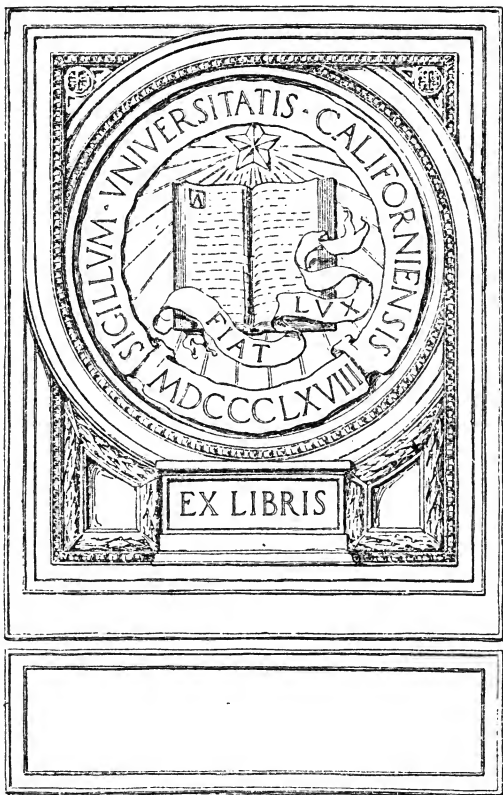
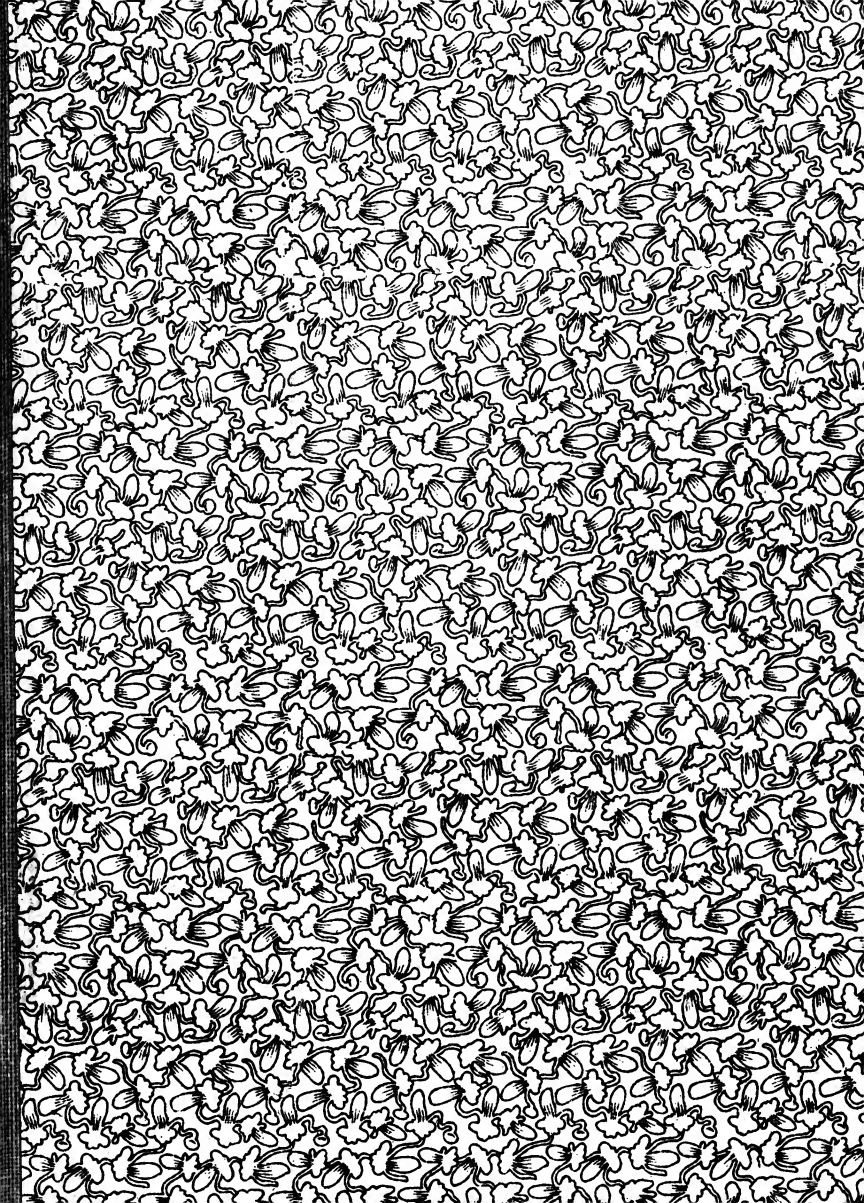


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FRANK GOTCH
THE WORLD'S ATHLETIC MARVEL

Being an Intimate Study of the Iowa Farmer and Financier,
Both as a Man and the Wrestling Wonder of the Age

By ED W. SMITH

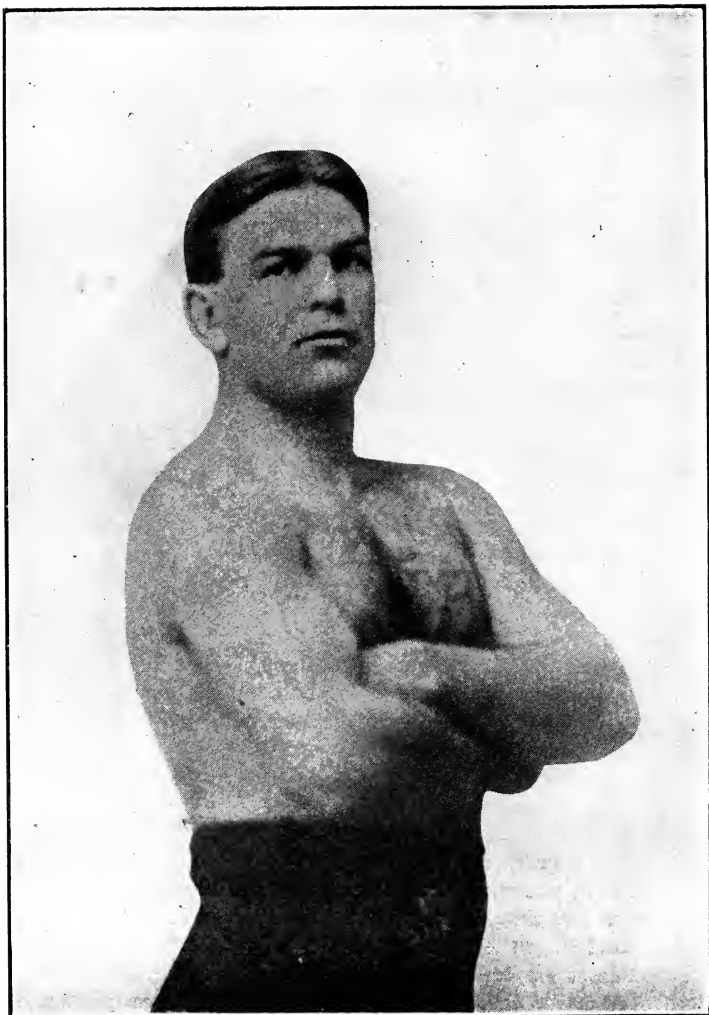
Sporting Editor of the Chicago American and Referee of the
Gotch-Hackenschmidt and Gotch-Mahmout International
Matches for the World's Title

Who is there of this great American reading public that has not at some time or other run across one of those pleasing little fables about the country boy who, fresh from the plow or dragged at a moment's notice from his work in the field, downed the chap from the city at some athletic contest? How often can you remember reading one of those stories, and don't you remember, too, that you sympathized with the yokel as against the haughty fellow of city birth and breeding, who was so widely heralded about the countryside as being the greatest thing that ever happened?

Of course, everybody has read these stories at some time or other. Of course, even if you didn't believe the story, you believed *in* it, and when the climax came and the haughty athlete from town was humbled in defeat, you believed in the sentiment and gloated over the victory and the "city feller's" humiliation.

Doubtless there has been much truth in some of these yarns. Perhaps the city chap was a braggart and didn't really amount to so much as an athlete, and perhaps the farmer boy never could amount to anything if pitted against the real sort of an

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FRANK ALBERT GOTCH,

Of Humboldt, Iowa. Catch-as-Catch-Can Wrestling Champion of the World, a title secured and retained in the last two international matches in Chicago.

athlete at the latter's favorite game, but at the same time the world loves to extend its sympathy to the under dog in such case, and always, in the story book, the farmer boy is the under dog.

Coming right down to the facts, there is one farmer boy in this country, now grown into a man—and what a man!—who maybe was the hero of some of these tales. If he wasn't he would have been simply an ideal hero for a yarn of that character. He is champion catch-as-catch-can wrestler of the world now, and his name is Frank Albert Gotch, a farmer lad from Humboldt, Ia., perhaps the greatest athlete America has yet produced, certainly the greatest wrestler.

Though a champion and something of a man of the world now, he is still a farmer at heart, for all of his great fortune—and he has accumulated much through thrifty habits contracted down on that old Iowa farm—is invested in lands in the corn State which he calls home.

Back in 1900, when wrestling was not nearly as popular in the Middle West as it is at the present time, and when wrestlers were looked upon with a great deal of suspicion by the average man, the wrestler being qualified along with the crafty second-story man and porch climber, Martin ("Farmer") Burns, then one of the best heavyweights in the country, began to circulate stories about a wonderful young fellow he had "discovered" out in Iowa and for whom he predicted the most brilliant future. His name was Gotch, and he said he intended to make a champion of the world out of him if it took him the rest of his life.

It didn't take Burns that long, because on the night of April 3, 1908, Burns saw his ambition realized. That night, or rather at an early hour the following morning, Gotch defeated George Hackenschmidt, the "Russian Lion," after two hours of a peculiar struggle, and carried off the title from that famous exhibition athlete.

A little over one year later a new Gotch, fully 100 per cent. better than he was when he defeated Hackenschmidt, successfully defended his title against Yussiff Mahmout, the latest "Terrible Turk" to come to this country. It was Gotch's showing



Picture taken in ring in Dexter Park Pavillon, Chicago, Ill., April 3, 1908, just before the start of the great match for the world's catch-as-catch-can title. Hackenschmidt conceded Gotch the match at the end of 2h. 5m.

FRANK GOTCH AND GEORGES HACKENSCHMIDT, WITH
REFEREE SMITH.

in that match and the work he did on the mat immediately after that convinced many good judges of the wrestling game that the beau ideal champion had arrived.

Though even Gotch himself does not keep an intimate account of the happenings of his career in detail, he can tell you offhand that it was in a match on May 23, 1908, when he defeated Tom Jenkins in Kansas City in a catch-as-catch-can match, that he became champion of his own country. At least he was considered to be the best man in America, Jenkins being the only man at that time who was considered to have the slightest chance with him.

Since that time, with the exception of exactly sixteen days in December of that year, the Iowa farmer had held almost unquestioned sway. It is true that many men have come up in the meantime, but none of them were thought to be a serious contender for Gotch's title. I am speaking now merely of the American wrestlers.

I stated that for sixteen days Gotch was without his honors. That is true only in a sense. On December 1 Fred Beell of Wisconsin defeated Gotch in a match at New Orleans, winning on a fluke. Gotch had the first fall and the men were wrestling in the second when Gotch, in making a quick turn to dodge away from his speedy little opponent, hit his head against one of the posts of the ring. This dazed him so badly that Beell had only to roll him over to secure the fall. When the men came out on the mat after the usual ten minutes rest for the third fall, Gotch was still befuddled and proved an easy victim.

They were matched again for December 17 in Kansas City, and there, before a gigantic crowd, Gotch convinced all that he was Beell's master by defeating him with great ease.

Since that time nobody has come anywhere near defeating the Iowa man, and in my opinion the man is not known at this time—the spring of 1909—who stands any chance with him at all. I have arrived at this conclusion after an exhaustive study of the man and a careful and painstaking study of his matches of the last two years as well as of his methods. I am thoroughly convinced that he has everything that goes to make a champion of



View of the ring taken just before the start of the match, April 14, 1909, in Dexter Park Pavilion, Chicago, Ill., in the presence of 8,500 spectators. Gotch victor in straight falls, 9m. 10s. and 7m. respectively.
FRANK GOTCH AND YUSSIFF MAHMOUT. ED. W. SMITH, REFEREE.

