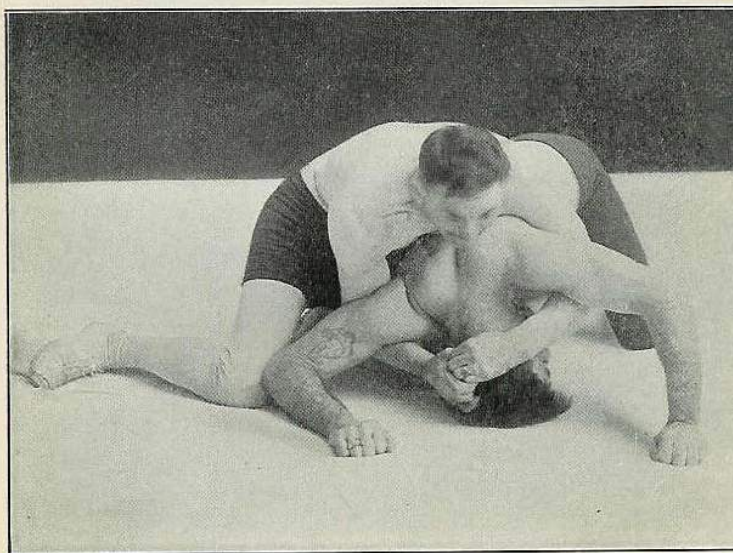
A HALF NELSON.

"Farmer" Burns knows of seventeen ways of operating the half Nelson, and the above picture illustrates one way.



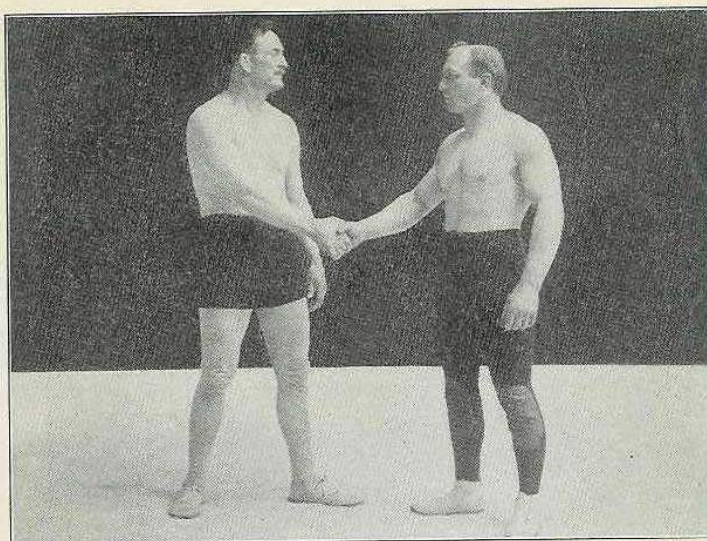
A THREE-QUARTER NELSON.

Burns showing a very effective operation of this hold by keeping foot far enough out to prevent a side roll. Burns says: "Left knee here is as close to the head as possible, thereby giving him superior leverage."

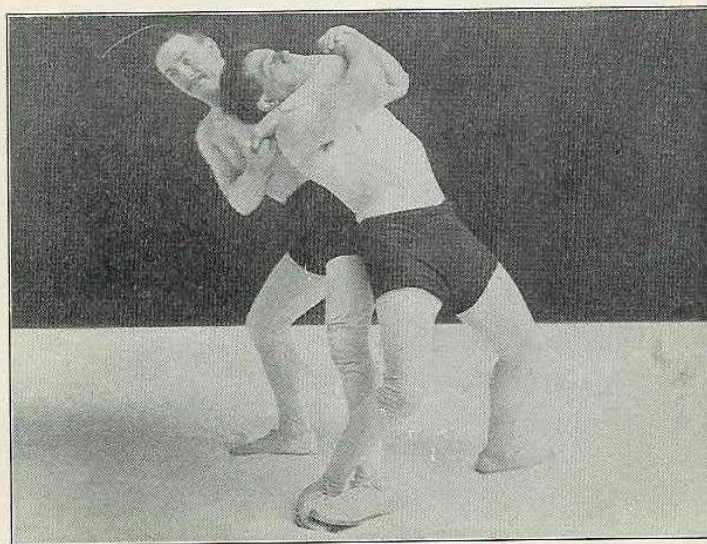


THE DOUBLE NELSON.

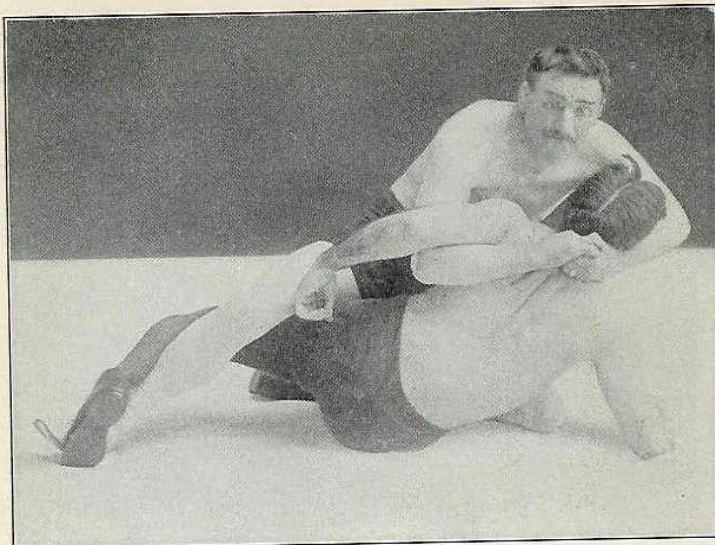
The "Farmer" in this hold covers his fingers in such a manner as to prevent his opponent from breaking hold with hands.



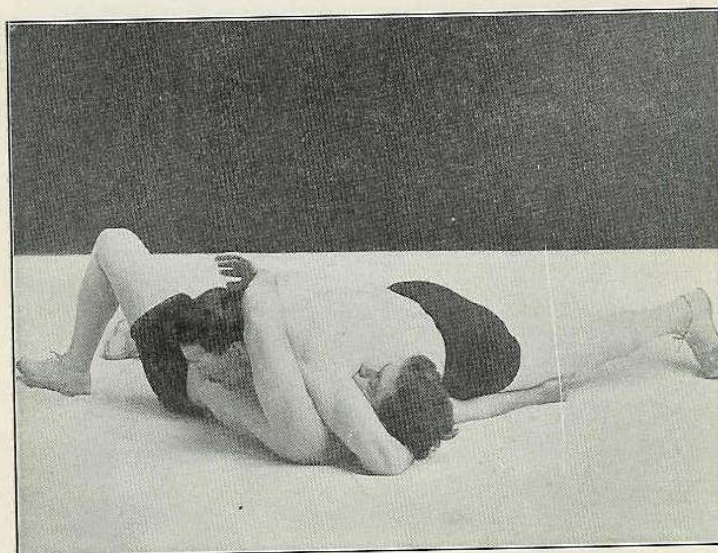
"FARMER" BURNS AND FRED BEELL.
This picture shows both men waiting for time.



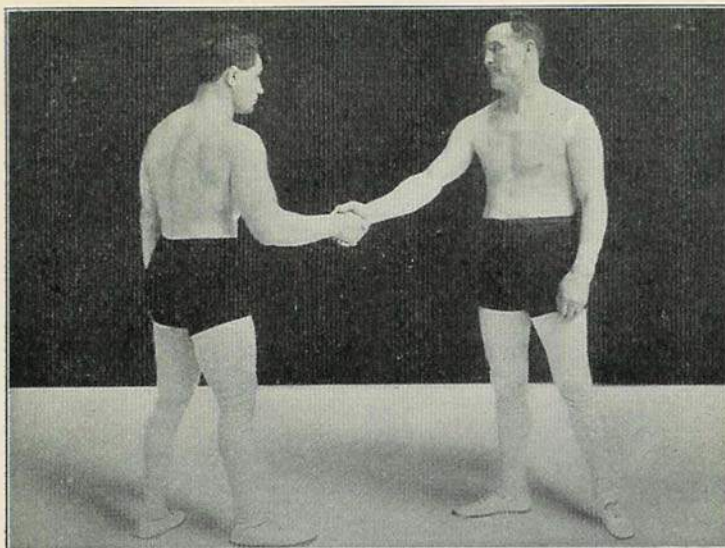
A STRANGLE HOLD—(Against the Rules.)
This hold, while barred in actual wrestling nowadays, is one with which "Farmer" Burns was forced to contend in early contests, and no man has accomplished very much by using same on him.



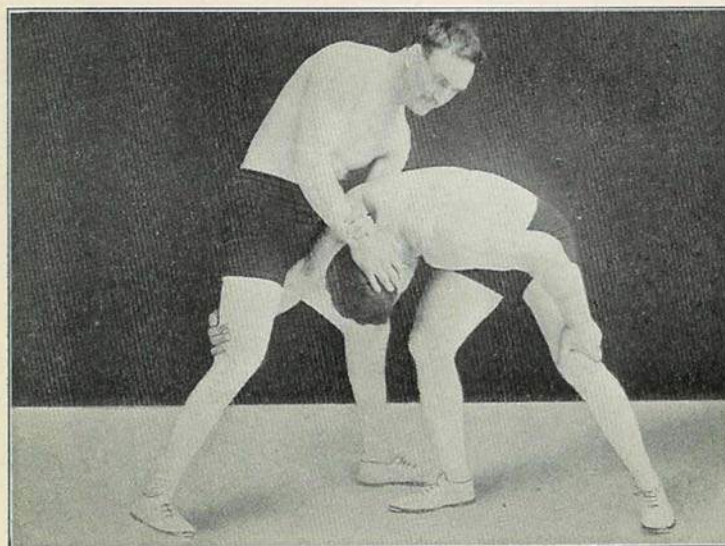
THE TUMBLE RESULTING FROM THE ABOVE HOLD.
Note how the "Farmer" manages to retain head and arm lock as well as the grapevine lock. Opponent under control.



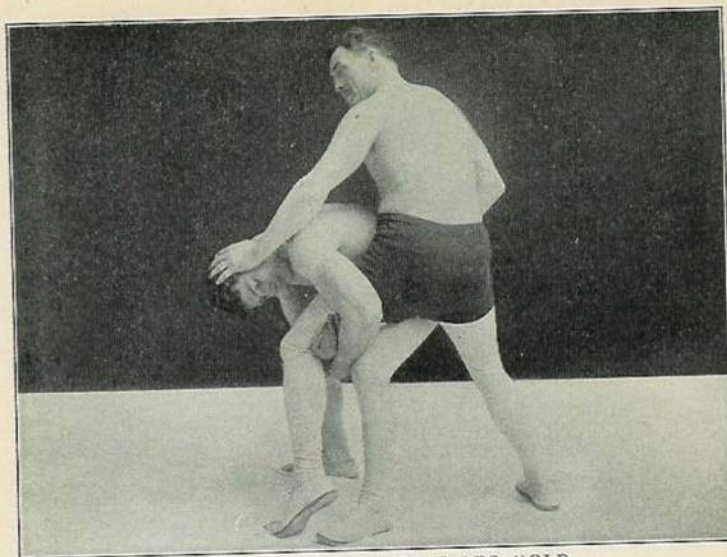
THE PROPER WAY TO HOLD A MAN WITH A CROTCH HOLD AND HALF NELSON.
Note how Burns retains hold about opponent's neck while working shoulder closely to that of opponent, and also note how legs are widened apart to prevent side rolling.



ANOTHER POSE OF "FARMER" BURNS AND OSCAR WASSEM.
Shaking hands before time is called by the referee.

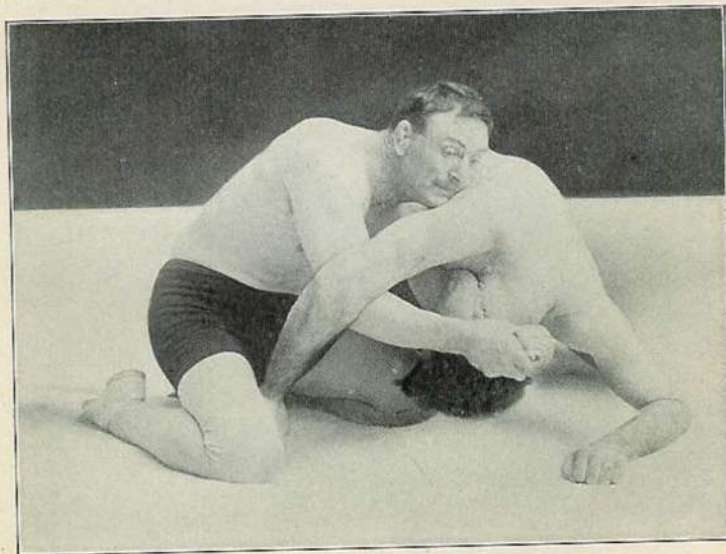


BREAKING LEG HOLD WITH A QUARTER NELSON.
Burns' opponent, by quick action, catches leg with one arm. Burns swings sideways while slipping left arm under opponent's right arm, catches a front quarter Nelson and turns himself free.



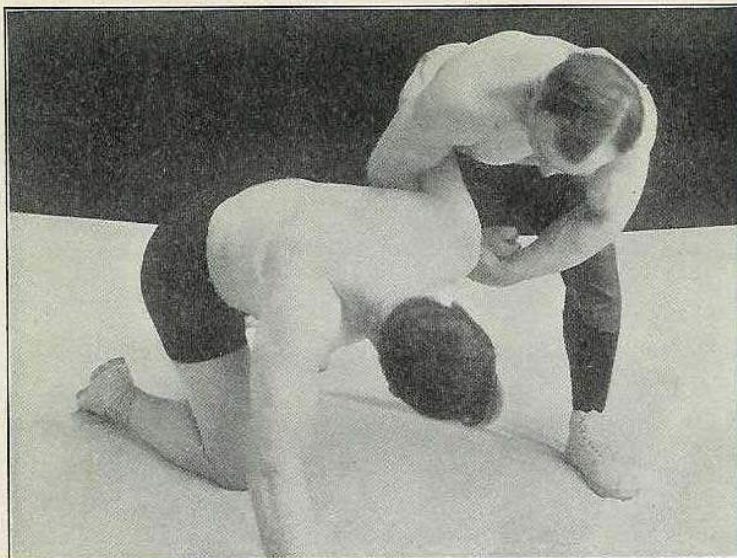
BLOCKING THE REVERSE LEG HOLD.

Burns' opponent, after being forced to break the above hold, reverses and catches Burns' other leg with the intention of lifting and tumbling him backwards, but Burns secures a block hold with hand forcing head, and at the same time prepares to secure a crotch hold.



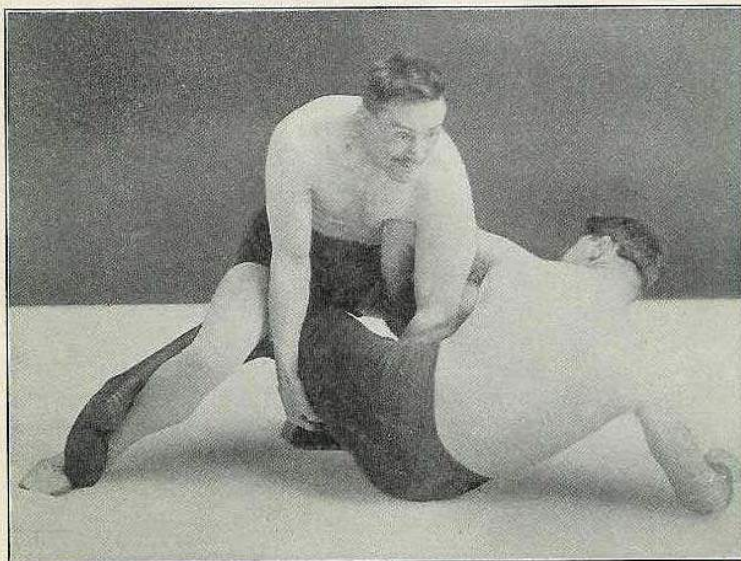
A THREE-QUARTER NELSON UNDER ARMS.

After securing crotch hold Burns whirls his opponent to the mat, getting a three-quarter Nelson under arms. This places his opponent in a powerless position.



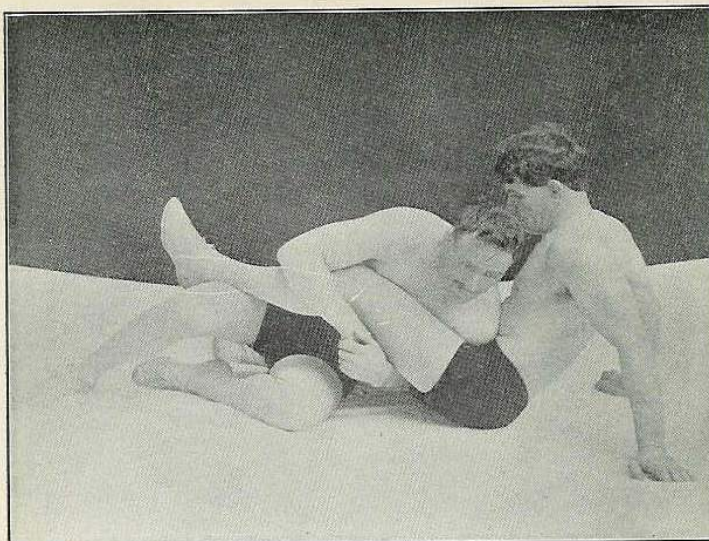
BODY AND BAR ARM LOCK.

Burns in this picture is the under man and is in a bad position. He intends to whirl and secure a leg hold, and after securing this hold, to bring his man to the position shown in the next picture.



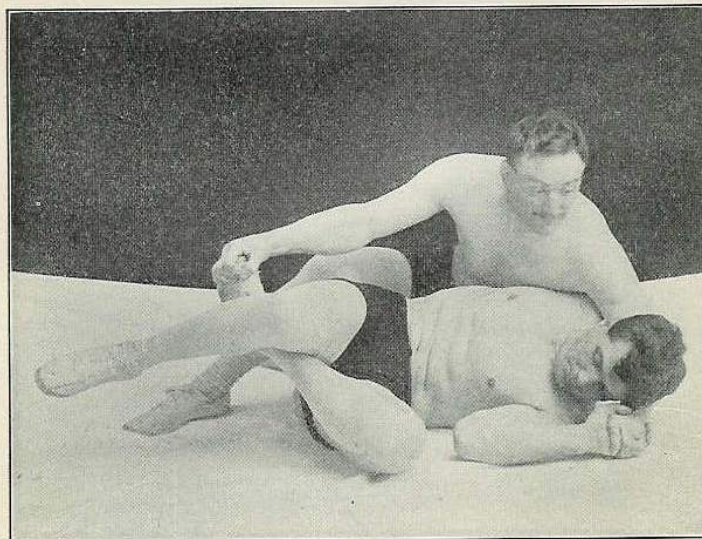
A GRAPEVINE AND LEG LOCK.

Burns in this position holds the advantage, because his opponent is so placed that he cannot assume another position without jeopardizing his own.



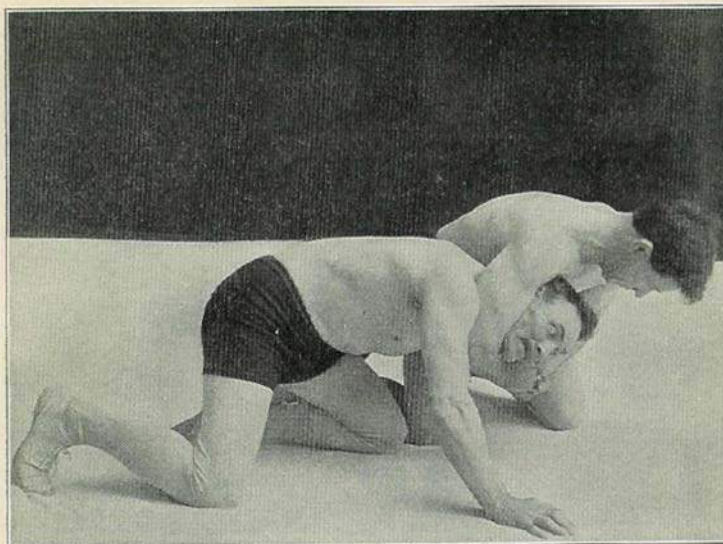
LEG BAR LOCK.

In this picture Burns is preparing to force his man to lower his position by pulling on his left leg and prying down on opponent's stomach with his left shoulder.



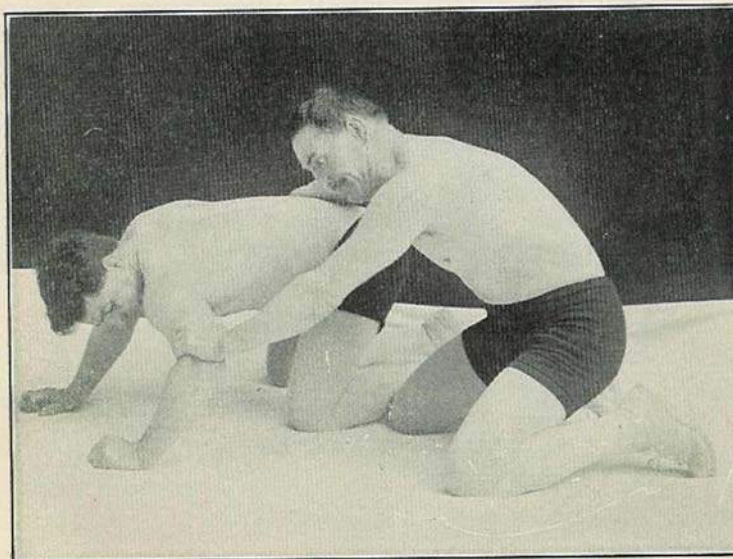
COMBINATION TOE HOLD AND BAR ARM LOCK.

Burns' opponent, instead of being forced to lower his position, whirls, swinging right leg over Burns' head and shoulders, but Burns retains hold of his opponent's left foot, and at the same time secures a bar arm hold.



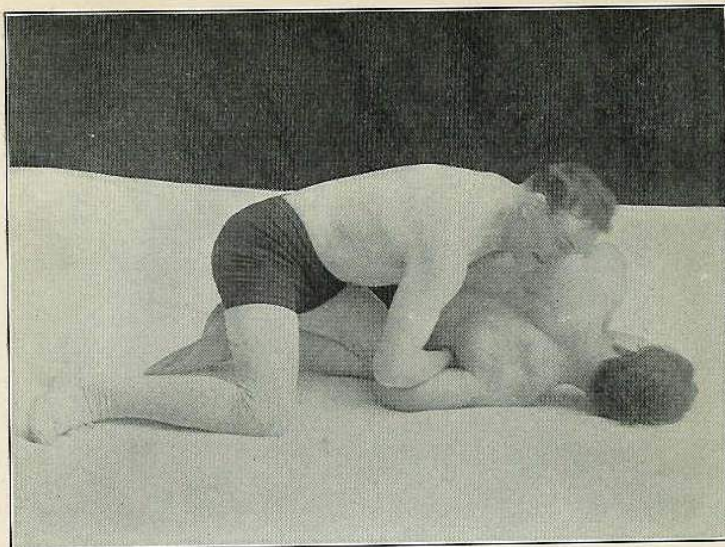
THE STRANGLE HOLD.

This hold, though barred, does not worry "Farmer" Burns. The picture below shows how he gets away. The left hand is used to secure opponent's left foot, and by a quick jerk the opponent lights on his head after releasing hold.



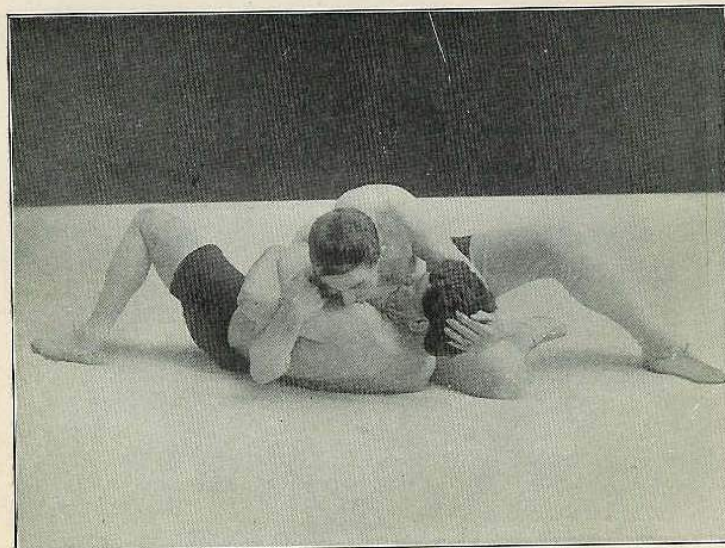
A HOLD OWN—PREPARATORY TO SIDE ROLL OPPONENT.

Burns in this picture is holding his opponent by a right arm pressure over back and under right leg. Then Burns pulls right knee back one foot to act as a lever for a pull to the left.



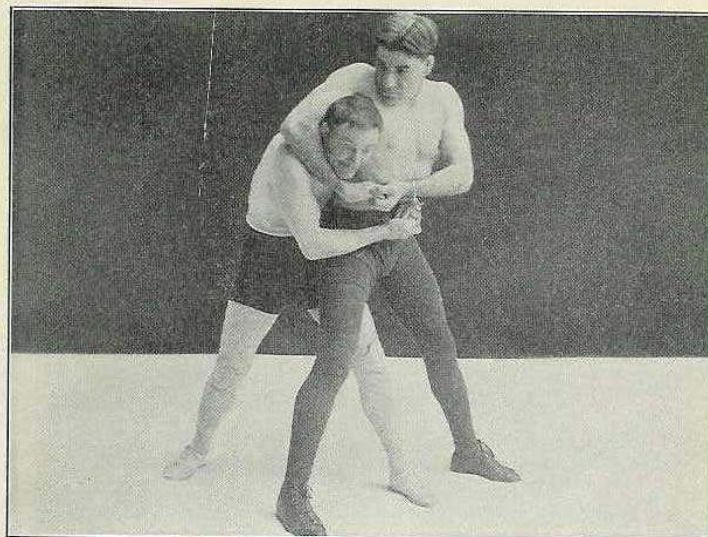
AN UNDER BAR LOCK AND AN OVER WRIST HOLD.

Burns in this picture expects to hold his opponent's head to the floor until by means of a quick over jump he can force his opponent to whirl in attempt to change sides.



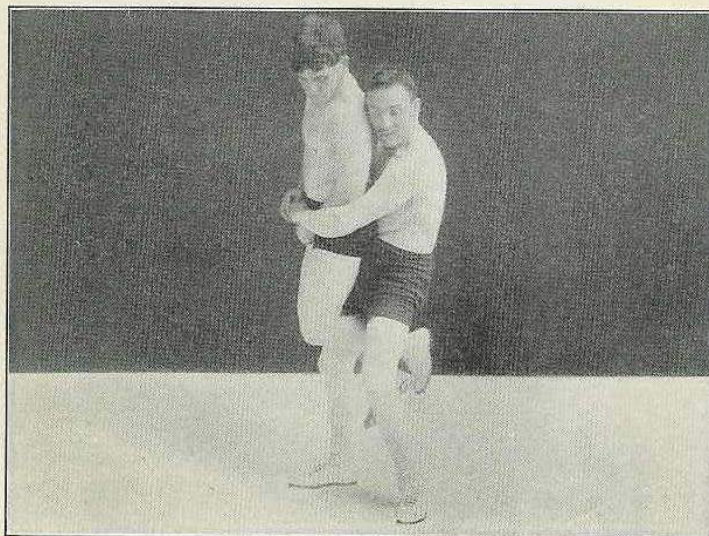
A DOUBLE BAR LOCK HEAD AND ARM HOLD DOWN.

"Farmer" Burns is successful in getting his opponent to attempt to turn, and when he moves a close lock is formed by both of Burns' arms and a heavy chin pressure is brought to bear in forcing opponent's shoulders to the mat.



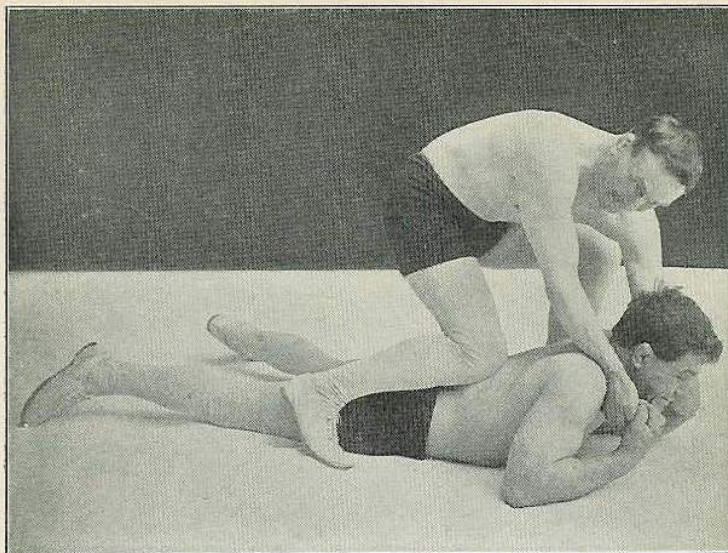
HEAD AND BODY HOLD.

Burns has deliberately allowed his opponent to secure a hold about his head and face while he squeezes opponent's body; later Burns raises his opponent's arm, and withdrawing his head, he passes behind his opponent's body.



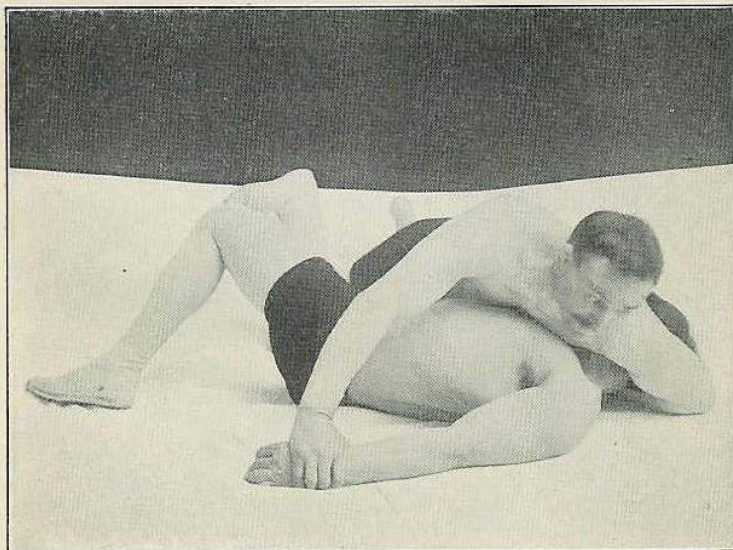
WAIST HOLD AND A GRAPEVINE.

After releasing his head and getting behind his opponent, Burns secures a waist hold outside of arms low enough to permit him to raise his opponent for a fling to the floor.



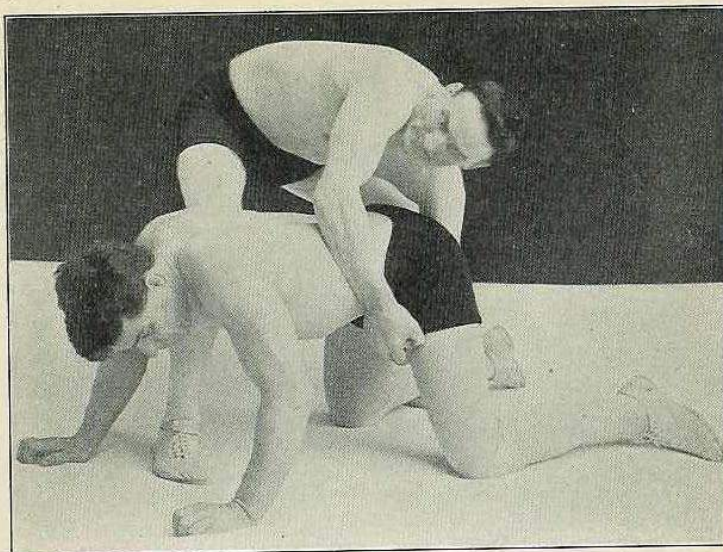
BREAKING A FACE HOLD.

After flinging his man to the floor the "Farmer" attempts to secure a face hold, but his opponent tears his hands away. This move enables Burns to secure a wrist hold on left hand and to raise hand high enough to get a half Nelson preparatory to turning his opponent.



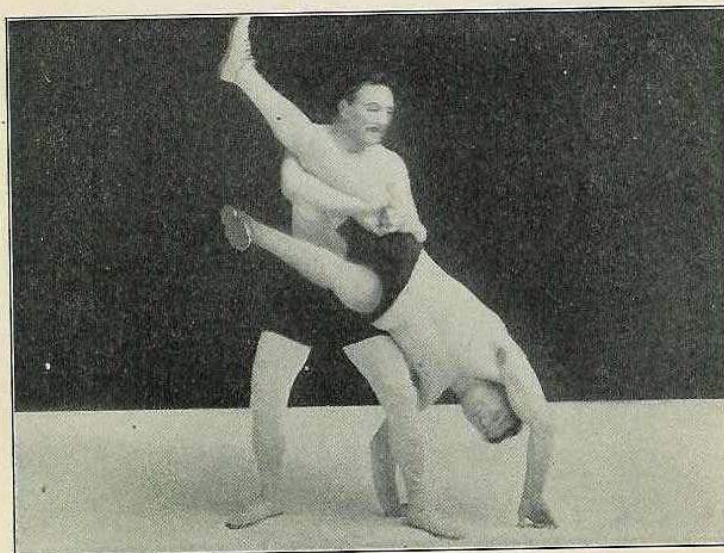
THE RESULTING FALL.

Note how the "Farmer" has reversed holds as his man turned over. He has secured a very clever half Nelson, and has also cross locked the right leg.



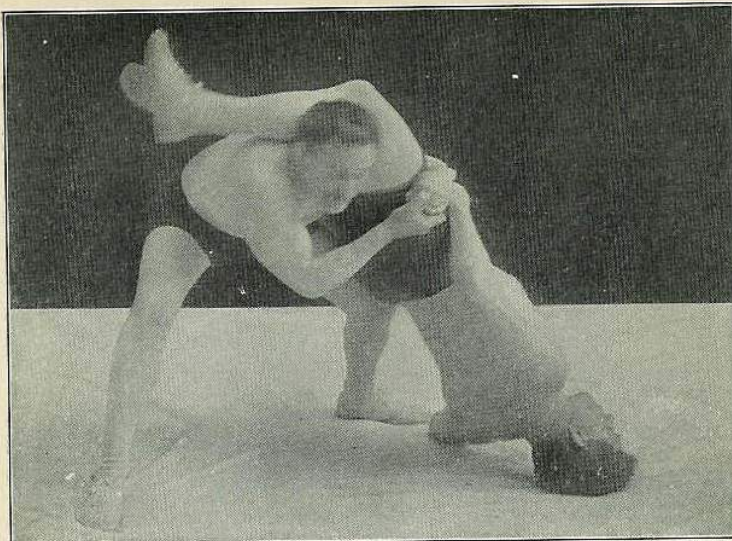
PREPARING FOR A CROTCH LIFT.

Burns, who was behind his opponent, jumps to his feet unexpectedly and secures the hold shown in the picture.



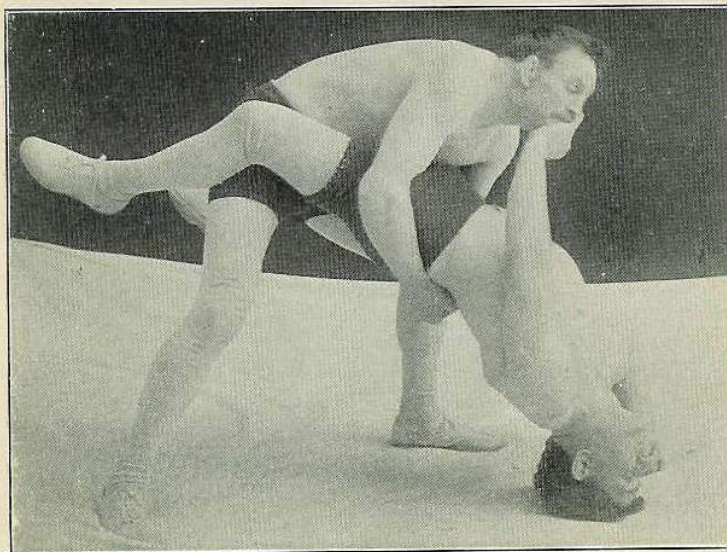
CROTCH LIFT IN OPERATION.

After securing crotch lift shown in the above picture Burns quickly raises his opponent to a hand stand.



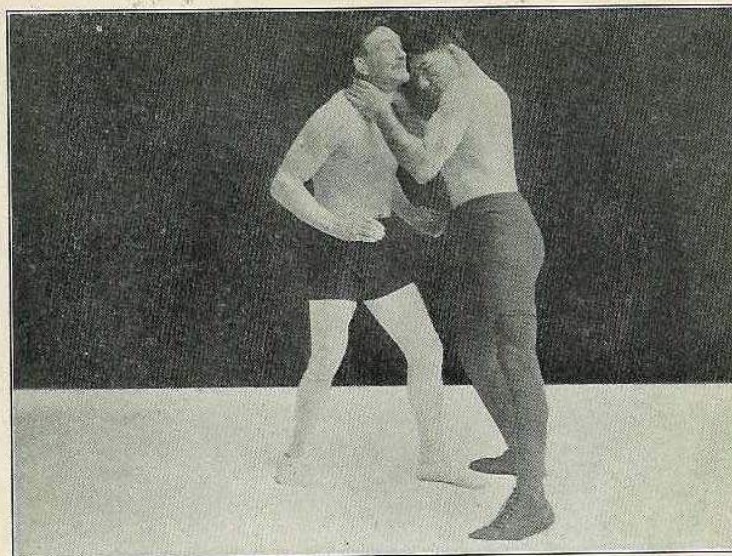
THE HEAD STAND WHIRL.

After raising his opponent to a hand stand Burns whirls and bears down, forcing his opponent down on his head and elbow.

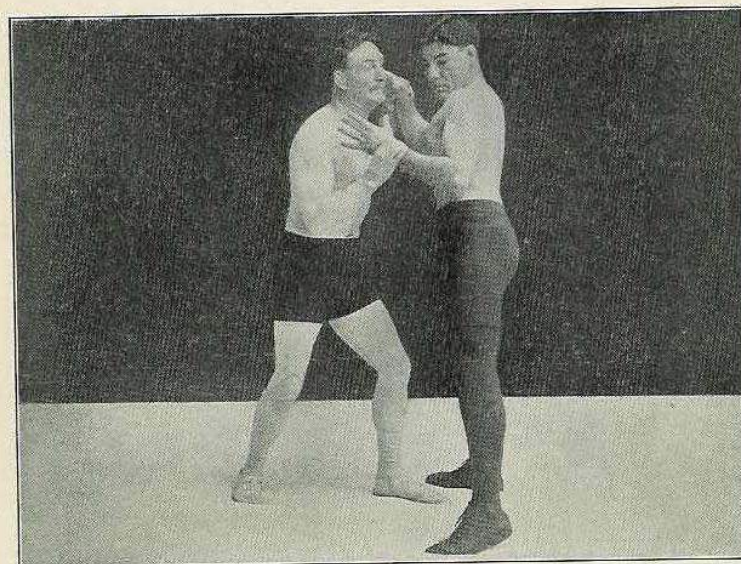


BODY HOLD FROM BETWEEN LEGS AND BRIDGE.

After securing the hold illustrated in the above picture, Burns manages to swing his head between his opponent's legs and catches him about the waist. The proper thing to do now is to angle the body so that the combined weight of both men is thrown upon opponent's neck.



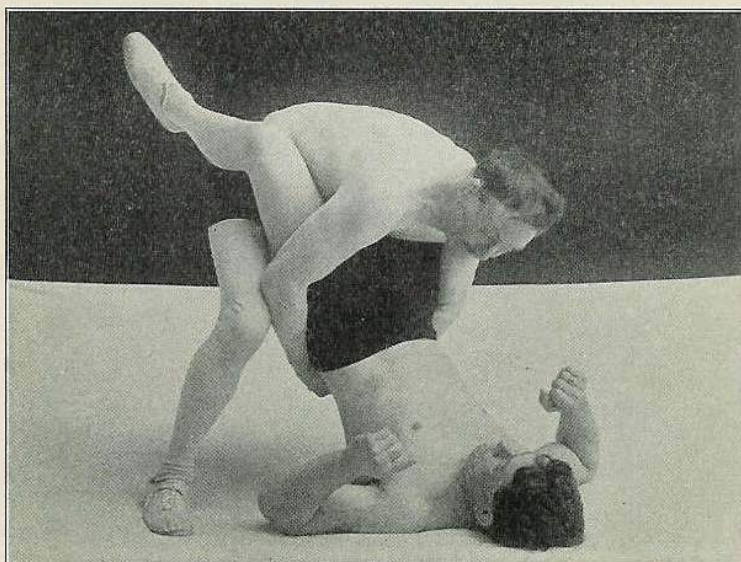
BURNS ALLOWS HIS OPPONENT TO CHOKE HIM.
The opponent can attempt this until the strength of his fingers give out.



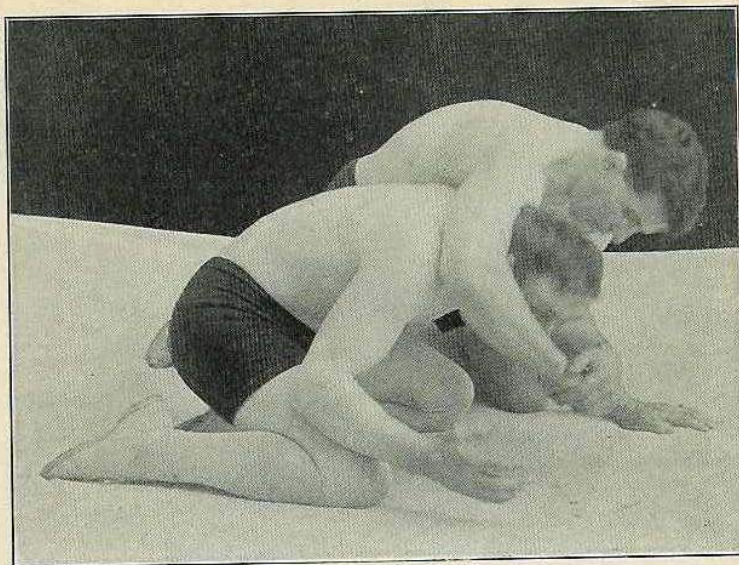
BURNS BREAKS STRANGLE HOLD.
Burns breaks this hold by quickly jerking up and outward with both hands at the same time.



QUICK MANNER OF SECURING THE BODY HOLD.
This is preparatory to bending opponent backwards.

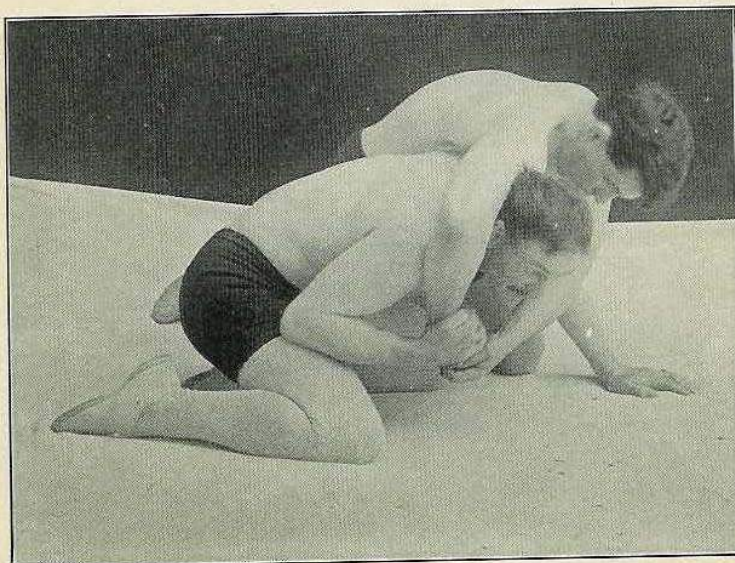


THE FALL.
Showing how Burns secures his fall after forcing the hold shown in the above picture.



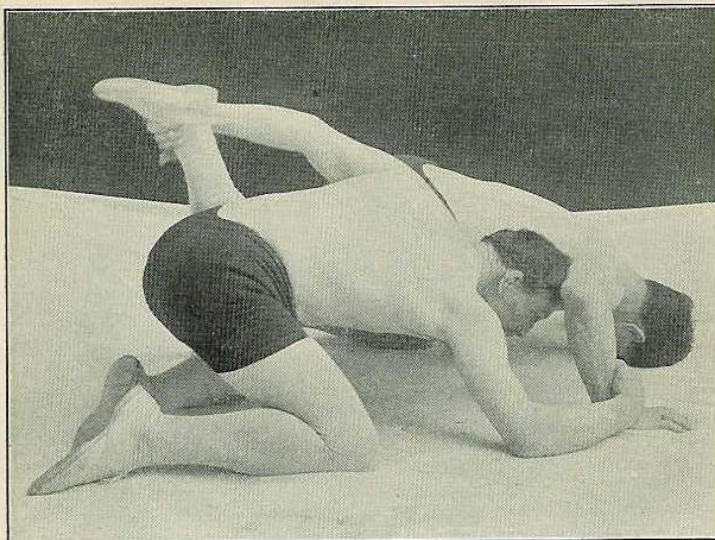
BURNS' HEAD IN CHANCERY.

This picture shows Burns' right hand poised to grasp opponent's arm to protect face.



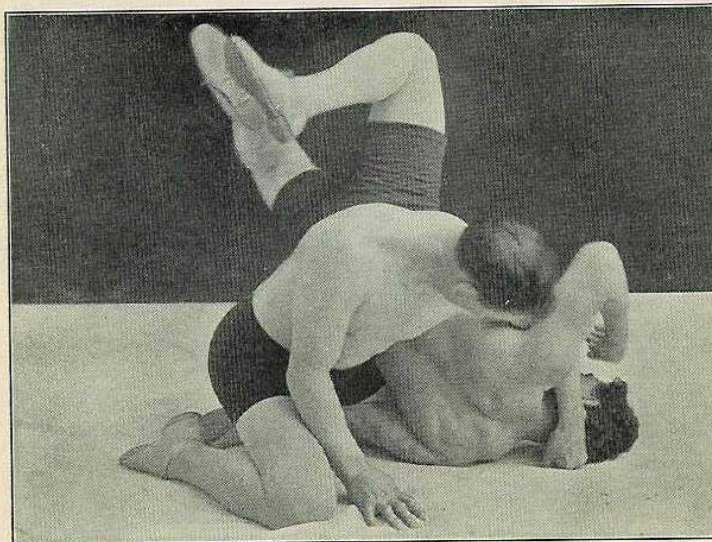
BURNS BREAKING CHANCERY HOLD.

While relieving pressure about face he is preparing to move his left arm to grasp his opponent's right ankle.



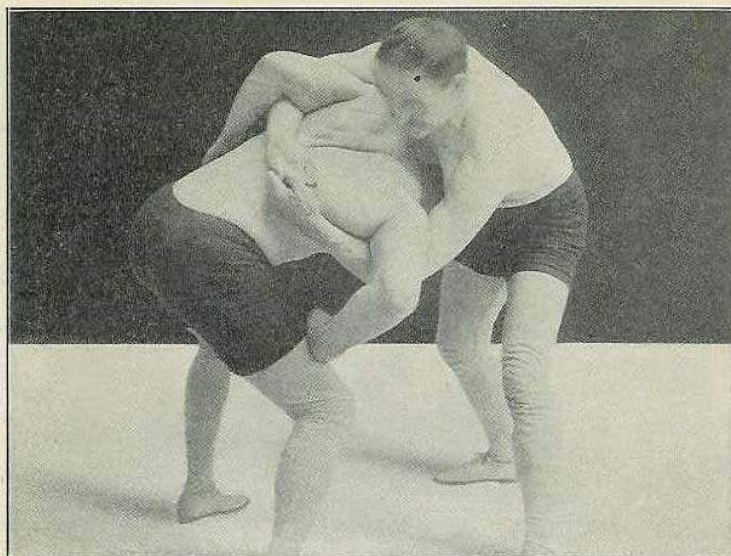
THE HOLD BROKEN.

By pulling the ankle up and backward Burns forces his opponent to release the hold on his head in order to protect himself.



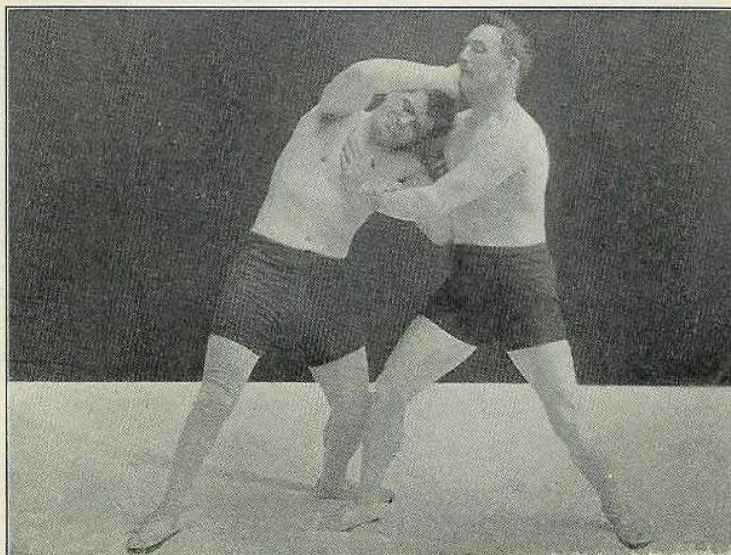
FURTHER HALF NELSON AND ARM LOCK.

After placing his opponent on his head Burns quickly pulls right arm back, forcing opponent to whirl on his side to protect his face, Burns then secures further half Nelson and holds his opponent powerless.



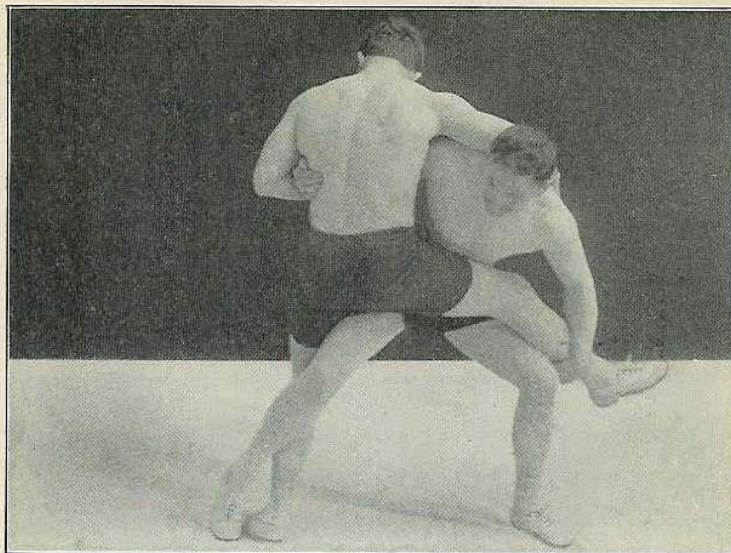
DOUBLE BAR LOCK FROM FRONT.

Burns secures this position from a clinch in which opponent was attempting to dive for a hold with arms too wide.



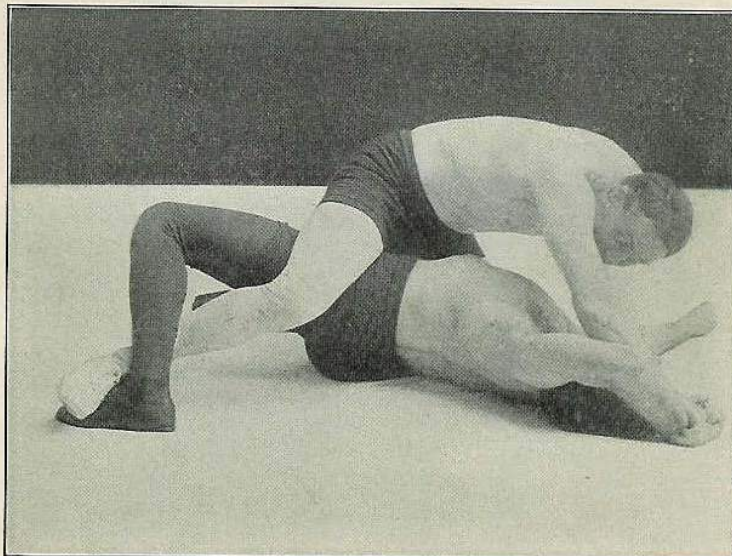
BURNS' OPPONENT ATTEMPTS TO BREAK A BAR LOCK.

This hold disables opponent's arm for quick results on the next mix up.



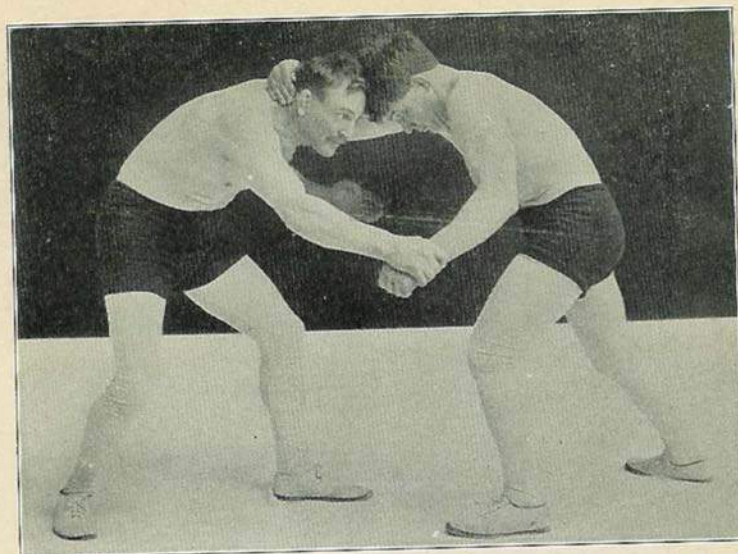
A CROSS TRIP LOCK.

Burns' intentions here are to force opponent to tumble backwards.



A DOUBLE GRAPEVINE AND WAIST HOLD.

When Burns' opponent went backward Burns followed and secured wrist hold and double grapevine hold, rendering opponent almost powerless.



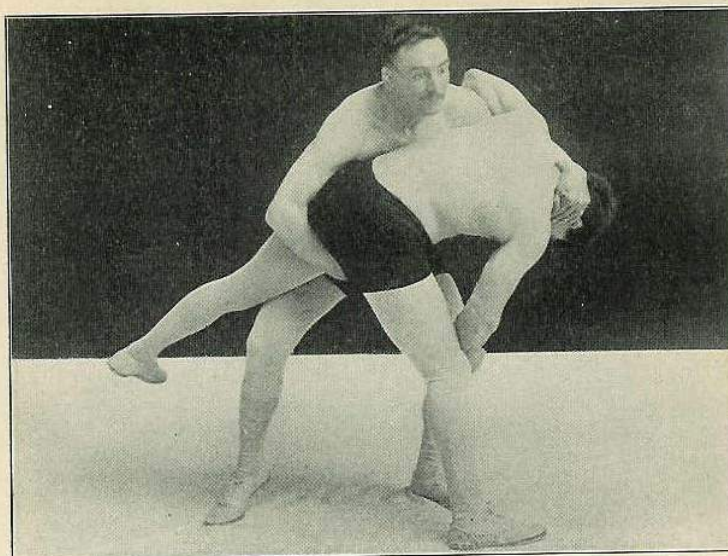
STARTING TO GET BEHIND HIS OPPONENT.

Burns' object here is to hold his opponent until he can get a hold with his other arm.



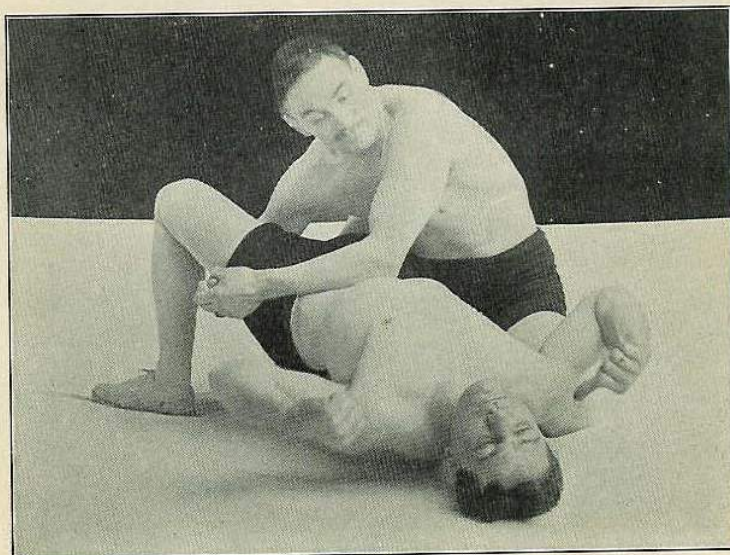
ARM AND WRIST HOLD.

Burns here has secured the desirable position from which to commence whirl to get to rear of his opponent.



A COMBINATION HALF NELSON AND CROTCH HOLD.

Burns has again won a point, for daring the swing around, he has managed to get his opponent under his control.

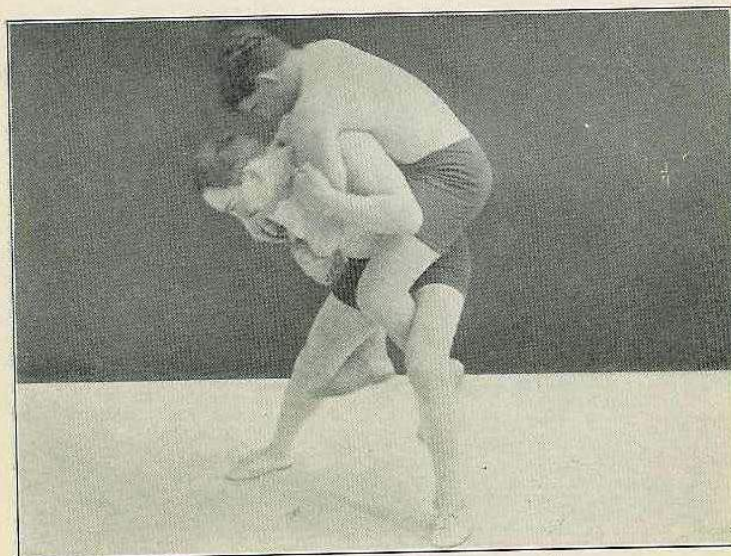


BURNS BREAKING A LOW BRIDGE.

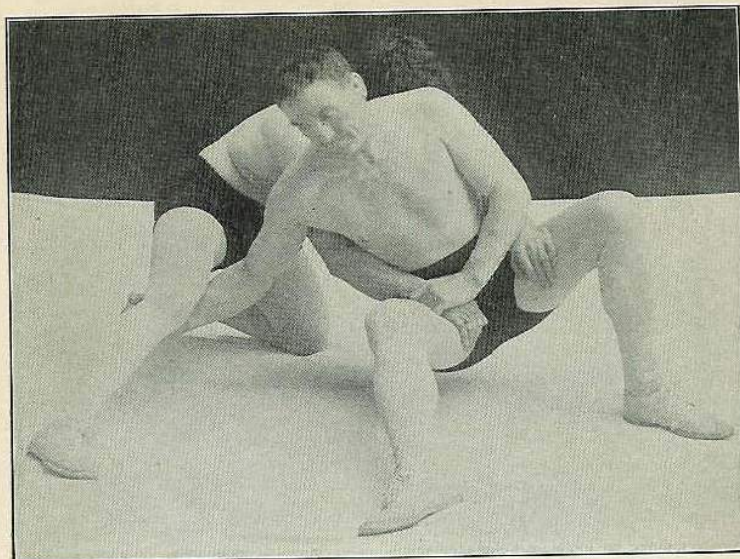
This is accomplished by pulling up on leg and prying down on opponent's stomach until his shoulders touch.



ARM AND LEG PICK UP FROM STANDING POSITION.

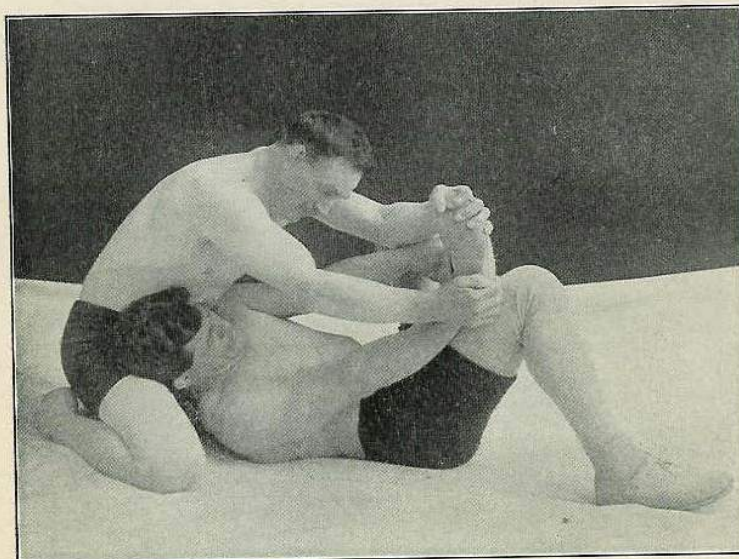


A GRAPEVINE AND CROSS LOCK HOLD.
From the arm and leg pick up, Burns' opponent broke partly away by kicking and then grapevining, forcing Burns to the floor.



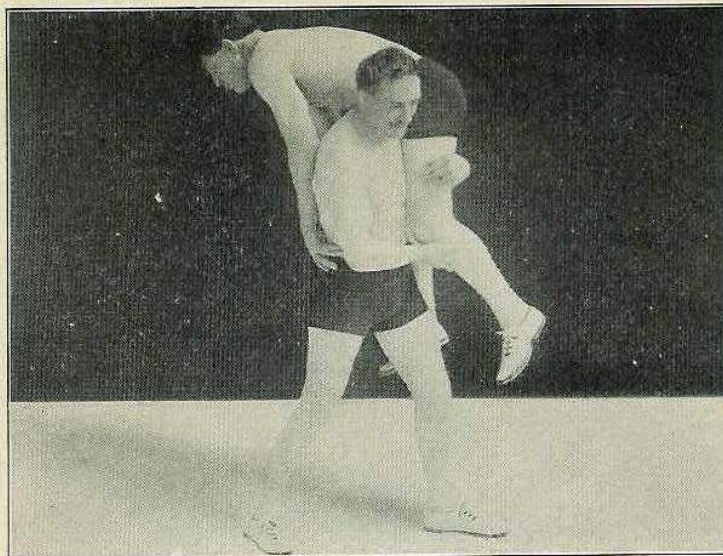
BURNS GETS AWAY FROM UNDER MAT.

Burns in sitting position expands, breaks hold and leaves weight upon opponent's right arm, while grasping opponent's wrist and leg for a whirl for freedom.



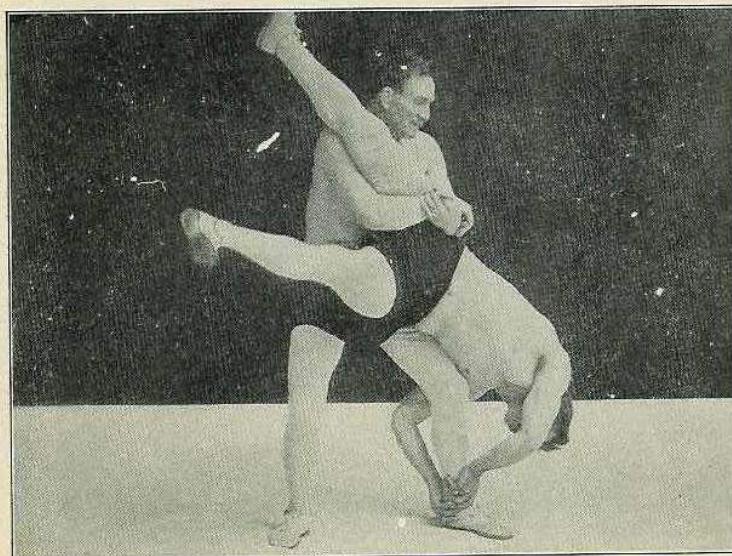
A TOE HOLD BY "FARMER" BURNS.

