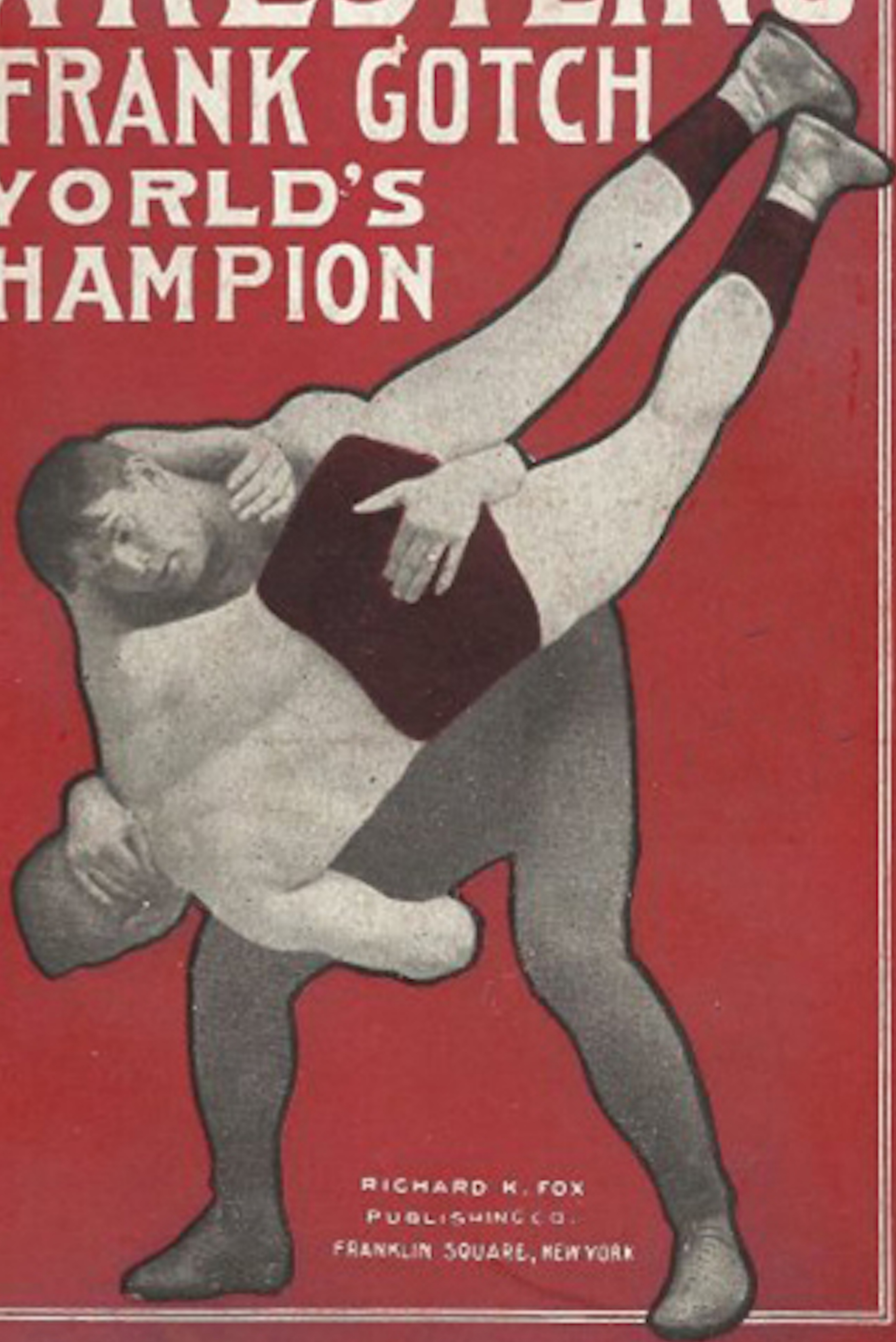


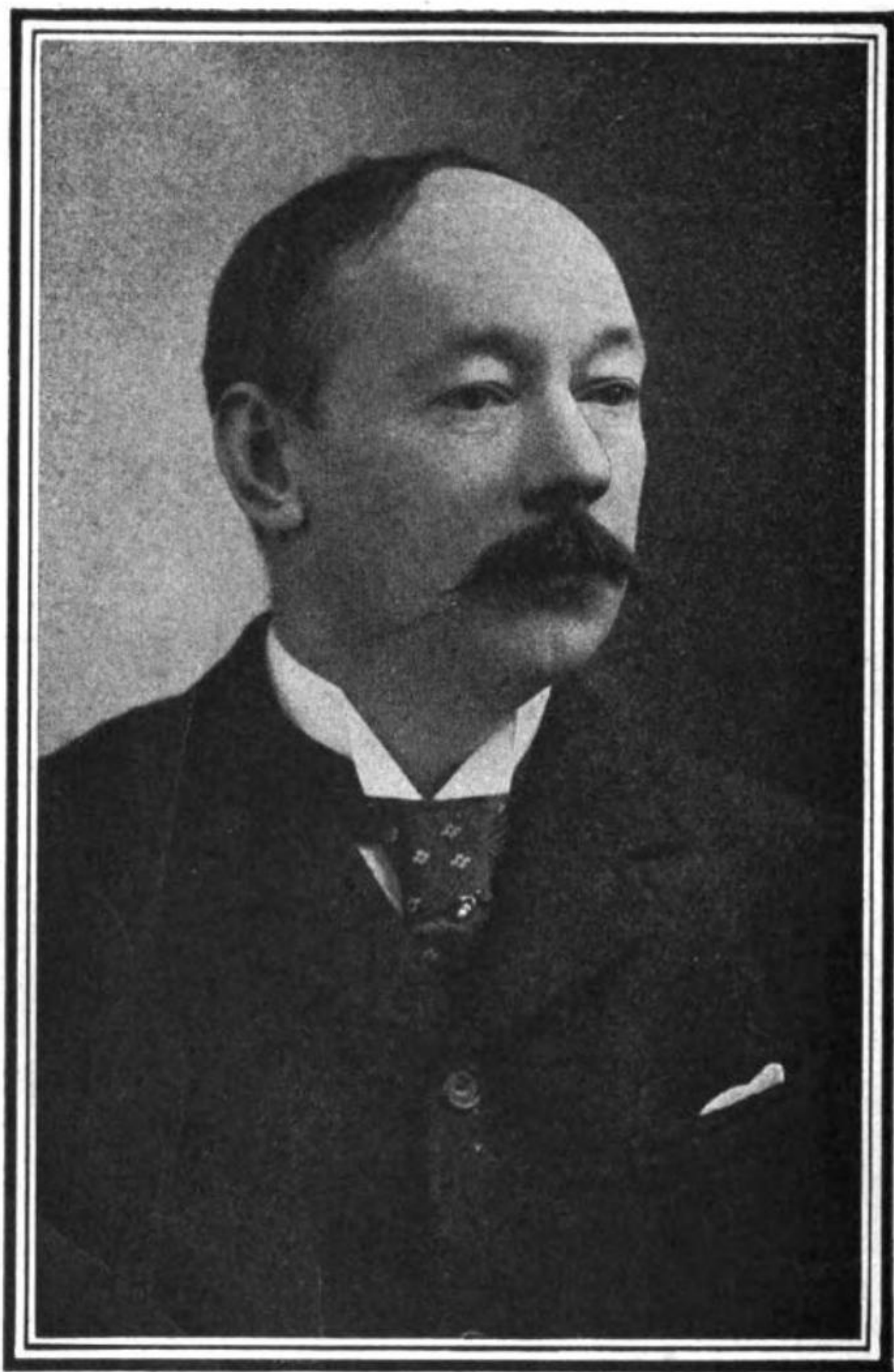
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WRESTLING

BY FRANK GOTCH
WORLD'S
CHAMPION



RICHARD K. FOX
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FRANKLIN SQUARE, NEW YORK



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WRESTLING

—AND—

HOW TO TRAIN

BY FRANK GOTCH

CHAMPION OF THE WORLD

ILLUSTRATED WITH PHOTOS SPECIALLY POSED
FOR BY FRANK GOTCH AND OSCAR SAMUELSON



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CONTENTS

	PAGE
Introduction	1
Science of Wrestling	25
Hints on Training	37
Instructions on Wrestling	47

11-25-61

ILLUSTRATIONS

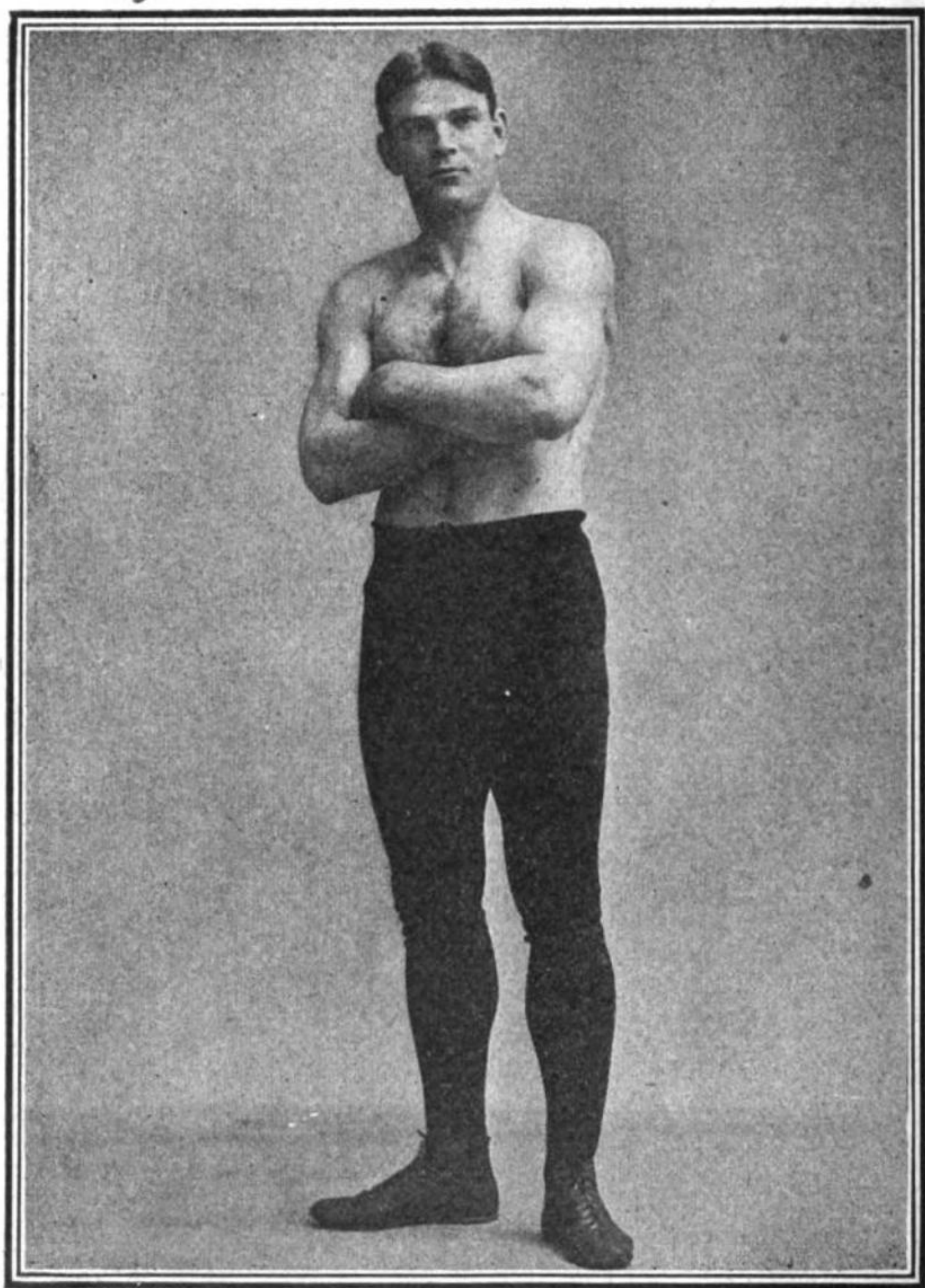
	PAGE
Frank Gotch - - - - - -	8
George Hackenschmidt - - -	10
Hackenschmidt's Muscles - - -	12
George Bothner - - - - -	14
Farmer Burns - - - - - -	16
Hjalmar Lundin - - - - -	18
Dan McLeod - - - - - -	20
Fred Beell - - - - - -	22
Henry Gehring - - - - - -	24
John Piening - - - - - -	26
Bill Brown and Hackenschmidt - -	28
Charley Kaiser - - - - - -	30
Leo Pardello - - - - - -	32
Oscar Samuelson - - - - - -	34
Brown and Hackenschmidt - - -	36
Gotch's Muscles - - - - - -	38
H. Hansen - - - - - -	40
Fred Bartl - - - - - -	42
Fred Barth - - - - - -	44

INTRODUCTION

BY HORACE LERCH.

In winning the World's Wrestling Championship from George Hackenschmidt, the Russian Lion, in the bout decided in Chicago, on April 3, 1908, Frank Gotch, the young American grappler, attained the highest pinnacle of fame in this branch of professional sport, and, hard as his tasks have been in the rough battle to the top, it is quite likely that he will find even a more difficult time of it, after the first blush of triumph has passed, and title matches will succeed the earlier and easier emoluments of a championship.

