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BASIC AND BATTLE PHYSICAL TRAINING

PART IX

BOXING AND WRESTLING

1945

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The Chief of the Imperial General Staff*

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PREFATORY NOTE

Basic and Battle Physical Training is the main title of a series of pamphlets that will replace Purposeful and Basic Physical Training, 1942. Each pamphlet, dealing with one or more aspects of physical training, will be issued separately.

Part I.—General principles of basic and battle physical training and methods of instruction.

Part II.—Basic physical training tables and basic physical efficiency tests.

Part III.—Syllabus of battle physical training and battle physical efficiency tests.

Part IV.—Endurance training.

Part V.—Jumping, vaulting, climbing, scaling, and obstacle training.

Part VI.—Pulling, pushing, lifting, and carrying.

Part VII.—Throwing, balancing, mountaineering and ski exercises.

Part VIII.—Swimming, life saving, and improvised aids to crossing water obstacles.

Part IX.—Boxing and wrestling.

Part X.—Shoot to kill (physical training for weapon training).

Part XI.—Team games and recreational training.

BASIC AND BATTLE PHYSICAL TRAINING

PART IX

BOXING AND WRESTLING

CHAPTER 1

BOXING

SECTION 1.—INTRODUCTION

1. Instruction in boxing is given to military personnel for two main reasons, first, for its military value and, second, for its recreational value. Boxing also contributes greatly to the development in the soldier of useful physical and moral qualities.

SECTION 2.—MILITARY VALUE OF BOXING

2. The value of boxing in relation to training for war depends on the method of instruction, and on the spirit in which the training is carried out. Instruction must be based on sound technique, for boxing is an art—the art of being able to defeat brute force by skill. The training should develop the individual soldier's fighting qualities, and should inspire him with a feeling of confidence in his own skill and ability.

3. There is a close similarity between the tactics used in boxing and those used in warfare, and this should be emphasized during training. The "on guard" position, like the attitude of the unit in the fighting zone, should be one of watchful readiness, prepared for either immediate attack or defence. Movement or footwork must be purposeful. The utmost use should be made of the terrain (or ring) to tire out the opponent, and to manœuvre him into a disadvantageous position. The left and right fists are the advanced guard and the main body respectively, and they fulfil similar purposes—the left to break the opponent's defence, to expose weak spots and to pin him down, the right to exploit any advantages and to deliver the knock-out blow. Similarly in the attack, the skilled boxer, like the skilled commander, does not begin the attack by rushing in to land a favourite punch. He first tries to discover his opponent's weak spots and then at the opportune moment, when the target is vulnerable, he launches his attack with determination, skill, and enterprise.

4. In boxing there are three types of attack. These are :—

- (a) A direct attack, which is made at speed.
- (b) An indirect attack, which is made after inducing the opponent to make a lead or begin an attack. This result can be brought about by showing an opening (*i.e.*, by setting a trap), and then countering as the opponent makes his attack.
- (c) A time attack. This takes place when the opponent's attack can be anticipated and a counter blow "in time" made against it (*e.g.*, a right cross counter on an opponent's weak left lead).

5. All the above attacks have the initiative and should force the defender to conform. The boxer who holds the initiative will dominate the fight. The indirect or time attacks are the most deadly, because they surprise the opponent by hitting him just as he is starting his attack, and at a time when his mind is fully concentrated on attacking. The unexpected blow is always the most devastating one, and has the greatest demoralizing effect. It is the prelude to success both in the boxing ring and on the battlefield.

6. Just as each arm of the service has its special characteristics, each individual boxer has his strong and weak points, which must be developed in such a way that the strong are strengthened and the weak are concealed. A tall man with a long reach should develop his ability as a long range boxer, and should not "mix it" with a short, stocky opponent, or he may be beaten by employing wrong tactics. A purely defensive boxer will rarely win, although defence, scientifically studied and skilfully applied, may enable a boxer to defeat an unskilled opponent who is bigger and stronger than himself. In addition, a sound defence promotes self-confidence and enables a boxer to maintain the initiative even when he is on the defensive. A successful defensive action should always be followed by a counter-attack.

7. As in training the soldier for war, training for boxing must be a real preparation for the actual fight. It must bring the boxer to an optimum state of fitness so that he has the endurance to last the distance, the will to withstand fatigue and pain, and the spirit, skill and ability to conquer his opponent. If he is allowed to train at times when he should be on duty, or to train only under the best conditions of place and weather, he will fight soft. A man will fight as he trains. If he trains hard, and with determination and imagination, he will fight with these same qualities.

SECTION 3.—PHYSICAL AND MORAL QUALITIES DEVELOPED BY BOXING

8. Boxing is one of the most strenuous of all physical activities, and it helps to develop many physical and moral qualities. It

promotes agility, strength, speed, and endurance, and brings the body into such a condition of vigour and fitness as is achieved through few other forms of physical exercise.

9. It develops co-ordination, quick reaction, self-control, self-confidence, self-discipline, determination, and will-power. In short, through boxing all the benefits of exercise are obtained, combined with the characteristic qualities of personal combat.

SECTION 4.—IMPORTANCE OF FOOTWORK

10. The key to good boxing is good footwork. A boxer should be so balanced on his feet that he can hit at any time and from any angle. He must learn how to move smoothly into hitting distance, and how to place his feet so as to get full power behind any blow, whether straight or hooked.

11. Purposeful footwork must be practised until it becomes automatically correct. This trained sense of mobility will instil confidence in the power to manoeuvre, and will enable full force of punch to be developed.

12. A strong straight left comes from the rear foot, and a boxer, if his footwork is sound, should be able to use it with power when retiring as well as when advancing. If properly used, the left hand can be the chief means of gaining ascendancy, and of preparing a way for hook punches with either hand. Most big men have an overwhelming belief in a strong right hand. Such a boxer might be told that even Jack Dempsey as a novice had to be curbed by tying down his right hand, and so forcing him to develop his footwork and left, and to use these purposefully in practice contests with quick and small opponents.

13. Swaying and footwork are complementary. Ability to sway from, or "ride" a punch is essential, for no one can hope to avoid being hit by an opponent of approximately equal ability. Lessening the power of a blow is part of the boxer's stock-in-trade.

SECTION 5.—PRINCIPLES OF INSTRUCTION

14. If boxing instruction is to be successful, there are a number of principles which must be followed. These are :—

- (a) The coaching method should be employed during boxing instruction, so that it may be informal, interesting, and natural.
- (b) Sharp words of command should be avoided, and the class should be treated as if it were an individual pupil.
- (c) The principle of teaching "through the eye" should be employed as much as possible, as the pupil learns more quickly through the eye than through the ear. The instructor must therefore give good demonstrations to serve as a model for the pupils.