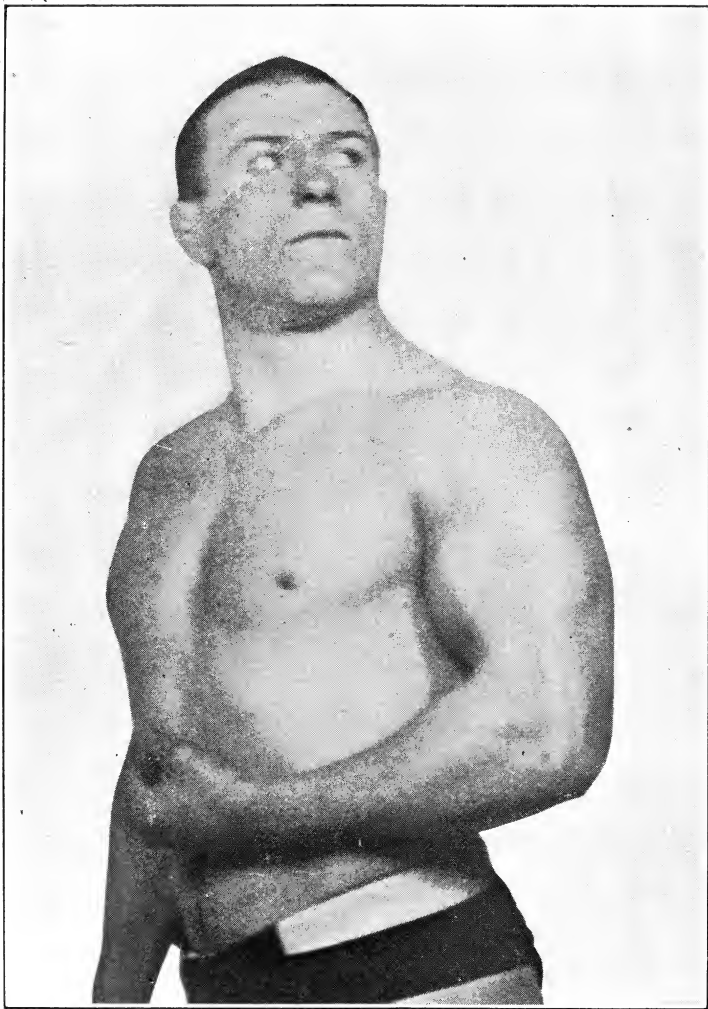
the world, and in this category I would list gameness, first of all, and then in rapid order, extreme skill, gigantic strength, a wonderful brain, and last and perhaps the greatest attribute of all, his amazing ability to read men and tell almost at a glance what is passing in their minds.

As referee of the match in which Gotch defeated the once mighty Hackenschmidt, I had a great chance to see this wonderful athlete in action against the most powerful rival he was ever asked to face. I saw that night that Gotch was so far out of the ordinary as to call for unusual attention. Not only did he outwrestle the marvellously strong "Russian Lion," but he outgamed him as well and used that wonderful brain of his to such startling advantage that Hackenschmidt was absolutely bewildered and confused at the end of fifteen minutes' work and then began to try and make excuses for having the match called a draw.

Hackenschmidt subsequently told the most disgraceful stories about Gotch and myself after he got to England, claiming to have been fouled deliberately and in general to have been the victim of a job to down him. Inasmuch as Hackenschmidt was utterly unable at any time to secure one hold of any importance on the wonderful man from Iowa, those who saw the match at once construed his talk as being that of a mighty bad loser and the words that might be expected from a quitter, for that is what Hackenschmidt showed himself to be that night.

I have never taken the trouble to reply to the stories circulated in England by "Hack," confident that the motion pictures taken of the match would show exactly what happened. Later, Hackenschmidt was found to be wrong by English sportsmen, the London Sporting Life in particular coming out in a manly fashion and making public apology to Gotch and myself for having accepted the "Lion's" statements so flatfootedly.

Briefly, however, at this time, I will say that Hackenschmidt's tale about Gotch being greased was the veriest bosh. He knows that with one man greased at the start both men would be greased inside of ten minutes of wrestling, thus making it as hard for one as for the other to take holds. Besides that, it



GEORGES HACKENSCHMIDT,
The Russian Lion.

was on the legs that Goth would need the grease more than any other place. The fact that Gotch that night wore full length tights, as he always does in the ring, is sufficient answer.

Hackenschmidt said he was fouled. He was not. Gotch the next day was as badly punished as Hackenschmidt. Heavy-weights standing up with heads together for nearly two hours and pulling and hauling fiercely are bound to get bruises. Catch-as-catch-can wrestling is a long way from being a parlor sport, and Hackenschmidt, who can be the roughest man imaginable when he has in front of him an opponent he knows he can handle with ease, knows it well.

But it is of Gotch that we are more concerned.

What has this fellow got that makes him so superior to his fellow athletes, many of whom are stronger by far than the Iowa farmer?

Briefly as possible I will attempt to show.

To begin with, when Gotch starts wrestling, he uses more headwork than any athlete I ever knew or saw work. That in two lines is the secret of the success of Frank Gotch. He is a brainy man; that is all there is to it.

Gotch in action has three wonderfully strong points.

He can get behind a man better than any wrestler I ever saw.

He can, once he gets behind and hurls an opponent to the mat, get a crotch hold more effectively than any man in the business.

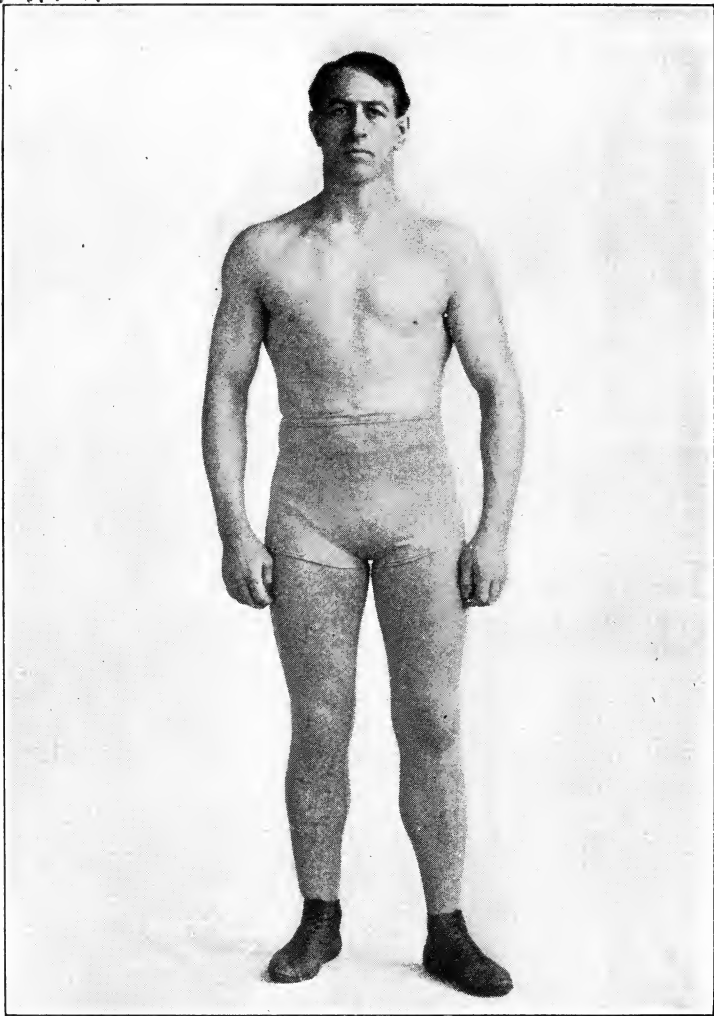
From the crotch hold he works his man into a half Nelson and then it is an easy matter to get the fall.

This was shown in his great match with Yussiff Mahmoud at Dexter Park Pavilion, April 14, 1909. It was with a crotch hold and half Nelson, a double hold that is effectively explained and illustrated by Dr. B. F. Roller, the famous college athlete and professional wrestler, in this book, that Gotch defended his world's title against the Bulgarian.

After the match I said to Antoine Pierri, Mahmoud's manager, and himself a former wrestler of wide experience:

"He had no defense for that hold, did he?"

"That is not exactly it." came the ready reply from the Greek,



DR. B. F. ROLLER,
Seattle, Wash.

Graduate De Pauw and University of Pennsylvania; now a leading professional wrestler.

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"for no man living that I know can defeat this fellow. When he gets that hold on anybody living it will be the same story. He is the most wonderful wrestler I have seen since the days of Yousouf."

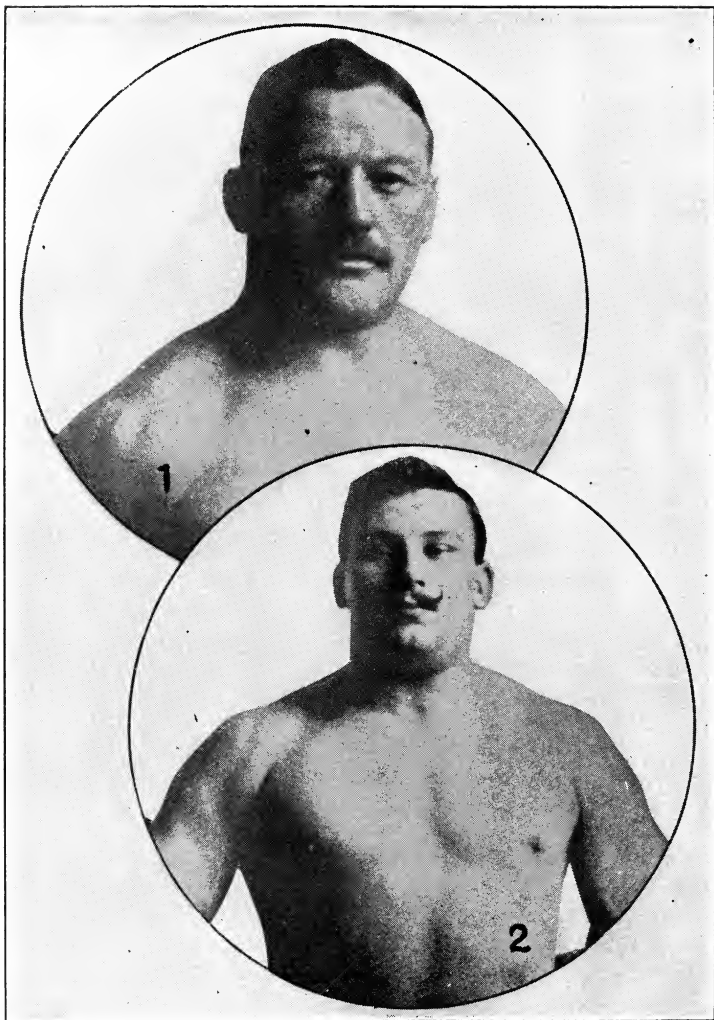
Gotch is known as the man who invented or devised or introduced, or whatever else you may call it, what is known as the toe hold, the most deadly grip known to wrestling, unless we except only the strangle lock. Yet when we cast back an eye over Gotch's record we find that he has won but few falls and fewer matches with this hold than any other.

I can explain that easily. Gotch invented the toe hold merely as a subterfuge for securing the easier and equally as effective crotch lock. In getting a reputation for using the toe hold Gotch got exactly what he wanted. He desired to be known as always going after that hold. But he used it in the greater number of cases merely to turn an opponent over on his side and thus get the legs spread apart that he may run his arm in between them and secure the crotch.

That is the whole thing in a nutshell. The toe hold is a stall to get something else. Let it be known right now that the toe grip is a mighty hard thing to get on an opponent who knows anything. But when you go after it you can get a man to roll on his side and spread his legs out. This makes it possible and in many cases easy to get the crotch hold.

And I will tell you something more about this crotch hold that will astonish you. I have seen Gotch pick up an opponent bodily, raise him over his head and then drop him to the mat, getting the crotch hold actually while his man is coming down through the air. This one little paragraph will serve to show how wonderfully fast this man's brain works and how rapidly he can make his muscles answer to the call of his brain.

The layman may not realize the import of this thing of making the muscles answer to the brain. I believe that this is what "class" means more than anything else. When you find a wrestler who can do it, or when you find a base ball player or a fighter or any other sort of an athlete who has the faculty of doing it, then you have a man of the highest class.



1—Hjalmer Lundin, Swedish champion wrestler at Graeco-Roman and catch as-catch-can styles. 2—Raoul De Rouen, of France, giant Parisian who came to this country to meet Frank Gotch.

Seldom have I seen in one year the marked change that came over an athlete as that which transpired in the general makeup and ability of Frank Gotch between the match with Hackenschmidt and that with Mahmout, a trifle over one year.