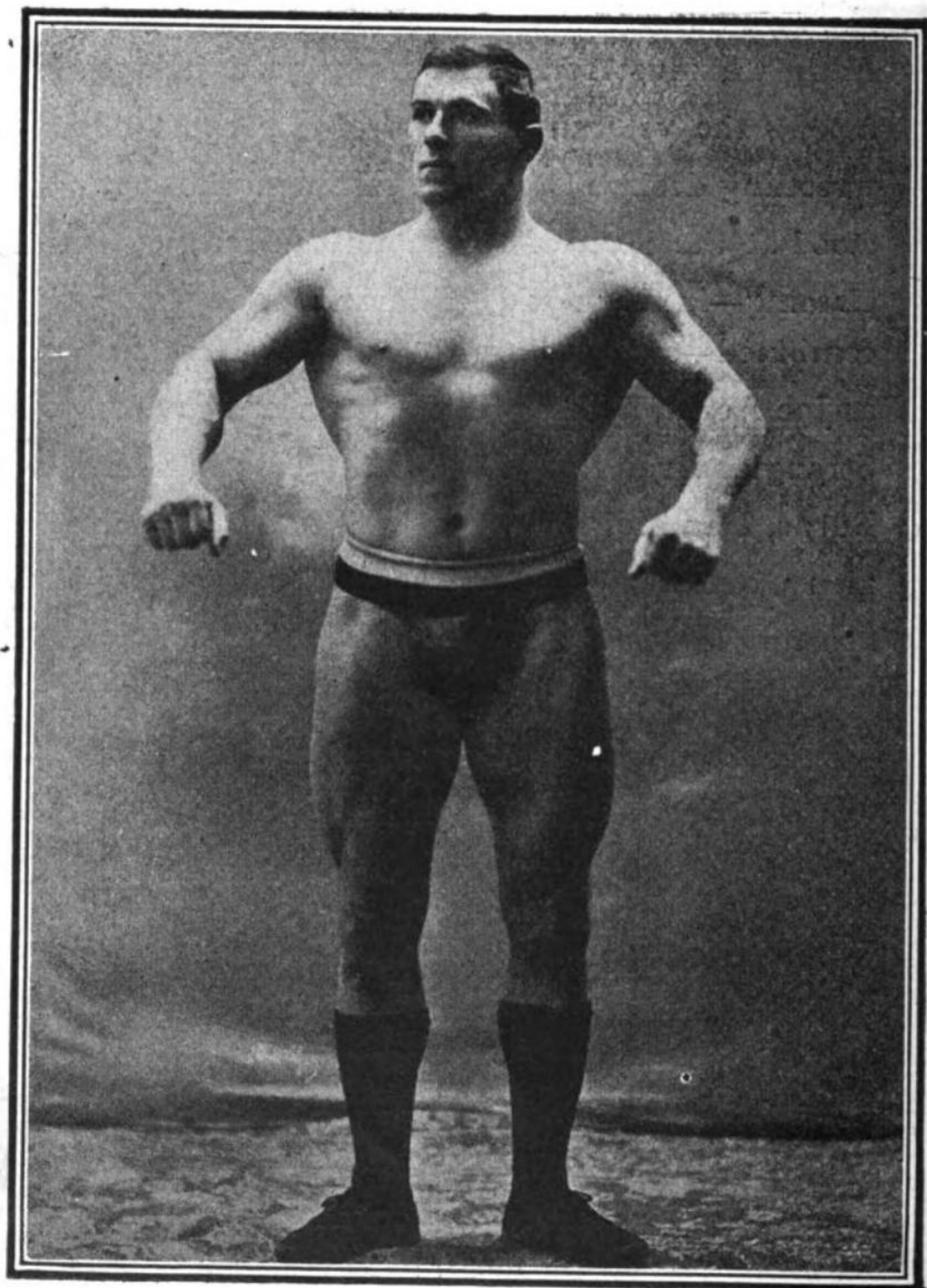
But Gotch should be well qualified to undertake the work which will confront him, and we can have every confidence in his future. He is young, strong, ambitious, has fought his way to popularity, has come to the front in the face of disasters which would have nipped in the bud the career of a less determined fellow.



FRANK GOTCH, WORLD'S CHAMPION.

And, we must remember that good judges among the veteran students of the sport of wrestling declare Gotch the best man who ever stood at the head of the American mat, outclassing—in strength, endurance and style combined—even such great stars of other days as Joe Acton, Edwin Bibby, Clarence Whistler, Strangler Evan Lewis, Jack Carkeek, Farmer Burns, Dan McLeod, Tom Jenkins, and other men whose names have echoed in the hall of sporting fame.

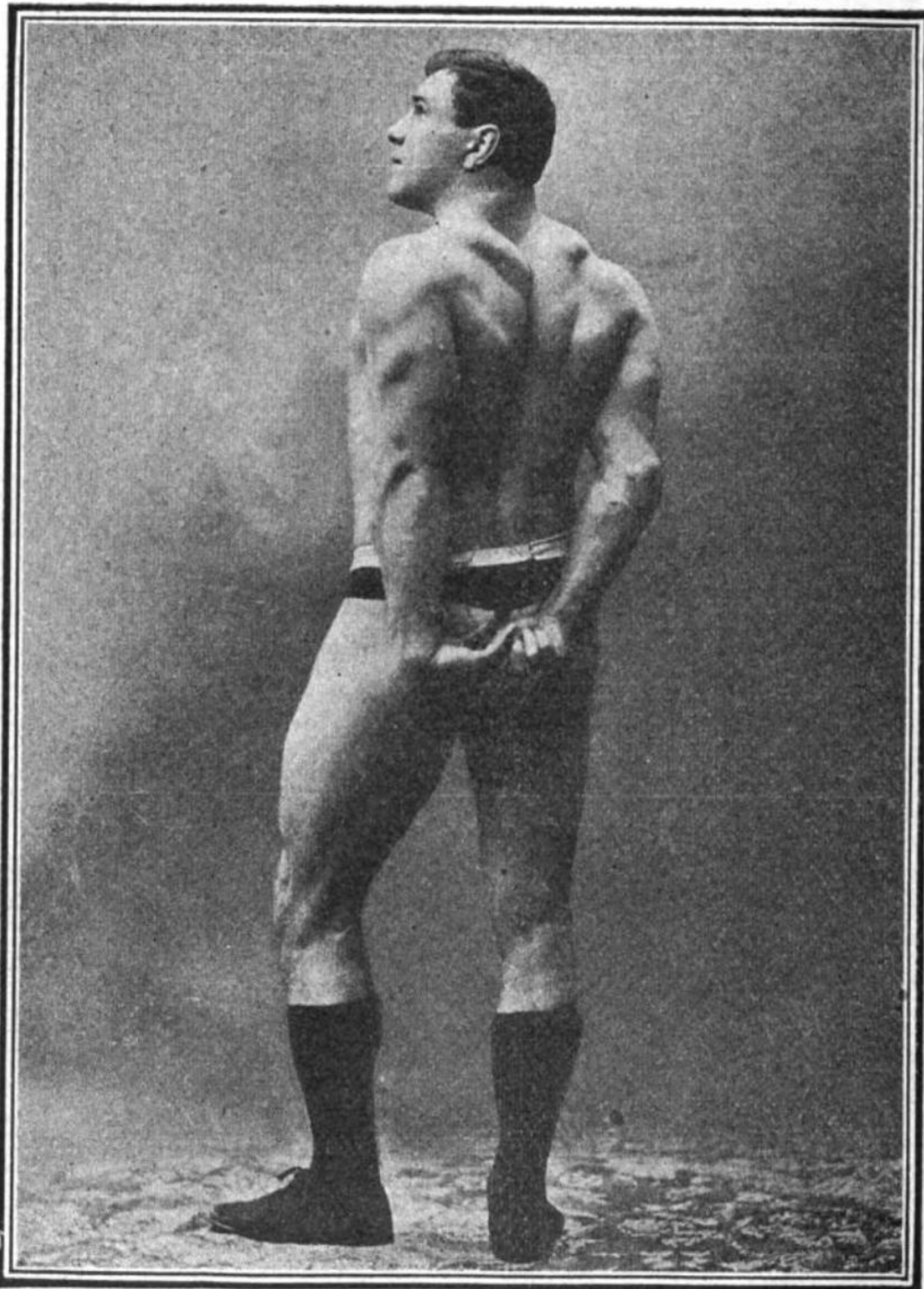
Scarcely past thirty years of age, Gotch, granted that he has already accomplished much, would appear to have a brilliant career yet in store. Ten years ago few would have linked his name with championship wrestling. Still, he was a sturdy youngster in those days, and it is now an old story how Dan McLeod, then in his prime, found the green country boy a bad customer, when, under an alias, the veteran Scot was touring the country. McLeod defeated Gotch then, but his knowledge of wrestling and wrestlers led him to predict



GEORGE HACKENSCHMIDT.

glowing prospects for the then boy, if he did not abandon his mat exercise. Gotch did not abandon it. Farmer Burns came along, had a rough match with Frank and annexed him as a partner. Much of his present ability Gotch acquired during his association with the Farmer, and to-day he is as proud to say so as Burns is to have him state the fact. Then followed the trip to the Klondike and a series of victories in the gold country, the greatest being the one-fall match for a side bet of \$10,000, which Gotch won in a quarter of an hour, dethroning the Swedish champion of Dawson City and breaking the backers of the foreigner.

Before his departure to Alaska Gotch had had a try with Jenkins in Cleveland, and although holding the then American champion on his feet for more than two hours he finally lost the match. On his return to the Pacific Coast from the frozen North Gotch again tilted with Jenkins and won from him in Whatcom, Wash. A few months later he repeated the defeat in Jenkins' home town, Cleveland, and

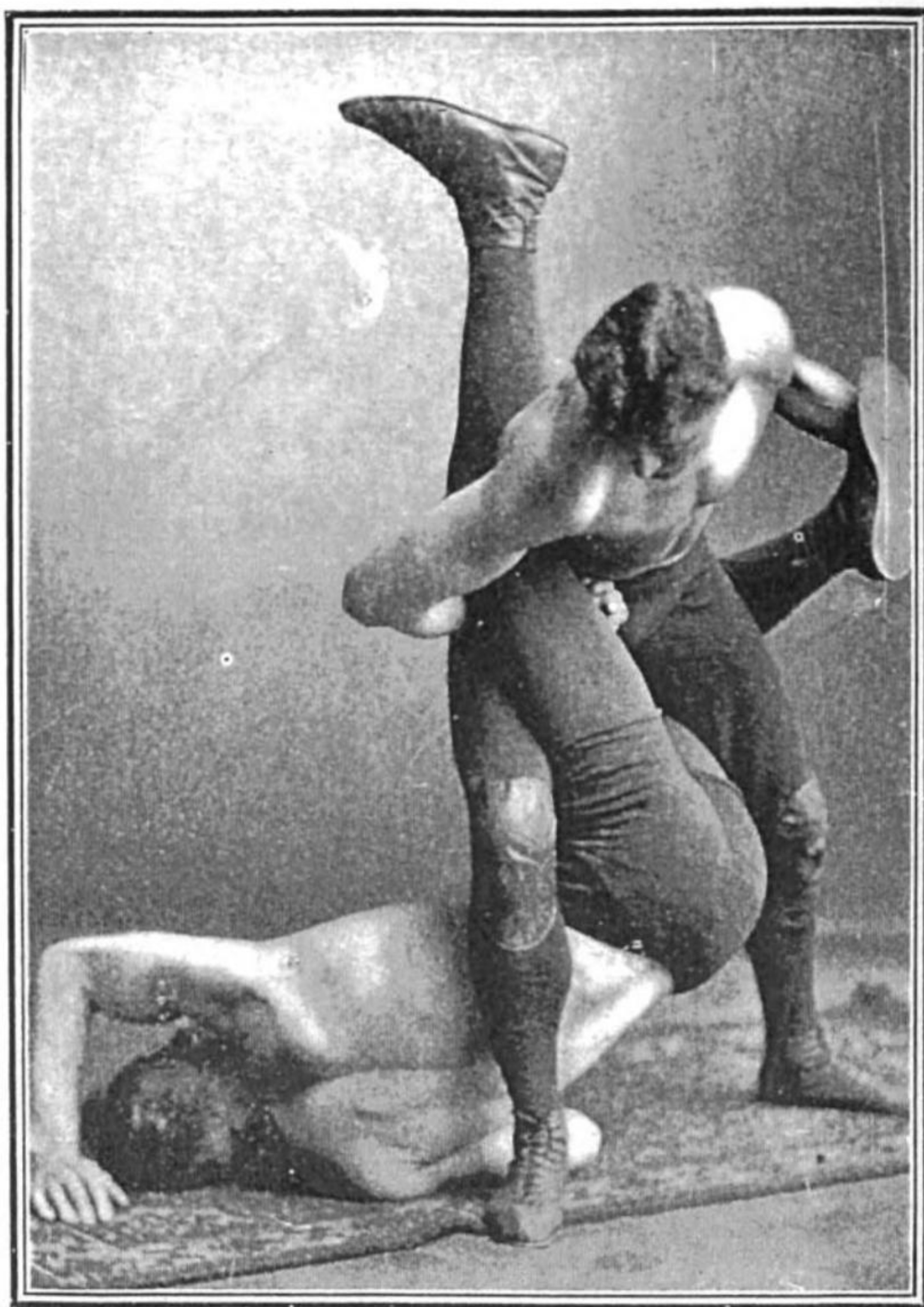


HACKENSCHMIDT'S BACK MUSCLES.

few believed the Forest City rolling mill man had any chance to regain his laurels lost to the lusty youngster from the West.

Hackenschmidt was then on his way from Australia to make his first visit to America and a match with the champion of this country was in prospect. New York was clamoring for a sight of its new wrestling champion, the challenger of Jeffries for the prize ring crown, and Gotch consented to still another match with Jenkins in the Metropolis. Gotch had always said that "they beat me and made me like it in the old days, but the more I beat them now the less they seem to like it, and ask for more."