- (d) The content of each lesson must be varied, and it must also be essentially practical. Monotony soon results in boredom and loss of interest.
- (e) The purposeful footwork at the beginning of all lessons, except Lesson I, should ensure that the body is thoroughly warm before the actual boxing instruction is commenced.
- (f) A semi-circle is the most useful formation for demonstration of boxing movements.
- (g) After the demonstration the class will either work in mass or will pair off and practise the particular movement. Whether the class will work in mass or in pairs will depend upon the character of the movement.
- (h) Pupils should be carefully paired for sparring practice, to avoid the possibility of the weak or nervous pupil being unnecessarily punished.
- (i) The instructor should not specialize on the good pupils, though he should make use of them to assist him with those who are less proficient.
- (j) Pupils should be kept alert, and quick thinking should be stimulated by getting them to ask questions, and by explaining BRIEFLY the purpose of the various attacks and guards.
- (k) Pupils should be encouraged to practise what they have been taught, *e.g.*, footwork, straight left, feints, etc., so that they will form good boxing habits which will become automatic in time. It is the practice that a man does on his own which makes him a good boxer, and not the number of lessons he is given.

SECTION 6.—TRAINING FOR BOXING CONTESTS AND THE ORGANIZATION OF A BOXING MEETING

15. Useful hints on training for boxing contests are given in "Games and Sports in the Army."

16. For information concerning the organization of a boxing meeting, and notes on seconding, reference should be made to the same publication.

SECTION 7.—RULES OF THE ARMY BOXING ASSOCIATION AND OF THE IMPERIAL SERVICES BOXING ASSOCIATION

17. The rules of the Army BA and of the ISBA are given in detail in "Games and Sports in the Army." As amendments to the rules are made annually, it is important that an up-to-date edition be consulted. The ISBA rules have also been published in pamphlet form by the Army Sport Control Board.

18. Notes on how to stage a "Black versus White" Demonstration of the ISBA rules of boxing are contained in a pamphlet published by the Army BA.

SECTION 8.—BOXING MILL OR MILLING CONTEST

19. **Objects and uses.**—The boxing mill is a means of introducing the novice to competitive boxing. It develops the aggressive spirit and toughens and hardens the body. It also enables large numbers to take vigorous exercise in a short space of time.

20. **Officials.**—The following are the only officials required:—

- (a) Referee.
- (b) Timekeeper.
- (c) Second and dresser.
- (d) Recorder.

21. **Organization.**—This is simple and the following are the main details:—

- (a) The numbers in the teams should be odd to avoid a draw.
- (b) The contestants should be matched, as nearly as possible, in accordance with weight, height, and skill.
- (c) The two teams are made ready on either side of the ring, each man opposite his opponent.
- (d) The contestants enter the ring and each man shakes hands with his opponent. They then leave the ring and sit on opposite sides, each man facing his opponent. The first pair to box remain in the ring.
- (e) Each pair enter the ring in turn and box one round of 1, 1½, or 2 minutes' duration, as previously decided.
- (f) The first bout commences with the timekeeper calling "Time", and ends with the timekeeper striking the gong, or blowing a whistle. On this signal the first pair of contestants leave the ring and the next pair enter, and so on.
- (g) Immediately the round is ended, the referee holds up a red or green flag to indicate the winner, and the next bout begins without any further signal from the timekeeper.

Notes

- (a) A boxing mill must be carefully controlled and conducted in accordance with the rules of the ISBA.
- (b) It should not be used as a method of team boxing for competent boxers.
- (c) It is not a suitable means of public entertainment.
- (d) Any show where more than two boxers are in the ring at the same time should be barred, except as a side-show comedy, and should on no account be allowed during a programme held under ISBA rules.

SECTION 9.—SUMMARY OF LESSONS

22. Lesson I

- (a) The target (Figs 1 (a) and 1 (b)).
- (b) Clenched fist and punches that count.
- (c) On guard position, emphasizing poise, relaxation and protection (Fig 2).
- (d) Swaying by movement from knees and ankles (Figs 3 (a) and 3 (b)).
- (e) Simple footwork.
- (f) Straight left :—
 - (i) Slow motion (Fig 4).
 - (ii) Using medicine ball (Figs 5 (a) and 5 (b)).
 - (iii) At sack (Fig 6).
- (g) Method of holding the punch pad for straight left (Fig 7).
- (h) Straight left at pad, combining co-ordination, power and distance (Fig 8).
- (i) Straight left at pad with variation of speed and footwork (Fig 9).

23. Lesson II

- (a) Purposeful footwork in pairs.
- (b) Block guard for straight left (Fig 10).
- (c) Right hand deflection (Fig 11 (a)), followed later by counter to body (Fig 11 (b)).
- (d) Straight left to mark (Fig 12).
- (e) Right forearm deflection (Fig 13 (a)) followed later by counter to head (Fig 13 (b)).
- (f) The feint attack.
- (g) Application of feint attack (Fig 14 (a)) followed by straight left (Fig 14 (b)).
- (h) One round of boxing, left hand hitting only (Fig 15).

24. Lesson III

- (a) Purposeful footwork, keeping opponent moving.
- (b) Straight right at sack or pad (Fig 16).
- (c) Application of straight right on weak left lead (Fig 17).
- (d) Right hook punch at sack (Fig 18).
- (e) Left hook punch at sack (Fig 19).
- (f) Short hook punches at pad (Fig 20).
- (g) Feint attack followed by right or left hook.
- (h) Long left hook to point or mark (Fig 21).
- (i) Guards for all hooks (Fig 22 (a)) followed later by counters (Fig 22 (b)).
- (j) Slipping (Fig 23 (a)) later, add counters (Fig 23 (b)).
- (k) Ducking (Fig 24 (a)) later, add counters (Fig 24 (b)).
- (l) One round of boxing, practising previous lessons.

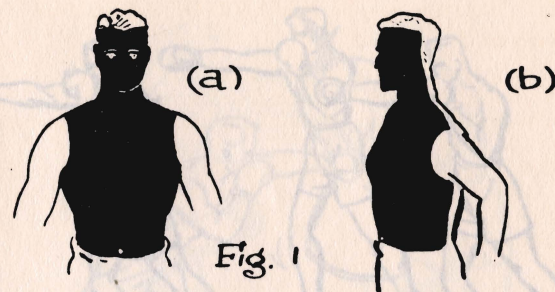


Fig. 1

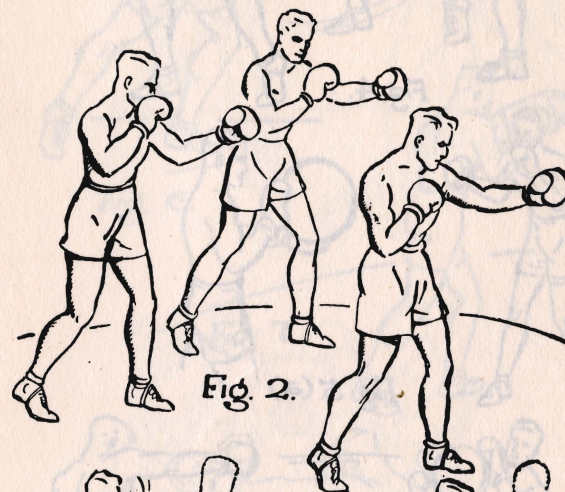


Fig. 2.