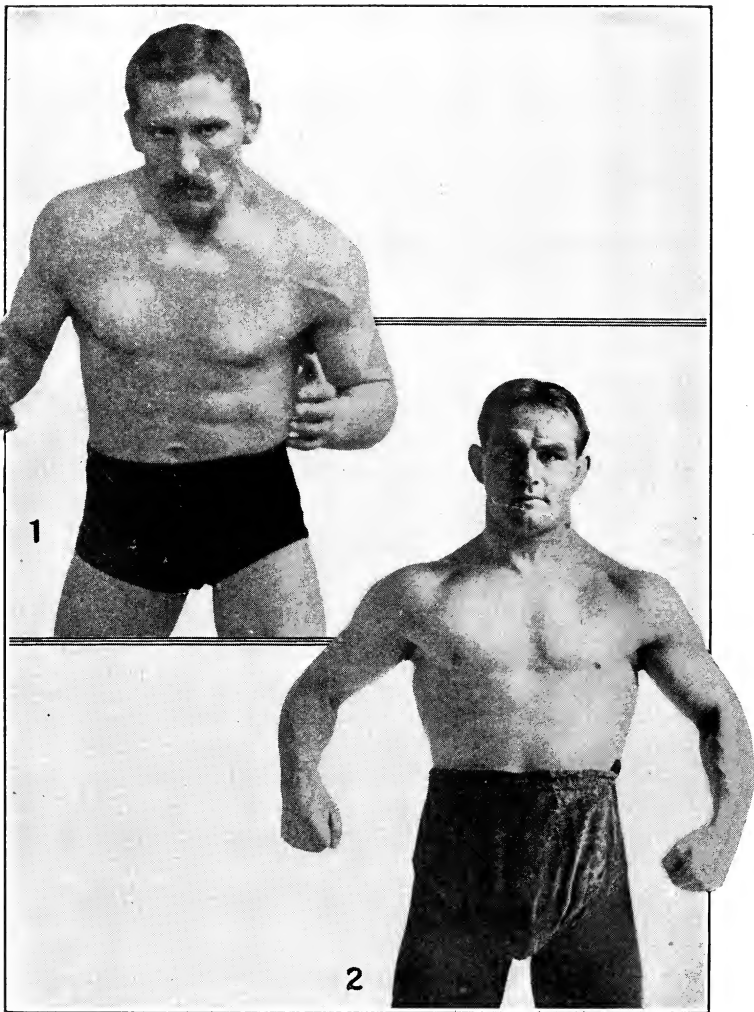
In the match with Hackenschmidt he was scarcely conceded a chance to win against the famous "Lion." As a matter of fact many of his friends expressed sympathy for him, believing that he was about to get the licking of a lifetime. But not so this wonderful man from Iowa. He told me a week before the match and before there was even a suggestion of making me the referee of the contest—an honor, by the way, that was thrust upon me by the great Hackenschmidt himself—that he would win the match without obtaining a fall. Asked how he figured out such a thing, Gotch replied that he had given some study to the man and knew that Hackenschmidt would have to win inside of fifteen minutes or he could not win at all.

"He thinks I am a mark," Gotch told me, "and he isn't training. I never was better in my life and can stand him off for a half hour easily. Then he will begin to weaken and after that he will quit. He never will let me throw him because he will want to go back to England and say that he couldn't be thrown and have some bad excuse to offer."

This is merely cited to show Gotch's wonderful perception of men and conditions and his ability to foresee events and prepare for them.

After the Hackenschmidt match Gotch gained the deepest confidence, and when he faced Mahmout he would have faced a den of panthers, so sure was he that nobody could beat him. I was in his dressing room thirty minutes before the men went into the ring to help settle the dispute as to whether or not the foreign star would be permitted to wrestle in his bare feet or be forced to wear shoes. Never have I seen an athlete so coolly undisturbed as was this giant. He wasn't even stripped, although there was a mob of close to 8,000 persons out in that vast amphitheatre waiting to see the struggle. The gate receipts were close to \$40,000.

"He signed Police Gazette rules and now let him wrestle



1—Ernest Siegfried, "The German Oak," a famous Graeco-Roman star on the other side of the water. 2—"Americus" (Gus Schoenlein), of Baltimore, Md., famous light-heavyweight wrestler.

under those rules or not at all," Gotch said. "Send the people away if you want to. I simply won't let him dictate to me."

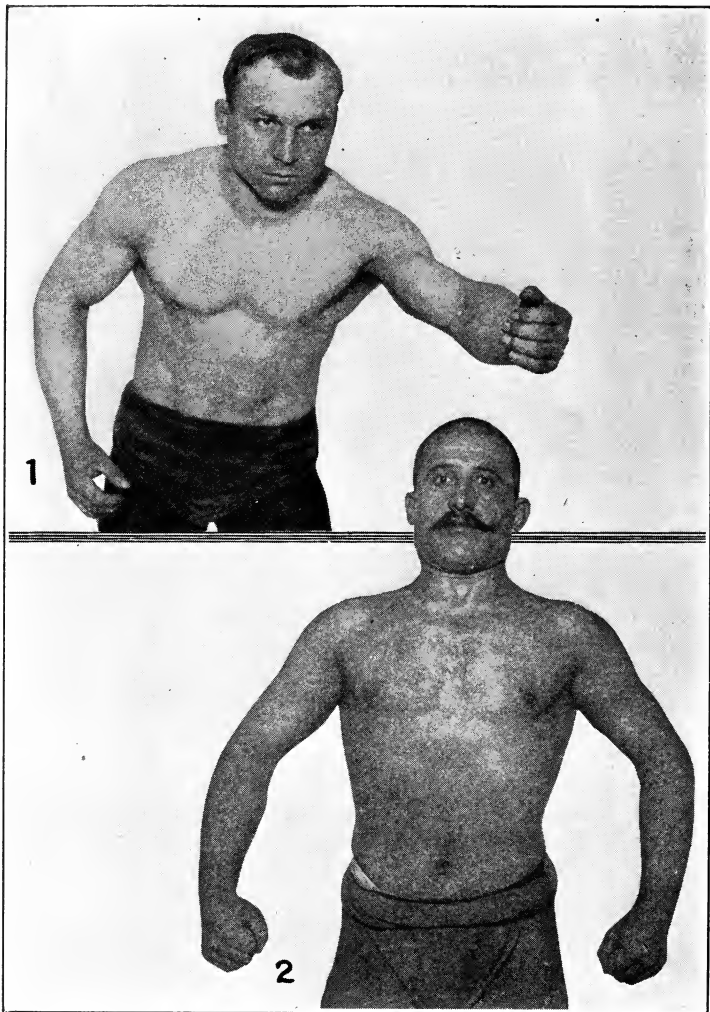
This stand gave the promoters an anxious half hour, because that crowd would have torn the building down if the match had been called off. The matter finally was compromised by the Turk's manager paying over a forfeit of \$500. This incident, too, will serve to show Gotch's financial shrewdness. Though he got close to \$15,000 for his end and knew absolutely that he could defeat Mahmoud, nothing short of the \$500 forfeit would make him budge from the position he had taken.

When Gotch is preparing for a match he never has anything on his mind, unless it is his everpresent love of the coin. When he trains he dismisses from his mind all thoughts of anything but the work that he has in hand. His mind is as free as if he had no mind at all and he refuses to get serious about anything. He is handled like a racehorse or a prize dog about to be displayed. He hires the best trainers to be found anywhere, men who understand him in every particular and to whom it will not be even necessary for him to explain anything. He permits no business cares to creep into his daily life, but it is train, train, train all the time. Then when he steps into the ring he is in the finest possible condition.

This should be a lesson for all athletes. It is the mental strain and the cares of matters foreign to athletics that lose more matches than anything else and unfit men for strenuous battle.

Gotch is inordinately fond of increasing his bankroll; there is no doubt of that, but he dismisses all this when he is training. Here is an incident that happened during the time that he was matched with Raoul de Rouen, the Frenchman, in Kansas City in April, 1909. There was a parcel of land near one of his own tracts that he wanted. The owner set a price, but it was a bit too high.

"I'll get about \$6,000 out of this match," Gotch reasoned, "and won't spend a cent more for the land than that. He'll have to come down in his price." The owner of the property cut the acre price \$2.50, and sure enough Gotch's one-third of the



1—Fred Beell, of Marshfield, Wis., known as one of the greatest light-heavyweight wrestlers in the business. 2—Yussiff Mahmout, latest "Terrible Turk" to come to this country, only to prove an easy victim for Frank Gotch after he had defeated all other crack heavyweights.

Kansas City house reached just \$6,100, and the champion got a valuable addition to his real estate holdings.

Gotch is a great financier, there is no doubt of it. When he first became known to Chicagoans he was willing to wrestle for very moderate amounts. He didn't want more than \$150 for a contest back in 1906. Things have changed since then and the champion adopted a new scale of prices that, while not exorbitant, gives the big fellow a tremendous income. He works constantly and will cut the usual price in order to keep forever at it.

"The public is fickle," he reasons, "and when my day of defeat comes, as it surely must if I stick long enough, I want to be so well provided with money that I will be absolutely independent."

Of one thing, dear reader, you can be absolutely sure—Gotch will never be broke.

Many predicted before the Mahmout match that the Turk's peculiar crouch would puzzle Gotch and make it hard for the American to get behind his man and secure any effective hold on him. Gotch smiled at this and told his friends to wait.

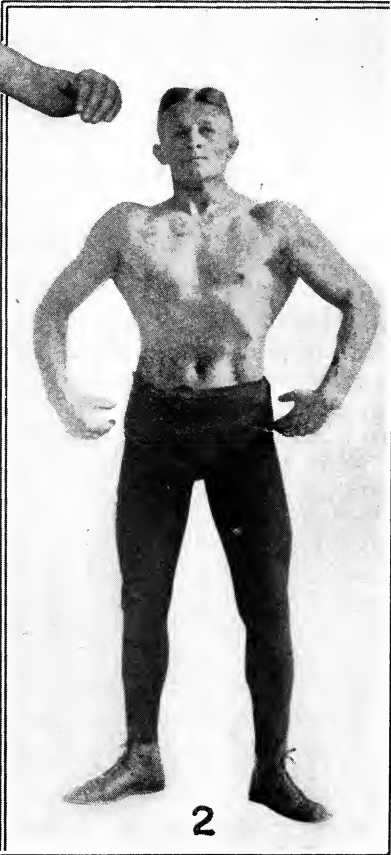
Gotch solved the crouch puzzle in a hurry. "I hooked him into defeat," Gotch said afterward, and in truth he did. When the Turk crouched forward with his head stuck forward in the style usual with foreign wrestlers, Gotch reached over and hooked the Turk behind the neck, jerking him forward vigorously. This little trick entirely disconcerted the Turk and kept him so overbalanced all the time that inside of four minutes his courage began to ooze out of his finger tips. It wasn't exactly fair to fool the great foreign star in that fashion, but you see Gotch needed the money and wanted to keep the title.

If they stand up straight Gotch finds it easy to get into their legs, and if they try to block him off and crouch he hooks 'em into defeat. It looks as if nothing could fool him at all.

Gotch reminds me of a man who has a fad for hunting and with means at his command has provided himself with a perfect arsenal of weapons. But down in a corner of that arsenal is his favorite gun which he uses most of the time for all sorts



1-CHARLES OLSON.



2-CHARLES POSTL.

of game. That weapon is his crotch and half Nelson. If the game refuses to come down with that weapon Frank looks over his stock and selects something else that will hit the vital spot. He is the best equipped hunter I ever knew.

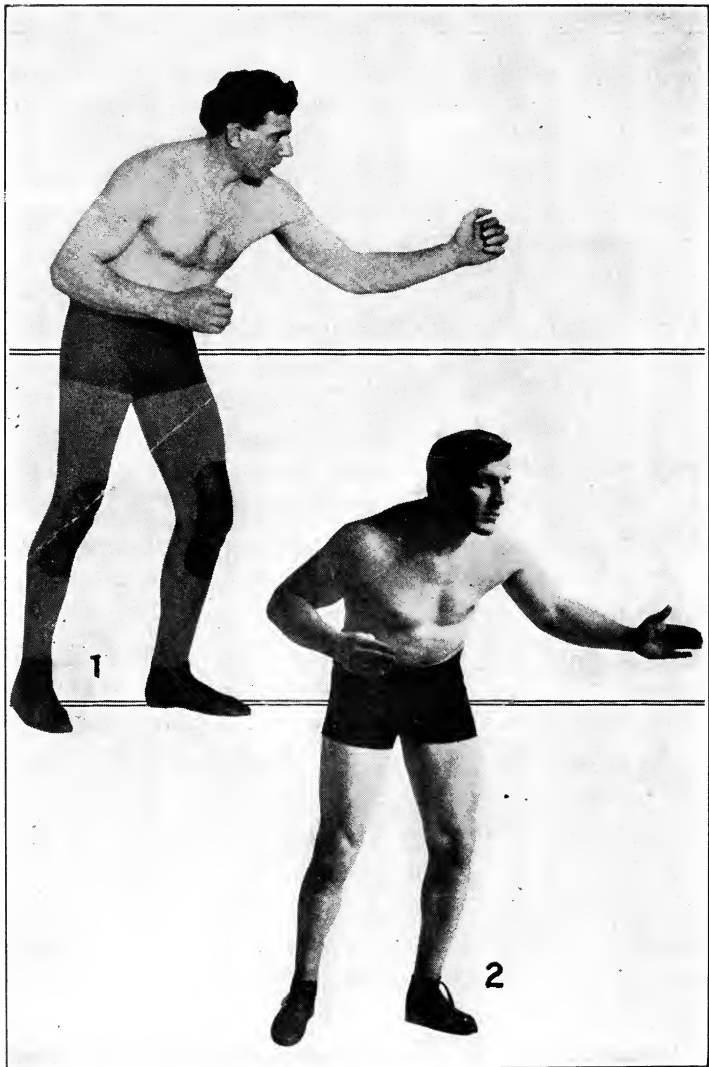
Of one thing I am thoroughly convinced. Had Gotch not been a bit cautious of Hackenschmidt and the terrible reputation he brought to this country as a man-killer, I am satisfied that he would have beaten the "Lion" that night inside of twenty minutes and beaten him more decisively than he did. Gotch had the foreigner sized up pretty well as it was, but he figured that "Hack" was a better wrestler than he really is. At the time this story was written Hackenschmidt would stand no show at all with Gotch, who would outclass him at every point, and especially in speed and knowledge of the game.