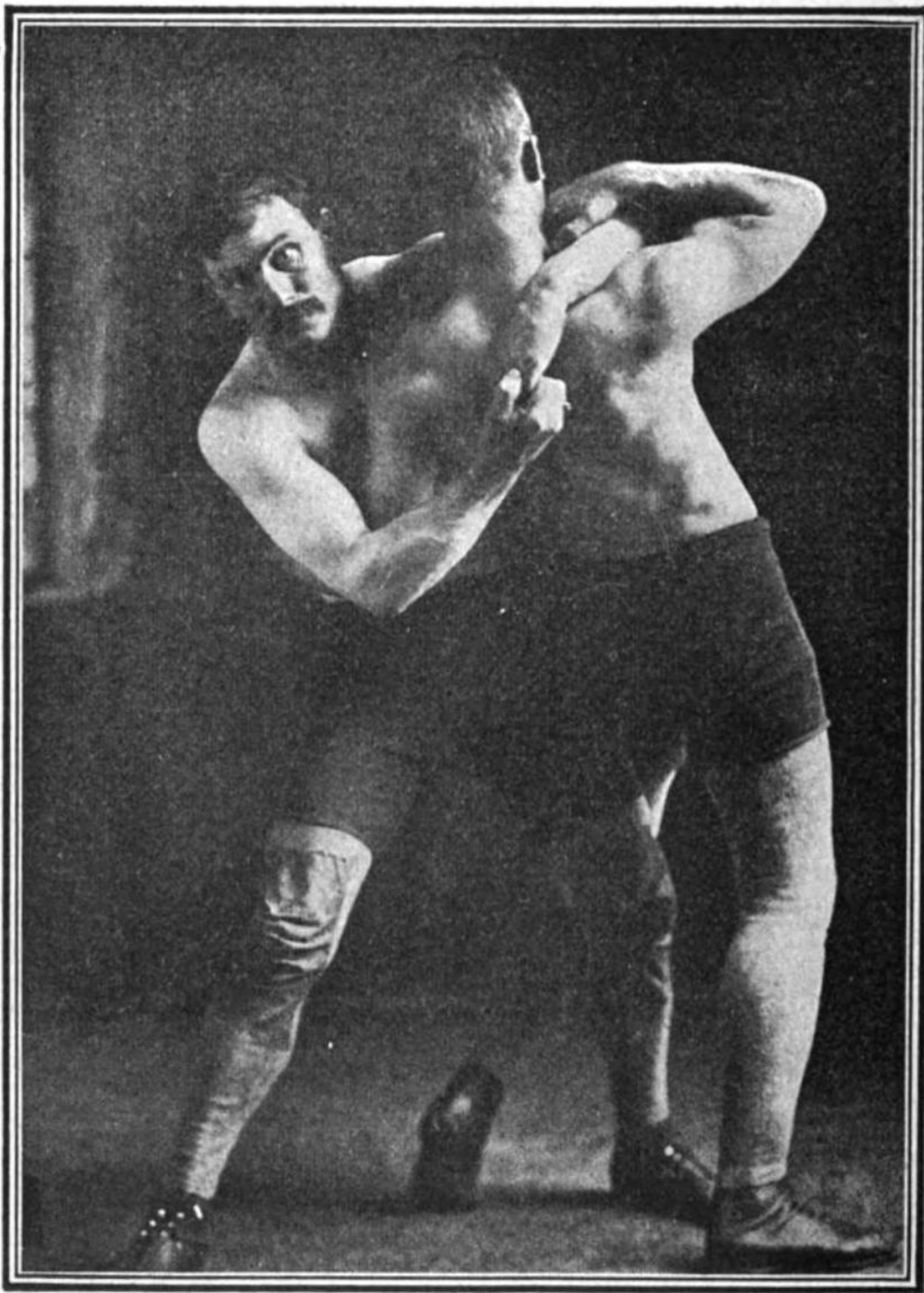
A quick illness seized Gotch on the eve of his match with Jenkins in New York. He went on the mat far from a well man, hoping for the best, but lost. Hackenschmidt, who had previously won from Jenkins in London, arrived in New York, made a catch-as-catch-can match and again won from Tom; then turned a deaf ear to Gotch's challenge and



GEORGE BOTHNER LIGHTWEIGHT CHAMPION.

treated him with contempt. After the Lion's return home, in May, 1905, Gotch again met Jenkins in New York. Preparation for three successive matches had put the old warhorse in splendid physical trim. Gotch, not yet returned to his finest form, engaged in what proved to be a terrific battle, long to be remembered by Metropolitan sporting enthusiasts, Jenkins winning the third and deciding fall only after nearly three hours of continuous wrestling, the match lasting until nearly 2 o'clock in the morning, in Madison Square Garden.

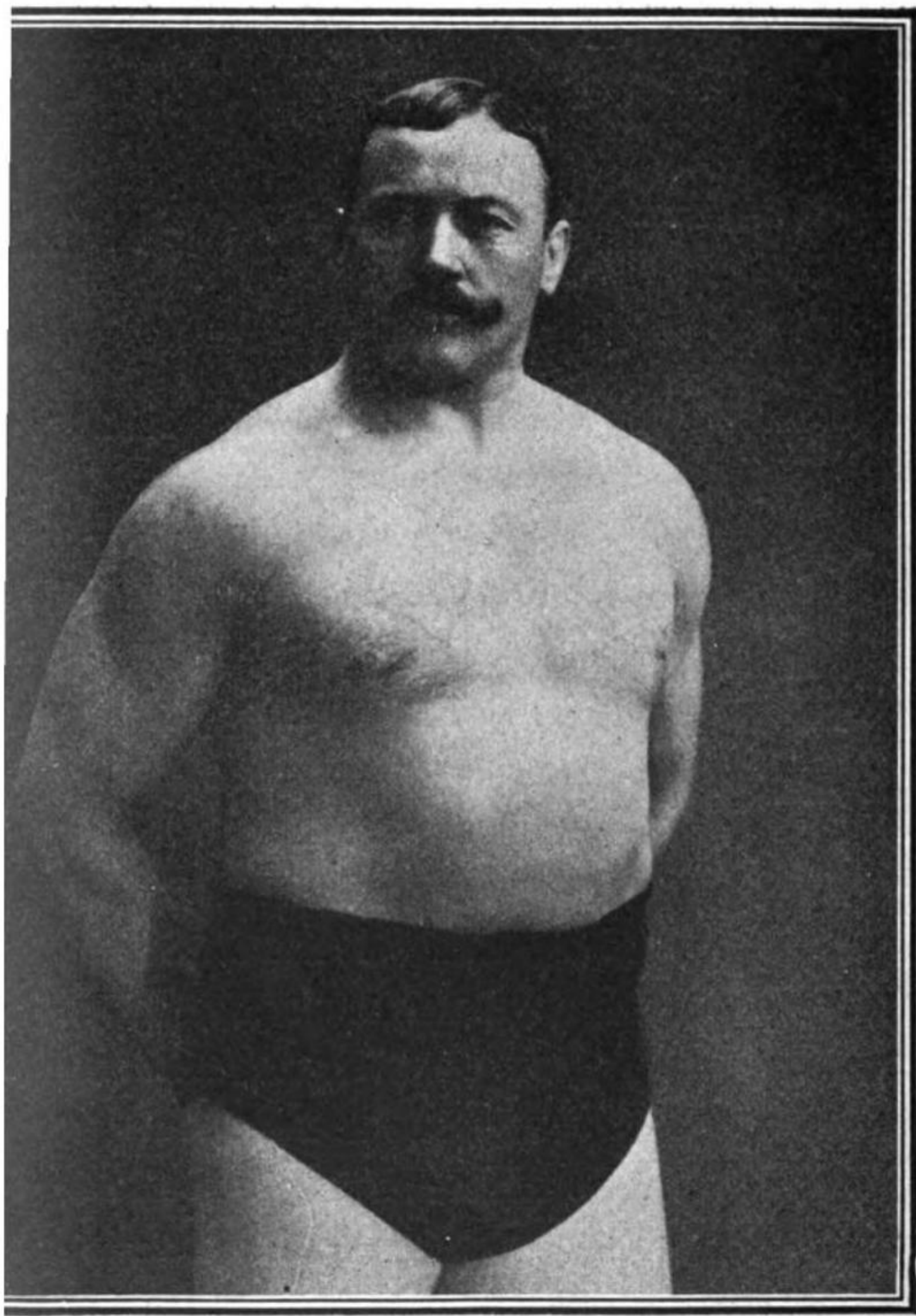
This double defeat at the hands of the man from whom he had wrested the championship fairly staggered Gotch, but events proved that he was but temporarily stunned, and that his indomitable courage could not be subdued. With his reputation to be carved anew he started, in the Autumn of 1905, what resulted in a whirlwind match campaign, which carried him to all sections of the Continent, a campaign which for number of miles travelled and



FARMER BURNS, GOTCH'S INSTRUCTOR.

opponents defeated will scarcely ever be duplicated. This grand tour culminated in May, 1906, in Kansas City, when Gotch again won back the American championship from Jenkins in two falls out of three.

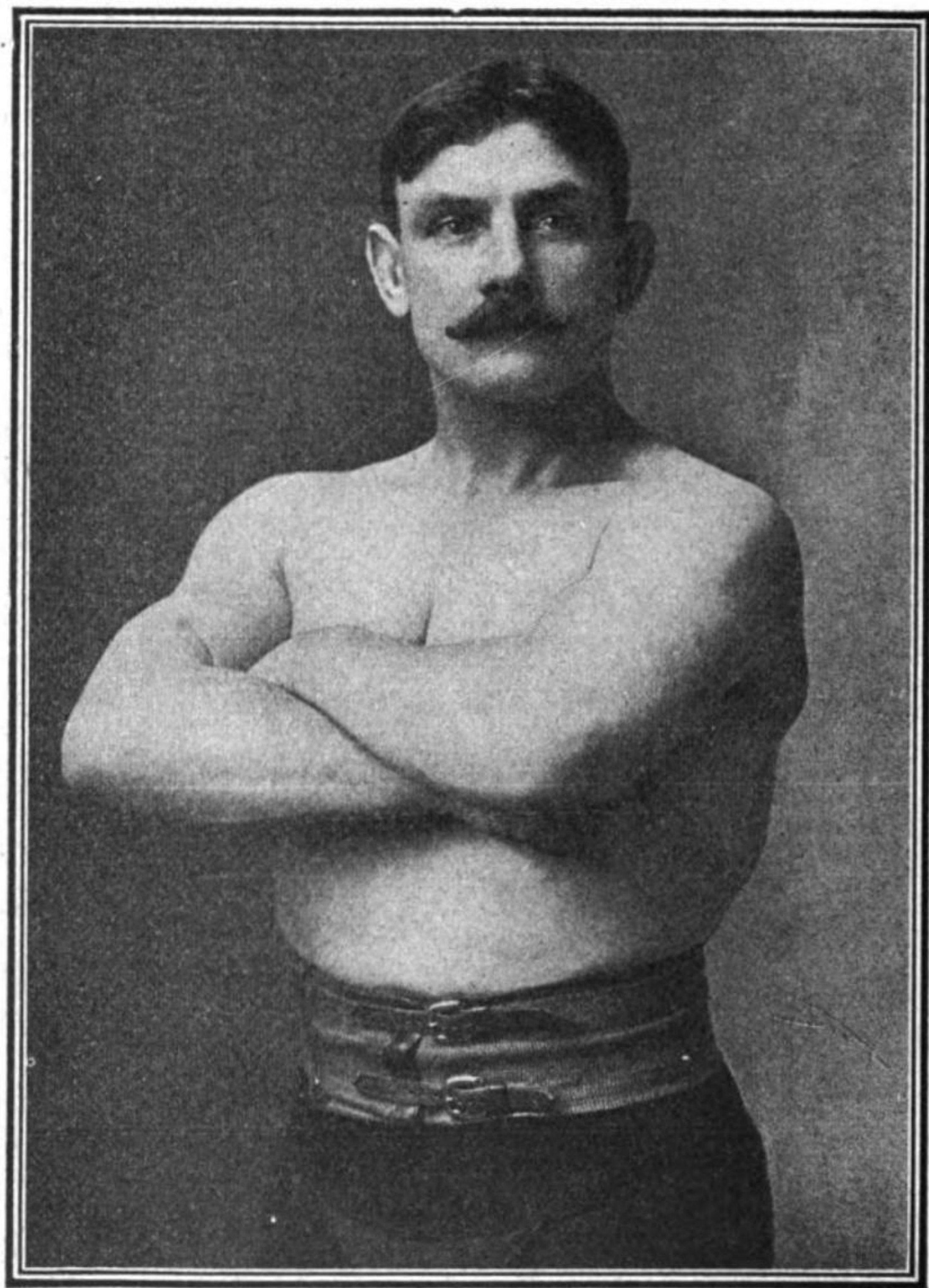
In the Chicago match with George Hackenschmidt, Gotch was magnificently trained and seconded by those two great veterans, Farmer Burns, who was responsible for his early development, and Jack Carkeek, who toured England as a champion at the time of Hackenschmidt's advent, and whose intimate knowledge of the methods and character of the big fellow made him an invaluable ally. With these two men Gotch planned a victory which was admirably executed. He had often said: "If I meet Hackenschmidt it may last a minute, it may last an hour, but, defeat or victory, short or long, it will be a contest." And it was a contest, of more than two hours; a contest which spelled victory for the American every minute after the first fifteen had witnessed the burly champion's strength



LUNDIN, THE SWEDISH CHAMPION.

sapped in futile attack. Hackenschmidt was stopped, threatened, completely routed, and incidentally, it took some man to still the Lion. The victory was the crowning triumph to a remarkable athletic career.