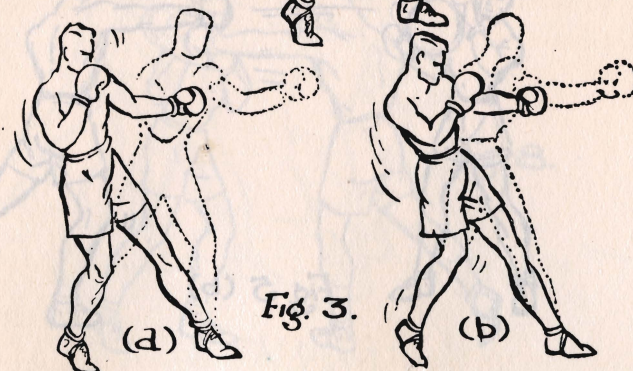


Fig. 3.

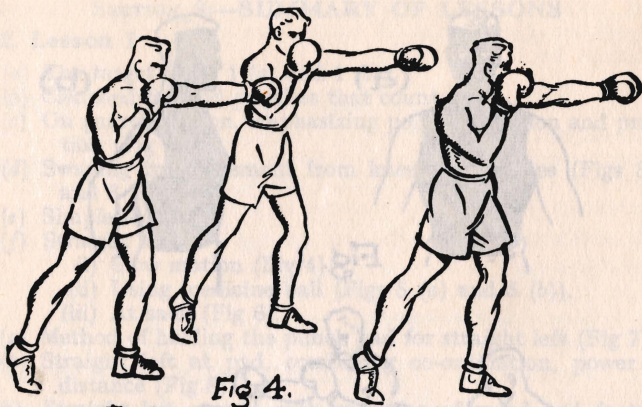


Fig. 4.



Fig. 5(a)

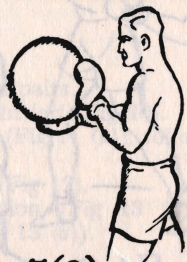


Fig. 5 (b)

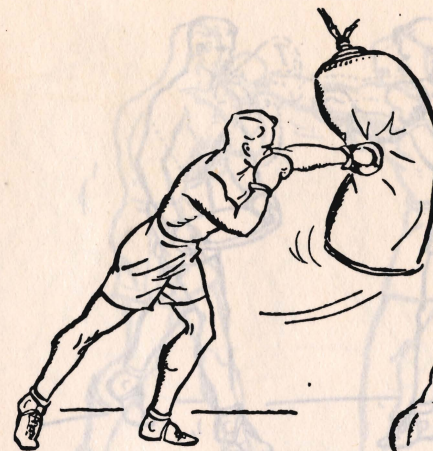
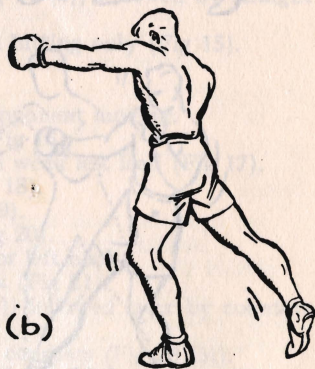


Fig. 6.



Fig. 7.

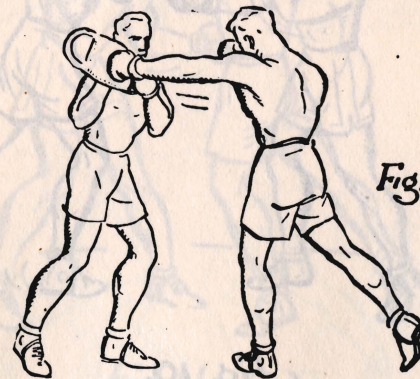


Fig. 8.

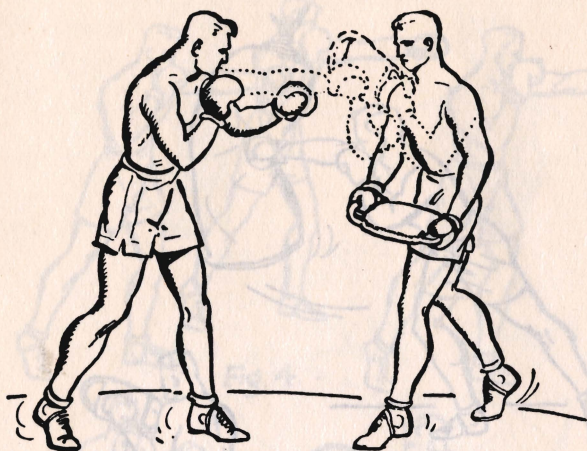


Fig. 9.

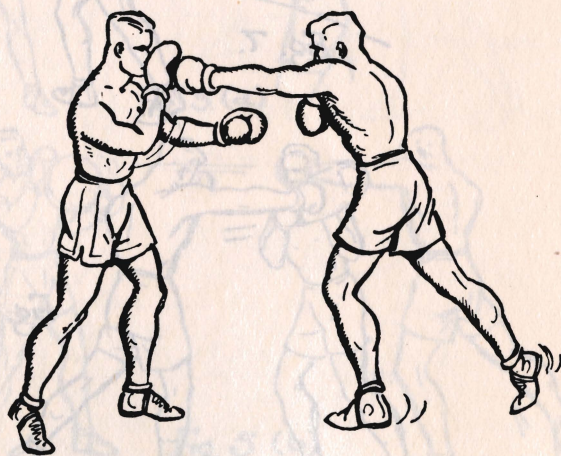


Fig. 10.

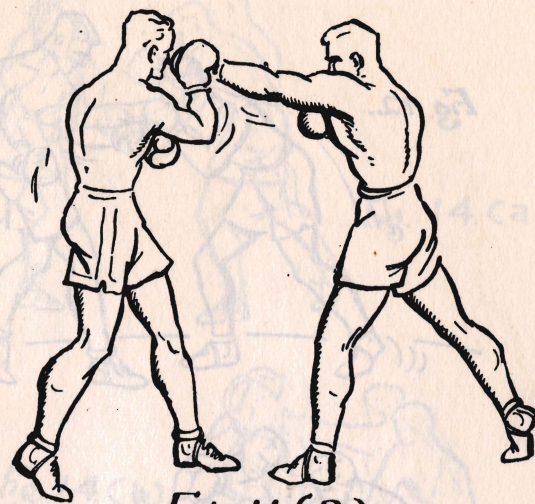


Fig. 11. (a).