Burns pulling opponent's foot toward his face, and propping back of head with thigh, thus forcing opponent's neck to carry the whole weight.



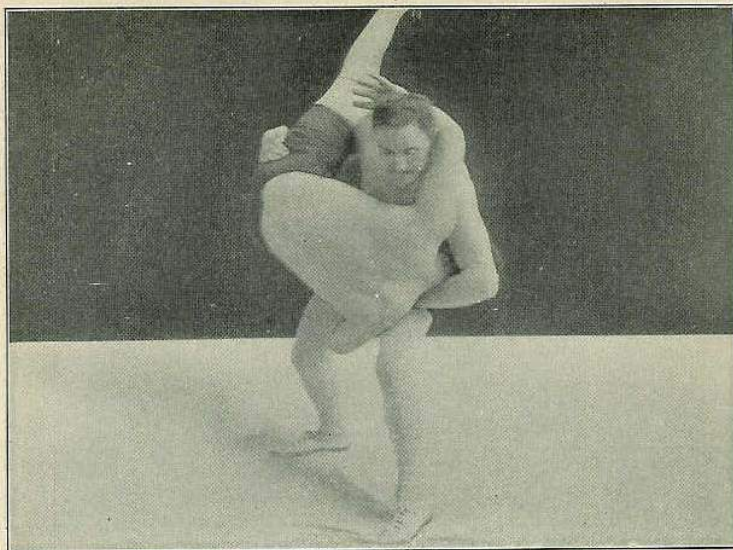
LEFT LEG PICK UP FROM STANDING POSITION.

Burns' intention here is to fling opponent's head towards the mat and stay close to him, retaining a good hold.



FURTHER LEG LIFT AND TWIST.

Burns' object here is to make opponent's head touch the mat, and after touching to reverse hold.



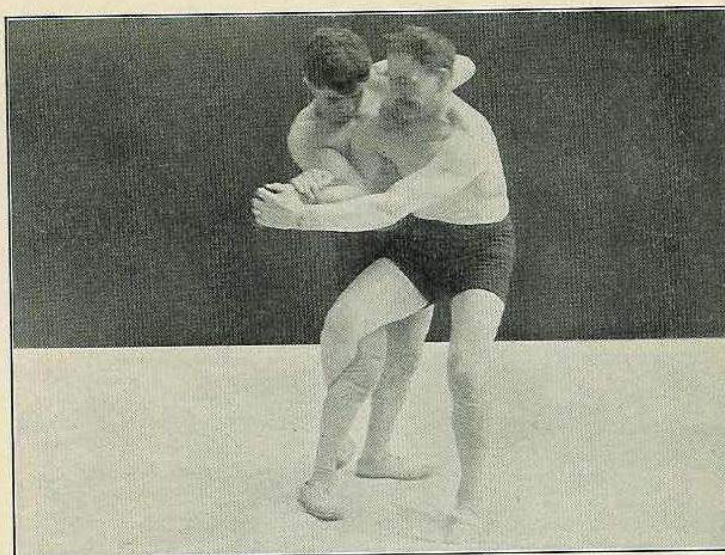
HALF NELSON AND CROTCH LIFT.

Burns leans forward and places his opponent upon the mat without releasing either hold.

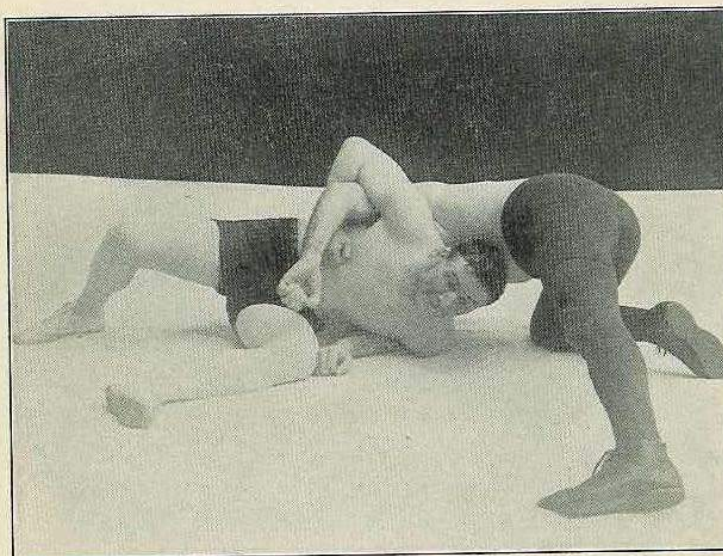


A HOLD DOWN INVENTED BY "FARMER" BURNS.

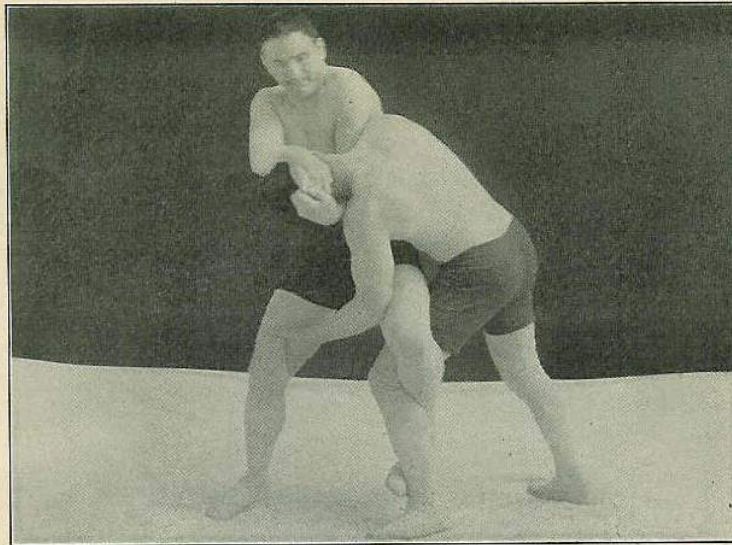
Note the helpless position of Burn's opponent, and figure out his method of securing hold.



COMBINATION ARM LOCK AND GRAPEVINE.
This held as shown here will bring a man to the mat in bad condition.

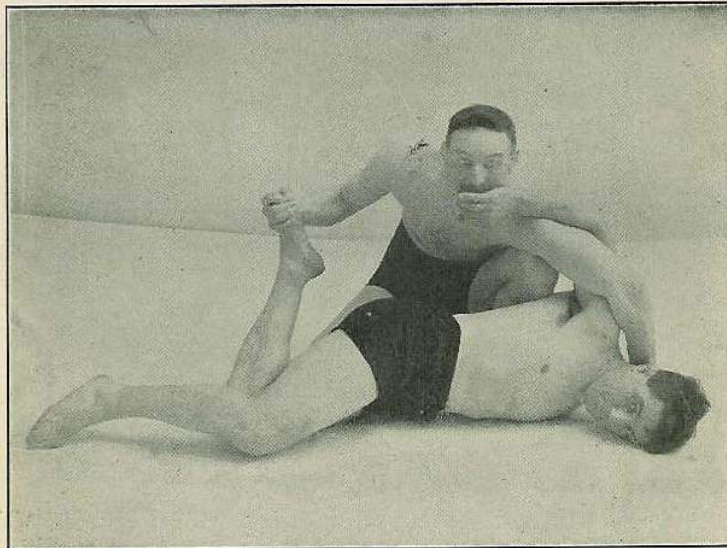


THE STARTING OF AN ARM SIDE ROLL.
In which Burns expects his opponent to build a double bridge or go down.



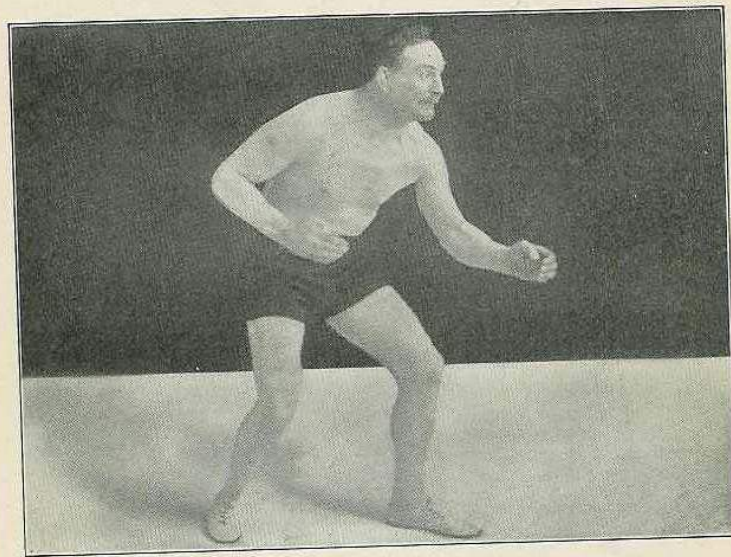
A HEAD TWIST AND GRAPEVINE.

This will force opponent to the mat in almost helpless condition.




A COMBINATION TOE HOLD AND BAR ARM LOCK.

By pulling up one foot and pulling back one arm Burns forces his opponent's two shoulders to the mat. This constitutes a fall.




"FARMER" BURNS AS HE IS TODAY.
"Waiting for Time."



FRANK GOTCH

FARMER BURNS

SCHOOL OF WRESTLING



FARMER BURNS

ENDORSED BY LEADING ATHLETES,
GYMNASIUMS AND TRAINERS

LESSON PLATES POSED FOR BY
FRANK GOTCH AND FARMER BURNS

WRESTLING AND PHYSICAL CULTURE

TAUGHT BY MAIL

EXPERT INSTRUCTIONS BY
ACTUAL WORLD'S CHAMPIONS

ENTHUSIASTIC GRADUATES IN
ALL CIVILIZED COUNTRIES

Omaha, Nebraska.

From "Farmer" Burns,
Pres. F. B. School,
Omaha, Nebr. NO. 94. SPECIAL REDUCED RATE.

My Dear Sir:

In response to your request received this morning, I am immediately sending you my Athletic and Wrestling Booklet.

This book has approximately half a million readers--enthusiastic, red-blooded ambitious boys and men just like yourself--young men eager to improve their health and become Master Athletes. I know you will enjoy the booklet and fully appreciate the wonderful opportunity it brings to you.

Only a comparatively short time ago World's Champions were very unwilling to reveal their methods of training--their very secrets they had worked out by years of hard work. After Gotch and I retired, having then won every honor an athlete could hope to win, we decided to reveal to men and boys the many things we learned, thus giving young men the chance to become a splendid athlete.

This is your chance. This is your opportunity. You are just the right age to begin with earnestness to build up a body that will make you a fine, well formed, strong and healthy man. The longer you put off actual training, the harder you will find it to become athletic and skillful. I know from years of experience, with many thousands of students, just what can be accomplished if you start **EARLY** and **TRAIN PROPERLY**.

Read my booklet carefully. It will give you a good idea of who your teachers are and what they have actually accomplished in the athletic world. YOU want the **BEST** of teachers, and you must judge the teacher's ability by **WHAT HE HAS DONE HIMSELF**.

I have held the **WORLD'S CHAMPIONSHIP** for wrestling in both the heavy and middleweight class. Among my students are many who have gained great fame and "**FARMER**" **BURNS' METHODS OF TRAINING HAVE PRODUCED FIVE ACTUAL WORLD'S CHAMPIONS**.

Gotch was of course the most wonderful of them all. I took him from the farm, where he was following the plow, and in a remarkably short time trained him to become the **GREATEST ATHLETE THAT EVER LIVED**.

(over)

FARMER BURNS

He became **WORLD'S CHAMPION WRESTLER** by defeating the greatest wrestlers in every country on earth.

In the hundreds of photos and charts that are used in my lessons, either **FRANK GOYCH** or myself, or both, **POSED PERSONALLY**. This important work was not left to others. **WE DID IT OURSELVES**. Therefore you **KNOW** every detail is correct and absolutely as it should be.

I teach my students by mail, using these marvelous lessons. When you join our school, you get the finest of instructions, and careful personal attention. You learn how to become strong and athletic. You learn how to defend yourself against big, strong men and ruffians, and you soon become an **EXPERT WRESTLER**, able to use your science and conquer the best of them.

Now regarding the tuition fee, I am certainly pleased indeed to include your name among those who are receiving the **REDUCED RATE** and **CASH PAYMENT PLAN**, under a special advertising offer I am making.

**FREE REDUCED FROM \$25.00 TO \$20.00
PAYABLE ONLY \$5.00 A MONTH.**

That is briefly the special offer to you. It is explained on the enclosed circular. Please read it carefully and I am absolutely sure you will consider it indeed a **SPECIAL OPPORTUNITY**, and will allow nothing to prevent your accepting it.

This fee is so extremely small, that you may doubt our good faith in furnishing you the **COMPLETE COURSE** at this price, and on these easy terms, but I pledge my word to you that you will receive these lessons, every plate and chart, and every personal attention that students do who pay the full price in advance.

This offer is for a **LIMITED TIME** and to a **LIMITED NUMBER** so I want to ask you to give it your most careful attention and let me hear from you by return mail. Send your application right along and get started. You need not wait until the last day of the offer to enroll, but you can **START RIGHT NOW**.

This will mean something big to you. It will mean that you have **DECIDED** and **STARTED** to make yourself into the most splendid physical man possible for you to be. It will mean good health, an athletic body and everything that goes with these wonderful things.

Send the enclosed "special application" **WITH THE COUPON FROM THE CIRCULAR**, and the first payment of **\$5.00**. The lessons will start immediately. If convenient you can remit the complete special price of **\$20.00** at one time, but if you cannot or do not prefer to pay, in this way, just send the first payment and it will be equally satisfactory.

I shall await your reply with very much personal interest.

Very cordially yours,
Farmer Burns

FB/M-21

This Offer Positively Expires Sept. 15, 1920 Send Your Enrollment NOW!

Why This Offer Is Sent to You

This school, while only six years old, has attracted the attention of the nation. It is the only school of the kind in the world. No other school teaches SCIENTIFIC WRESTLING, and no other school ever dreamed of attaining the wonderful results secured by these unique and powerful lessons. Our graduates number more than twenty thousand.

There is no other way to let men and boys know about the school except by advertising—which is very expensive—some magazines charge as much as five thousand dollars for a single page for just one issue. We find that where we have a student, many others become greatly interested and enroll. We, of course, secure such enrollments at a minimum of expense. WE RIGHT NOW DESIRE 100 ENTHUSIASTIC STUDENTS IN SELECTED COMMUNITIES. Your name happens to be selected. In this you are fortunate. Your success means that the school has another willing booster. We are benefited—you are simply delighted and amazed at what you learn from the course, so you can readily see why we have planned this special offer.

You will receive EXACTLY the same course as students who pay the full rate. You will receive every personal attention of Farmer Burns and no efforts will be spared to make you so highly pleased, and so enthusiastic that you become a living exponent of this institution.

Get a Partner

If you have a friend who is interested, have him join with you. Both can use the same set of lessons, and share the expense. That will mean only ten dollars each—just \$2.50 per month each. Hundreds of student arrange to join with a partner. We recommend the plan to you.

Iron Clad Guarantee

I guarantee that my lessons will do everything claimed. I guarantee that I can teach any student who will follow these lessons and anyone who does so and is not MORE THAN SATISFIED, will receive his money back in full for the asking. No guarantee could be stronger than that.

Do You Want to be a Great Wrestler?

We are sure that you do. We are also very sure that if you are a normal man or boy, you want to be athletic. You want to be able to take care of yourself under all conditions. You know the value of SELF DEFENSE. You know what it would mean to be able to handle and control all the boys—to throw them—to win in games and contests—to be in fact a great splendid, handsome, robust, energetic leader. No one can hope for these things without very high class training which has been available to only a few.

OUR COURSE DEVELOPES THESE THINGS. It makes you a real wrestler—one who knows his business—one who wins by skill and brains against mere strength and size. That is EXACTLY what our course teaches in a most wonderful way. Right now is the opportunity you have always wanted—the opportunity to be taught by WORLD'S CHAMPIONS. No live, keen, ambitious boy or man would think of missing the opportunity contained in this offer.

You Receive the Complete Course

Not one lesson will be omitted. You have every privilege that full-rate students have. You are taught by FARMER BURNS personally. The fee has been kept to the lowest possible point so that ALL may join. Farmer Burns receives \$100 per week when he teaches a student in his gymnasium. You receive 10 to 20 WEEKS SPECIAL TRAINING FOR ONLY \$20.00, and you get exactly the same class of training you would receive in his gymnasium. The first payment of only \$5.00 enrolls you and the instructions commence.

Limited Number—Limited Time

Do not OVERLOOK the fact that the number of students accepted under this offer is LIMITED, and the TIME IS ALSO LIMITED. The offer ends on the DATE PRINTED ABOVE. You need not wait until the last day. We will be delighted to hear from you with your enrollment by RETURN MAIL. Your instructions will START AT ONCE. We know you will look upon this investment as the very wisest you ever made.



FARMER BURNS

A Personal Word.

Frank Gotch, the world's one undefeated CHAMPION, lived on a farm. He, like all boys, found a world of fun in wrestling with his friends. He took a very keen interest in wrestling. When I first became acquainted with him I liked him very, very much—in fact I especially prize my friendship with all boys.

Frank knew very little about real wrestling. He simply played in to win, if possible with his strength and luck. He did not know of the wonderful, deep, astounding science that could be used that made big, strong, untamed men bow like children in the hands of one who really knew. Frank wanted to learn. I tried him out and saw he had some ability, and after a few weeks I promised to make him the greatest wrestler the world ever saw, if he would do exactly as I instructed. You, of course, know how he defeated every great wrestler from every country on earth.

Now, I cannot make a world's champion from every boy. That's impossible, but there is not a normal healthy boy in America that I cannot teach so much that he will be astonished at himself. I can teach him holds, blocks, breaks and tricks, and secrets that will make him a great wrestler. These must not be, I can make EXPERT WRESTLER. My system and lessons will make every student a hundred times better than he is now. And then I KNOW that boys taking my course will develop physically in a wonderful way. They will grow strong, big, fine and capable. They will LOOK BEST. They will be more manly, they will command more respect, they will be able to do more in both work and play. They will succeed better in everything they undertake. My lesson excites these things daily. These splendid results are secured by my course of WRESTLING AND PHYSICAL CULTURE, right in your own home by mail.

My greatest delight is to teach others. I want YOU for a student. You will be my personal student and I will take a real interest in your success—whether you are a man or a boy. The special offer which you are reading will, I am sure, meet your approval, and I shall watch with interest for your enrollment. FARMER BURNS.

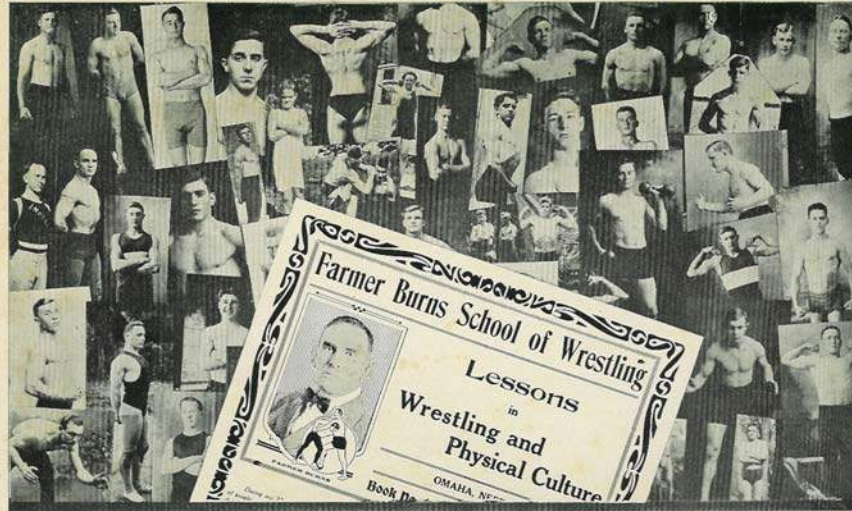
How to Enroll

Sign the "special application" which is sent herewith. The number on the application should correspond with the number on the coupon on the opposite side of this announcement.

ATTACH THE COUPON to the application, and mail to the school with \$5.00 (first payment). The same day your application arrives, you will be enrolled and the first lessons sent. You will eagerly await each new lesson for they are brimful of interest.

The best time to mail your application is TODAY

FARMER BURNS SCHOOL OF WRESTLING OMAHA, NEBRASKA



Reduced Rates This Month on Farmer Burns Wonderful Lessons

Your name on the coupon below, means that you have been selected to become one of our "special students." It means that your opportunity has arrived to become a member of this widely known school at a REDUCED TUITION RATE, and that you may if you wish, pay the reduced rate in *easy monthly installments*.

This offer is positively LIMITED. The time within which you can join at this low rate is also SHORT, so read this announcement carefully, and join the school under the special inducements that Farmer Burns offers you.

Tuition Rates Reduced From \$25 to \$20 Easy Payments---Only \$5.00 Per Month

This briefly is our fine offer to you. Our regular fee is \$25.00, payable in advance (and the course is very cheap even at that price), but under this SPECIAL OFFER you may NOW enroll for only \$20.00. You may send all of this sum with the application, or if you prefer, SEND ONLY \$5.00 and pay the balance \$5.00 a month for three months. You will agree that this is indeed a fine opportunity and one that you will not think of rejecting.

You will consider this the best investment of your lifetime. You would not part with the value you get from this course for thousands of dollars. It may mean the difference between becoming a splendid athlete, strong, capable, healthy and retaining these powers until you are an old man, or being a plodder, in poor health—weak—loss of all powers at an early age, and unable to succeed in a big way in business and enjoy life properly. Money cannot measure the tremendous benefits secured from this scientifically prepared course of lessons.

Send the COUPON With First \$5.00 Payment

This coupon is issued to you PERSONALLY. It carries your name and an assigned NUMBER. This entitles you to the reduced rate and the easy payment plan. DO NOT FAIL TO ATTACH THE COUPON TO YOUR "SPECIAL APPLICATION," which also bears your number.

The exceedingly high cost of everything, labor, printing, rents, advertising, etc., may force us to increase our regular rate to \$40.00 right away. We are now considering this matter. So you will see the DOUBLE ADVANTAGE of enrolling RIGHT NOW UNDER THIS SPECIAL OFFER. Be sure to read the other side of this announcement carefully.

Reduced Rate Coupon

Issued to..... J. W. BENT No. 94

This certifies that the bearer whose name and number appear above is entitled to the SPECIAL \$20.00 TUITION RATE in the Farmer Burns School. This coupon is

Good for \$5.00

to apply on the tuition fee. Bearer must send this coupon with his application for enrollment. On receipt of it the school agrees and promises to enter enrollment at the SPECIAL \$20.00 rate, which is to be paid \$5.00 at time of enrollment and \$5.00 a month for three months.

NOT GOOD UNLESS SENT WITH SPECIAL APPLICATION. Void unless submitted by person whose name appears hereon.

Farmer Burns School of Wrestling, Omaha

Complete Science of Wrestling by G. Hackenschmidt



George Hackenschmidt, Jr.

COMPLETE
SCIENCE OF
WRESTLING

BY
GEORGE HACKENSCHMIDT

Second Edition

*Revised by Percy Longhurst, Hon. Secretary, National
Amateur Wrestling Association*



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ATHLETIC PUBLICATIONS LTD.
LINK HOUSE, 4-7, GREVILLE STREET, E.C.1

FOREWORD

THIS is George Hackenschmidt's book, and in my capacity as reviser I have done no more than make such changes and adaptations as have become necessary owing to the alterations in the rules of amateur Catch-as-Catch-Can and Græco-Roman wrestling that have taken place since the foundation in 1921 of the International Amateur Wrestling Federation—the supreme authority of all international wrestling, and of which I had the honour to be elected Honorary Secretary at its inauguration. The rules of that Federation will be found at the end of the book.

With the experience gained by a life-long association with the Cumberland and Westmoreland style, plus a working knowledge of Ju-Jutsu, I would earnestly impress upon the wrestling aspirant the closest study of all that the champion has to say upon the importance of tripping. No less attention should be directed to his instruction in the use of the Arm Roll; and, above all, to his advice to the wrestler to cultivate his imagination and not to rely too slavishly upon stereotyped methods.

PERCY LONGHURST.

COMPLETE SCIENCE OF WRESTLING

CHAPTER I

A WRESTLER'S TRAINING

IT has been said that no one can learn how to wrestle from any text-book, no matter how instructive and well written the book may be.

There is undoubtedly a certain amount of truth in this contention, for it must be admitted that no man can approach perfection in any form of sport or athletics without devoting most of his time to actual practice.

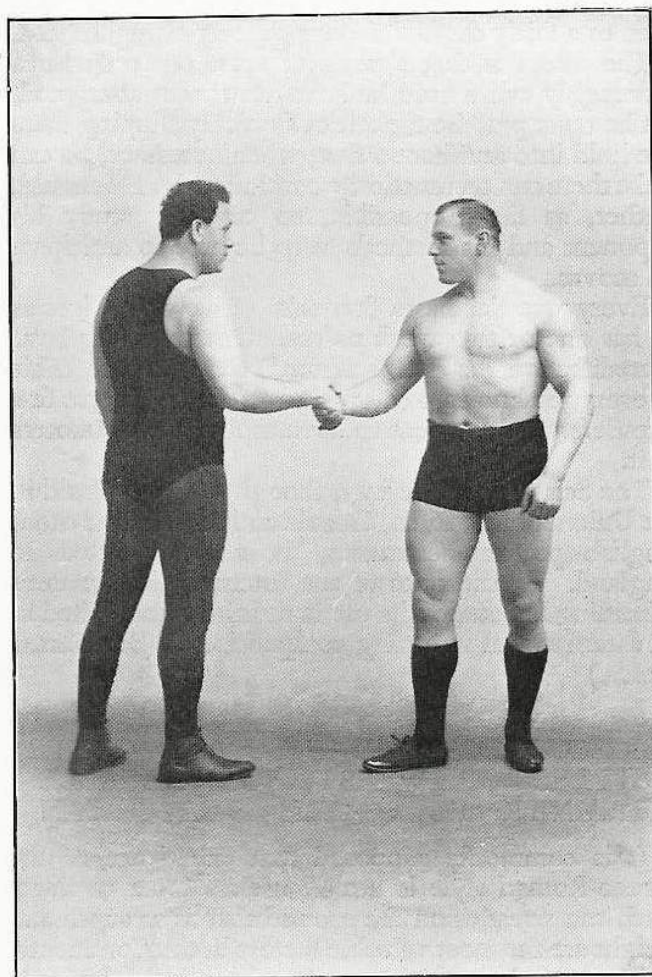
Still, I have come across wrestlers who have been either wrestling or practising the art for quite a number of years, without ever advancing appreciably in their knowledge of the science. These men have just attended a school, picked up the ordinary simple holds either from an instructor or from experience, and then have rested content that they knew everything there was to learn about wrestling. A man may know quite a number of wrestling holds, and yet he may never develop into a really skilful wrestler, for the simple reason that he has never studied the art, or, rather, that it has never occurred to him to study the art of applying the various holds in question to really useful purpose. During his

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novitiate the young wrestler is taught a certain number of offensive and defensive moves, and somehow or other, becomes impressed with the idea that these are, or should be, only used for offensive or defensive purposes respectively. That is to say, for instance, when attacked he defends himself. Quite right too, but he should remember that there are numerous moves in defence which will not only save a man from being thrown, but which will also enable a wrestler in difficulties to turn the tables on his opponent. In fact, a wrestler will generally be presented with his best chances of securing a fall from openings arising out of a really serious attack by his opponent.

These are points which no wrestler should fail to study thoroughly. He must remember that there are counters to most wrestling holds, and that just at the moment when he is congratulating himself that he is on the high road to victory, he is frequently in serious danger of defeat.

It is for these reasons that I have ventured to think that this book might prove of some value, as it will, I trust, serve to draw attention to certain complex positions which often arise, and consequently awaken a desire among my readers to study carefully these very positions. They will find, if they do so, that, when seriously attacked and in danger of being thrown, a really smart opponent will be able to derive considerable advantage from the very parries which they have been taught to consider as being the most effectual, and that the preliminary attacks have, after all, been nothing more or less than a series of clever feints. In wrestling the art of feinting should be pushed further than at most other sports. A wrestler should put on a hold and put it on firmly. He may secure a fall thereby, and may not, but he should in any event—and if clever, invariably will—put on his hold with sufficient force to convince his opponent



SHAKING HANDS

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that he is in serious danger and must therefore parry strenuously, so strenuously, indeed, as to lay himself open to a fairly easy fall from a quickly-changed hold.

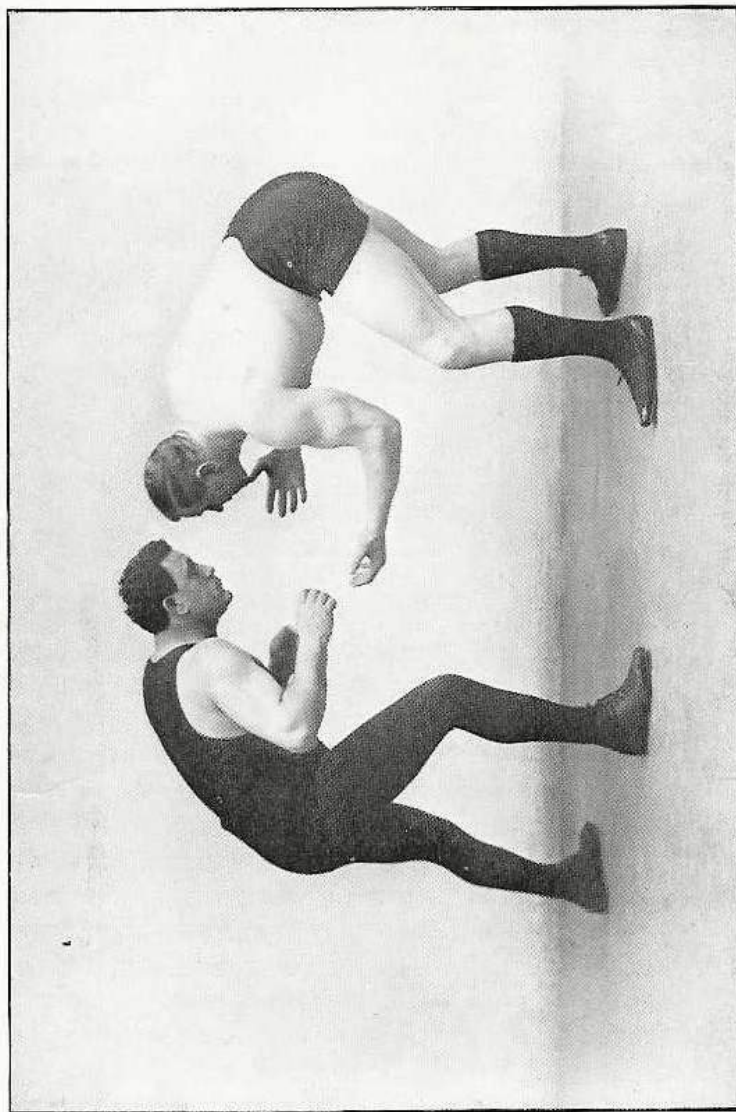
The moral is that a wrestler must not only learn thoroughly every hold he hears of or sees attempted, but he must practise the trick of quickly slipping from one hold into another so that, when necessary, he can make them run on practically continuously. He should, further, as far as possible, so carefully study his opponent and his methods as to be able to anticipate his moves.

Every wrestler has a favourite move or so, just as he has one or two weak points. One man may have a predilection for the "scissors," for instance. This as everyone knows, is a very punishing hold, yet few wrestlers would appear to have thought out counters to it.

The Scissors, by the way, though a popular hold in the United States, India, Canada and most of the other English-speaking countries, is not permitted in England. By the rules of the International Amateur Wrestling Federation its use is definitely prohibited in all international wrestling competitions. (See Barred Holds.)

GRÆCO-ROMAN, JU-JUTSU AND OTHER STYLES OF WRESTLING VALUABLE TRAINING FOR CATCH-AS-CATCH-CAN

It is commonly supposed that experience of the Græco-Roman style is utterly useless for a catch-as-catch-can wrestler on the ground that as strength and weight are the most valuable factors in the Continental style, a catch-as-catch-can wrestler would be only wasting his time by devoting hours to the practice of methods of attack which are directed at the upper part of the body only; and frequent instances are quoted of prominent Græco-Roman wrestlers who have gone



SPARRING FOR HOLDS

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down easily when confronted by second or even third-rate catch-as-catch-can opponents under the latter code.

There is a considerable amount of truth in these assertions, but, on the other hand, the very limitations of the Græco-Roman style invest it with value as a method of practice for catch-as-catch-can.

Since the upper part of the body is alone open to attack, it stands to reason that a man must necessarily become more expert in attacking that particular part, or in parrying and countering such attacks. Every move in Græco-Roman wrestling is equally permissible at catch-as-catch-can, and it might therefore be urged that steady practice at the latter style should provide all that is needed for attacking or defending the body itself. Theoretically it should be so, but I would ask a few expert catch-as-catch-can wrestlers to wrestle a bout or two at Græco-Roman with an expert opponent, and I am satisfied that they will pick up quite a few useful wrinkles.

Similarly will they find practice at Ju-jutsu, especially with a Japanese instructor, extremely useful. The presence of the jacket and consequent difference in the method of coming to grips with an opponent, and the totally different *idea* of the style, may provide arguments against the claim that the Japanese style possesses any particular utility for the catch-as-catch-can wrestler, but he will find that the increased knowledge of tripping he will gain, and, above all, the practice of the art of balance, which is the very essence of Ju-jutsu, will be of inestimable value to him.

But few catch-as-catch-can wrestlers are really skilled at tripping, as will be pointed out later on. It is rare, indeed, that one sees the legs used for offensive purposes in ground wrestling, and when one does see a catch-as-catch-can wrestler utilising his legs in this fashion it will almost invariably be found that he

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has graduated in, or has, at all events, had a fair amount of experience of, Ju-jutsu wrestling or the Cumberland and Westmorland style.

THE WRESTLER'S PHYSICAL QUALITIES AND HOW THEY SHOULD BE CULTIVATED

A champion wrestler must possess—skill, strength, stamina, and quickness, and unless he possesses all of these qualities in a very high degree he can never hope to take up a position in the front rank.

Skill and quickness must to a certain extent be innate. That is to say, a man should be born with a certain natural predilection for wrestling, just as he must be born a natural cricketer, boxer, or footballer if he is to become a champion at any of those great sports.

But, then equally of course, every man who takes up wrestling seriously will only do so because he is fond of it, because he prefers wrestling to most, if not all, other sports and pastimes. Every wrestler who ever trod the mat is a potential champion. He may not have been endowed with the wrestling *instinct*, but he will be able to cultivate a high degree of wrestling science, even quickness, if not absolute lightning rapidity of movement, which, if combined with the necessary strength and stamina, may enable him to compete with all but the greatest champions on equal terms.

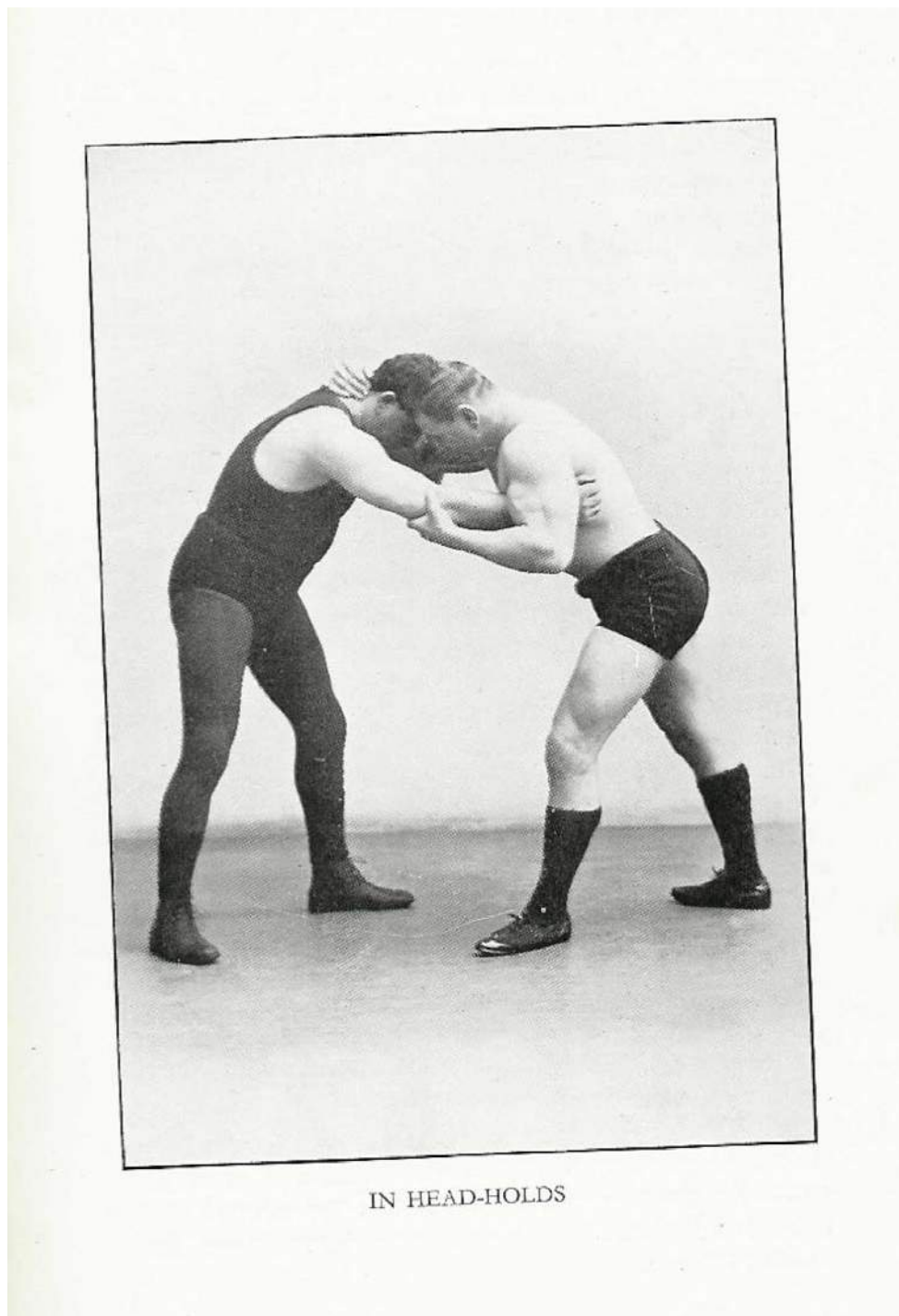
Skill, that is to say, the science of wrestling, can only be cultivated by practice, and the man who takes up wrestling seriously must get as much practice as he can with the most skilful wrestlers. The better his opponents are, the faster will be his progress in knowledge of the art, as also in the power of its application. He can learn a good deal also in another way, and that is by closely watching serious

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bouts between skilled wrestlers, and by carefully practising such moves as attract his notice.

He may see a man utilise a hold apparently to secure a fall and then suddenly change it to another for the purpose of completing his adversary's discomfiture, a procedure which will suggest to him why he has so frequently been unsuccessful in turning and pinning his own opponents satisfactorily with the first hold applied, or how they have been able to escape from it. He sees that a half-nelson or crotch hold, for instance, frequently fails to achieve complete success when utilised singly, although when put on as a preliminary move either may pave the way for the triumphant application of the other, if the change be only made at the most favourable moment.

It must always be remembered that wrestling demands considerable study and thought, not only during actual practice hours, but also during one's leisure moments. For instance, we will suppose that your instructor or wrestling partner has frequently successfully employed a certain hold against you, which you have been unable to resist, and which you have been generally told is irresistible. But do not rest satisfied that it is invincible. Plan out for yourself and devise possible parries to the hold, or, better still, counters to it. You may rest assured that there is a counter to practically every attacking move if you are only strong enough and quick enough to bring it into play, and whether you are on your feet or wrestling on the mat, never forget that innumerable opportunities will present themselves for an arm roll. I have found the Arm Roll to be a most useful counter to most methods of attack. It is almost invariably an exceedingly simple move, for all that you need to do is to hold your adversary's arm across your own back. He may have placed it there himself, working from one side, or you may catch it and turn your own back swiftly into it. You then



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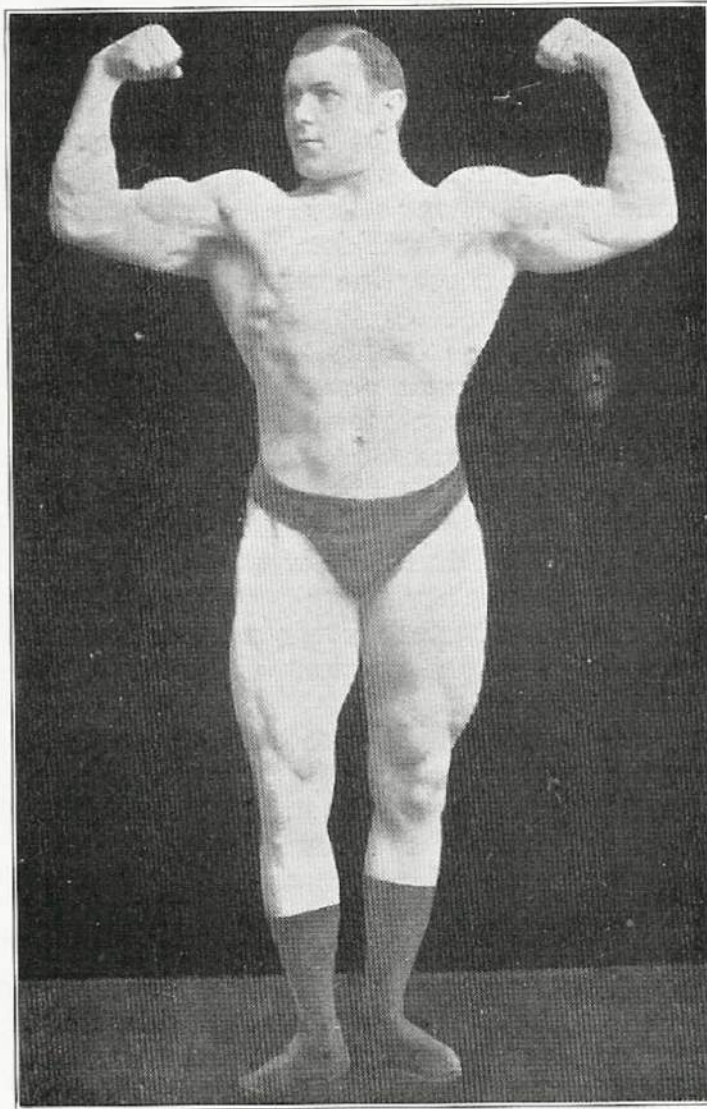
draw or hold his arm as far round your chest or across your abdomen as you can manage instantaneously and pitch on to your shoulder, bringing his back under your own. He is now under you, on one shoulder and unable to escape, so that you have only to work up towards a sitting posture and throw yourself across his chest to pin him down. There are of course certain variations which will be touched upon in another chapter, but, broadly speaking, this is the main idea of the "arm roll."

THE IMPORTANCE OF STRENGTH

But with all the possible practice and study, a wrestler has to rely to a large extent on strength, one of the most valuable qualities a wrestler can possess, but which only a wrestler here and there seems to develop in the right manner.

Wrestlers need a particular kind of strength. They require all-round development, such as is sadly neglected in many departments, the neck for instance. A man may be taken in numerous holds, to which he must succumb unless he can rely on the strength chiefly of his neck muscles to enable him to ward off defeat.

Wrestling practice, although it will strengthen the neck, will not, however, strengthen it sufficiently by itself. Special exercises are necessary for the purpose, particularly in cases where a man is not singularly strong in that direction, and none can be found better for the purpose than the special exercises for the neck muscles set forth in my book, *The Way to Live*. I am not recommending the practice of these exercises simply because they are the ones I have followed myself, but because they have been most carefully tested by wrestlers and professional strong men throughout the world and have been found unsurpassable.



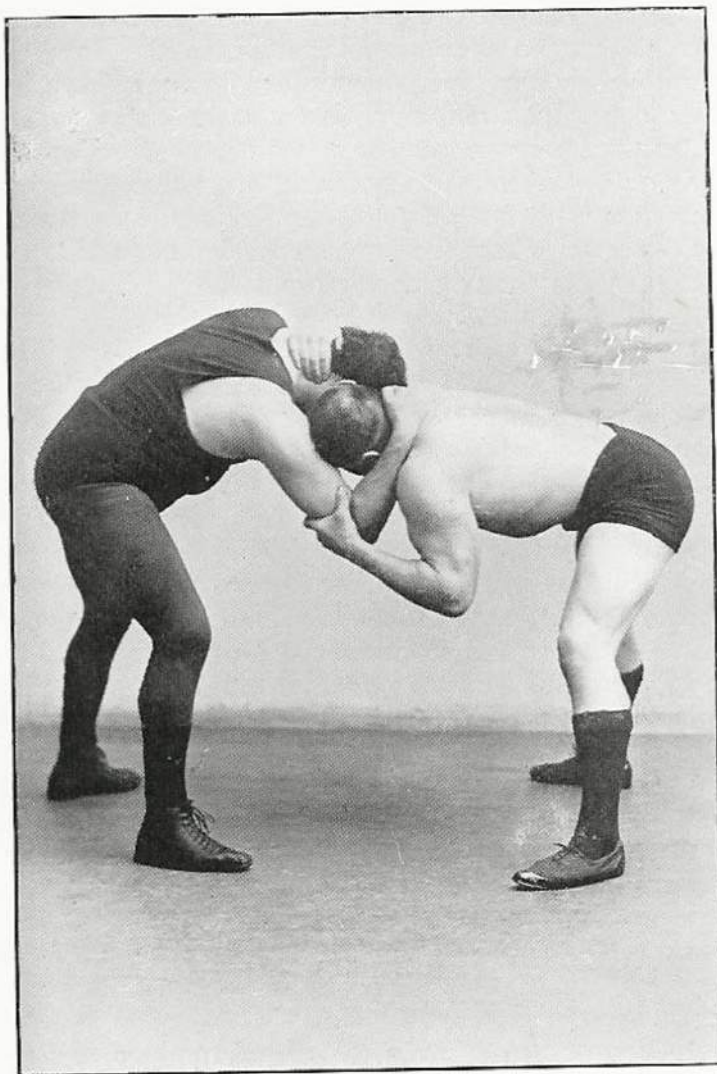
GEORGE HACKENSCHMIDT IN HIS PRIME

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Nor are these neck exercises the only ones to be recommended. Every wrestler would do well to practise regularly all the exercises set forth in *The Way to Live*, both those without weights and those with, but especially the latter. He need not, of course, pay so much attention to the purely weight-lifting exercises, that is to say, to the performance of those exercises which are weight-lifting feats essentially, but rather to those for all-round development. He should arrange a system for himself which would include every exercise (intermittently at least), but paying special attention to those which will strengthen up the parts of his frame in which he finds himself to be lacking in muscular power, and having adapted this system to his requirements, he should practise it conscientiously at least three times every week. He would, moreover, in no way harm himself if he were to perform daily those particular exercises which would materially benefit the weaker portions of his anatomy, but, while paying attention to this, he should keep a careful record of his progress, so that he does not develop any one portion of his frame to the neglect of another.

His chief aim should be to cultivate an all-round increase of strength and staying power. He should become strong all over—the stronger the better—for he will often find that he can defeat even cleverer wrestlers than himself by means of the sheer strength which he is able to exert.

Do not run away with the fallacy that by exercising with weights he is going to become muscle-bound. He may become so if he pins his faith to india-rubber developers, or to single exercises which have for their sole object a vast increase of muscular development in one particular section of his anatomy. It is by the practice and pursuit of all-round exercise that he can best combat the condition described as muscle-bound whenever it is contracted. This muscular stiffness,



PULLING AT ELBOW TO BREAK AN INSIDE HEAD-HOLD

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hardness and fixity of muscle can also be combated by the practice of light exercise, free movement (such as those set forth in Chapter VIII of *The Way to Live*), gymnastics (on the parallel and horizontal bars, the vaulting horse, etc.), jumping, skipping, hand-balancing, etc., all of which forms of exercise should be patronised pretty regularly, say, on an average, at least two or three times every week, alternately with the exercises with weights, although this rule need only be observed where the wrestler is afraid of doing too much and of thereby becoming stale.

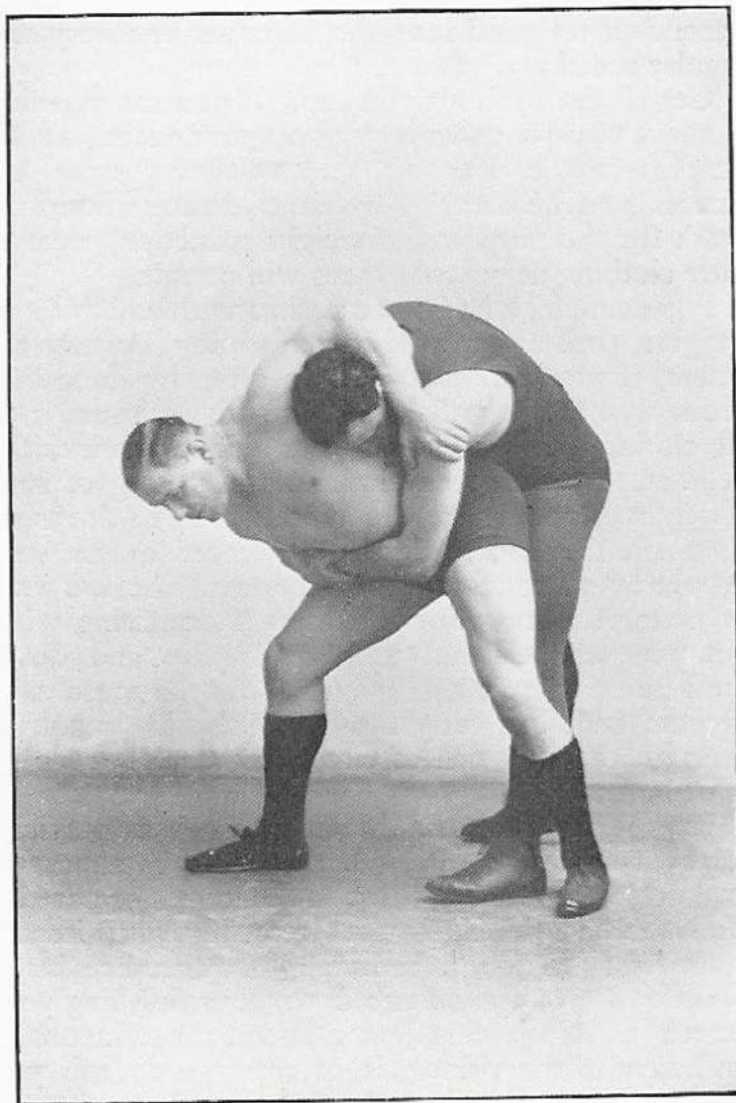
ROAD EXERCISE

There is another department of training which is either neglected altogether by most wrestlers or is far too seldom practised, and this is road work, that is to say, quick walking and slow running exercise on the road. It is, indeed, one of the most valuable forms of exercise, and, although it is included in every boxer's training, wrestlers have, hitherto, as a rule, failed to recognise its immense benefits.

It is far and away the finest method of developing stamina, especially if it be carried out in the early morning and in fresh pure air, that is to say, in the country if at all possible.

For a wrestler's training there is no need for sprinting or sharp bursts of speed, the idea being rather to cover about ten miles in about one and a half hours, quick, brisk walking being alternated with occasional fairly fast running, so that from 30 to 40 minutes out of the full 90 devoted to this work is carried out at a trot.

Endeavour to select a stretch of road or of open country which shall include a few hills. These need not necessarily be very steep, but try and so arrange matters that you encounter here and there a fairly sharp incline, and when you do, always *run* up it.



THE CROSS-BUTTOCK

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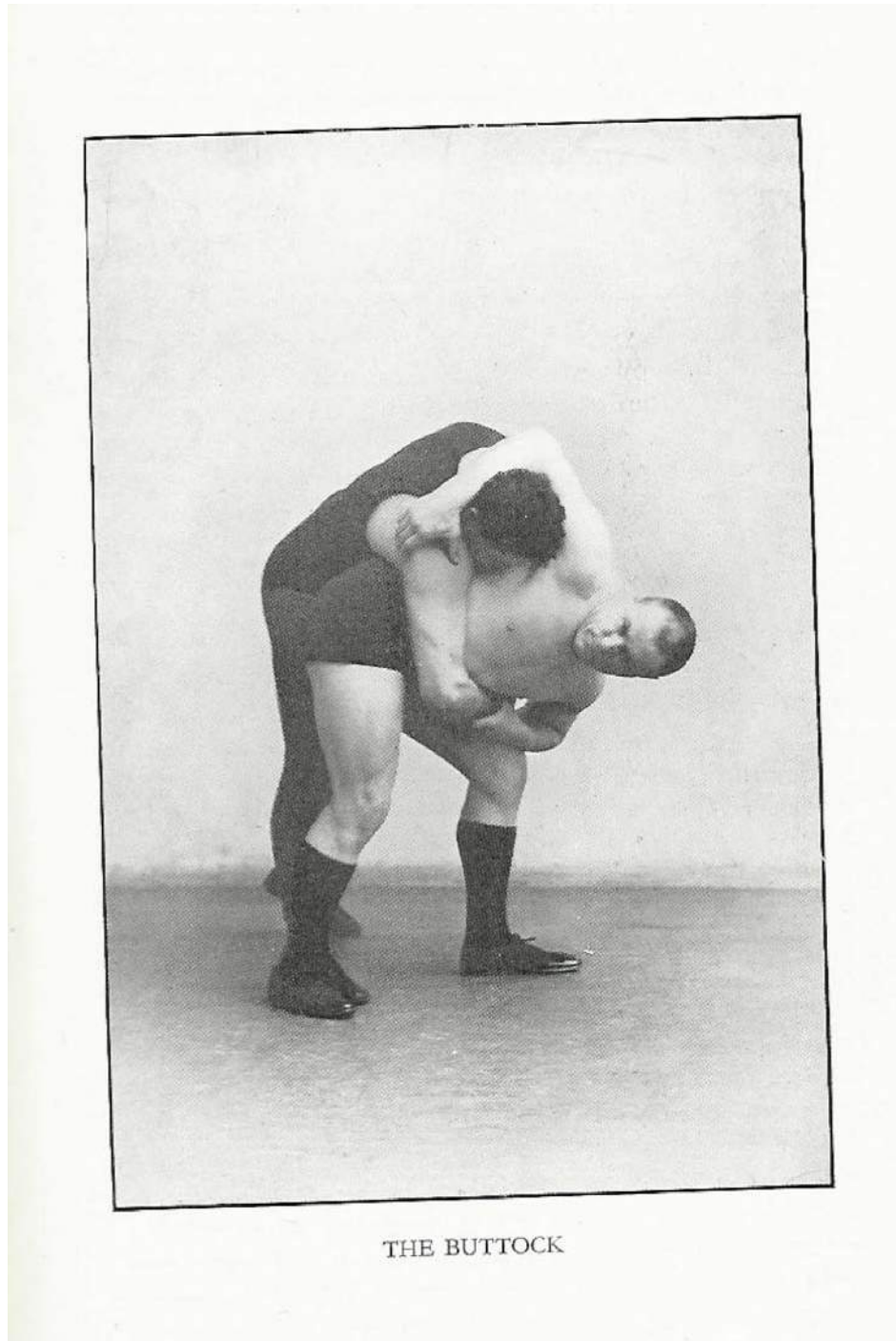
This is the finest breathing or lung-expanding exercise in the world. It is a *natural* means of lung expansion, and it will be found that staying power is mainly dependent on good lung development and easy and regular breathing.

Get all the fresh air you can. If you can possibly contrive to do so, always perform your exercises with weights in the open air, and whenever exercising (unless you be wearing sweaters during your road work for the purposes of weight reduction) wear as little clothing as circumstances will permit.

For example, take your exercises with and without weights, such as you will be performing, by yourself. These, if practised indoors, can often be done in a room where you will be able to divest yourself of all clothing, and to open your window wide, the bells employed in many instances not being of such a weight as need make you apprehensive of dropping them on the floor. Should you need a brief rest between your exercises, never sit down. Throw a wrap or a towel round your shoulders if exercising without your clothes, and walk briskly up and down until ready to resume. Never allow the muscles to become stiff, but keep the blood flowing regularly through them as well as circulating equally all over your body.

Expose your skin to the air as much as possible, for skin breathing (through the pores) is almost as important as breathing through the mouth or nostrils. Under ordinary circumstances, remember, it is important to inhale through the nose rather than the mouth.

Always have a good rub down after finishing your exercises. If possible, get a friend or trainer who understands the principles of massage to rub you down, not only with a rough towel, but with the hands; at times you can even massage yourself, and you will be surprised to find how much of your body you can massage successfully if you will only consent



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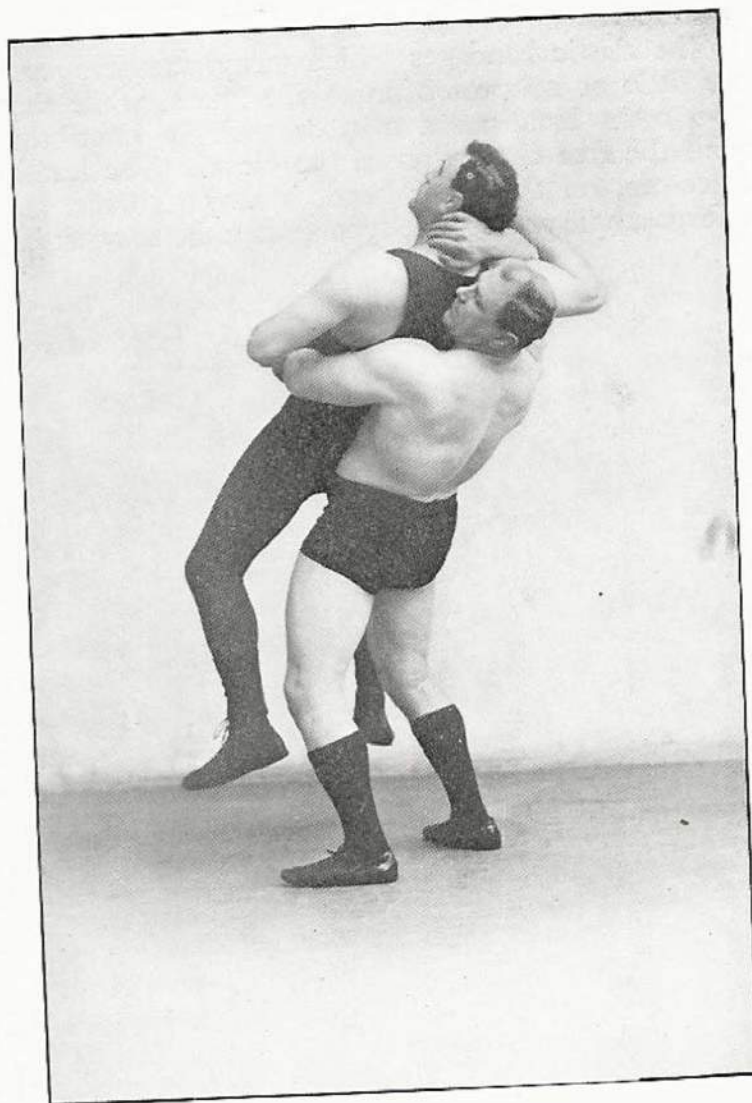
to make the effort; but, naturally, you will not be able to bring as much force to bear as a masseur could do, although the exercise itself (that is, of self-massage) is by no means useless.

As to bathing, well, I have always followed Dr. von Krajewski's method, that is, of having my morning bath before exercising, and then of starting straight away with my weights until my body dried itself; but this might not suit every constitution. I have dealt very fully with this subject in *The Way to Live*, so I need not say more about it here, and would refer my readers to that book, not only for any information which they may require on that point but also on such other subjects as eating, drinking, sleep, etc.

WHAT A WRESTLER SHOULD WEAR

There would appear to be very diverse opinions held on this point, some wrestlers preferring socks or stockings, while others elect to wrestle with their feet bare. I would not, however, advise that either of these methods be adopted, as I have found that rubber-soled shoes or boots are far preferable. Socks or stockings are worse than useless, as they yield no foothold, and the wrestler who wears them is always liable to slip and stumble. Even with bare feet a wrestler is unable to obtain the necessary grip of the mat which rubber soles alone will enable him to secure.

A man, of course, can consult his own tastes as to how he cares to garb himself for an actual contest, but for wrestling practice he will find it preferable to wear long tights with leather knee-caps. These last should have a sufficiency of wadding underneath to protect the knee-joints from injury. I can speak rather feelingly on this subject, as I have frequently sustained injuries to my knees during my career,



COUNTER TO CROSS-BUTTOCK

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and have more than once been compelled to cancel engagements, and even to undergo operations, from this cause.

The elastic bandages which many wrestlers wear are little or no protection to the knees, while they also often handicap a man as well by interfering with the free circulation of the blood. The leather knee-cap, on the other hand, is easy to wear, and affords ample protection, even against the heaviest jar.

CHAPTER II

UP-STANDING WRESTLING AND STANDING THROWS

THE average British wrestler is, as a rule, rather weak at standing throws, and, indeed, at most forms of up-standing wrestling.

In making this statement I am, of course, referring to British catch-as-catch-can and Græco-Roman wrestlers solely, for I am aware that Cumberland and Westmorland, as well as Cornish and Devon, wrestling matches are conducted on the feet throughout.

But, it has certainly always seemed curious to me that, in the only country in the world, apart from Russia, where up-standing wrestling should be practised (and in no less than two styles at that) there should be such a lack of science displayed by the followers of the far more popular style with which this book deals. One would surely have thought that Lancashire wrestlers especially (usually reckoned as the cleverest catch-as-catch-can wrestlers in Great Britain) could not have failed to make themselves proficient in the numerous standing throws, which they could have found ample opportunities for studying and practising with wrestlers from the neighbouring counties of Cumberland and Westmorland.

One frequently sees, in a bout between two well-known Lancashire wrestlers, a protracted struggle, lasting occasionally for a full hour or more, with

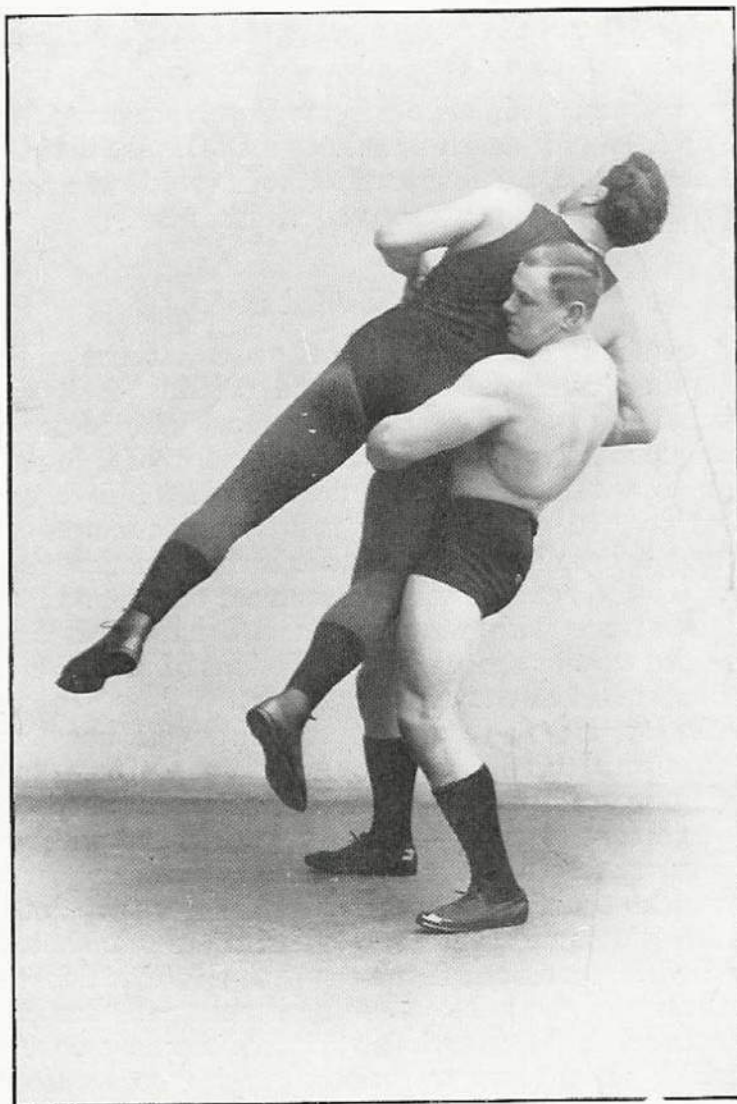
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both men on their feet throughout the whole time, in head holds. First one and then the other wrestler will pull at his opponent's head or arm with a view to slipping behind his man, and occasionally a grab will be made, intended for a leg or both legs. These manœuvres may occasionally prove successful, and, indeed, not infrequently are so, but then a well-matched pair the men will almost certainly break away again. They will almost invariably return to their old position, with the result, which has often happened in a bout of, say, one hour's duration, that the spectators' attention, for fully five-sixths of the time, is riveted on two men, on their feet, bent double, with their hands on each other's shoulders, pushing each other round and round the mat, and at the end nothing done.