An incident happened during the Mahmout match that shows the extreme coolness and confidence of the man. He had the dreaded crotch hold and half Nelson on the Turk and had his second shoulder within a few inches of the mat for the first fall. I was flat on the canvas watching and directly facing Gotch. "He'll come this time, Ed, but he's pretty tough," he remarked with a grin, as if indulging only in a frolic in the gymnasium instead of in a world's championship match upon which thousands of dollars depended.

What manner of man is going to beat a fellow like that?

That is a question I cannot figure out. It will take a big fellow who has got all that Gotch has and a little more. No man under Gotch's weight is going to defeat him. He will have to be crushed down, but the man who does the crushing will have to be like a steam roller.

Often I am asked about the honesty of matches. Of the general run of contests in this country I can speak only in a general way, but of those that I have seen around Chicago I will say that nine-tenths of them are very much on the square. The simple answer that the better man always wins should settle all argument. I believe there are times when one wrestler permits another to make a better showing than he would if the better man hustled and won as quickly as he could. Even these



1—JESS WESTERGAARD "REIMER."

2—CHARLES CUTLER

occasions are remote, for wrestlers are getting to be more guarded of their reputations than formerly, being convinced of the truth of the old maxim about honesty being the best policy.

There is one thing you can wager your all on. The last two international matches were strictly honest in every detail. Hackenschmidt would not have lost to Gotch dishonestly for many times what anybody could have afforded to offer him. As for Mahmout, he could have cleaned up \$100,000 inside of two years had he been able to defeat Gotch.

There was a time, I am satisfied, when wrestlers practically had to fake in order to get along, so thoroughly was the game in disrepute. Careful handling in Chicago has done much to put the game on a firm and honest footing, and I think the old-time system of faking and jobbing has been done away with. A good wrestler does much better these days by being strictly on the level, and I believe a very large majority of them are.

To Dr. Benjamin Franklin Roller, one of the leading athletes of this country, the American Sports Publishing Company owes a debt of gratitude. It was Dr. Roller who, with Charles Postl of Buffalo, N. Y., posed for the excellent pictures of this little work on wrestling.

No man in the country is better fitted to discourse on catch-as-catch-can wrestling than Dr. Roller. He is a thorough student of the game and, in addition, is said by Frank Gotch himself to be the second best professional wrestler in this country. This is proved by the fact that while the doctor has met every first-class wrestler in America in straight matches, he has yet to lose a fall to any man excepting only the champion himself.

Dr. Roller is sincere in his statement that he, in common with all other American wrestlers, considers Gotch to be the most wonderful athlete of the day. He makes the flat statement that Gotch has got some "stuff" that no other wrestlers attempt at all because they know nothing about it. Gotch invented the famous—or infamous, as you please—toe hold, and, in addition to that, wrestles around an opponent's legs in a style adopted by no other wrestler.

It is this "inside legwork" and other of Gotch's great holds

and feints that Roller has devoted most of his attention in this book. The half Nelson and commonplace holds and grips of that character are given little attention by the doctor, because wrestlers and the public know them well and there is little to explain about them. But some of the "stuff" that Gotch tried successfully on Roller and other good wrestlers is gone into fully in this publication, with the idea that the public that admires this sort of work will have the better appreciation of the champion's wonderful skill as well as a full knowledge of how difficult it will be for any wrestler to compete successfully with this great man.

To Dr. Roller and Charles Postl the publishers extend the heartiest thanks for their work, which was entirely gratuitous and given freely for the betterment of the sport they love so well.

HOW TO WRESTLE

It is impossible in a work of this brevity and scope to give more than a very small part of the great science of wrestling. Wrestling is as old as man, perhaps older, because the spirit permeates all animals. It has constituted in man perhaps the cleanest and most wholesome and most beneficial of all sports.

It is the intention here to give briefly some of the main points of wrestling, as an aid to beginners, and the writer will not dwell herein on the older and oft illustrated holds, but attempt to guide the reader in original study with a few suggestions as to things more recent in the development of the game.

When wrestlers enter the ring they should be seated in opposite corners with their seconds, the duties of whom shall be to see, first, that their own representative is well cared for. In the second place, that no advantage is taken by the opponent. The main assistant should satisfy himself as to the opponent's wearing apparel, such as shoes, that no hooks or injurious soles are worn and that the opponent's nails are well trimmed.

The referee calls the contestants to the center of the ring, gives them their final instructions. The contestants should then shake hands, go to their separate corners, remove their robes and prepare to wrestle. The seconds at this point shall get in the ring and take the chairs and everything they use out of the corners.

When the referee calls time, without any further delay, the contestants will approach each other and begin to wrestle. As a matter of formality the contestants usually shake hands again, but it is not necessary. If they do, they should approach each other cautiously, as shown in Photo 1.



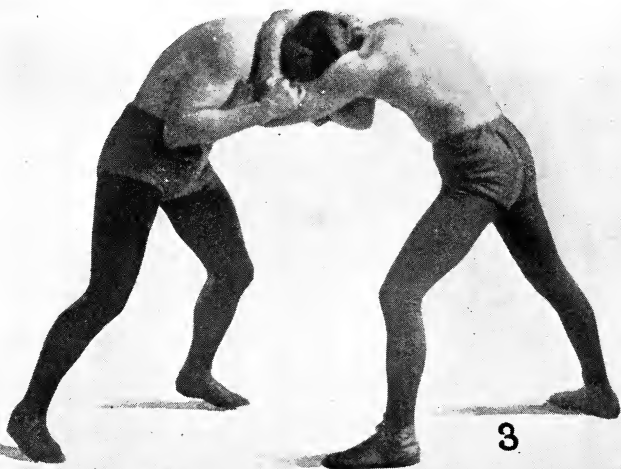
The Wrestling Position

(See Photo 2.)

The contestants may wrestle with either foot in front, but with most men the left foot forward makes the better position. (It will be noticed that all these holds are given from this position, but any wrestler should be able to use one side as well as the other.)

It will be noticed that the wrestler is stooped, every joint is flexed, the wrestler leans forward, the chin is low, the back bowed, hips and knees are bent and he is in an easy position on the balls of the feet, so that his balance can be shifted quickly and easily from one to the other, forward and backward, in and out and on either side.

From this position various movements are made called "feints" to test the opponent's alertness and position.



3



4

Arm and Neck Hold

(See Photo 3.)

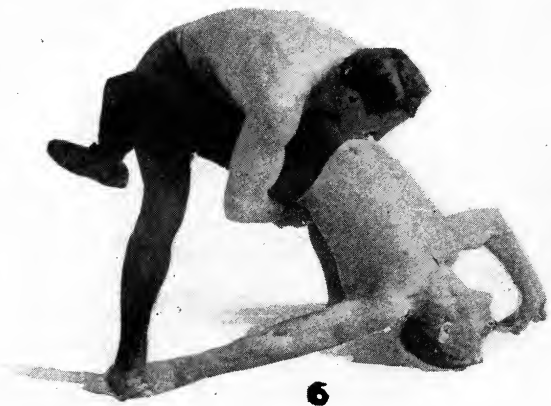
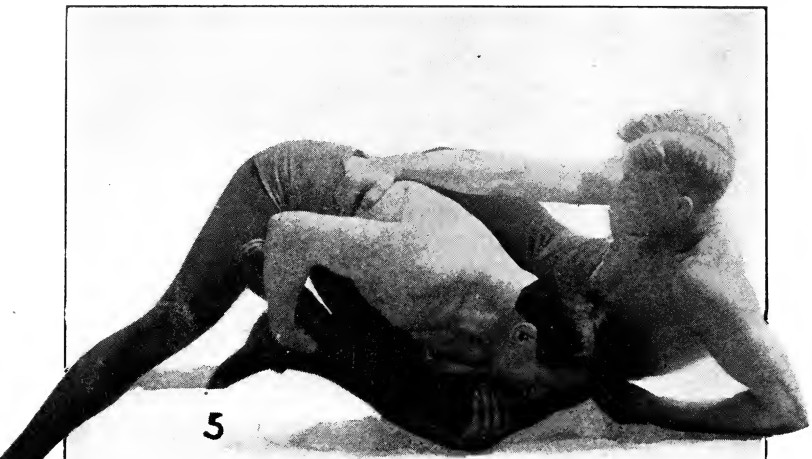
When all has been learned about the opponent, from the position just given, it is generally advisable to grasp the opponent in some manner, in order to test his strength and equilibrium. Accordingly the left hand is placed across the back of opponent's neck. The opponent usually assumes a like position. The aggressor then locks his right hand in the opponent's left elbow, the feet are kept well back out of reach, and the joints are still all flexed. From this position the opponent can be pulled forward and backward, or from side to side, and any flaw in his position or balance will soon suggest an opening. In this position the common mistake by all wrestlers is too much rigidity, especially by amateurs.

In all wrestling no more strength should be used, at any time, than is absolutely necessary until the supreme moment. The muscles should be just as loose and relaxed as possible, and remain in a position of safety until an opening suggests itself, then all the strength and speed available should be consummated.

The Foot-Hold from a Standing Position

(See Photo 4.)

Starting from position shown in Photo 2, a feint is made at the opponent's head, intended to make the opponent assume an erect position, and when his eyes and hands are lifted the aggressor dives at the opponent's left foot, the right hand grasps the heel on the outside, the shoulder strikes solidly against the inside of the opponent's left knee, which is grasped at the same time by the aggressor's left hand. It will be noticed that the aggressor throws himself well under the opponent, dropping on his right knee and left foot, holding the opponent's foot and heel on the floor while in addition to the aggressor's momentum, the pressure is exerted outward on the inside of the knee and backward. The opponent's knee is quickly flexed as he turns to the left and is forced to the mat.



Position 2 of Foot-Hold

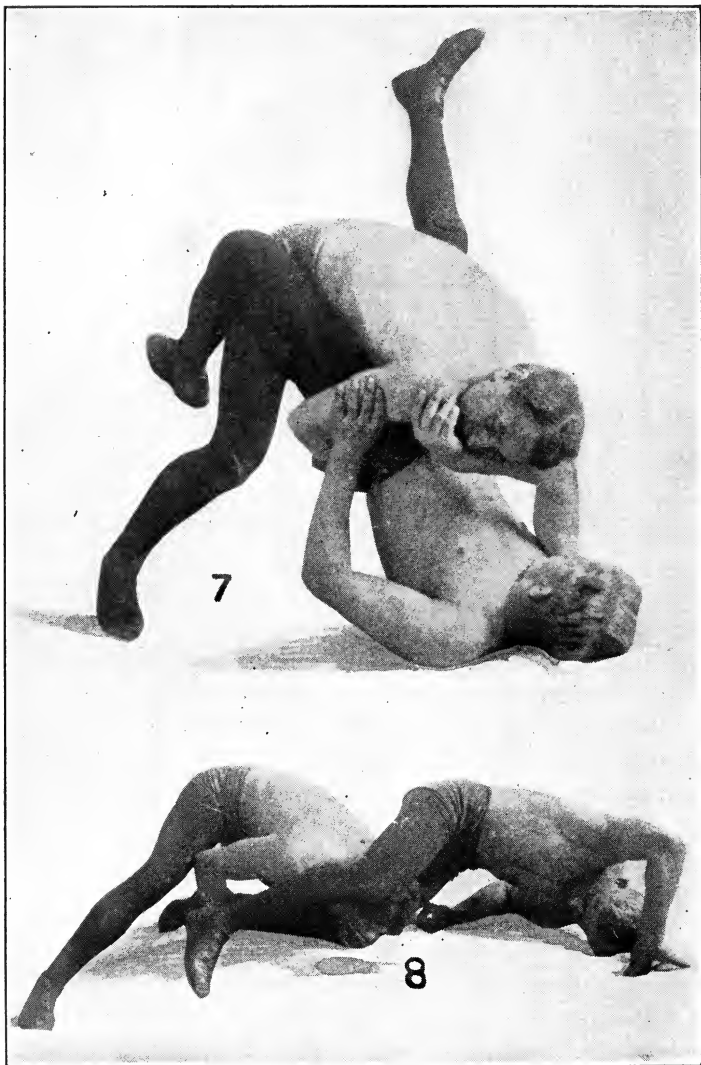
(See Photo 5.)

