



S. V. BACON
AS AN ACTIVE WRESTLER

STANDING CATCH-AS-CATCH-CAN WRESTLING

(BACON'S STYLE)

A new system of Wrestling and Physical
Training without mats or apparatus.
Adopted by the Army Gymnastic Staff,
Aldershot, and the Board of Education.

By

S. V. BACON

OLYMPIC CHAMPION, 1908 ; BRITISH EMPIRE CHAMPION, 1911
FIFTEEN TIMES BRITISH CHAMPION ; ROYAL COMMAND PER-
FORMANCE, 1914 ; DIPLOMA, WITH HONOURS, PHYSICAL
EDUCATION, INCORP. INST. OF HYGIENE.



LONDON :
LINK HOUSE PUBLICATIONS, LTD.,
LINK HOUSE, 4-8 GREVILLE STREET, E.C.1

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PREFACE

Modern civilisation tends to make everyday life more and more complicated, and I suppose it is natural for we human beings to seek relaxation and recreation of an inversely proportionate degree of simplicity. Unfortunately there is very little which is both simple and new for very obvious reasons, and it seems that to find anything which will conform to our requirements in this respect, we must retrace our steps along the path of "sports evolution."

There are, I think, quite a number of old sports which, freed from modern frills and furbelows, are simple, but with one exception, none would appear, by itself, to produce an all-round symmetrical muscular development.

The exception is wrestling.

I have heard it stated by persons who have, probably, never practised the game, and who cannot have seen much good wrestling, that a slow and stodgy development is engendered

by its frequent practice. This is not correct ; for the smooth flexible muscle of the genuine wrestler is comparable for speed of movement and endurance with that produced by any other sport.

Wrestling is a form of athletic exercise which provides for a really symmetrical muscular development on Greek lines. As a matter of fact, it was one of the few sports included in the first Olympic Games, held long before the commencement of the Christian era. That it can be made to afford exercise of almost any degree of severity is, I suppose, common to most sports, but it possesses one advantage that is of supreme importance from a modern health point of view. I refer to the extraordinary amount of bending and stretching of the trunk involved in a bout of wrestling and the abdominal exercise and massage consequent thereon.

Practised under modern amateur conditions, wherein all that is really dangerous is eliminated, wrestling is as clean and gentlemanly a game as Rugby football, and, incidentally, has proved a valuable training

adjunct for those who follow this popular team game.

La Grange, the French physiologist, considered that more muscular strength could be acquired and used in the practice of wrestling than in any other game. My own observation enables me to endorse this opinion, and as wrestlers are usually paired according to weight, strength and wrestling ability, very little danger of overwork or serious strain should arise.

It seems to be generally conceded that some type of physical exercise is necessary for maintaining a tolerable degree of physical and mental well-being in most forms of animal life, and it is merely for us to decide, therefore, whether or no the practice of wrestling in one or other of its forms does fill this requirement wholly or in part.

I claim that wrestling is of great importance as an attractive and complete form of physical exercise, that good wrestling can induce a flexibility and grace of movement seldom found as the result of other games, and that as one of the few natural sports, I can recommend its regular practice.

INTRODUCTION

The complicating factor in wrestling, as practised at present, is the mat. Whatever the type, be it of the mattress variety, or of coconut fibre or of Japanese rice straw, it is expensive to buy and bulky to handle and store. Wrestling mats are few, therefore, in number and wrestling practice is limited accordingly.

Now, is there any possibility of obtaining good wrestling practice without some kind of soft surface on which to fall? I think there is.

Wrestling without a mat, without something to minimise the shock of falling, appears at first sight to be a somewhat dangerous game, but just suppose for a moment that there were no necessity to throw one another down, that a bout were terminated by some other means.

In the varying styles of wrestling which are practised at the present time, there is more than one method of deciding a bout, and at

one time there were at least three means of selecting the winner of a Catch-as-Catch-Can Contest. Another quite strenuous, but somewhat humorous, style consisted of an effort to seize an opponent's right, or left, big toe. In all of these, a mat or other soft surface is necessary, but the point I wish to emphasize is that it is not necessary to put an opponent on his shoulders to beat him, indeed it is possible to win without even throwing him down at all.