This method of wrestling is very exhausting, but, although distinctly strenuous work, can scarcely be described as very effective. It possesses the merit of being cautious, but that is about the only merit it does possess, and a wonderful economy of both time and effort might be effected were the men to risk an occasional trip, cross-buttock, or other aggressive movement, to say nothing of the additional attractions with which such manœuvres would invest the bout.

It may be objected that, as both men are generally careful to preserve as great a distance as possible—that is to say, the full lengths of their arms, plus that of their combined backs—an attempted trip, whether by means of the outside stroke or otherwise, would be not only difficult to accomplish successfully, but even dangerous or, at least, risky to attempt.

Still there are numerous ways of instituting a vigorous and determined attack straightaway which will, as a rule, be found more profitable than the method usually adopted, of getting behind successfully, or of securing a leg-hold, etc. Such initial advantages as these latter are usually discounted by



IF VERY QUICK YOU MAY EVEN GET BACK AND CATCH YOUR
OPPONENT IN THIS COUNTER TO THE CROSS-BUTTOCK

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the attacked wrestler going to the mat and immediately assuming the normal defensive position on all fours.

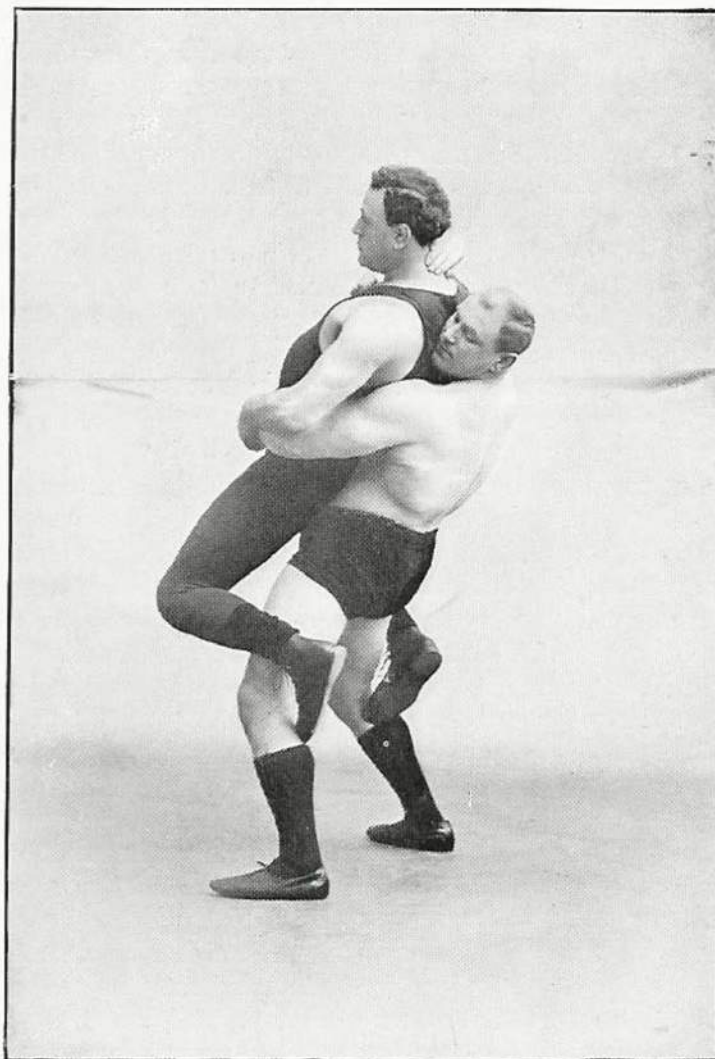
Therefore, since it seems to me that up-standing wrestling is the department in which British wrestlers are least practised, while it is, moreover, the invariable fashion in which each bout is opened, I have decided to devote this, the first section dealing with wrestling moves themselves, to that very department.

THE CROSS-BUTTOCK

This hold has been selected to commence with, as, when employed quickly and forcibly, it is undoubtedly one of the quickest methods of bringing a man down, while it has a further merit of bringing him down in sufficiently heavy fashion, in many instances, to minimise his subsequent attempts to escape being pinned out. I take it that practically all readers of this book will possess more than a nodding acquaintance with wrestling, and I have therefore avoided wasting space with descriptions of preliminary attitudes and of the ordinary holds.

Each wrestler's temperament will govern not only his personal predilection for attack or defence, but also the quality and vigour of his performance in either rôle. His opponent's temperament will, of course, not be without its relative importance, for a man who usually relies mainly on his defensive abilities may assume a vigorous offensive attitude should he find, or consider, himself superior in that department to the man with whom he is engaged. But, no matter what the wrestler's temperament may be, he should cut no time to waste in trying to secure a cross-buttock.

You may rush your man straight away, seize him and bring him down within a few seconds of your coming face to face. That is, if you can. John Lemm, the Swiss wrestler, was very fond of this style of



LOCKING-IN AS A PARRY TO WAIST-HOLD AND HALF-NELSON COUNTER TO AN ATTEMPT AT A CROSS-BUTTOCK THROW

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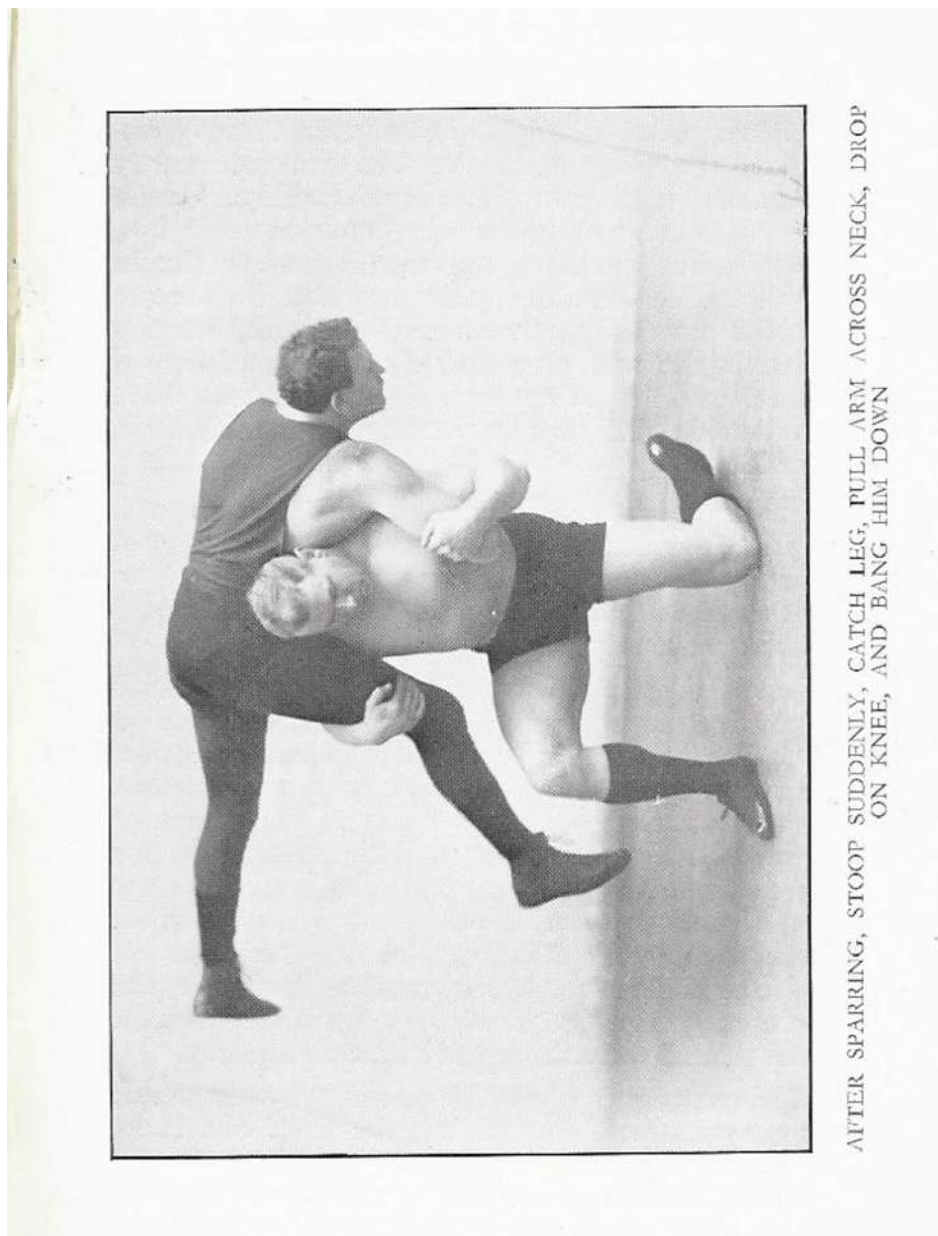
going to work, and was certainly singularly successful in his attempts. I should imagine that quite 75 per cent of the falls he gained were secured in this simple fashion. He rushed his man to close quarters, turned in swiftly, and slung him down heavily, following him in a flash, and pinning him out before his badly-shaken opponent has been able to turn over for safety.

By these methods, Lemm would appear to have created a species of panic, and to have thus found his furious onslaughts not only almost invariably successful, but capable of being executed without fear of reprisal. But there are reprisals, and the persistent and reckless cross-buttocker will often get himself into serious trouble when he runs up against a quick and cool opponent.

In rushing in for a cross-buttock, the essential points to recognise are that the would-be cross-buttocker should, first of all, get to sufficiently close quarters before turning in; secondly, that he should be absolutely certain of his hold (whether this is going to be the waist, arm, or head); and, thirdly, that his turn-in, throw, and follow to the mat, should all be as quickly executed as possible.

The holds preliminary to a cross-buttock throw are as varied as any wrestler could wish. He may seize either arm (with one or both hands), the hold, of course, to be taken above the elbow, either with an under or an over grip. He may secure a waist-hold with either one or both arms, or, if he prefer, combine the waist-hold with one arm, with either arm hold, if it so please him. The head even may be taken, though in this it is usually advisable to bring both hands nearly together, by seizing your adversary's right arm with your own left hand, supposing you have passed your right round the head and vice versa.

The application of the buttock as a means of turning your man over may also be varied according to circumstances.



AFTER SPARRING, STOOP SUDDENLY, CATCH LEG, PULL ARM ACROSS NECK, DROP ON KNEE, AND BANG HIM DOWN

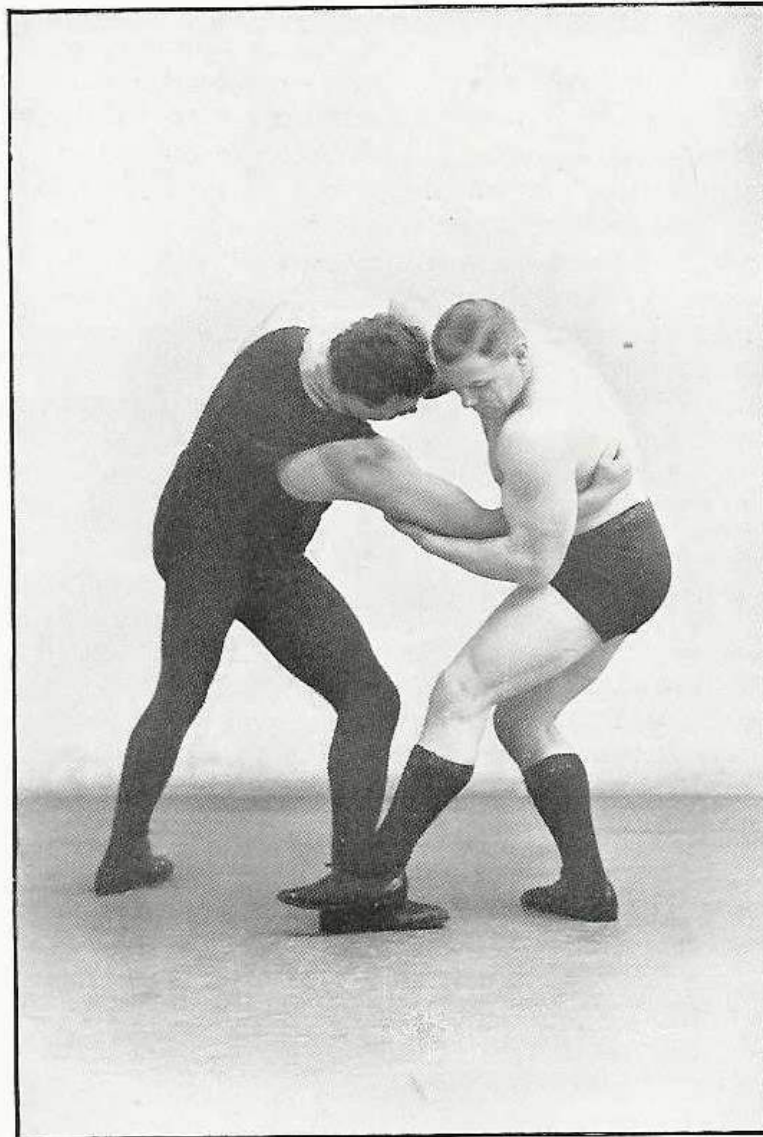
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For instance, the cross-buttocker may turn right in and hoist his adversary right over his buttock (although this is more or less a buttock throw, and resembles pretty closely the Cumberland and Westmorland throw of that name). The throw secured by this method is, naturally, both heavier and much more severe than that by an ordinary cross-buttock; but, on the other hand, the full turn necessary should only be risked when the preliminary hold is so secure as to be practically unbreakable; otherwise, the man employing it will only find that he has delivered himself into his adversary's hands, and may have considerable difficulty in extricating himself from trouble.

For these reasons it is advisable, even when it entails an additional move (such as striding one of your legs outside your adversary's as you turn), to seek to throw him rather over your thigh than over your own buttock.

In making the throw itself, always put as much vigour into it as possible. Theoretically, the cross-buttocker falls with his man, but in practice this does not always happen, nor, indeed, is it always advisable. First of all your hold may break as the man goes over; you may not have twisted him in ideal fashion and may fall clumsily, so that he may even (although this is unlikely) secure an advantageous position, owing to the awkward fashion in which you have come down; or, failing that, he may more probably get clear and rise to his feet as quickly as you yourself, with the result that all your labour has been thrown away.

These are only a few of the reasons why you should throw your man heavily, but the chief one is, of course, that by so doing you are able so to shake him as to render him momentarily, at all events, practically incapable of offering any serious resistance to your subsequent attempts at pinning him down.



THE OUTSIDE STROKE

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You may be able to slam him down more forcibly by retaining your own feet until after he has gone, and will naturally be able to do so more frequently but this will depend principally on the hold you have secured and on the angle at which you bring him across. He should, in any case, go down as nearly on to his back as possible, and you should be always prepared to drop immediately across him, secure his arms, and force his shoulders down.

I have alluded particularly to Lemm's rushing tactics, because they have won for him, possibly, the greatest modern reputation as a cross-buttocker, and may, therefore, be widely imitated. But I would by no means advise my readers to do this. For one thing, it is not given to everybody to possess Lemm's rapidity and dash. He was a singularly quick man for his weight and size, and had, as I have said, somewhat easily acquired a formidable reputation, which tended not a little to the success of his tactics.

But I should not be inclined to fancy that these tactics would come off so successfully against a really clever, cool, quick, and determined wrestler. For a man who rushes in for a cross-buttock is always liable to be cross-buttocked himself, a fate which happened to Lemm himself in the final of the competition at the Alhambra in 1909. He rushed Connolly and turned, but as Connolly turned also and sideways, Lemm went fairly and squarely on to his shoulders. It was the smallest possible fraction of a second that Connolly hesitated in following him to the mat, but it was sufficient to enable Lemm to roll over on his face and so to escape being pinned.

The reckless, rushing cross-buttocker is therefore always open to be cross-buttocked himself, and, in addition, he always lays himself open to the risk of being taken in a severe waist-hold from behind, while he may again, even though he be exceptionally quick,

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be side-stepped altogether, tripped, and brought down heavily as he goes by.

No, the cross-buttock is one of the most useful throws in wrestling, but it does not do to pin one's faith to it. Utilise it by all means whenever opportunity presents itself—and opportunities will frequently present themselves—but avoid attempting it on all occasions. The man who knows that you will persistently rely upon it will be forewarned, and he who is forewarned is forearmed.

A COUNTER TO THE CROSS-BUTTOCK

As already stated, a would-be cross-buttocker is always liable to be cross-buttocked himself, but this, naturally, calls for the utmost rapidity of movement on the part of his opponent. It all depends on the fractional part of a second with both the attacker and the attacked, and the quicker man, even if he be only infinitesimally quicker, will be in the better position. Should, however, the man attacked be able to anticipate that his opponent proposes attempting to cross-buttock him, his surest reply is to recoil the merest trifle, and then, just as his opponent turns, to catch him in a waist-hold and half-nelson, picking him up in these holds as shown in an accompanying illustration. In swinging round in order to place himself properly for the throw, the cross-buttocker cannot fail to lay himself badly open: and once the combined hold is secured, as it can be fairly easily if slipped on immediately, the man making use of it has his opponent in serious difficulty, and should be able to pitch him down heavily without overmuch trouble.

The surest preventive against this lifting counter is for the attacker to lean well forward as he turns in. An upright stance usually spells disaster.

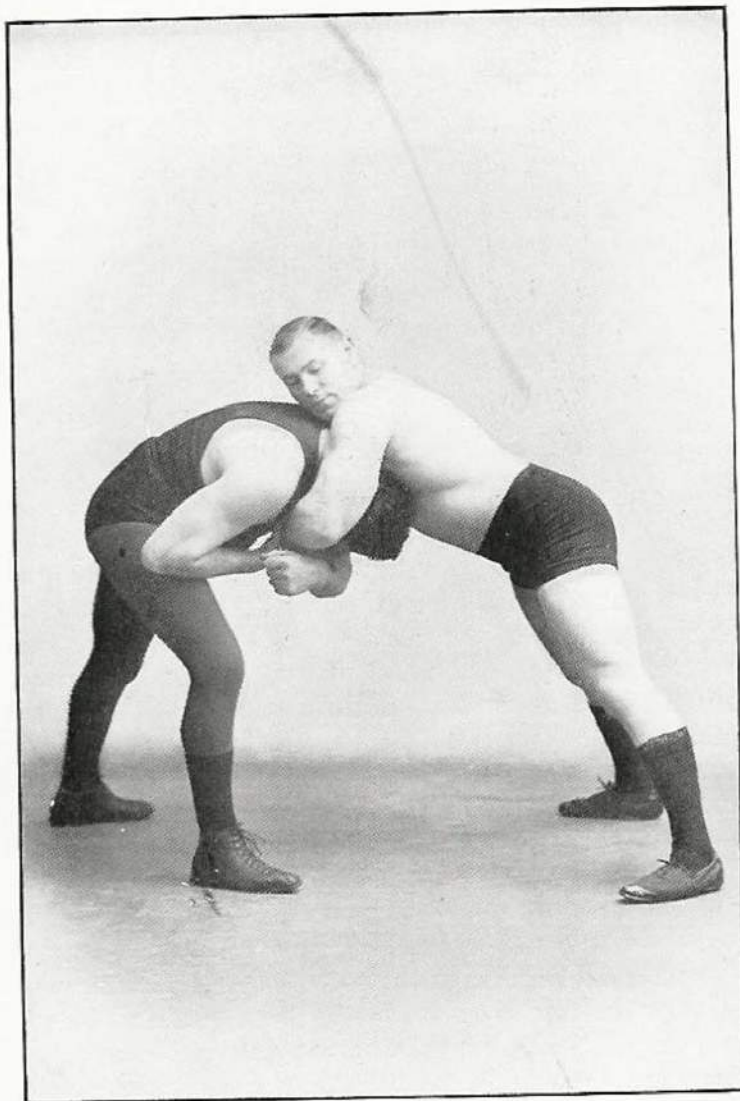
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THE BUTTOCK

Similar counters may be utilised against attempts to get in the buttock throw, which differs but very slightly from the cross-buttock, save that in order to employ it successfully the wrestler employing it must secure a much firmer hold of his man. He has to turn right in to him and pull him clean over his own back. The buttock throw, however, is rarely seen outside of Cumberland and Westmorland wrestling, and in that style, should the attempt fail, defeat is almost certain. In the catch-as-catch-can style a buttock should only be tried when its success is practically certain, and a pin-fall should usually result, the man thrown by it being placed fair on his shoulders and, with a reversed chest-hold immediately applied, at once pinned down.

PARRIES TO CROSS-BUTTOCK COUNTERS

When an attempted cross-buttock has failed, and the wrestler who essayed to bring it off has been seized in a rear waist-hold and half-nelson, or in a double rear waist-hold, his case is by no means always a hopeless one. He has to be lifted up off his legs before he can be thrown down at all heavily, and here again quickness may save him, for unless he is swung off his feet at once and immediately thrown he will be liable to block his adversary's intent by quickly hooking-in with his feet, that is, by bending his legs and hooking his opponent's legs round the knees. The latter can now only throw him to the floor face downwards and must follow him there, in no certainty of gaining any particular advantage, while he may even reach the mat on equal if not inferior terms. The situation here can only be finally resolved by the quickness with which the men have moved and by their relative strength. The wrestler who has countered with waist-hold and half-nelson, and been parried with



A PUNISHING DOUBLE CHANCERY-HOLD
(Described on p. 56)

(N.B.—A fair hold unless the nose and mouth are covered and breathing thus interfered with)

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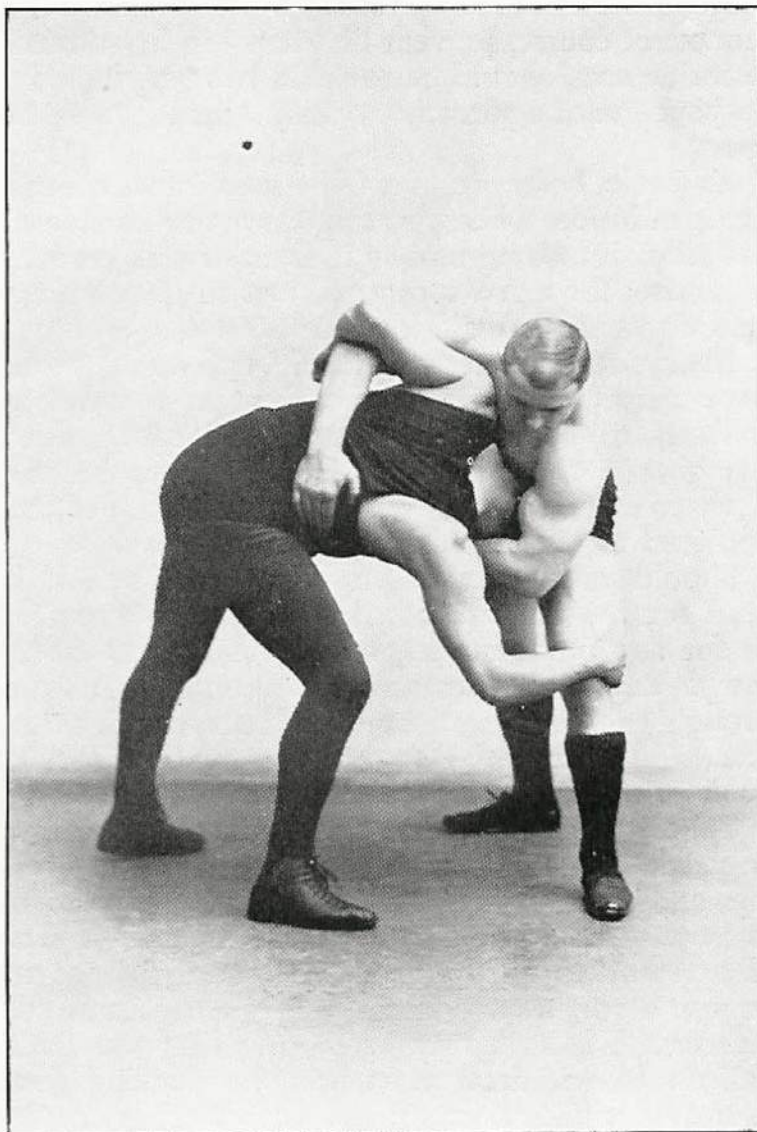
the hooked-in legs, as shown in an accompanying photograph, might advantageously pitch himself forward and shake his adversary severely; or, should he find himself unable to do this, owing to his foothold, etc., being insecure, find it safer to extricate his legs and replace his opponent on his feet. It follows, therefore, that once he has trapped his man he must swing him off his feet and pitch him down, for although he may be able to retain the advantage, after his opponent has parried by locking-in, his equilibrium is always liable to be seriously disturbed by the parry in question.

THE PRELIMINARY STANDING HOLD

On going up to face your man, at the opening of a bout, both of you will naturally spar for openings, for some little while at all events. Suppose that a pair of wrestlers are fairly experienced, mutually recognise this fact, and are, in consequence, indisposed to take any serious risks, they will early on get into head-holds. That is to say, each will take hold of the other's head (the only easily seizable portion), and attempt by pulling it down, by pushing the shoulders, etc., both to weary the other man and also to make an opening to get to close quarters and into an advantageous position without incurring any serious risk.

When doing this it is, as I have said, customary to bend the back well over, and for each man to preserve as great a distance as possible. But really there is no necessity for this. It is far wiser to maintain an almost upright position (that is, unless you positively tower over your opponent), and to bend the arm or arms with which you are pulling at his head. Keep your elbows well in.

By adopting this method, and by making sure of keeping your arm "inside," you are as well covered as you can wish to be, for, by keeping your elbow



FORWARD CHANCERY AND BAR HOLD

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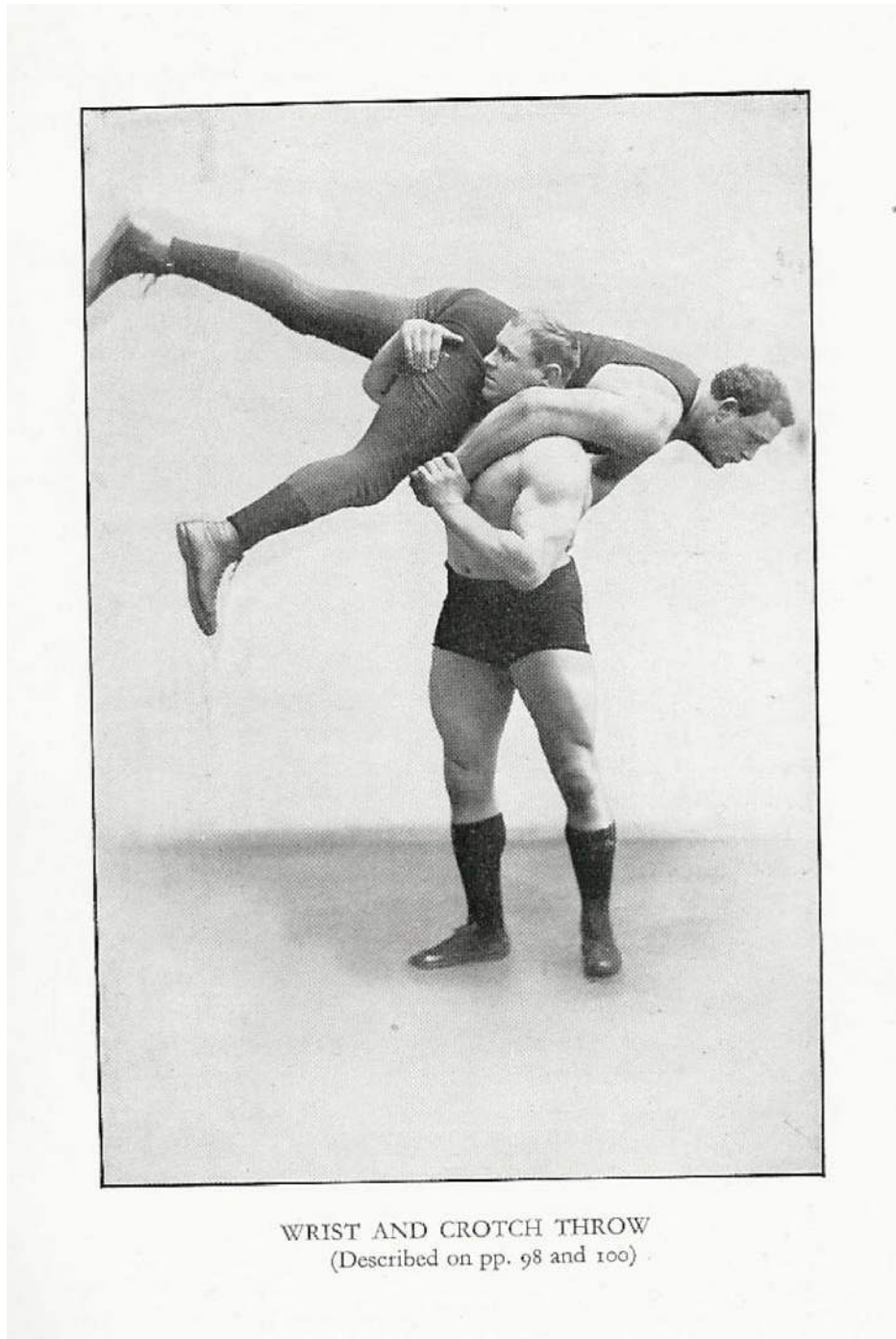
bent, you are well placed to ward off any knee or waist grab from your opponent's outside hand. You cannot, of course, prevent his changing from outside to inside arm, should he so wish, but you should be on your guard against his getting "inside" with *both* arms.

As a rule, however, he will be satisfied with having one arm inside, when you can drop your outside one and allow it to hang loosely in front of you, on guard of course, for a few moments, just to give it a rest, before placing it again inside.

Always retain a pretty firm hold, and do not neglect an occasional pull forward whenever you fancy that this is likely to be effective, just as the other man is changing feet, for instance. He will then be more likely to come to your tug, and a succession of these will tend to tire his neck and back muscles.

Should you desire to *join* your hands behind his head for the purpose of adding force to your tugs or for any other reason, be careful *never to interlace your fingers*. This is contrary to the rules. A strong enough grip is formed by "hooking" the fingers of one hand within the hooked fingers of the other. Such grip may be loosed at once, when necessary.

Take it, however, that an opponent has secured an inside head-hold which you are desirous of breaking, and, by the way, it is often advisable so to do, as he may, if a good strong man, maintain a series of tugs and forward pulls at your head such as will impose a very severe strain on your neck and back muscles. His hold may be so firm that you find it difficult to withdraw your head by ducking down suddenly without exposing yourself to risk, and may not be easily able, or wish particularly for any reason, to dispossess him of the inside position. In such an event, pull sharply at the elbow of the arm from the grip of which you wish to release your head and he must shortly break his hold and release



WRIST AND CROTCH THROW
(Described on pp. 98 and 100)

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you, in certain instances even affording you an opening to take the front waist-hold as well. This move is illustrated by a photograph on page 25.

STANDING ATTACKS

The wrestler who takes up the position indicated above is practically immune from all attack, save such as may be initiated by a trip or an arm pull. I propose to touch upon the latter form of attack generally later on, but as tripping is a sadly neglected art among British wrestlers, it is more deserving of immediate attention.

Certainly the best and safest trip to employ in up-standing wrestling is

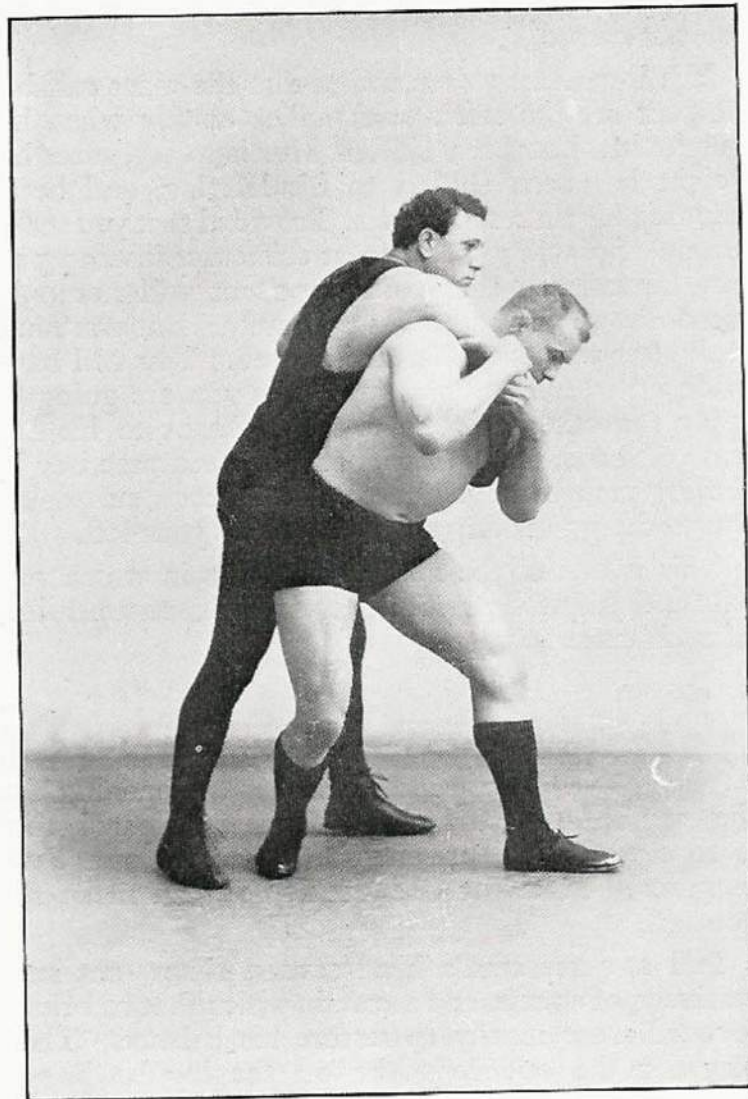
THE OUTSIDE-STROKE

which is superior to the back-heel, simply because, while being even more efficacious in bringing about a fall, it is, on the majority of occasions, a far safer trip to attempt.

You *must* be fairly close to your man in order to make a back-heel at all effective, and unless he be unsteady at the moment, or you have him in a waist-hold, with a sure under-grip, you are laying yourself open to getting terribly caught in that hold yourself.

In short, openings for the back-heel have to *occur*, whereas openings for the outside-stroke are always presenting themselves. Need any further argument be offered?

Say that you are in head-holds, pushing and pulling each other about. Your opponent is pushing you and you have your left hand on his right shoulder outside, or hanging loose. Now as his right leg comes forward in his advance, sweep the foot away with your left foot, striking him on the ankle, simultaneously grasping his right upper-arm, neck, or



THE "FLYING MARE"
(The Preliminary Turn In, showing how the hold is taken)

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shoulder and pulling him clean off his balance. Swing your weight as you strike and pull, and down he must come.

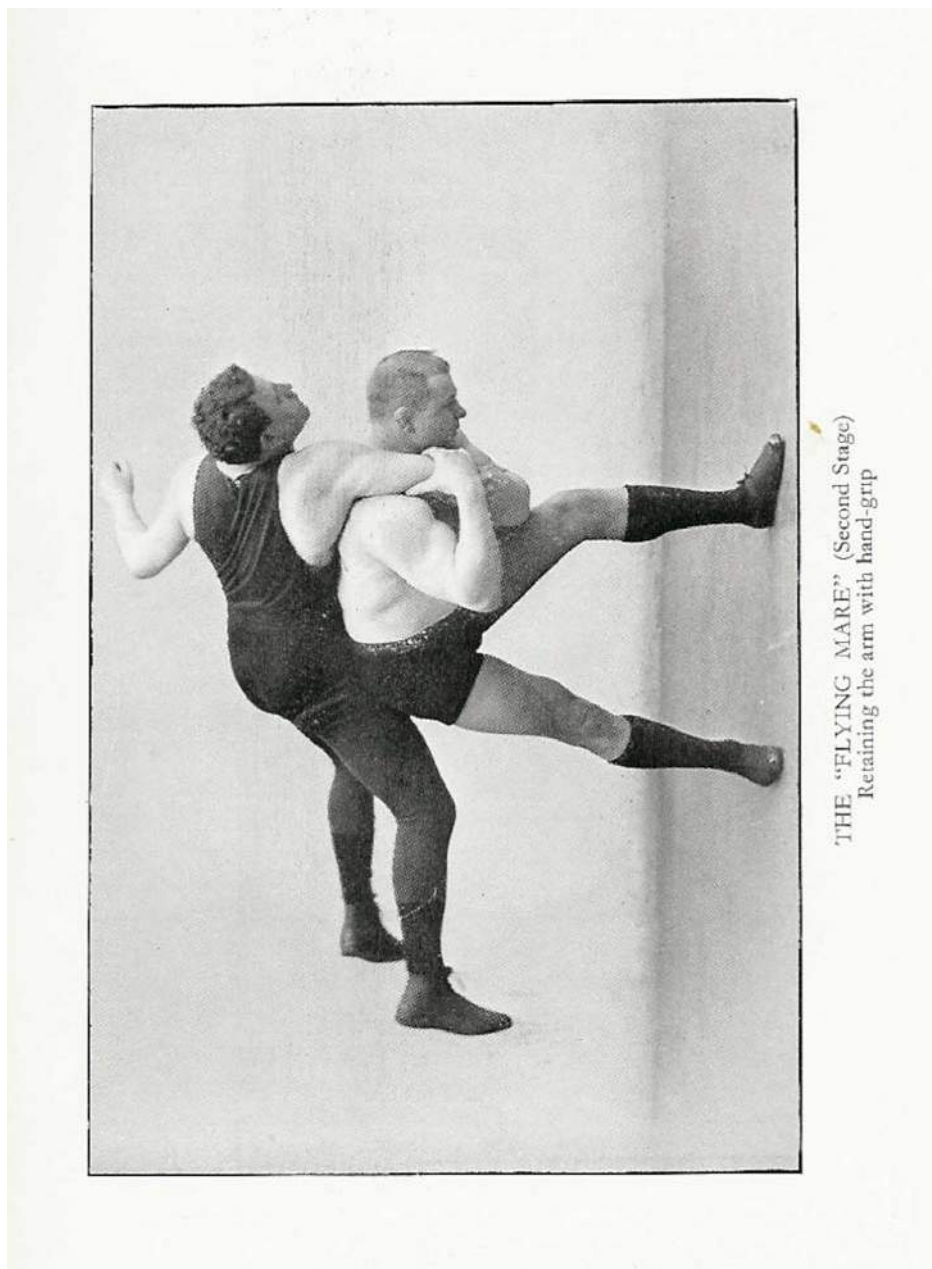
It is important to remember that the most suitable moment for the stroke *and* pull is exactly when his weight has just been shifted, that is to say, after his weight has been shifted to his left leg, and he is bringing his right foot down. Provided that you make certain of playing your trip at this exact instant, you may be satisfied that your opponent will not only come down, but come down heavily. But you must look after your own balance as well. You will have made up your mind as to whether you are going to apply the outside-stroke to his right or to his left leg, will be watching for its advance and practised in shifting your own weight to your right leg, supposing you to design making the sweep with your left.

This is one of the numerous points in which you will find Ju-jutsu practice, previously recommended, of such extreme value.

ANOTHER OPENING

The above description illustrates an opening for the outside-stroke, which you have anticipated, that is to say, for the presentation of which you have prepared. Now for one which you can make for yourself.

Pull at your man's head several times, not successively, of course, and ascertain which foot he brings forward most readily to restore his balance. Then play for the outside-stroke on the leg he brings forward. Be certain of your stroke and pull sharply, in which case his balance will be shifted more forcibly on to the advancing leg than it would be were he advancing of his own volition, and the resultant fall will, in consequence, be proportionately heavier.



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The above are only two instances in which the outside-stroke may be advantageously employed. There are, of course, almost innumerable others, but these are the two most likely to occur during the opening stages of a wrestling bout.

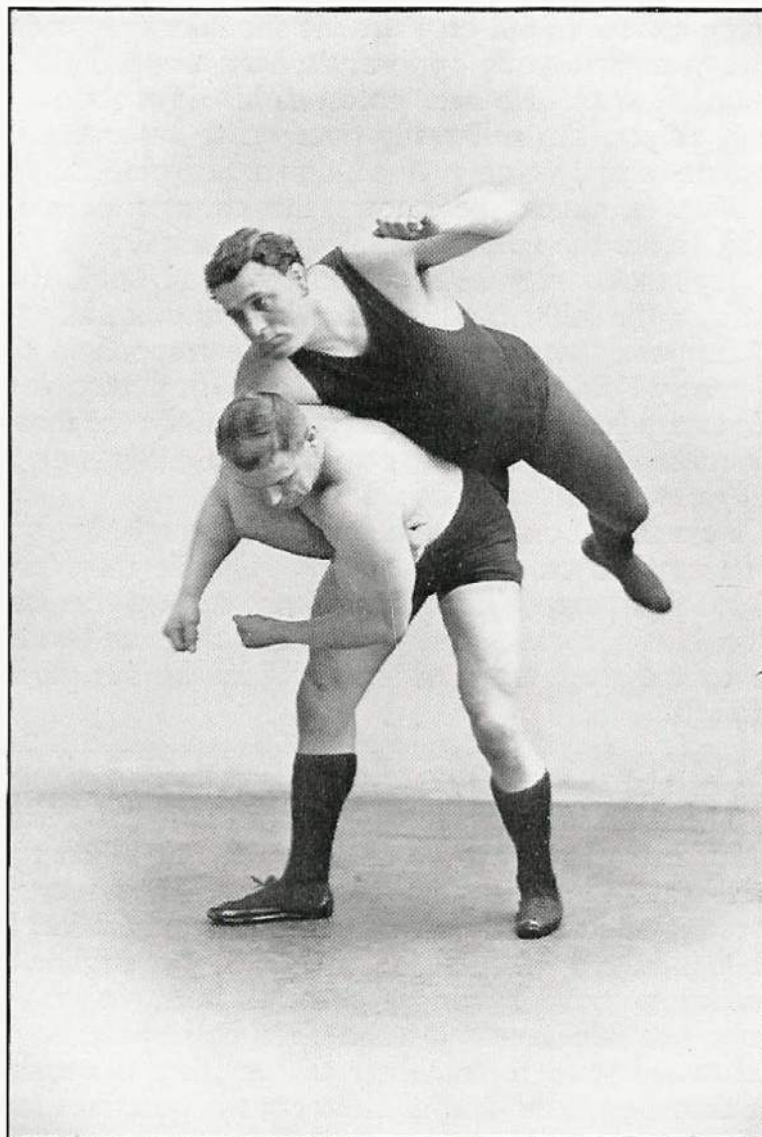
In order to avoid being brought down yourself by the outside-stroke, never get your feet crossed, keep your legs wide apart and avoid taking lengthy strides either back or forward, while, as being, perhaps, the the quickest method of perfecting the maintenance of your balance, so desirable in every style of wrestling, secure some practice at a Ju-jutsu school, where the outside-stroke is brought into practice in an infinity of ways.

HEAD CHANCERY-HOLDS AND THE
STOPS TO SOME OF THEM

On coming to head-holds and breaking suddenly from them, it frequently happens that one may offer a waist, or leg, or even a double leg-hold to a rushing adversary; practically any opening which may tempt such an opponent to come in quickly with his head and arms down, when by a quick movement of the body and arm the offered hold may be withdrawn slightly and the opponent's head trapped in chancery by throwing either arm round his neck from above.

There are, of course, other methods of securing this position, such as pulling a man's head down and forward suddenly and trapping his head as he comes, clutching it closely to your side.

You may now lever him over sideways and endeavour to force him on to his shoulders, but this is a lengthy and laborious proceedings with numerous possibilities of escape. The best and most effective throw, and, indeed, a practically certain one, unless your adversary is acquainted with the counter, is exceedingly simple.



THE "FLYING MARE" (Second Position)
Showing how the arm may be secured under the biceps without the
aid of any grip

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Retain a firm hold of the head and face, and fall backwards yourself, turning sideways as you go, but being careful to fall on your left shoulder (supposing that you have your opponent's head trapped under your left arm). He *must* go on to his right shoulder, and, as you can roll easily over on to his chest, he cannot escape being pressed down and pinned.

That is, unless he knows the counter or stop, which, like the fall, is also simplicity itself.

My readers may be acquainted with it, but if they are not, the following hints may be found useful.

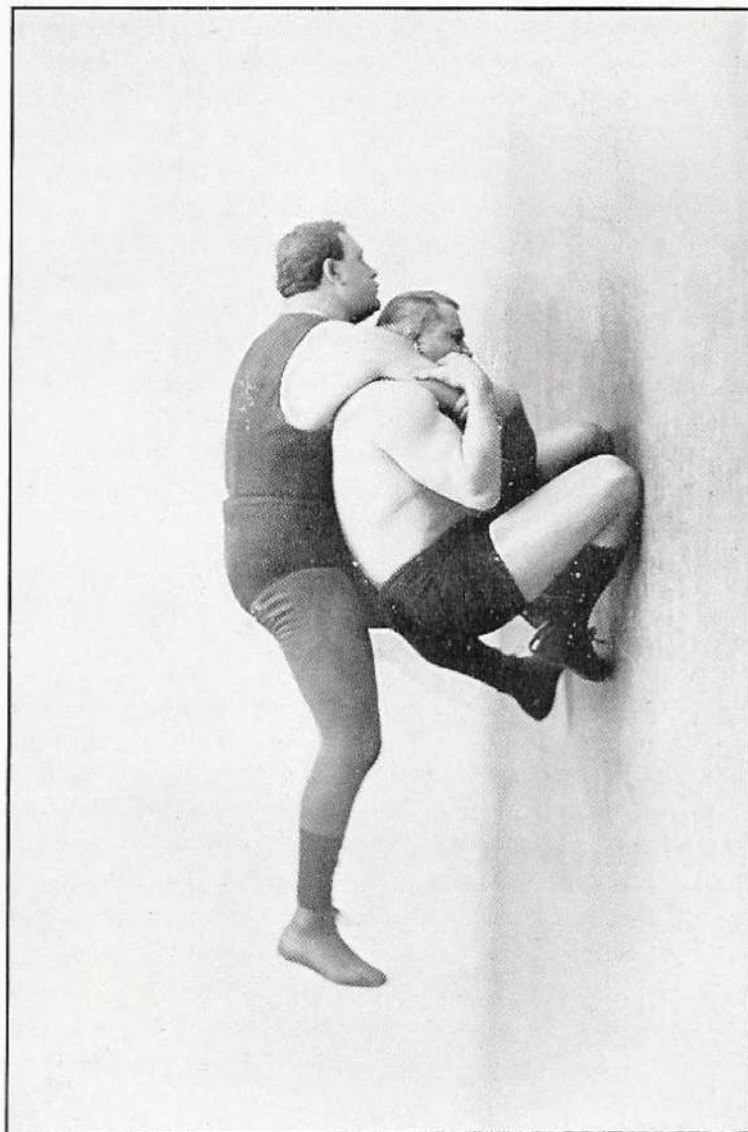
Suppose that one of you may be trapped in the chancery-hold above described, and find that your adversary is about to fall back with you for the throw in question, don't resist, go with him easily, but, *as you go*, straddle your legs across him.

He will fall on his shoulder right enough, but you will now be on top, and, struggle as he may (provided you have shifted your weight so as to be well over him), he must go down, as he will never be able to escape from the position in which he has placed himself.

A PUNISHING DOUBLE CHANCERY-HOLD

The main idea of wrestling is, of course, to secure a fall in as brief a time as possible, but when two well-matched opponents come together, a certain amount of so-called punishing work is almost inevitably indulged in. For, if both men are studiously careful to avoid hurting each other in any way, the only possible result can be that both become so exhausted with their efforts that neither is capable of throwing the other, and the bout degenerates into a farce.

There is no necessity for spiteful tactics at catch-as-catch-can wrestling, but there are, nevertheless, several perfectly legitimate punishing holds—holds, that is to say, by means of which no fall will neces-



THE "FLYING MARE" (Third Position)
Dropping on the knees in order to render the fall more certain

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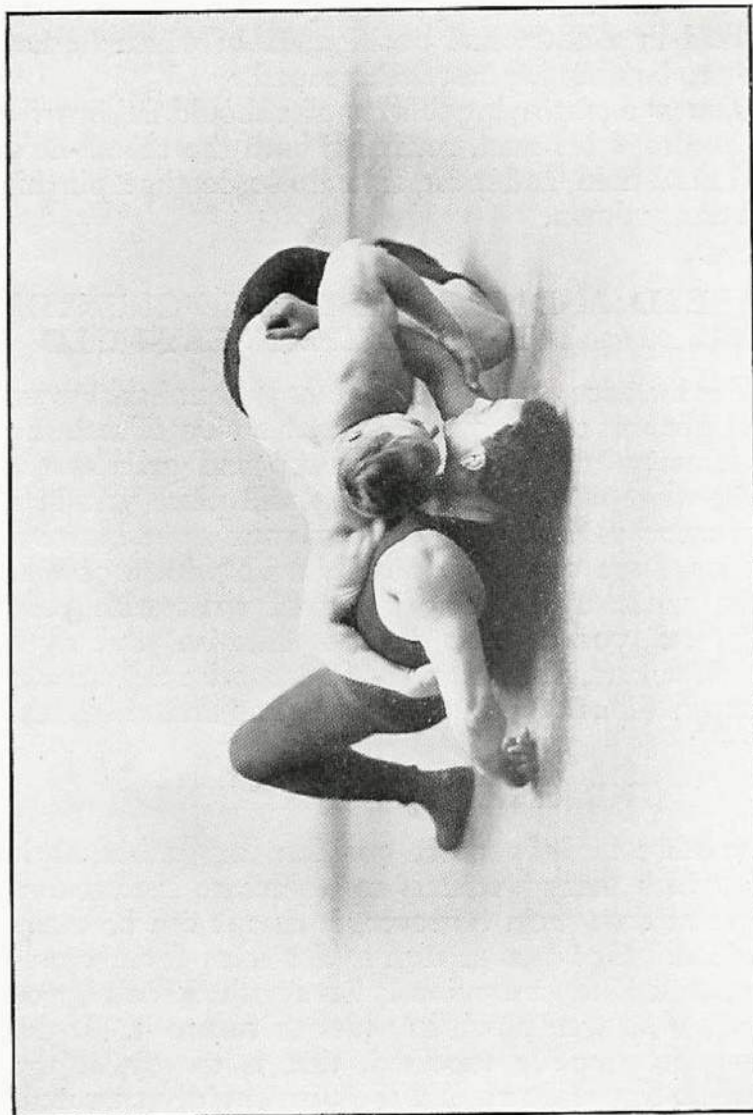
sarily result, but nevertheless fair holds, which by the strain imposed will so weaken an opponent as to render him a more or less easy victim to your next attempt to secure a fall. An accompanying illustration shows one of these. Catch your opponent's head in chancery, locking both your arms round his chin, but avoiding any even partial "strangle." Recoil slightly, so as to bring your full weight to bear, and leaning your head between his shoulders, press his head down with your chest. He can scarcely break away by any means, and must be considerably weakened by the terrible strain on his neck and back muscles. I caught Madrali in this hold at Olympia, and strong as he is in the neck and back, they almost gave under the strain. I am, indeed, inclined to fancy that even the brief period during which I held him in this fashion may have had its influence on the subsequent proceedings.

Some wrestlers try to combine a forward

CHANCERY AND BAR HOLD

That is to say, having pulled their opponent in to them, they will bring his head into their chest, and, making a slight turn, trap it (say, with the left arm), at the same time slipping their right arm under their opponent's left and across his back. A pretty certain fall can now be secured by swinging round to the right and forcing your man to the mat, when he can be steadily, if slowly, levered over on to his shoulders.

Nevertheless, this is rather a clumsy hold, as, apart from its being by no means easy to apply, a man so rapped has, if he is quick and fairly strong, a very useful counter. For one thing, he has both arms free and can put these into instant and effective use. With the lower arm (the one on the side towards which he is being bent over) he can secure a crotch-hold, with which he can by a strenuous effort lift his man well



THE FALL FROM A "FLYING MARE"
Note how the trapped arm has been retained

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clear of the floor. The left or upper arm should be thrown lightly round the aggressor's neck at the same time as the crotch-hold is secured, and the first man is held in a horizontal position, from which he has only to be dropped on to the ground.

The man employing this counter should fall heavily as he drops his man, retaining both the crotch-hold and head-hold, and must, if he do so, in time pin his adversary down.

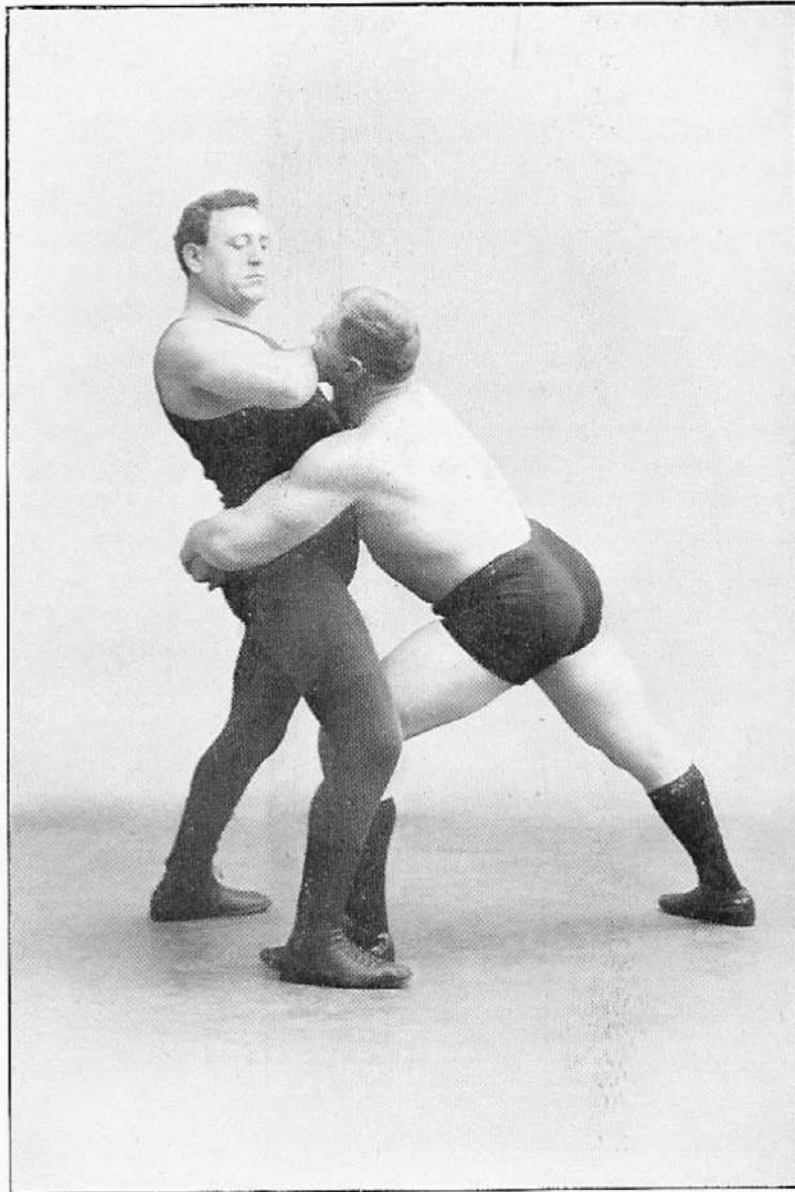
A HEAD AND CROTCH THROW COUNTER TO AN ATTEMPTED CHANCERY-HOLD

For instance, suppose that an opponent has thrown his right arm round your neck with a view of securing a chancery-hold. A sudden drop and grab at the right wrist with your left hand will place you in a first-rate position. By slipping your right between his legs, you can easily pick him up with a crotch-hold, while by securing his right wrist with your left hand, you can rise, hoisting him on your right shoulder, and, with his right arm imprisoned, should have no difficulty in slinging him clean on to his back.

THE SIDE CHANCERY-HOLD

is another fairly popular position, or, rather, it is one which many wrestlers try to secure if they can. Its chief drawback, however, is that it can be easily avoided. One has to turn-in for it as for a cross-buttock, and must previously have pushed one's opponent's head well down in order to secure it. If the move be properly executed, that is to say, if the head be forced down and the turn smartly executed, the arm can be slipped round behind the neck and the fall made fairly effective by the use of a trip.

For instance, supposing that a wrestler, during the preliminary head-holds, succeeds in forcing his op-



THE FRONT WAIST-HOLD

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ponent's head down and slightly to the left with his right hand, he can slip his right arm round the neck, and by catching his own right wrist with his left hand, pull the head in tightly. He has, of course, turned in for the purpose, and by kicking away his opponent's left leg sideways with his right heel, bring him off his feet.

Before, however, employing the trip, the head and neck should be well crushed under one's own full weight, while the neck-twist and pressure should be maintained, and, if possible, increased, after the mat has been reached, until one's opponent's shoulders are forced to the ground.

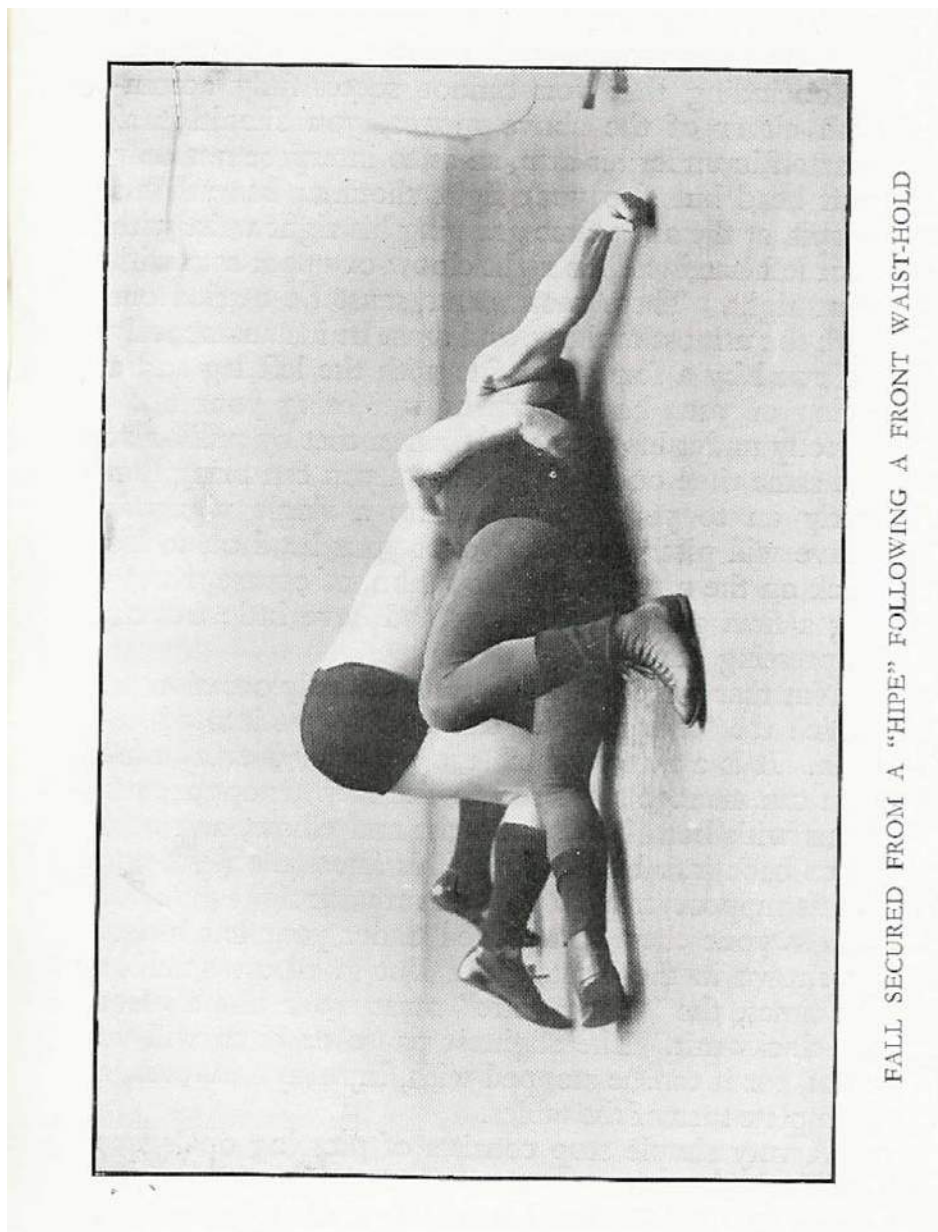
As already intimated, it is by no means an easy hold to secure. There are so many methods of escape. First and foremost, a man may withdraw himself altogether if he move smartly enough, and may even when trapped bring off a trip himself, which, with a forcible backward pull, will often bring the attacker to the ground with sufficient force to break his hold or, at all events, so far loosen it as to permit of an escape.

But the best method of escape and counter should be tried mid-way. I could not recommend a man to offer the side chancery-hold as a bait for the following counter, since he must either be remarkably quick, or the other man somewhat clumsy, for any hopes of success to be entertained from such a manoeuvre. Briefly speaking, the counter in question runs into

THE "FLYING MARE"

and is worked out as follows.