As the opponent strikes the mat, follow closely, step well into the crotch and lift the opponent's foot and leg in order to force him to bridge or turn in an effort to escape.

Position 3 of Foot-Hold

(See Photo 6.)

As the opponent turns step well into the crotch, release the left hand from the knee, first grasping around the opponent's right thigh, then slide the right arm up, taking the double thigh hold and crotch. From this position a fall is imminent.



A Fall from a Foot-Hold

(See Photo 7.)

Both thighs are grasped tightly and the weight is slowly and steadily applied until the opponent is finally forced with both shoulders to the mat. When a hold, as shown in Photo 6, is once secured, it is almost impossible for any opponent to escape.

The danger is that the aggressor is likely to become too anxious in an effort to force the opponent quickly to the mat and lose his balance and allow the opponent to escape. This is not necessary, for the opponent is sure to succumb in due time.

Escape from Foot-Hold

(See Photo 8.)

As the opponent is forced to the mat, as shown in Photo 5, instead of resisting the aggressor, when he sees it is once necessary for him to fall, he should, long before striking the mat, prepare to turn toward the side upon which the foot has been grasped. In so turning he steps completely over the aggressor, and assumes a safe position on his hands and knees, as shown by Photo 47.

CONTINUED FROM PAGE 10



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10

The Knee Hold from a Standing Position

(See Photo 9.)

Starting from position shown in Photo 2 the aggressor steps well in with his left foot, grasping the opponent at the same time with both hands at the flexure of his left knee, with the head on the outside of the hip. The aggressor does not drop to the mat, as in the hold previous, but instead, immediately upon grasping the knee, steps backwards, raising not the opponent's body but his knee and leg only.

The aggressor steps with the left foot behind the opponent's right heel, locking both feet, forces his opponent backwards to the mat, practically as shown in Photo 6. In this position a fall is secured as before described.

The Crotch Hold from a Standing Position

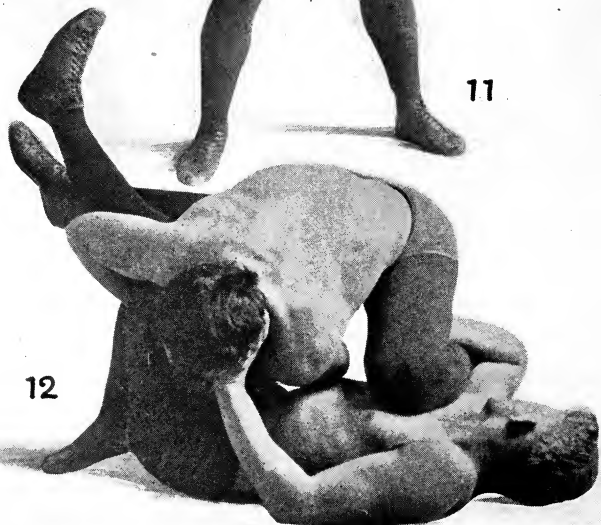
(See Photo 10.)

The aggressor steps forward and underneath the opponent's arm, exactly as in the hold just described. Instead of grasping the opponent's left knee with both hands, the right hand is placed on flexure of the opponent's knee with the left hand grasping the opposite thigh and crotch high up, balancing the opponent well upon the arm and shoulder.

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12

Position 2 in the Crotch Hold

(See Photo 11.)

The opponent is lifted entirely from the mat, the left hand is taken from the crotch quickly, and grasping the outside of the opponent's right knee, in which position both legs of the opponent are held by the aggressor's hands on the outside.

A Fall from a Crotch Hold, Standing Position

(See Photo 12.)

The opponent is dropped from the shoulder, jerked forwards by the hold on the knees, and whipped violently to the mat; the aggressor maintains his double hold on the knees and follows very closely. If the opponent's shoulders do not strike the mat as he falls, a fall may be secured by placing the left knee on the opponent's chest, bearing heavily while the opponent's knees and hips are elevated.



The Arm Drag

(See Photo 13.)

Start at position shown in Photo 3 with a secure hold with the right hand in the hollow of the opponent's left elbow, dropping the left hand from the opponent's neck, without changing the position of the feet, turn quickly to the right on the toes, grasping the opponent above the biceps of the left arm in one continuous movement throwing all the weight and force downward and to the right.

The success of this hold depends entirely upon holding the opponent's arm securely to the chest.

Fall from an Arm Drag

(See Photo 14.)

The relative position of the feet is exactly the same, the toes have not been moved an inch. Hold the opponent's arm tightly across the chest. If he falls at all, he is sure to strike one shoulder and it is not difficult to force the other by a gradual roll towards the opponent.

If the hold on the arm should slip and the opponent seems likely to escape, it is well to step above the head, as shown in Photo 22, grasp the double body hold and force a fall.



15



16

The Arm Grape Vine

(See Photo 15.)

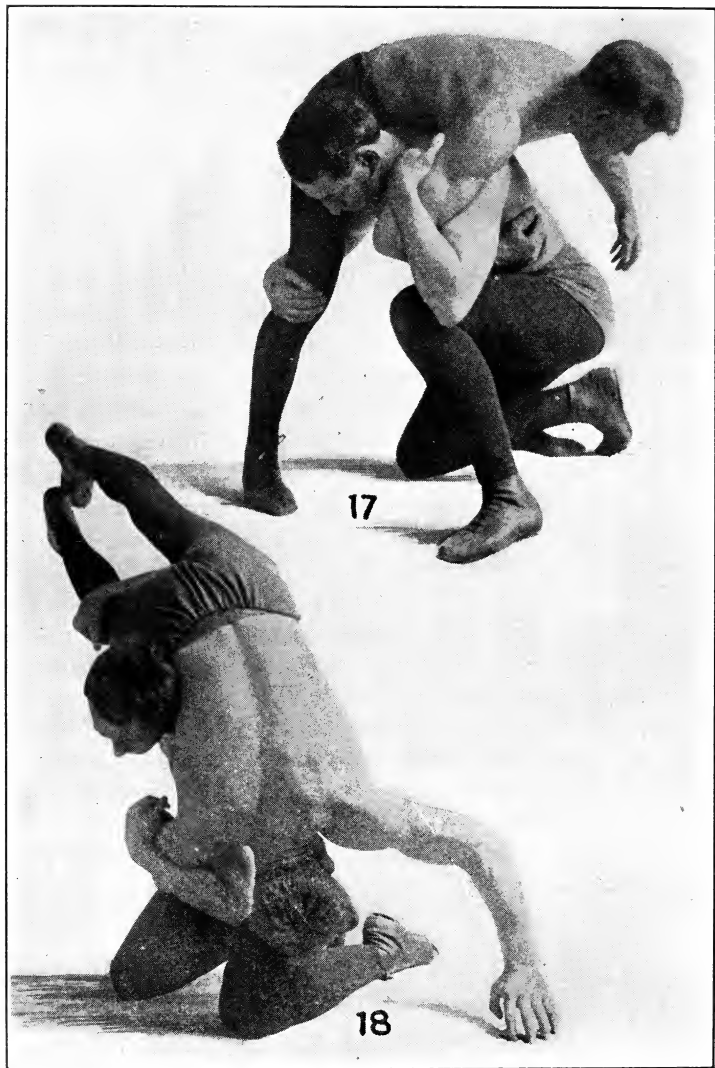
Starting in position, as shown in Photo 3, with a tight hold in the hollow of opponent's left elbow, drop the left hand from the opponent's neck, turn slightly to the left, leading the opponent to think you are trying to throw him to the left. In resisting you he will balance toward your own right; take advantage of this position quickly by throwing the left arm completely above the head, stepping across with the left foot behind the opponent's left heel, and grasp the opposite arm high up toward the shoulder; with a tight hold on this arm and with one continuous movement, turn forcibly to the right and downward.

Fall from an Arm Grape Vine

(See Photo 16.)

The mistake is commonly made in this hold as well as the one just described of pulling downwards entirely instead of to the right.

The opponent should be thrown in both cases on a line from the opponent's head and shoulders to the aggressor's right foot, being downwards and almost a three-quarter circle to the right. If both shoulders do not hit the mat at once, it is easy to force the other one to the mat by maintaining a tight hold on the arm and rolling gradually toward the opponent.



The Arm and Leg Hold from a Standing Position

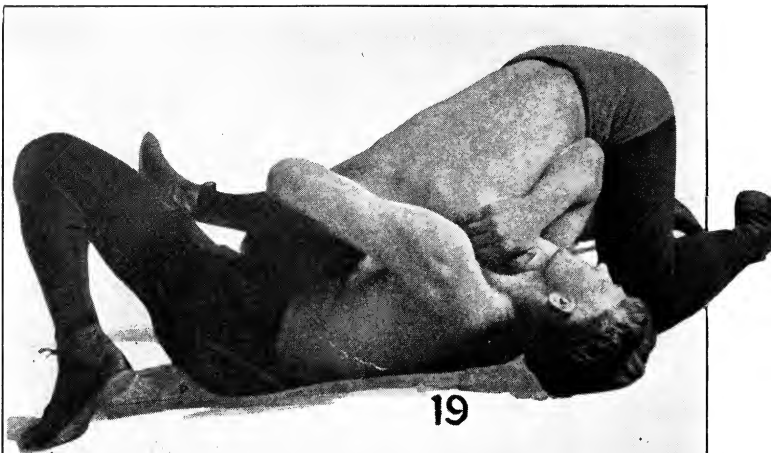
(See Photo 17.)

Starting from the position shown in Photo 3, the aggressor elevates the opponent's left elbow, stepping beneath it and well forwards, dropping to the right knee, immediately between the opponent's feet, the left arm slides downwards from the opponent's neck below the shoulder, grasping the arm, his head passes under opponent's body, the right arm grasps the opponent's right leg.

Second Position in Arm and Leg Hold

(See Photo 18.)

Formerly the aggressor stood up and lifted his opponent high in the air, but this is a waste of strength. It is easier to continue the movement, dropping both knees and balancing the opponent across the back. This is done by pulling down with the left arm and at the same time raising him high with the right arm.



19



20

Fall from the Arm and Leg Hold

(See Photo 19.)

The opponent should be lifted in almost a vertical position in order that the head will slide out to the right, beyond the opponent's hip and not beneath the shoulder. The hold on the arm and leg are both maintained and followed closely by pressure towards the opponent, whose shoulders may be forced to the mat. If the fall is not secured by the opponent's dropping, the position may be changed to crotch and half-Nelson quickly, as shown in Photo 63.

The Flying Mare

(See Photo 20.)

Starting, as in Photo 3, with a secure hold in the hollow of opponent's left elbow, drop the left hand from opponent's neck, step well across with the left foot and drop to the right knee, grasp the opponent with the left hand over the deltoid, and turn the back squarely to the opponent.



21

22

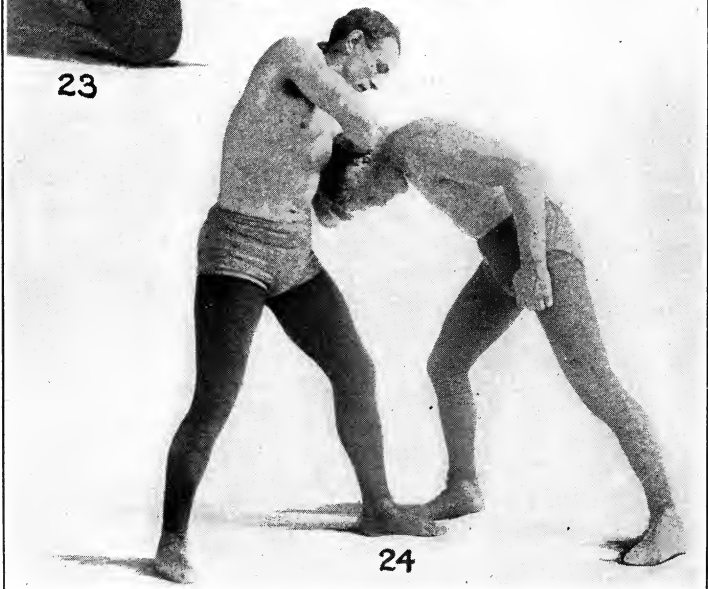
Position 2 in Flying Mare

(See Photo 21.)