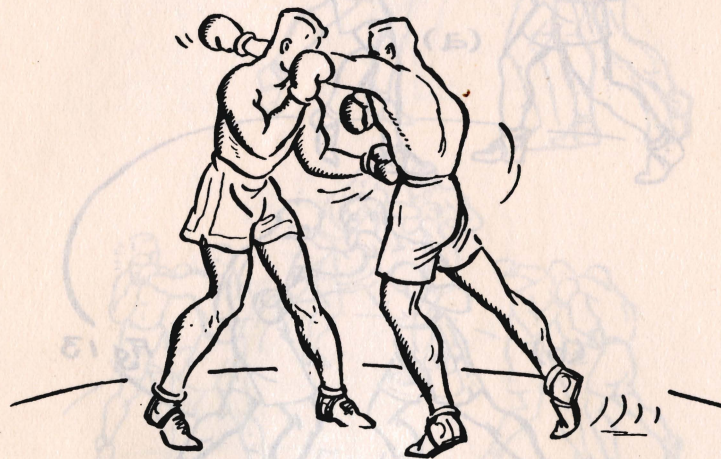


Fig 11. (b).

Fig. 12.

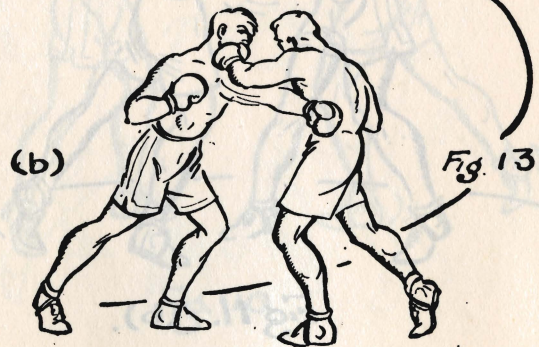
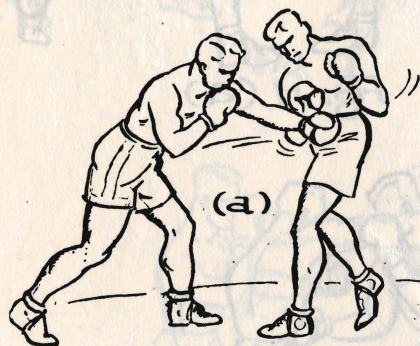
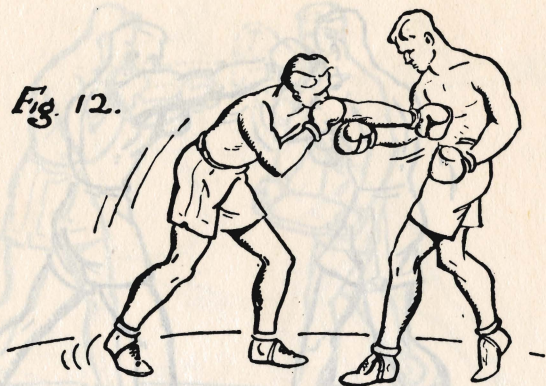


Fig. 13

Fig. 14. (a)

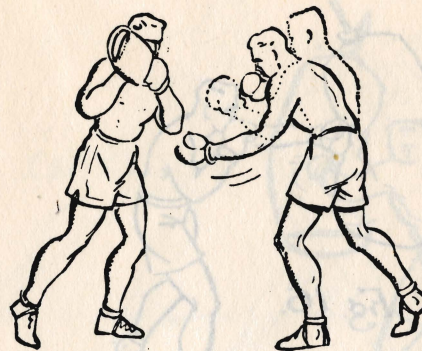


Fig. 14. (b)

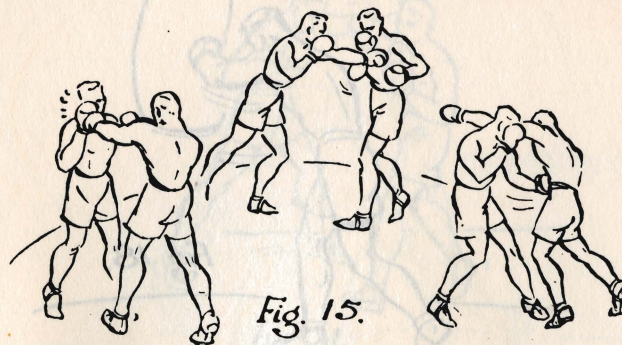


Fig. 15.

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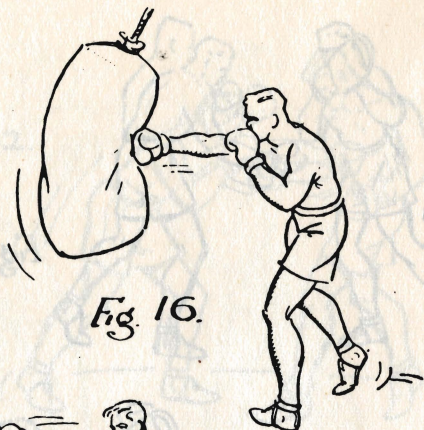


Fig. 16.

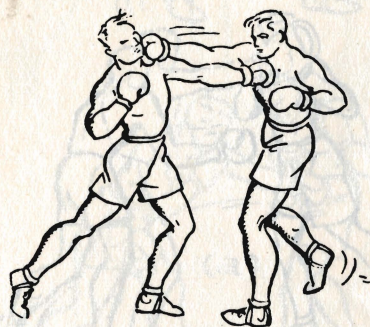


Fig. 17.

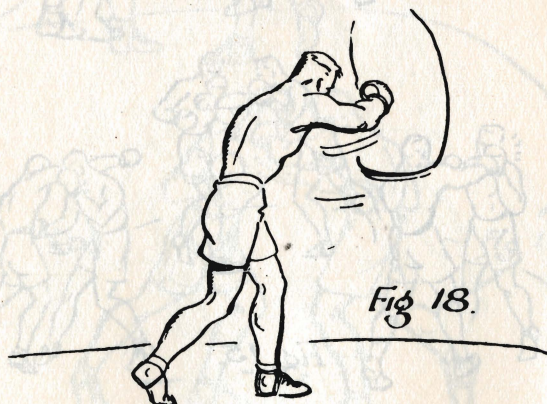


Fig. 18.

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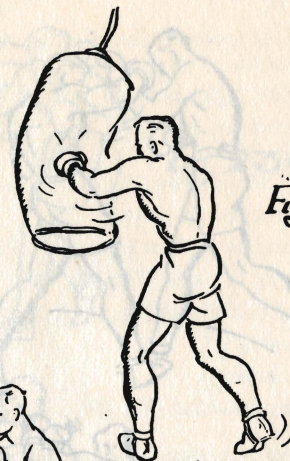


Fig. 19.