The termination of a bout in the new style of wrestling, which I am introducing, is brought about by lifting an adversary clean off his feet and the *modus operandi* is as follows.

Imagine a circle, between 10 and 15 feet in diameter, marked out on any kind of surface, wherein two contestants wrestle. They may not throw one another. They may not touch the ground with any part of the body other than the feet or hands. Both of these movements are penalised, providing thereby for safer wrestling. The wrestlers use any hold which they can seize without injury to one another in an effort to secure a "Lift," i.e., to lift their adversary's feet clean off the ground.

That is the rough outline of the new Standing Catch-as-Catch-Can wrestling and it is the solution I have to offer to the mat problem.

I make no apology for introducing this new style, for I feel that something to enliven the existing practice of this sport has been long overdue. It has been thoroughly tried out under a variety of conditions over a long period, and it has stood up to all tests. It is attractive and clean to watch.

It may be thought that Standing Catch-as-Catch-Can is circumscribed so far as recognised holds are concerned, but it will be found in practice that the comparatively few "chips" described in this book, lend themselves to an infinite amount of "play."

From an exercise point of view, the fact that absolutely no apparatus, and very little space indeed is required, will appeal at once to all whose facilities are limited and who desire some type of combative sport wherein a certain amount of skill is necessary, and by means of which physical development, strength, agility, and stamina may be acquired. It may be practised in any existing clubroom or

training quarters which will accommodate a circular space ten feet in diameter. The surface is immaterial so long as it is fairly smooth. Linoleum, wood blocks, ordinary floor boards, sand, grass and asphalt have been found quite suitable. For speed of foot movement the harder the surface the better.

There has been no damage to clothing where this style has been taught in schools.

In introducing Standing Catch-as-Catch-Can Wrestling I know, from experience, that I have devised, not only a pleasurable athletic pastime, but a means of providing for really useful wrestling practice where otherwise none would be possible. Numerous situations occur in which active young men are grouped together and where sport and exercise is limited to the amount of apparatus on hand. Similarly, there are boys' clubs where the desire to wrestle exists, but where funds are not to hand for the purchase of a mat. Standing Catch-as-Catch-Can will fill the gap in these cases.

I have to record my indebtedness to my brothers, E. A. Bacon and L. G. Bacon, for

their criticisms of the style in its early stages, particularly to the former, with whom it was "wrestled" into shape from the beginning.

For the display of Standing Catch-as-Catch-Can wrestling by the boys of Alleyn's College of God's Gift, Dulwich, arranged for the benefit of the London County Council and the Board of Education, I must thank both R. B. Henderson, Esq., B.D., M.A., the Head and W. G. Heal, Esq., the Instructor in physical education.

The photographs which illustrate this book were taken by Mr. R. A. J. Butt of the Oxford Studio, New Oxford Street, London, W.C.1., himself an old wrestler. The wrestlers who kindly assisted with the poses are my brother, E. A. Bacon, and my son, K. S. Bacon. Yet another brother, E. H. Bacon, posed with me many years ago for the photograph appearing on the cover of this book.

S. V. BACON.

RULES FOR
STANDING CATCH-AS-CATCH-CAN WRESTLING
(Bacon's Style)

1. Wrestling shall take place within a circle, the diameter of which shall be not greater than 15 feet, nor less than 10 feet.

2. Wrestlers shall compete for a "Lift," i.e., each shall endeavour to lift his opponent *clean off his feet*. A "Lift" shall be awarded immediately this is accomplished to the satisfaction of the Referee.

(Where a wrestler momentarily leaves the ground in "turning in" for a "buttock" or "flying mare," etc., or in jumping behind his opponent, a "Lift" shall not be scored, unless he use his opponent's body as a pivot on which to jump behind. With this exception a wrestler shall be awarded only "Lifts" actually made by himself.)

3. The Contestants may take hold how and where they please, but any grip which endangers life or limb, or has for its object the

punishing of an opponent, or inflicting such pain as might force him to give in, shall not be allowed.

Pulling the hair, or seizing ears, flesh, etc., is not permitted. Neither fingers nor toes may be twisted, and striking, kicking, gouging, butting and strangling are forbidden. Holding an opponent's clothing is not allowed.

The employment of such holds as the double nelson, strangle or half-strangle, flying mare with palm uppermost or the hammerlock shall not be permitted in any circumstances, and their use may be followed by disqualification of the user.