As you feel your head go down and your body swerve off to the right, and can judge or see that your opponent is turning in to you; you can instinctively judge whether you can safely swerve right away and face him again, or can swerve backwards



FALL SECURED FROM A "HIPE" FOLLOWING A FRONT WAIST-HOLD

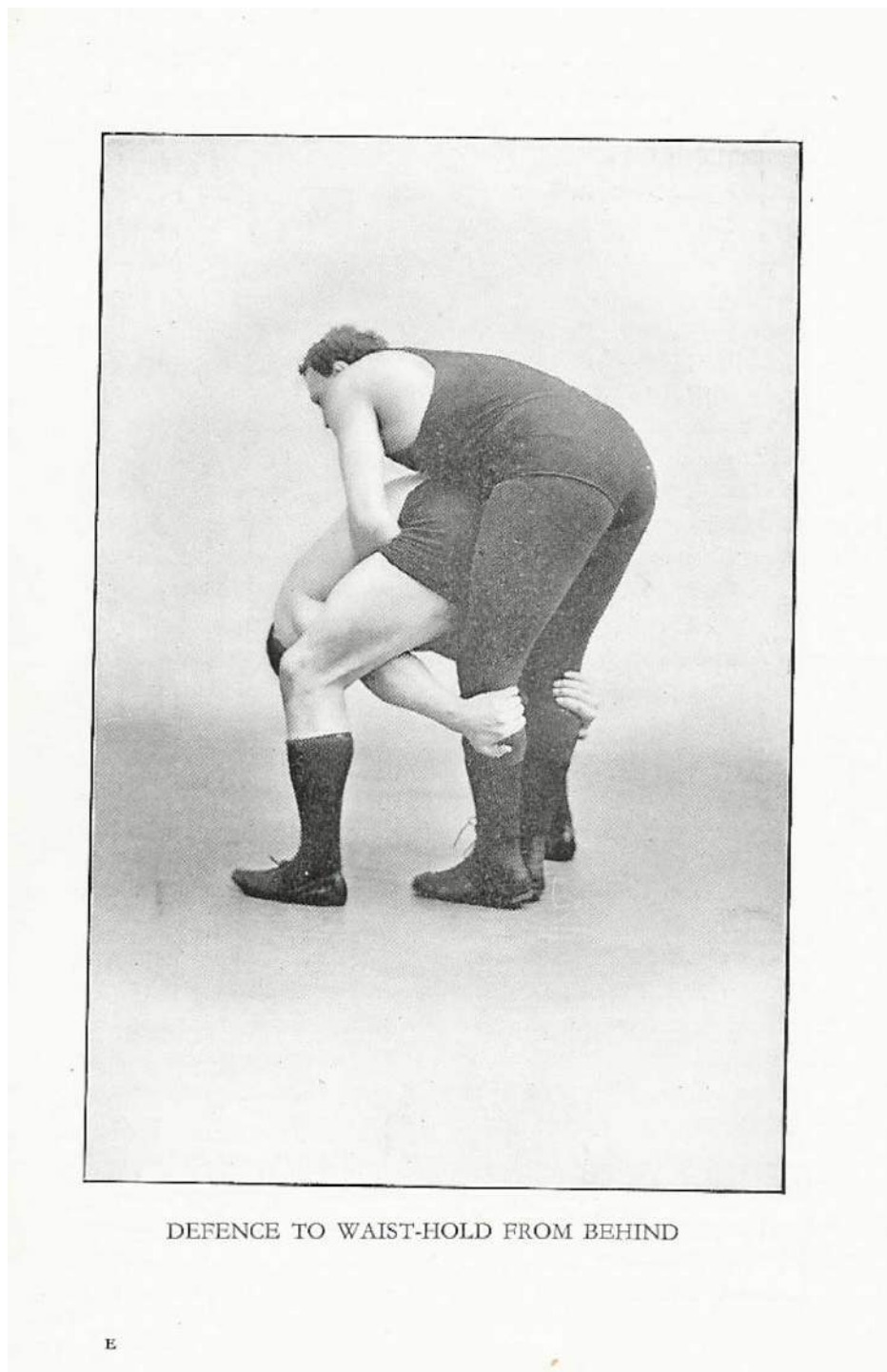
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and, by pulling at his arm, get behind for a waist-hold. All judgment and decisions at wrestling, hence, ought to be instantaneous if disaster is to be avoided.

Concluding that you cannot successfully accomplish either of the above moves, you should *push* yourself in under his arm, so as to interpose not only your head but also your right shoulder beneath his armpit, at the same time grasping his right wrist with your left hand and his right elbow or upper arm with your right. These movements must be carried out with the utmost rapidity, and must be instantaneously followed by a forward stride with the left leg and a swing of your body, such as will bring your body directly under his in such a fashion that by pulling at the same time on his trapped arm you can bring him fairly on to your back, whence a single vigorous heave will pitch him clear over your head on to his back on the mat. You follow him, of course, retaining a firm grasp of his arm, and have little trouble in pressing him down.

Not that this is by any means the only occasion on which the "flying mare" can be brought into operation. It is a throw which can be utilised every time you can manage so to secure one of your opponent's arms with both hands, at wrist and elbow, and turn your back into him. One of his arms (the right one let us suppose) may be pulled over your right shoulder across your chest and pinned under your left biceps as shown in the illustration. But in all cases and at all times, the "flying mare" must work like a piece of clockwork. The slightest pause or hitch will be fatal, for it can be stopped with, in many instances, a complete turn of the tables.

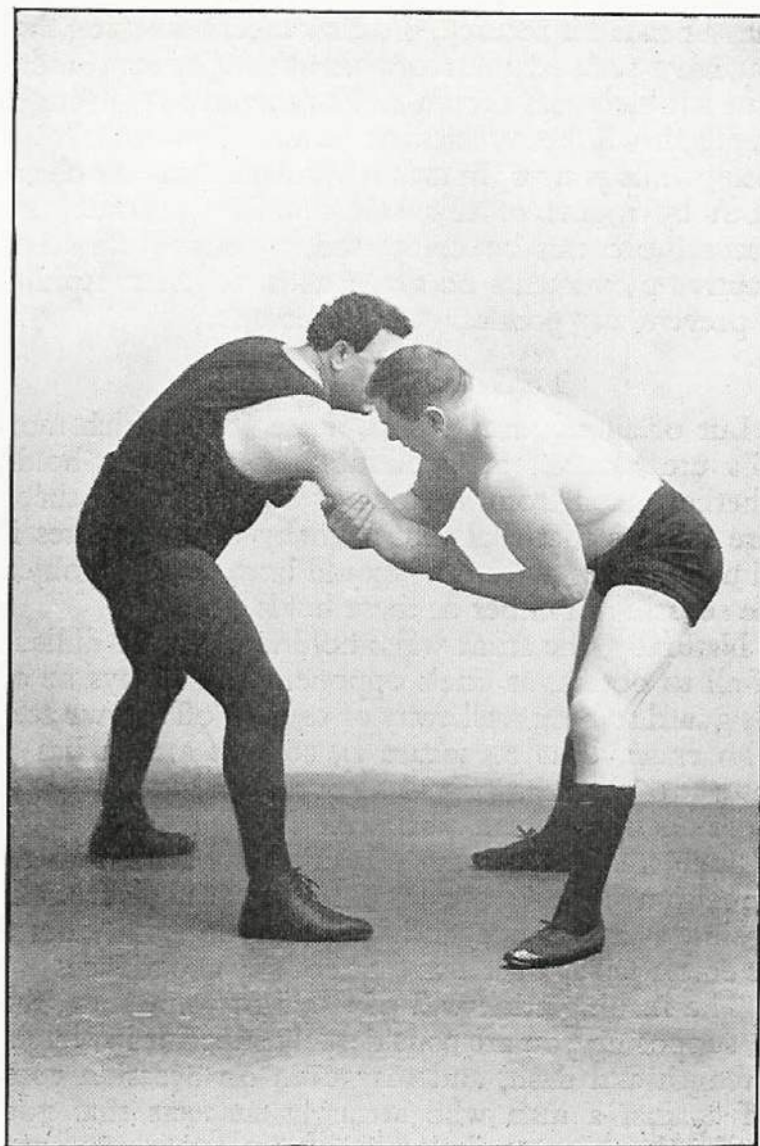
A very simple stop consists of pressing one's free hand rigid against your opponent's shoulder as he turns in. This in itself is merely a dead-lock, but it will completely block his intention of hoisting you on to his back.



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But if you are smart you can either shift this hand round his waist from behind, as soon as you feel that you have brought his lunge forward to a dead stop, or clasp him there straightway; in both instances at the same time striding your leg (the right, supposing him to have trapped your left arm, or vice versa) past his, and slightly across them, when you can bring him down over it, while by pulling with your left arm you can bring him down half turned, and he is therefore not easily able to avoid being put on his shoulders.

I have given the above description of the "Flying mare" and of the detailed stops and counters thereto because these are the ones usually set forth in text-books dealing with wrestling matters and also generally taught in wrestling schools. But when I graduated as a wrestler, under the able tuition of Nikolai Petroff, I believe that I was shown and practised in every possible variation in which the "Flying Mare" could be possibly utilised. I may not have put my studies to any great practical use during my wrestling career, but that has simply been either because opportunities did not readily present themselves for its employment, or because I detected, or fancied I detected, other openings which appealed to me with greater force and which I therefore went all out for instead. Despite this, however, I seriously believe that I have experimentalised and practised this "Flying Mare" more thoroughly than any other wrestler, and am convinced that it is far more certain to be brought off successfully, and far less liable to be either parried or countered, if the wrestler employing it makes a practice of dropping on to his knees as soon as he has secured his opponent's arm. The drop in question will inevitably bring your adversary fairly on to your back, and sufficiently over-balanced to render the pitching of him forward on to his back a comparatively easy matter. Even at this stage of the proceedings the grip



A SIMPLE MOVE TO GET BEHIND AN OPPONENT

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on his trapped arm must be firmly maintained; indeed, the arm in question must on no account be released until a pin-fall is secured. For instance, supposing that you have secured your opponent's right arm under your left biceps, as shown in the accompanying photographs, it will be sufficient to retain it squeezed firmly there, while your right arm is thrown across his chest, when by means of this and shoulder pressure, his discomfiture can be completed, provided the consecutive movements be made with sufficient rapidity to prevent any possibility of his escape.

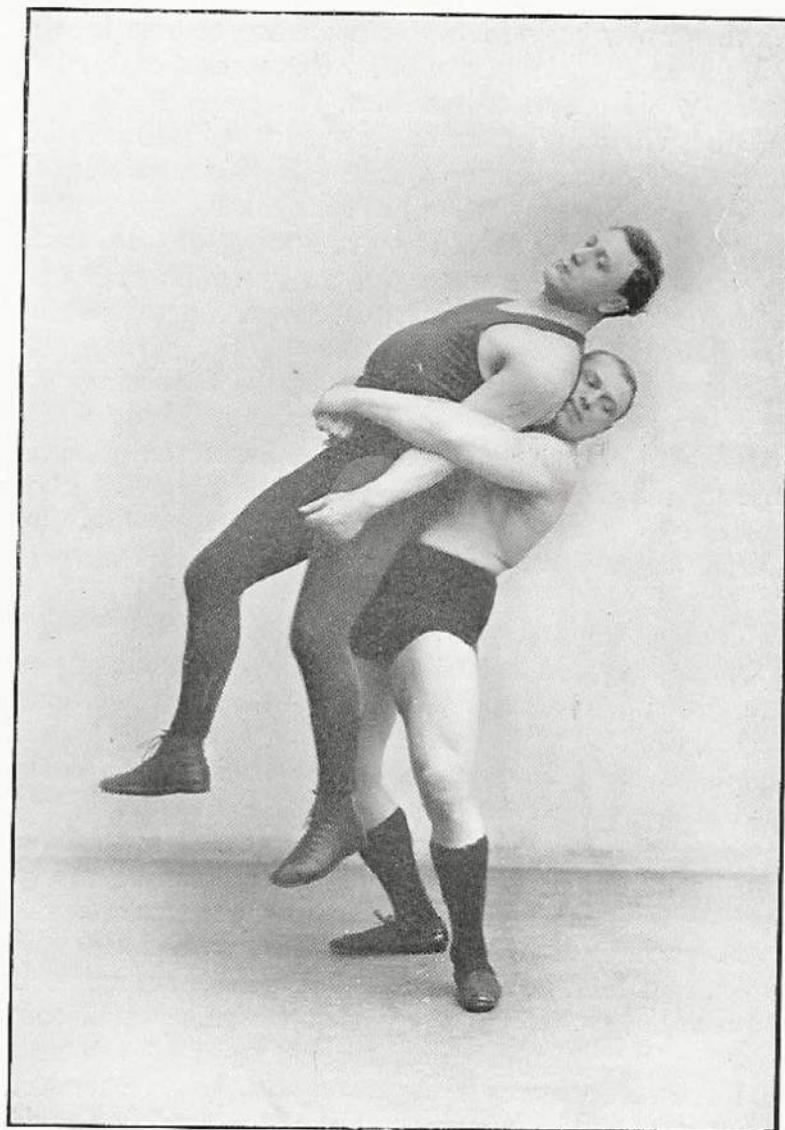
THE WAIST-HOLDS

But of all standing holds, those from which most falls are secured are undoubtedly the waist-holds, whether taken from in front or behind, and it therefore follows that the vast majority of manoeuvres in all up-standing wrestling should have for their object the securing of either of these holds.

Naturally, the front waist-hold is the most difficult of all to obtain, as one's opponent will always be on his guard to back well away or to push off any wrestler who endeavours to secure it, so that a man has to resort to all sorts of wiles to enable him to get in close enough for the purpose.

Such tricks as forcing a man's head back with the forearm under the chin are only likely to be successful against a raw novice, and far greater ingenuity has to be employed against a wrestler of any experience.

The rushing trick will pay against some men, that is, supposing you are considerably superior in weight, strength and dash, and may even on occasion come off against a man who strongly suspects that your onslaughts are merely preliminaries to an attempted cross-buttock. But then, again, these are by no means certain to achieve success and, moreover, depend more or less on some distinct physical advantage which you may possess.



THE HOLD WHICH CAN BE SECURED FOLLOWING THE
MANGÈUVRE ILLUSTRATED ON p. 67

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Subtler methods are such opportunities as may follow an attempted leg grab, when your opponent by backing away may give you a chance to rise into a waist-hold, especially supposing that your seeming leg clutch was after all only a feint.

Other chances may come from forward pulls on the head or arm, but none of these is particularly promising even on paper, although if cleverly executed with the apparent intention of slipping behind, your opponent may straighten up, so as to be ready to side-step this and so give you an opening to dash in for the waist-grip.

But the best feint of any is that of offering the waist-hold yourself. This will be too tempting a bait for him to resist, and he is practically certain to dash in for it. But the manoeuvre needs an infinity of practice to bring to perfection, and must be carefully and repeatedly rehearsed with the quickest partners obtainable.

You have given your opponent an opening *and* a start, so that you must be astonishingly quick, if you are going to dive under his arms as he comes in and secure the under grip yourself.

However, I have brought the trick off so often myself and have seen others do so, so frequently and generally with a fair amount of success, that I have no hesitation in recommending its careful study, practice and employment. Remember that your opponent is coming in to a straight and fairly easily secured hold, to which you have laid yourself open, and that your speed alone can save you and enable you to turn your stratagem to account.

Dive smartly under his arms and, having secured your grip round his waist, hoist him and fall backwards in one movement, turning as you fall towards your opponent's foremost leg. By so doing you will pitch him well on to that shoulder, and as you are still turning he must necessarily be turning also, and

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will wind up by finding himself flat on his back, with you lying and pressing all your weight on to his chest, so that he can only escape being pinned by a miracle.

Put all the dash of which you are capable into your dive, hoist, and turn, so that he comes down heavily, with you yourself falling on top of him. Be careful to turn towards his advanced leg, as by so doing you will scarcely fail to come well between his legs and will then (in addition to the shaking you have administered) have deprived him of any chance of “bridging” out.

This is one of the best methods of securing a fall from the front waist-hold, not only on account of the advantages above recorded, but because of the time saved (and consequent opportunities for clasping or clicking in with his legs, twisting aside, etc.) which the swing off the feet and fall forward usually adopted by the average wrestler often affords to the man in trouble.

It is best therefore to fall backwards and to turn as you fall whenever you secure a front waist-hold. Your opponent comes quickly, is uncertain as to what is happening and has no time for reflection. If he has a foot advanced, always turn towards it. But when he has not, turn without pausing for reflection. Your throw will probably be equally successful even though it may not be so certain.

Modern practice, the result of developments of the famous “Porro’s Throw” (a fall back into a bridge, carrying opponent along with a rear waist-hold) has evolved a counter against the front waist-hold—or attempt at such—a trick so successful that some experts will offer themselves to the hold in order to use the counter. As the arms of the attacker go about his opponent’s waist, defender brings his arms above and outside attacker’s extended arms, enclosing them, completing the grip by grasping his own wrists or forearms. Attacker’s arms being thus solidly locked

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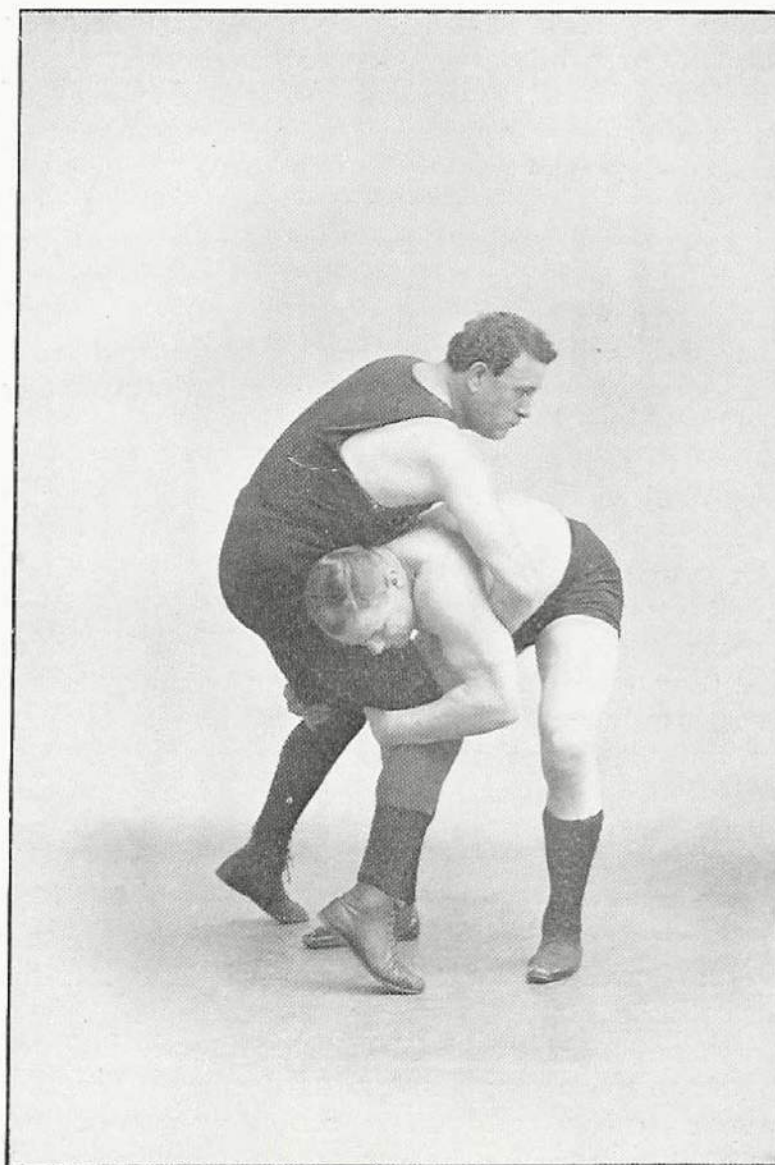
and incapable of withdrawal, defender bends his knees and his back and deliberately throws himself into a bridge. His opponent falls with him, and, as the ground is neared, is turned by a violent twist to one side or the other, so that he falls on one shoulder—sometimes both. The thrower quickly turns out of the bridge, brings all his weight on the other's chest, and usually secures a fall.

Great strength, together with expertness in bridging and confidence are essential to the correct execution of this counter. It is deadly in its effectiveness; but the necessary knack and the essential confidence required are not gained without a great deal of practice.

So suddenly does the thrower fall back, so completely is the victim brought into a condition of temporary helplessness, that, so far, no defence or counter has been evolved. Occasionally this counter will be used as a direct attack. The chance of a front waist-hold is suddenly seized, and the attacker, his arms well beneath his opponent's armpits, swiftly drops backwards, defender being brought right over to fall flat on both shoulders.

WAIST-HOLDS FROM BEHIND

Front waist-holds are naturally not often witnessed in actual wrestling contests, although attempts are frequently made to secure them. Waist-holds from behind are, on the other hand, more usually secured, because they are less difficult to obtain. A man may occasionally be found who has no particular objection to be the "under dog" now and again, or who may even feel fairly comfortable when an opponent manages to get behind him while both are upright, as he himself is acquainted with so many methods of securing a fall when in these positions; but you will never find him *deliberately* placing himself in either should he be matched against a formidable opponent.



A DOUBLE LEG-HOLD

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To “get behind” at catch-as-catch-can wrestling is to capture the attacking position, always an advantageous one, and especially so in tournaments or competitions, where, from time considerations alone, bouts have to be decided on points, of which of course, the vastly larger proportion are awarded to the man who does most of the attacking.

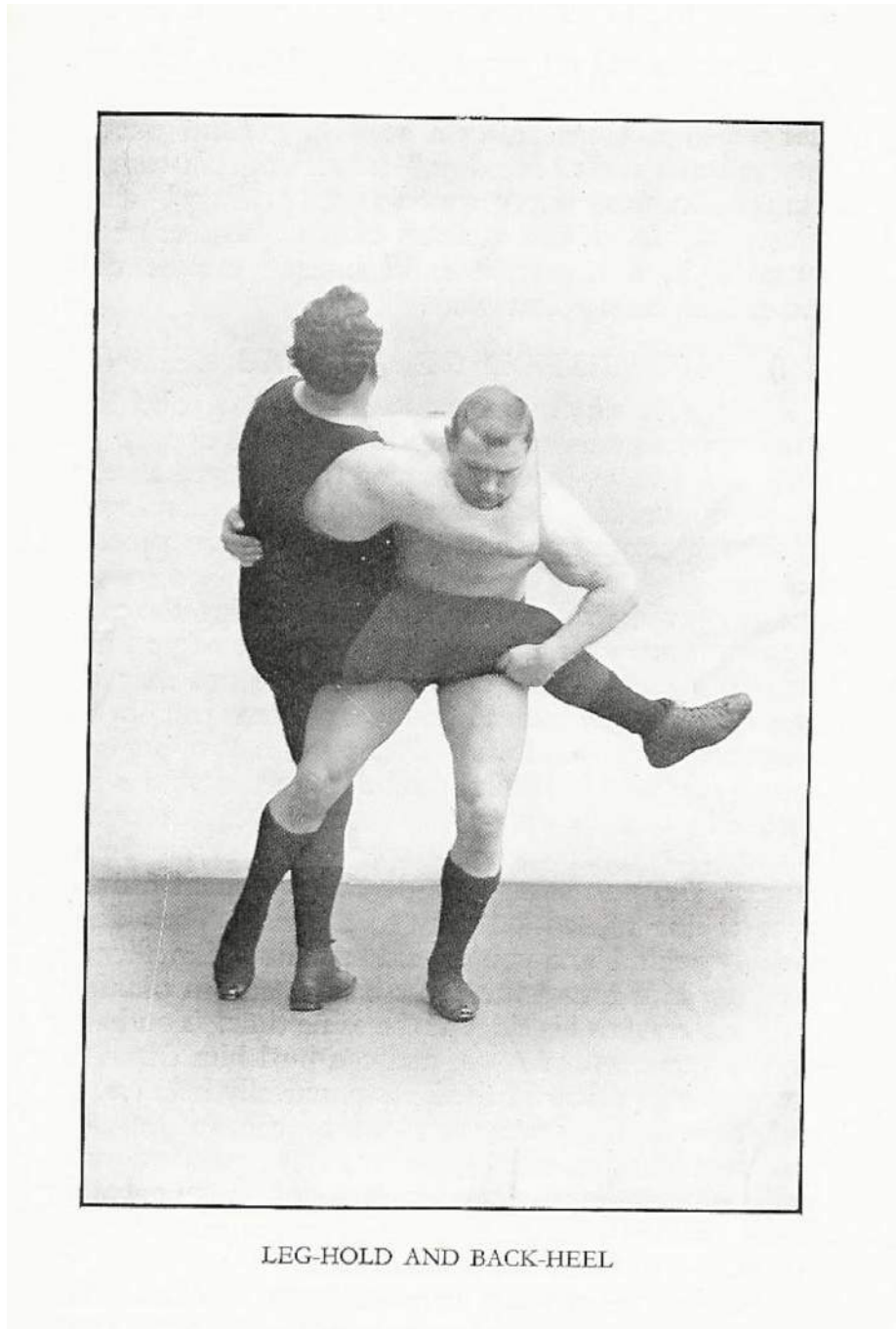
For these reasons most of the stratagems, tricks, and moves at the commencement of every bout are directed towards the object of getting behind, and should any of them prove successful, the first hold which will then present itself is the waist-hold from behind, unless, of course, the other man immediately goes to the mat for safety.

How then is a wrestler to get behind his man? First of all he has to get past him without the other being able to turn round in time to face him again.

Of course, if your opponent should turn in for a cross-buttock, a buttock, or a “flying mare”, and fail to secure the throw, he will by his attempt and failure have placed you in the very position which you may have possibly been trying to secure for several minutes. But you can by no means rely on his doing any of these things, save and except when he has satisfied himself that he can make the attempts without any possible risk of failure. His confidence may at times be misplaced, but it will not often be so, and as every wrestler is or should be aware of this, he must chiefly rely on his own ingenuity in discovering a path to the rear of his opponent.

A pull at either head or arm, either directly designed for the purpose of making your opponent flounder forward, so that you yourself can safely step behind, or an unsuccessful attempt to get an opening for any of the previously mentioned standing throws, will, present you with the opportunity.

A leg grab even may achieve the same purpose although, as will be explained in our next section,



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this is, or should be, rarely a successful preliminary. But undoubtedly the most numerous openings for the rear waist-hold arise after a spell of ground wrestling, when the "under dog," in making his escape from difficulties, either succeeds in getting behind himself as his whilom attacker rises to his feet or is captured in a rear waist-hold himself ere he can succeed in getting clear away.

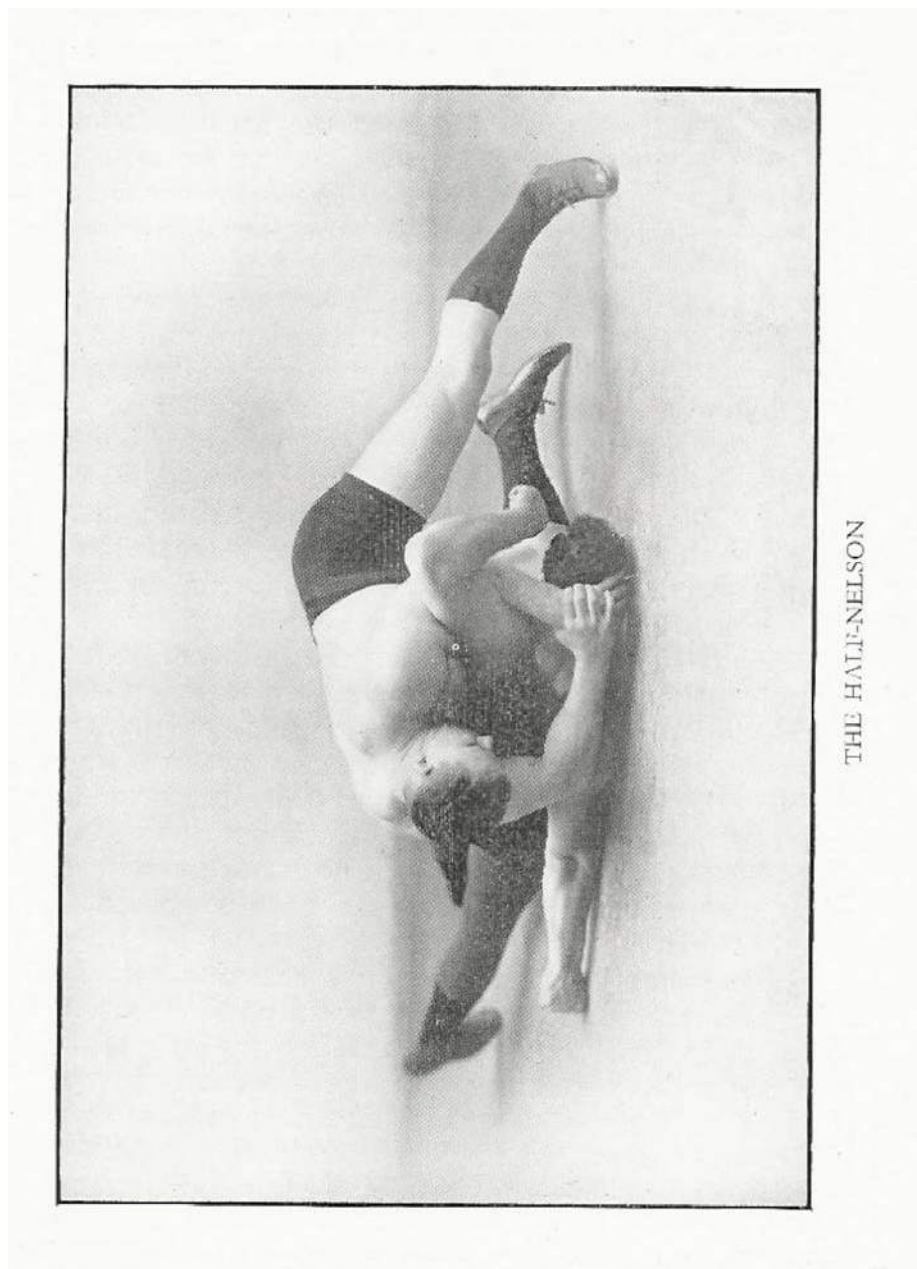
A SIMPLE METHOD OF GETTING BEHIND

After all, it is by no means so difficult to get behind your opponent as most wrestlers would appear to suppose. I have, indeed, frequently employed a very simple move for the purpose, and have employed it with the greatest possible success in the vast majority of cases.

The opening will constantly occur during the preliminary sparring for holds, when neither of you has secured a grip of any description and both may be merely trying for head-holds or even just hand sparring. Your adversary advances one arm (say the right). You immediately grasp this by the wrist with your left, and by the upper arm with your right, as shown in the photograph on p. 67. Seize quickly and pull sharply, and your opponent cannot avoid being turned half-way to the left. Then dash quickly behind, and you should have little difficulty in catching him round the waist behind and in pinning both his arms to his sides at the same time. You have now but to heave him up, and can hurl him down in any way you think fit, for he is practically helpless.

I have often been surprised at the stupendous efforts and dire pains which many wrestlers will make and undergo in order to secure a rear waist-hold, which, when secured, they appear totally unable to utilise to any advantage.

One will often see a wrestler secure this hold and then be content to retain it passively, with brief



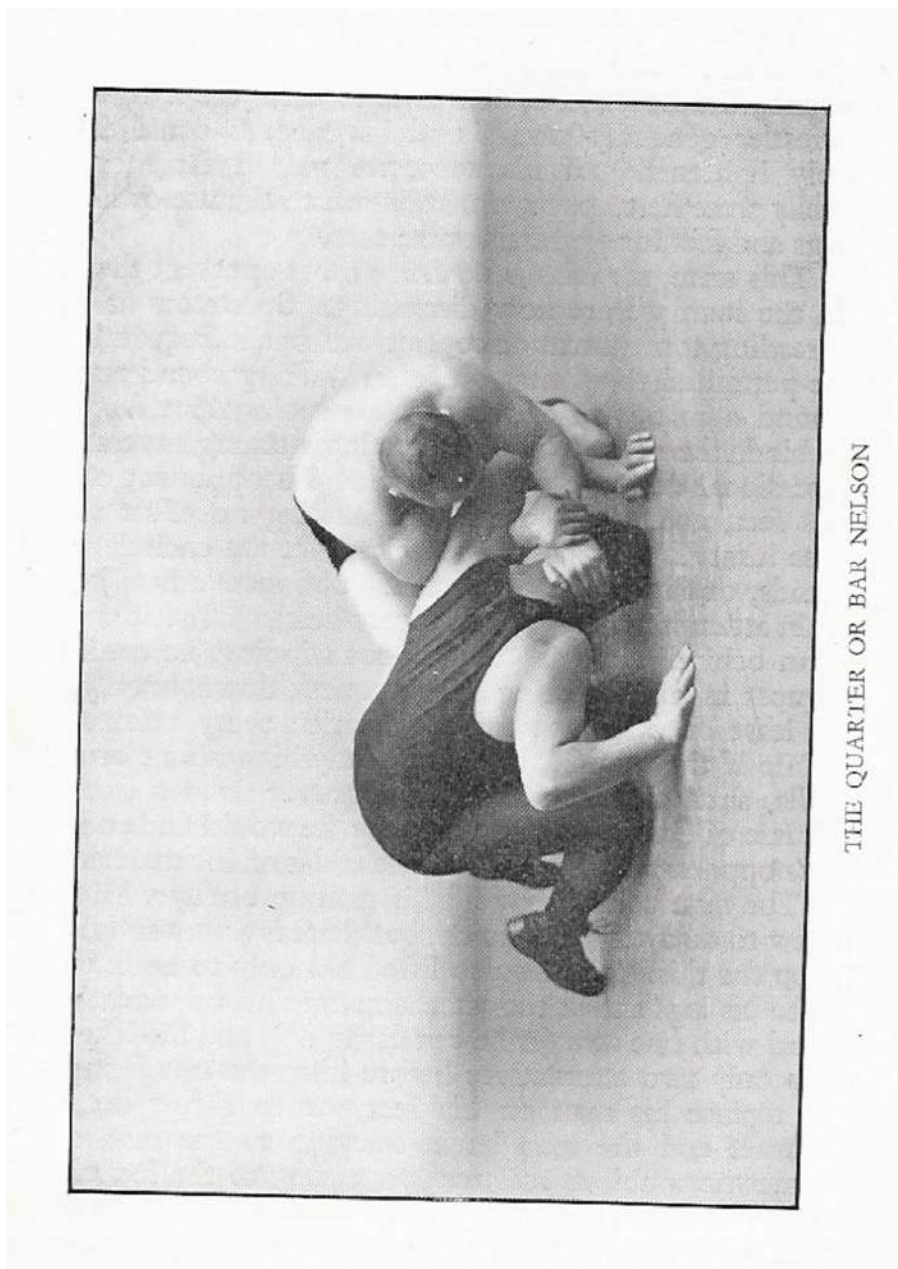
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alternations of futile attempts to lift his opponent off his feet and thereby swing him down. Sometimes he may pull him down, but then, as he generally goes down himself as well, in about the same relative position as he previously occupied, the two men either remain on the mat in a more or less quiescent state (supposing the aggressor to have retained his hold), or else, after some futile struggles, regain their feet as before, unless one or other commit a serious error in his strivings to escape (from no particular difficulty) or to increase a not very obvious advantage.

One or two little variations are occasionally introduced by enterprising wrestlers, such as pitching a man forward on to his hands and knees. This if successful yields no great advantage to the man behind, although at the cost of pretty severe and generally unnecessary exertion. Then again, in rare instances you may see a man jump up to straddle his opponent—a useful position for the “scissors” hold, provided he can get his man subsequently to the ground—but otherwise and as a rule (as matters actually adjust themselves) perfectly useless, save as a means of tiring the man, who has to carry his opponent round the ring; unless he goes down into a fatal position—fatal, that is, if he is not acquainted (as few wrestlers are) with any of the various counters to the “scissors” hold.

Here is another point to which attention may be drawn anent the regrettable ignorance of the art of tripping which so many otherwise highly skilful British, and particularly Lancashire, wrestlers display.

It is a strange and, indeed, an unaccountable fact, that while there are no wrestlers in the world so skilled at getting—and keeping—behind their men as those who hail from Lancashire, there are few who do not seem to possess a wider knowledge of what to do when they get there. I propose going more deeply into this subject when I come to deal



THE QUARTER OR BAR NELSON

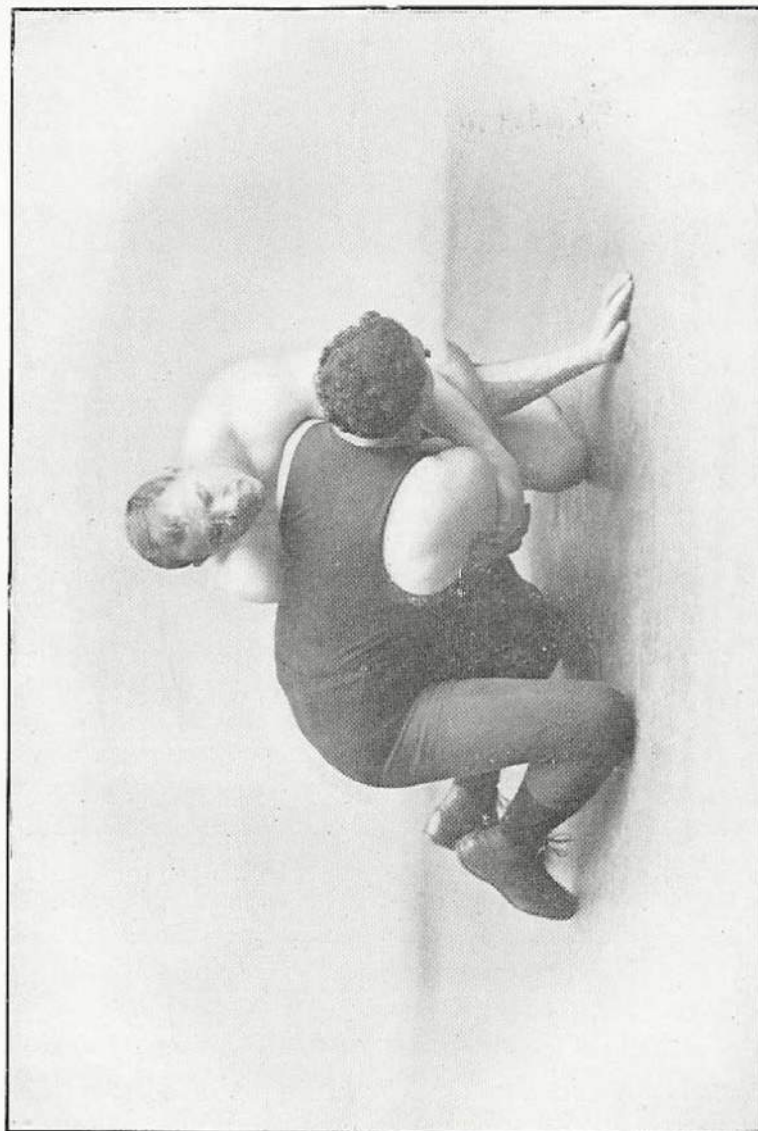
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with ground wrestling, but for the present it will be sufficient to state that for up-standing wrestling, at all events, the Lancashire, or for that matter the British, wrestler generally would find his labours considerably lightened and his successes gained far more easily were he to pay more attention to the use of his legs and feet for aggressive purposes.

This state of affairs is nowhere more apparent than in the item we are now discussing. Spectators at a wrestling tournament or contest will not infrequently be permitted to witness one man walking round and round a mat with another man clasping him from behind, the man behind attempting nothing save an occasional abortive effort to swing his opponent off his feet, and the man in front making no effort to free himself, only plucking uselessly at the encircling hands, or futilely grabbing at his opponent's head in vain attempts to secure a chancery-hold. Why, if the man behind knew anything about tripping, he could almost invariably bring his opponent down heavily, at least once, if not twice or thrice every minute, while if the man in front knew anything about arm rolls, such as he could easily discover from a brief course of Græco-Roman wrestling, he would find endless opportunities for turning the tables on his attacker.

The man behind may lift his man up bodily with a view to throwing him down, but there is a very simple stop for this. The man so lifted has only to hook in with his legs and at the same time trap his opponent's head with one arm (as he can easily do), and the lifter has only two alternatives before him, the one being to replace his man on his feet, or to throw both himself and the man he is carrying to the mat, a somewhat dubious resource, as, owing to the locked position of the two, it is by no means certain which will hold the advantage when things get sorted out.

Lifting a man from behind, by the way, is not always so safe a proceeding as it appears. For one



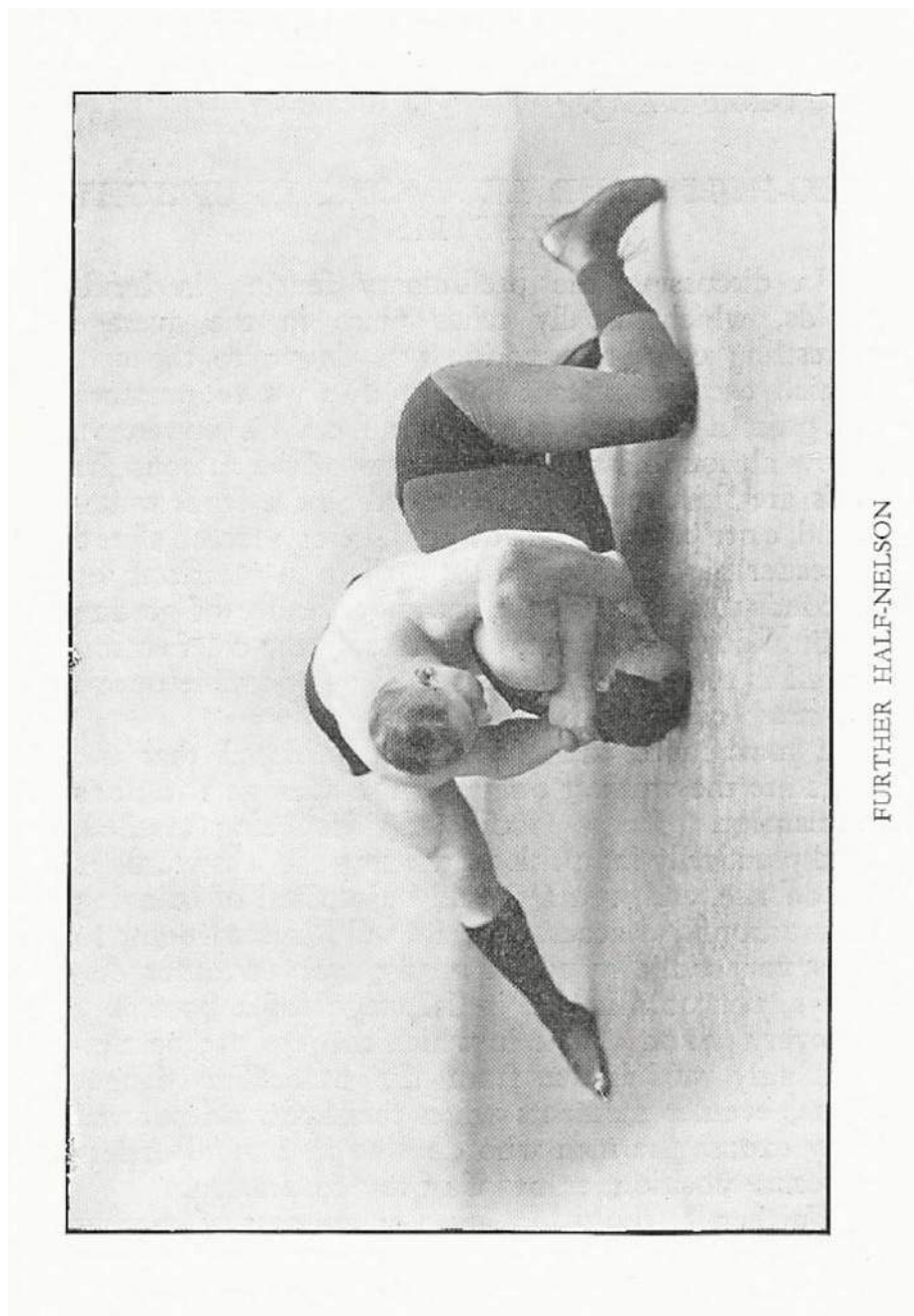
THE FURTHER ARM-HOLD, WITH BOTH HANDS

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thing, the man behind has to close up in order to obtain the necessary leverage, and thereby expose himself to the risk of the front man's suddenly stooping down and grabbing one of his legs, which, if firmly trapped, can be pulled up in such wise as to bring the man behind to the mat, and in no little danger of being pressed out flat, and in any event of being compelled to relinquish his waist-hold in order to have a free hand with which to stave off disaster.

I would recommend every wrestler securing a waist-hold from behind first to sweep away one of his opponent's legs with a well applied trip (selecting the leg on which the said opponent's weight or the major portion thereof is supported for the time being), and as he comes to the mat to go with him, retaining a slightly loosened waist-hold and also turning as far as possible on to one shoulder as he falls. By so doing, the man who has been tripped will necessarily be pulled more or less on to his back, the trip being so administered as to contribute to this, when the loosened hold can, if necessary, be quickly changed to a double arm, reversed chest or other hold, and the man be pressed down by the full weight of the attacker's body.

But it must be understood that the above counsel is only offered to those wrestlers who do not mind taking a rear waist-hold, without regard for the attendant risk of an arm-roll, to which every wrestler who takes a hold from behind invariably lays himself open. One or other of the encircling arms is always liable to be trapped, when the man in front has only to sit down (according to the height of the rear-hold in which he has been taken), or to pitch himself down on to one shoulder, swinging as he does so, so that when he turns over on to his back, the previous assailant goes underneath. I shall have more to say about these arm-rolls later on, but would



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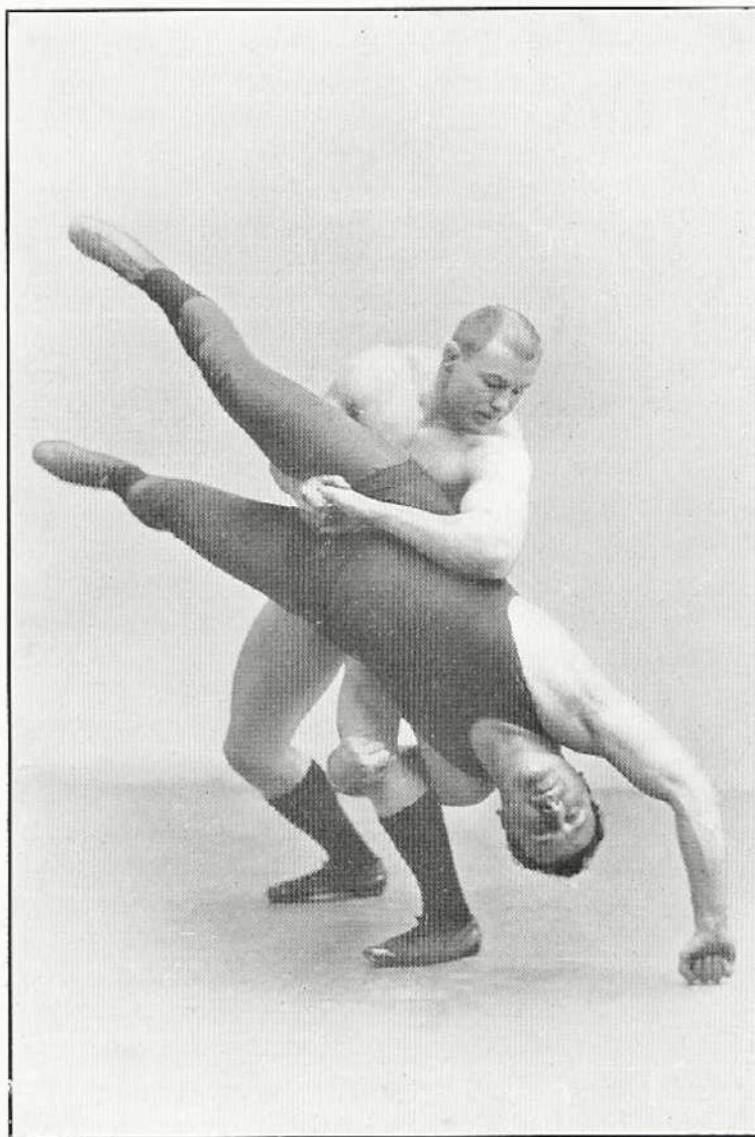
only now mention that when they are utilised, it is always advisable to pull the man behind close in to you before rolling.

LEG-HOLDS AND LEG WORK IN UPRIGHT WRESTLING

In discussing the preliminary fencing in head-holds, which usually takes place in the average wrestling contest, attention was drawn to the care which each contestant usually displays to preserve as great a distance as possible from his opponent. Now although, as explained, two of the reasons for this are first, to minimise the risk of a front waist-hold, or trip, or indeed any hold, being secured after a wrestler has been pulled forward from the front, or secondly, to increase the natural difficulty of getting behind one's opponent, undoubtedly the chief reason of all is to remove the legs as far as possible out of all reach of attack.

I have more than once already hinted that the legs are the weakest points of the average wrestler's armament. He is fearful of their being assailed, and practically incapable of utilising them as weapons of offence, and, lest I should be accused of bringing any unfounded accusation, I would like to point to this very timidity which nearly every wrestler displays, not only in the initial stages of a bout, but at every period of one in which the legs can be conveniently withdrawn from the immediate danger zone, even at moments when their very withdrawal may expose the man who does so in a more or less insecure position, as proof of my contention.

Further, I would like, even at the cost of another digression, to cite yet another instance in which fairly prominent, and even well-known wrestlers have by their own actions made admission that my contention is correct.



PICKING A MAN UP BY THE CROTCH-HOLD, AND THE
LATTER CATCHING LEG AS PARRY

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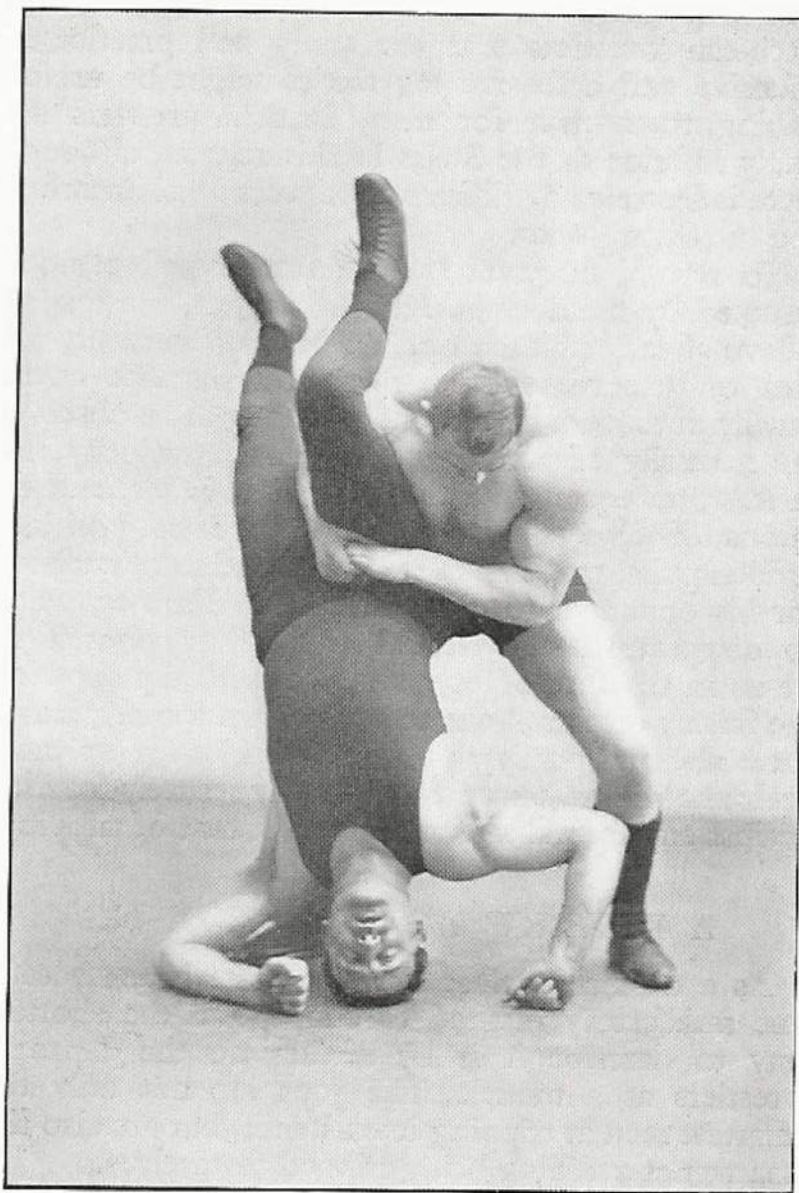
Take the Alhambra tournament in 1908, and the progress of the little Jap, Yamato, into the final for the heavy-weight championship. Yamato was seemingly hopelessly outweighed in every bout; his stature was positively diminutive when contrasted with any of his antagonists, and ridiculously so when he faced such giants as Zipps and Esson.

Yet these opponents were obviously on thorns whenever they were called upon to face him in an upright posture, one of them even, although some five or six stones the heavier man, positively preferring to remain on his hands and knees, without making any attempt to rise, rather than run the risk of being again tripped and brought down heavily, as he had invariably been whenever he found his feet.

The two giants were seemingly confident that their tiny antagonist did not possess the necessary strength to lever over their own huge bulk, and were further dismally aware that this same bulk rendered their constant impact with the ground whenever Yamato tripped them decidedly unpleasant.

I have been told that the respect which these big fellows displayed for Yamato's legs was positively ludicrous. They never themselves presumed to take the liberty of attempting to trip him; yet, despite the fact that they bent themselves double in their precautions, and skipped away at every movement made by the Jap, they were unable to escape frequent violent visits to the mat.

It is truly an astonishing thing that, despite the fact that Cumberland and Westmorland wrestling (one of the oldest styles of wrestling in the world and an exclusively British one into the bargain) does positively *bristle* with trips, British wrestlers, under the more popular Lancashire or catch-as-catch-can style, should nevertheless display such ignorance of the art. Not even the continued tours of Japanese wrestlers, who have spent more time in England than



TRYING TO PRESS A MAN DOWN WITH THE CROTCH-HOLD

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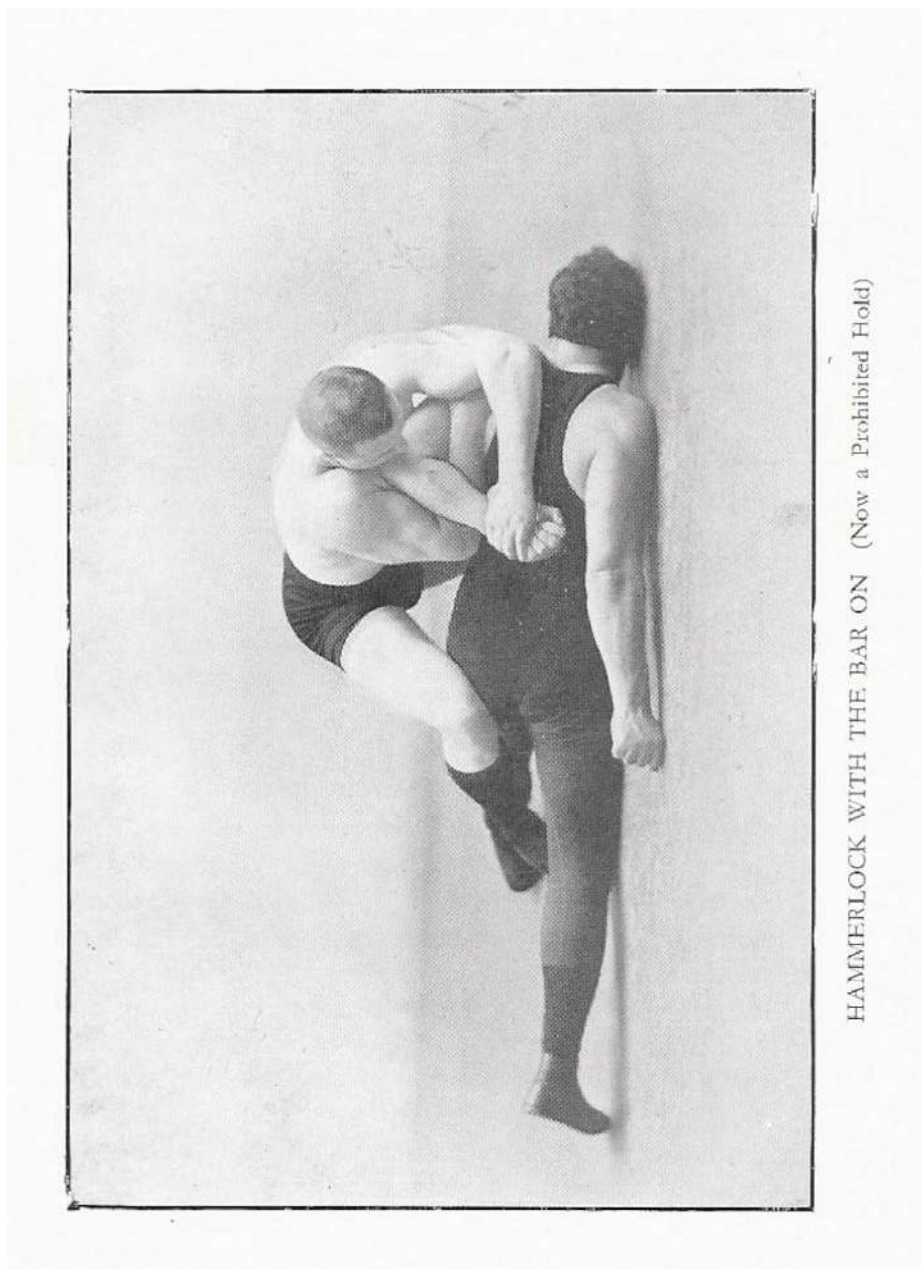
in any other country, and who are admittedly the smartest exponents of footwork in wrestling in the world, appear to have suggested to British catch-as-catch-can wrestlers that the study and practice of offensive and defensive leg tactics might be useful. Taking them man for man, British wrestlers are vastly inferior to the Swiss in this respect, although there is scarcely any difference between the Lancashire and the Swiss styles.

To return, however, to the stereotyped position assumed by the average British wrestler, there is, as I have already pointed out, no burning necessity for him to preserve such a respectful distance as he usually does from his opponent as long as he observes the necessity of taking and keeping a majority, or, at least, an equality of the *inside* head-holds, and by means of elbow play, quick change of position, sudden pulls, etc., makes it a matter of some exertion for his opponent to dispossess him. Further, when so dispossessed, he should only allow himself to be so in the case of one arm, occasionally allowing the freshly displaced one to hang down loosely, partly for a rest and partly as a guard against leg or waist grabs; he will thus keep himself fairly securely fortified against any frontal attack other than that of tripping.

A DEFENCE AGAINST TRIPPING

As a defence against tripping there is really only one satisfactory method to adopt, and the shortest way to describe it is by setting up the Japanese wrestlers as a model. The Japs are not only the smartest men at tripping in existence, but are also the smartest at avoiding being tripped themselves.

How often have you seen a Ju-jitsu opponent trip a stronger, heavier, and yet, at the same time, fairly capable wrestler in the course of a bout? The trips would be almost past counting, would they not? Then,



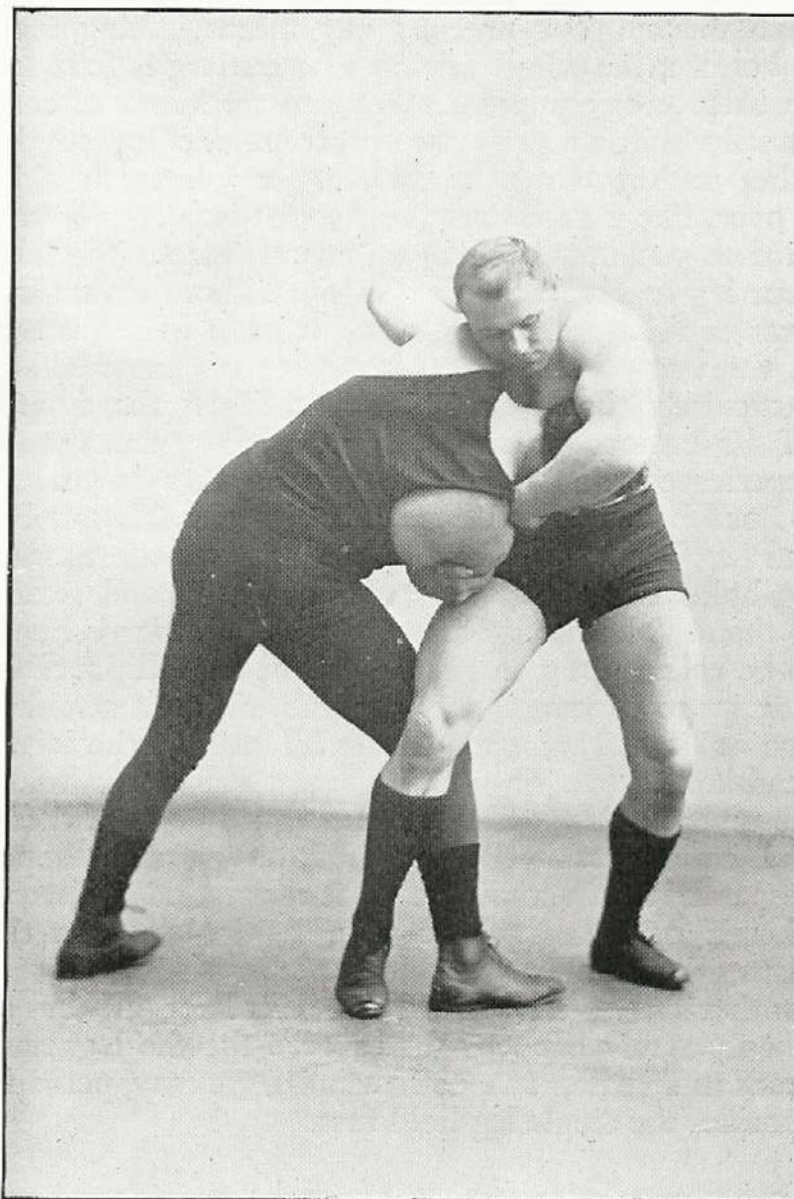
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on the other hand, how often have you seen a Jap tripped himself by a European in all the bouts between Japs and Europeans which you have ever seen? Very rarely indeed!

How is it then, you may ask, that, with all these qualities, so very few Japanese have ever sought to distinguish themselves as catch-as-catch-can wrestlers? I am not at all sure, but I should imagine that since the Jap has a distinct preference for going on to his own shoulders at Ju-jutsu (which, as is well known, they find of great assistance in applying their locks, so much so, indeed, that, contrary to all other styles of wrestling, the underneath position is the more favourable at Ju-jutsu), he fears that he may be unable to overcome the instinctive temptation to throw himself at catch-as-catch-can. This is, I think, the only possible explanation, but whatever it may be, I am satisfied that a slight study of Ju-jutsu, especially of the throws and counters, would be no mean addition to the catch-as-catch-can wrestler's armoury.

Briefly stated, the whole science of tripping consists (1) In sweeping away, by means of a sharp tap with the foot on your opponent's ankle, of the leg on which his weight is momentarily supported; and of, at the same time, pulling him either by the arm or head in the opposite direction. That is to say, supposing that you have swept his left leg inwards by an outside-stroke, at the same time pull at his left arm or at his head, giving a downward tug to the left. (2) Backheeling, or getting a leg behind opponent's opposite leg, the lower the better—what the Cumberland and Westmorland wrestler would call "clicking." (3) Utilising a leg thrust outside or across opponent's leg so that, a pull in the required direction being given, he shall fall over it.

That is the whole science of tripping, with the necessary variations according to circumstances.