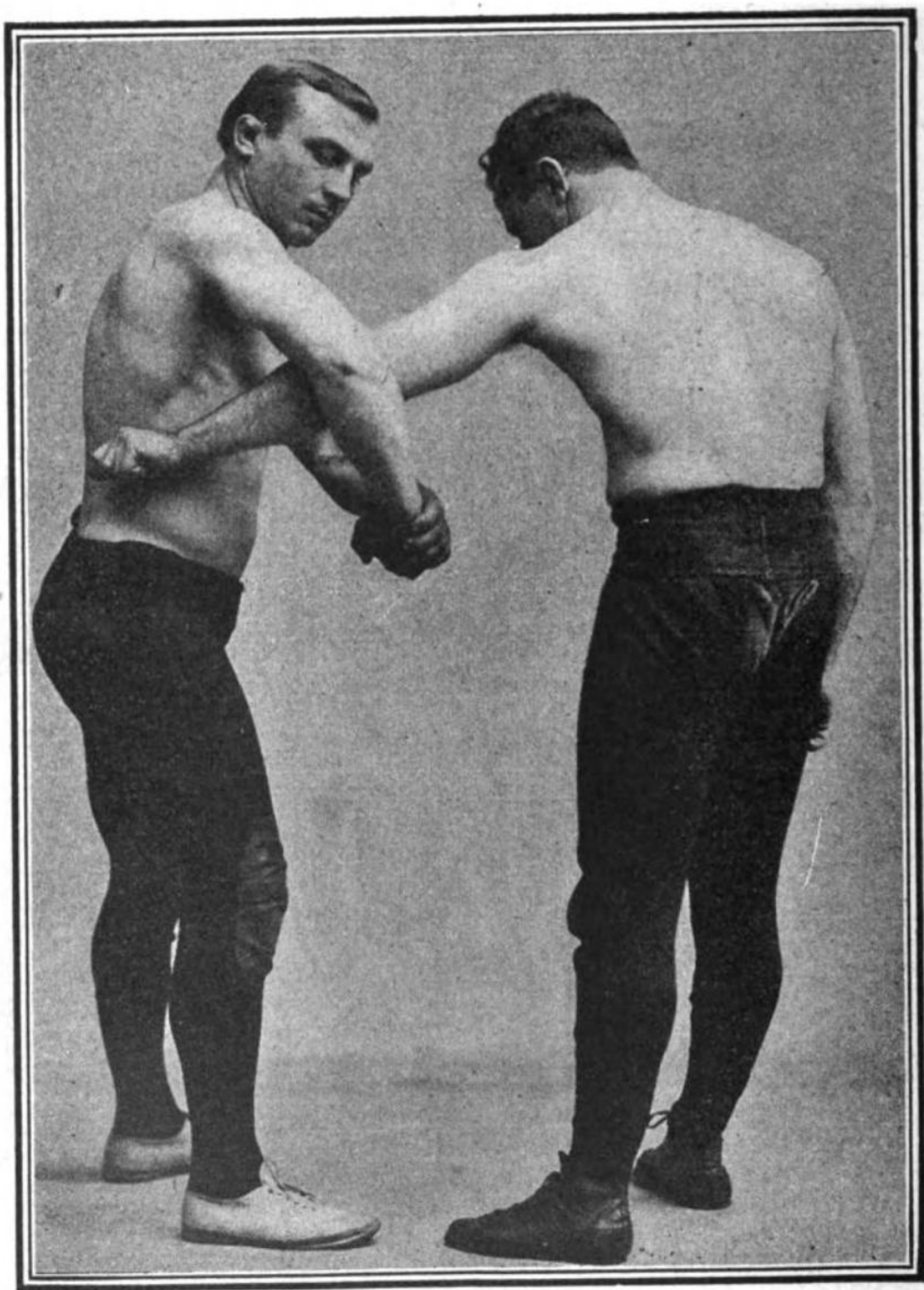
Gotch, a man of intelligence as well as strength, has amassed considerable wealth as a result of his physical exertions. He is land rich in Iowa, his native State, has plenty of ready cash, and possesses other valuable interests.



DAN McLEOD, EX-CHAMPION.

SCIENCE OF WRESTLING

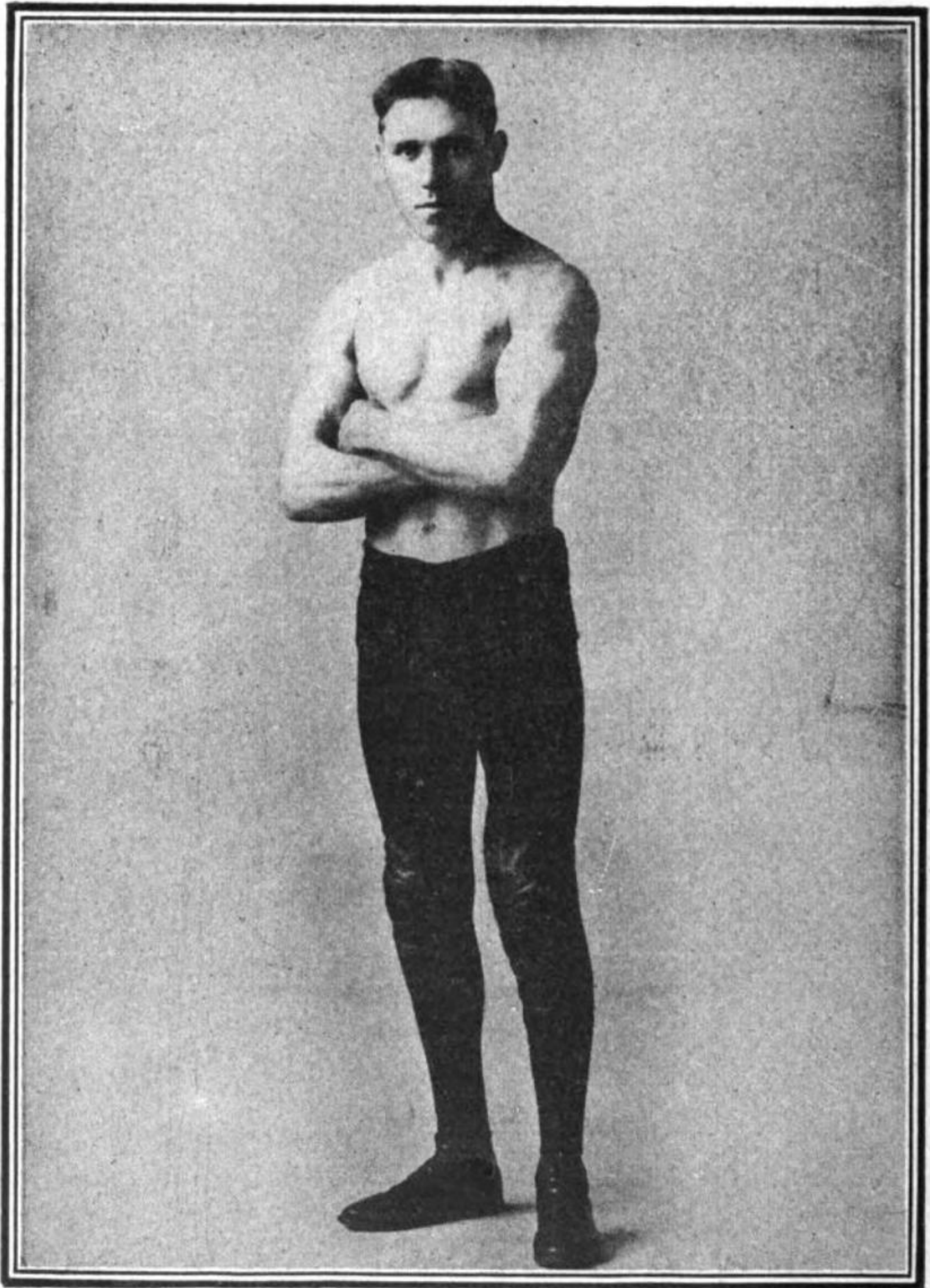
In the wrestling struggles of the long ago, when the sport had its real modern beginning, the ordinary attire was worn, but nowadays the wrestlers divest themselves of anything in the way of superfluous weight, or what is calculated to interfere with the perfect freedom of their movements. The ancient Greeks and Romans, for instance, wrestled in a state of complete nudity, or with a strip of cloth around the loins. Modern wrestlers wear skin tights on their lower limbs, with arms and torso bare. In Turkey, however, leather drawers are the rule, and the grip may be put upon them. In Switzerland, the drawers or the belt may be grasped in order to secure a hold. Then in the earlier Grecian and Roman contests, the bodies and limbs of the wrestlers were plentifully anointed with oil and grease, the object of this undoubtedly being to prevent a hold being secured by an opponent.



FRED BEELL, OF WISCONSIN.

Our modern articles of agreement, however, state explicitly that no oil or grease shall be used, and as a set-off to the method pursued by the ancients, who rubbed their hands on the sand in the arena, wrestlers of to-day are debarred from using resin, drugs or any preparation in order to increase the tenacity of their hold.

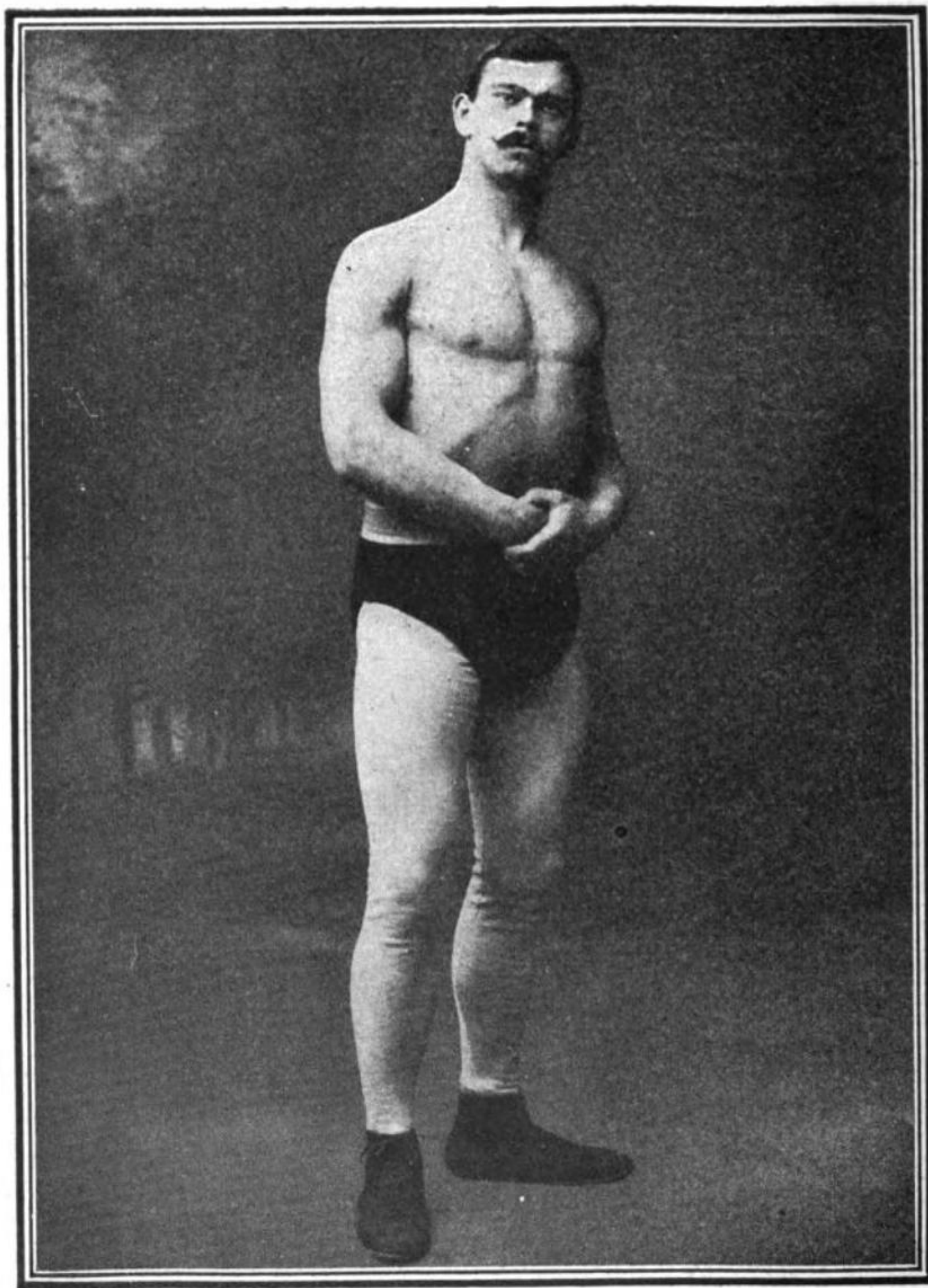
Again brutality is sternly repressed to-day. Practically any hold or method of procedure was allowed in the days of old. Men might strangle, gouge or snap the limbs of an adversary, provided they had an opportunity of doing so. But in a modern match the strangle hold is not allowed as a rule, neither is the full Nelson, or the hang, and many referees even refuse to allow the "arm-across-the-mouth" hold, although it is occasionally brought into use when the contest is under purely Lancashire rules. No matter what may be said, there is absolutely no brutality attached to modern wrestling. Men are competing to-day who were before the public twenty years ago,



HENRY GEHRING, OF CLEVELAND, O.

and a man may remain very near the head of his profession until he reaches fifty years of age. Jack Carkeek, for instance, is forty-two; Joe Carroll is thirty-four, and Tom Jenkins is thirty-two. These are but three, and although it cannot be denied that a wrestler has reached his prime at forty, the fact still remains that skill and experience go far to balance a handicap in the matter of years.