4. A bout shall be terminated at once by a "Lift," or the best of three "Lifts," whichever is convenient, but should no "Lift" be scored within a period of 5 minutes the bout shall be awarded to the wrestler who has scored most points under Rules 6 and 9. Should no points have been awarded under Rules 6 or 9 the bout shall be awarded to the competitor who has performed the better work, as hereinafter described, in the opinion of the officials conducting the bout.

5. A wrestler may place his hands on the ground at any time during the bout if he so desire, but no part of the body other than the hands or feet may touch the ground.

6. Falling down, or touching the ground with any part of the body other than the hands or feet, is penalised by the loss of one point.

7. Locking with the legs to prevent "Lifting" is permissible.

8. Lifting with the leg as in the "hype" is allowed.

9. If a complete "Lift" be prevented by a leg lock which is not immediately broken, one *point* only is awarded the "Lifter."

10. Whenever a *point* is awarded under Rules 6 or 9, the contestants shall "break" and commence wrestling afresh.

11. The loss of three *points* under Rules 6 or 9 by the same wrestler is equivalent to a "Lift" and shall count as such.

12. Deliberately throwing an opponent is a foul and disqualifies the thrower.

13. Deliberately falling to prevent being "Lifted" is penalised by the loss of the bout by the wrestler so falling.

14. Contestants shall shake hands before commencing and on terminating a bout.

15. For all competitions there shall be a Referee, two Judges, a Timekeeper, and two Clerks of the Scales.

Decisions as to a " Lift " or falling under Rules 2, 6, and 9 shall be made by the Referee who may consult with the Judges if he so desire.

Apart from the powers of the Judges, which are enumerated hereafter, the entire control of the bout lies in the hands of the Referee, whose decision shall be final and subject to no appeal. Further the Referee shall have the power to decide any point arising during the contesting of a bout which is not specifically covered by any of these rules.

The Judges shall not have the power to give a decision under Rules 2, 6 and 9, but shall keep a record of the points gained by the two opponents in each contest for attack, defence, and style generally, and in the event of no " Lift " having been made nor points having been scored under Rules 6 and 9, the contest shall be decided in accordance with

the Judges' scoring, which shall be given in writing.

In the event of the Judges disagreeing, the decision rests with the Referee, who at his discretion shall give a definite decision in favour of one of the wrestlers, or order a further bout of 2 minutes' wrestling. After such a further period the Referee shall be bound to give a decision if the Judges again disagree.

16. The bout shall commence with the call of "Time" by the Timekeeper, who shall clearly call the passing of each successive minute.

17. Wrestlers shall be clad from neck to mid-thigh to the satisfaction of the Officials in charge of the bout.

Wrestlers shall wear soft shoes with no projecting metal parts. Belts or garters with metal fastenings, or rings upon the fingers must not be worn. Nails must be trimmed short, and no bandages, oil, grease or resin, or any other substance likely to cause injury or distress to an opponent or advantage to himself is permitted.

18. If both contestants get wholly beyond

the boundary of the circle, the Referee shall immediately order them to break and re-commence in the centre of the circle.

If one of the contestants get wholly beyond the boundary of the circle, the Referee shall immediately order them to wrestle towards the centre of the circle, or if this appears to be impossible, at his discretion, order them to break and recommence in the centre of the circle.

19. For persistent retreating beyond the boundary of the circle, the Referee is empowered to disqualify the offender.

20. In no circumstances shall a "Lift" be awarded if the "Lifter" be wholly beyond the boundary of the circle.

21. Wrestlers will normally be paired according to weight, and in competitions the "draw" will be so arranged that no "byes" can occur (excepting by accident or withdrawal) after the first round.

DESCRIPTION OF HOLDS

The holds described and illustrated in the following pages are intended merely as a basis on which the keen athlete can build. Little variation has been made from standard positions although it is clear that since no two wrestlers can be absolutely identical in physical build, slight differences in wrestling movements may be expected and indeed actually occur. Some "variations" differ so definitely as to become almost separate movements and in this particular each of the standard positions described may easily become a basis from which a group of similar holds can be elaborated.

Again there are unorthodox positions which cannot be classed under any of the holds given but which, if they be definite holds or movements leading to a lift, will eventually become orthodox by use.