A COMBINED HEAD, CHANCERY AND FURTHER ARM-HOLD
WITH A BACK-HEEL
(Described on p. 104)

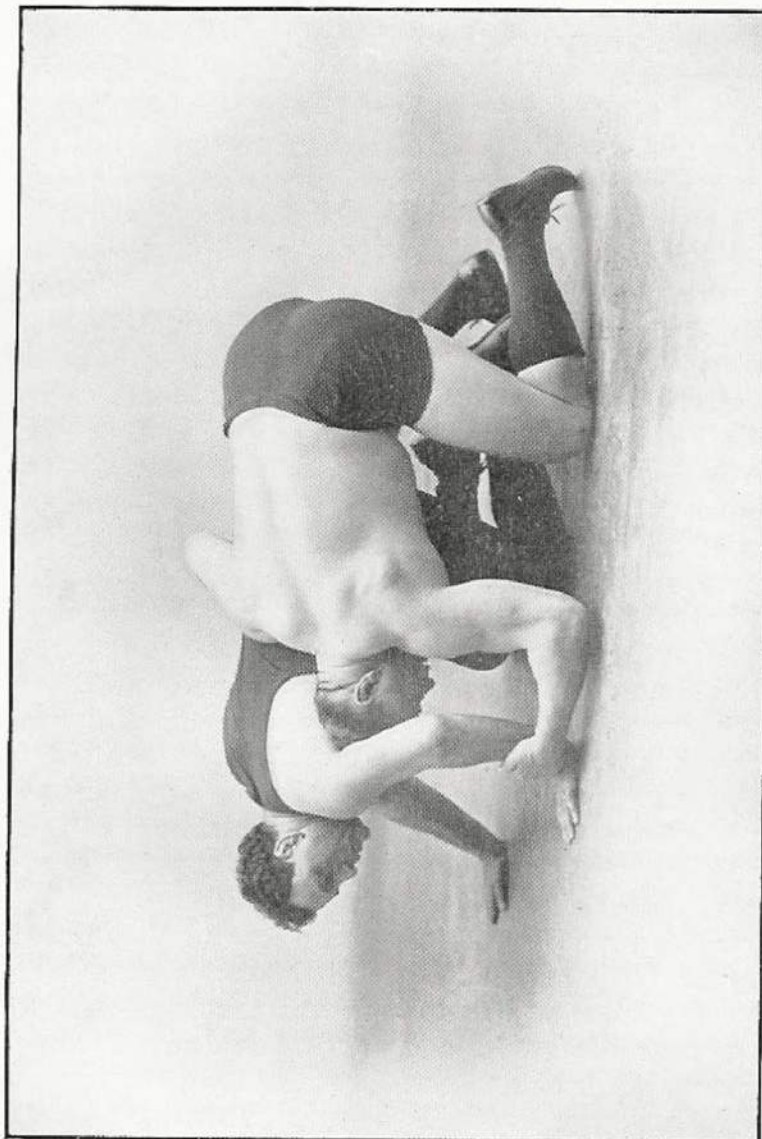
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In order to avoid being tripped, you must make an accurate study of balance. You will not find that you have wasted your time by any means, seeing that, at bottom, the whole science of wrestling is founded on balance or equipoise. Get into the knack of continually shifting your weight from one leg to the other until you can instinctively and instantly shift it over, like a flash, just prior to the impact of a trip. In time you may become sufficiently expert to allow your leg to give readily to a trip without disturbing your equilibrium in any way, or even to move out of the way of one, either of which manoeuvres, but particularly the latter, will often throw the tripper off *his* balance to such an extent that you should experience little difficulty in bringing him down.

But I believe that I headed this section "Leg-holds and Leg Work," and have so far made no reference to leg-holds themselves, so must break off and attend to them. The first of these which a wrestler is likely to be called upon to guard against, or will probably attempt to secure, is the leg grab, directed at either one or both legs, when facing his man in the initial head-hold work or preliminary sparring for holds. Naturally, no man likes to be caught in one of these, and equally naturally, perhaps, every man hopes desperately to secure one. Not that he need distress himself overmuch either way, by-the-bye. In the matter of double leg-holds, perhaps—but that is another matter to which I will refer later on—but as it only rarely happens that a dive for the legs succeeds in securing *both* nether limbs, we may, perhaps, consider the single leg-hold first.

SINGLE LEG-HOLDS

A single leg-hold is by no means so easy to secure as might appear from the excessive care with which the average wrestler seeks to keep out of reach of



PUSHING AT A MAN'S ARM WITH YOUR HEAD, IN ORDER TO PULL IT BACK SO AS TO DRAW THE ARM ACROSS THE BACK

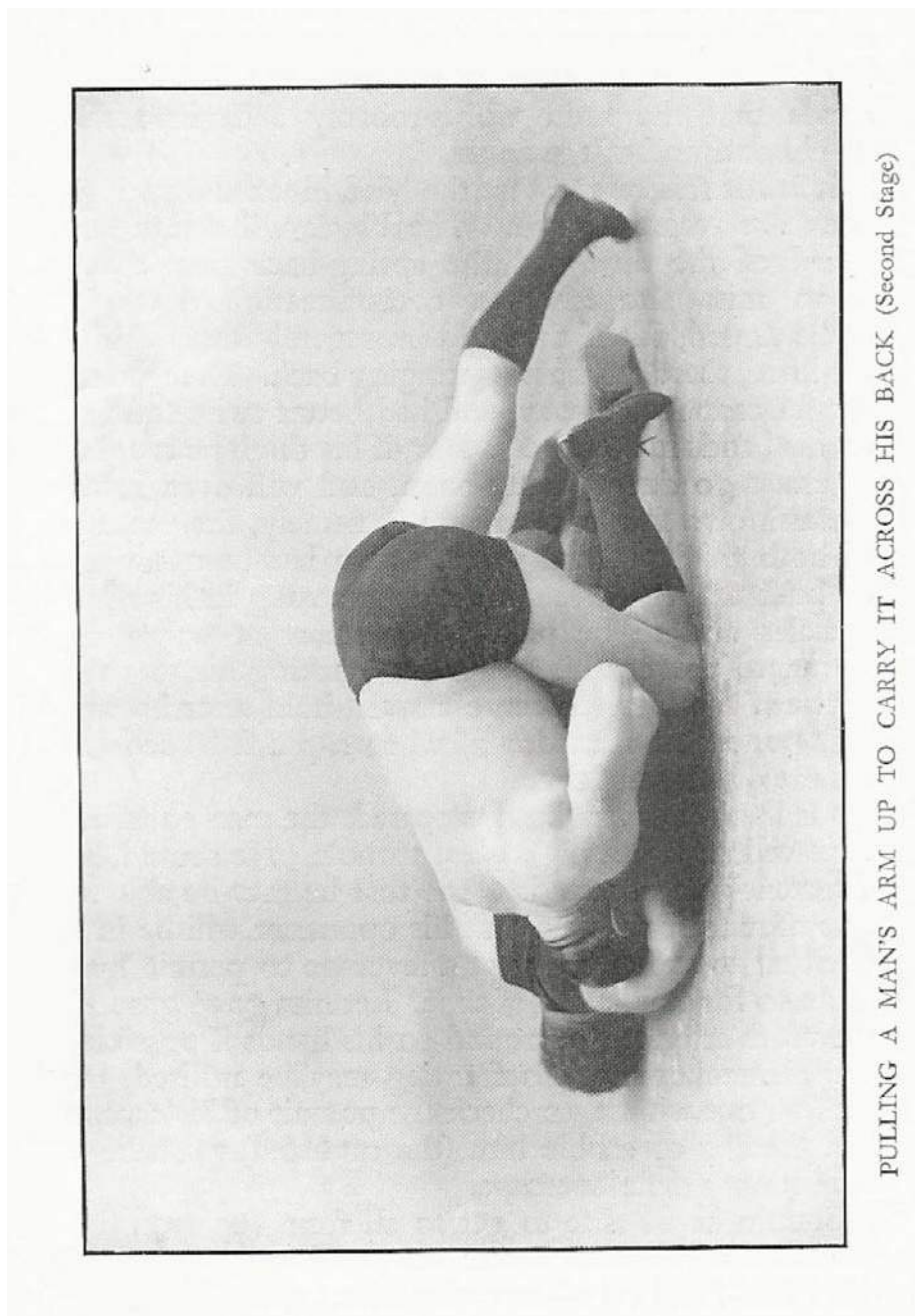
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these. I have already indicated a pretty safe protection against these grabs in the inside head-hold or hanging arm, which is held ready to dart out at once to push down the head of the man who dives for them, but it is well to remember that this same push down and block is best accompanied by a slight jump back out of reach. For a dive forward with a man's full weight behind it can only be checked, and must not be considered to be stopped by the simple pressure of one hand on the head.

Nevertheless, should the diver, despite the head check, still secure a leg, the weight should be instantly shifted to the other foot, when the hold secured will advantage the captor but little unless he develops his advantage on lines to be hereafter described. Pull at it as he may the captive can always hop out of harm's way with a fair amount of serenity, especially if he has paid due attention to the study and practice of balance.

Granted that the captured leg may be turned, twisted, and pulled from side to side, it yet remains fairly difficult, if not impossible, to conceal all these moves from the man whose leg has been captured, so that he, being able to anticipate them, and, as I hope, having previously practised them, is yet able to adjust his movements and weight shiftings as still to be able to preserve an upright position if he so desires.

The man whose leg has been captured should, however, be particularly careful in one respect. He may have been captured high up the leg, or low down, near the ankle, and the lower down the leg the better will it be for him. Therefore, supposing the grab to have got home, as directed, above the knee, he would be well advised to twist over immediately on to his hands and to make off on these as fast as he can. His preliminary twist over should always be combined with an endeavour to "shoot" away, which,



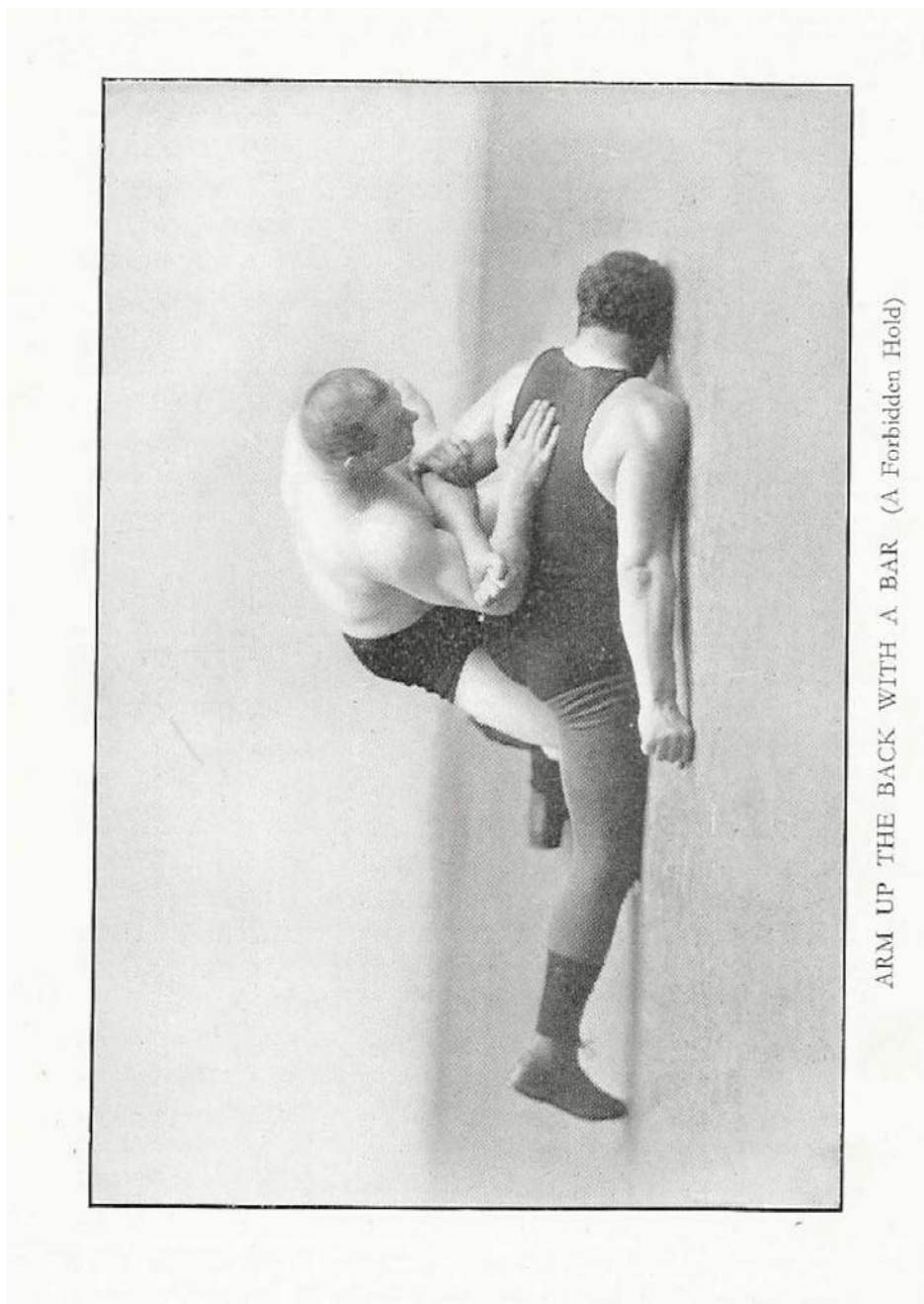
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assisted with an immediate rapid run on his hands, may, if it does not succeed in withdrawing his leg altogether, yet so slide it through his opponent's hands that the hold will probably shift into the neighbourhood of the ankle.

It is for this reason that the head-block and spring-back are recommended. The block will break the speed of the dive and the spring-back may cause it to miss altogether—a consummation devoutly to be hoped, for if the hold be securely fixed above the knee, there can be no springing back. The man so caught cannot get away, and had better twist and fall on his hands immediately. For, if his thigh be caught, he must go down pretty soon, and will even incur the risk of a far worse calamity, namely, the capture of both thighs. And when a man has been caught by both thighs, he has to be very strong in his neck muscles and to be particularly smart at wriggling about, to prevent his opponent working his way up between the legs to secure a waist-hold after having first pulled his man down, when a pin-fall becomes a mere question of time.

Once a thigh has been captured, the man so taken is placed straightaway in bad trouble. He should, as directed, go to ground. True that he may be able to hop around for a time, but his opponent will be in a position to exert too great a leverage to permit him to do so for any length of time. Let him go to ground therefore at once, run round on his hands if possible, and remember that his free leg may be utilised, by kicking out with it, to check the pursuit of his captor and thereby to enable him (the captured) to make a semi if not a definite escape.

Should he be able to get to all fours, or even flat on his face, he had better do so if matters appear desperate. For on all fours he is in a good defensive position, although if the aggressor has retained possession of the leg he may be able to work up into the



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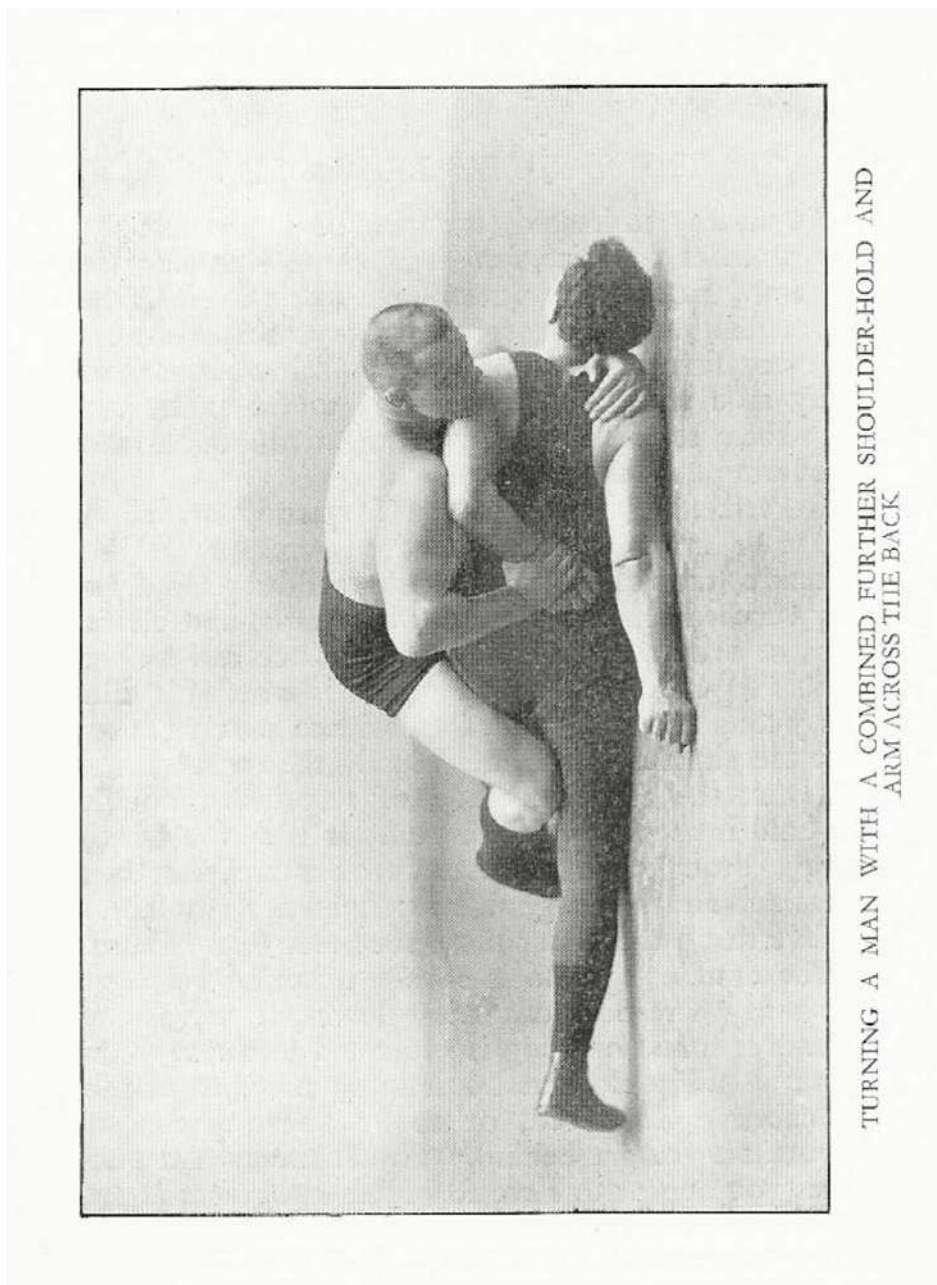
crotch-hold, while if he goes flat to the mat he has broken the hold and can take his time about getting on to his hands and knees or into such other defensive position as may appeal to him. But we are trenching on ground wrestling, which will be fully dealt with in the next chapter, and must return to the subject of standing leg-holds.

Instead of, however, attempting any of these manœuvres, a wrestler securing a good single leg hold on an adversary, say, of his right leg, may jump in close immediately, pulling the leg up and retaining it with the left hand, but throwing his right arm round his opponent's waist. He has then only to cross his own right leg behind the other's left to secure an absolutely certain fall.

He may find an opportunity to bring the same hold into use from an initial front waist-hold, supposing him to have secured one. He is close in, his opponent is slightly off his balance, and his leg may therefore be caught up, and the above manœuvre executed with complete success.

Another leg-hold, which, by the way, may be styled a wrist and crotch throw, can be secured from numerous openings as follows: A feint for a cross-buttock, from which your opponent has recoiled, a failure or feint for a front waist-hold which has been only blocked but not repelled, or even a single leg-hold may yield the opportunity.

Simultaneously slip your right arm between your adversary's legs and your head under his right arm, at the same time securing his right wrist with your left hand. Then, taking him up by the crotch or round the thigh, hoist him on to your right shoulder. Some wrestlers rise to their full height when lifting an opponent in this fashion, because, I presume, that they fancy that by so doing they will be enabled to dash their man down more heavily, but, personally,



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I prefer dropping on one knee for the purpose, as you are then better placed to put your opponent flat on his back and subsequently to pin him out.

THE DOUBLE LEG-HOLD

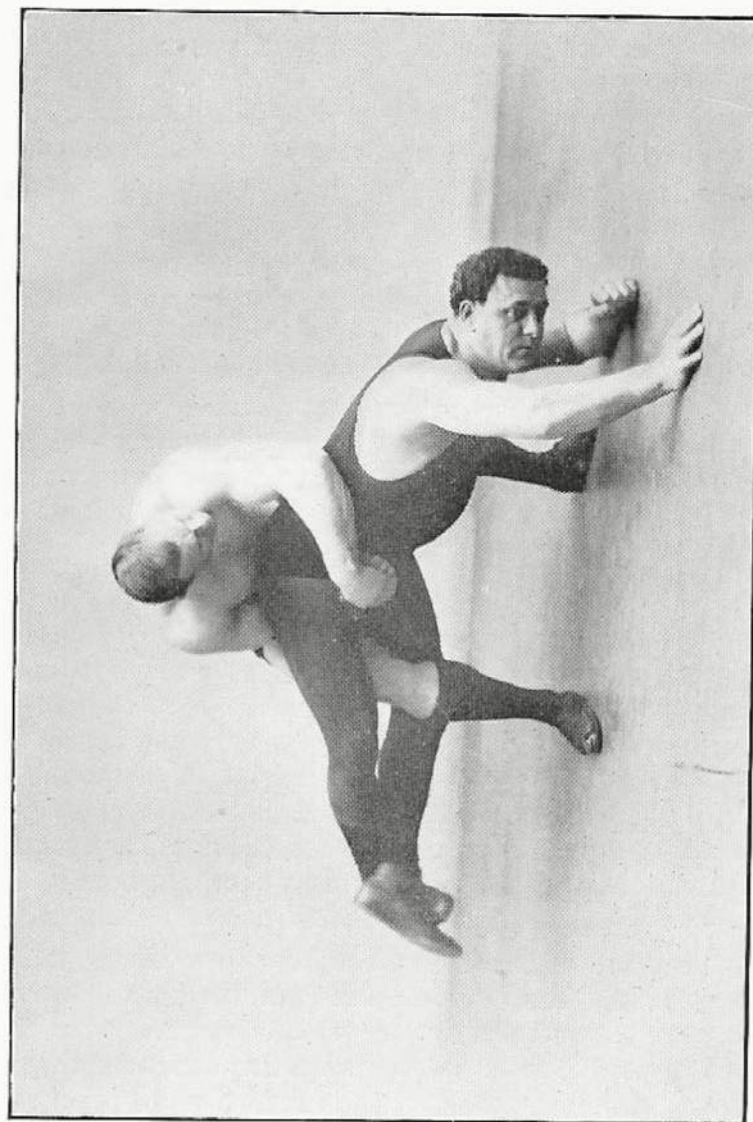
As already intimated, it *should* be impossible for any wrestler to seize *both* legs of an opponent in stand-up, face-to-face wrestling. I say it *should* be impossible, according to all theory, since one of the very first principles is that which ordains that every man should stride his legs so far apart, and keep them so, as effectually to negative any attempt to obtain possession of both.

Nevertheless, both legs *are* frequently seized in wrestling matches, even practised wrestlers falling victims to the hold. Simple moves, sudden plain dives may succeed against a novice, but traps, and clever traps at that, have to be laid before one can fix the double leg-hold on a wrestler who is worth his salt.

My long and fairly varied experience has taught me that the simplest traps are usually the most subtle, and that the easiest method of securing a double leg-hold is to offer one yourself. It is a ruse which I have brought off successfully on more than one occasion, and although I have known it to fail, I believe that I can count more successes than failures.

The double leg-hold is such a tempting bait that not many wrestlers can resist having a try for it whenever a real opening is presented to them. You stand up fairly close and seemingly strive to obtain an effective head-hold, or to be finessing for an opportunity to get behind. To all intents and purposes you appear to have forgotten altogether about your legs, until the other man (unable any longer to resist the temptation) makes a sudden dive for them.

This is just one of the most vital points where intelligent anticipation displays all its virtues. Your



PICKING A MAN UP WITH THE CROTCH-HOLD
Defence, lock his leg with your own

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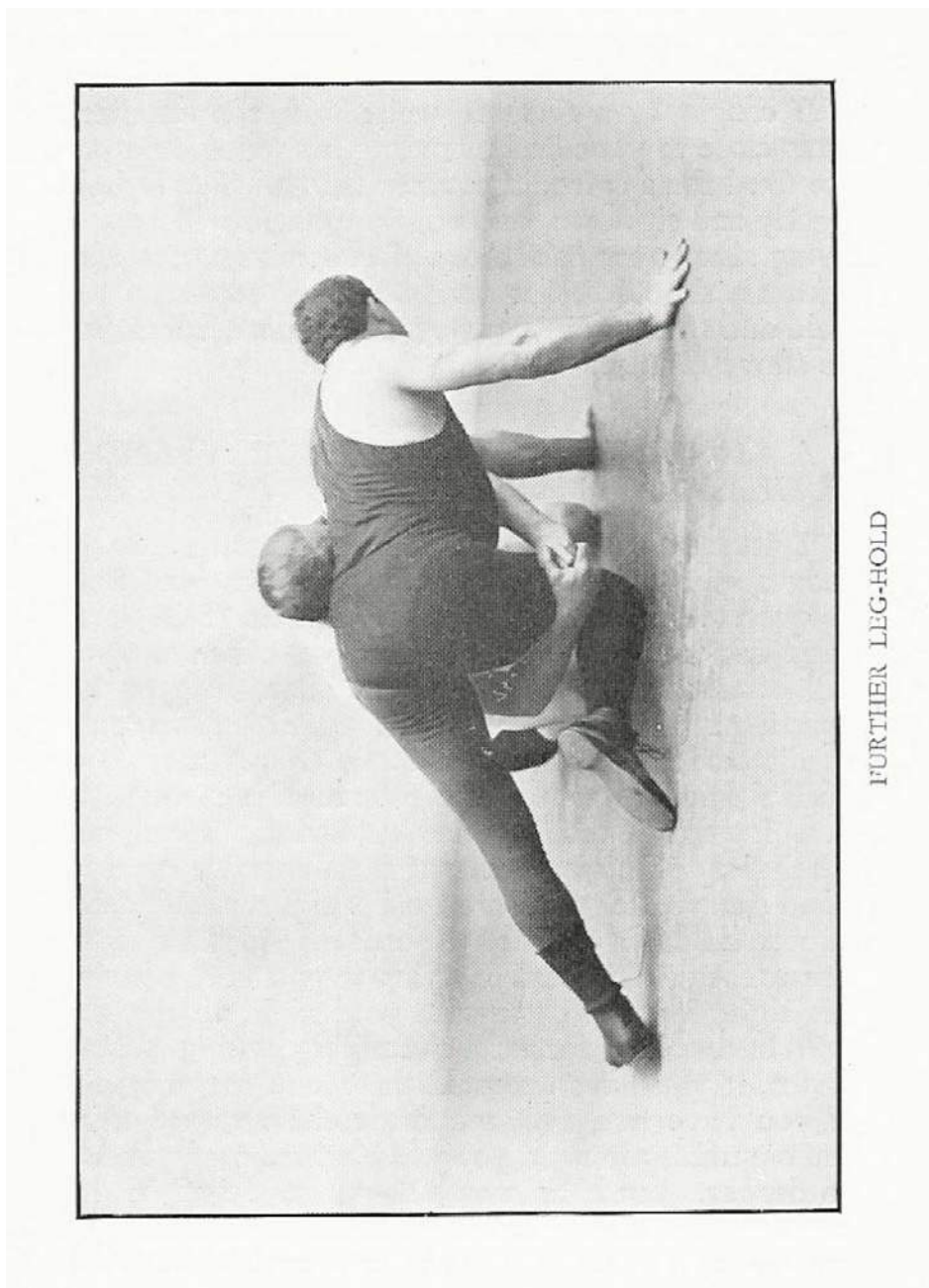
opponent has made the very move which you have been waiting for him to make, but unless you can anticipate his action by the fractional portion of a second you might just as well have refrained from laying the trap at all.

To anticipate it too soon will deprive you of any advantage which you might otherwise have gained, for you will have put him on his guard against any similar lure in the future, while to hesitate even for the merest fraction of a second would almost certainly be fatal. The moment he moves you must move with him, not much, but just far enough back to cause his grab to miss. Be careful not to jump too far back, for you must remember that he will have aimed for where your legs were when he started, so that a recoil of three or four inches will in most cases be all sufficient.

The miss will cause him to overbalance slightly, and you should have little difficulty in trapping both his legs yourself if you only move smartly enough.

The above is one way of doing it, and probably the safest way. But there is another if you are quick enough, and that is to dispense with the recoil, to anticipate his dive by the sixty-fourth of a second, and to take him below the knees. When the trap is worked this way, it is even more effectual, and will appear to the spectator as though your opponent had swooped first, but that you had swooped faster.

In any event, should you at any time succeed in trapping his legs, it is advisable to pull them up sharply at once and by so doing to topple your opponent over heavily. But this will, of course, depend on the disposition of his weight at the time. Should his legs refuse to come away at once, he will have a glorious chance to pick you up bodily with a reversed waist-hold, to which your best protection will be to rush him over off his legs, for if you retain your hold on



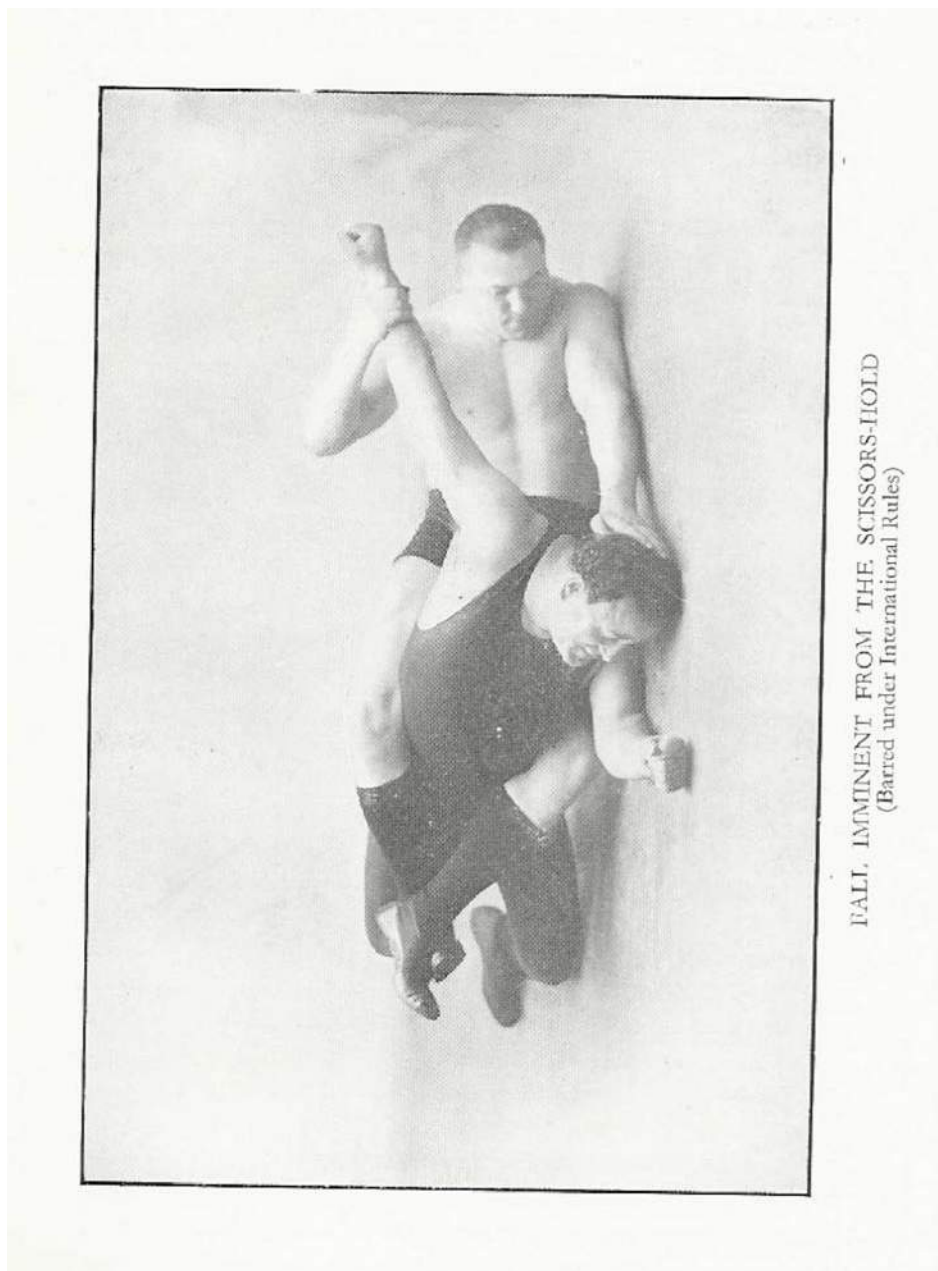
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his legs, he will be at liberty to fall forward with you, and thereby pretty nearly shake the life out of you.

If caught by a reversed waist-hold, pin attacker's arms close to your body, holding his wrists, and you are fixed for a splendid counter throw. Simply hold tightly and sit down, and your opponent will be sent flying along your back a complete somersault, to land with his shoulders flat on the mat, if you keep fast hold and throw back your own shoulders, which will be above his face.

A COMBINED HEAD, CHANCERY AND FURTHER ARM-HOLD WITH A BACK-HEEL

This may sound a rather complicated series of moves, perhaps, and admittedly the combined hold in question is not so very easily secured. Still openings do occur, and should one be seized a good fall cannot fail to be the result. Say that you are sparring for holds, have grabbed your man's left arm, as directed in an attempted move to get behind, in such fashion as to be able to pull him right in to you, instead of turning him half-round. He should be slightly off his balance at the time, and your right hand grasp taken high up on his right arm, indeed, almost on his shoulder. Then turn sideways as he comes forward, instead of trying to pass him, pressing his right forearm back with your right thigh. He will have come forward, stumbling with his head down, if you have executed the move correctly; for if you have not, or have made the attempt at an unfavourable moment, you will have exposed yourself to danger. But if he comes to you as described, his head should shoot across your chest and may be trapped by throwing your left arm over it from behind, pulling it in to your chest. Now stride out your right leg across and behind his right, and by pulling on his



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right arm, and at the same time pushing up his left shoulder with your right, over he must go, and go heavily. He will turn as he goes, and you should have no difficulty in following him to the mat and pressing him down.

As already hinted, the throw, although a very effective one, is a fairly dangerous manoeuvre, unless accurately executed. For as your opponent comes forward, you turn yourself in to him; and unless you have secured a firm hold, have pulled him fairly off his balance, and have executed all your moves smartly and rapidly, you will have laid yourself open to being taken in a vice-like waist-hold from the side, and even slightly from behind.

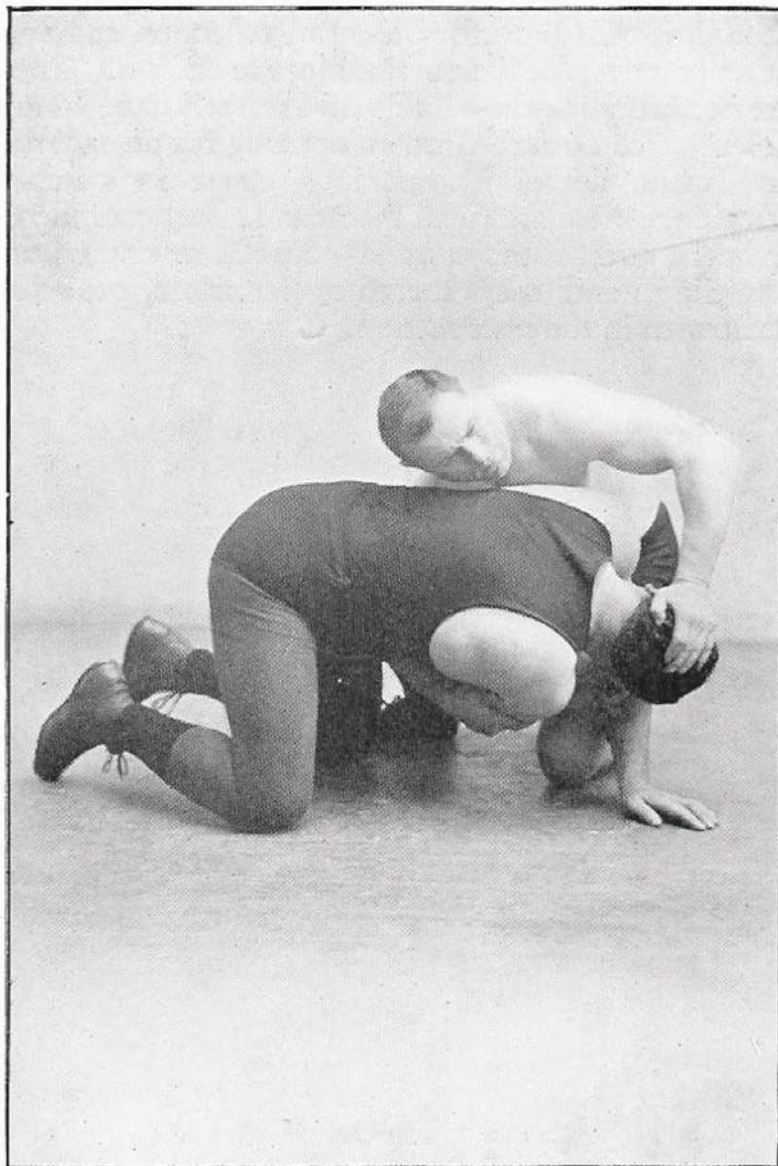
STANDING ARM-HOLDS AND ARM ROLLS

But when all is said and done, the wrestler who has made a careful study of the possibilities that may arise from a simple arm-hold, is more likely to win championships than the one who pins his faith to the ordinary stereotyped methods.

The man who can bring off throws by means of an arm-hold, or of an arm roll, is a man who gives the rein to his imagination. I have heard it said that if an opponent only touches my hip from behind, he is doomed forthwith; that I have trapped that hand, arm rolled and pinned him, before the spectators have had time to breathe.

The statement is perhaps a little exaggerated, but there are elements of truth in it. I do not propose to explain exactly how, when, where, and why I manage to bring off some of the arm rolls I do, for they are quite as much a matter of instinct as of reason.

I very much doubt whether it is possible to teach a man the full science of arm rolls, even by practical illustration, and am quite sure that it cannot be done on paper. But the description of a few possible moves



FURTHER ARM-HOLD AND HEAD PRESS

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of this nature may perhaps give my readers some idea of the business, and thus encourage them to study it for themselves. It is a subject worth studying even though it calls both for plenty of reflection and even more practice, for the possibilities are endless. There are not many standing-holds, and scarcely any ground-holds which do not afford an opening for an arm roll; and while numerous openings occur in stand-up wrestling, these are to all intents and purposes identically the same as those which occur in mat or ground wrestling, and may therefore be more profitably dealt with in the next section.

CHAPTER III

GROUND WRESTLING

THIS is considered the most important department both of catch-as-catch-can and of Græco-Roman wrestling, seeing that by far the major portion of almost every wrestling bout is contested on the mat, either in a prone posture or on all fours.

Most wrestlers devote far more study and practice to ground wrestling than they do to stand-up work, in some cases even neglecting the latter altogether, and it is on this very account that I have devoted so much space to the upright department in my last chapter.

As a matter of fact, despite the statement at the head of this chapter, the two sections are of almost equal importance, for though an experienced ground wrestler may frequently escape being pinned or even thrown on to his shoulders, no matter by what throw he is brought down from a standing position, yet this is not always possible, and even though he does manage to escape, it will frequently happen that he is brought down so heavily and is so shaken in the process as to render his ground defence considerably weaker than it would otherwise have been, at all events for the first minute or so.

But despite the amount of study and practice devoted to ground wrestling, it must be confessed that one rarely sees any great amount of imagination

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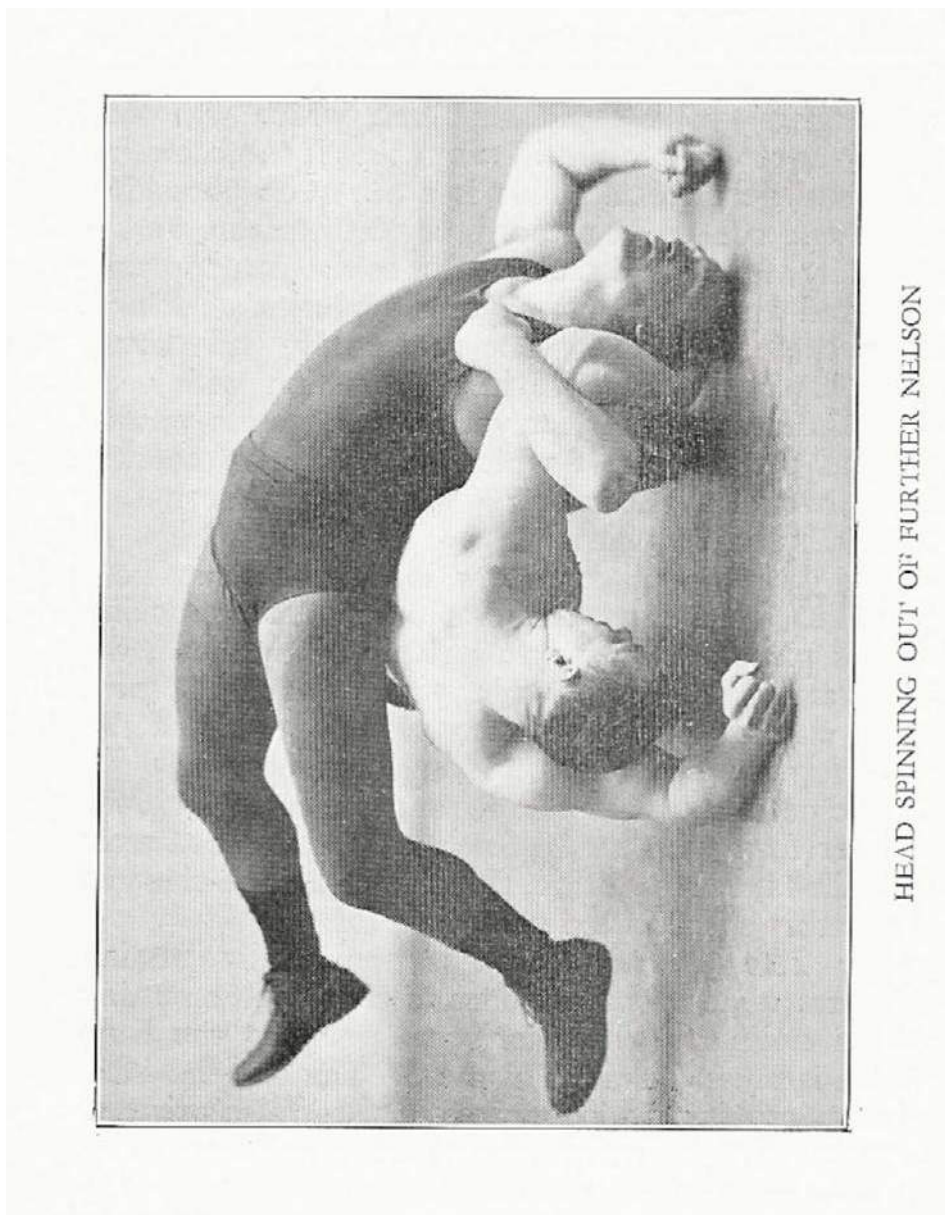
displayed. The holds applied, the methods of attack and defence adopted, follow along certain clearly defined, and, as a rule, well understood lines; so closely indeed that several really excellent openings are often ignored, because, presumably, any acceptance of them would be a divergence from the beaten track.

At least, that is the only possible explanation, for the openings are usually so very obvious that one can only conclude that they are disregarded from a slavish reverence for the classical traditions of catch-as-catch-can wrestling, the disciples of which apparently consider that it is better to wrestle on the same lines as their grandfathers wrestled, even if they lose, than to win by the use of a hold which their said ancestors had never discovered.

I have endeavoured hitherto to avoid, as far as possible, the use of any technical expressions, but in the treating of ground wrestling it is impossible to avoid them. I take it that a good many of my readers are fully acquainted with wrestling terms and their meaning, but for the benefit of any uninitiated readers, it may be as well to explain the exact meaning of certain definitions.

In describing and illustrating these various holds, it will be noticed that in many of the holds my partner and I are shown in upright positions. The reason for adopting this course has been merely that the hold in question might be shown as clearly as possible, and readers must remember that nearly all of these holds may be applied either when both wrestlers are on their feet or when they are both struggling on the mat.

The Half-Nelson.—This, the commonest and most frequently utilised hold, is applied by the insertion of an arm under your opponent's "near side" arm and the extension of your hand across the back of his head. The head is thus forced down and the shoulder, of course, raised simultaneously, the object aimed at



HEAD SPINNING OUT OF FURTHER NELSON

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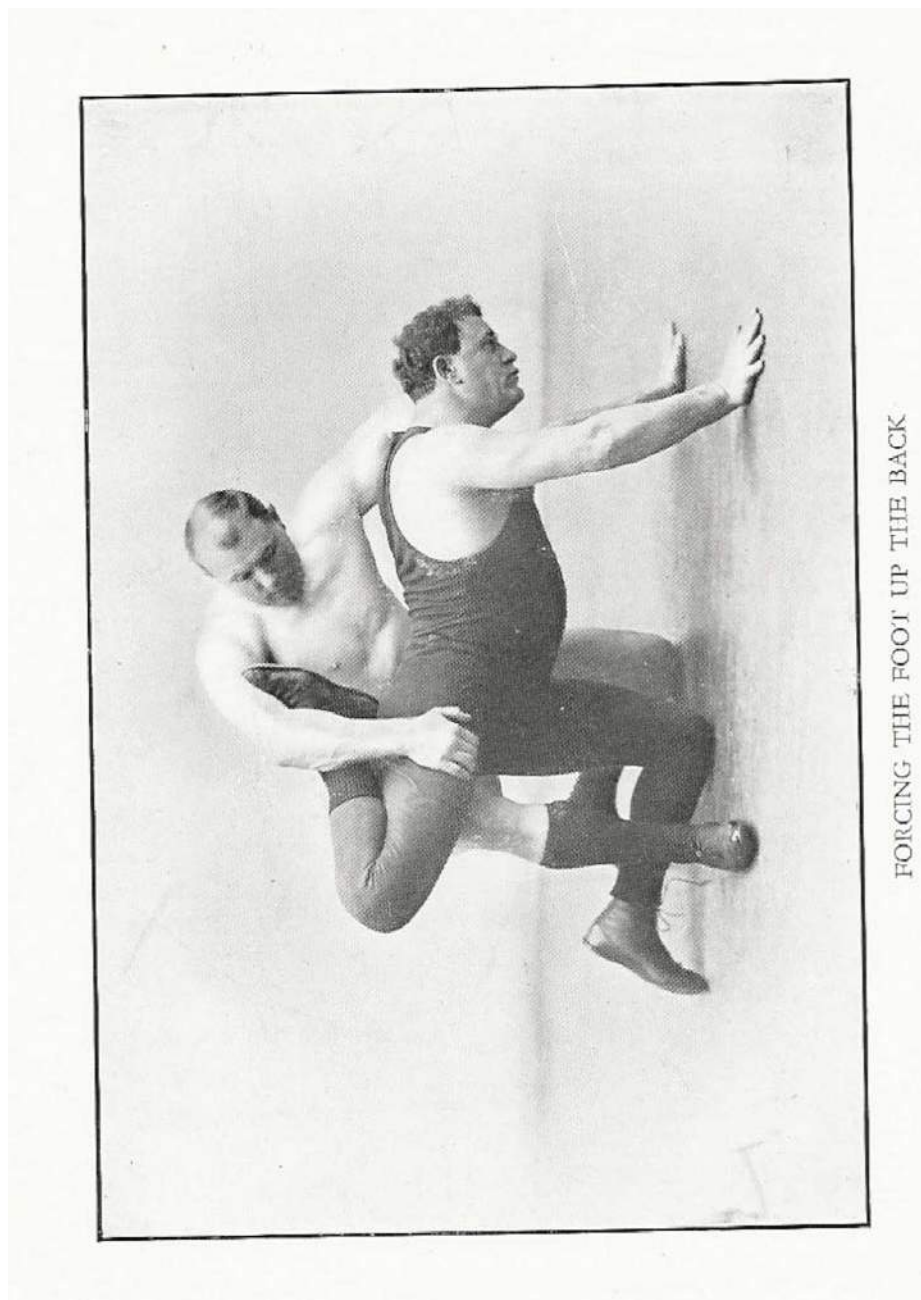
being to make him turn over away from you. Numerous variations and combinations of this hold will be shown later on.

The Further Nelson is a half-nelson thrust under your opponent's "off side" arm, and the consequent levering-up of his "off" shoulder, which will turn him over towards yourself, supposing it to be applied with sufficient force. This is a far more punishing hold, as a rule, than the ordinary half-nelson, and is naturally less easy to secure. But as the arm applying the hold is passed across your opponent's back, it is an exceedingly risky one to employ, and should never be attempted save in combination with such other hold as will render you secure against an arm roll, to the danger of which very effective counter every wrestler attempting a simple further nelson invariably exposes himself.

The Quarter or Bar Nelson is a half-nelson hold in which both arms are employed. The attacking arm is placed directly on the back of the head, the other arm being thrust under your opponent's "near side" arm in such a manner as will permit of the attacking wrist or forearm being firmly grasped.

The head can be forced down more easily with the quarter than with the half-nelson, but; as both arms are called into requisition, the hold cannot be changed so quickly should need arise therefor.

The Three-Quarter Nelson is applied by passing one arm under your opponent's chest (after putting on an ordinary half-nelson) and grasping the hand which is pressed against his head. This has the effect of drawing his head in towards you, and also prevents his weakening your grip by moving his head away. In addition to this, it permits of your exerting additional pressure to turn him over, by pushing the right shoulder (supposing you to have passed the right arm under his chest) against his ribs. Should you succeed in turning your opponent over sideways



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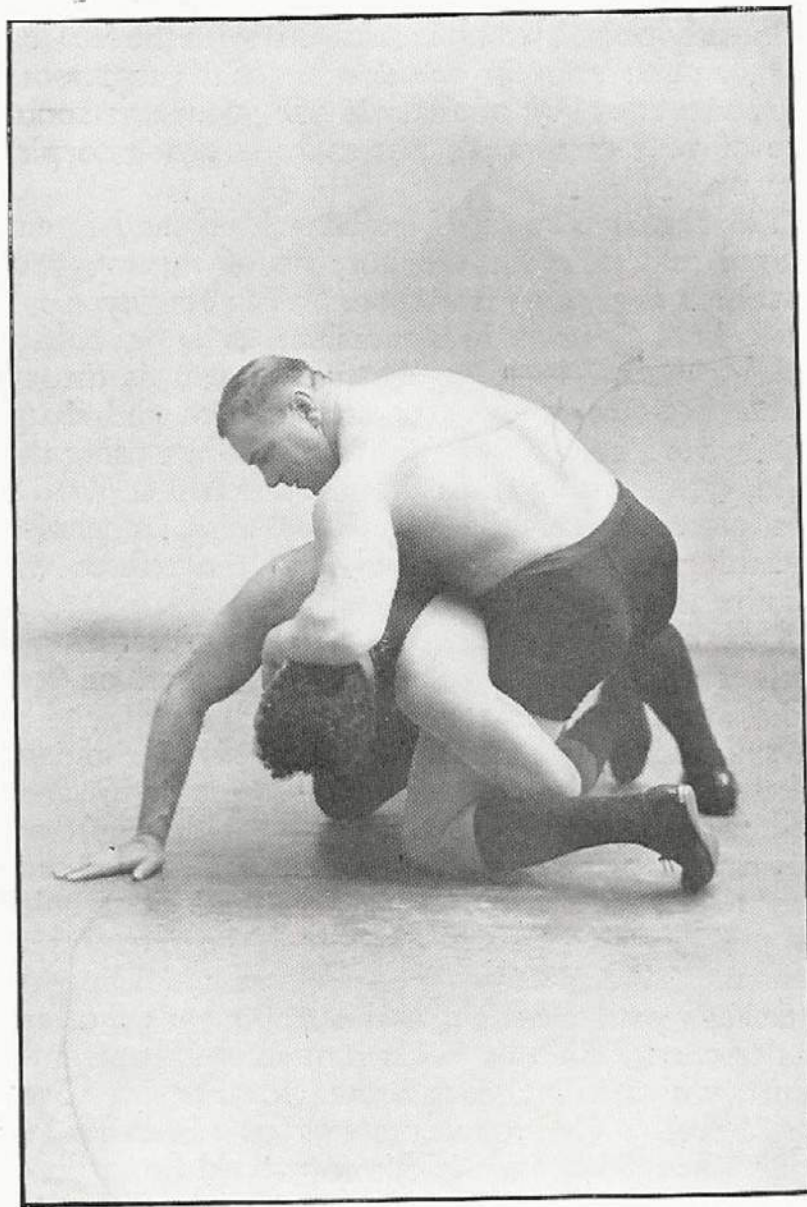
you can bring your full weight to bear for the purpose of rolling him over completely; while should he spin and “bridge” for safety, you have only to retain your hold, and, by pressing your chest against his, gradually force him down.

The Full or Double Nelson is prohibited in almost every contest, whether professional or amateur. It is a combination of two half-nelsons, the ordinary and the further, with the hands clasped and joined at the back of the neck. As a matter of fact it is rarely an effective hold, as there are so many escapes from it, but when it is effective is a neck or breast-bone-breaking hold and, on that account one which is very rightly barred.

The Bridge is a defensive move, in making which a wrestler supports his body on his feet and the crown or back—even the fore part—of his head, thus keeping his shoulders clear of the mat. A strong man (and especially one whose neck muscles are well developed) can sustain a bridge for an astonishingly lengthy period. In order to break one, the best method is to employ a reversed chest pressure with (if possible) a hold of both arms and shoulders, under which, if the aggressor has sufficient patience, the man who bridges must sink down in time. Sometimes it is possible to use a foot to knock away a supporting leg.

The Head Spin is another defensive move resorted to by wrestlers in difficulty, usually when pressed by one or other of the various nelsons. When just on the point of being turned, they erect themselves on the crown of their heads and somersault (so to speak) twisting in the air and coming down on their faces or sides or into the bridge.

The Crotch-Hold is often worked up into from a leg-hold, but may be taken direct in ground wrestling. It is a hold between the legs, securing one of these just at the bifurcation of the limbs. A man



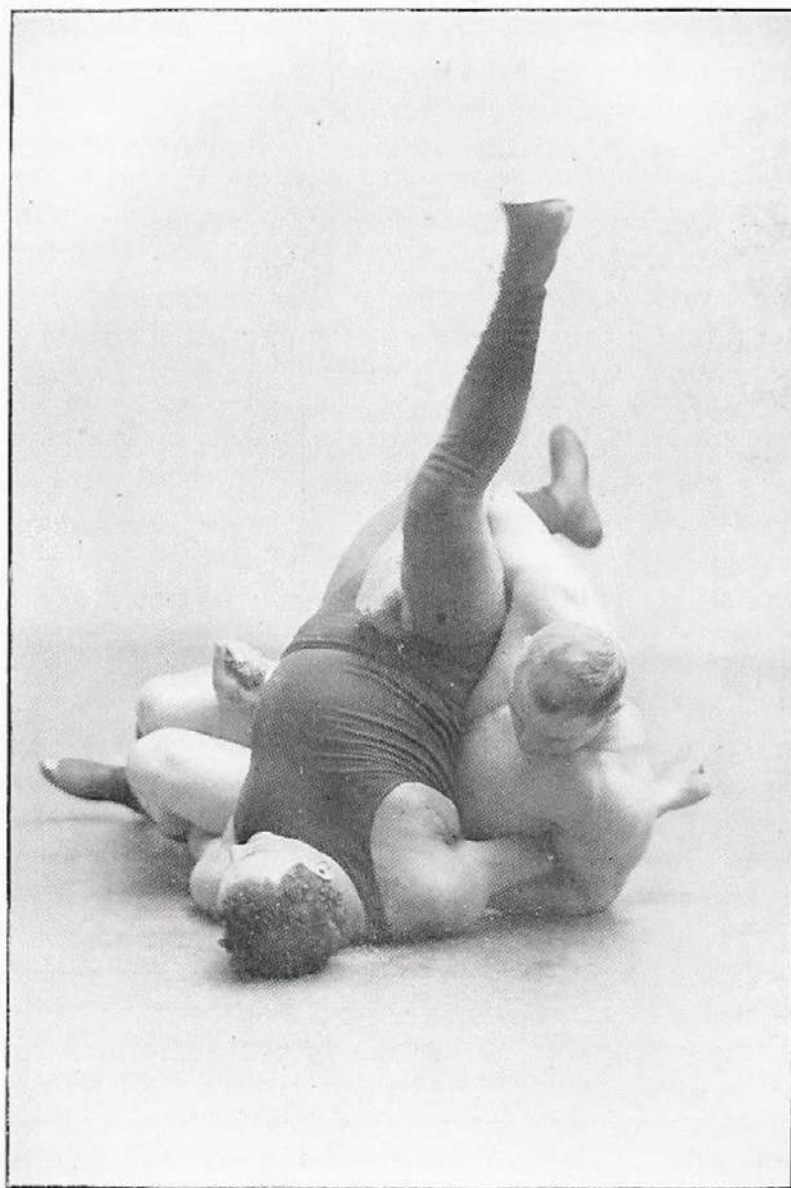
LEG-HOLD ON ARM AND HEAD PRESS

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with strong neck muscles may resist it indefinitely unless it be combined with a half-nelson or other arm or body-hold, the application of any of which can frequently be resisted by kicking out with the free leg, or by a safety grab for one or other of the aggressor's legs, or parried best of all by locking your legs round one of your opponent's just as he is trying to pick you up.

The Further Arm-Hold explains itself, and is employed as a rule for the purpose of turning your opponent over, *away* from you. When employed as a BAR hold (known in Lancashire as a "gobbing" hold), the arm, trapping the further arm, is thrown across the face of one's opponent, hard and sharp, with a view chiefly to punishment. When using this hold, care must be taken that the forearm or hand is not placed across the mouth or nose; otherwise, breathing will be obstructed, and the referee will require the removal of the—illegal—hold.

One of the most useful methods of securing a further arm-hold is by seizing the further, or "off-side" arm of your opponent with both hands, and by pulling at it to pull him down on to his off shoulder, when by throwing your full weight across his chest and pressing firmly on this, he should be pressed down without much difficulty. It may become necessary to change swiftly into a "reversed chest hold" to pin him out fully, especially if he attempts to bridge. This reversed chest hold would bring the attacker's own chest across his opponent's face and upper chest, while he holds him securely round the waist, with his own face turned towards his adversary's feet. The attacker should straddle his legs wide when using this hold, and press down with all his force in order to block any attempt on the part of the man underneath to roll over, and thereby not only escape from immediate danger, but even threaten to turn the tables.



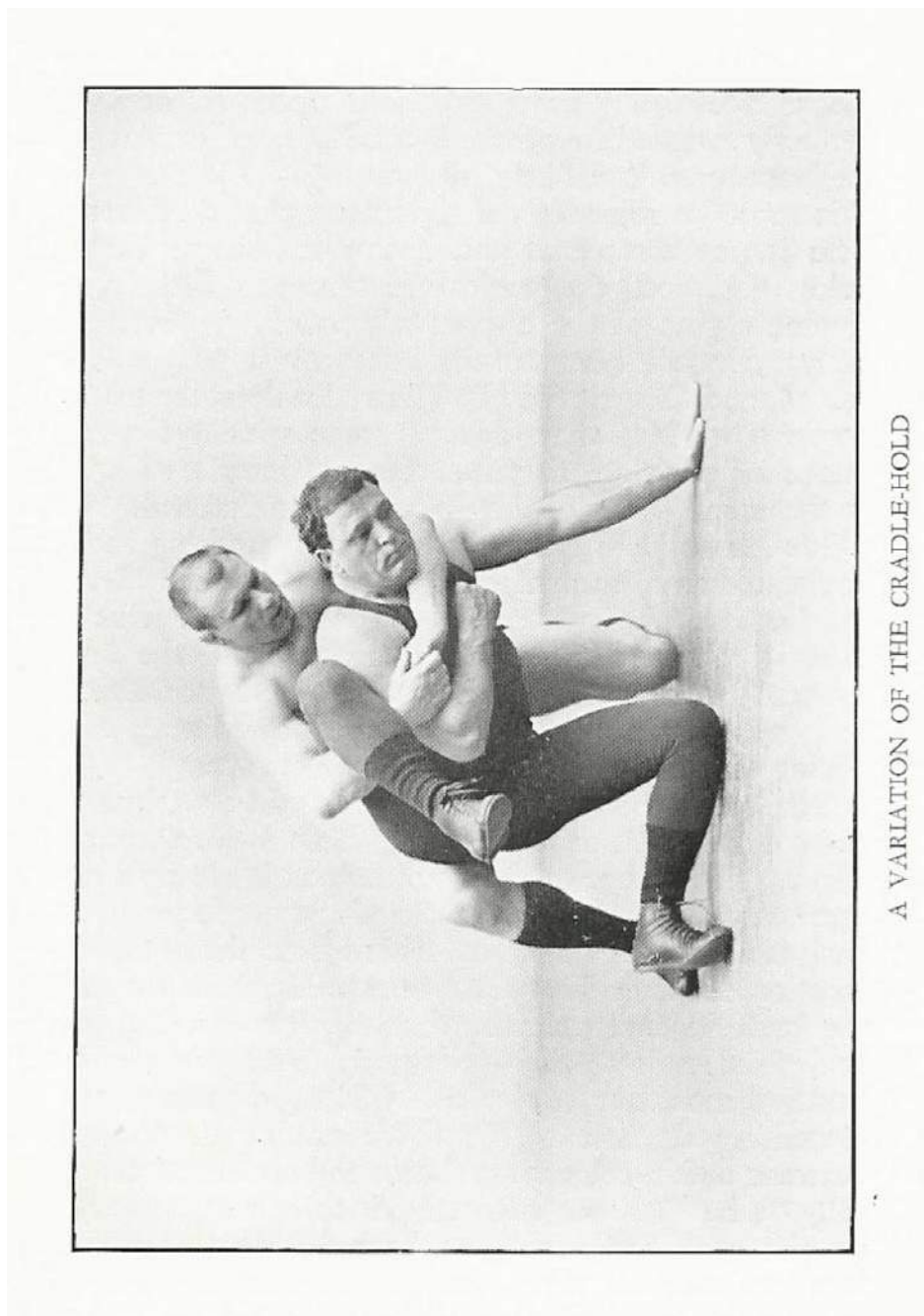
FALL FROM LEG-HOLD ON ARM AND CROTCH-HOLD

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Another useful combination of the further arm hold is in combination with the head press, the latter of which moves is first attempted. The man underneath will not as a rule object overmuch to the forcing down of his head, until his further arm is suddenly seized from underneath, when it will be too late to do so, as the combined leverage must place him in a position of great danger.

The Scissors is one of the most punishing holds which a wrestler can employ. Not only will it, if properly applied, almost invariably result in either the securing of a legitimate fall, or in your opponent's concession of one through pain or exhaustion, but it may even occasion his retirement altogether, while it will in almost every event seriously handicap his future efforts. But, on the other hand, it is by no means a particularly simple hold to get fixed. You have first of all to get to your opponent between your legs, and, secondly, to get him into that position with one of your own legs resting on the floor, in order that you may be able effectively to tighten the scissors by bracing your under-leg up from the mat. It is true that some wrestlers, and Turkish wrestlers especially, possess the knack of squeezing their opponents between their thighs when straddling them, even though the latter be on all fours at the time. It was with this hold that Madrali almost crushed Tom Jenkins into a jelly at the Lyceum, and it was this same hold which he attempted to fix on me in our second match at Olympia, and might very possibly have succeeded in doing had I not arm-rolled him just in time.