And now, just a brief explanation concerning the various styles. Taking Greco-Roman first, no tripping is allowed; every hold must be above the waist, and the struggle is fought out upon the mat. This is not edifying, but the contest terminates when both shoulders are pressed down. Wrestlers in the Cornwall and Devon style compete in strongly made jackets, all holds being above the waist, or on any portion of the jacket. Kicking is now declared to be foul, but tripping is allowed, and a man is beaten when two shoulders and one hip, two hips and one shoulder, or both shoulders, before any other portion of the



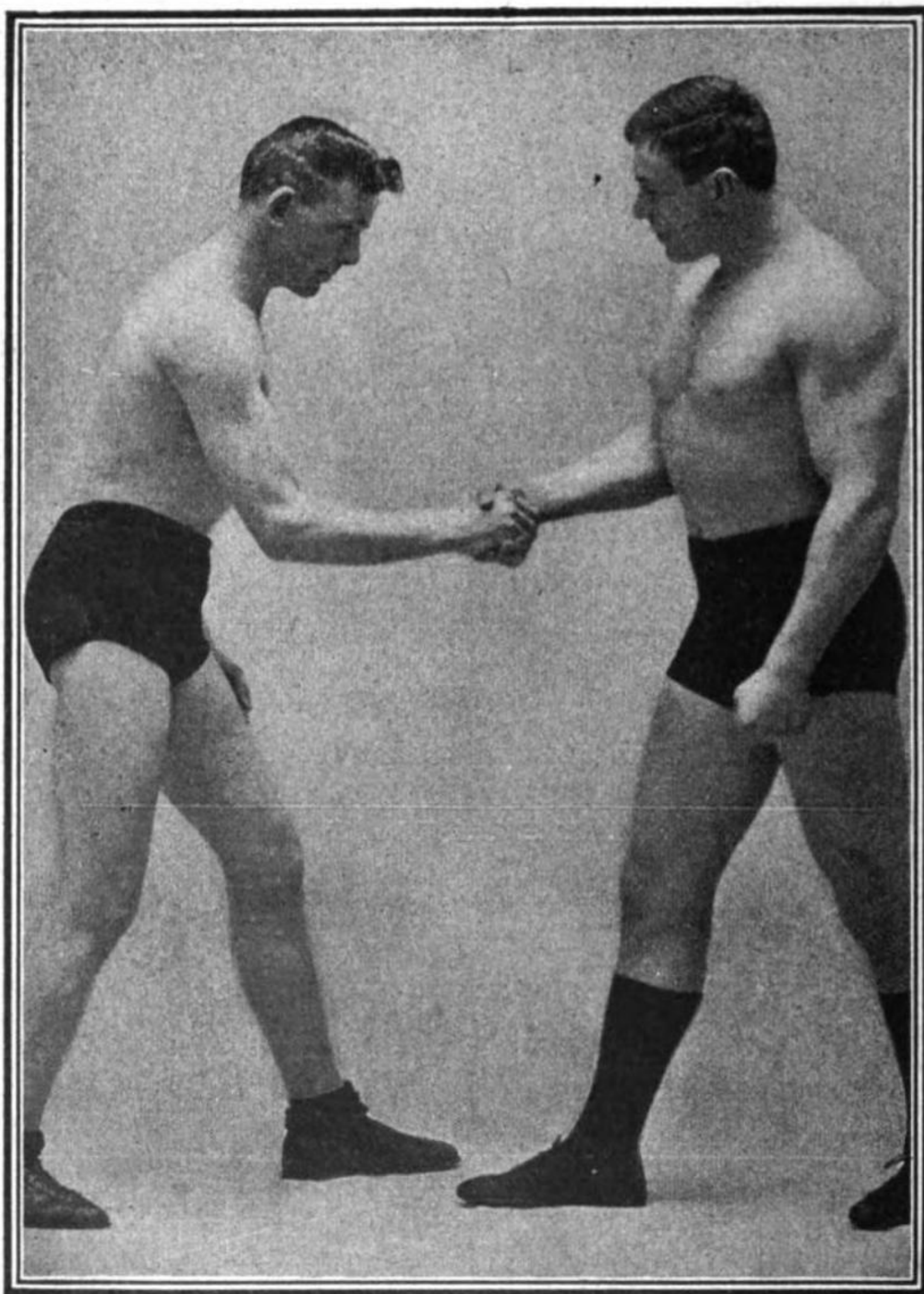
JOHN PIENING, THE BUTCHER BOY.

body, touch the ground, and the fall is gained.

Under the Cumberland and Westmoreland system the men stand chest pressed against chest, and chin on the opponent's shoulder. The grasp is around the body, one arm under and the other over the shoulder, each man joining his hands behind his opponent. Kicking is forbidden, and if both fall together, the bout is recommenced. When one goes down before the other, then the fall is gained.

In Ireland the style is termed collar and elbow, the wrestlers gripping the elbow with one hand and the collar with the other. Neither must loose his hold until the fall is gained, victory remaining with the man who may be able to retain his feet. In Scotland the style is a hybrid one, two points, or both shoulders, being down, and the fall then gained.

Catch-as-catch-can, however, is without a doubt the favorite style at the present time, and despite the fact that some ground work is absolutely unavoidable, every bout is bright and interesting from beginning to end. Any

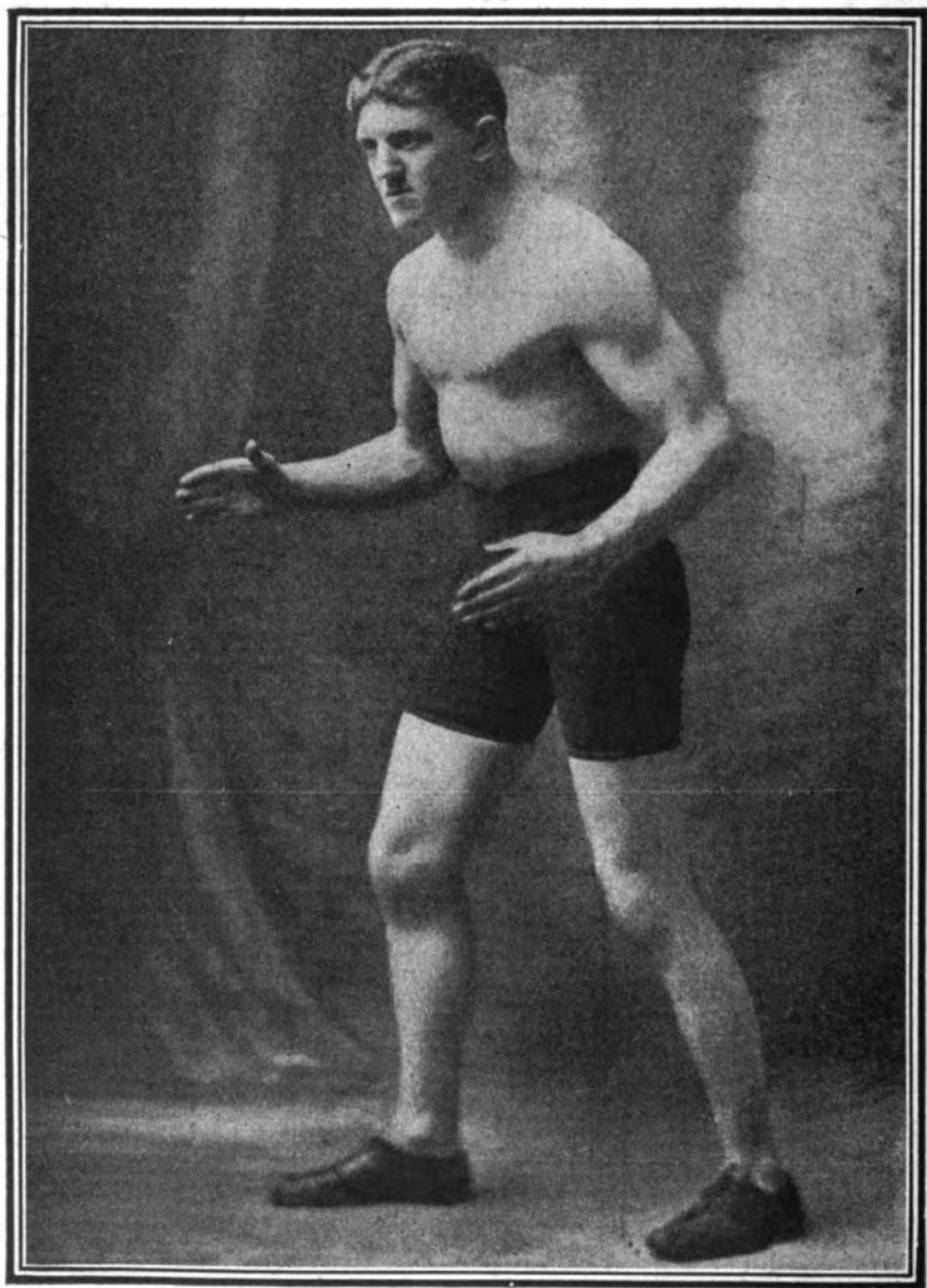


BILL BROWN AND GEORGE HACKENSCHMIDT.

hold is allowed excepting those previously mentioned, the full Nelson and the hand, together with the strangle hold, and the hammerlock where amateurs are concerned, the leg work being an especially strong feature where the champions are concerned.

The good wrestler is as supple and as light as a ballet dancer, and there is little advantage to be gained in going to the mat and allowing an opponent to work above you. Brute strength is not so much a necessity as in Greco-Roman wrestling. Celerity of movement is the life and soul of catch-as-catch-can; a quick twist, and the expert has a grip on his man that he cannot escape from. The story of David and Goliath may be repeated. A little fellow, a born wrestler, will beat a bigger but a clumsier man every time. The English wrestlers are, as a rule, found at their best in the ranks of the twelve-stone and thirteen-stone men.

The suggestion has been made in this country that it would be a good idea to bar wrestlers



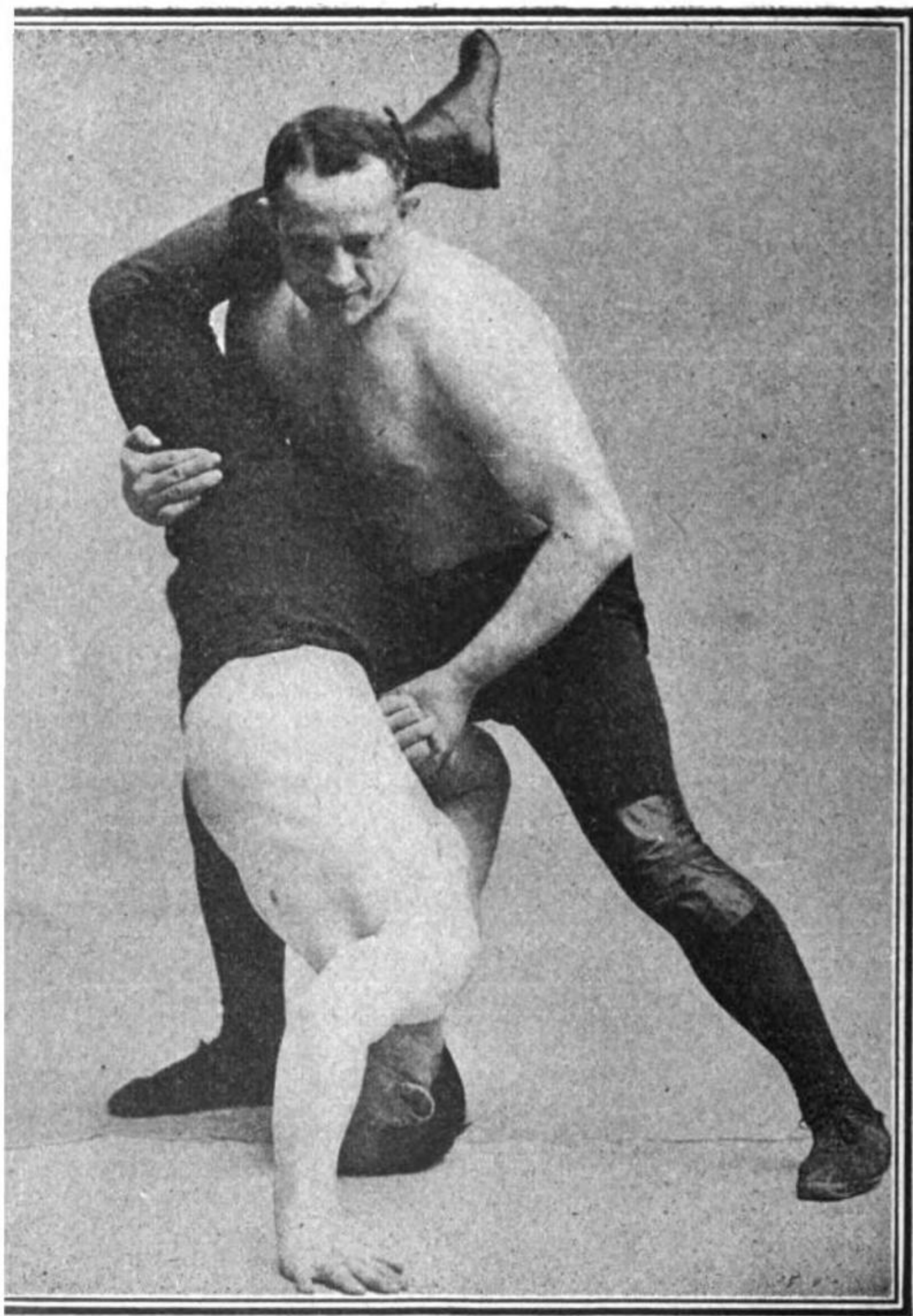
CHARLEY KAISER, OF AUBURN, N Y.

from meeting boxers on the mat, but it is a difficult matter to see just how that will be done. Many fake bouts have been held between fighters and wrestlers, and rarely is one on the level.

The grapplers, realizing that they could make some money by meeting fighters of reputation on the mat, consented to deals that would not be contended in a contest between two wrestlers.

There are very few fighters in the ring who are capable of holding their own on the carpet with experienced and well seasoned wrestlers. It is true that a pugilist makes wrestling a part of his daily training stunts. It is a fine exercise and helps to strengthen and develop muscles that aid him in his fights. But few of them become adepts at the game, just as there are very few wrestlers who make excellent scrappers.