However, the field is new and large and the author would not desire the young athlete to consider that the detail given in the following pages exhausts every possibility of Standing Catch-as-Catch-Can.

THE STARTING POSITION

The contestants face one another squarely, feet well apart, in a straight line laterally. The trunk is bent well forward from the waist, arms are slightly advanced, the hands being held about waist high, and the knees are slightly bent.

The object is to provide as little target as possible for an opponent's attack, and at the same time maintain a position of readiness to seize any opening which may be presented.

The distance between the wrestlers may vary slightly according to whether a definite hold, such as the "Referee's hold," be taken, or whether preliminary sparring for an opening first takes place.

From this position movement is made in every direction within the wrestling circle, the same relative position of the limbs being maintained whilst "on guard." The feet in particular should move very little from the straight line laterally, as an advanced leg forms an easy target for a quick opponent.



THE STARTING POSITION
Note the deviation from the "foot position" described in the text.

REFEREE'S HOLD

This hold, with slight variations, is perhaps more generally taken than any other when two wrestlers first come to actual grips.

From the "on guard" position each wrestler extends, say, his right arm and takes a firm hold on his opponent's neck, taking care, if he be wise, to hold his own forearm in a vertical position, pressing it firmly against his opponent's collar bone as a "stop." The left hand of each contestant grasps the elbow or upper part of his adversary's right arm. Each is thus in a position of "on guard" but at close quarters.

Provided that the forearm be used as described, the position is one of tolerable safety, and is of use to a strong attacker as it brings him to close quarters with his opponent. A less muscular, but perhaps more active wrestler should avoid the hold, or break or vary it as rapidly as possible.

The position is one that may be enforced by a referee when two wrestlers will not come to grips, hence the name.



THE REFEREE'S HOLD

This photograph serves to illustrate the hold in a general sense only and does not include the safeguards mentioned in the text. Again, the keen observer will note that the "foot position" is open to criticism.

THE WAIST HOLD

The waist hold, when it is properly secured, is about as powerful as any in obtaining a "lift."

The ideal hold is around the small of the back, as low down as possible, with the head buried in the defender's chest to avoid a "counter." When this has been secured the "lift" follows as a matter of course.

In the first place an opponent must be induced to stand more upright and so open his waist line to attack. Secondly, his guard must be pierced or else smothered in a forward rush. No set movements can be indicated in effecting these results, and only practice and experience will make a wrestler expert in the art of feinting.

Partial waist holds, used in conjunction with other movements, are also responsible for the termination of many bouts. Nevertheless, unless some good feinting induce him to give an opening, a good hold is extremely difficult to secure on an opponent who maintains a good position of "on guard."



THE WAIST HOLD- COUNTERS

The second counter is shown in this illustration,
i.e., squeezing an opponent's arms together.

The third counter is shown in the illustrations to the
"waist hold" and the "waist and thigh" hold."

WAIST AND THIGH HOLD

This variation of the hold just described is often obtained when a full waist hold has been part countered, or when it has been considered impracticable to obtain the full hold.

A partial hold is often taken as a preliminary move, in the hope, Micawber-like, that something may turn up. With one arm around the body, this is sometimes secured by suddenly bending forward and downward, so that a grip on the opposite thigh may be taken by passing the disengaged hand outside and around that limb. At the same time an endeavour is made to improve the partial hold around the waist. A position closely analogous to that of the full waist hold is obtained from which there should be no difficulty in lifting.

The counters to this hold are similar to those for the waist hold. Fending off with the hands and forearms, and pressing back the head of one's opponent prevents the waist hold. Withdrawal of the legs, and "hanging" on an opponent will assist in avoiding a leg hold sufficient to secure a lift.



WAIST AND THIGH HOLD

Really good holds were obtained here and a fine powerful "lift" resulted. The attempted counter was applied too late and with too little force to be successful.

NECK AND THIGH HOLD

The lift from this hold is somewhat similar to that obtained by the hold on waist and thigh, but as this hold is much looser, a lift can only be performed by a sudden dash and swing.

It will be remembered that in the Referee's Hold one hand is on the other wrestler's neck while the other hand clasps his elbow or upper arm, or maybe is entirely disengaged. It is in fact free to move to any position.