The use of the scissors, on either the head or body, is rightly condemned by the international wrestling rules, because its main purpose, apart from holding the part grasped in a fixed position, is to *punish*, to cause such pain and the liability to serious injury that the victim submits to his shoulders meeting the



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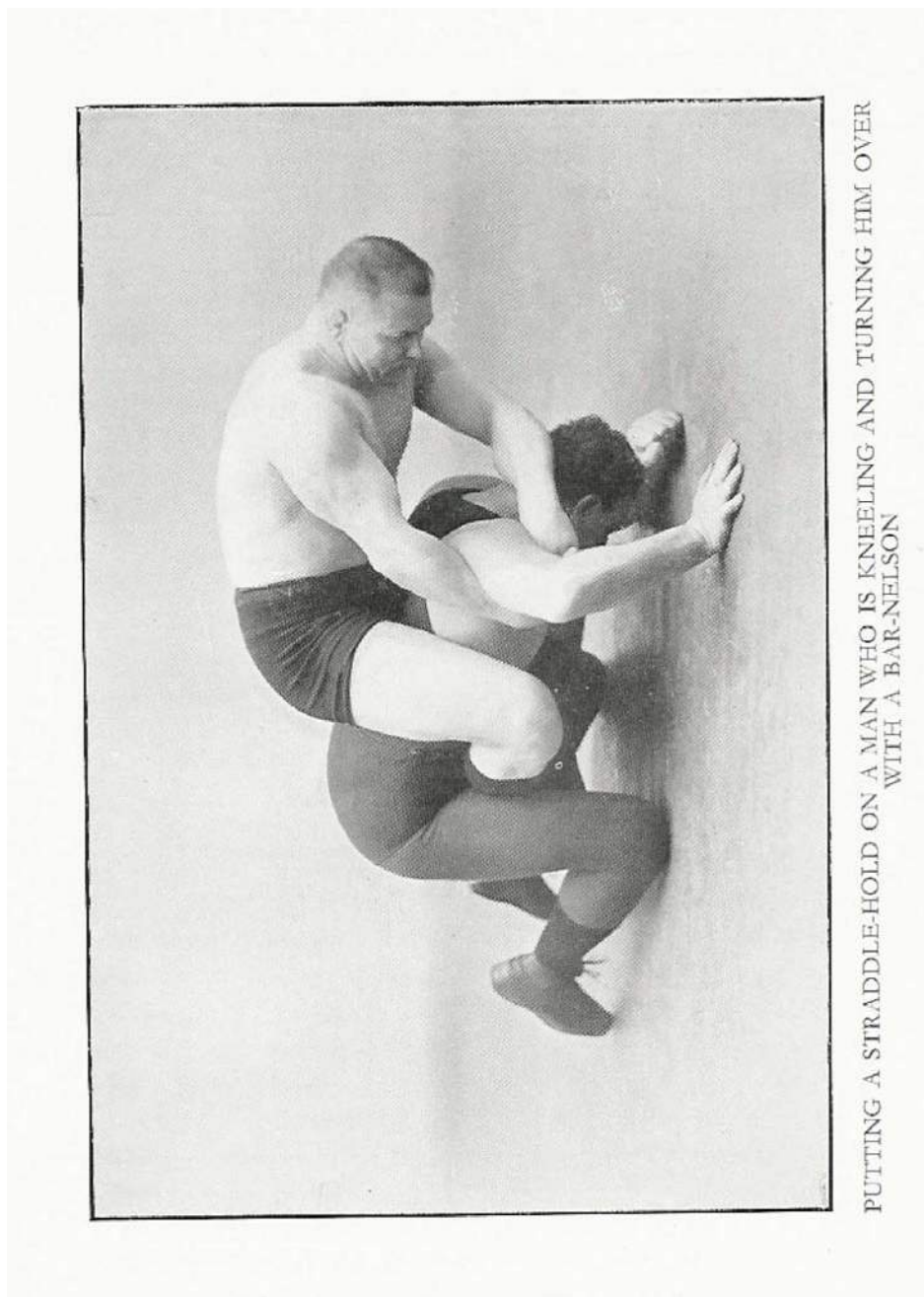
mat rather than he should take the risk of continuing resistance.

A scissors hold upon the legs is quite legitimate; the referee will permit the hold upon an arm, if perfectly satisfied that there is no danger of fracturing the bone or, more likely, dislocating the joint.

It must be remembered, however, that a scissors-hold is not completed and does not become illegal unless and until the ankles are crossed. Merely to confine a part of the opponent's anatomy, head and body included, between the knees or thighs, is not barred, and the grip will be allowed unless or until it becomes evident that, due to some special circumstance of position, free breathing is interfered with or the actual safety of the defender is threatened.

The Hammerlock, pure and simple, is nothing more nor less than a punishing hold, and if applied "with the bar on," i.e. with the interposition of an arm, over which the locked man's arm is bent, the man so attacked must either turn over on to his shoulders, or incur the risk of a broken or dislocated arm, supposing him to be unable to extricate his arm.

The hammerlock is one of the barred holds, but to carry opponent's arm across his back is a legitimate move. The nature of the hammerlock is clearly indicated in the photographs; that of the arm across the back is obviously different. There is no threat of dislocation or other injury, the arm being carried across the back in such manner that the forearm is lying at a right angle to the upper part. And this relative position must not be altered. The hand must not be forced up the back. To force one's free arm up between defender's captured arm and his back (technically "a bar") is not allowed. Such becomes an arm up the back with a bar—a barred hold. It is not legal to take the wrist and elbow of the captured arm between one's two hands and force these in contrary directions: by doing this a virtual hammerlock is created.



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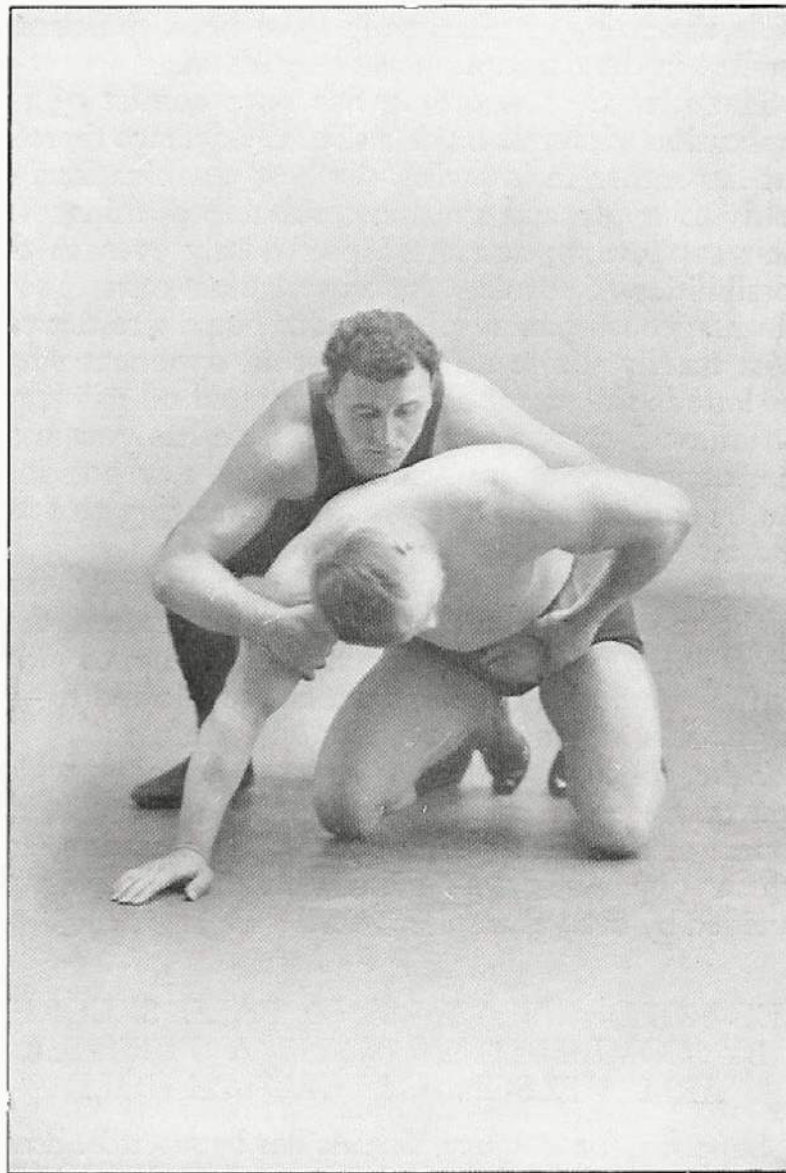
With an arm carried (legally) across the back and held there, the attacker shall not thrust his free hand between defender's upper arm and body and towards or grasp the same shoulder, as thus the liability to dislocation becomes possible. With the hand so inserted, its direction must be straight forward or towards the opposite shoulder. This rule does not apply if defender's arm is not pinned across his back or otherwise restrained.

The Foot up the Back is similar to the hammerlock, the only difference being that the foot (and leg) is forced back and upwards instead of the arm. The hold is legal if the movement be simply towards the back. A bar—an arm or foot interposed between leg and thigh—is illegal. The foot may be seized and carried back, but to twist it in any way is illegal.

The Arm Roll.—This is the most useful of all counters, and is, moreover, the most fruitful means of obtaining a fall, since the number of opportunities presented for its employment pretty nearly exceed all openings for other effective holds put together.

Practically every attempted waist-hold, nelson, hammerlock, arm or neck-hold yields an opening for an arm roll, while an arm may even be seized for the purpose as a directly offensive move. In order to arm roll an opponent successfully he should be trapped by the wrist or forearm, which must then be pulled in and held securely against the body, in such manner that his shoulders can be drawn round just beyond or close up to your own as you turn over on to your back or side. Your roll over will partially or completely throw him on to both his shoulders, but his final flattening out and pinning may need the pressure of the whole of your weight on his chest, or of one or two other little tricks which will be described later.

Having dealt with the various technical wrestling terms, I do not purpose, as is ordinarily the case in wrestling text-books, to occupy overmuch space with



ARM ROLL ON THIGH

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the usual holds and locks and the results attendant thereon or counters thereto. A novice can best become acquainted with these by actual practice, while their *theory* will already have been sufficiently detailed in the descriptions already given.

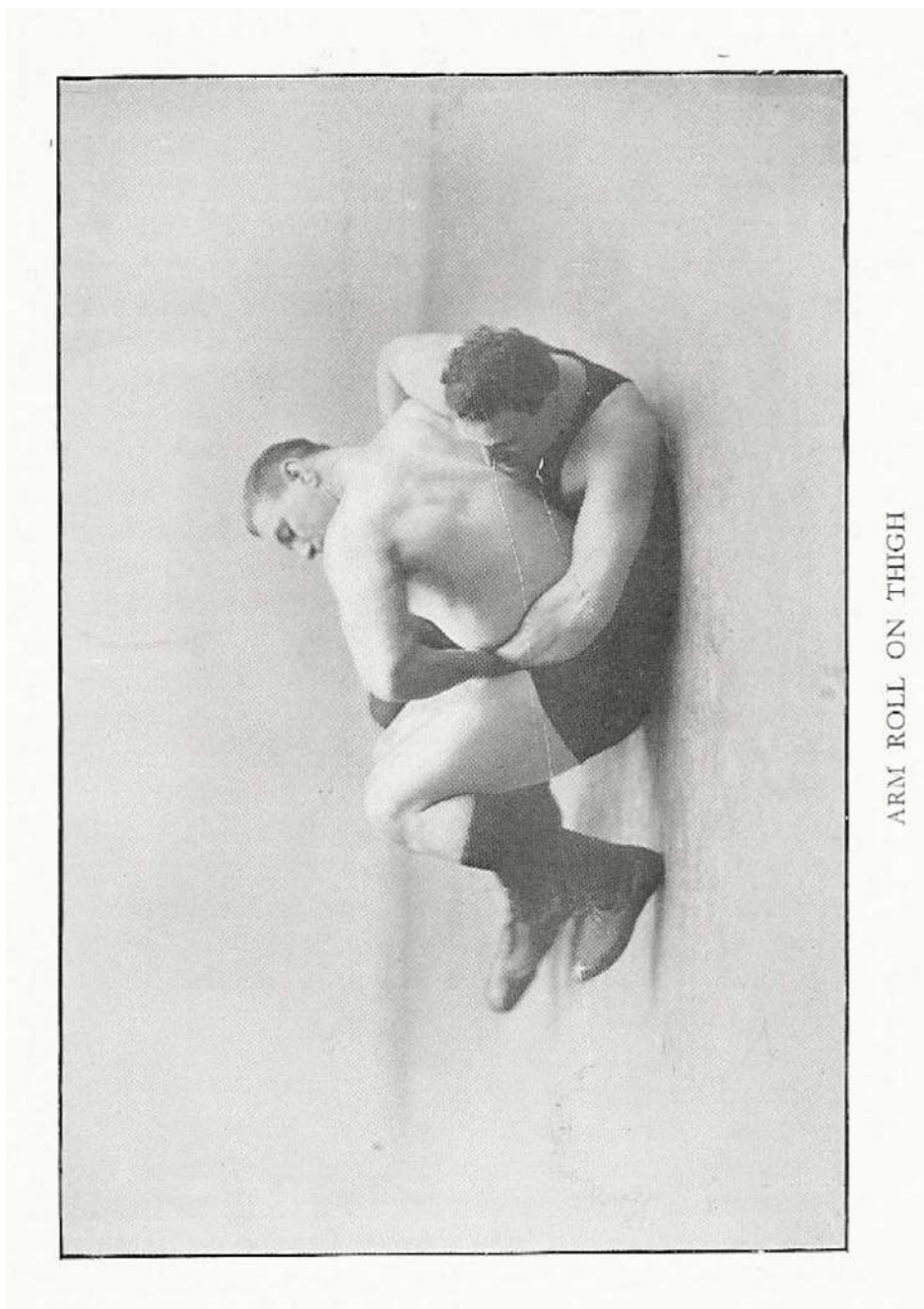
The science of wrestling does not consist of the application of simple holds and of the defence thereto, but lies rather in knowing the best combinations of holds to apply and the most suitable openings for their application; and more particularly even in the possibilities of turning their use *against* oneself into advantageous openings for attack. For a wrestler can most readily secure a fall against an opponent when the latter's full attention is concentrated on gaining a fall himself. Not, of course, when he has you in an absolutely hopeless position, although few positions can be so described, but when he is striving to force you into a practically desperate one.

These situations arise far more frequently than might be supposed, far more frequently, indeed, than the majority of wrestlers appear to imagine, to judge by the number of openings which are allowed to slip away, or which are even strenuously refused.

Take, for instance, a very common opening, which you may see presented at least a dozen times in the course of a single average bout of any duration, and which one will almost invariably see studiously avoided by even champion wrestlers.

LEG-HOLD ON ARM AND FALL SECURED
BY COMBINATION WITH A FURTHER
ARM NELSON OR CROTCH-HOLD

Suppose, for instance, that A. has brought B. down and has got behind him. B., as is usual, is on his hands and knees, prepared to resist any hold which may be applied and also to seize the first opportunity which may present itself for escaping from his



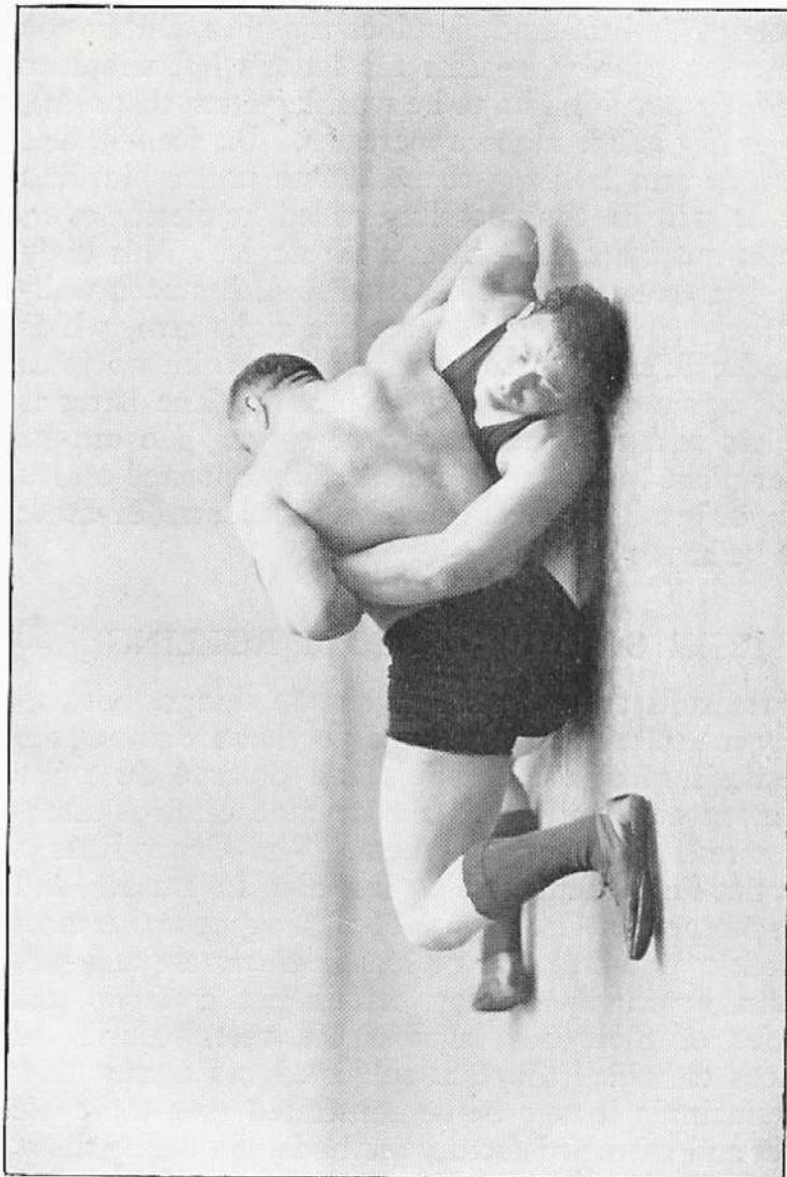
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position. A. is working on B's left side, when the latter suddenly grabs his left leg. This is a very favourite move of Lancashire wrestlers, and, indeed, a method by which they imagine that they see an excellent opportunity for escaping from underneath and getting behind. One may often see numerous such grabs made, and with scarcely any exception one will invariably see the man so grabbed straighten out his leg, drag or force it away so as to baulk the other's attempt. Nevertheless, the wrestler we have called A. has a certain fall here presented to him. All that he has to do is to allow the leg to be taken and then to pin the arm by bending his leg and sitting back, when, by means of having taken as he goes back either a further arm nelson or crotch-hold, he will have little or no difficulty in forcing B. over and down on to his shoulders. B. cannot escape by any possible method, for with his arm pinned he can neither spin, bridge nor wriggle out, nor, owing to the consequent pain, can he resist being easily turned over by the crotch-hold, or further arm nelson. It is important to note, that as shown in the accompanying illustration of securing a fall following this leg-hold on the arm, the arm so secured must be *kept* firmly imprisoned by the leg which it has encircled.

A VARIATION OF THE CRADLE-HOLD

There are numerous variations of this hold, which can be applied in various ways as a counter or follow-on to all sorts of methods of attack.

The method most commonly in use, however, arises from a nelson and waist-hold, or a chancery and bar-hold, or, indeed, almost any species or combination of holds in which both hands are employed, but which are actually feints to induce the wrestler attacked to draw up one of his legs or to "strut" it out as a stop to his being forced over on to his shoulder.



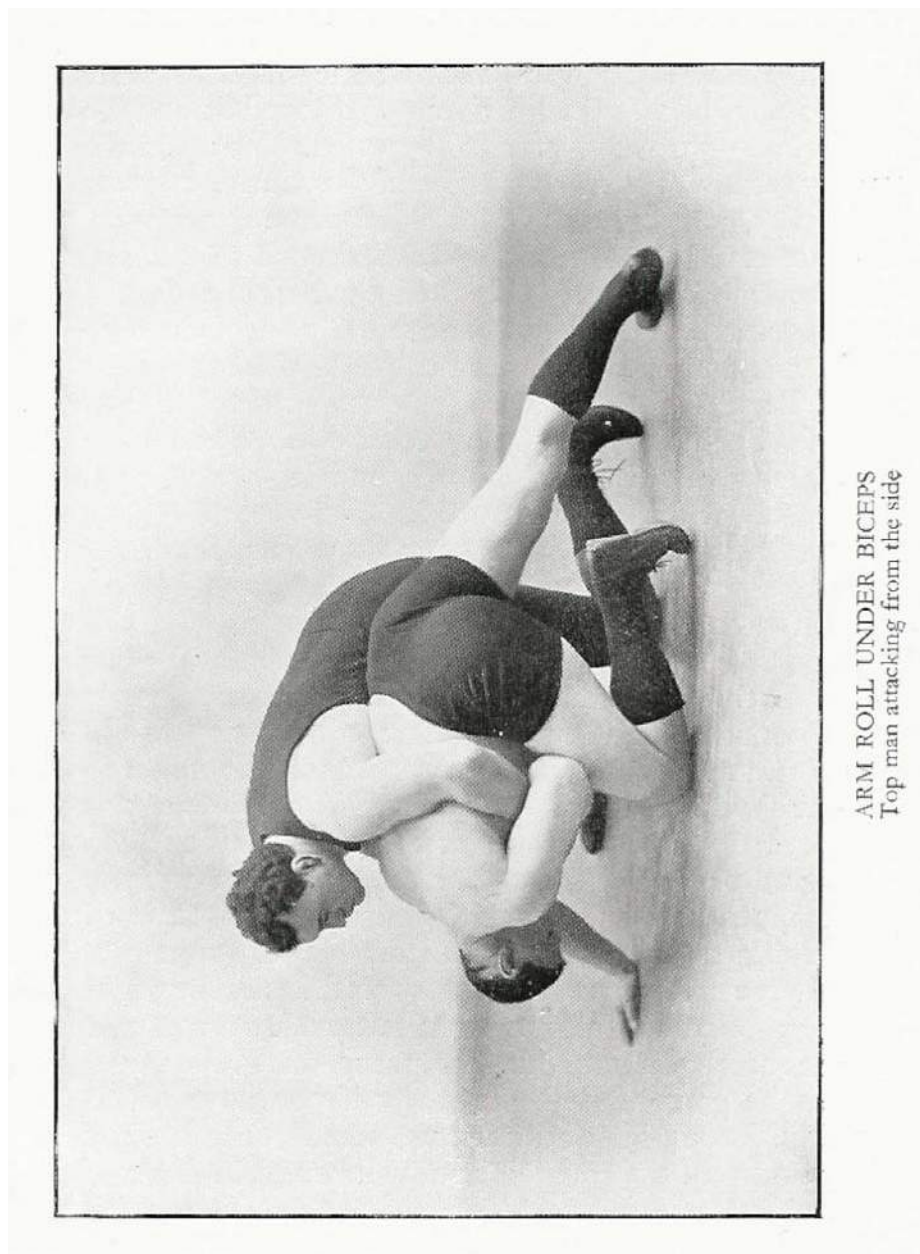
ARM ROLL ON WAIST
Note the backward or return pressure to press my opponent's shoulders to the mat

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The most effective and certain method of applying it, however, is as follows: A. on top feints to apply a bar further arm (or rather shoulder) hold, thereby pressing B.'s head and shoulder together, and at the same time pushing against the latter's left shoulder or side (supposing him to be working from that side), and *pulling* at his right upper arm. B., feeling that his right arm is likely to be drawn under him and that he will be thus possibly rolled helplessly over, thrusts out his right foot at right angles to his body as a strut or support. This is what A. has been waiting for. He suddenly looses his right arm, whips it under B.'s right knee and crushing him up joins hands again across B.'s right biceps. The latter is helpless and too doubled up to resist. He can be either picked up cleanly, turned and deposited on his back, or just *pulled* over on to his shoulders. In either case he has to go.

THE SCIENCE OF ARM ROLLING

Arm rolls are exceedingly simple things, both to study and to bring into practice, yet they are among the wrestler's most useful holds and deserve far more attention and study than the average catch-as-catch-can wrestler bestows on them. The Græco-Roman wrestler finds them nothing less than invaluable, and he is most expert in their use. Still, I suppose that most wrestlers wrestle more or less instinctively and will almost invariably employ certain pet counters and parries of their own against the vast majority of attacks to which they are subjected, no matter how convincingly it may be demonstrated that there are other and more satisfactory methods of meeting them, and it is for this reason that I myself have so frequently relied on the arm roll in most emergencies. The only time I can ever remember being at all doubtful as to its absolute and unfailing utility was



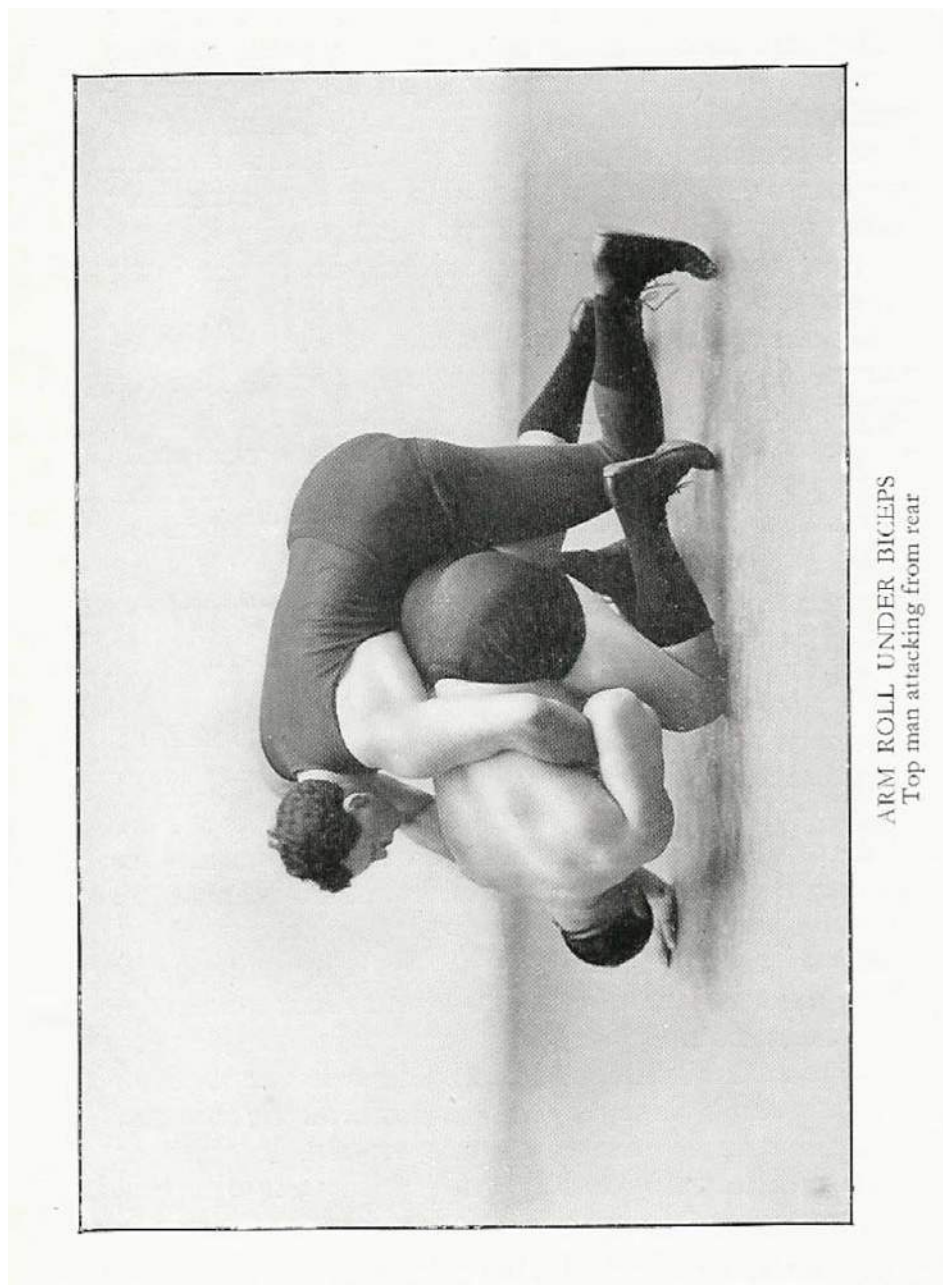
ARM ROLL UNDER BICEPS
Top man attacking from the side

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once when I was wrestling with Halil Adali. I could not bring myself to believe that it was possible to arm roll such a huge man (he weighed 22 stone); nevertheless, as he was attacking me his arm came across my back. Instinctively I trapped it and he was gone—yards away, as it happened. But, strange to say, although I had brought my favourite counter into play, yet, even as Halil Adali came away to it, I could not help distrusting it. So much so, indeed, that when the big Turk rolled over like a flash I could scarcely realise it, and totally neglected to follow him up and press him down, as I could easily have done from the position into which he had fallen. So he escaped for that occasion. But I have never since distrusted an arm roll, and I followed Adali up closely at our next meeting.

Briefly speaking, for ground wrestling, there are practically only two rules to observe. The first being that if your opponent's left arm encircles you, although it be only by a few inches, if it be near your waist or thigh, you have only to trap this arm, partly with your left hand and partially with your left hip muscles, and to sit down. Over he must come on to his left shoulder, and as you are in a sitting posture you have only to throw your upper body across his chest to force and pin both shoulders to the mat. Don't release the trapped arm under any circumstances until both his shoulders are securely pinned. He may not, perhaps, have thrown his arm across so far as is shown in the accompanying photograph, but even though you trap it merely on your hip, the procedure is the same. For as he goes he will, especially if you have rolled quickly, loosen his arm muscles, when you can exert force and pull the trapped arm well round in front of you.

On the other hand, supposing you to have trapped your opponent's arm near your shoulder from an attempted highly placed waist-hold, you can strengthen



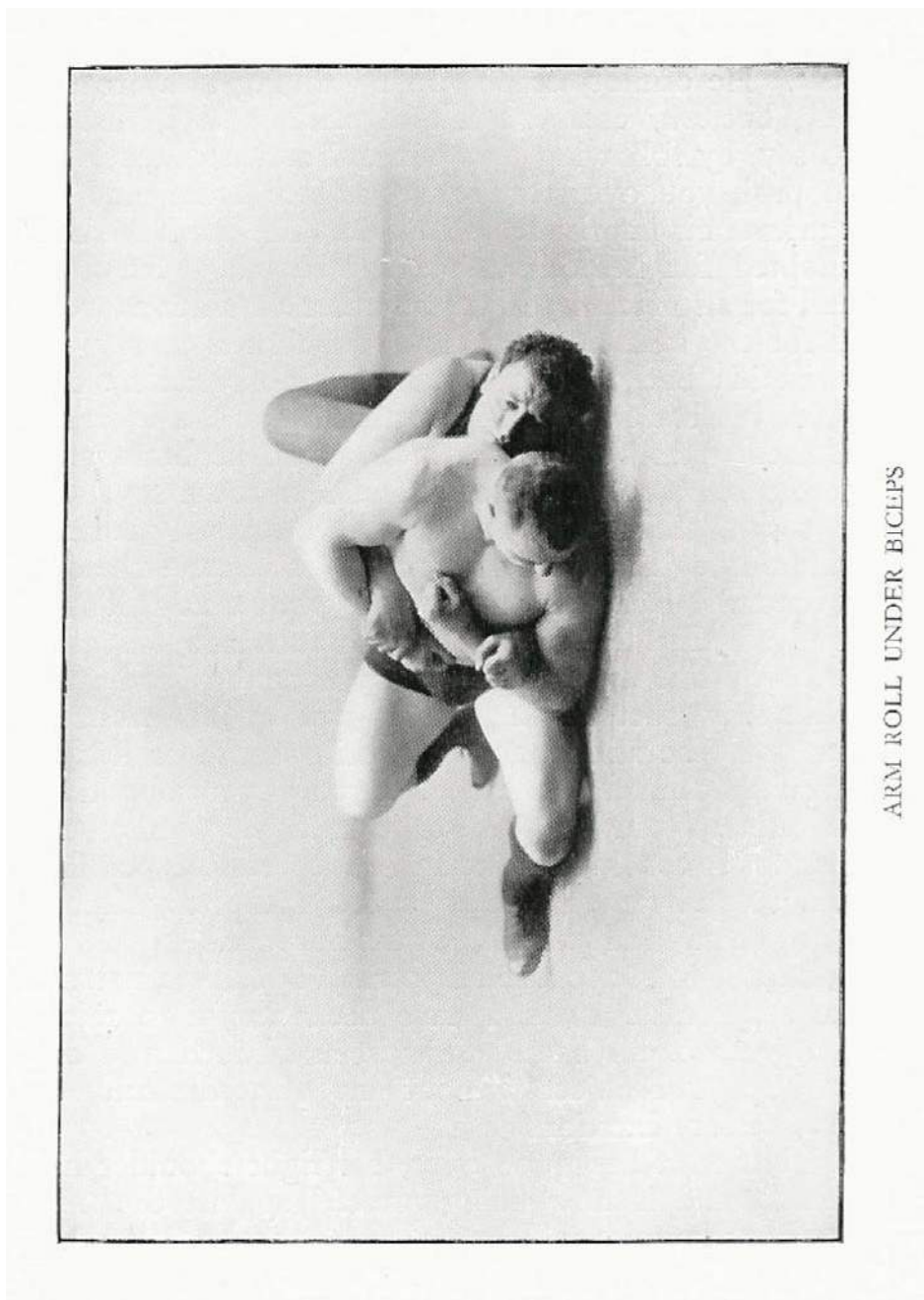
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your grip by squeezing his forearm between your biceps and side, and then, by rolling over on your head and shoulder, bring him just as surely underneath you. It is slightly more difficult to pin him down in this position, as you are not so well placed to exert pressure on his chest, but providing that you carefully retain possession of his trapped arm until you have secured the corresponding shoulder, your victory will be only temporarily delayed.

Should your opponent attempt a simple further nelson, his arm is absolutely at your mercy. You can trap it and securely pin it with your biceps as before, while, as he is already partially across your back, having placed himself there in reaching over, his downfall is comparatively easy of accomplishment.

A JU-JUTSU TRICK FOR MAKING CERTAIN
OF SECURING A FALL FROM AN
ARM ROLL

Supposing that an opponent has thrown his arm somewhat carelessly, or at all events loosely, round your waist, when working at you from the side. You are both on the mat and he has got behind you, and quite a number of otherwise expert Lancashire wrestlers do this, especially when apparently meditating as to the next move to be adopted. Now if the man underneath knows his business at all, the next definite move of the man behind will be to strike the mat with his shoulders, and the method of compelling him to this is exceedingly simple. Trap his arm by the wrist, as you can do without much difficulty if you only grab swiftly enough, pull it as far round as you can (all in one movement), and so arrange your grip that your thumb crosses his wrist in front, with the palm of your hand across the back of his. Now roll over quickly on to your shoulder. He must come after you, and supposing



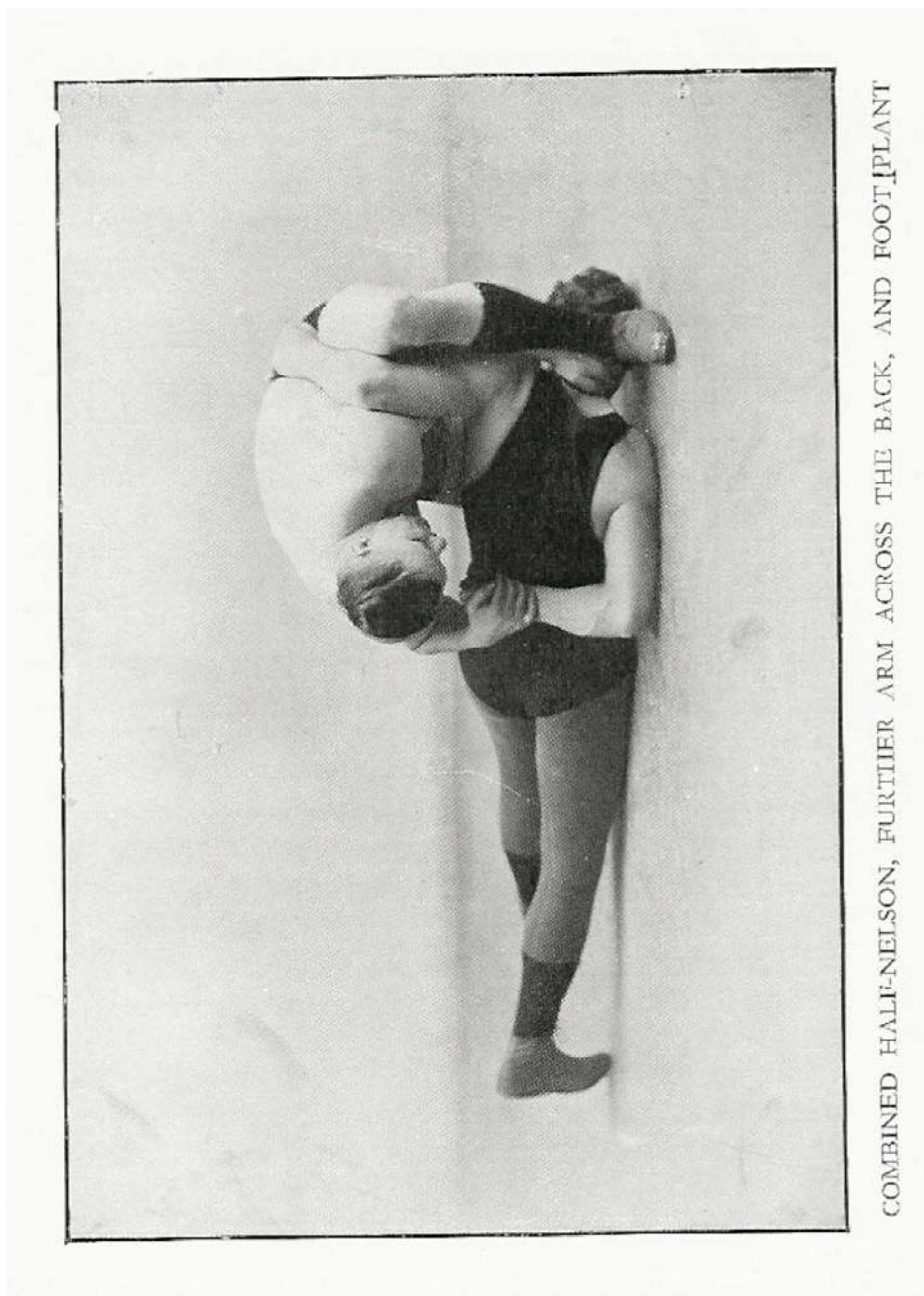
ARM ROLL UNDER BICEPS

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him to have been working from your left side, both your and his right shoulder will now be touching the mat. He cannot escape you by rolling away to his left, but *may* escape a fall by rolling *back*, that is to say, by following up your roll and endeavouring to push you over towards your face again, and so extricate his imprisoned shoulder. The usual method adopted for keeping this pressed against the mat, and for also forcing down the other shoulder as well, is for the man now on top (you, that is to say) to twist his body round in such fashion that he can press his back across his opponent's chest, levering himself up as he does so, until he can lie backwards across him and press both shoulders down by sheer strength. This is, as I have said, the usual method, and although generally successful, it is, nevertheless, frequently baulked of success, particularly if the man underneath is a smart and determined wriggler. He will find many chances of escaping, and may ultimately succeed in getting out of his trouble, for you (the assailant) are working more or less in the dark, cannot see what either you or your opponent is doing (your eyes being turned skywards), are anxious to conclude the struggle as speedily as possible and have a by no means easy task to complete, without being in an ideal position for the purpose.

Still, if you have carefully carried out all the instructions given above, and have been careful to retain the grasp of his hand and wrist as advised, you can achieve your object without any great difficulty or unnecessary exertion.

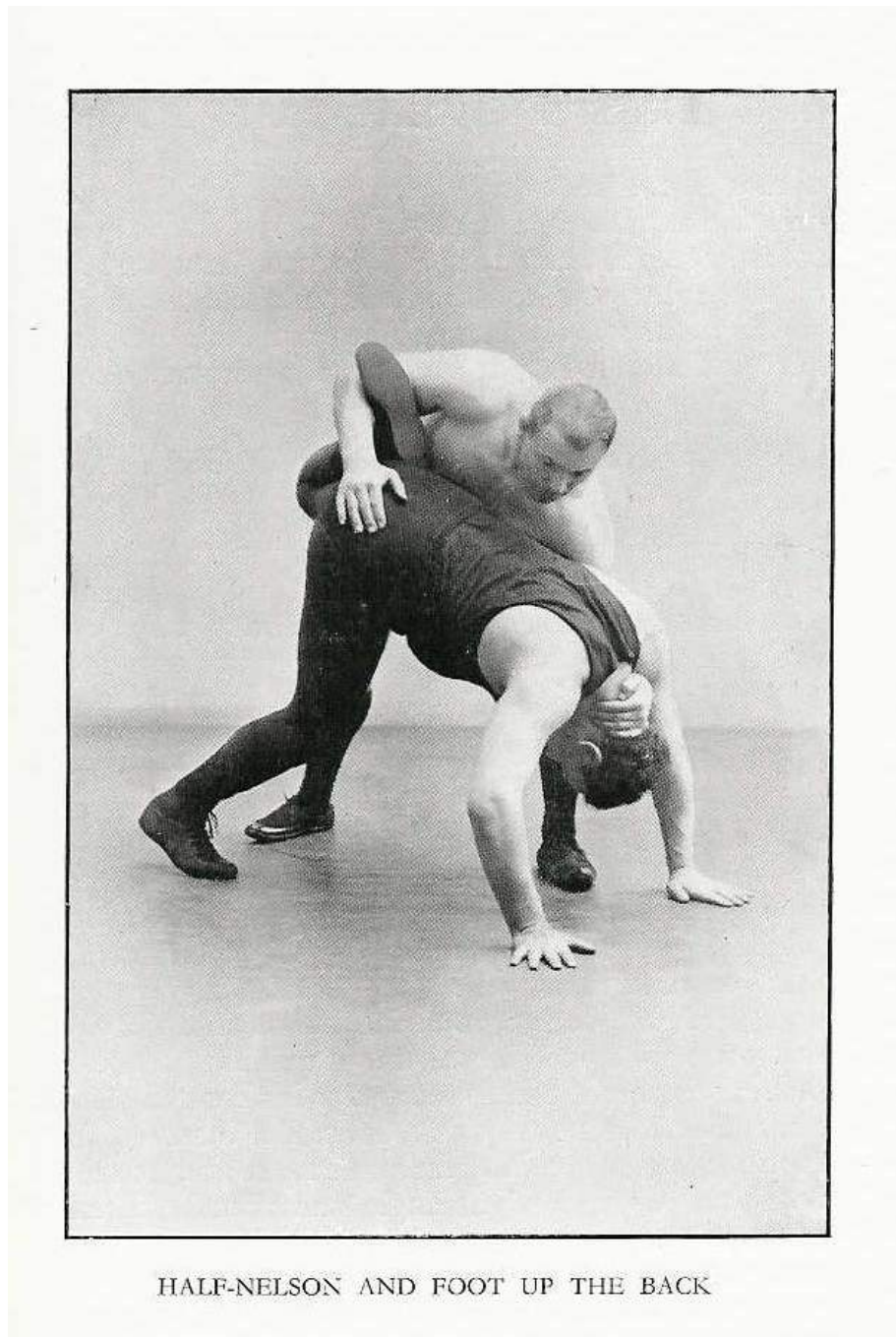
Your man has gone over, his right shoulder has struck, and is now being pressed against the mat. His first impulse will be, as suggested, to roll back, bringing up his left shoulder, and trying to force your chest down; but before he can do more than commence to do this, you apply a sudden sharp pressure to his imprisoned hand and wrist, bending



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his hand down, doubling it, or rather forcing the palm sharply against his wrist with a jerk, and at the same time pushing your back against his chest. This latter pressure will not be very forcible, perhaps, but it will be all-sufficient for your purpose. For, under the influence of the sharp pain he is experiencing from the sudden jerk given to his hand, he will yield immediately to the guidance of your body press, and his other shoulder will go down, rendering it comparatively an easy matter for you to slide your back fully across his chest and so pin him.

Amateurs may contend that this trick is a ju-jitsu move, and not permissible at catch-as-catch-can, and may point to the rule forbidding the employment of "such a hold that the fear of breakage or dislocation of a limb shall induce the wrestler to give the fall." But even in that case, the wrestler yields through sudden pain and not from any fear of breakage or dislocation, neither of which, indeed, is in any way threatened. Indeed, I do not see that the move could be prohibited on this account. It would certainly be allowed under most codes, and by the majority of sensible, experienced referees. While even in the case of N.A.W.A. judges, it is extremely doubtful whether they would detect it, even if indisposed to sanction it. The relative position of the two men would be such that both judges, and the referee as well, would be, in all probability, lying flat on the mat with their eyes fixed on the underneath man's left shoulder. They would, and could, have no object in watching your manipulation of his right hand, unless they were anticipating your moves with the intention of objecting to it, while even in that case they could scarcely withdraw their attention from your opponent's shoulder. No genuine lover of wrestling would either recommend the adoption of, or personally practise any foul hold or trick, and as I claim to have been pretty fond of wrestling in my time, I

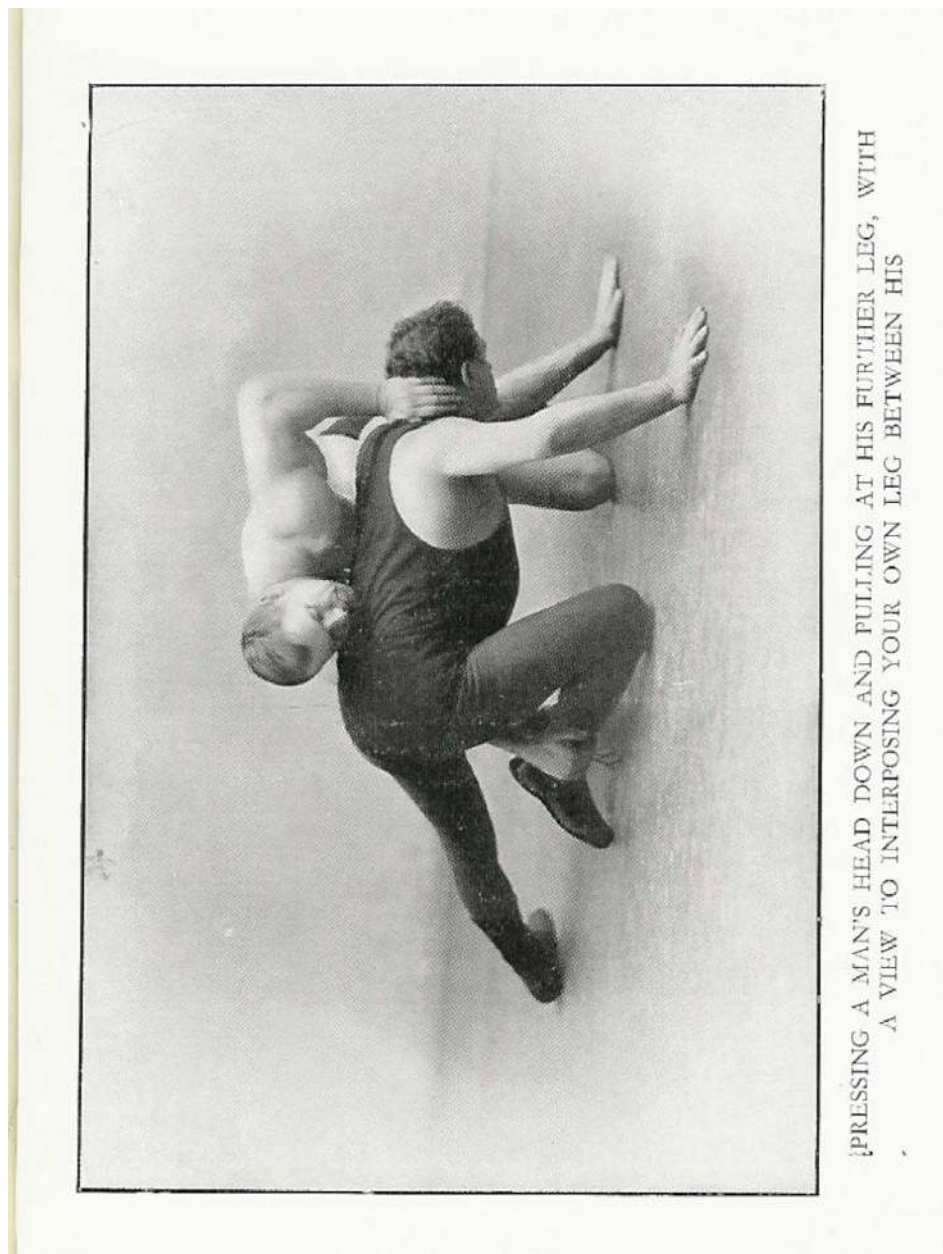


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should not have mentioned this hold, unless I were satisfied that it were perfectly legitimate in practice, whatever it might be in laws, with which I have never had any concern. I may add, however, that I cannot recollect ever having employed the move myself, but then I have never had any occasion to do so. I have generally managed to bring my arm rolls off without any such aids to their complete success, but as I have known the move to be practised by others, I have included it here for the benefit of my readers.

A HALF-NELSON AND ARM ACROSS BACK COMBINATION

Several wrestlers whom you may meet from time to time have a fancy for going flat full length to the mat for safety, and you will, no doubt, have come across instances such as this when you have found it singularly difficult to win a fall from them, or, indeed, to secure any advantage of moment. The usual resource in such circumstances is the arm across the back, but this is by no means always easy to secure. Besides which, there are wrestlers who go down full length when their opponents have secured the hold on them, as the position will not infrequently present opportunities for escape. Suppose, therefore, that you have managed to fix the arm of your opponent, and that he has gone full length in defence, or that you have forced him there. It will not particularly matter whether the limb secured is his near or off-side arm. For if it be, say, his right arm that you have captured, when working from his right side, it should be forced up to a right angle and then held firmly while you cross over to his left side. Again secure the arm, making sure that you can keep it fixed with your right hand alone. Then slip your left hand under his left arm, and put on a forcible half-nelson, using all your powers and pulling at his locked right arm with

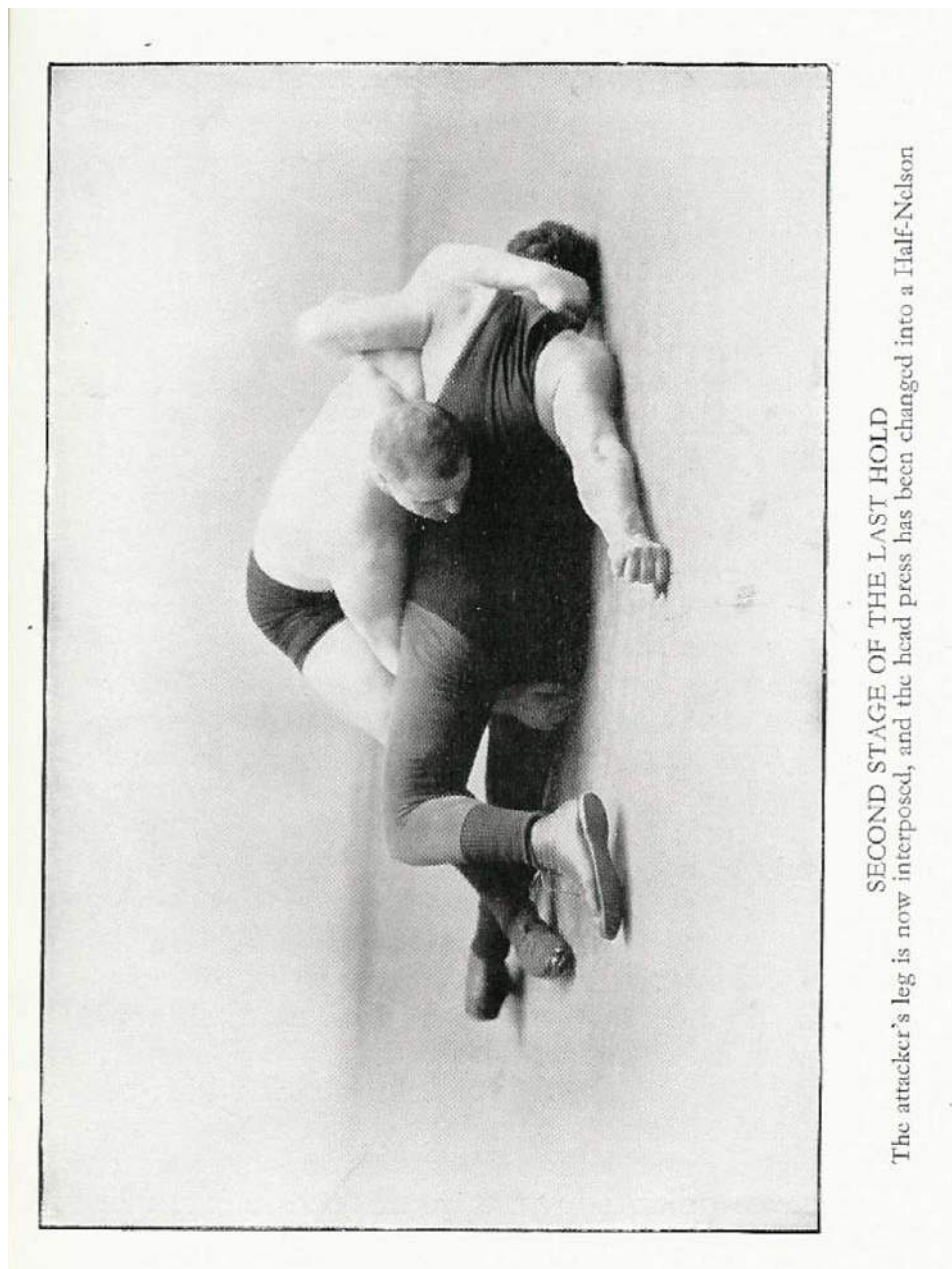


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your right hand to assist in forcing up his left arm sufficiently high to enable you to pass your left leg (if possible) under it. This last move is not essential, as the fall can be secured without it, but should you succeed in fixing the full combination, your complete success is absolutely assured. In either event, that is to say, with or without having passed your leg beneath his raised left arm, do not long delay in planting your left foot (as shown in the accompanying illustration) with the heel close to the back of your opponent's head, just above the point at which your left hand is pressing. This will effectually checkmate any possibility of your opponent's escape. He *must* now succumb, although, as already stated, if the leg can be passed beneath his left arm, your half-nelson becomes positively irresistible. This has been a most complicated fall to describe, and I am not very certain that the details given will be comprehended in the sense I wish them to be. My readers may urge that it would be impossible to secure all the various holds mentioned, and I will at once admit that they will only rarely be able so to do. Nevertheless, I have found from experience that the position, as described, can occur in all its entirety. Still, as I confess this to be an unusual occurrence, I would not have included it in these pages had I not thought that certain useful hints might be gathered from it, such as the combination of a further arm across the back with a simple half-nelson, and also the introduction of the foot plant. This last, while a risky move in certain situations, can be a most useful one in others.

THE FOOT UP THE BACK AS A PRELIMINARY
HOLD TO SECURING A FALL

Supposing that you have succeeded in dragging or forcing your opponent's left foot up his back, and that he has risen on to his hands and other foot with



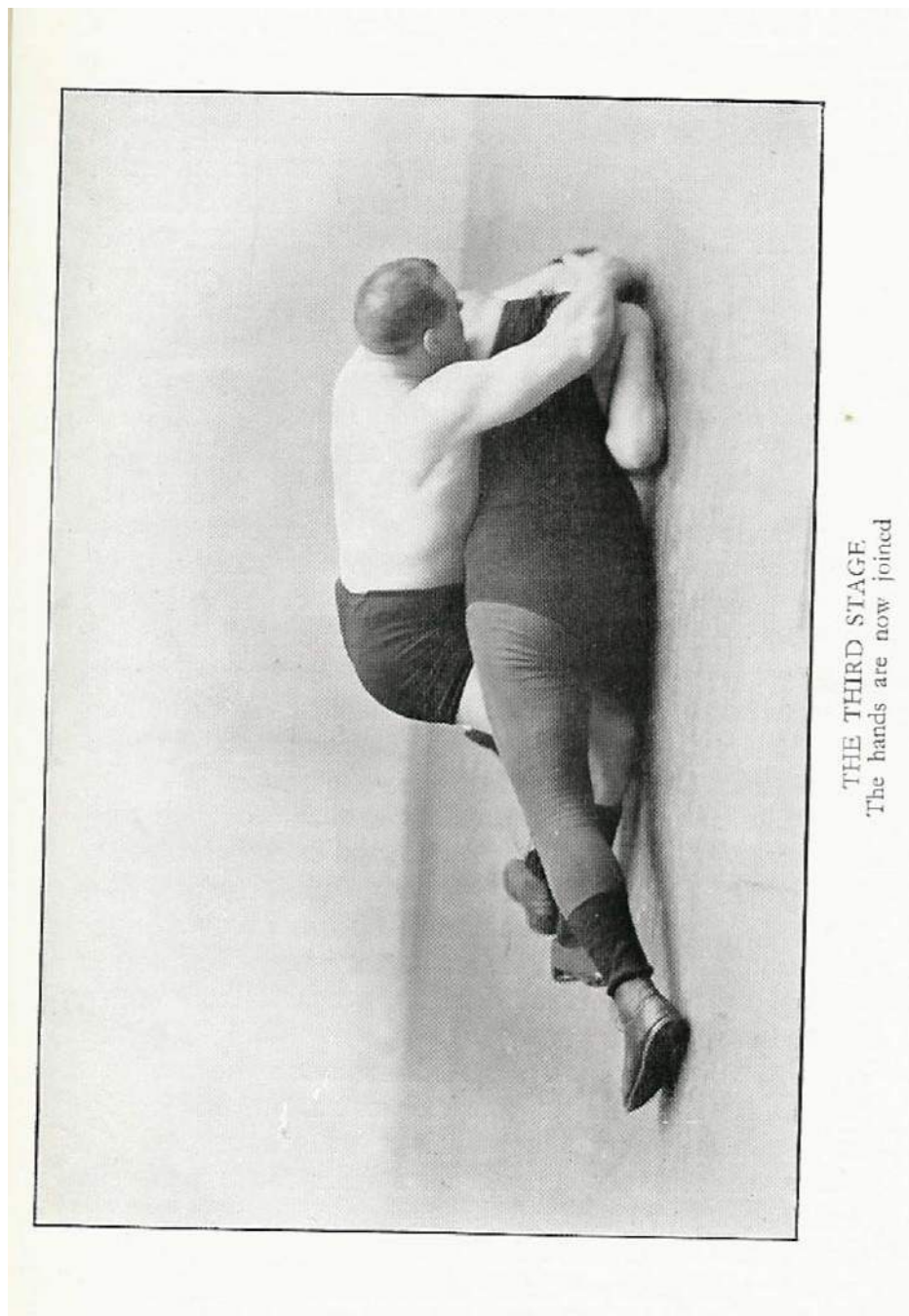
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a view to escape. Press the foot firmly, bending the leg severely by the pressure of your right arm, and immediately slip on a half-nelson. No matter how strong he may be physically, he cannot resist being forced over. You may lose his foot as he goes, but if you follow swiftly, should experience little or no difficulty in pressing him down.

FURTHER LEG-HOLDS

It is usual when trying for a crotch-hold against a wrestler who is on his hands and knees to work on his near leg. There is no particular reason for adhering to this custom, but then, as already stated, only now and again does one come across a catch-as-catch-can wrestler with really original ideas as to leg-work, either in ground or in stand-up wrestling, and, by *leg-work*, I mean both attacking one's opponent's legs, or the use of one's own, either for offensive or defensive purposes. It does not particularly matter whether I am right or wrong in passing this criticism, but the fact remains that the further leg is rarely assailed in the ground exchanges of the average wrestling bout. Nevertheless, it is by no means invulnerable, and may be attacked with many hopes of success. A double arm-hold on the further leg, if well secured and forcibly applied, will usually pull it well in and under its owner, who is then confronted with a by no means comfortable crotch-hold, into which it can be worked up.

But perhaps the most successful attack which can be directed against the further leg is as follows:— Working, say on the left side of your opponent, watch your opportunity, slip your right hand between his legs from beneath and grasp his further ankle. Pull this towards you and at the same time press his head down forcibly with your left hand. As his head yields, change rapidly to a half-nelson and slide your



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right hand up his leg as it comes towards you. This will force his near leg up and back sufficiently to enable you to slip or force your own right foot between his. Now you have him. Half turning, you can continue to force your right leg between his until you are actually kneeling between them, when by strengthening your half-nelson with the arm with which you have previously been pulling at his leg, by first pressing against the back of his head and by subsequently pulling at his left arm, he cannot long resist being turned fairly on to his shoulders.

THE LEG HALF-NELSON

It has been stated several times in these pages that the average catch-as-catch-can wrestler sadly neglects the use of his legs for either offensive or defensive purposes. Not even a respectable number resort to such a simple device as locking in as a parry to a crotch-hold, or to a waist-hold from behind when picked up in one, while as for attacking purposes, scarcely anyone seems to dream that the legs can be used in any other way than that of tripping, or attempting to trip, an opponent. Nevertheless, once a wrestler gives his mind to the subject (and this after all, is the great secret of success in wrestling), the legs can be used in many ways, whether for entangling an opponent, for fixing a hold on him, or for pressing him down.

Take this leg half-nelson for instance. It may not seem an easy hold to get on to an opponent, but despite this, many opportunities will occur, and it is surely unnecessary to add that a far more powerful leverage can be exerted by means of it than by the aid of any arm half-nelson.

An opportunity, which will not infrequently occur, is when an opponent has gone down for a double leg-hold and you have dropped forward. He must, of

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course, have gone very low for the purpose, so low, indeed, as to be practically at full length, or otherwise your fall forward may land you into difficulties. Still, the position is not unusual. It amounts to the following. Your opponent is practically full length, has trapped both your legs, but you, by dropping on your hands and knees over his back, and by turning slightly, say half sideways to your right, have prevented his tightening his grip on your left leg. Before he can tighten his grip, therefore, you bend your knee and turn your foot inwards, bringing your shin across the back of his neck, with your instep under his right ear. You have now a perfect half-nelson, can secure his right leg with your own right hand, and should have little or no difficulty in levering him over on to his shoulders. Even if he should try to bring you under him as he turns over, by pulling at your right leg, your escape is easy. For you have only to sit back to bring him to the portals of defeat. True, that your right leg will be under him, and that you must extricate this before you can press his shoulders to the ground, but although this may take some little time and trouble, your ultimate victory is assured, as long as you retain the leg half-nelson hold by the position of your left leg.

Rules of The International Amateur Wrestling Federation

CONDUCT OF A BOUT

A bout shall be started, stopped or ended only by the referee's whistle.

Before the signal for starting, competitors shall advance from opposite (diagonal) corners of the mat, shake hands, break away, pass, turn to face each other and commence to wrestle. At the conclusion of the bout they shall again shake hands.

Upon re-starting ground wrestling (after a return to the centre, etc.), the man beneath shall have both hands and both knees actually touching the mat. The signal given, the man on top shall touch his opponent to signify that he is in action. To hurl oneself upon the opponent is forbidden, and if it happens, the referee shall caution the offender and order both men to stand up.

THE BARRED HOLDS

The hair, flesh, ears, private parts and clothes may not be seized. Twisting of fingers and toes is forbidden. Striking, kicking, gouging and butting are forbidden. To strike with the edge or sole of the foot is not kicking. Any grip that endangers life or limb, or has for its object the mere punishing of an opponent or inflicting such pain as might force him to give the fall is illegal. The specifically Forbidden Holds are:

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Double Nelson; Strangle and Half-Strangle; Flying Mare with the Palm Uppermost; Toe Hold with a twist; Scissors on head or body; Hammerlock; an Arm or Foot up the Back with a Bar. Interlacing of fingers is prohibited.

When using a standing throw from a hold behind, so that defender is brought head first to the mat, the attacker must touch the mat with one of his knees before the upper part of defender's body touches it.

A Bridge is not to be broken by lifting opponent and dashing him down bodily; by forcing him down vertically so that his head is bent backwards upon his neck; or by pressure of elbow or knee on the stomach or abdomen.

Defender's arm having been carried behind his back, it is forbidden to force the forearm beyond a right angle with the upper arm.

The wrestler who, after two warnings, again makes use of a Barred Hold shall be disqualified, and such disqualification shall count the same as defeat by a fall.

LENGTH OF BOUT

The maximum duration of a bout shall be 15 minutes. For Olympic Games competitions the maximum duration of a bout shall be 20 minutes.

Immediately a fall is gained, the bout ceases.

If at the end of 15 (or 20) minutes no fall shall have been gained, the verdict shall go to that contestant who, in accordance with the scoring papers of the referee and judges shall be shown to have secured the greater number of points. In the event of the points gained being equal, then the verdict shall be awarded

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to the contestant who, by a majority award, shall have displayed the greater degree of aggressiveness and the better knowledge of wrestling.

A drawn bout is impossible. Referee and judges *must* give a decision in favour of one of the contestants.