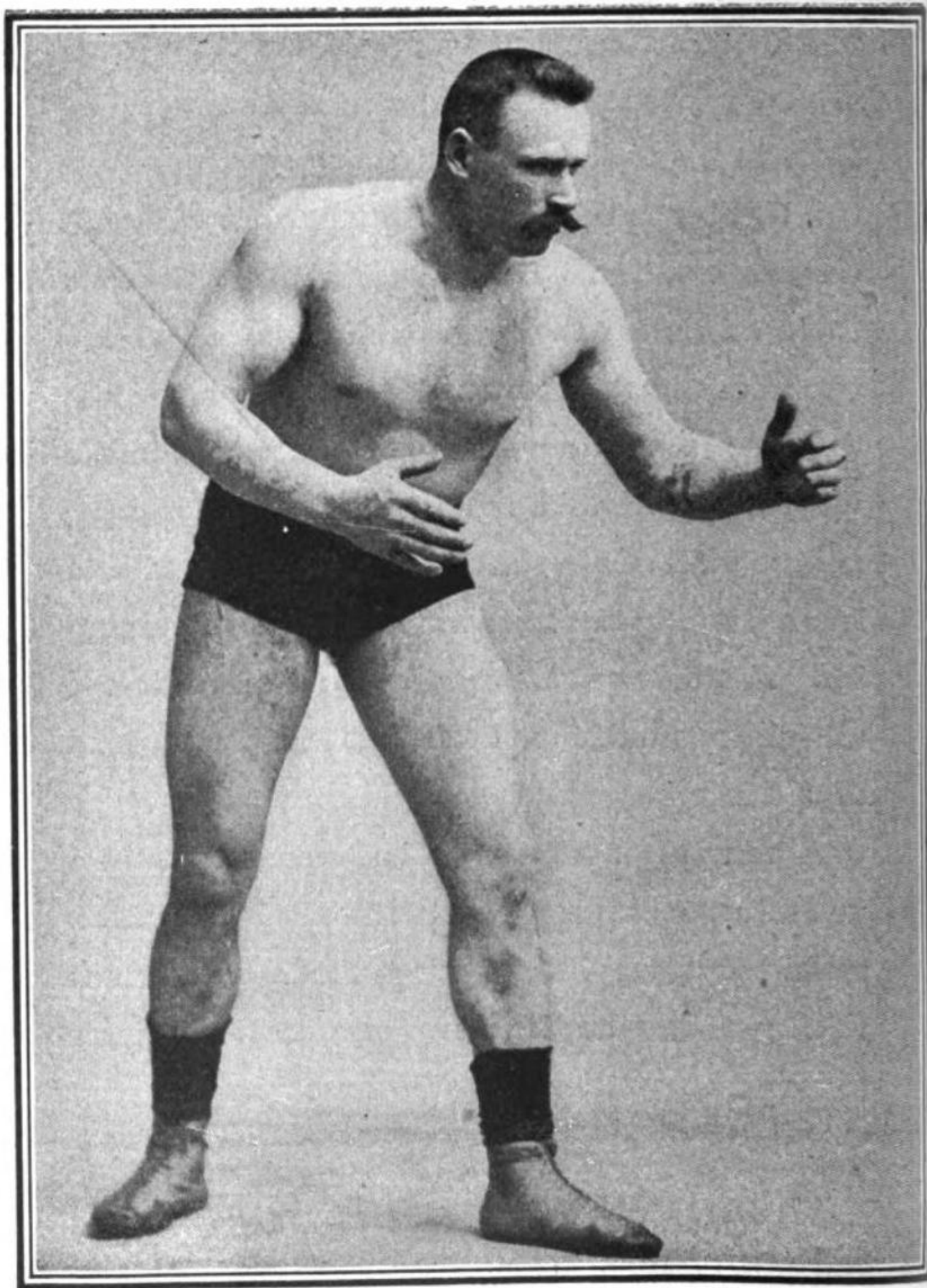
When a fighter and a wrestler agree to a match on the mat the affair is sure to be a handicap one; that is, the wrestler undertakes



LEO PARDELLO, ITALIAN CHAMPION.

to throw the fighter so many times in an hour, Usually it is three times. If the wrestler fails in his task he has a ready excuse, and if the fighter is thrown his reputation does not in the least suffer. He will say that it is not his forte and all that. The public who go to see such contests are, as a rule, victimized. They do not see the genuine article because if the wrestler, unless he is a very inferior one, utilized all of his skill and was out to win in a hurry, would not have much trouble in putting his rival down in such quick time that the match would resolve itself into the worst kind of a farce.

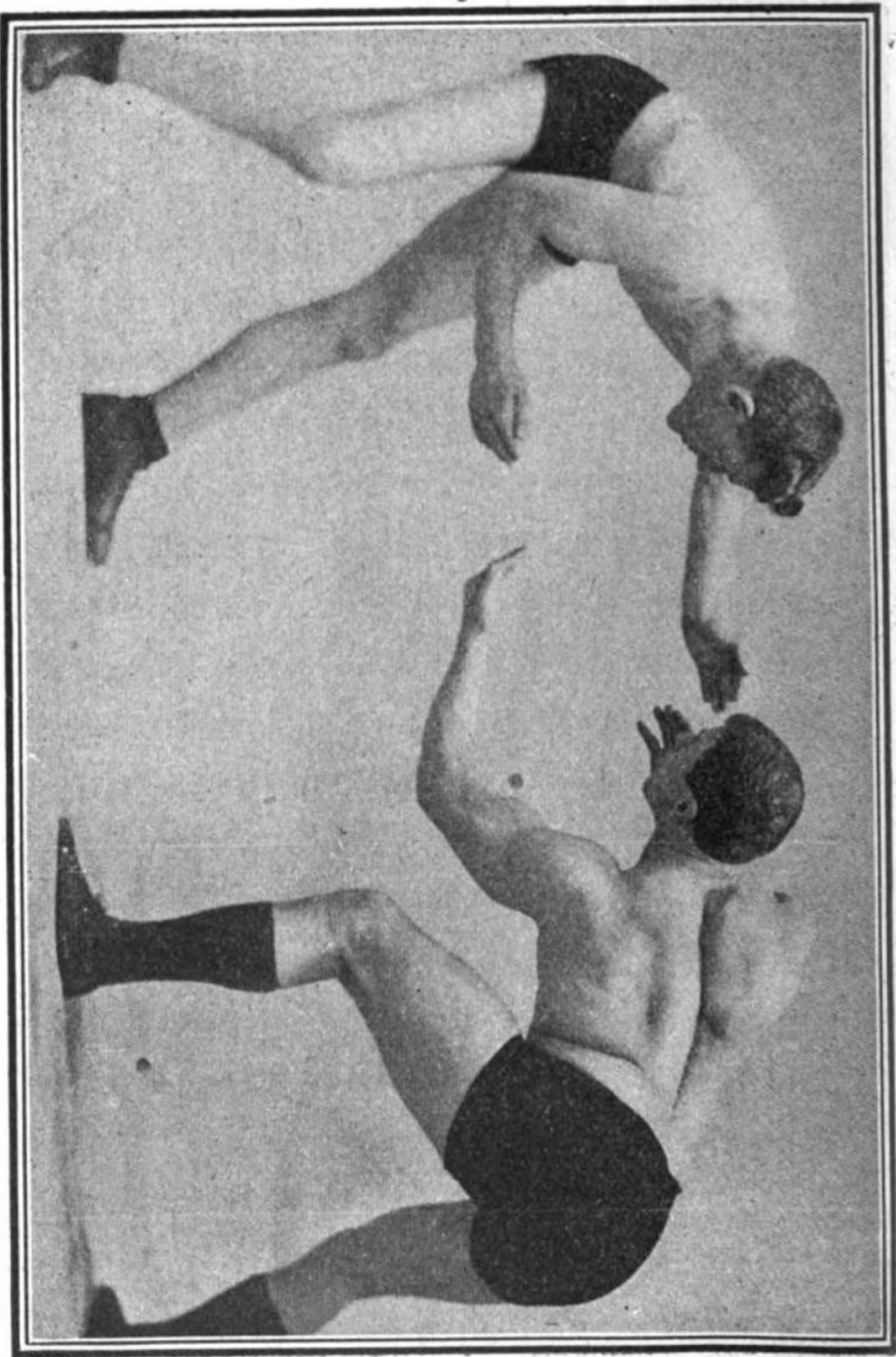
A certain pugilist who has pretensions as a wrestler, will not go on with a match with a wrestler unless he is assured that his opponent will not handle him roughly, and will not throw him until a certain time. In this way he has been able to build up a reputation as a wrestler that does not belong to him. His followers, who are not acquainted with the inside workings of the game, have come to



OSCAR SAMUELSON.

look upon him as a wonderful mat artist, and consequently when he appears he is greeted by large crowds.

Such matches are certain to hurt wrestling in the long run. Handicap matches, anyway, leave a wrong impression, and in the opinion of many they should be frowned upon. To many folks they are worse than the exhibition bouts at the local theatres. These contests are usually for fifteen minutes. A lot of head spinning and unnecessary gyrations are indulged in, with the result that the outcome is a draw. Sometimes a man is thrown before the limit is reached. In nine times out of ten the affairs are rehearsed beforehand, because the monetary consideration is so small that the star grappler cannot afford to take any chances of injuring his reputation by being flopped himself.

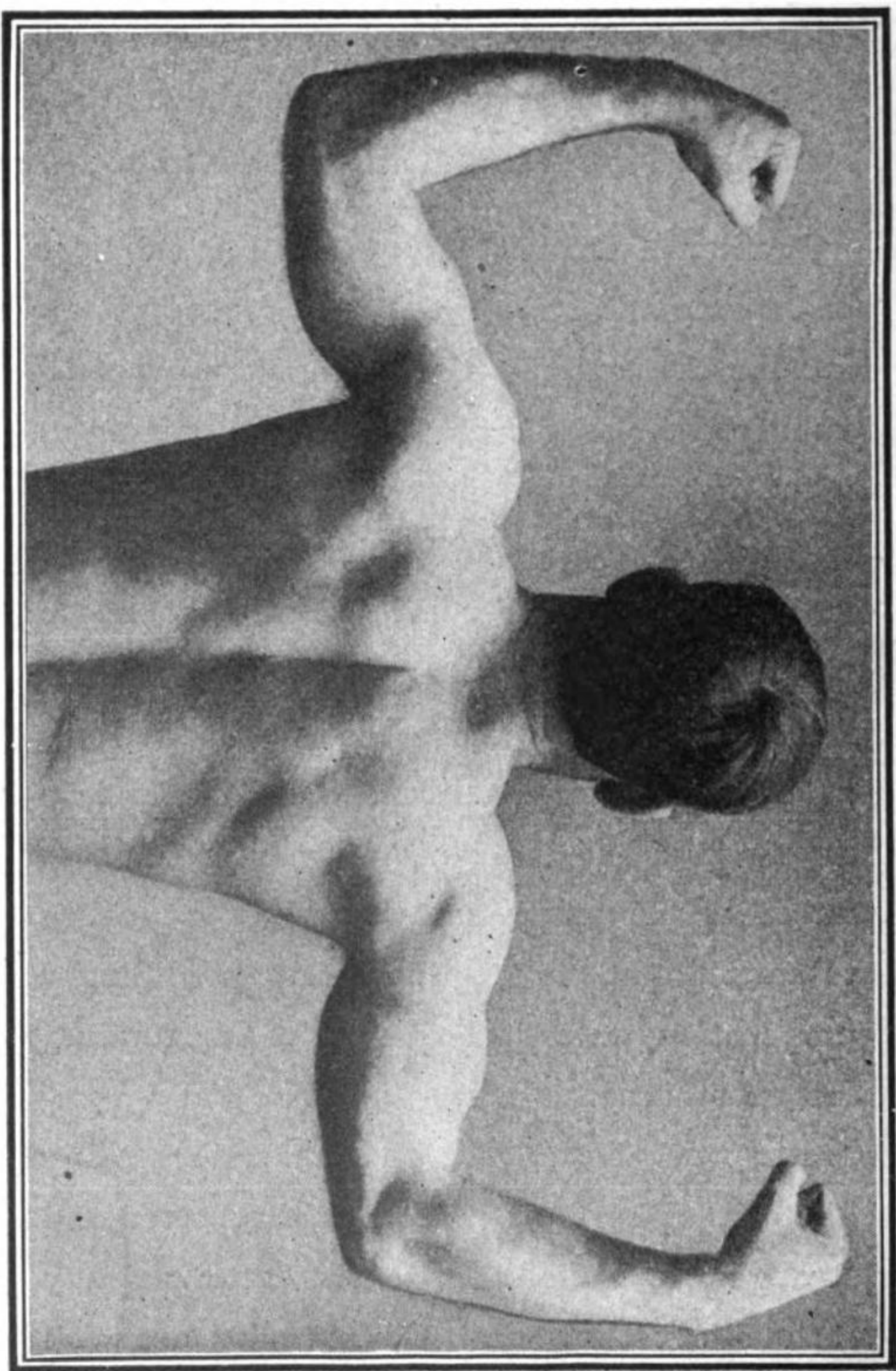


BILL BROWN AND GEORGE HACKENSCHMIDT.

HINTS ON TRAINING

In view of the fact that wrestling calls for endurance and strength as well as wind those are the three things the amateur must cultivate from the beginning. With this object in view, however, he must not overlook the question of speed, which is as essential to the man on the mat as it is to the boxer in the ring.

Taken all in all there is nothing that will so develop a man's muscles and make him strong in mind and body and self reliant as wrestling. A young man would be very foolish to start in at once, without any preliminary preparation, on a rigorous course of training. He must season himself gradually by gymnastic work of a light character, increasing his tasks as he feels he is getting better and stronger, and he should not attempt any serious wrestling until his muscles are well enough developed to withstand the unusual

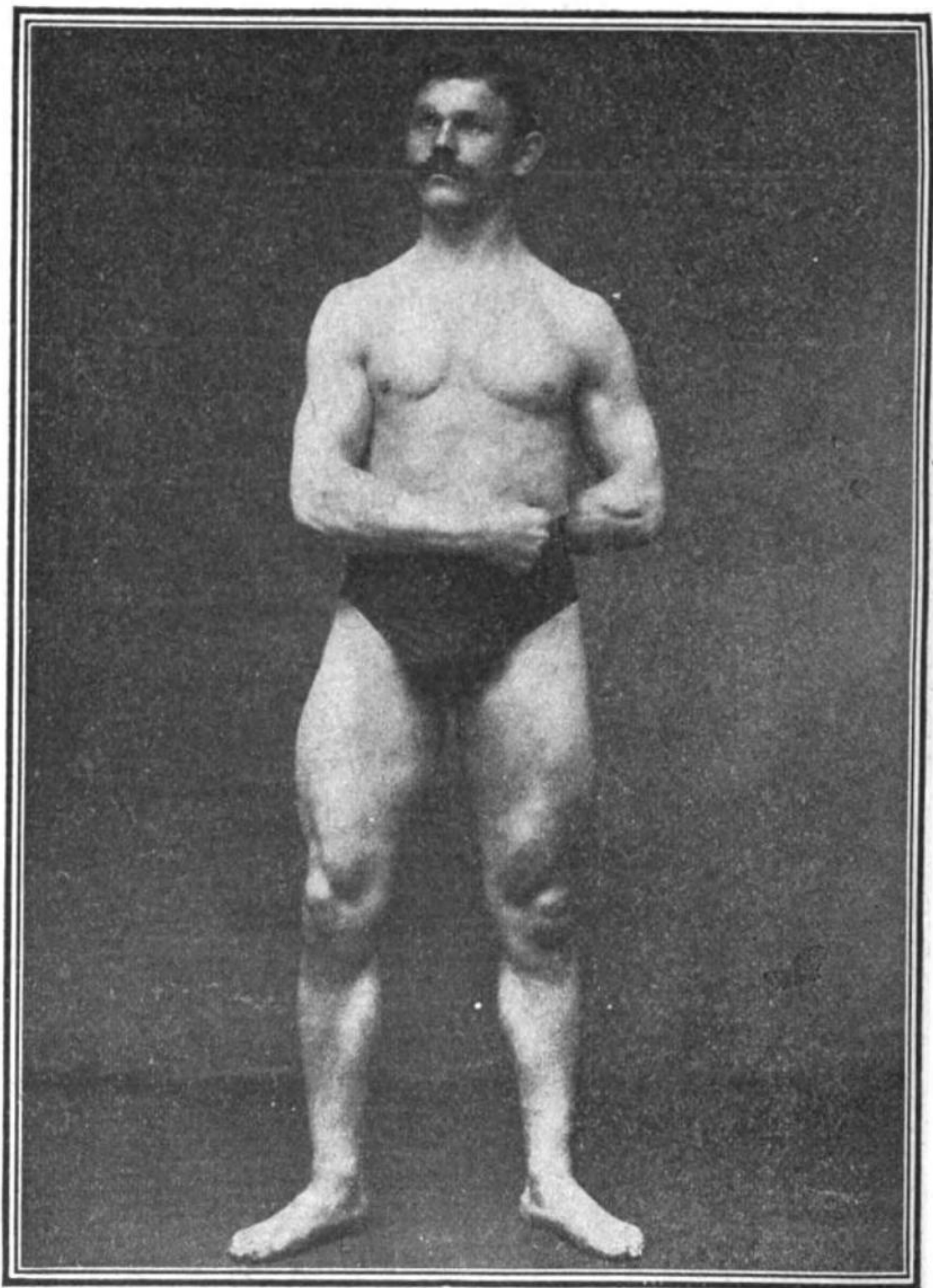


THE BACK DEVELOPMENT OF FRANK GOTCH.

and severe strain which will be put upon them.