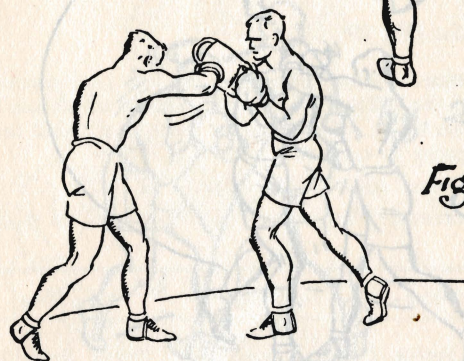


Fig. 20.

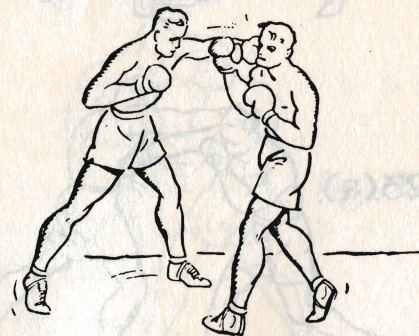


Fig. 21.

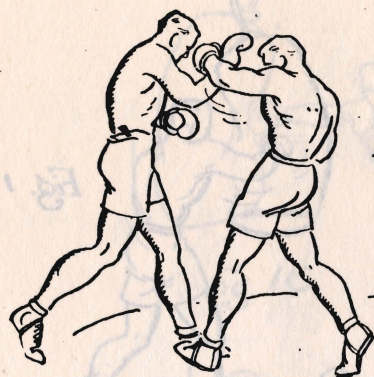


Fig. 22(a).



Fig. 22(b).

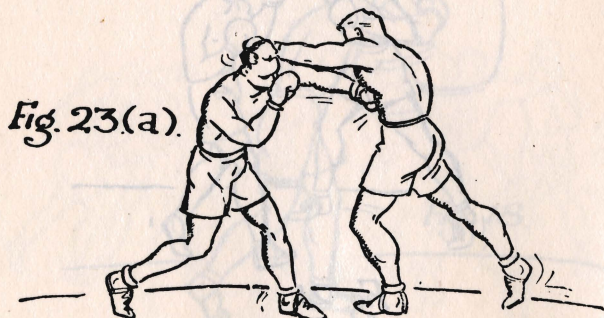


Fig. 23(a).

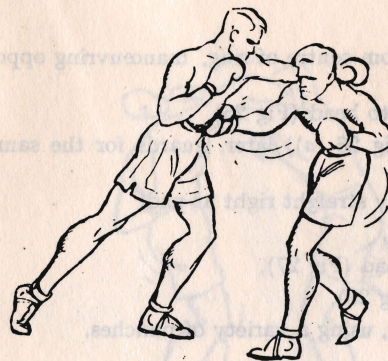


Fig. 23(b).

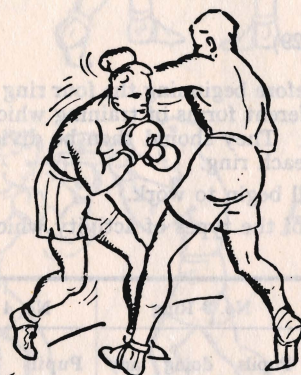


Fig. 24(a)

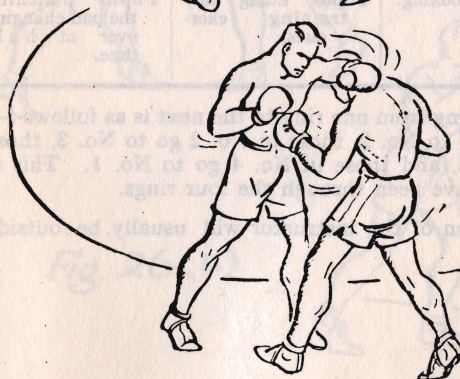


Fig. 24(b)

25. Lesson IV

- (a) Purposeful footwork from centre of ring, manœuvring opponent into a corner.
- (b) Slip inside, right hook to head (Fig 25).
- (c) Upper cuts on pad (Fig 26 (a)) later, guards for the same (Fig 26 (b)).
- (d) Straight left followed by straight right at pad.
- (e) Hook punches, in pairs.
- (f) In-fighting at sack or pad (Fig 27).
- (g) In-fighting in pairs (Fig 28).
- (h) Feinting and attacking, using a variety of punches.
- (i) Ring tactics.
- (j) Boxing in pairs.
- (k) Four ring practice (Fig 29).

26. Four ring practice.—Before beginning the four ring practice the class should be told the different forms of training which are to take place in the various rings. They should then be divided into four teams, one team going to each ring.

On the command "Time," all begin to work.

The following is an example of the types of activity which might usefully be chosen :—

No. 1 Ring	No. 2 Ring	No. 3 Ring	No. 4 Ring
Pupils practising a given lesson.	Pupils boxing.	Pupils doing any training exercises.	Pupils punching the pad changing over at half time.

The method of changing from one ring to the next is as follows :—

Pupils in No. 1 go to No. 2, those in No. 2 go to No. 3, those in No. 3 go to No. 4, and those in No. 4 go to No. 1. This is continued until all have been through the four rings.

Note.—The position of the instructor will usually be outside No. 2 ring.

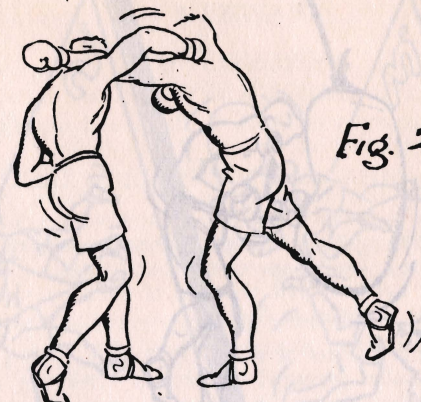


Fig. 25.

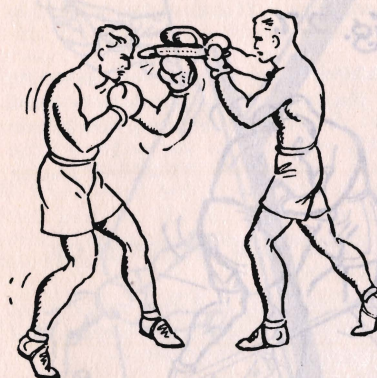


Fig. 26.(a).