Taking the Referee's Hold as the starting position, retain the neck hold and suddenly reach forward with the other hand, passing it quickly and strongly around your adversary's opposite thigh from the outside. Step round slightly in the same direction at the same time. Lift with a sideways swing.

The obvious counter to this hold concerns the grip on the thigh and this is avoided by withdrawing the leg before the hold is secured.



NECK AND THIGH HOLD

The partial lift shown here could be completed quite easily by the lifter swinging vigorously to his right.

WRIST AND THIGH HOLD**(Fireman's Lift)**

From the position of "on guard," the attacker grasps his opponent's opposite wrist, i.e., he grasps the right wrist in his left hand. At the same time he raises the arm slightly.

Now if the attacker duck under the raised arm and at the same time grasps his opponent's diagonally opposite thigh by passing his hand inside and behind that limb, he will be in a position for the lift.

The wrist should be pulled well down to bring the defender across the shoulders, and if the legs and back be now straightened, the lift is accomplished.

Stops consist of withdrawing the grasped wrist, and carrying the leg back at the right time. The head may be forced downward as the attacker ducks, and if the leg be grasped, bear down with the whole weight, at the same time shooting the legs backward as far as possible.



WRIST AND THIGH HOLD (FIREMAN'S LIFT)

LIFT FROM BOTH THIGHS

This lift should present no difficulty if the principles of the waist hold and its defences have been mastered. The hold on both thighs is somewhat easier, as the target is considerably more open. The lift is very similar, as regards position, to a good Rugby tackle except that the movement is not carried into effect as in that game.

To obtain a good hold on both thighs a wrestler has, obviously, to wrestle fairly low. At the moment of going in, his head must go still lower. In this position he is open to one possible stop, i.e., downward pressure on the back of the head and withdrawal of the legs at the same time.

FORWARD CRUTCH HOLD

This hold, in conjunction with almost any arm or neck hold, is particularly strong, and becomes stronger according to the distance the hand and arm are passed between the thighs from the front.

For the attacker to secure the hold, the defender must, obviously, be in a fairly upright position, otherwise no lifting power is obtainable.

This fact indicates the line of defence which consists of either forcing the attacker's head backward or withdrawing the legs and bending the trunk forward at the same time.



FORWARD CRUTCH HOLD

Note that the taller wrestler in this illustration is doing his best to keep one foot on the ground, but with such a commanding hold his opponent should have no difficulty in "lifting" by sheer strength. A movement more in accord with the "art of wrestling" would be to step well backward with the left foot, making at the same time a swinging lift in the same direction.



LIFT FROM BOTH THIGHS

This photograph shows that an attempt has been made to press the head down, but it was commenced too late to prevent a powerful hold being obtained.

FORWARD CHANCERY AND SWING

From the "on guard" position the defender's head is jerked forward and downward with a left-hand hold on the neck, and at the same time the right arm is passed underneath the defender's left armpit from the front securing his head between the arm and right side. The attacker's right hand should now be on his opponent's left shoulder blade. With the left hand the defender's right upper arm is grasped or a similar grip to that of the right arm is secured.

The attacker can now lift and swing to the left.

The defence consists of preventing the head being jerked forward, or if that has been accomplished, in forcing the attacker's arm downward and thus minimising his lifting power.

Counters may be obtained with either the Wrist and Thigh Hold (Fireman's Lift) or the Flying Mare, to be described later on.



FORWARD CHANCERY AND SWING

All the detail mentioned is clearly shown in this illustration. To complete the "lift" a vigorous turn leftward must be performed with a swing.

STANDING CRADLE HOLD

When a Forward Chancery Hold has been secured, as previously described, but sufficient purchase cannot be obtained to lift and swing, a good lift can sometimes be effected in the following manner.

Assuming that the Forward Chancery is held with the right arm, the attacker steps partly round to his opponent's side, with his left foot, passes his left arm around his opponent's right leg from behind, and endeavours to join hands under the chest. If this be done there should be little doubt about a lift, and even with a partial hold a lift can sometimes be made.

The defence consists of preventing the Forward Chancery, or countering as described under that hold, and in withdrawing the leg when an attempt is made to encircle it. Foot movement in preventing the position being obtained of course plays its part.