As a pleasing and interesting diversion he can practice holds and counters with some friend, learn the quarter, half and full Nelsons, the hammerlock, the hiplock, the scissors, and in fact, all of the many varieties which are shown in this book on the following pages. How long it will take any certain person to get in what is known as good condition will depend entirely upon their constitution and their ability to work. One man might condition himself in a month, whereas it would take another at least three months to get in any kind of shape.

For the wind—and this must not be overlooked—take a course of running—on country roads where it is possible. Where it is not, then run anywhere. A half mile will do if you haven't been used to it, the student himself will be the best judge of that, but don't cover so great a distance that you are fagged out at the finish. Work gradually into a long easy stride and keep it up. On the return a



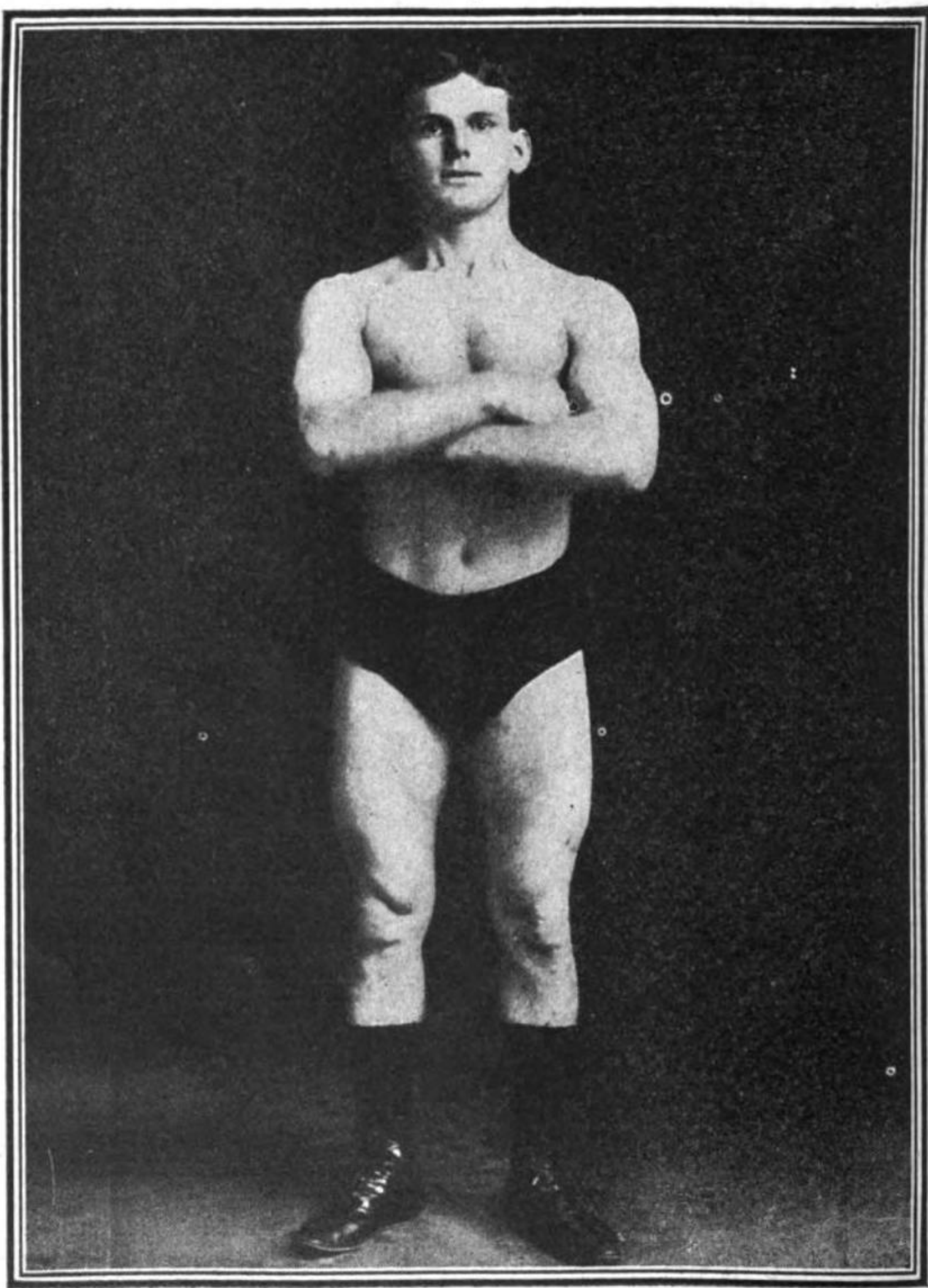
H. HANSEN, Y. M. C. A. INSTRUCTOR, OF SYRACUSE, N. Y.

good rub down with a coarse towel, followed by a cold plunge or a cold sponge bath will be found very invigorating.

Bear in mind that the object to be attained is the hardening of no one set of muscles, but of all the muscles in the entire body, as well as the heart and lungs. Bear in mind that wrestling in itself is the greatest of all athletic exercises.

Cut out all kinds of tobacco and liquors from the start and forget that they ever existed if you want to amount to anything physically. Great athletes may have been great drinkers in their day, but they could have been greater and their powers of endurance would have been more lasting if they had been total abstainers, and in the end John Barleycorn puts them all down and out.

When you feel that you have reached that stage where you can stand fifteen minutes hard work get a wrestling partner. In a friendly bout you need not be particular about the weight, and, if possible, get someone who

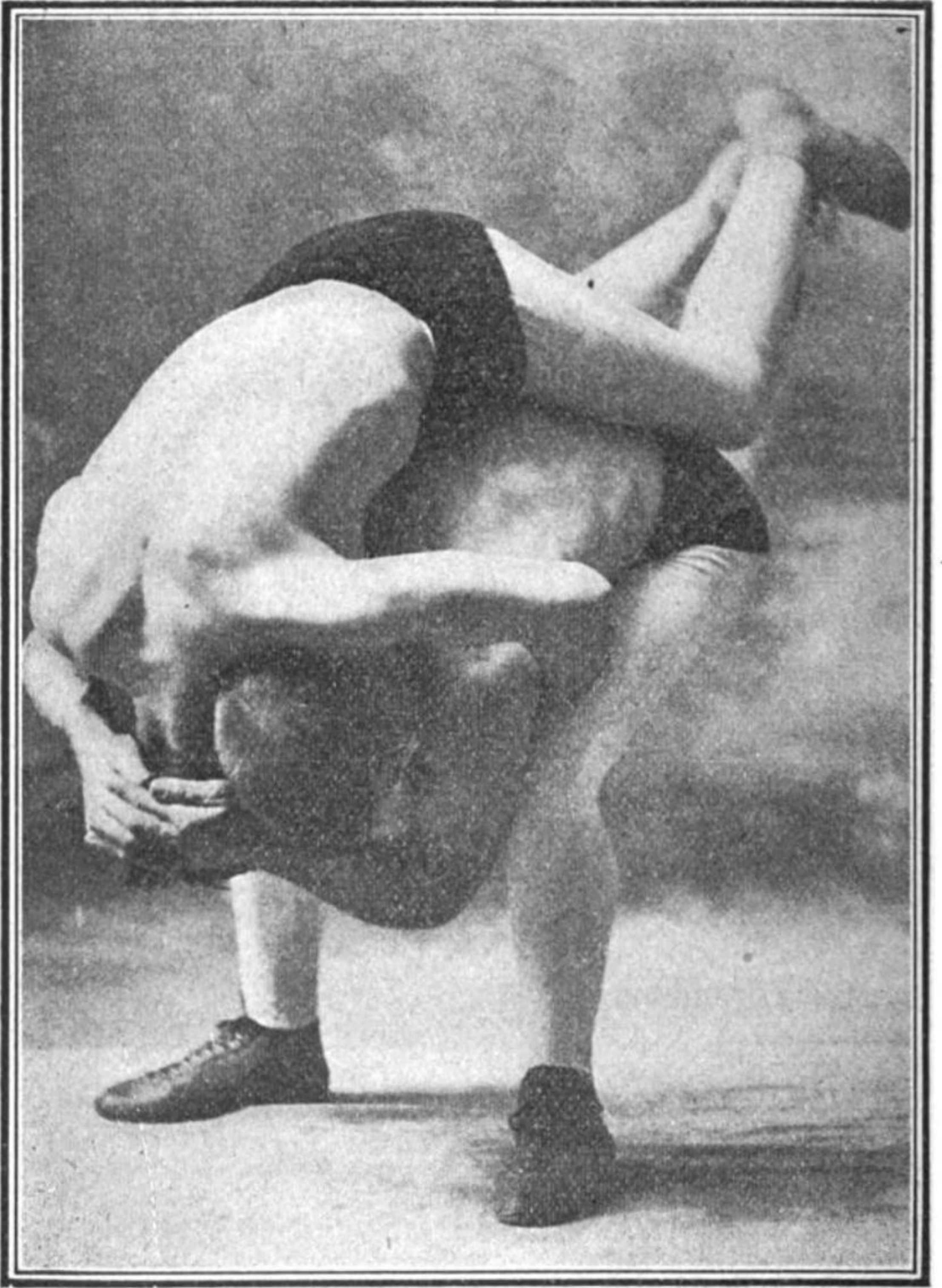


FRED (DEMON) BARTL.

knows more about the game than you do, and you will be able to learn from him. Don't expect to be told everything, but use your eyes as well as your brains. Study out the different situations, and try to figure out in advance what your opponent intends to do. In that way you'll be ready to block him. In beating Hackenschmidt, the world's champion, I had him all figured out in advance, and I knew what moves he intended to make, in many cases, before he put them into execution, and if he had not quit I would have turned him on his back, just as I knew I would when we shook hands at the beginning of hostilities. Study out the counters for the different holds, and always be prepared to squeeze out of a tight corner when the occasion arises.

In applying the toe hold do so with the utmost care in order that you may not seriously maim your opponent. You will appreciate how effective it is if it is properly done.

A book of this size on so important a sport as wrestling must necessarily be incomplete to



FRED BARTH, KITTANNING, PA.

a certain extent. So if there is anything between these covers concerning which you are in doubt, I will be glad to answer any question you may ask, in the columns of the "Police Gazette," if you will send your query to me care of that office.

But, above all things, don't expect to become a proficient wrestler without going through a series of preliminary training and exercising, which is a common failing among amateurs. Get strong gradually, bearing in mind that great speed is always a necessary adjunct to everything in the athletic line except weight-lifting, hammer throwing, etc.

Never lose your temper for an instant. Keep cool always and study every move of your opponent, and if possible, try to anticipate what he intends doing. That is half of the game. The other half is to try and deceive him as to your next movement.

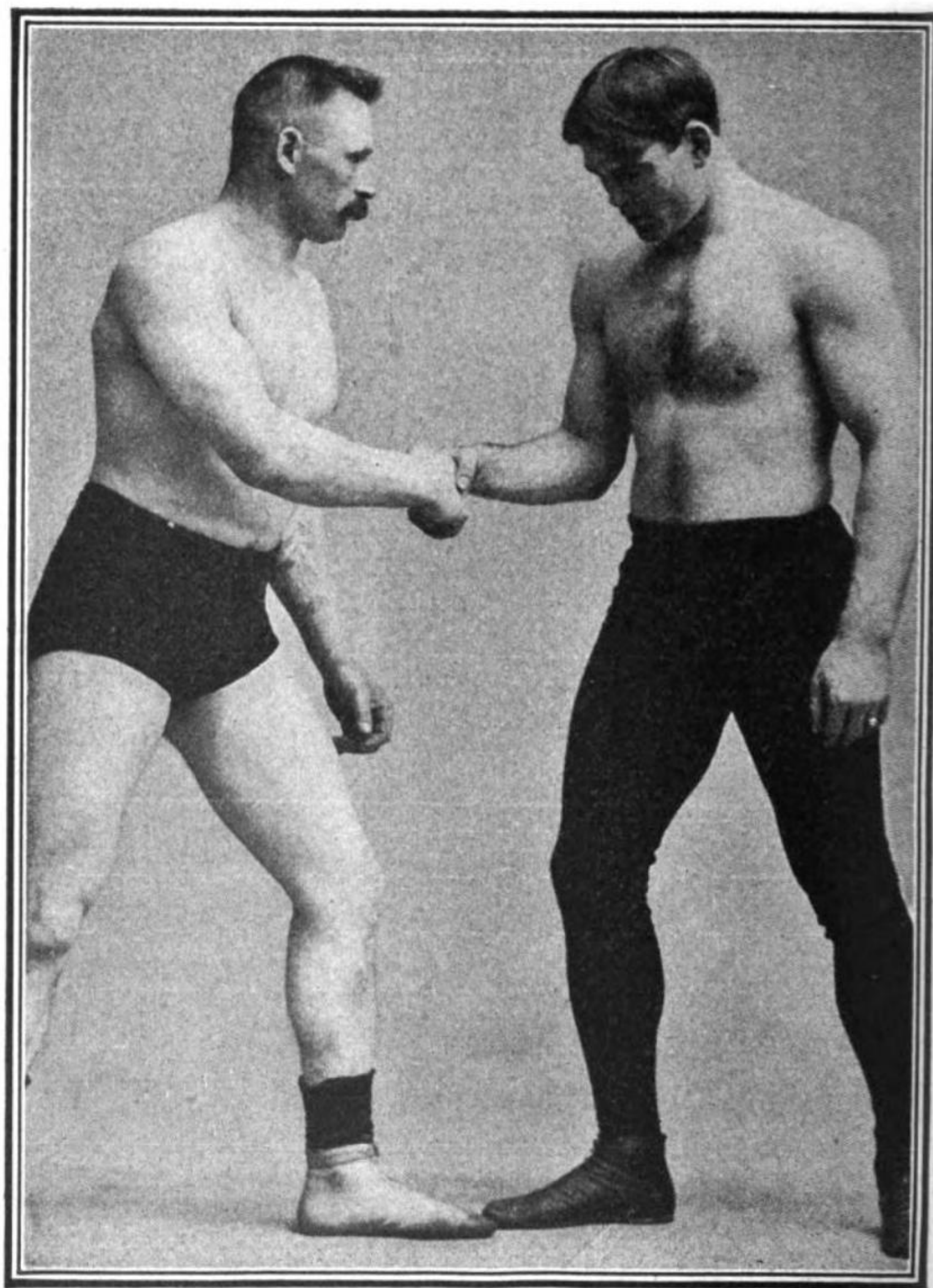


PLATE 1

PLATE 1

Shaking hands—This is the real beginning of a contest, and should never be omitted when two men meet in competition, whether wrestling or boxing.