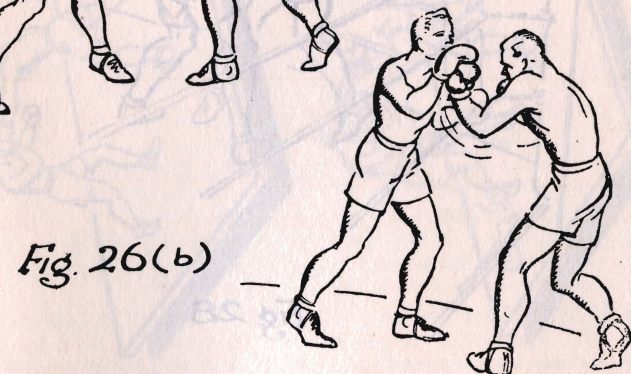


Fig. 26(b)

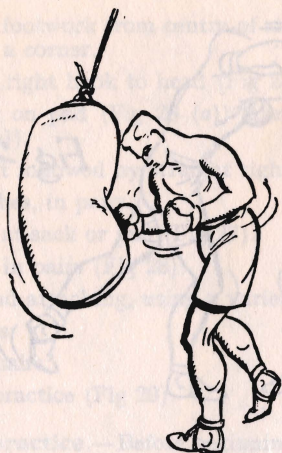


Fig. 27.

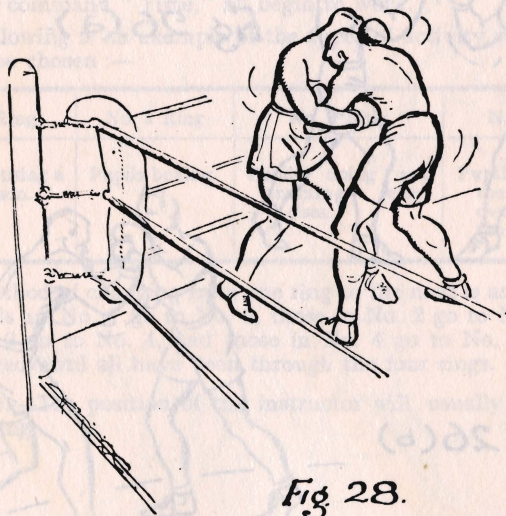


Fig. 28.

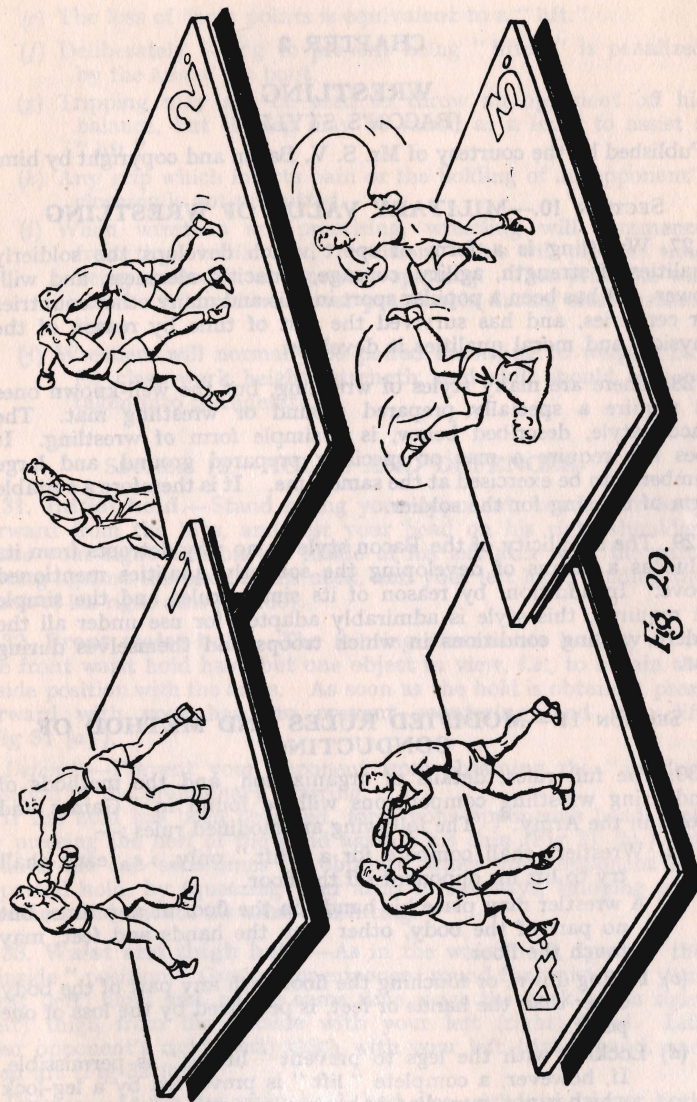


Fig. 29.

CHAPTER 2

WRESTLING

(BACON'S STYLE)

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SECTION 10.—MILITARY VALUE OF WRESTLING

27. Wrestling is a form of sport which develops the soldierly qualities of strength, agility, courage, tenacity, alertness, and will-power. It has been a popular sport in this and many other countries for centuries, and has survived the test of time by reason of the physical and moral qualities it develops.

28. There are many styles of wrestling, but the well-known ones all require a specially prepared ground or wrestling mat. The Bacon style, described below, is a simple form of wrestling. It does not require a mat or specially prepared ground, and large numbers can be exercised at the same time. It is therefore a suitable form of training for the soldier.

29. The simplicity of the Bacon style in no way detracts from its value as a means of developing the soldierly qualities mentioned above. In addition, by reason of its simple rules and the simple kit required, this style is admirably adapted for use under all the widely varying conditions in which troops find themselves during war.

SECTION 11.—MODIFIED RULES AND METHOD OF CONDUCTING

30. The full rules, details of organization, and the methods of conducting wrestling competitions will be found in "Games and Sports in the Army." The following are modified rules:—

- (a) Wrestlers shall compete for a "lift" only, *i.e.*, each shall try to lift his opponent off the floor.
- (b) A wrestler may place his hands on the floor at any time, but no part of the body, other than the hands and feet, may touch the floor.
- (c) Falling down, or touching the floor with any part of the body other than the hands or feet, is penalized by the loss of one point.
- (d) Locking with the legs to prevent "lifting" is permissible. If, however, a complete "lift" is prevented by a leg-lock which is not immediately broken, one point only is awarded to the "lifter."

- (e) The loss of three points is equivalent to a "lift."
- (f) Deliberately falling to prevent being "lifted" is penalized by the loss of the bout.
- (g) Tripping may not be used to throw an opponent off his balance, but the leg may be raised as a lever to assist a "lift."
- (h) Any grip which inflicts pain or the holding of an opponent's clothing is not permitted.
- (i) When wrestlers are practising, wrestling will commence from the "initial hold" position. This will prevent time being wasted in unnecessary sparring. This principle will also be followed whenever practicable during class instruction.
- (j) Wrestlers will normally be paired according to weight, but for class work height, strength, and skill should also be taken into consideration.

SECTION 12.—HOLDS AND DEFENCES

31. **Initial hold.**—Stand facing your opponent, bend your body forward from the hips, and rest your head on his right shoulder. Place your right arm on the inside of his left arm with the palm resting against the back of his neck, and your left hand holding the crook of his right arm (Fig 30).

32. **Front waist hold.**—The feinting movements leading up to the front waist hold have but one object in view, *i.e.*, to obtain the inside position with the arms. As soon as the hold is obtained, press forward with your head to prevent countering, and then lift (Fig 31 (a)).