DEFINITION OF A FALL

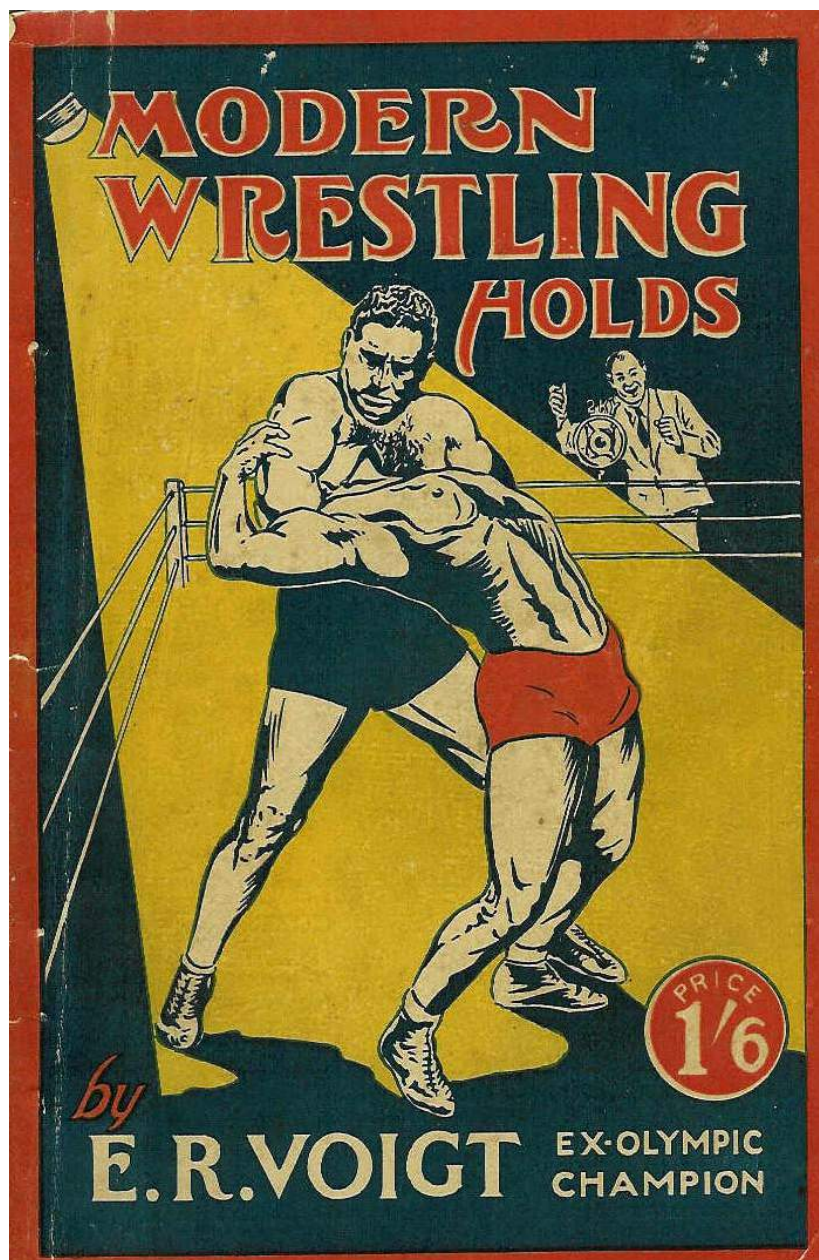
A Fall is defined as the touching of the mat by the two shoulders at the same instant to the satisfaction of the referee and one of the judges. The period of contact shall be immaterial, but must be sufficient for two of the officials to be satisfied that both shoulders have touched at the same moment.

The Flying Fall, if there be simultaneous touching of the mat with both shoulders, even though the contestants be not in holds at the moment, shall be declared a Fall.

When a contestant rolls from shoulder to shoulder, if the referee and one judge are satisfied that during the roll there has been a total cessation of movement as to assure them definitely that both shoulders have touched the mat at the same moment, then a Fall shall be declared.

Judges and referees are advised that in all cases of uncertainty the benefit of the doubt shall be in favour of the defending wrestler.

Modern Wrestling Holds by E.R. Voigt

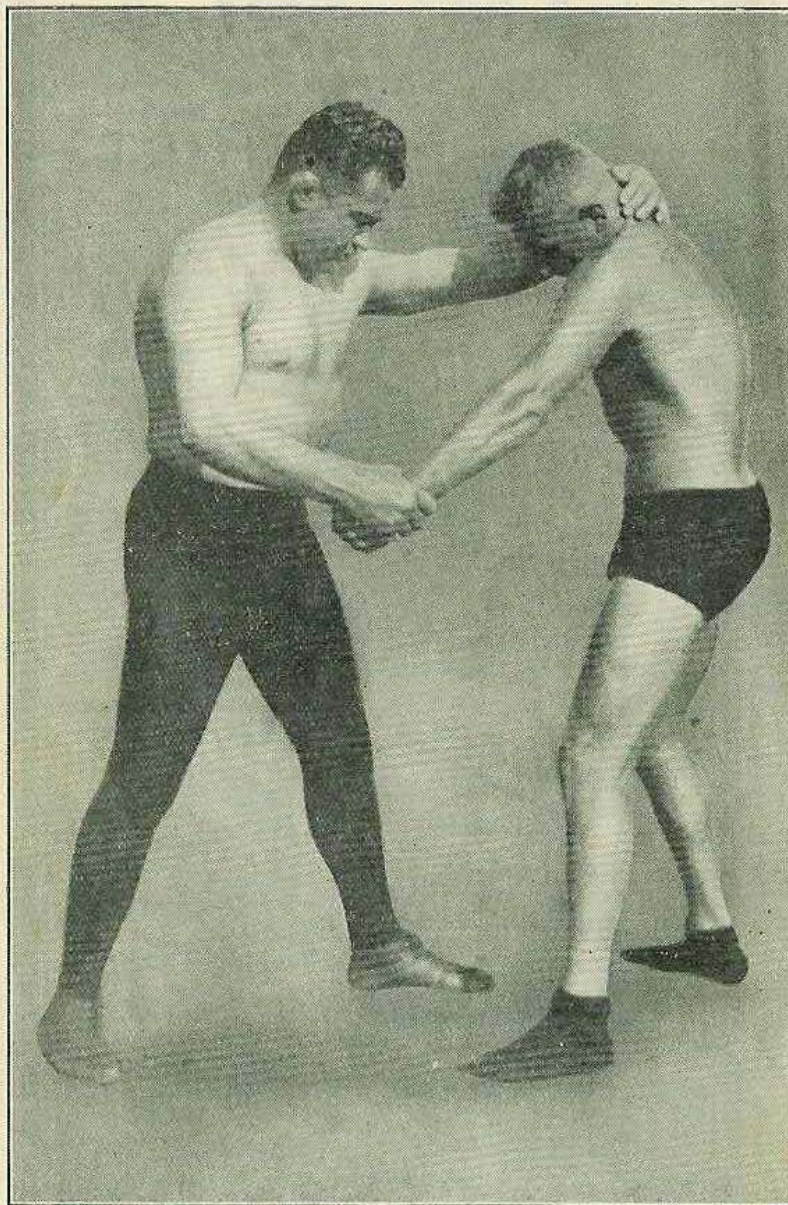


WRESTLING RULES.

Catch-as-Catch Can (or Lancashire Style).

1. Opponents may grasp any part of each other's body.
2. No form of strangling is permitted, unless agreed to by the principals.
3. Neither Contestant is allowed to rub any oil or grease on his body.
4. Seconds must not touch their man during a bout. Neither shall they give him advice until a resting period is reached.
5. The Stakes go with the Referee's decision in every event.
6. A fall is scored against a man when both shoulders touch the floor at the same time for a period of 3 seconds counted aloud by the Referee; or when a contestant surrenders (submission fall).
7. The Strangle Hold is barred in Australia. A single arm may be pressed against an opponent's throat, but the free arm or hand must not touch any part of the opponent's head or neck.
8. The Referee shall slap on the back or shoulders the wrestler securing a fall, so that the under man shall not be strained by being held too long in a possibly painful position.
9. When a Wrestler refuses to continue a contest at the Referee's command, the decision and stakes shall be awarded to his antagonist.
10. When Wrestlers roll off a mat under the ropes or foul the boundary lines in any way, they shall be ordered to the middle of the mat by the Referee, the Wrestler having the advantage on rolling out of the ring shall be given the position of aggressor when they resume in the centre.
11. Biting, scratching, deliberately striking and kicking are fouls; gouging and boring are prohibited and are taken into account in the score.
12. With regard to fouls, or any deliberate breach of the rules, the Referee shall have the discretion of disqualifying or awarding a fall against the offender.
13. Rounds are of ten minutes duration, with a two minutes interval between each round.
14. Australian Championships may be decided on points, but the World's Championship is only decided on falls.
15. The Referee shall decide all questions that are not covered by these regulations.

PLATE No. 1.



TOM LURICH—REFEREE HOLD.

REFEREE HOLD.

The Referee Hold is usually the first position taken up by the wrestlers when they come to grips.

Neither has the advantage in this hold.

It is the opening move for the development of many holds.

Both wrestlers can, and usually do, apply this hold at the same time.

PLATE No. 2.



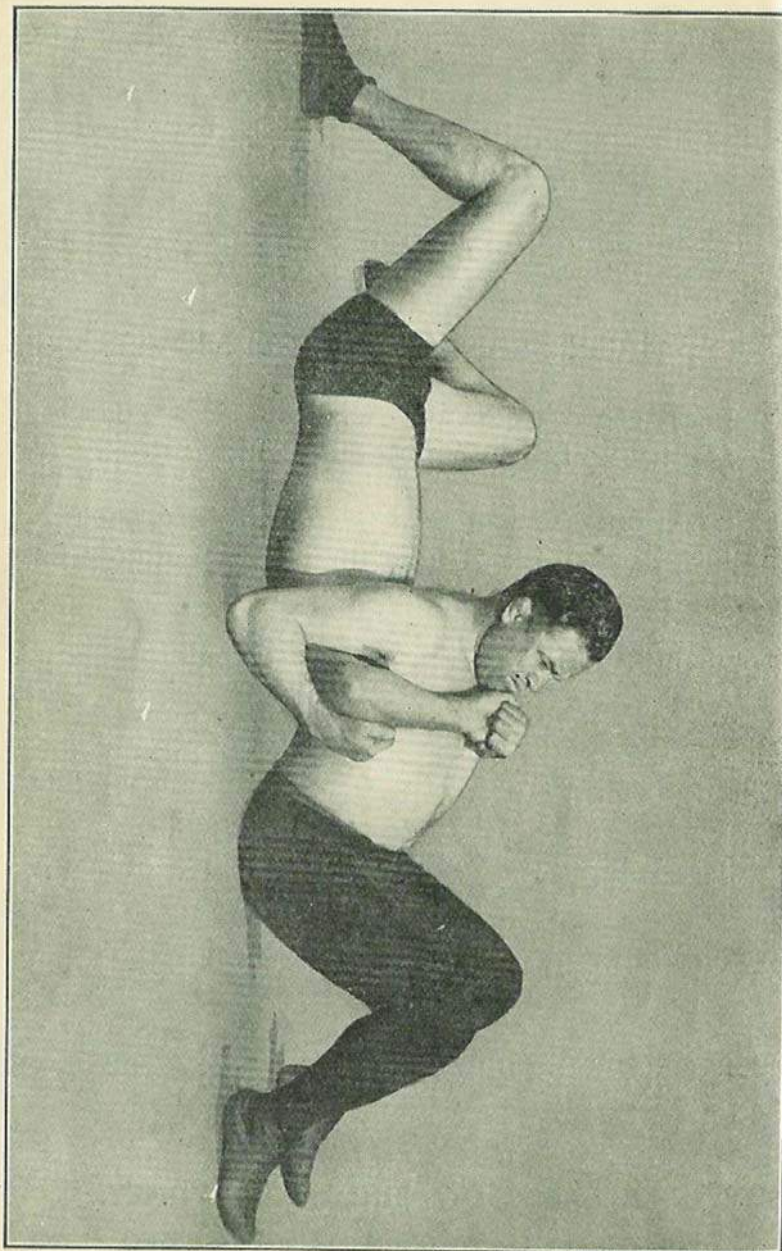
TOM LURICH—BACK SLAM OPENING MOVE.

BACK SLAM—OPENING MOVE.

The opponent's arms are gripped in a reverse double arm hold taken in a stooping position.

Using one shoulder as a fulcrum, the opponent's body is then raised from the mat, preparatory to the actual Back Slam.

PLATE No. 3.



TOM LURICH—BACK SLAM COMPLETED.

BACK SLAM—COMPLETED.

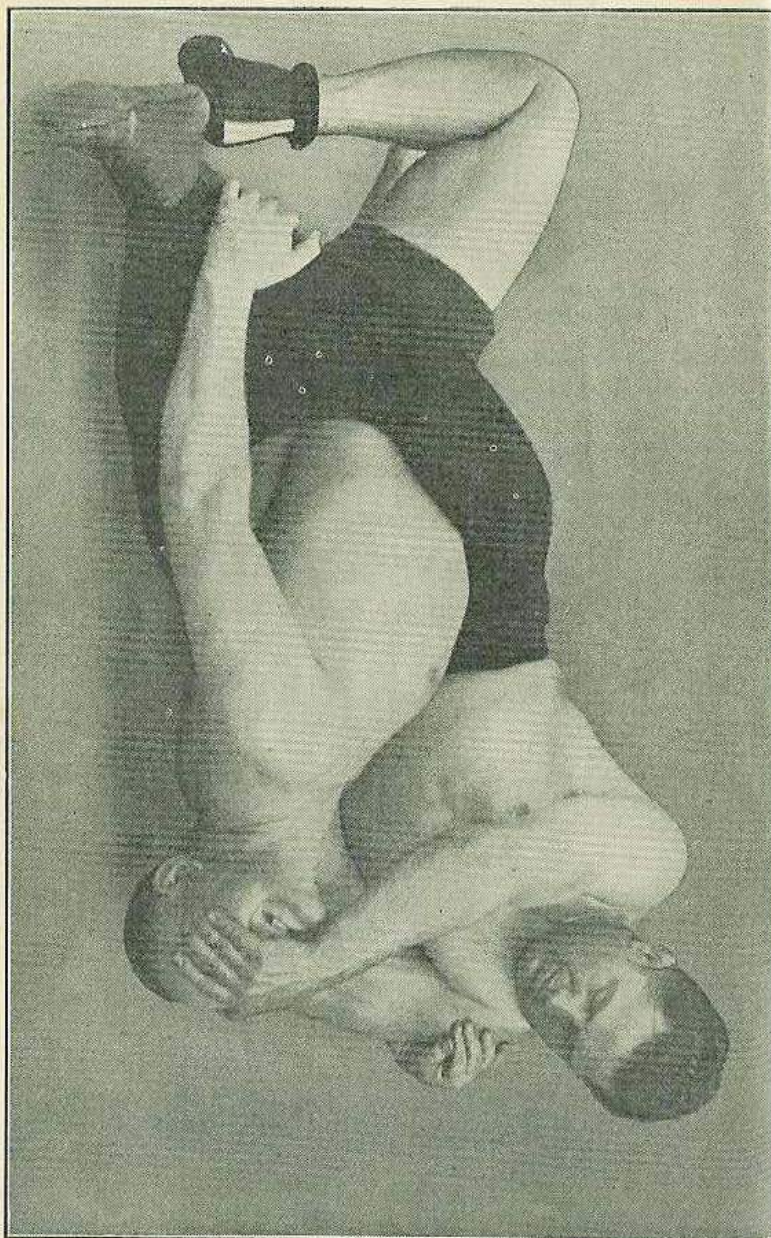
The final position of the Back Slam is shown in the illustration. From the standing position shown in the opening move, the attacker throws himself backward, throwing his opponent over his shoulder and pinning his shoulders to the mat with a reverse body press.

In many cases the body press is not necessary as the opponent is winded owing to falling in the under position and taking the weight of the attacker's body at the moment of impact with the mat.

This is a match-winning hold of Tom Lurich.

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PLATE No. 4.



TOM LURICH—BODY SCISSORS.

BODY SCISSORS.

The body of the opponent is scissored across the pit of the stomach by the attacker, the legs being locked at the ankles.

Pressure is then exerted across the body by the leg grip until the opponent submits.

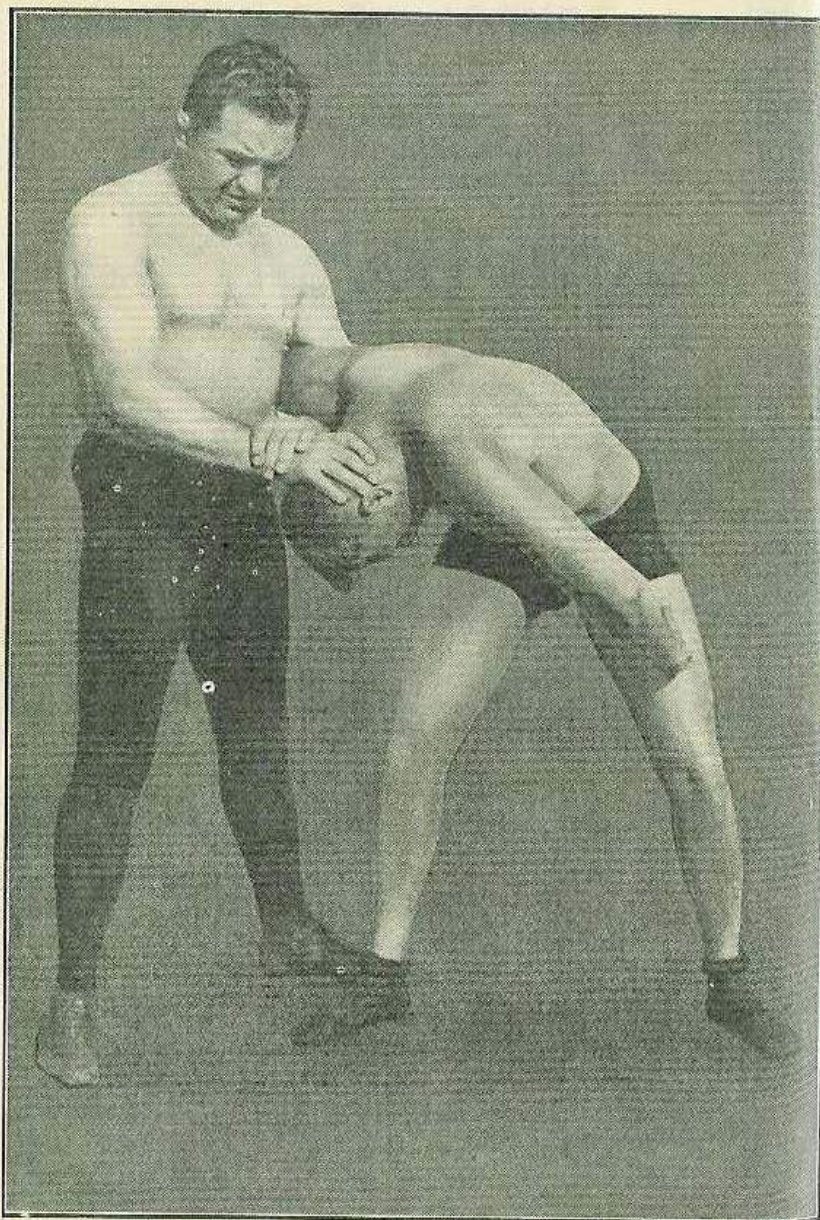
A submission fall is usually registered with this hold, as the position of the leg underneath renders a pin fall difficult to obtain.

This hold is usually taken in combination with a near arm hold or face bar.

In the illustration the body scissors is shown in combination with both a near arm hold and face bar.

This is the favourite hold of Tom Lurich.

PLATE No. 5.



TOM LURICH—QUARTER NELSON.

QUARTER NELSON.

The Quarter Nelson is applied by placing the hand directly on the back of the opponent's neck.

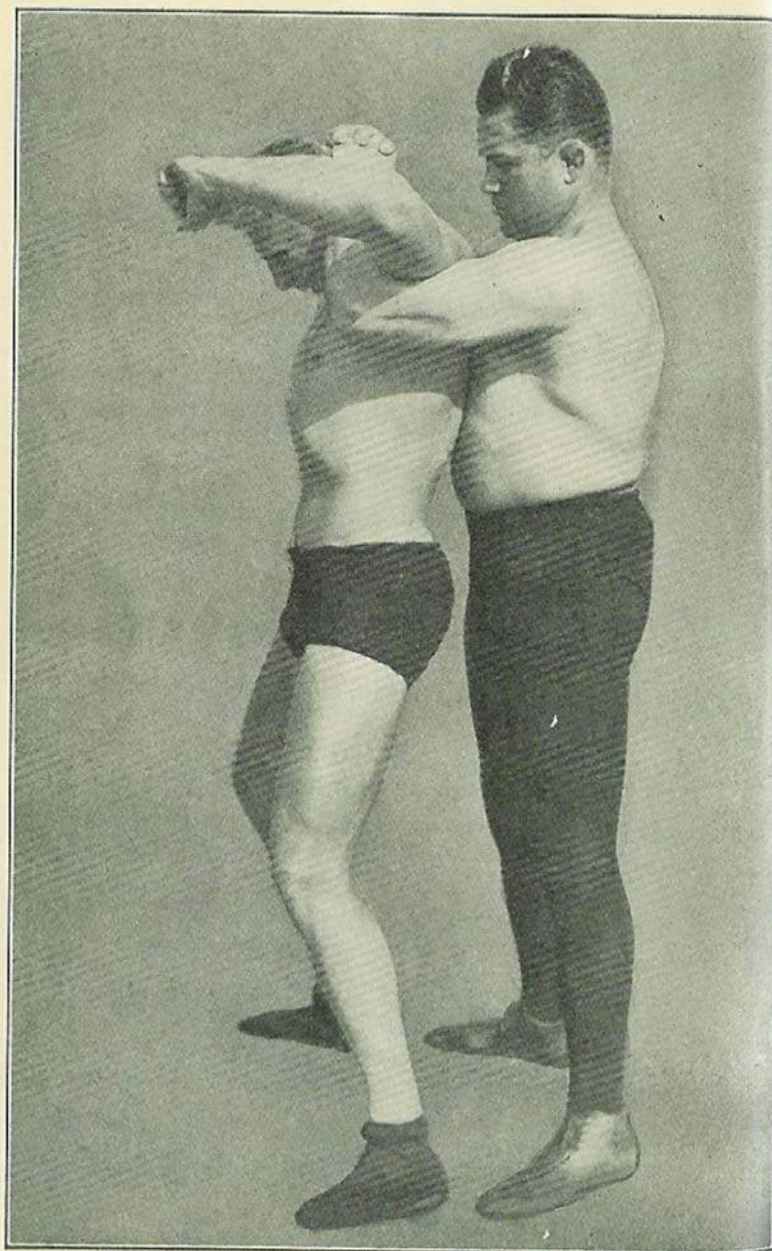
The other arm is thrust under the opponent's near arm and hand locked on the wrist of the first arm.

Double strength can therefore be exerted upon the opposing wrestler's head, forcing it downwards in the same manner as the Half Nelson.

The Half Nelson is applied by thrusting the attacking arm under the opponent's arm and on to the back of his neck.

The Half Nelson is rarely used in modern wrestling. The Quarter Nelson is often used in combination with other holds.

PLATE No. 6.



TOM LURICH—FULL NELSON.

FULL NELSON.

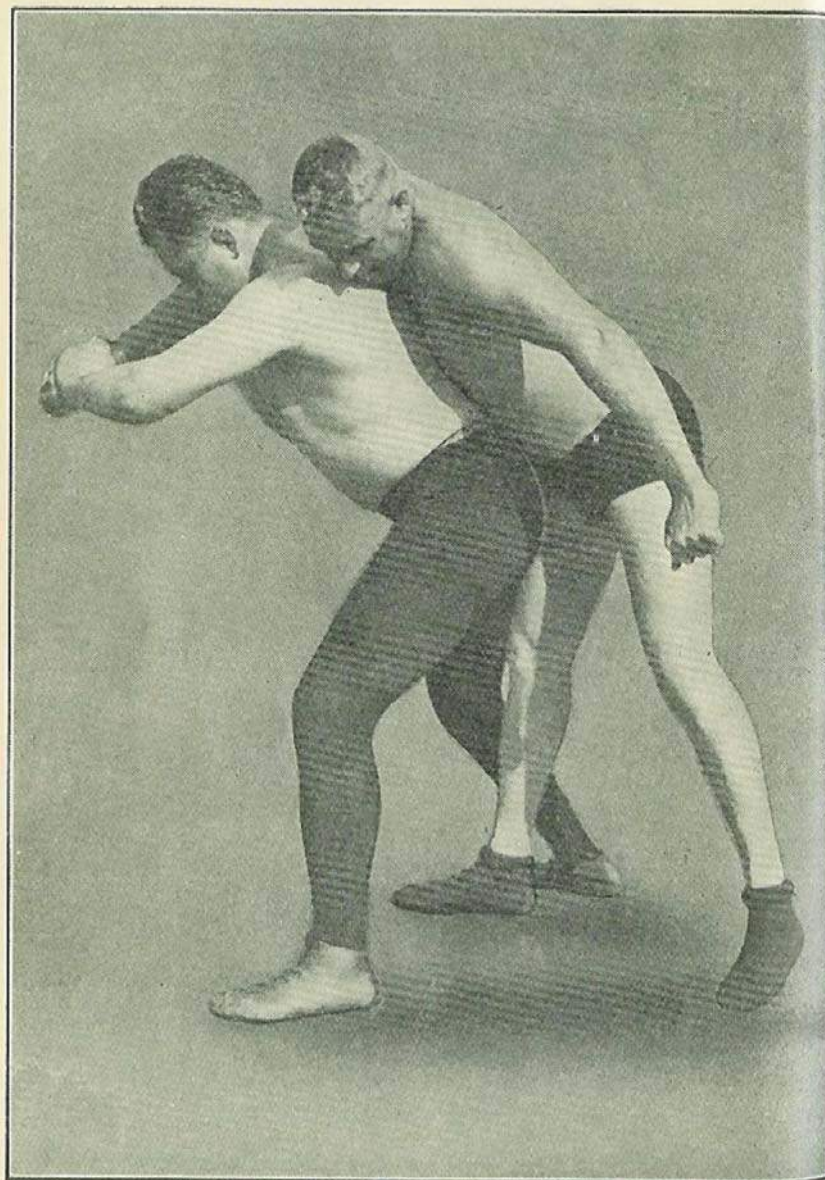
The Full Nelson is a hold that is difficult to obtain. It comprises two Half Nelsons, locked at the wrist.

A fall is rarely taken with this hold.

The counter is for the opponent to raise both hands above his head and drop quickly to the mat, both arms sliding through the hold.

The Full Nelson is also dangerous to the attacker, as it lays him open to a Back Slam.

PLATE No. 7.



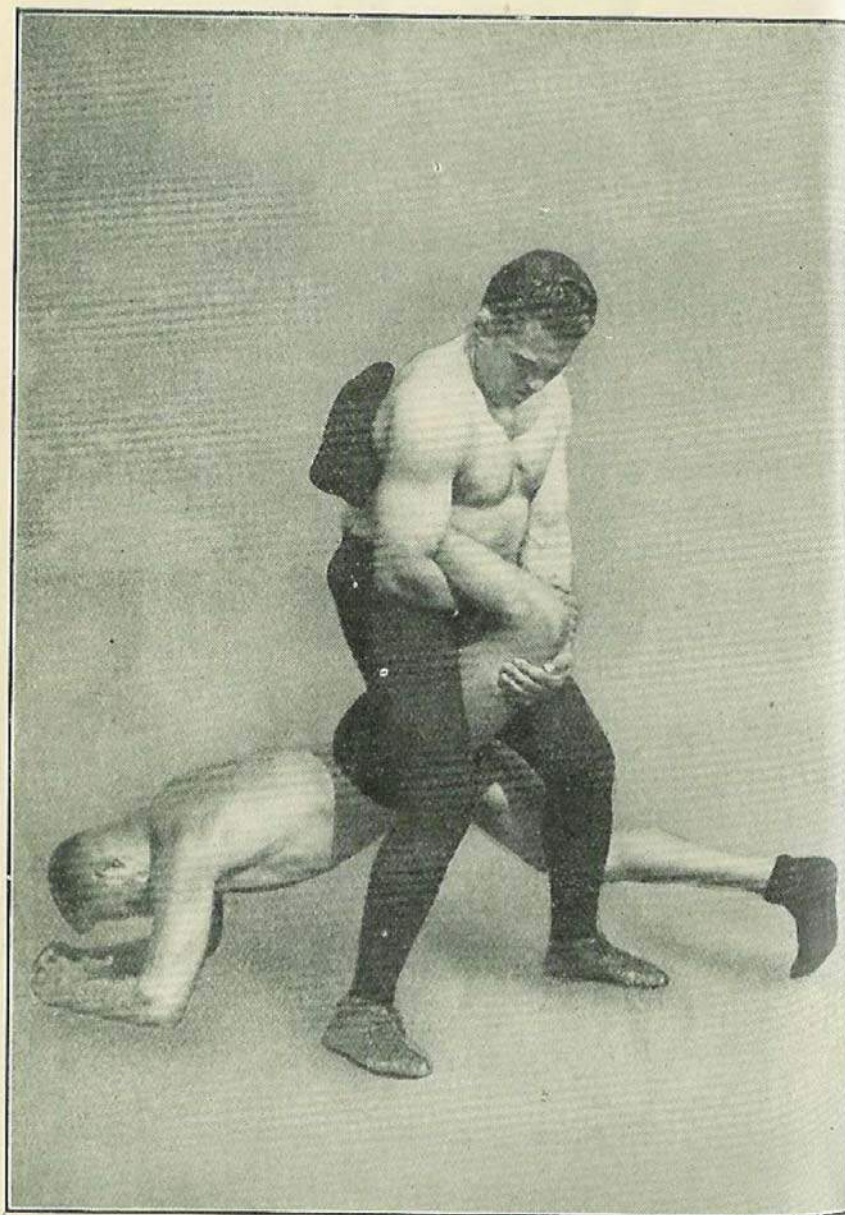
TOM LURICH—FLYING MARE.

FLYING MARE.

In this hold the opponent's arm is grasped at the wrist with the attacker's hands, usually in a confronting position.

The attacking wrestler then twists round, bringing the opponent's arm over the attacker's shoulder. The attacker finally heaves downwards, throwing the opponent's body in an arc through the air on to his back on the mat.

PLATE No. 8.



TOM LURICH—BAR LEG HOLD.

BAR LEG HOLD.

This is a painful hold, but rarely secures a fall.

It is taken in the same position as a Step-Over Toe Hold, but in place of the foot being grasped by the hands, the leg is imprisoned under the armpit, the forearm of the attacker being used as a bar behind the calf.

Great leverage is secured by the attacker locking his right arm on to the left wrist, while the attacker is barring the opponent's left leg above the knee.

PLATE No. 9.



TOM LURICH—BAR TOE HOLD.

BAR TOE HOLD.

An ingenious and effective Bar Toe Hold is shown in the illustration.

The attacker's right leg grapevines his opponent's right leg, barring the latter behind the calf.

This is a painful hold, with which it is possible to secure a submission fall if the full leverage is applied.

PLATE No. 10.

TOM LURICH—CROSS BAR TOE HOLD.



CROSS BAR TOE HOLD.

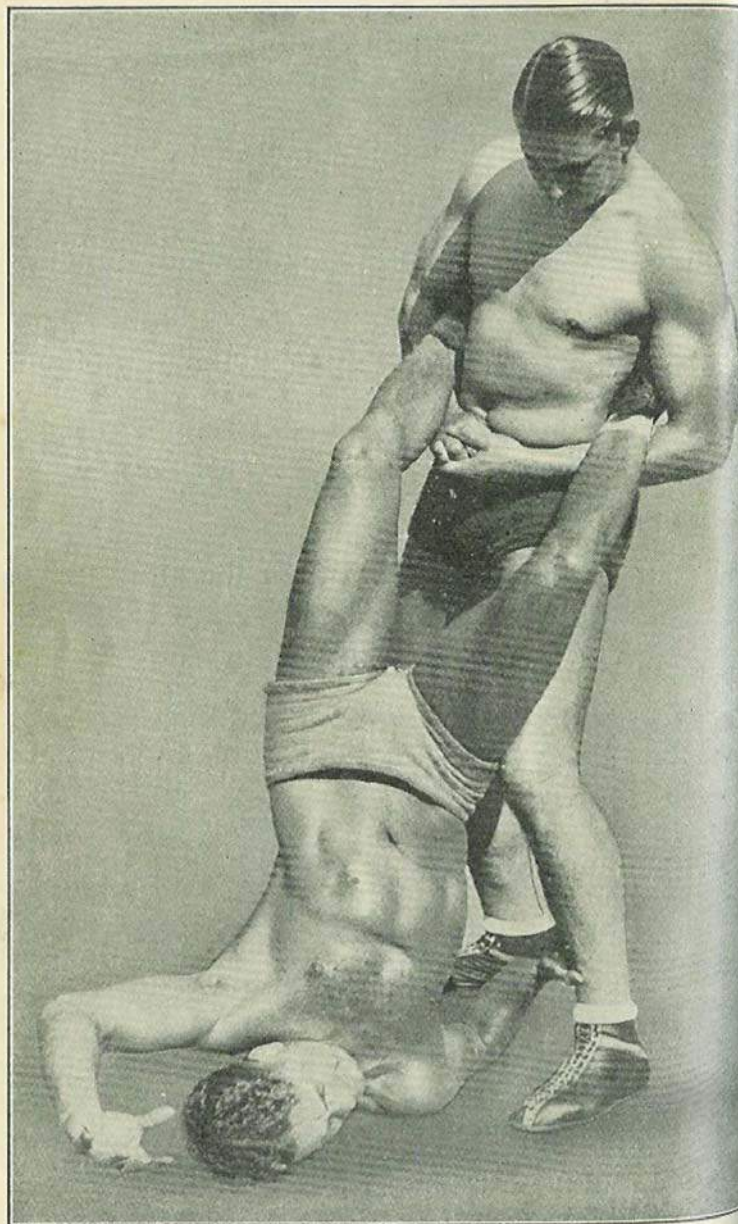
The illustration shows an enterprising form of Toe Hold in which the opponent's left leg is barred by his own right leg.

The bar is further strengthened by the attacker thrusting his right leg through the crotch of his opponent.

This is a dangerous hold, as very great leverage can be placed on the opponent's toe.

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PLATE No. 11.



WALTER BROWNING and DICK CAMERON (Australian Middleweight Wrestling Champion)—BOSTON CRAB OPENING MOVE.

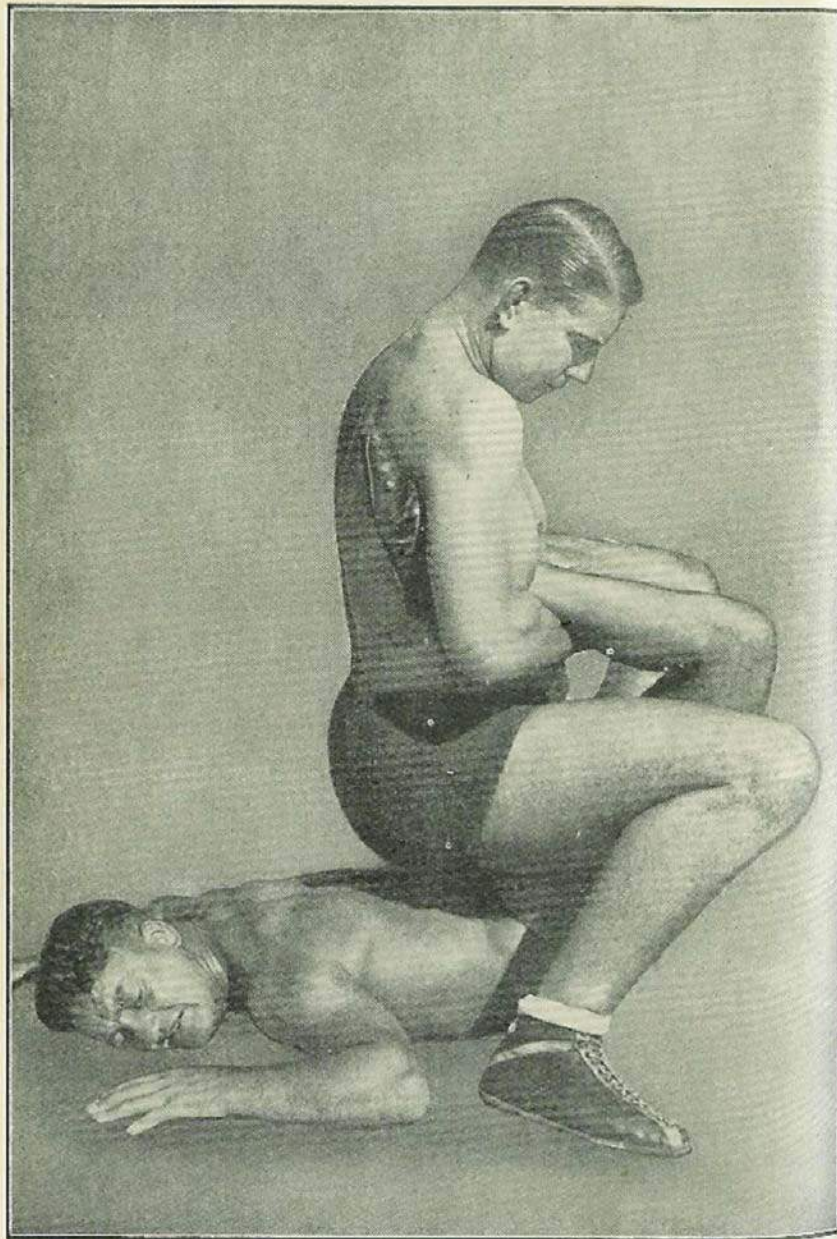
BOSTON CRAB—OPENING MOVE.

The Boston Crab is one of the most dangerous of all wrestling holds.

When properly applied, a submission fall is practically inevitable.

The opening move consists in the attacker gripping both legs of the opponent under his armpits, then rising to a standing position until the opponent is balanced on his shoulders on the mat.

PLATE No. 12.



WALTER BROWNING—BOSTON CRAB COMPLETED.

BOSTON CRAB—COMPLETED.

From the position taken up in the opening move for the Boston Crab, as shown in the previous illustration, the attacker proceeds to step over the body of his opponent with one foot, at the same time twisting the opponent until his chest is on the mat.

This move is followed by the attacker throwing himself backward into a sitting position, as shown in the illustration.

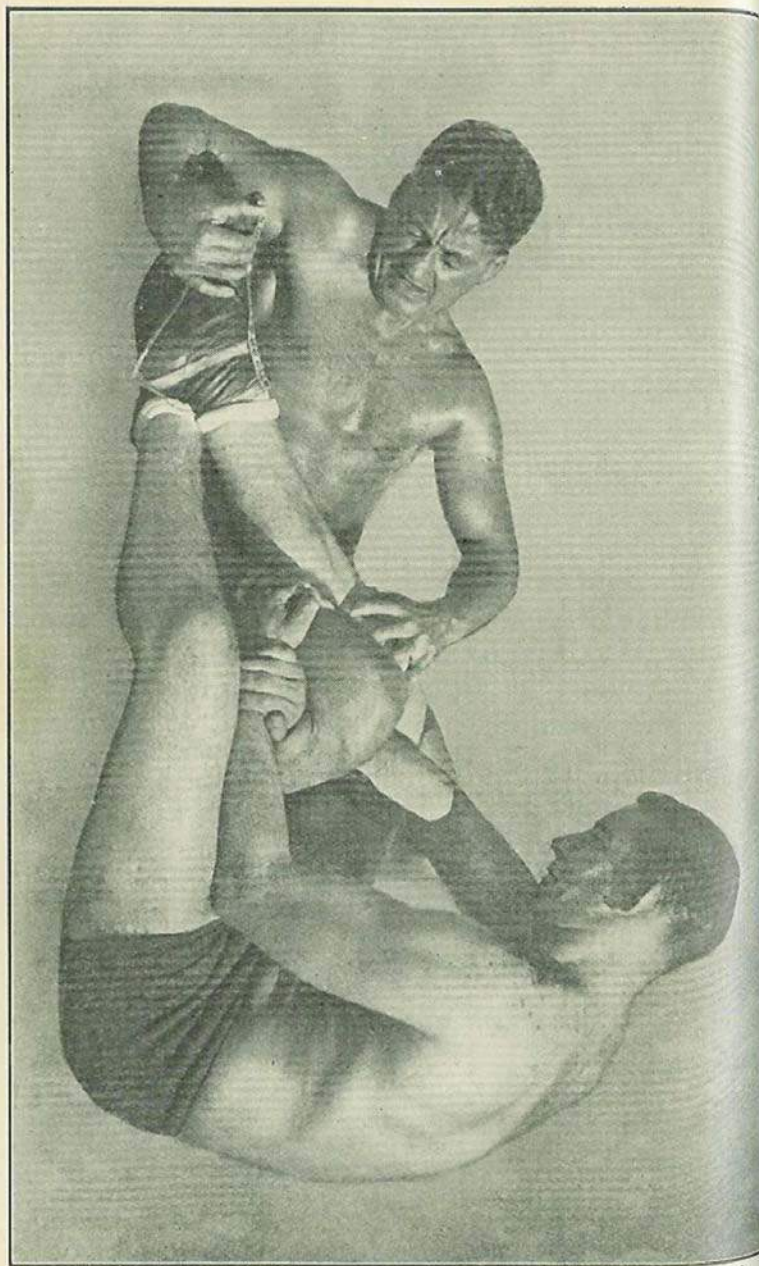
By this means a tremendous strain is placed upon the back of the opponent, resulting almost inevitably in a submission fall.

The Boston Crab is the favourite hold of Walter Browning.

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PLATE No. 13.

WALTER BROWNING—THE STOPPER.



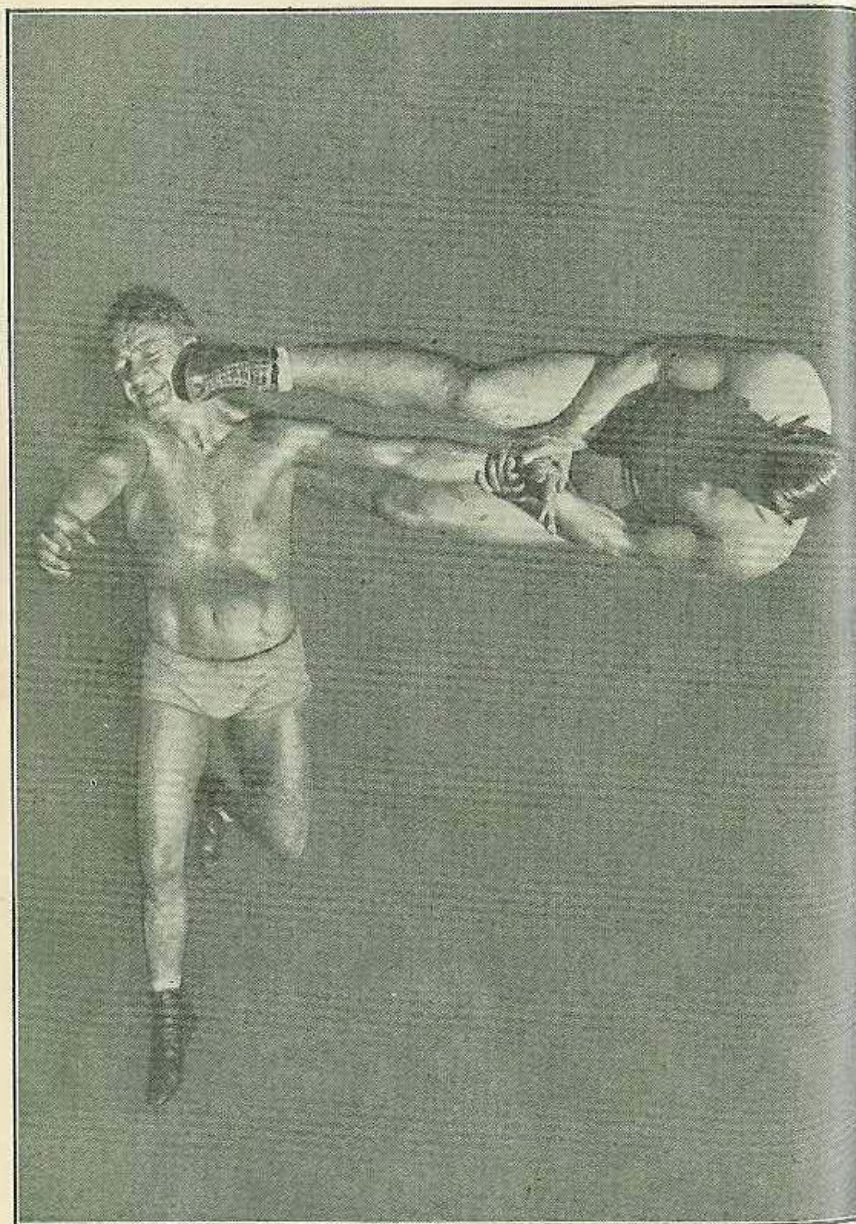
THE STOPPER.

In this hold, the bent leg of the opponent is scissored, and one arm of the attacker is inserted behind the knee of the scissored leg, the hand locking on the wrist of the attacker's other arm.

Pressure is then applied to the muscles and nerve centre behind the knee and at the back of the opponent's calf until the latter is forced to submit.

PLATE No. 14.

WALTER BROWNING—ARM STRETCH.



ARM STRETCH.

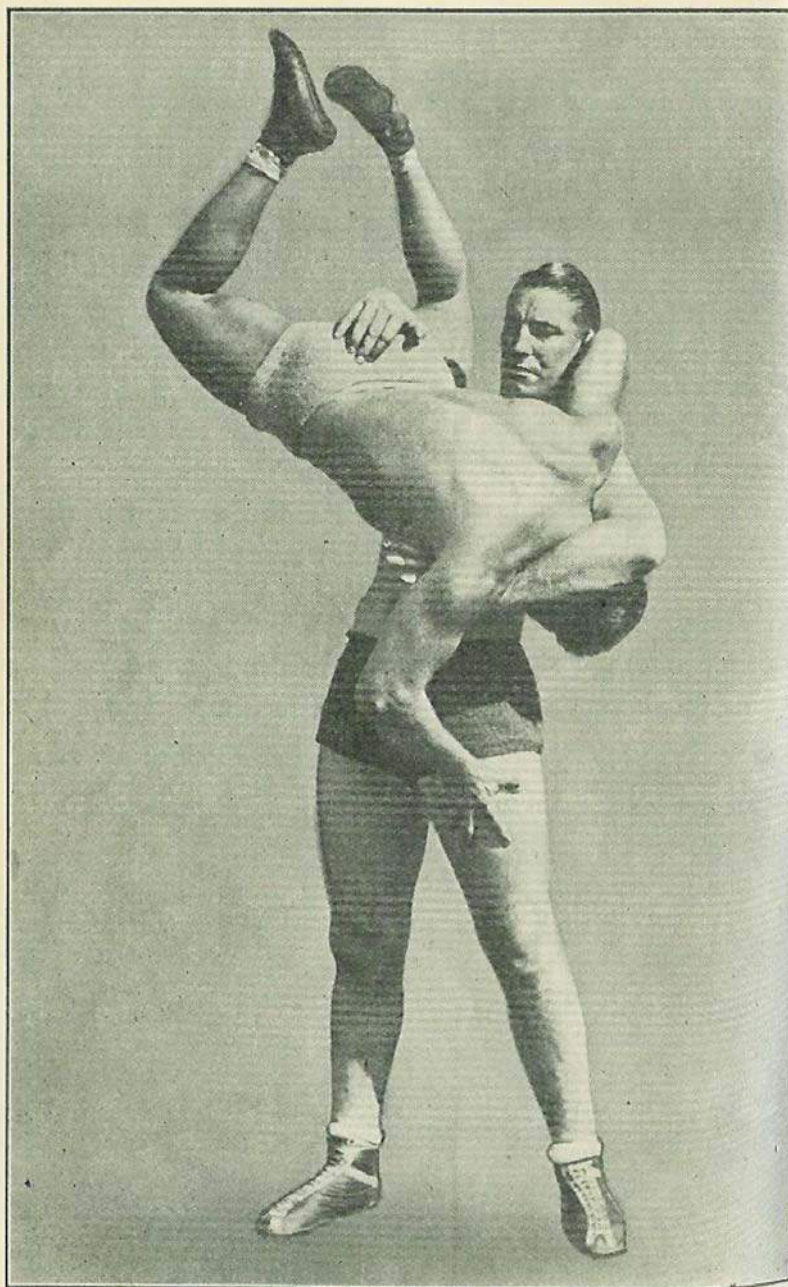
The illustration shows this hold taken in a standing position.

The attacker seizes the wrist of his opponent, stretching the latter's arm upwards, and at the same time placing his foot on the side of the opponent's head, pressing the head on the mat.

This hold can be secured in a sitting position, in place of a standing position, when it is reinforced and made more effective by the attacker placing his other foot under the armpit of his opponent.

This hold is a difficult one to counter, but a fall is rarely taken with it.

PLATE No. 15.



WALTER BROWNING—CROTCH HOLD.

CROTCH HOLD.

By thrusting one hand through the crotch of the opponent, and with the other arm grasping the head of the latter, the attacking wrestler has secured the opening move for the dump.

He rises to his feet, lifting the body of the opponent shoulder high, preparatory to the downward forward slam.

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PLATE No. 16.

WALTER BROWNING—CROTCH HOLD AND DUMP OR FORWARD SLAM COMPLETED.



CROTCH HOLD AND DUMP OR FORWARD SLAM COMPLETED.

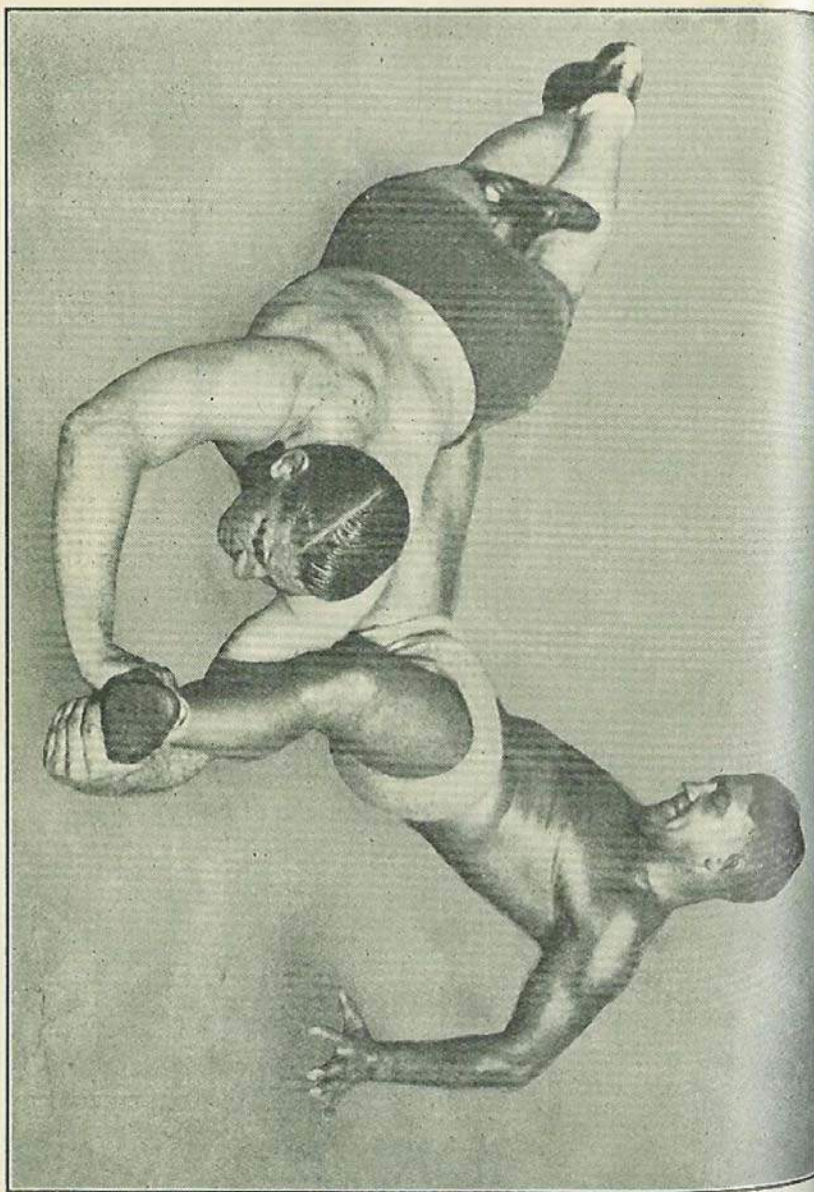
After having secured the Crotch Hold shown in the previous illustration, and raised the body of his opponent, the attacking wrestler slams his opponent down onto the mat on his back, falling upon him with the hold still applied, and with a body press, pinning the shoulders to the mat.

This move is a very effective way of securing a pin fall.

In many cases the opponent is winded by the dump, rendering the pinning of the shoulders a simple matter.

PLATE No. 17.

WALTER BROWNING—FORWARD SPLITS.



FORWARD SPLITS.

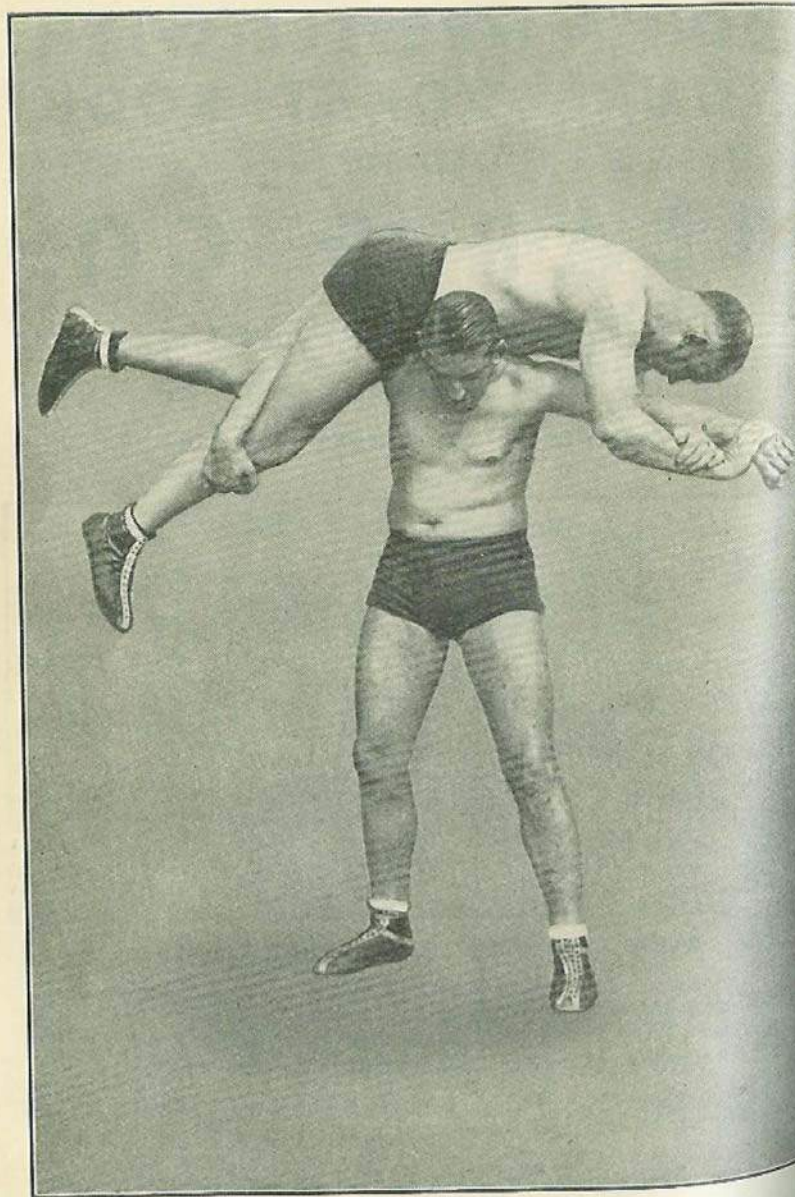
The Forward Splits is obtainable by the attacking wrestler grasping one of the opponent's ankles in his hands, and scissoring the other leg of the opponent.

The opponent's legs are then forced as far apart as possible.

This is a most painful hold, but in modern wrestling a fall is rarely taken with it.

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PLATE No. 18.



WALTER BROWNING—AEROPLANE SPIN.

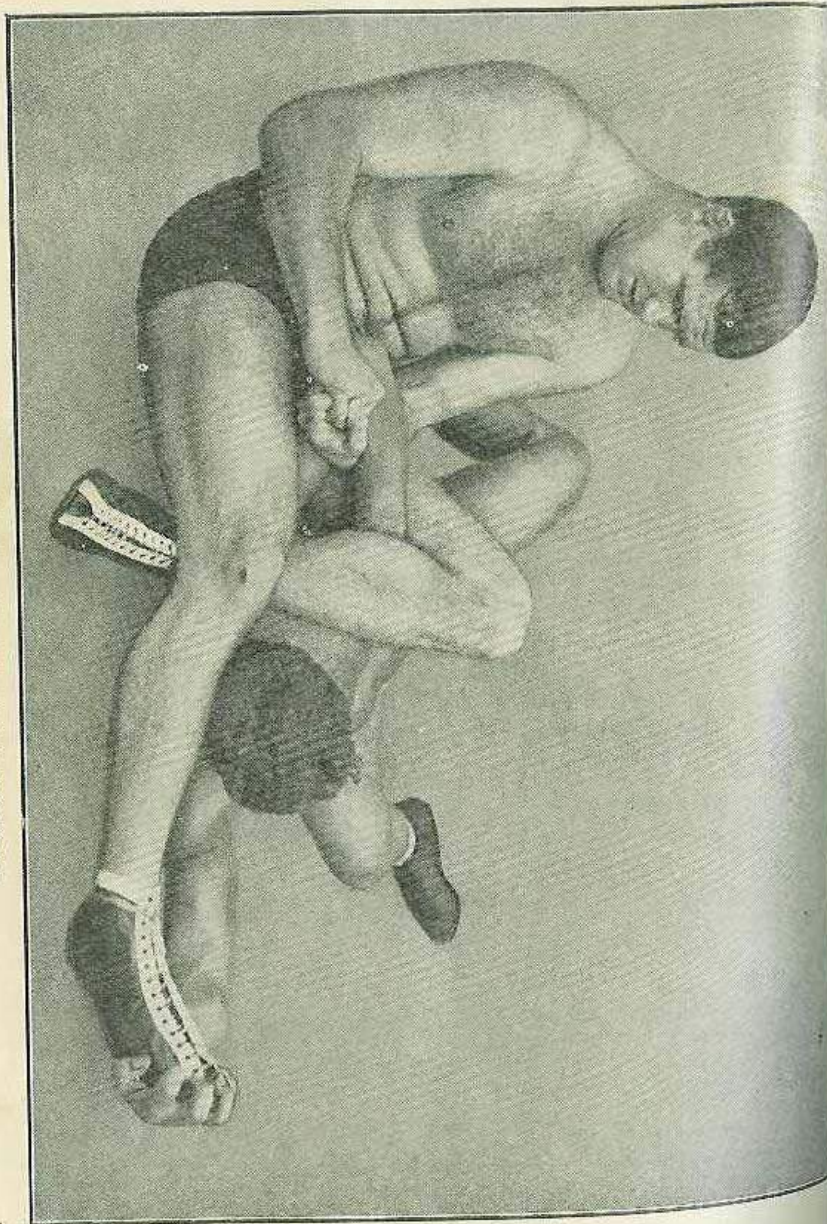
AEROPLANE SPIN.

In this hold, the opponent is gripped by the arms and legs, and raised on the back of the attacking wrestler.

The latter then proceeds to spin rapidly several times, after which he dumps his opponent heavily to the mat, usually finishing with an attempt to pin his opponent's shoulders to the mat with a body press.

This is a most effective method of securing a fall.

PLATE No. 19.



BONNIE MUIR—SHORT-ARM SCISSORS.

REVERSE SHORT ARM SCISSORS.

This is one of the most painful of all wrestling holds, and when properly secured a fall can be readily obtained with it.

It is a similar hold to the Stopper, but applied to the opponent's arm in place of to his leg.

The opposing wrestler's arm is scissored in a bent position, and the attacker's arm thrust through the imprisoned arm.

Severe pressure is then applied to the arm until the circulation is stopped.

Either a submission fall or a pin fall can be taken with this hold.

Bonnie Muir uses the Short Arm Scissors with deadly effect.

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PLATE No. 20.



BONNIE MUIR — THE KEYLOCK.

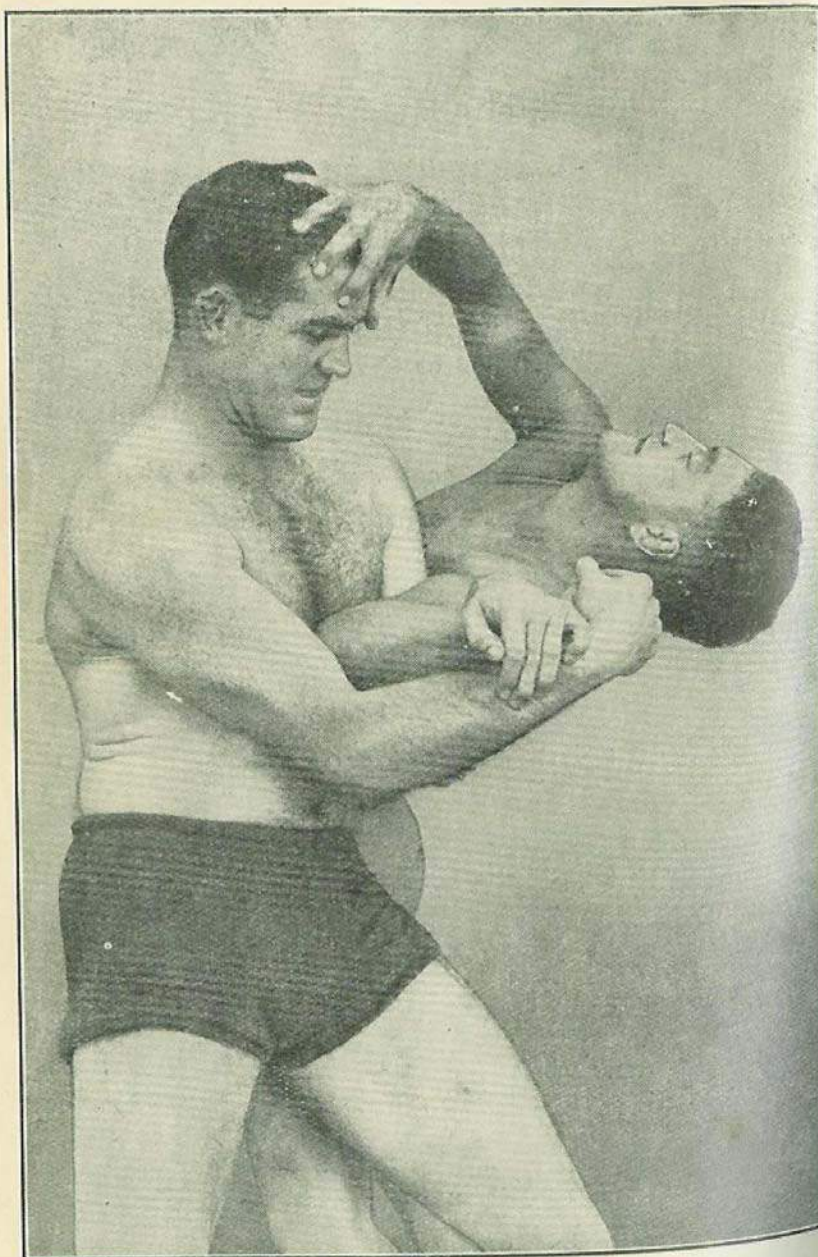
THE KEYLOCK.

The Keylock is a similar hold to the Stopper, but applied at right angles to the body of the opposing wrestler.

The opponent's leg is scissored in a bent position, and the hands of the attacker locked behind the knee of the imprisoned leg.

Pressure is then applied to the back of the leg until the opponent submits.

PLATE No. 21.



BONNIE MUIR—JAPANESE ARM TWIST.

JAPANESE ARM TWIST.

This painful hold is generally secured in a standing position, and the opponent then forced to the mat, where added leverage can be applied.