The mistake is commonly made here in lunging forward before the opponent's feet leave the mat. The proper way to execute this hold is, after turning the back to the opponent, pull downward, roll the opponent over your back until his feet leave the mat, then lunge forward as much as you like, and the fall will be secured, as seen in Photo 14. Or, if the hold on the arm should slip, step across with the right foot, as described before, and secure the fall with the double body hold, as shown in Photo 22.



23



24

The Break for Arm Drag, Grapevine, Flying Mare and Cross Buttock

(See Photo 23.)

As the aggressor drops the left hand from the opponent's neck and starts to turn, the opponent should flex forward, balancing to the right, and drop quickly to the right knee, reach over and grasp one or the other of the aggressor's ankles.

It will be quite impossible for an aggressor to roll an opponent if in this position or with any of these holds if the opponent is anchored on the other side to the aggressor's foot.

Chancery and Bar Hold

(See Photo 24.)

Starting in position shown in Photo 2, grasp the opponent by the back of the neck with the left hand, pulling forward, and by the aid of the right shove his head forward under the left arm.



Second Position in Chancery and Bar Hold

(See Photo 25.)

Chancery hold is secured by the left arm around the head and the hand across the chin of the opponent, the head is twisted to the left by the aid of the right arm, if necessary

As the opponent naturally elevates his own left arm, the right arm is shoved across in the bar position, as shown in Photo 25.

Position 3 in Chancery and Bar Hold

(See Photo 26.)

The movement is continued by the aggressor downwards as well as to the left, forcing the opponent forward and off his feet.



27



28

A Fall from the Chancery and Bar Hold

(See Photo 27.)

The movement is continued, keeping close to opponent until both shoulders are forced to the mat.

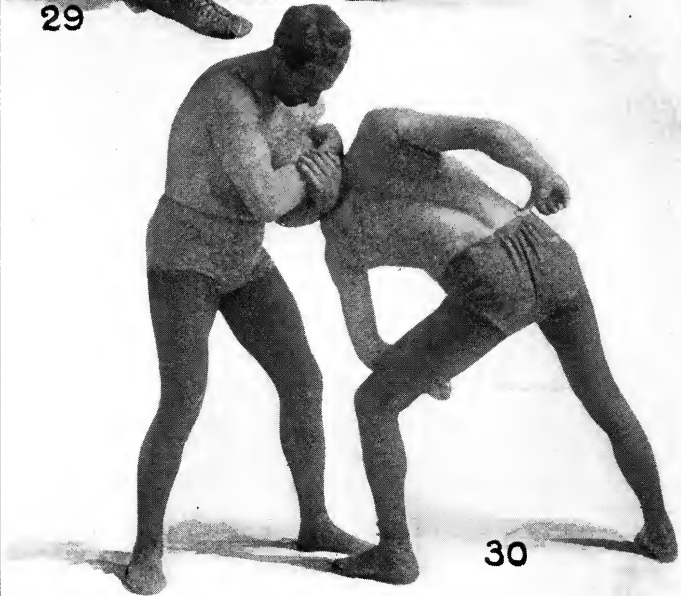
A Counter for Chancery and Bar Hold

(See Photo 28.)

The opponent allows the aggressor to take both the chancery and bar, as shown in Photo 25. The left arm of the opponent is slipped well up toward the shoulder, grasping the right arm high and tight. The right hand of the opponent is placed securely on the front of the aggressor's thigh, just above the knee. The opponent drops to the right knee.



29



30

Position 2 of Counter for Chancery and Bar Hold

(See Photo 29.)

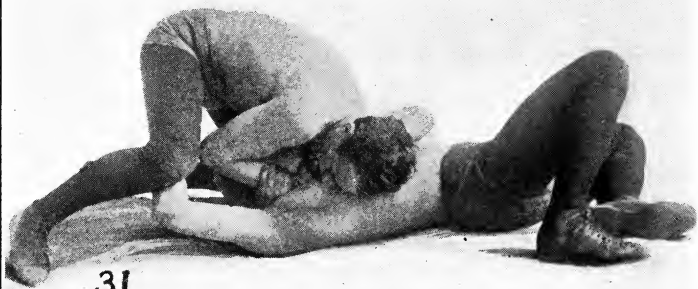
The movement is continued, the opponent pulling the aggressor towards him, sitting on his own right hip well under the aggressor, turning then on the left hip, pulling down by the hold on the aggressor's arm, and pushing with a brace against aggressor's left knee; the aggressor is then thrown entirely over the opponent and to the left, and a fall is secured, as shown in Photo 19.

A Chancery Hold from a Standing Position

(See Photo 30.)

Start in position shown in Photo 2, reach over the opponent's head with the right hand grasping the chin, grasp your own right arm with the left hand across the opponent's left ear and base of the head, twist downward and backward to the right until the opponent is forced to the mat.

A fall is secured, as shown in Photo 31, by maintaining this hold and twisting downward, backward and to the right.



31



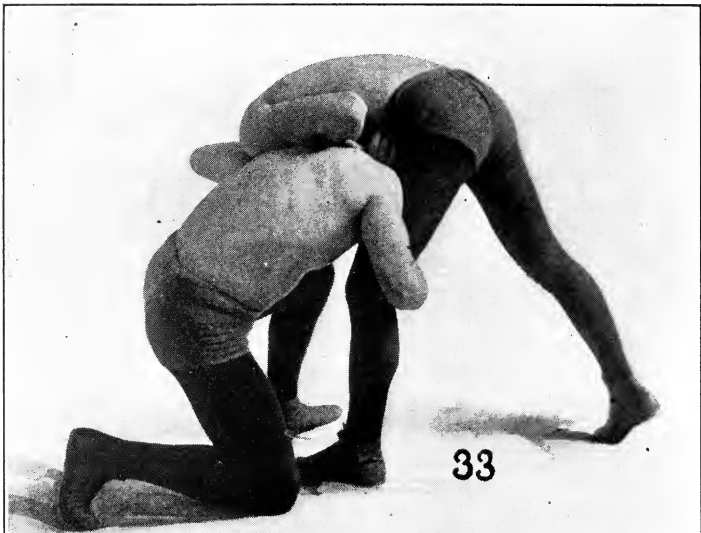
32

A Counter for Chancery Hold from a Standing Position in Front

(See Photo 32.)

Step well forward and downward, leading the opponent to grasp the chancery hold about the head. With your own hands loosen the opponent's grasp about the head sufficiently to be able to turn to the left.

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Position 2 Counter for Chancery and Bar

(See Photo 33.)

Drop to the right knee and grasp your opponent's left leg, at the same time throwing the left arm back of the opponent's neck.

Position 3 Counter for Chancery and Bar

(See Photo 34.)

Sit down, throwing the opponent across you towards the left, keeping a tight hold on the leg and neck.



A Fall from this Counter

(See Photo 35.)

A fall is secured by balancing the opponent, raising his leg and placing all the weight across the chest.

Double Body Hold from Standing Position

(See Photo 36.)

Starting in position shown in Photo 3, shove the opponent's elbow upwards, rush him backward, and grasp both hands behind the small of his back, place the chin against opponent's shoulder about the clavicle, step forward and behind the opponent's right heel, draw him in tightly with the arms across the back, and force him backwards to the mat, as shown in Photo 37.



37

38

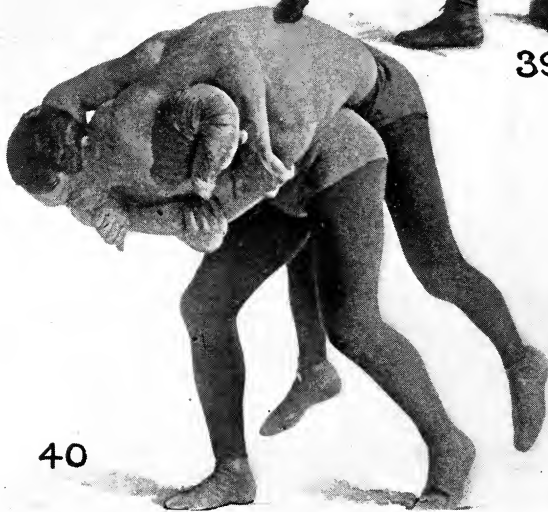
Break for the Double Body Hold in Standing Position

(See Photo 38.)

If the aggressor succeeds in locking the arms about your body and beneath your own arms, clasp the hands tightly, pressing his arms together, at the same time leaning well forward and withdrawing the feet and hips as far as possible.



39



40

Another Counter for Double Body Hold

(See Photo 39.)

Place both hands against the opponent's face, chin or nose and push violently upwards and backwards until he is forced to release his grasp.

Hip Lock from Standing Position

(See Photo 40.)

Start, as in Photo 3, make your opponent assume as erect a position as possible, step in with the left foot immediately between the opponent's feet, allow the left arm to slide across and completely around the opponent's neck, keep a tight hold on his left elbow without changing the relative position of your feet, turn on the balls of the toes, in an exactly opposite direction. With your back to the opponent hold him tightly and closely to you. Bend the knees, and make turn so that the hips are placed well under the weight of opponent, who is then lifted from the mat.



Fall from Hip Lock

(See Photo 41.)

When the opponent has been lifted from the mat, a fall is easily secured by whipping him underneath and to the right. Keep the hold about the neck and arms very tight.

The mistake is made in this hold usually by trying to swing your opponent off his feet, or to throw him before he has been lifted in the air. He should be lifted first, then swung as far as necessary, for he is powerless to resist after he has left the mat.

A Go Behind

(See Photo 42.)

In all wrestling a position behind is considered one of great advantage, especially among high-class professionals.

There are many methods of getting behind, but only one will be given here, and that the one executed by Fred Beell, "The Wisconsin Demon," better perhaps than by any other wrestler.

Beell starts in close, as shown in Photo 32, allowing the opponent to try for a chancery hold about the head; with both hands he grasps the opponent's left arm, whose hands he separates. He prys the opponent's left arm outwards like a pump handle, at the same time lifting upwards and backwards with the head and neck in his opponent's arm pit. By this movement his opponent is thrown forward. He escapes the arm entirely, as shown in Photo 43, stepping outside of his opponent's left foot with his inside leg, grasping the opponent in the crotch with the inside arm and stepping at once behind him.



43

44

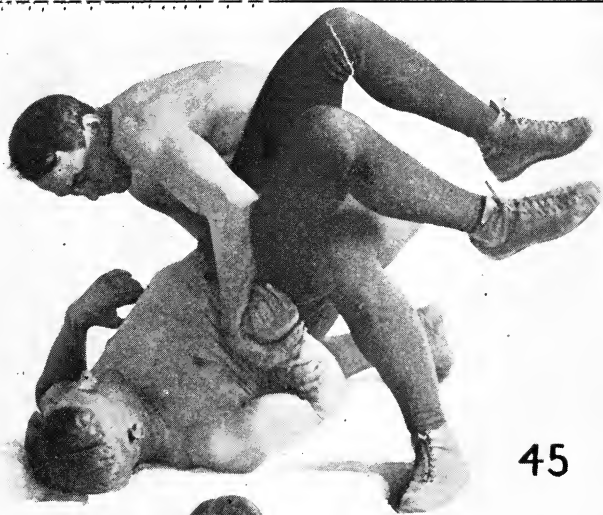
Bringing Your Opponent to the Mat from a Position Behind

(See Photo 44.)

When you get behind your opponent, do not hesitate a second, but throw your opponent to the mat immediately. This may be done in several ways.

If you have plenty of strength to throw away or are wrestling handicaps with lighter men, or anxious to humiliate or disable your opponent, you may lift him high in the air, and throw him heavily to the mat. This is unsafe, however, by the majority of men in close matches, and can easily be blocked by a grapevine with either foot.

A simple and good method is to take a double body hold with one arm well across the front of the body, and the other arm safe, dropping to the right knee and stepping well across at the same time with the left leg, as shown in Photo 44.



45



46

Fall Secured from a Position Behind

(See Photo 45.)

From a position, as shown in Photo 44, the opponent is held closely and pulled backward across the extended knee. If his outside wrist is grasped at the same time, he has no protection, and when pulled backward is likely to strike both shoulders at the same time.

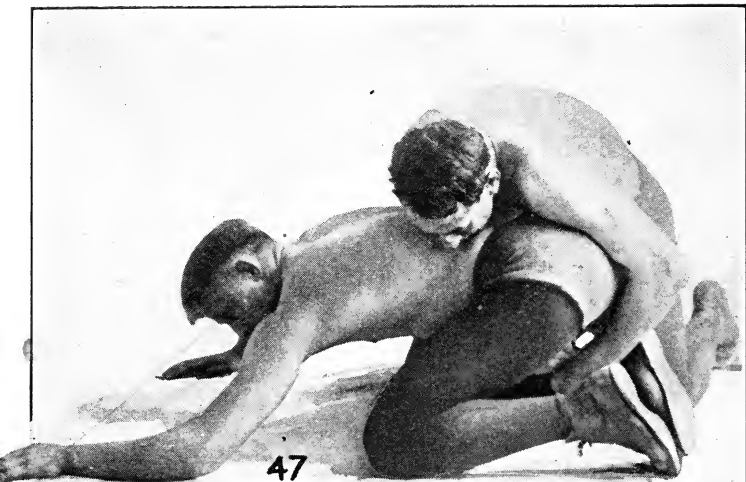
Another Method of Throwing the Opponent from Behind

(See Photo 46.)