Defence.—Prevent your opponent from obtaining the "inside" position in the preliminary sparring.

If the hold has been obtained, force your opponent's head back by pressing the heel of the hand against his chin (Fig 31 (b)). A counter-lift can sometimes be obtained when your opponent has a partial hold, by squeezing your arms in sideways, bringing your forearms underneath his arms and lifting.

33. **Waist and thigh hold.**—As in the waist hold, spar for the "inside" position. Grasp your opponent round the waist with your right (left) hand and, at the same time, seize the back of his right (left) thigh from the outside with your left (right) hand. Lift your opponent's right (left) thigh with your left (right) hand, and then lift (Fig 32 (a)).

Defence.—As for the waist hold, and also withdraw one or both legs (Figs 32 (b) and 32 (c)).

34. Shoulder (neck) and thigh hold.—From the initial hold position suddenly reach forward for a thigh hold with one hand while retaining the neck hold with the other hand (it may be necessary to move the grip to the top of the shoulder), and then lift. The lift is performed mainly from the thigh and with a sideways swing (Fig 33).

Defence.—Withdraw one or both legs.

35. Wrist and thigh hold (Fireman's lift).—Grasp your opponent's right (left) wrist with your left (right) hand. Bend quickly under the same arm drawing it well down over your left (right) shoulder. Pass your right (left) hand between your opponent's knees and grasp the back of his right (left) leg, and then lift (Fig 34 (a)).

Defence.—Force your opponent's head downward as he dives forward, and withdraw one or both legs (Fig 34 (b)).

36. Lift from both thighs.—Dive under your opponent's left or right arm, and grasp him firmly round both thighs. Press your shoulder against him and lift (Fig 35).

Defence.—Withdraw both legs, or if your opponent has secured a partial hold, press his head downward.

37. Forward crutch hold.—This hold is a variation of the shoulder and thigh hold, and is secured in much the same way, except that the hand is passed between the legs and the lift is made from that position (Fig 36).

Defence.—Force your opponent's head downward and withdraw both legs.

38. Forward chancery and swing.—Jerk your opponent's head forward and downward with your left (right) hand on his neck. At the same time, pass your right (left) arm underneath his left (right) arm from the front, and place your flat hand on his back just below the shoulder securing his head between your arm and right (left) side. Your left (right) hand should grasp his right (left) upper arm, or use a similar grip to that of the right (left) arm. Lift and swing him to the left (right) (Fig 37).

Defence.—With your upper arm press your opponent's arm downward and inward, and so prevent him from obtaining lifting power. Counter with Fireman's lift.

39. Standing cradle hold.—Secure a forward chancery hold with your right (left) arm. Step to your left (right) and reach forward with your left (right) arm trying to encircle your opponent's right (left) leg. Join both hands and lift (Fig 38).

Defence.—Withdraw one or both legs and prevent the forward chancery hold.

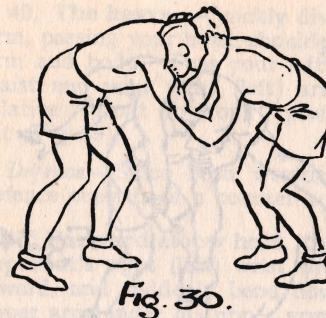


Fig. 30.



Fig. 31 (a)



Fig. 31 (b)

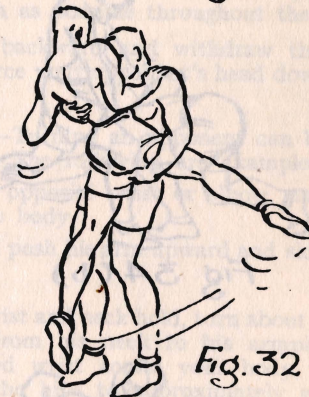


Fig. 32 (a)



Fig. 32 (b)

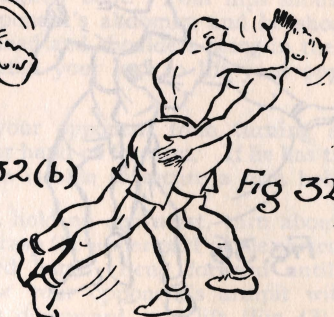


Fig. 32 (c)

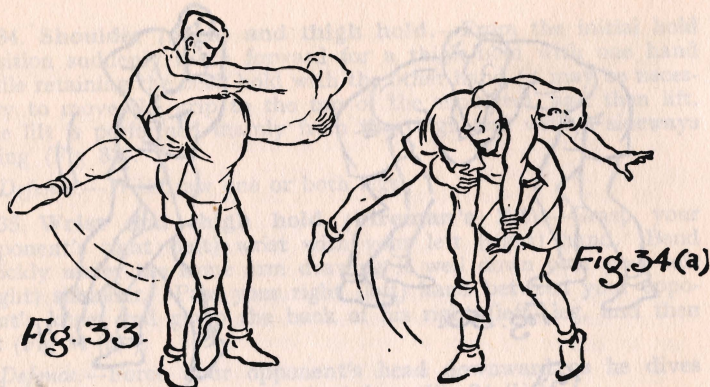


Fig. 33.

Fig. 34(a)



Fig. 34(b)



Fig. 35.



Fig. 36.

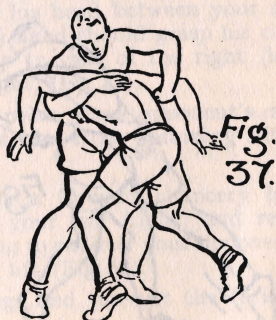


Fig. 37.

40. The heave.—Quickly dive under your opponent's left (right) arm, passing your head, shoulders and arms between his left (right) arm and body. Pass your left (right) arm across the back of his waist and your right (left) arm across his abdomen, retaining a relative "front to front" position. Join hands, if possible; and lift (Fig 39).

Defence.—Since both wrestlers are in the same position, the defence consists of a counter-heave.

41. Forward elbow hold (the tip).—Grasp from the inside your opponent's right (left) wrist with your right (left) hand, knuckles inward, and suddenly bend downward and forward passing your upper arm under his upper arm and keeping your elbow raised as high as possible. Now grip your opponent with your disengaged hand and lift. Any grip may be used, but since lifting is required, a leg grip with the disengaged hand is the most suitable (Fig 40). Keep your elbow raised as high as possible throughout the lift.

Defence.—Force the weight backward and withdraw the legs. If the hold has been secured force your opponent's head downward and pull your arm free.

42. Turning an opponent.—Turning an opponent can be performed in a variety of ways. The following are examples:—

- (a) Grasp your opponent's opposite wrist or elbow, and pull forward and across the body.
- (b) When he has a neck hold push his arm upward and sideways (Fig 41).