The opponent's hand is grasped by one hand of the attacker, the other arm of the attacker being thrust under the armpit and over the forearm to be locked on the other wrist.

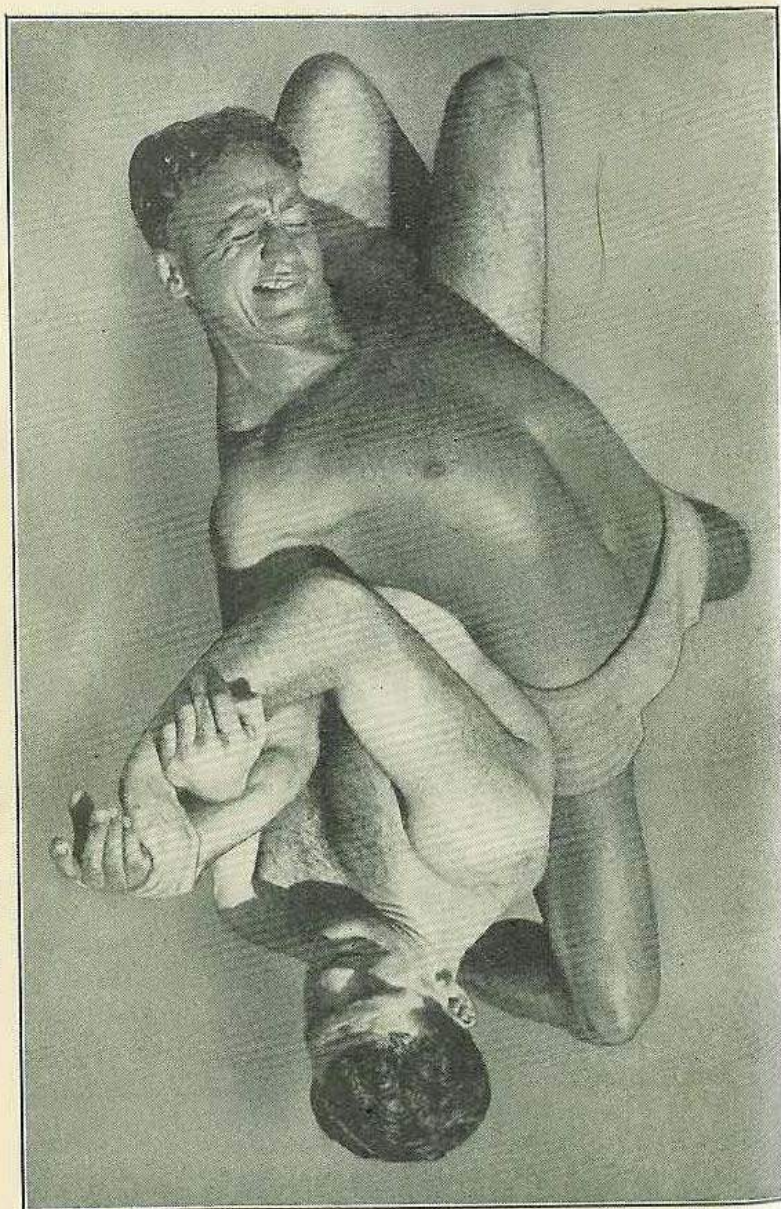
Pressure is then applied to the shoulder and elbow joints.

When this hold is applied a submission fall may be quickly secured.

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PLATE No. 22.

BONNIE MUIR—REVERSE ARM SCISSORS AND DOUBLE WRISTLOCK.



REVERSE ARM SCISSORS AND DOUBLE WRISTLOCK.

The combination hold shown in the illustration shows the attacking wrestler scissoring one arm of the opponent from a reverse position, and a double wristlock being applied to the other arm.

This is an effective hold, which however may be countered by the opposing wrestler head spinning from the reverse to the forward position.

PLATE No. 23.



BONNIE MUIR—REVERSE BOSTON CRAB.

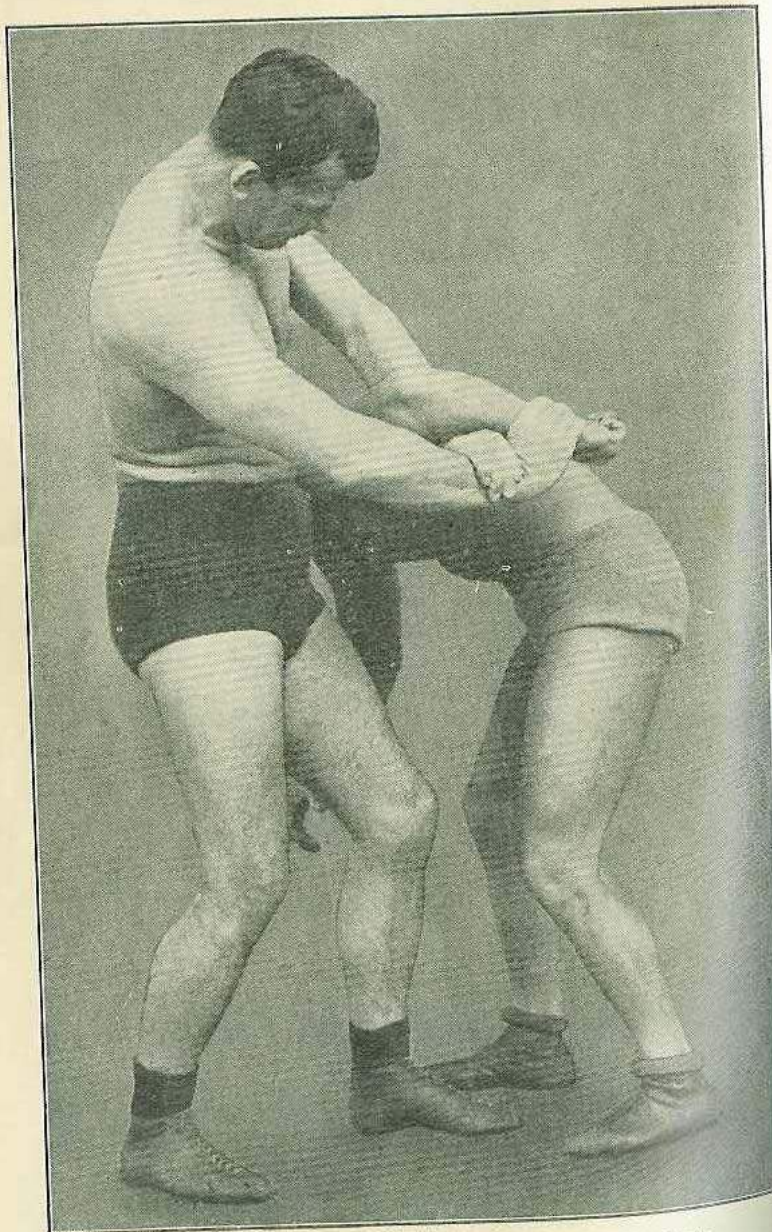
REVERSE BOSTON CRAB.

In this hold, the opposing wrestler's back is straddled on the mat by the attacking wrestler, and a double face bar applied.

The head is then forced backward, the position of the attacker being such as to enable him to apply great pressure on the neck and back of his opponent.

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PLATE No. 24.



KING ELLIOTT STANDING—DOUBLE WRIST LOCK.

STANDING DOUBLE WRISTLOCK.

The double wristlock and hammerlock is one of the best known and most used of all wrestling holds.

It is often used in combination with other holds.

The wrist of the opponent is grasped with one hand, and the other hand is thrust under the forearm and locked on the other wrist.

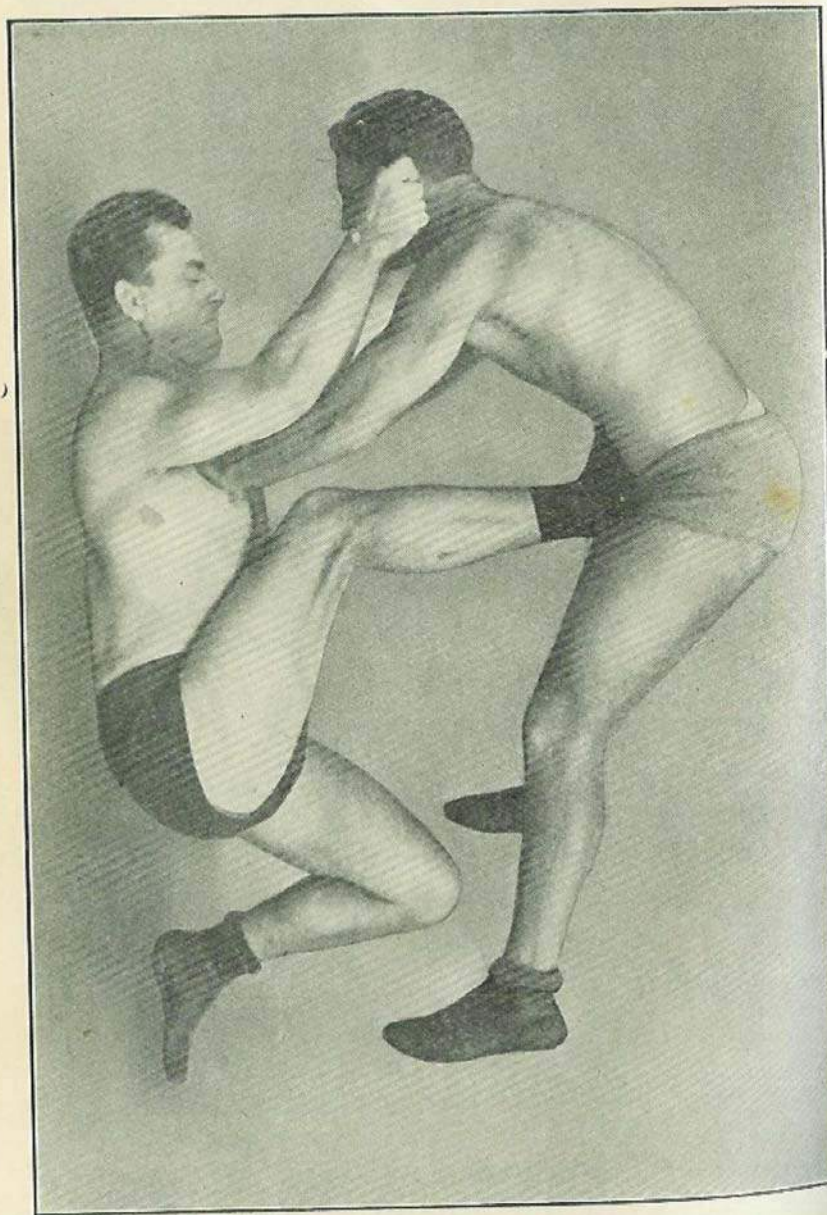
In this position severe pressure can be applied to the forearm and elbow joint.

A series of these painful holds can secure a fall.

The double wristlock is here shown in combination with the hammerlock.

In the hammerlock the imprisoned arm of the opponent is forced up the opponent's back towards the shoulders until he submits.

PLATE No. 25.



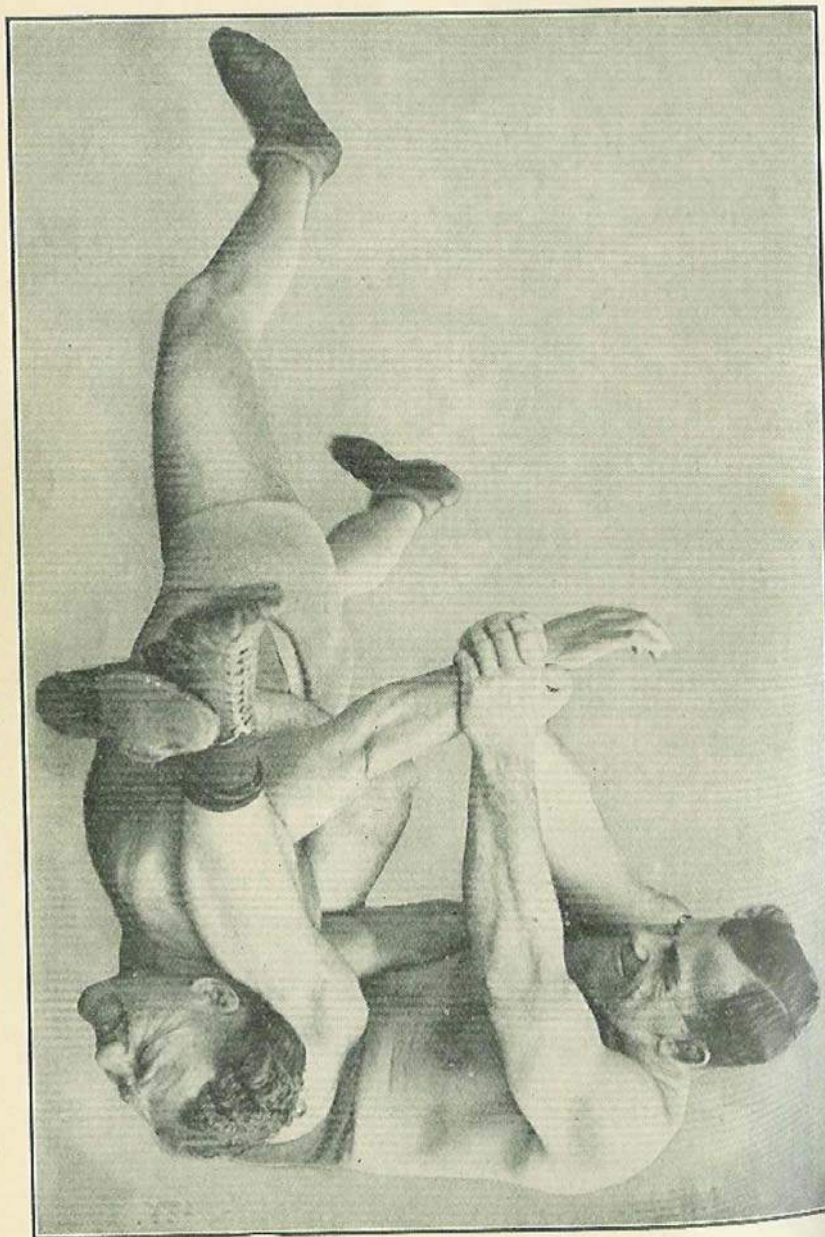
KING ELLIOTT—STOMACH THROW.

STOMACH THROW.

In this hold, with both wrestlers in a standing position, the attacker grasps his opponent by the head, falls backward to the mat with him, places one foot against the opponent's body, heaving his body into the air and on to the mat.

Before the opposing wrestler can recover from the impact he is usually pounced upon and a further hold developed.

PLATE No. 26.



KING ELLIOTT — THE KING PIN.

THE KING PIN.

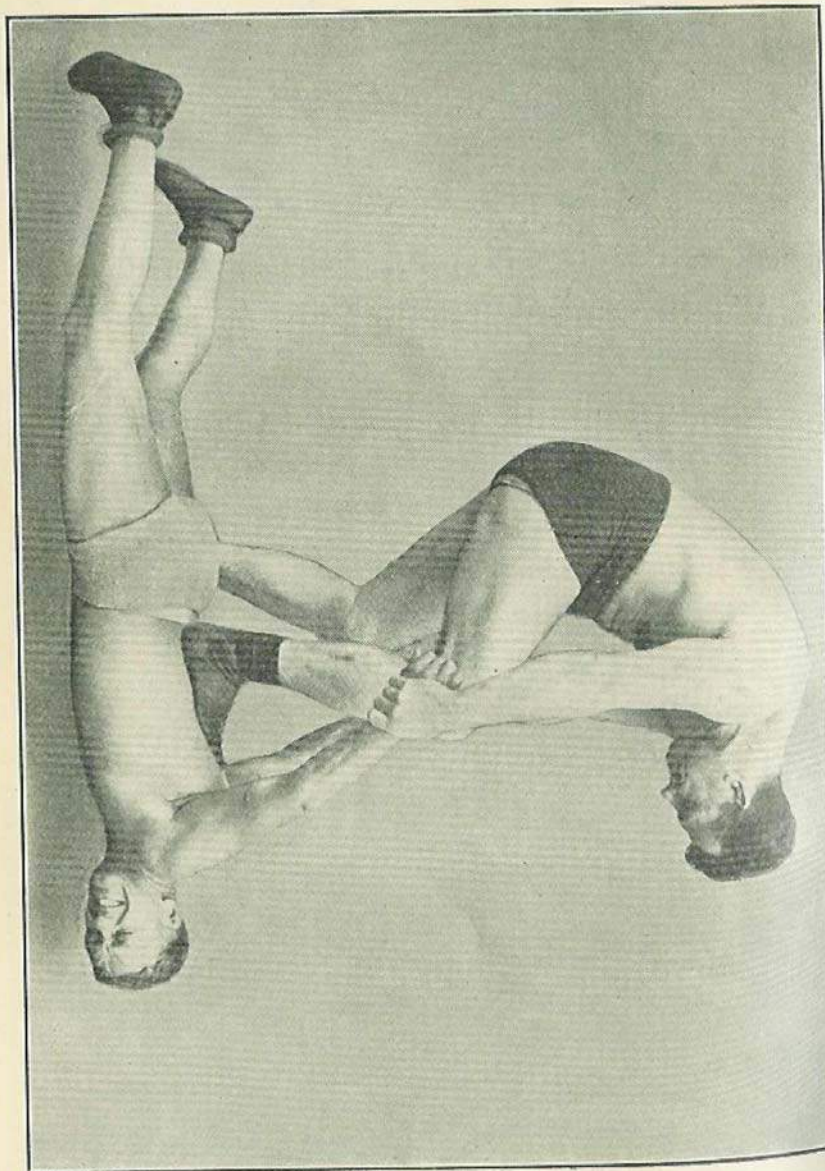
In this effective hold a reverse scissors is locked upon the opposing wrestler's arms, and a further arm hold applied.

Severe pressure is then applied, levering the further arm over until pressure at the shoulder forces the opponent to a submission fall.

When properly applied, this hold is most difficult to counter, and usually results in a fall.

The King Pin was introduced in this country by King Elliott.

PLATE No. 27.



KING ELLIOTT—OCTOPUS HOLD.

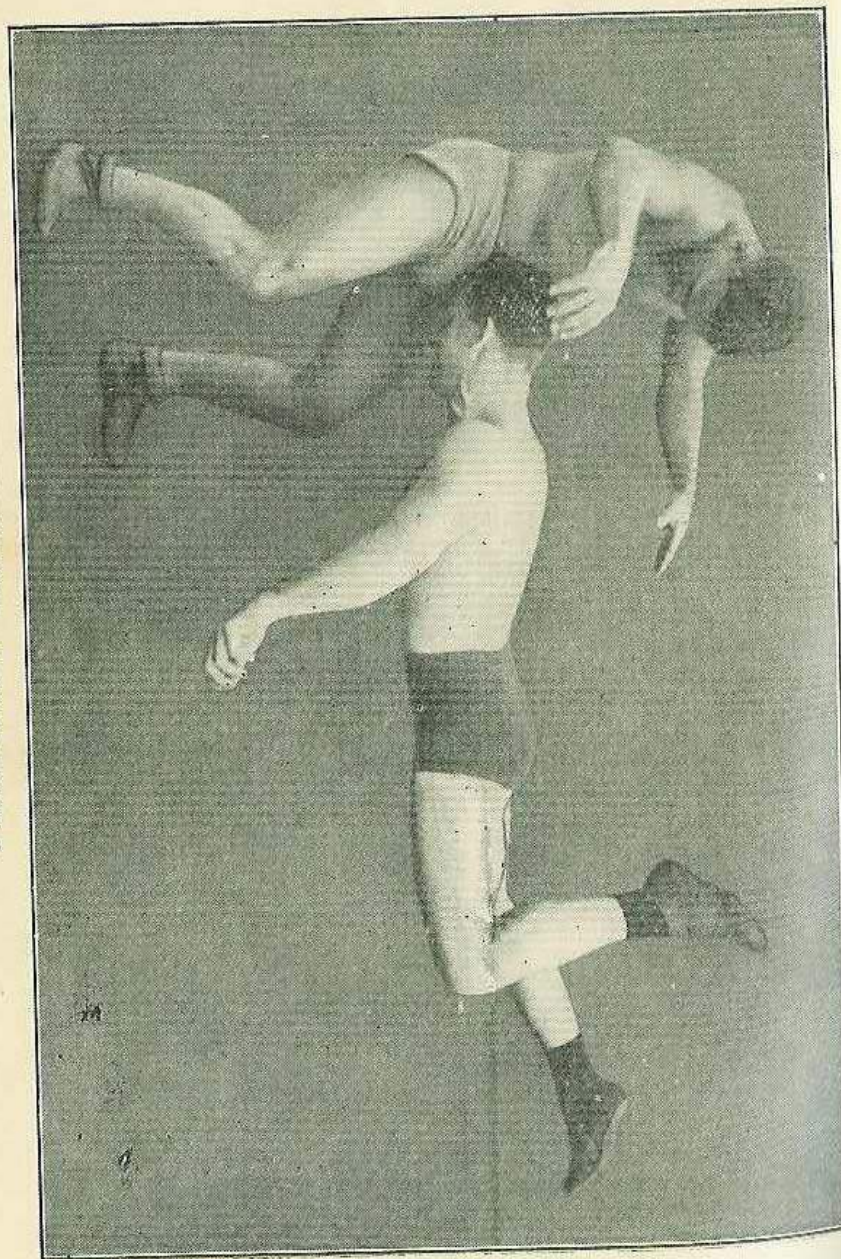
OCTUPUS HOLD.

In the Octopus Hold, the opponent's arms are seized at the wrists from a reverse position while he is lying face down on the mat.

The foot of the attacker is then placed in the small of the opponent's back, and the arms forced upwards until a submission fall is obtained.

This is a dangerous and effective hold.

PLATE No. 28.



KING ELLIOTT—FLYING TACKLE.

FLYING TACKLE.

This is a very effective manner of securing a fall.

The attacker launches his body through the air and butts his opponent in the pit of the stomach, the latter falling heavily backwards to the mat, usually in a winded condition.

A series of successful tackles is generally sufficient to reduce the opponent to a condition where he is unable to resist his shoulders being pinned by a simple body press.

This form of attack however holds elements of considerable danger to the attacking wrestler, as the opponent may sidestep the tackle, in which case the attacker may project himself through the ropes into the crowd.

King Elliott obtains most of his falls with the Flying Tackle.

PLATE No. 29.



ALEX. LUNDYIN — THE HALCH.

THE HALCH.

In this hold, a reverse headlock is placed upon the opponent and his body heaved over the shoulder of the attacker on to the mat.

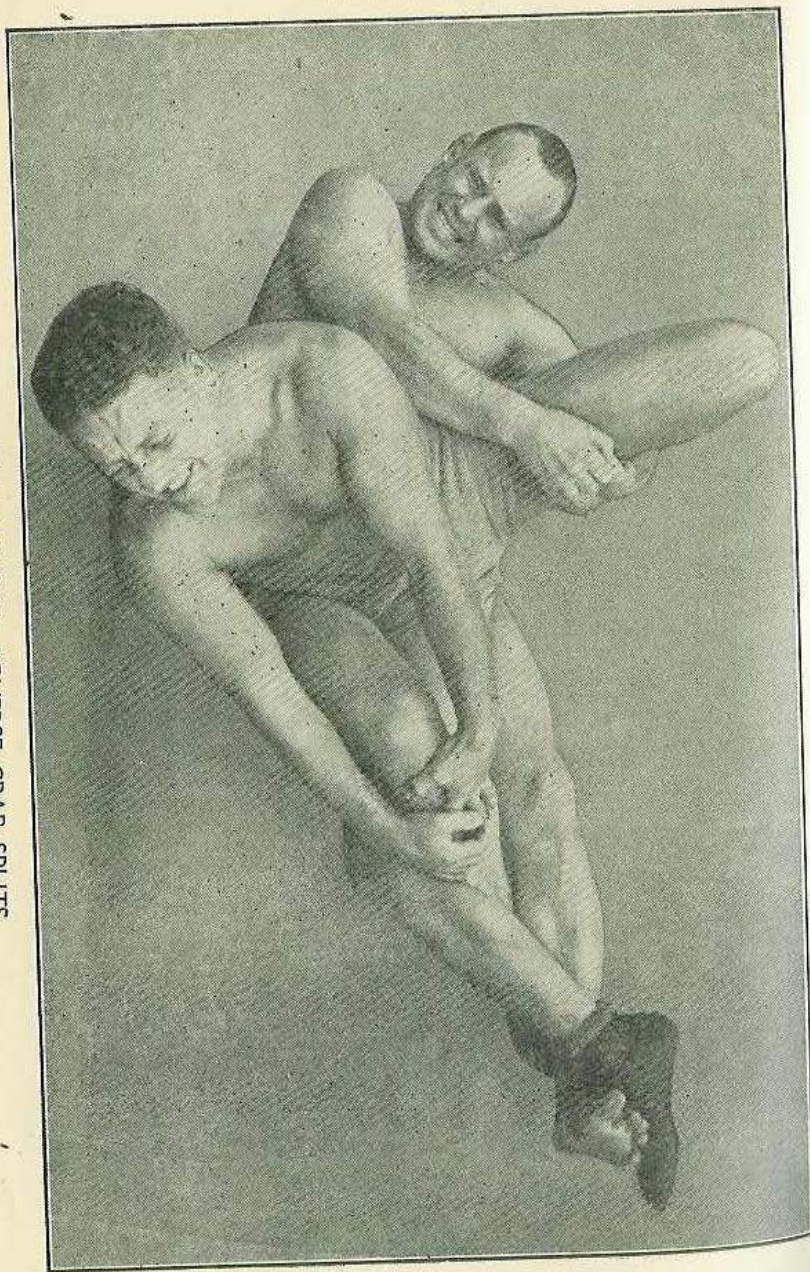
A series of halches will so weaken an opponent that his shoulders may be easily pinned to the mat with a body press.

Billy Meeske concentrates on this hold.

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PLATE No. 30.

ALEX. LUNDY—REVERSE CRAB SPLITS.



REVERSE CRAB SPLITS.

This is one of the most dangerous of all split holds.

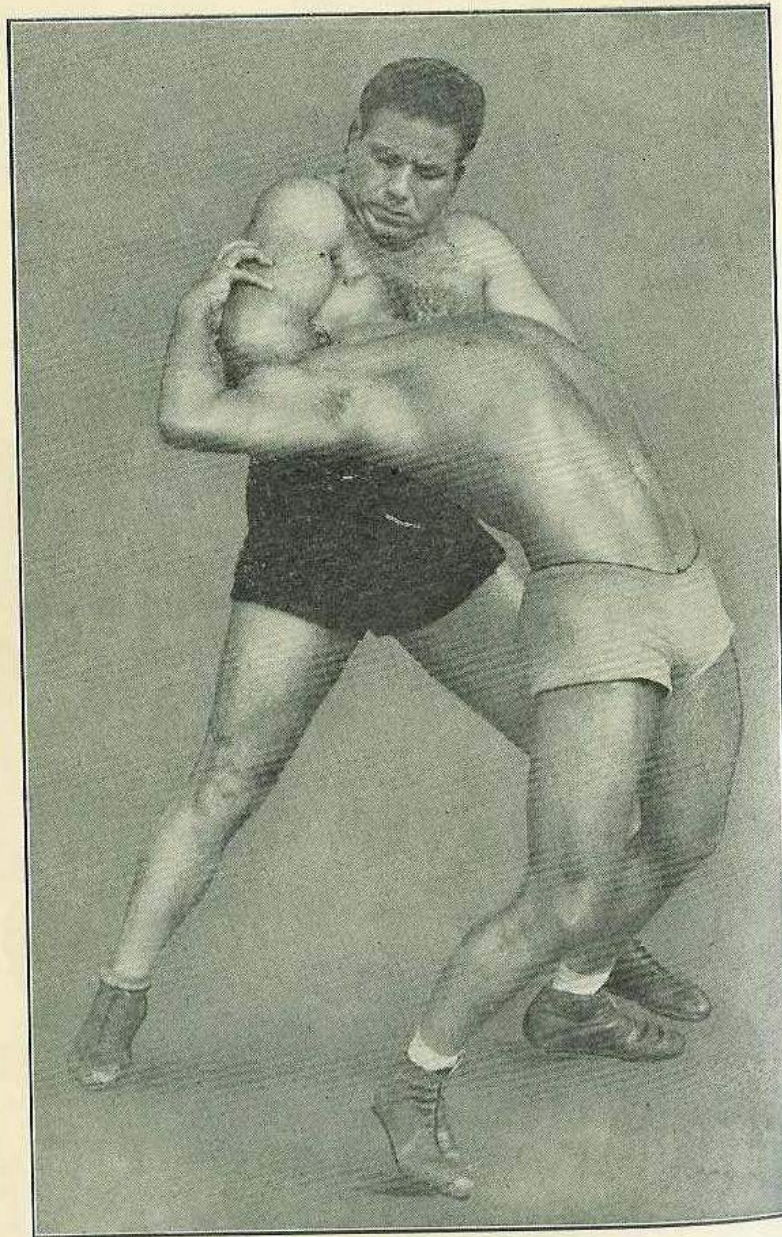
From a reverse position one of the opposing wrestler's legs is grapevined and the other leg gripped with both hands at the thigh.

Very great leverage can thereupon be applied and a submission fall may be secured.

Alex. Lundy uses the Reverse Crab Splits effectively.

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PLATE No. 31.



LEON LABRIOLA—REVERSE HEADLOCK.

REVERSE HEADLOCK.

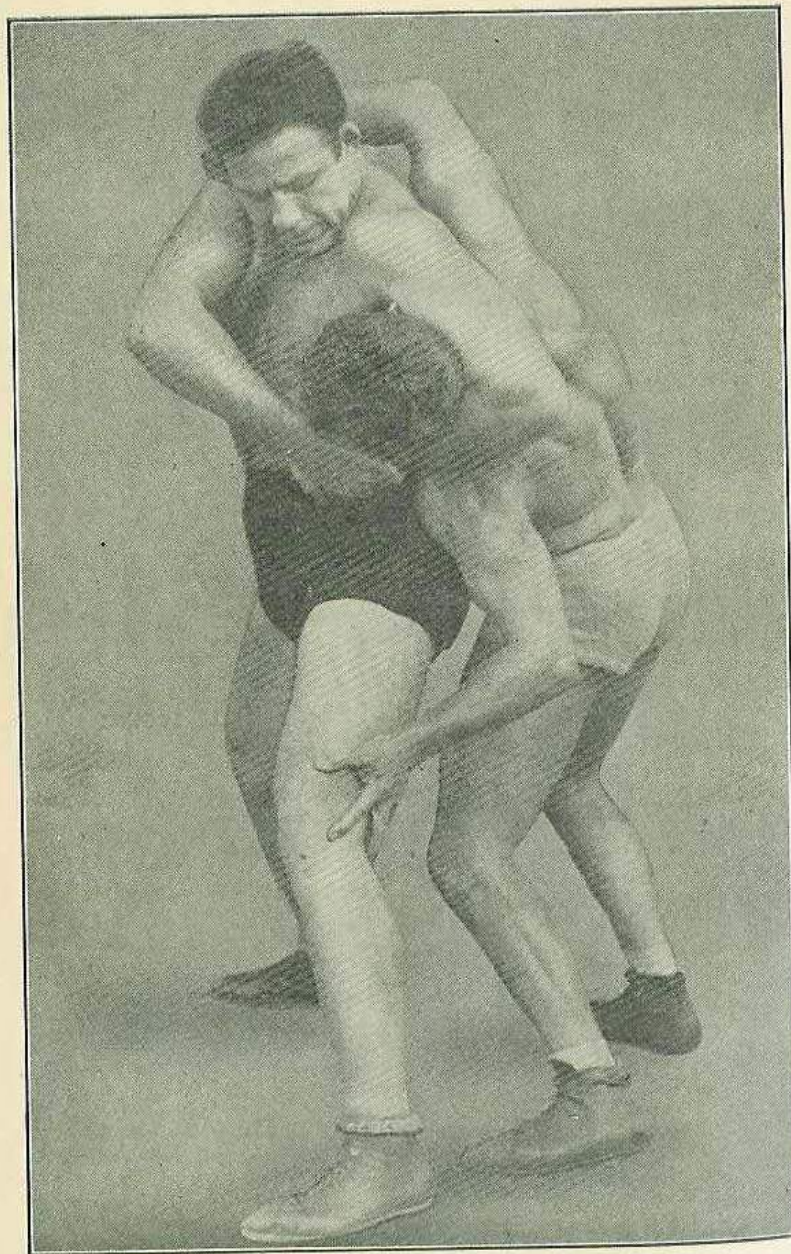
A particularly dangerous form of headlock is shown in the illustration.

Great pressure can be applied to the head in chancery, until, after a series of such headlocks, the opponent is in a dazed condition, and is ready to submit to a body press.

Leon Labriola concentrates on Headlocks to secure his falls.

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PLATE No. 32.



LEON LABRIOLA—SIDE CHANCERY OR SIDE HEADLOCK.

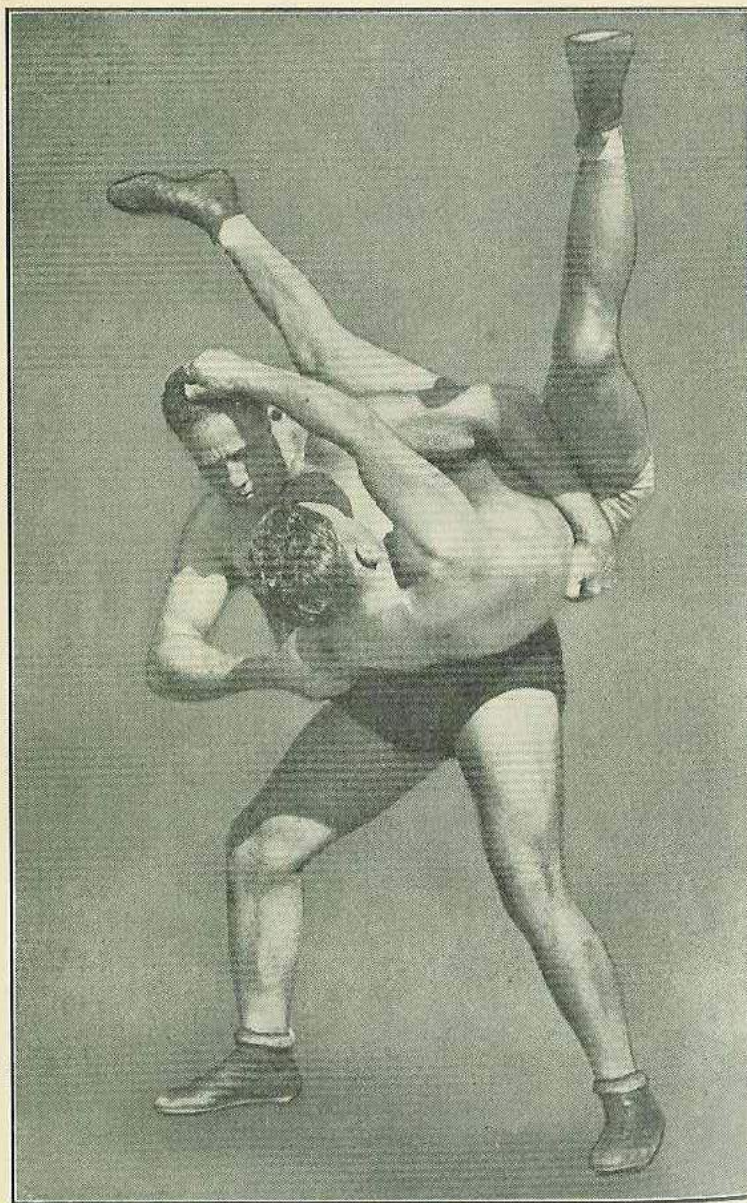
SIDE CHANCERY OR HEADLOCK.

In this hold, the attacking wrestler grips his opponent's head under the armpit in a chancery hold, and grasping his wrist with the other hand, applies severe pressure to the opponent's head.

This is a weakening hold and a fall can often be taken after the opposing wrestler has submitted to a series of these headlocks.

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PLATE No. 33.



LEON LABRIOLA—BODY AND NEAR ARM HOLD.

BODY HOLD AND NEAR ARM HOLD.

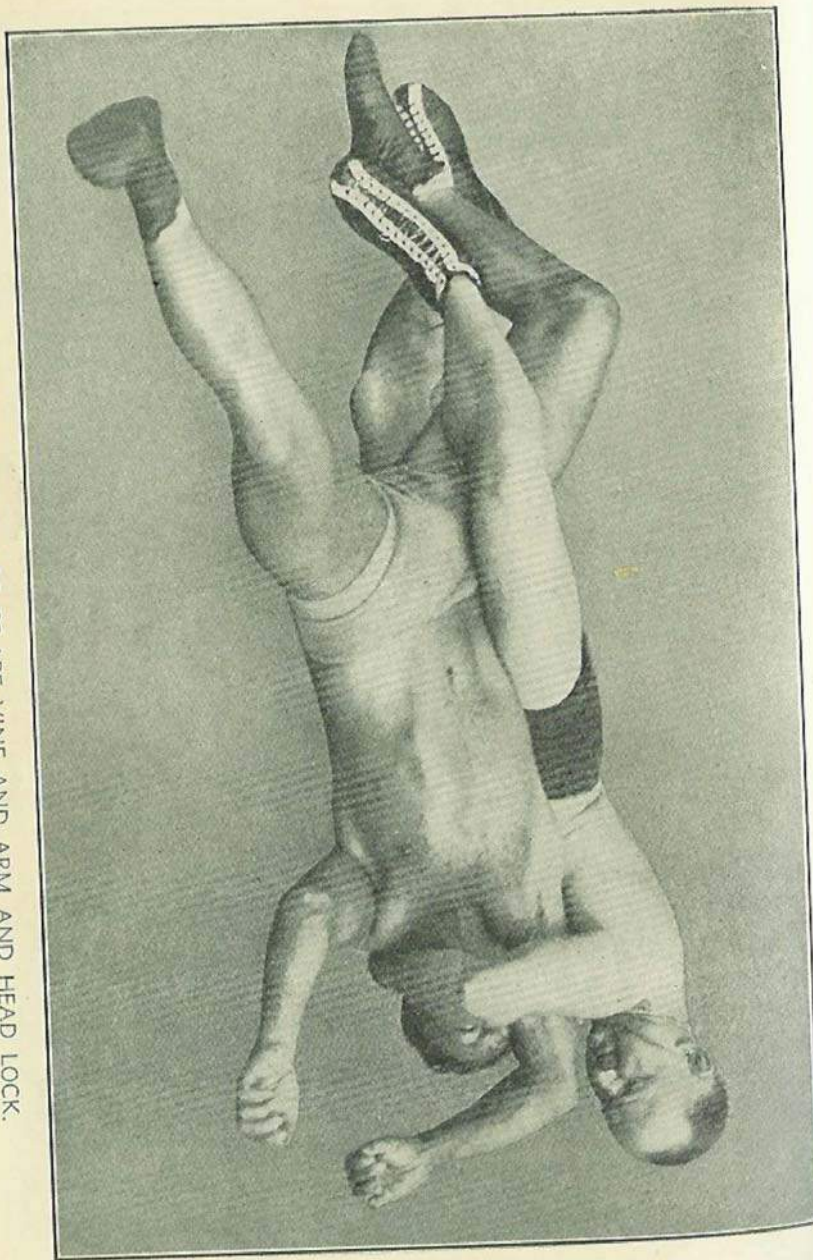
The illustration shows a combination hold applied for the purpose of securing a dump.

After slamming his opponent heavily to the mat, the attacking wrestler will fall on him and endeavour to pin his shoulders with a body press.

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PLATE No. 34.

JIM McMASTERS—COMBINATION OF GRAPE VINE AND ARM AND HEAD LOCK.



COMBINATION GRAPEVINE AND ARM AND HEADLOCK.

In the hold illustrated, the attacking wrestler has grapevined his opponent's right leg and at the same time applied a head and arm lock.

In this combination hold the opponent's raised shoulder is then forced to the mat for a pin fall.

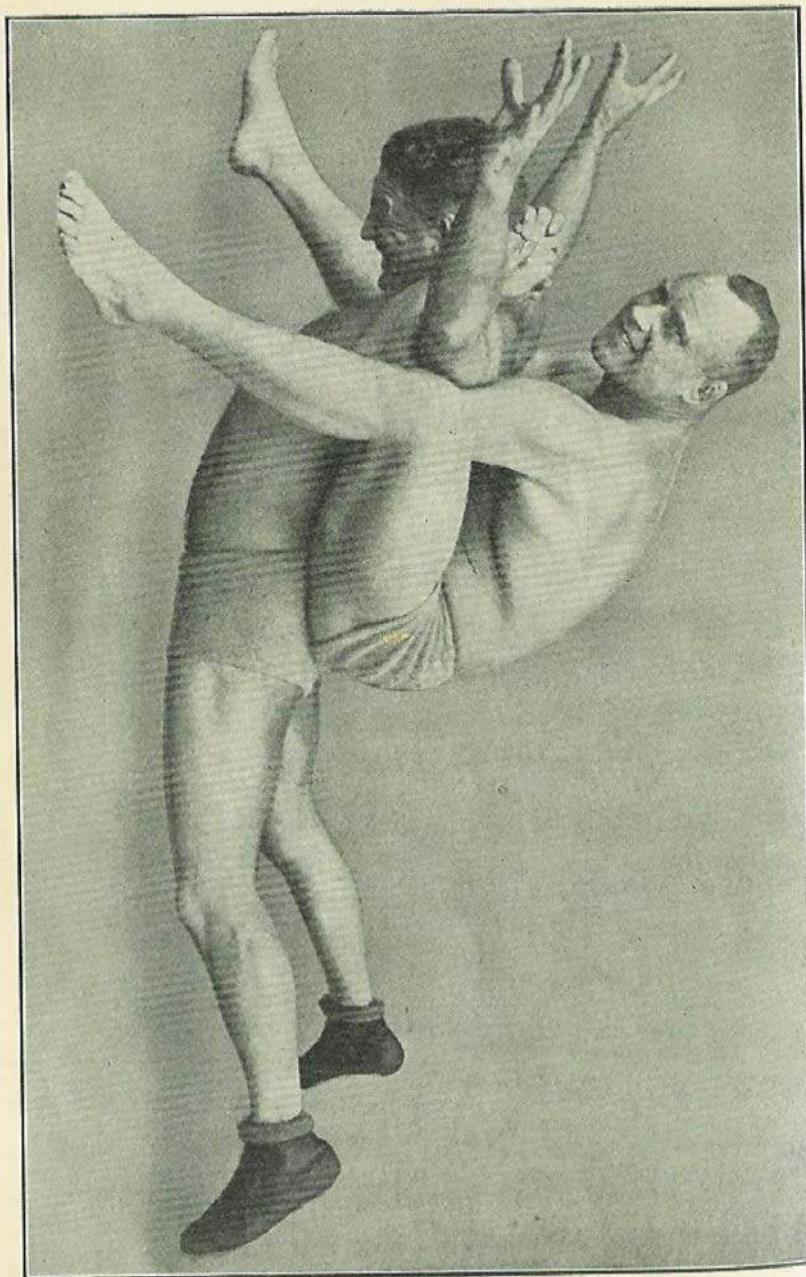
In the hold the thumb knuckle is pressed against the base of the skull and the more the opponent struggles the more severe and dangerous becomes the pressure.

This is a new hold by Jim McMaster, not yet used in Australia.

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PLATE No. 35.

ALEX. LUNDY—FULL NELSON—SITTING POSITION.

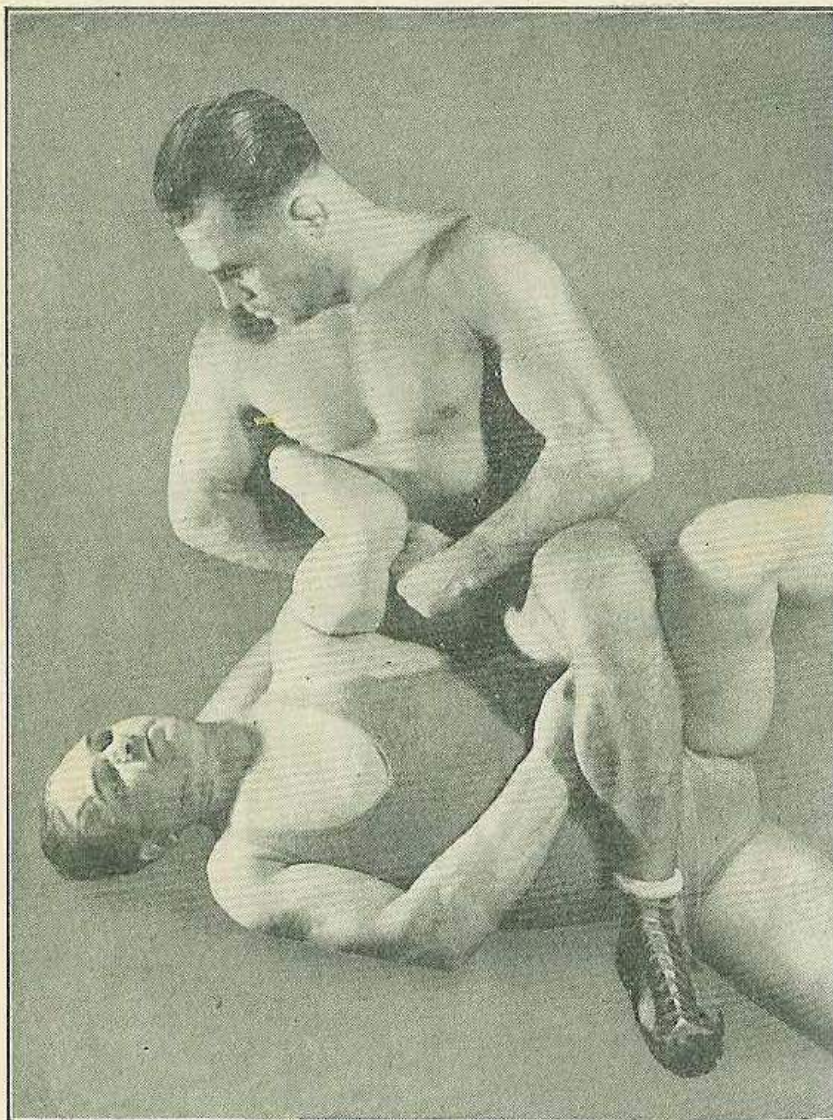


FULL NELSON—SITTING.

The attacking wrestler shows in this illustration one of the most effective forms of the Full Nelson, which is taken in a sitting position.

This makes it impossible for the opponent to counter in the manner indicated in the description of the Standing Full Nelson.

PLATE No. 36.



GEORGE PENCHEFF—REVERSE JAPANESE ARM TWIST.

REVERSE JAPANESE ARM TWIST.

The Japanese Arm Twist is secured from either a standing position or on the mat.

The pressure being applied to the elbow and shoulder joints.

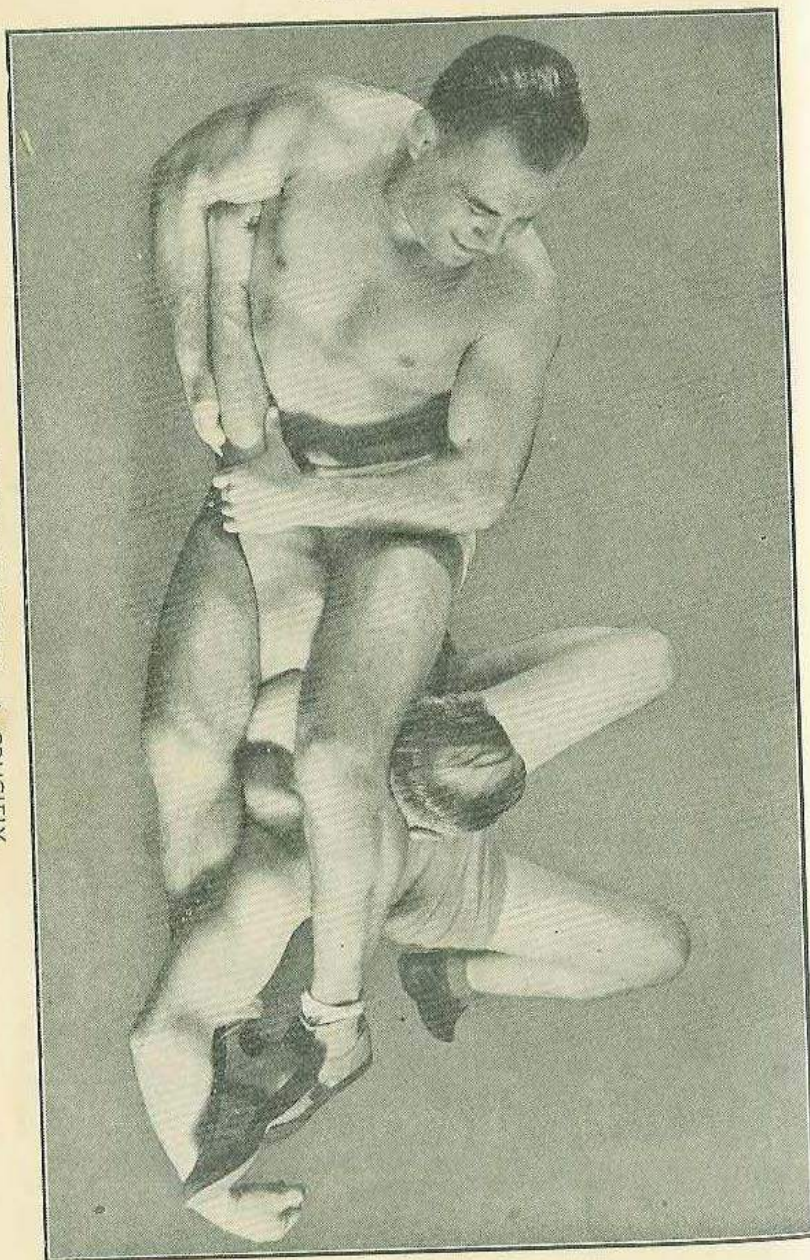
Fortunately for a number of our wrestlers, this hold is not often used, but once a man is trapped in this position it is impossible to escape, and he can be made to give a submission fall in a very few seconds.

This is the favourite hold of George Pencheff.

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PLATE No. 38.

GEORGE PENCHEFF—A CRUCIFIX.

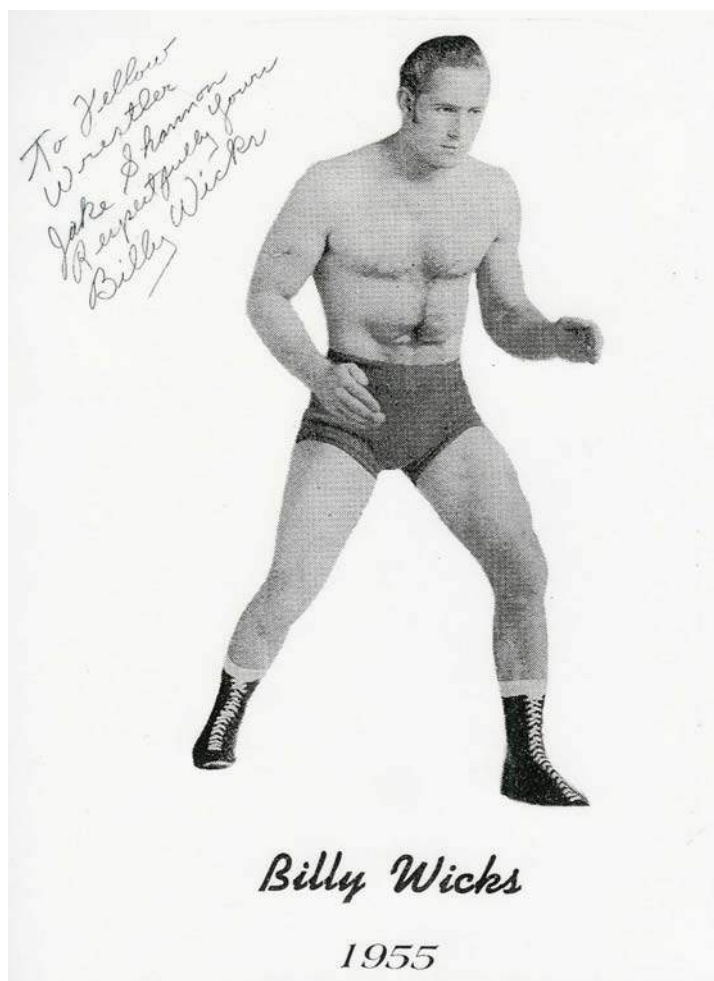


CRUCIFIX.

This hold stops breathing and causes pain in the neck and both shoulders.

It constitutes a reverse double arm scissors. In the hold the attacking wrestler rolls over and over round the ring, forcing his trapped opponent to somersault. This places severe pressure on the shoulder joints of the opponent and a submission fall is often obtained.

Interview with Modern Catch-As-Catch-Can Wrestling Legend Billy Wicks



Minnesota-born professional wrestler, AT show competitor (with Dobson United Shows and United Carnival Shows between 1951 and 1956), and retired law enforcement officer Billy “Pops” Wicks graciously agreed to talk with Scientific Wrestling’s Jake Shannon in the summer of 2004.

Scientific Wrestling: Pops, thanks for talking with me like this.

Billy Wicks: Good morning Jake. I appreciate you taking the time to inquire about this. You've got to keep in mind, of course, that I am a dinosaur from another generation of wrestlers. I am not familiar with a lot of the MMA, mixed martial arts stuff and all the words you use. I'm used to using the word 'wrestling' or 'grappling'.

SW: How did you get involved in wrestling?

BW: I guess I started when I was about fifteen years old with the Alder Boys Club in St. Paul, Minnesota down on Western Avenue. A fellow by the name of Mr. Davis showed me a takedown, a leg grab. I thought that quite pretty impressive, so that's really how I got started. Like I said I was about 15 years old.

When I was about 16 years old, I met a kid named Quentin Dale Clark, who wrestled at Numa Arizona College and he taught wrestling at the YMCA in downtown St. Paul. He invited me down. He was like 21 or 22 and I was like 16. He was quite a well-built kid. He quite impressed us guys when he came up to us when we were hanging around the corner one night.

What got me attracted to it was it that he could handle me or anybody else at the beach. He could handle us guys in front of all the girls. I guess that got to my ego. You know how us young men are.

SW: (Laughs) Yes.

BW: Then later on after I learned how to wrestle, when I was about 19 years old, I ran into a professional lady wrestler. She was working at a department store and she had a lot of bruises on her arm.

I said, “Boy your boyfriend sure mistreats you”. She said, “No, I am a professional lady wrestler.” I was quite impressed with that. I said, “I wrestle too!” She said, “You ever think of wrestling pro?” I thought, “Oh my god no...”

Of course, at that time I was watching Red Bastien and Swede Oldberg. Red Bastien was my hero.

Anyway, she was telling me that the pro-wrestlers worked out up above a bar, the Dutchman’s Bar. It was on Roberts Street in St. Paul, Minnesota. She invited me down there so I went down and they worked out on Wednesday and a Friday nights.

I met carny guys like “Crusher” Bob Massey, Gene Shredder was a local promoter, Marv Watson, he was a wrestler, and my best friend who was just killed recently, Billy Carlson.

He won Mr. Minnesota for guys over 40, for guys over 50, and for guys over 60. He was Mr. Minnesota, he was a terrific guy.

Of course they told me when I was there, Billy Carlson was in the ring and this guy named Massey said “Get in the ring with him Wicks and wrestle him.”

So I got in there and took Billy down and pinned him like nothing. You know, I had an amateur background and Billy was just a well-built kid. Anyway, that's how I got started.

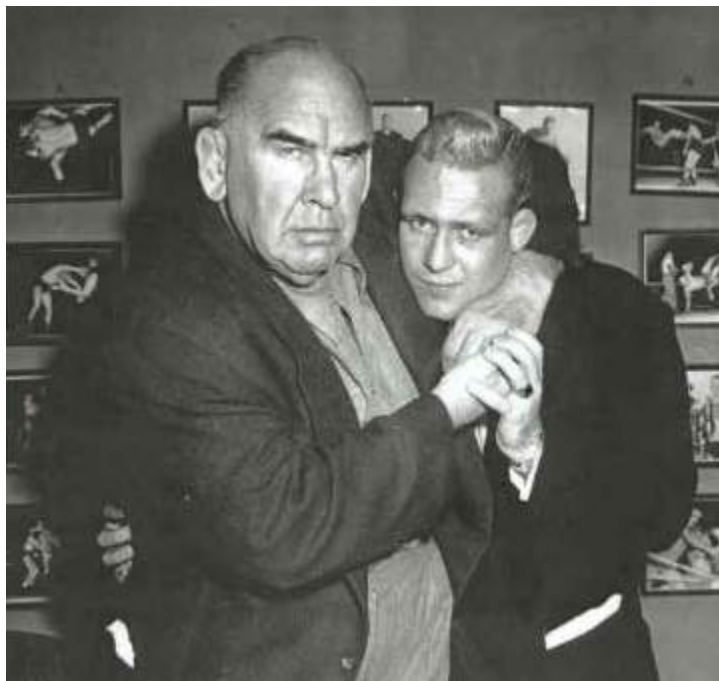
SW: Very interesting. Someone on our internet forum wanted to know what five basic skills should every catch wrestling novice try to develop?

BW: I don't believe I have five basic skills that every wrestler should know.

Each wrestler has to develop skills on their own. There is wrestling and then there are wrestling holds. You have to learn to wrestle before you can apply the holds.

You know you have three basic styles of wrestling; let's go out there and pin the other man, let's throw the other man, which is basically Greco-Roman, or let's submit the other man. So amateur wrestling is the basic thing you need to know as far as I am concerned.

After you learn that, there are about a thousand holds out there. You only need to know about a dozen good holds. Know them really damn good. Zero in on your dozen good holds. You don't need to know a thousand holds. You're not a better wrestler because you know a lot of holds. It basically gets down to your mindset.



Ed “Strangler” Lewis and Billy Wicks

SW: What are your personal favorite wrestling holds and why?

BW: I zeroed in on neck cranks, wrist locks, and toe holds. Those are the only three areas I dealt with. Of course there are so many variations of these holds; front face lock, rear face lock...

SW: Who was Henry Kohlen?

BW: Henry was my first legitimate teacher. He trained with Farmer Burns. He was one tough old man.

SW: Who are your all-time favorite legitimate wrestlers?

BW: Well I guess I'd have to say Henry Kohlen number one, my old carnny teacher. He was 63 years old and I was 19 and he was stretching my butt. He weighed about 150 pounds. Every once in a while he mentioned a guy named "Farmer". I had no idea what that implied. Farmer said this, the farmer said that. I came to realize later on that he worked out many times with Farmer Burns. Of course I know you are familiar with him.

Other guys would be Tony Morelli, Bob Cummings, Swede Oldberg, Doug Henderson, Charlie Carr, Joe Pazendak. I got on the mat with all these guys, except Bob Cummings.

Of course, Red Bastien. Red Bastien will fool you. A lot of guys don't know that Red was a hell of a wrestler. He worked the carnivals and he had a lot of training under Henry Kohlen.

SW: Red is a very nice man, I know him through the Cauliflower Alley Club. What was your single most rewarding experience as a law enforcement officer?

BW: I can't say that I had any one experience Jake. It's just that enjoyed being in a position where I could help people.

SW: What do you call your style of wrestling? Is there a principle, philosophy, or characteristic that sets it apart from any other?

BW: Well I can just say that my style, if you have to use that word, my style is actually amateur wrestling and carnny wrestling, mixed. Causing your opponent to feel discomfort

and a lot of pain while your wrestling, that's the carny style. In the process you're looking for your submission holds.

Henry used to say, "Always look for the better wrestler than you. You can't really learn a lot if you keep beating the same guy all the time. Try to find the toughest guy there is out there." That was my philosophy; I want to look for the toughest guy I could find.

It's your mindset. If you want to beat somebody, it's like a football game; you have to have a plan. In wrestling, you have to keep moving and controlling in a relaxed state, then look for your submission hold. Then you apply that hold, and I am just talking tournament stuff here, with the attitude that this guy just raped my mother and I want to hurt him.

SW: How has wrestling helped you in his law enforcement career?

BW: When I went into the Sheriff's department back in 1960 and I was assigned to the Memphis Police Academy I was told to teach "Defensive Tactics". I told them that I didn't teach "Defensive Tactics". I taught "Mechanics and Techniques and Controls of Arrest".

I figured as a police officer you could be defensive for only so long before you have to get offensive. You couldn't be politically correct and teach offensive tactics. So I always told them "Mechanics and Techniques and Controls of Arrest".

In my class I told them, if you have to hit anybody with your nightstick, your flashlight, your gun, or your fist, you're a

frustrated cop and you don't need to be a cop. Of course, that was back in the sixties, forty some years ago.

SW: For those wrestlers interested in learning more about your style of wrestling are there any wrestlers or coaches that you would recommend?

BW: I think Johnny Huskey is the best. No doubt about it, I've seen a lot of wrestlers. Now you see I was dormant for about 25 years until Johnny Huskey picked me up about 5 years ago on the internet. He contacted me and got me back into wrestling. Of course he knew pretty good wrestling but I showed him quite a few things that he didn't know, that he was impressed with, that is how we got our relationship going. Johnny is superior in every phase of submission wrestling I've seen.

SW: What do you think about physical conditioning's role in wrestling?

BW: You don't have to do a whole lot of conditioning in wrestling. You'll find out what your condition is when you wrestle. Learning how to relax is the big secret in wrestling.

SW: Can you speak of wrestling in the carnivals?

BW: Most of the carnival stuff was worked. We had to have what you called a "stick" out in the crowd. We had to have someone in case no one came forward to wrestle. If you didn't have anybody to start the show off with you couldn't make money.

A lot of people misunderstand the terms “amateur” and “professional”. “Amateur” just means you don’t get paid for your wrestling. But most carny matches were works. Most of the guys blew up after a few minutes anyway.

It was a great experience. Back then, in those days in the fifties, you didn’t have mixed martial arts.

SW: How important are wrist locks to your wrestling?

BW: The side-double wristlock is the bread and butter hold that I was taught by the old-timers in the carnivals because it is two on one, two of your arms against one of your opponents. That’s my favorite hold.

SW: Of all the ways to grab your opponent for a side double wrist lock, what is the best?

BW: There are 3 ways. You can grab the wrist, grab the palm of the hand (like shaking his hand), or grab the four fingers and on the thumb. I’ll tell you, don’t grab on the wrist. If the man can make a fist he can use his forearm muscles. If I grab in such a way that he can’t make a fist, then I take away about 30% of their strength.

SW: And always work on the left arm...

BW: Unless you know the guy is a left hander. But I was taught that most guys are right handed so go for the left side.

SW: I never use the top wrist lock, it seems like maybe a good set up for a shoulder lock but the top wrist lock seems like a

move that only works on a complete novice. You can just reach over and counter it. Did you ever use it?

BW: No, no, I am not a fan of the top figure-four wrist lock.

SW: What about neck locks? All the old timers didn't go into hundreds and hundreds different holds that some people say catch wrestling has...

BW: No no no, that's right. There are three holds you need to know to be a hook wrestler; neck cranks or headlocks, side double wrist locks, and toe holds. If you know those three holds *and know them well* you should be able to take out anyone.

SW: How did you get into professional wrestling?

BW: Tony Stecher, Joe Stecher's brother in Minneapolis, Minnesota. Also, Red Bastien, the president of the Cauliflower Alley Club. He was the man that was my mentor. He helped me get into my first territory and my second territory. He got me into Portland, Oregon in 1957 and into Houston, Texas. I have to give a lot of credit to Red Bastien. Of course, he's a lot older than me, ha ha.

SW: (laughs) Yeah, right... What was it like for you going from the amateur style and the carnny style into the pro style?

BW: I was a little disappointed. Like you I wanted to compete, I was a competitor. Then I found out you didn't have to compete. You just do your thing. I was a little disappointed. But you got to travel a lot.

SW: Thank you so much for all this great information Billy.

BW: Thank you Jake. Keep your head up and your elbows in. You just keep studying the stuff I gave you, son. I'll talk to you real soon!

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