It is difficult to illustrate this position correctly in a photo. The position here is not accurate but will serve the purpose.

The opponent is held with a double body hold from behind very closely. The aggressor with his left foot immediately between his opponent's feet raises the right foot and plants it in the opponent's right knee. This method is extremely effective and spectacular if properly executed.

But the mistake is commonly made right here by the aggressor in an erect position pulling backwards instead of downwards. The aggressor should drop straight down close to and immediately beneath his opponent, pulling his opponent not backwards but downwards over him. The opponent will of necessity fall to the mat, usually in the position shown in Photo 49.



47



48

Holding Your Opponent Down

(See Photo 47.)

There are many methods and positions used to hold your opponent to the mat, which is an extremely important factor in winning a match. All other methods seem to fade into insignificance compared to that position originated and developed by the greatest champion that ever lived, Frank A. Gotch. That is the position given here.

The body should be very close and well over the opponent's hips, the hands may be either grasped in the opponent's crotch, with the right hand in front of and across the opponent's right thigh, or the right arm may be across the opponent's right thigh, grasping the same on the inside, while the left hand grasps the opponent's nearest ankle. The former is a position of rest and safety, while the latter is an aggressive position equally safe. This position seems better than all others, because the aggressor is out of reach of all harm and is safely beyond all side rolls and chancery holds, and at the same time in a position to disturb or even throw his opponent by any one of the many different locks. From this position a large variety of holds and locks are available, only a very few of which will be described here on account of limited space.

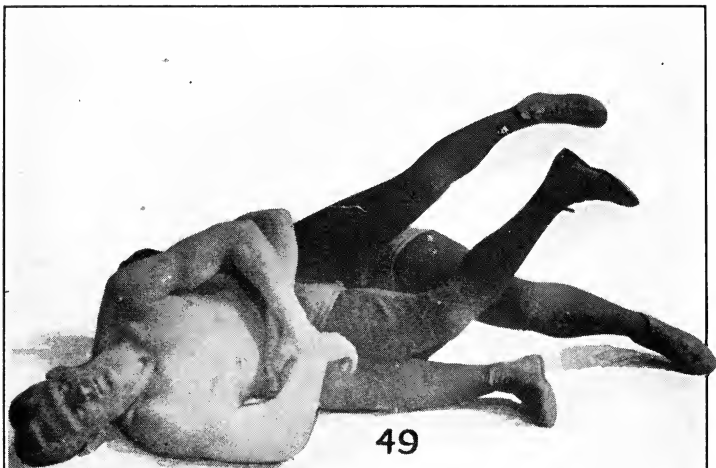
If the opponent attempts to sit up, pry forward by the ankle, at the same time knocking his arm from beneath him. This throws the opponent forward and out of position.

If the opponent attempts to stand, it is only necessary to keep the same hold on the leg and ankle and stand with him. When the opponent is erect, kick his other foot out from under him, and he is down on the mat again.

The Toe Hold

(See Photo 48.)

From position shown in Photo 47 step with the left foot inside of and underneath opponent's right shin. A grasp is made for opponent's left foot. In order to save himself the opponent extends his left knee, paying no attention to his right. His right toe is quickly grasped and wrapped around the thigh of the aggressor, which is held close up into the opponent's crotch. Pressure is applied like the old time dentist's key to wrap and roll the opponent's legs around the aggressor's thigh, while force is applied to the extreme end of the toes. There is no escape from this hold ordinarily, and though it is not used to force the opponent's shoulders to the mat, the pain is so severe that the opponent usually is glad to give up and concede the fall.



Throwing an Opponent Out of Position

(See Photo 49.)

If it seems desirable, hold an opponent down by the double body hold from behind. With the right arm across and in front of the right thigh, the opponent may be turned by a pry, while the hands are locked in front of the body. The opponent is pryed and pulled to the right until he is thrown out of position, as shown in this photo.

The Half Nelson from the Gotch Position

(See Photo 50.)

The Gotch position of holding a man down is shown in Photo 47. The opponent often attempts to get up. Instead of throwing him forward on the mat when he makes the mistake of reaching back, as wrestlers sometimes do, the half Nelson is applied with the right arm beneath the opponent's right arm and over the back of the neck with the left arm firmly holding the opponent's ankle.



Position 2—Half Nelson from the Gotch Position

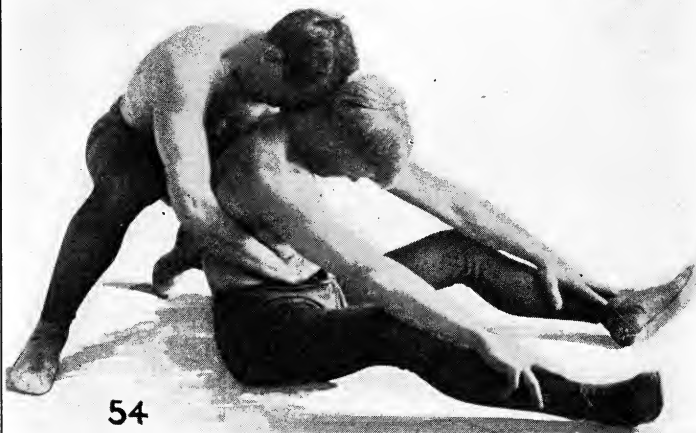
(See Photo 51.)

From the position shown in Photo 50, opponent is pryed and lifted forwards, a deeper and tighter grasp is taken about the neck, the left arm is transferred from the ankle to the crotch.

Fall from a Half Nelson

(See Photo 52.)

The opponent may be gradually forced to the mat, as seen in Photo 63. A fall now is sometimes more quickly secured by lifting the opponent with a deep hold in the crotch until the hips and legs are well off the mat and the weight of both the opponent and aggressor are thrown on the chest and neck of opponent, who is forced to succumb.



Break for Half Nelson

(See Photo 53.)

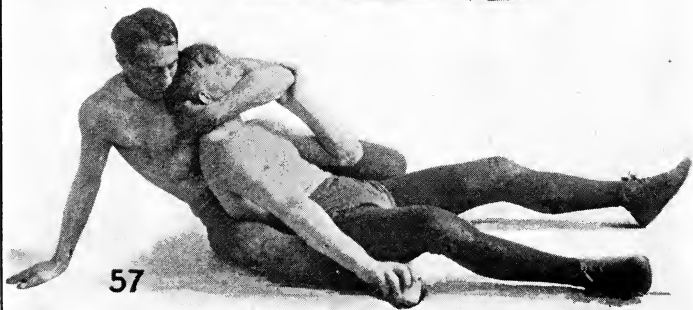
As the aggressor reaches for a half Nelson, if his hold can be released from the ankle, the opponent sits up, turns the head away from the aggressor, making the distance from his head to his own shoulders as far as possible. This weakens the aggressor's leverage, and as the weight is thrown forcibly backwards, the aggressor's hand usually slides off the neck, leaving the opponent safe, in a position as shown in Photo 54.



55



56



57

Escape from the Under Position

(See Photo 55.)

About the only hold available at this point to hold the opponent to the mat is the double body hold from behind, at times strengthened by one hand inside the thigh. From this position the man beneath flexes his left leg and turns the left side, reaching backwards and grasps the opponent's left leg. He now throws all the weight, increased by the leverage, across one arm of the opponent, then prys backward and turns to the left. The opponent's hands will be separated, and he will be thrown forward and on his face, gladly loosening his grip and using his arm to protect himself against a fall. The man beneath swings around to the left in a safe position.

Scissor Hold

(See Photo 56.)

As the opponent escapes from the half Nelson, as shown in Photo 54, the aggressor's right knee is naturally forward. His left arm is taken from the body and grasps the opponent violently across his face and nose.

Position 2 of Scissor Hold

(See Photo 57.)

The aggressor pulls his opponent backward across the aggressor's right leg, at the same time sitting down and holding tight his face hold.



58



59



60

Position 3 of Scissor Hold

(See Photo 58.)

As the opponent is pulled forcibly back, the aggressor throws the left leg quickly across the body and locks it with the right. Great scissors pressure is applied by the legs around the body, as high up on the ribs as possible, while the aggressor pulls forcibly backwards and upwards. The opponent's shoulders are pressed to the mat or he is forced to concede the fall from the extreme pain.

Gotch's Inside Leg Work

(See Photo 59.)

This work has been developed entirely by the present champion of the world and is in reality twenty years in advance of the times. It is impossible for the writer to give this work completely or even accurately, because it is probably true that no man living, but the present champion, is entirely familiar with this work. This may serve, however, to give the reader some idea of the work which has made Gotch the greatest of all wrestlers that ever lived.

From the position shown in Photo 47, the opponent is disturbed by a hold on his right ankle; in an attempt to avoid danger he extends the right knee; as he does so he assumes a dangerous position.

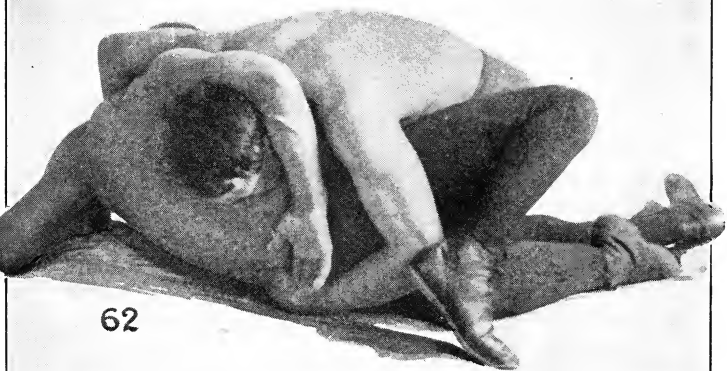
Position 2—Inside Leg Work

(See Photo 60.)

The aggressor grasps the left knee of the opponent with the right hand, at the same time lifting the opponent's right leg by the original hold on the ankle, jerking the opponent well toward him. The aggressor steps with the left knee inside the opponent's crotch and takes the double body hold.



61



62

Position 3—Inside Leg Work

(See Photo 61.)

As the opponent attempts to sit up, as shown in Photo 60, the right hand placed against the neck and chin pushes the opponent back against the mat with one shoulder down.

Position 4—Inside Leg Work

(See Photo 62.)

If the opponent is allowed to lean forward, as in Photo 60, he will invariably expose himself to a half Nelson, though not often palpably so, as in Photo 62. At the slightest exposure the aggressor grasps the opponent about the neck, either with chancery or half Nelson. A fall may then be secured by changing from the inside leg to a crotch hold, and apply the pressure as in Photo 63.



Position 5—Inside Leg Work

(See Photo 64.)

If the opponent does not expose himself to a half Nelson, the right hand may be used to press the opponent's face backwards, as in Photo 61, then shift from the inside leg and crotch or knee, as in Photo 64.



65



66

Position 6—inside Leg Work

(See Photo 65.)

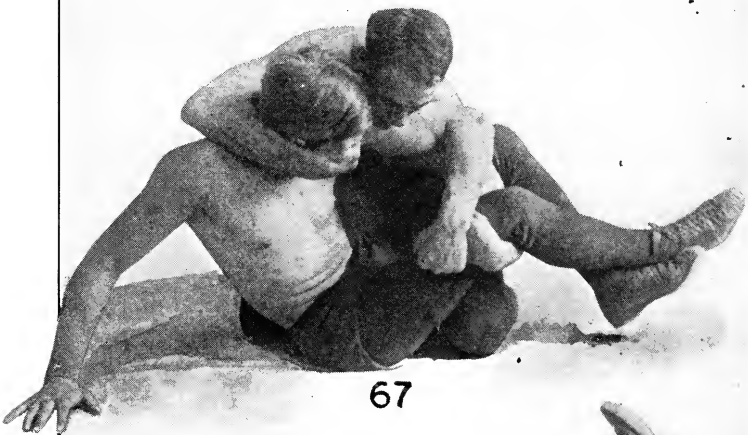
As the pressure is applied forwards and towards the opponent's shoulder, aided by lifting the opponent's inside knee, the opponent is forced to bridge and turn away from the aggressor; as he does so the aggressor's hold with the left arm is shifted from the opponent's left knee across to the right knee. Slight pressure on opponent's face with aggressor's right hand keeps the opponent back in a helpless position.