43. The buttock.—From a wrist and neck hold, turn about with a jump, transferring your hold from his neck to his armpit. At the same time pull the grasped wrist across your body, which should be bent forward from the hips to approximately a right angle. Your legs should be slightly bent. Your hips should now be completely under your opponent's abdomen and he should be resting across your back, his head and shoulders being in the crook of one of your arms. Straighten your legs to lift your opponent from the floor (Fig 42).

Defence.—Try to prevent your opponent from turning inward by pushing him away with your hand or forearm. If he has turned, lift him immediately before he is able to secure a firm hold.

44. Flying mare.—From a hold on one wrist, turn about with a jump, and at the same time grasp the upper part of the corresponding arm with your disengaged hand. Bend forward until your shoulder is immediately below your opponent's armpit with his arm over your shoulder, palm downward, and lift (Fig 43).

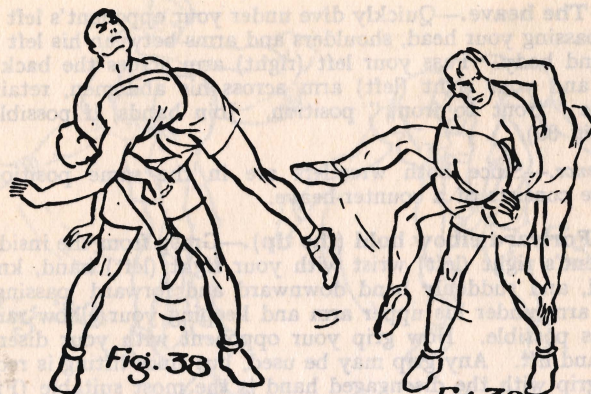


Fig. 38

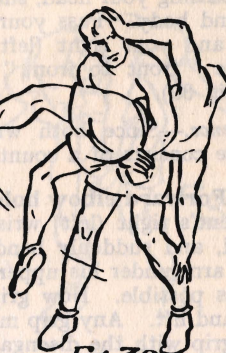


Fig. 39.



Fig. 40



Fig. 41.



Fig. 42.

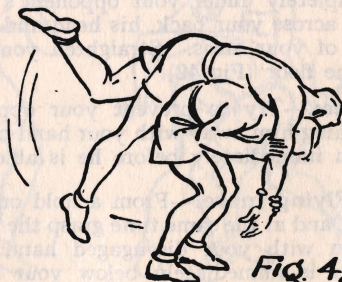


Fig. 43.

Defence.—The same as for the buttock. A lift may frequently be stopped by applying a forward leg lock.

45. Leg locks.—When lifted by your opponent from either the front or rear, a complete lift can often be avoided by hooking one of your feet round the lower part of one of your opponent's legs (Fig 44).

46. Rear waist hold.—When your opponent has been turned, as previously explained, the waist hold applied from the rear is used to lift him (Fig 45).

Defence.—Try to avoid being turned, but if you are, use a leg lock to prevent the lift. Alternatively, force the weight of your body as low as possible by bending forward at the hips and "sitting" down.

47. Rear waist and crutch hold.—Instead of passing both arms round your opponent's waist as in the rear waist hold, one arm should be passed between your opponent's legs from behind, thus providing for a more powerful lift. The lift should be upward and sideways in the direction of the arm which has been passed between the legs (Fig 46).

Defence.—When your opponent has obtained a hold apply a leg lock or "sit" on his arm to prevent him from lifting you.

48. Rear waist hold and half-nelson.—Encircle your opponent's waist with one arm from behind. At the same time pass your disengaged arm forward and upward between his body and arm, placing your hand firmly behind his neck, and lift (Fig 47).

Defence.—Bend your body forward at the hips, and if you are being lifted, use a leg lock.

SECTION 13.—SUMMARY OF LESSONS

49. Lesson I

- (a) Description of rules (para 30).
- (b) Initial hold (para 31, Fig 30).
- (c) (i) *Attack.*—Front waist hold (para 32, Fig 31(a)).
- (ii) *Defence.*—Prevent opponent from obtaining inside position and press heel of hand against his chin (para 32, Fig 31(b)).
- (iii) *Counter.*—Counter lift or turn opponent and apply rear waist hold (para 46, Fig 45).



Fig. 44.

Fig. 45.



Fig. 46.

Fig. 47.



50. Lesson II

- (a) (i) *Attack*.—Waist and thigh hold (para 33, Fig 32 (a)).
- (ii) *Defence*.—Press heel of hand against opponent's chin and withdraw one or both legs (para 33, Figs 32 (b) and 32 (c)).
- (iii) *Counter*.—Front waist hold (para 32, Fig 31(a)).
- (b) (i) *Attack*.—Shoulder (neck) and thigh hold (para 34, Fig 33).
- (ii) *Defence*.—Withdraw one or both legs; force opponent's head back, or turn him by forcing his right arm upward and over his head.
- (iii) *Counter*.—Rear waist hold (para 46, Fig 45), or rear waist hold and half-nelson (para 48, Fig 47).

51. Lesson III

- (a) (i) *Attack*.—Lift from both thighs (para 36, Fig 35).
- (ii) *Defence*.—Withdraw both legs, or press opponent's head towards floor (para 36).
- (iii) *Counter*.—Standing cradle hold (para 39, Fig 38), or forward chancery and swing (para 38, Fig 37).
- (iv) *Re-attack*.—The heave (para 40, Fig 39).
- (v) *Counter*.—Counter heave.
- (b) (i) *Attack*.—Forward crutch hold (para 37, Fig 36).
- (ii) *Defence*.—Withdraw both legs, force opponent's head downward, or push his upper arm upward and sideways.
- (iii) *Counter*.—Rear waist hold (para 46, Fig 45), rear waist and crutch hold (para 47, Fig 46), or rear waist hold and half-nelson (para 48, Fig 47).

52. Lesson IV

- (a) (i) *Attack*.—Forward chancery and swing (para 38, Fig 37).
- (ii) *Defence*.—Press opponent's arm downward and inward and so prevent him from obtaining lifting power.
- (iii) *Counter*.—Fireman's lift (para 35, Fig 34 (a)).
- (b) (i) *Attack*.—Turn opponent and apply rear waist hold and half-nelson (para 48, Fig 47).
- (ii) *Defence*.—Bend the body forward at the hips, or use a leg lock.
- (iii) *Counter*.—Seize opponent's upper arm and apply flying mare (para 44, Fig 43).

53. Lesson V

- (a) (i) *Attack*.—Flying mare (para 44, Fig 43).
 (ii) *Defence*.—Prevent opponent turning, and apply a forward leg lock.
 (iii) *Counter*.—Rear waist hold and lift (para 46, Fig 45).
- (b) (i) *Attack*.—Forward elbow hold (the tip) (para 41, Fig 40).
 (ii) *Defence*.—Force weight backward, withdraw both legs and force opponent's head downward while pulling arm free.
 (iii) *Re-attack*.—Leg grip and lift from below.

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