STANDING CRADLE HOLD

In this photograph the "lifter" has reversed the arm position described in the text.

THE HEAVE

The hold required for this lift cannot be obtained direct from the "on guard" position, and considerable manœuvring may be necessary before it can be obtained.

Assume that the defender has been induced to straighten up a little, and to leave an opening between his body and left arm.

The attacker then quickly dives through the opening thus left, passing head, shoulders and arms between his opponent's left arm and waist. The attacker then places his left arm across the small of his opponent's back, and his right arm under the defender's abdomen, retaining a relative "front to front" position.

Join hands if possible and lift.

The defence consists of leaving no opening for such an attack, and if the position be actually obtained, in realising quickly that both wrestlers are in the same position and that a counter heave is possible.



THE HEAVE

This illustration shows the Heave completed.

FORWARD ELBOW HOLD (THE TIP)

From the "on guard" position, the attacker grasps his opponent's opposite wrist from the inside, knuckles inward. He must then suddenly drop downward and forward, passing his shoulder and arm inside the arm that is grasped. This position may be obtained with advantage whilst diving with the disengaged hand for the leg immediately opposite. A "forward elbow roll" position is thus secured on the captive arm, i.e., it is held firmly between the attacker's armpit and body, the defender lying immediately above the attacker's shoulders.

A lift is obtained by straightening the legs and back and if the leg grip referred to above be also obtained, no difficulty will be experienced.

The defence against the arm grip, if it be obtained, is to force the attacker's head down with the free hand, whilst pulling free the arm that has been gripped. Withdraw the feet and strain backward.

A counter lift may be obtained, sometimes, by reaching over the attacker whilst he is



FORWARD ELBOW HOLD (THE TIP)

Both arms have been secured by the " lifter " in this photograph, in which position a counter or stop is practically impossible.

striving for the undergrip. He may be lifted with a body hold or by grasping the legs.

THE HYPE

This lift is of great use when a fair waist hold has been obtained but a lift cannot be accomplished for lack of arm power.

The attacker's knee is inserted between the defender's legs, by sliding the foot along the ground—it must not be raised—and by exerting an upward and outward pressure with his thigh against the inside of his opponent's leg, an easy lift may be accomplished if the body hold be used at the same time.

Great care must be used in practising the leg work of this movement, and if it be well applied there is no counter.



THE HYPE

In this photograph the "lifter's" waist hold is almost sufficient for his purpose, but he has made doubly sure with a right leg hype-- an elegant movement in any style of wrestling.

TURNING AND GETTING BEHIND AN OPPONENT

The following methods permit of considerable variation and must be taken therefore as the basis of attack only.

1. Grasp the opposite wrist or elbow and pull forward and across the body.

2. A similar pull exerted on the diagonally opposite arm is a stronger movement.

3. When the attacker has a neck hold, as in the Referee's Hold, he may be turned sometimes by pushing his elbow upward and over the neck.

In all of these movements arm work must be assisted by foot work to carry you behind your opponent.

4. Lunge diagonally forward and inward with, say, the left foot, and seize your opponent's left ankle with your left hand. Follow immediately with a quick step round with the right foot ; assist by placing the right hand on the ground as a pivot and step behind.

This pretty movement is well worth the thorough practice that is necessary to secure perfection.



TURNING AND GETTING BEHIND AN OPPONENT
The third method is illustrated in this photograph.

STANDING HEAD HOLD

(Tour des bras)

This "lift" is actually made when the attacker has turned his back to the defender with a complete "about turn" jump, the defender's head lying over his opponent's shoulder, facing forward, held in that position by means of a backward grip of both hands.

A cross underhold on the defender's neck, across his face, may be taken with advantage before the "turn in" is made.

The lift resulting from this position is accomplished by straightening the legs and pulling on the captive head.

If the attacker cannot be prevented from "turning in," the defender should jerk his head backward and force his opponent vigorously away.

This spectacular method of throwing an opponent is seen a great deal in "All-in" wrestling, but the writer has rarely seen it performed successfully in an amateur bout. It is more suited to exhibition work than for genuine wrestling.



STANDING HEAD THROW (TOUR DES BRAS)

THE BUTTOCK

From the "on guard" position the attacker should take his opponent's opposite wrist with one hand and a hold on his neck with the other. (This may be varied later on.)