When traction is applied to opponent's right knee he is forced to alternate from side to side. As he does so the hold is changed from one knee to the other, and he is kept in a safe position by the pressure on the face.

Position 7—Inside Leg Work

(See Photo 66.)

Aggressor now locks the hands and wrists and applies pressure across the short ribs with the inside elbow.



67



68

Position 8—Inside Leg Work

(See Photo 67.)

If the opponent succeeds in sitting up, which he will invariably try to do, the aggressor places his right arm around and across the face, taking secure chancery hold, at the same time keeping the opponent's knees off the mat.

A Fall from Inside Leg Work

(See Photo 68.)

With the chancery hold applied, as in Photo 67, pull the opponent towards you, lift him on your knees, throw him to the right. Chances are that he will fall flat on his two shoulders. Pressure may be exerted on the face and on the chest, and if a fall is not secured quickly, shift the half Nelson and crotch hold, as in Photo 67.

ADDITIONAL HOLDS, ETC.

The Strangle Hold

While a strangle hold is anything that cuts the opponent's wind off, there is a great deal of argument about what really constitutes a strangle hold. The object in wrestling is to place the opponent's shoulders to the mat and not to choke him, and anything which chokes or cuts off the wind, when applied by the aggressor, no matter how, should constitute a strangle hold and be barred from all wrestling.

This may be applied by the hands across the mouth and nose, or by the chancery hold around the head, with the face buried in the flesh of aggressor's side; it may be applied with the scissor hold across the face, but in any manner whatsoever when applied by the aggressor that hold which cuts the opponent's wind off should be called a strangle hold.

This does not apply to an arm across the throat. Sometimes this is inaccurately called a half strangle, because when a pry is exerted across the throat the opponent chokes himself by resisting. This is not in any sense a strangle.

Elbow and Back Heel

Starting in a position as shown in Photo 3, with a tight hold by the right hand in the opponent's left elbow, the left arm is dropped from the shoulder and placed across the opponent's throat, so that the left hand grasps the opponent's left deltoid, with the forearm beneath the opponent's chin. Pry upwards and backwards and step behind and on the outside of the opponent's heel. The opponent is forced backward until he falls and the shoulders strike the mat.

The Cross Buttock

Starting in the position shown in Photo 3, the left hand is dropped from the neck of the opponent and grasps the opponent's left arm from beneath, somewhat as in Photo 13. The aggressor steps well forward, crossing his own left thigh with the left thigh of opponent. From this position the opponent is lifted across the buttock of aggressor and thrown by the aggressor directly to the mat. If the aggressor does not succeed in getting well enough forward, the opponent will be thrown forward and to the right forty-five degrees. If the aggressor gets a position even with and on the side of opponent, the opponent should be pulled and thrown straight across and to the right side. If the aggressor steps far enough forward to lock the buttocks perfectly, the opponent should be thrown backwards to the aggressor's right forty-five degrees. A fall is generally secured, as shown in Photo 14.

The Sit Back

Starting as in Photo 3, test the opponent's balance by shoving him backwards. When you have succeeded in making the opponent lean forward well against you, shoot the left foot forward outside of the opponent's left toe. Sit back on the right hip, pull the opponent quickly towards you and over you, turning to the right, and keeping a tight hold on the elbow and neck of opponent. You will find the opponent will be brought to a fall, as in Photo 41.

The Quarter Nelson

The quarter Nelson is not a serviceable hold. It is used chiefly by amateurs and exhibitionists.

It is applied by placing the left hand under the right arm (assuming that the aggressor is working on the right side), the right hand across the back of the opponent's neck, the aggressor's left palm downwards, grasping his own right wrist, pressure is made forward and against the opponent.

This hold is only serviceable when the opponent's near leg has been locked by the aggressor's foot, or as it is sometimes used

by good wrestlers as a means of securing a deep chancery hold about the neck.

Further Nelson

The aggressor on the right side of the opponent reaches across and takes a half Nelson on opponent's side, the left arm under opponent's left shoulder and over the back of the neck.

This is also not a serviceable hold, excepting when the opponent's inside leg is locked on his inside arm by the aggressor's nearest knee.

It is not a safe thing to try, because it allows the under man an opportunity to escape.

Three Quarter Nelson

When the half Nelson is secured by the right arm under the opponent's right arm and over the back of the neck, and the opponent is still on his hands and knees, the left arm is placed around under the chest and locked with the right over the back of opponent's neck. The opponent's head is thrown downward to the mat. With the shoulders well under the opponent's body, he is heaved forward until he turns a somersault and falls, as in Photo 31.

Double Nelson, or Sometimes Called the Full Nelson

The aggressor on either side has each arm under the corresponding arm of the opponent and locked over above the opponent's neck. The shoulders of the opponent are pryed upward and forward, while the neck is pryed downward on his own chest.

This is generally barred from amateur work and not much used by professionals, though very dangerous when properly applied, as it is by such men as "Farmer" Burns.

The Arm Roll

The arm roll is used generally as a counter. When the aggressor makes the mistake of reaching for any Nelson while the opponent is still in good position, the opponent grasps the

aggressor's arm quickly, tightly and high up, rolls forward and over, turning his opponent into a bridge, and falls, as in Photo 16.

These arm rolls are guarded against by using the Gotch position in holding a man down in the first place and never reaching for a Nelson until your opponent has been pulled out of position in the second place.

The Double Wrist Hold

Walk up to your opponent stooping low, both elbows close in and the chin close to the chest. If the opponent can be induced to take a double body hold, grasp both his wrists and sit down, turn the head out beneath one arm, hold both wrists tightly, throw the opponent backward over your head and shoulders, and the chances are that a flying fall will be secured.

Single Wrist Hold

Start in the same manner as above, raising one elbow and keeping the other elbow close. If the opponent takes a body hold with one arm, prevent him taking a chancery hold by your other hand. Grasp the wrist that he places against the body and secure a fall in one of the two following methods:

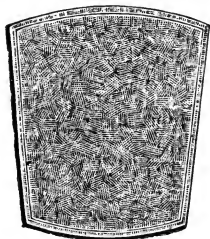
First.—Turn the head outward underneath the arm that you have grasped by the wrist with both hands, sit down and throw the opponent over the shoulder and into a fall.

Second.—Instead of grasping opponent's wrist with both hands, grasp the opponent's wrist with the hand on the same side, drop down to that knee, raise the other arm slightly to induce the aggressor to take a bar hold. As he does so, allow him to turn you. Turn your own head in the opposite direction and roll him by the wrist around the body. This makes him throw himself and will prove a great surprise.

DR. B. F. ROLLER.

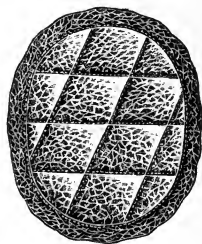
WHAT A WRESTLER NEEDS

A wrestler's apparel consists of Spalding full length tights, which can be obtained for \$1.00 per pair in sanitary cotton, \$2.50 in cut worsted, and \$4.50 in best worsted. The Spalding No. WA wrestling full tights are made especially for the purpose after the suggestions and ideas of prominent wrestlers, including Gotch, Oleson and others. The best worsted is used, knit to shape, put together by hand and reinforced at knees with strong, silk finish worsted. They are made in colors black, navy blue and maroon, and cost \$6.00 per pair. It is well to have the knees covered



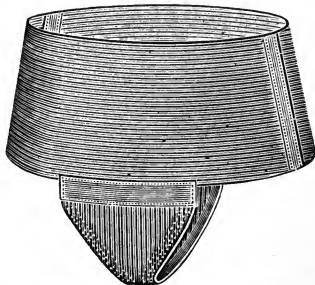
No. B.

with protectors, which are to be sewn on the tights. These are inexpensive, ranging in price from 75 cents a pair for the best (No. B), which are covered with soft tanned horsehide and padded with hair felt, to 50 cents for tanned leather, nicely



Nos. 61 and 62.

padded (No. 62), and 25 cents for durable cloth, padded with wool felt (No. 61). A jersey is desirable, which costs from \$1.25 to \$4.00, according to quality, and a pair of strong leather or canvas high cut gymnasium shoes. These latter cost from \$1.00 to \$1.75 for canvas and up to \$5.00 for leather, the latter being of kangaroo with elkskin sole, extra light, and hand made. A very useful adjunct to a wrestler's outfit is the Spalding combined wrestling supporter and belt. It is made of mercerized silk elastic, strong and durable, and is the only really safe supporter for wrestling made. It costs \$2.00 each. A bath robe is also essential, to prevent catching cold, and costs from \$2.50 up.



Every wrestler should wear a supporter, to avoid injury. These

can be bought from 20 cents up to \$1.50, depending upon quality and construction. Bandages for the shoulder cap, knee cap, wrist, elbow or ankle can be obtained in silk or cotton. The elbow, knee and ankle bandages cost \$1.50 each in cotton and \$2.25 in silk; a wrist bandage, 75 cents in cotton and \$1.00 in silk, and a shoulder cap, \$4.50 in cotton and \$6.00 in silk. A roll elastic bandage, 5 yards long and 3 inches wide, costs \$1.00; the same length, but 2½ inches wide, 75 cents. Leather wrist supporters cost from 20 cents to 50 cents each.

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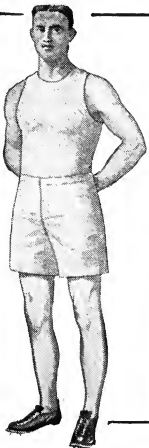
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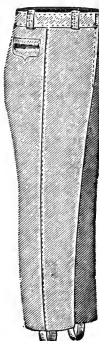
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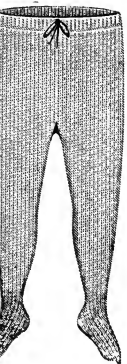
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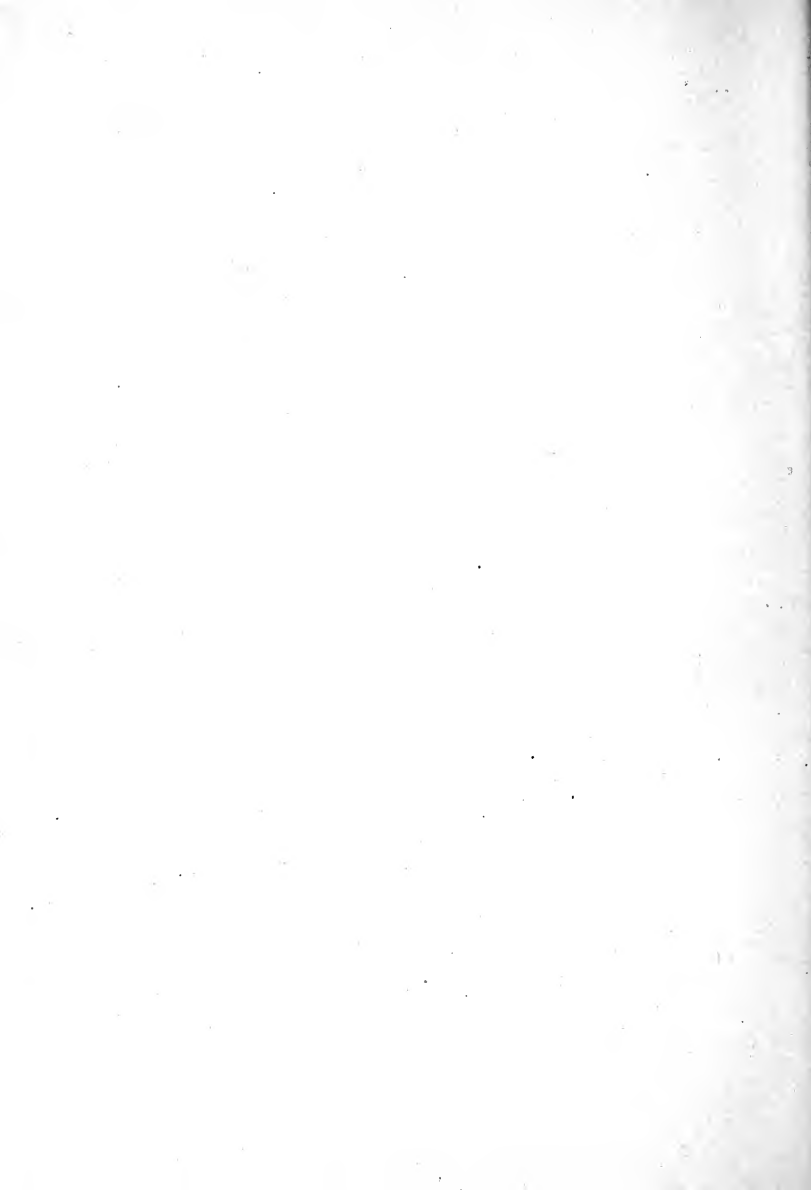
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