A complete "about turn" jump is now performed in the direction pointed by the hand which is on the neck. This hand slides over the defender's neck to his far armpit, which is squeezed up against his head, hold being maintained on the wrist, which should be pulled across the attacker's abdomen.

The position of the attacker is now with his back to the defender and with his hips well under his opponent's abdomen. The defender should be lying well across the attacker's back. If the latter straighten his legs which should have been slightly bent in "turning in," a lift will be secured.

The primary defence to the buttock is to prevent "turning in" by fending off with the forearm or hand. Frequently a counter may be obtained by lifting from behind immediately the "turn in" has been made.



THE BUTTOCK

Note that the attacker, being the shorter legged of the two wrestlers, has been compelled to rise on his toes to complete the lift.

This counter may itself be stopped by "locking" a leg inside and behind that of the other wrestler.

THE FLYING MARE

The attacker takes a hold, with one hand, on the immediately opposite wrist of his opponent, and "turns in" his other shoulder with an "about turn" jump until it is beneath the armpit of the arm that has been gripped. The upper part of the same arm is grasped with the attacker's disengaged hand.

If the "turn in" has been performed correctly, the legs being slightly bent as in the Buttock, his opponent will lie immediately behind, with his arm, palm downward, over his, the attacker's, shoulder.

The lift is obtained by merely straightening the legs.

The defence is exactly the same as for the Buttock or the Standing Head Hold. A lift may be stopped frequently by "locking" the leg forward.



THE FLYING MARE

CORNISH LOCK FORWARD

This lift will be found extremely useful when an attempt at a Buttock has failed and yet the attacker is still partially "turned in" and under his opponent's abdomen, the Buttock arm hold, or something similar, being retained.

Assume that the left side has been turned in.

The attacker inserts the left leg backward and between his opponent's legs, hooking the toes firmly around and behind his opponent's right ankle.

He will find that he is now able to lift his opponent's right leg backward from the floor with his own left leg, and if the arm hold be "mended," the leg can be raised high enough to obtain a complete lift of both feet from the ground.

The defence and counters are as for the "Buttock."

It will be seen that this lift involves holding, momentarily, the weight of both wrestlers on one leg only—a considerable strain. It can, however, be done.



CORNISH LOCK FORWARD

In this photograph the "lifter" has still to straighten his right leg, raise his left leg still higher, and slightly roll to his right to finish off the "lift." These movements must synchronize.

REAR WAIST HOLD

When the rear position has been secured the easiest manner of lifting is to use a waist hold as from the front.

The position is mainly of interest because of the variety of defences against being lifted. "Locking" with either leg, squatting down and getting the weight as low as possible, bending forward at the waist, reaching backward and grasping your opponent's leg or legs may be employed singly or in combination.

Counter lifts are also of interest. By grasping one of the arms that encircle the waist, a position analogous to that of the Buttock is obtained.

This by no means exhausts the possibilities of the situation.



REAR WAIST HOLD

Here the defending wrestler is trying to "squat" to prevent being lifted. The position behind is the better as this wrestler has a good waist hold and may be able to lift by sheer strength.

REAR WAIST AND CRUTCH HOLD

Instead of taking a waist hold with both arms as in the last described lift, one arm, preferably the stronger, is passed between the legs from behind. This ensures a far more powerful lift which should be upward and sideways in the direction of the arm that has been passed between the legs.

As in the Rear Waist Hold there are a variety of defence movements, perhaps the safest being to "squat" immediately on the arm that is passed between the legs.



REAR WAIST AND CRUTCH HOLD

The attacker in this illustration has gone beyond the rear waist hold. He has linked up with his crutch hold and secured a position from which there is no escape.

REAR WAIST HOLD AND HALF-NELSON

This is perhaps a hold of convenience rather than one to be deliberately aimed at, since the ordinary waist hold is usually sufficient and the waist-and-crutch hold is more powerful.

A Rear Waist Hold is obtained with say the left arm, and the right arm is at the same time inserted forward through your opponent's armpit and then backward behind his neck in a Half-Nelson.

A fairly easy lift results.

Defence is confined to those practised for the Rear Waist Hold, and in an endeavour to counter, the half-nelson should be broken down into an elbow-hold by forcibly lowering the arm.

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