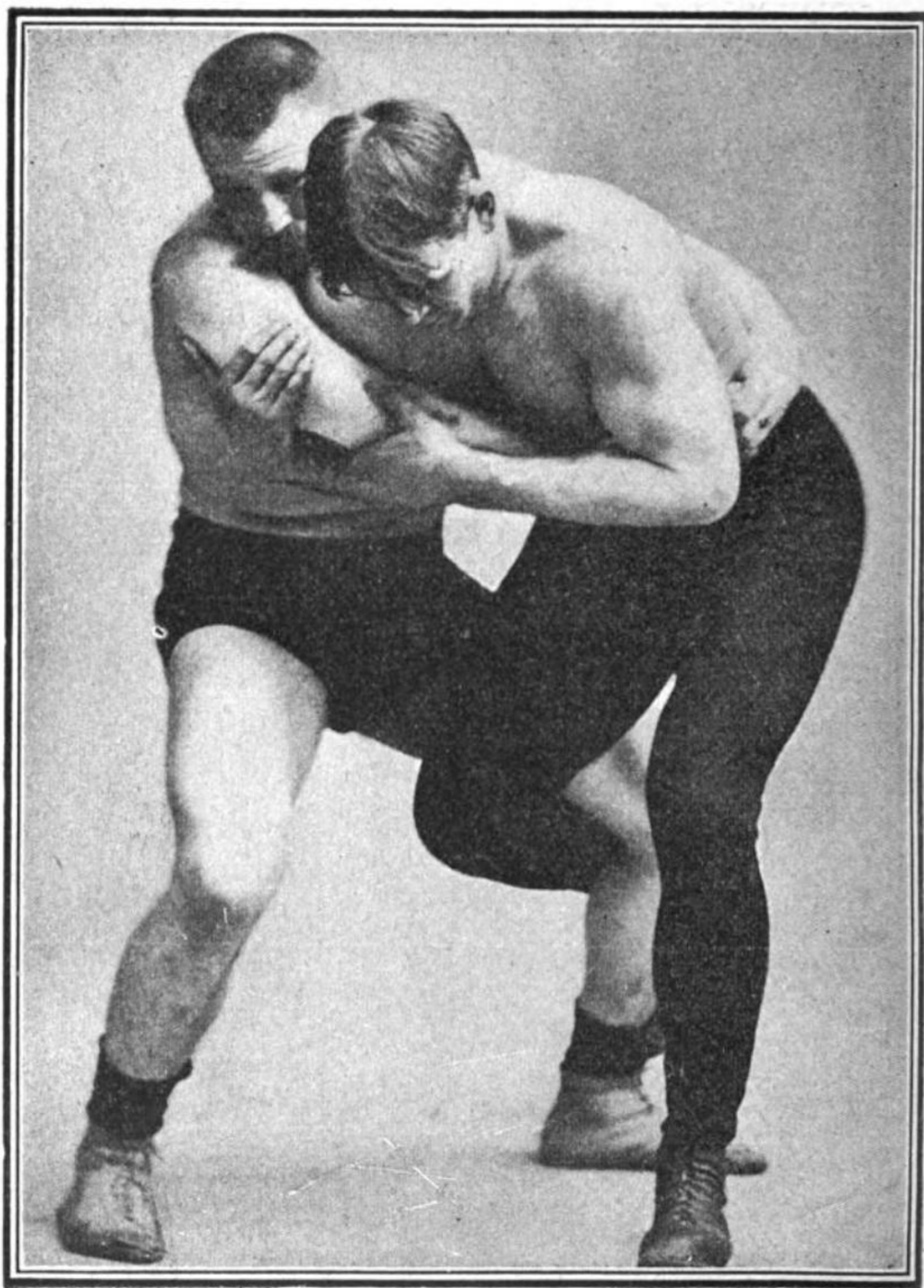


PLATE 2

PLATE 2

This shows the grapevine hold, standing, and it can be worked from either side, whichever is most convenient.

Seize your opponent by the arm, between the elbow and shoulder, pull him with a quick movement close to you and then twine your right leg about the lower half of his left leg, locking the toe against his shin bone. Pull his leg toward you and he will go down.

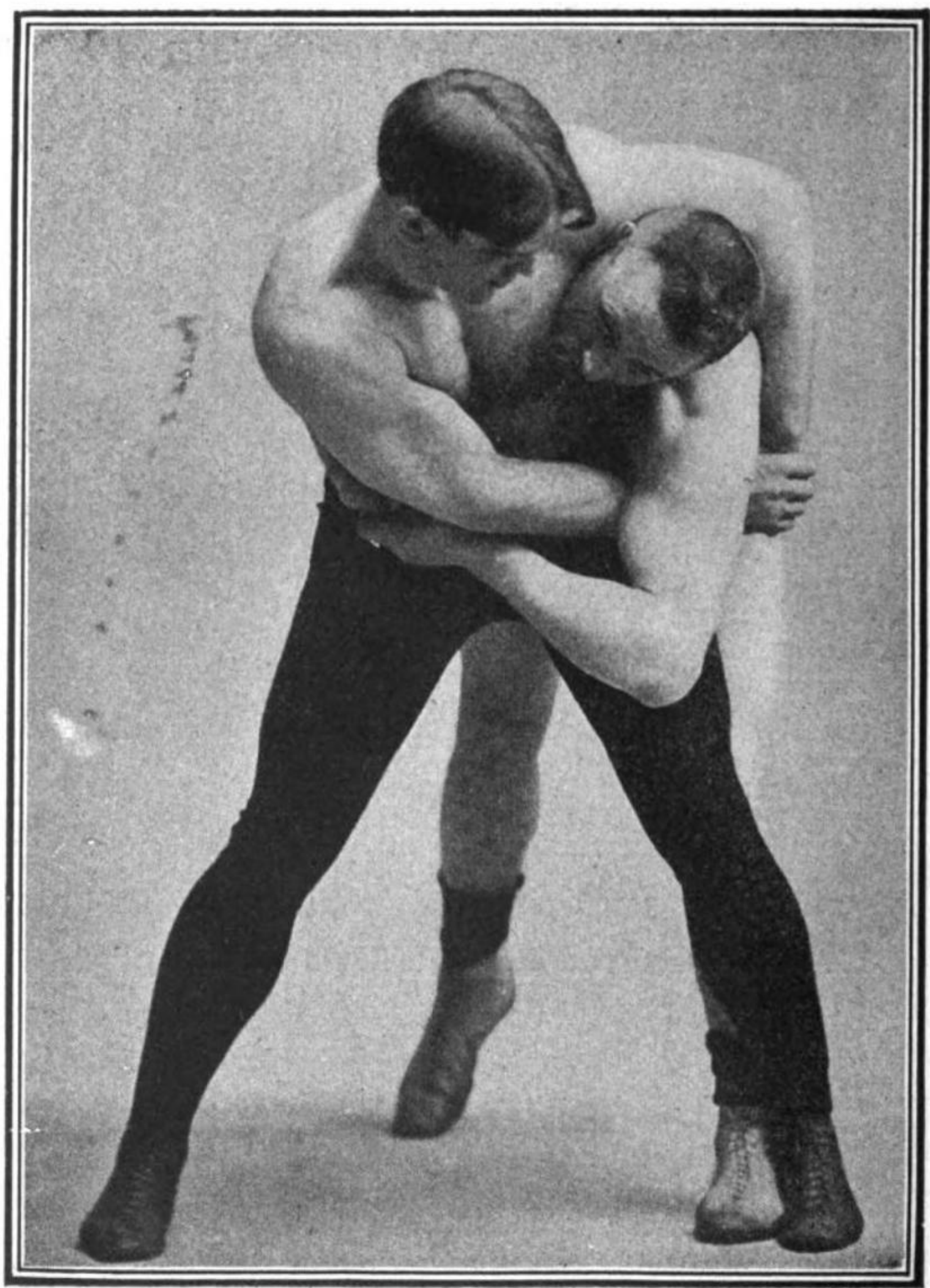


PLATE 3

PLATE 3

It is difficult to describe this. The original aggressor had secured a hiplock, but the tables have been turned and the situation reversed by the arm and neck hold. There is a fall imminent when the man with the arm and neck hold by displacing his opponent's left foot, brings him down with a sudden twist.

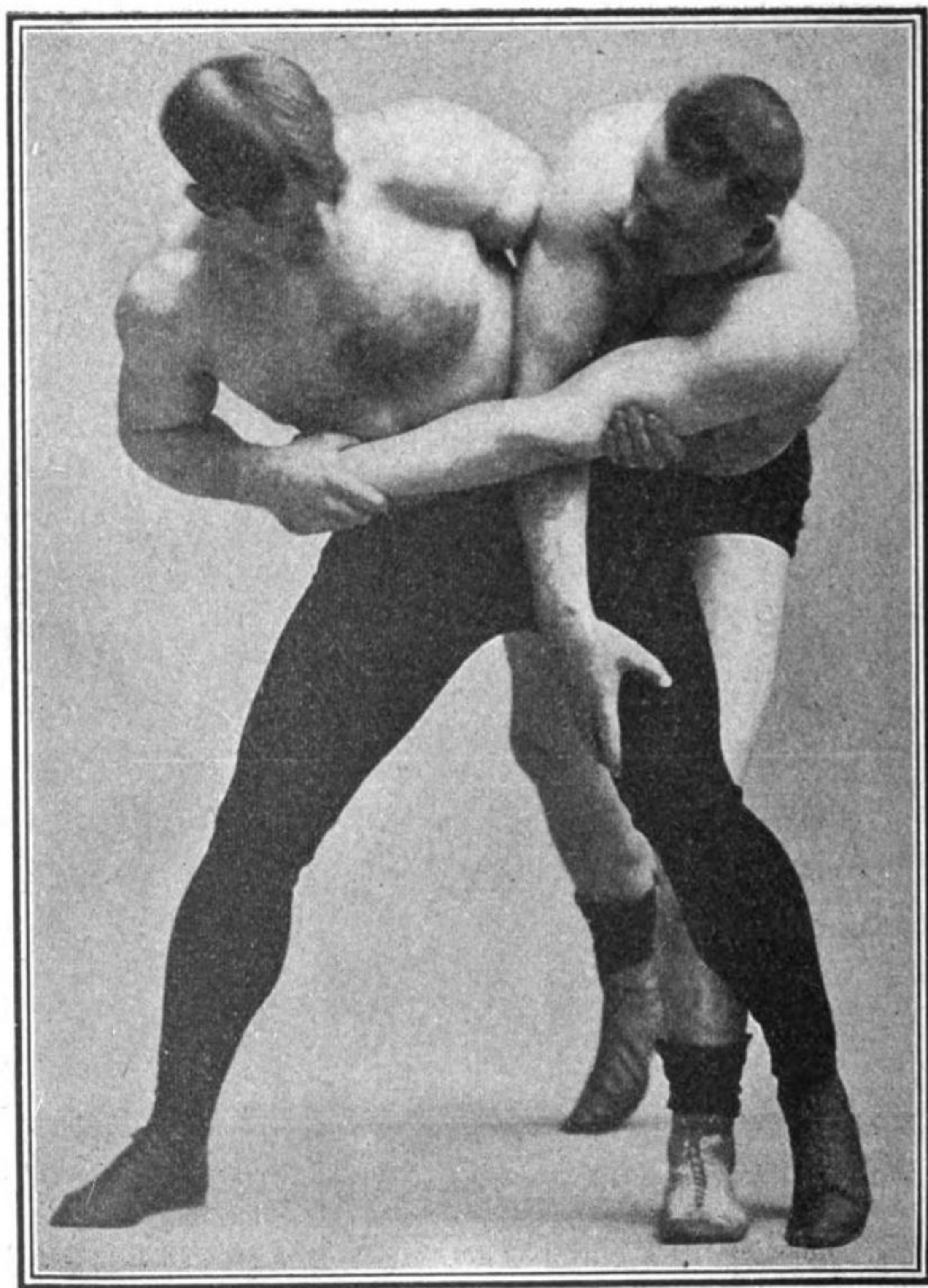


PLATE 4

PLATE 4

Block for a hiplock—The man on the right has attempted a hiplock, and his opponent has cleverly blocked it in the manner shown by the accompanying plate. He can force him off his feet by bearing down on the wrist he holds and tripping. This is a jiu-jitsu movement.

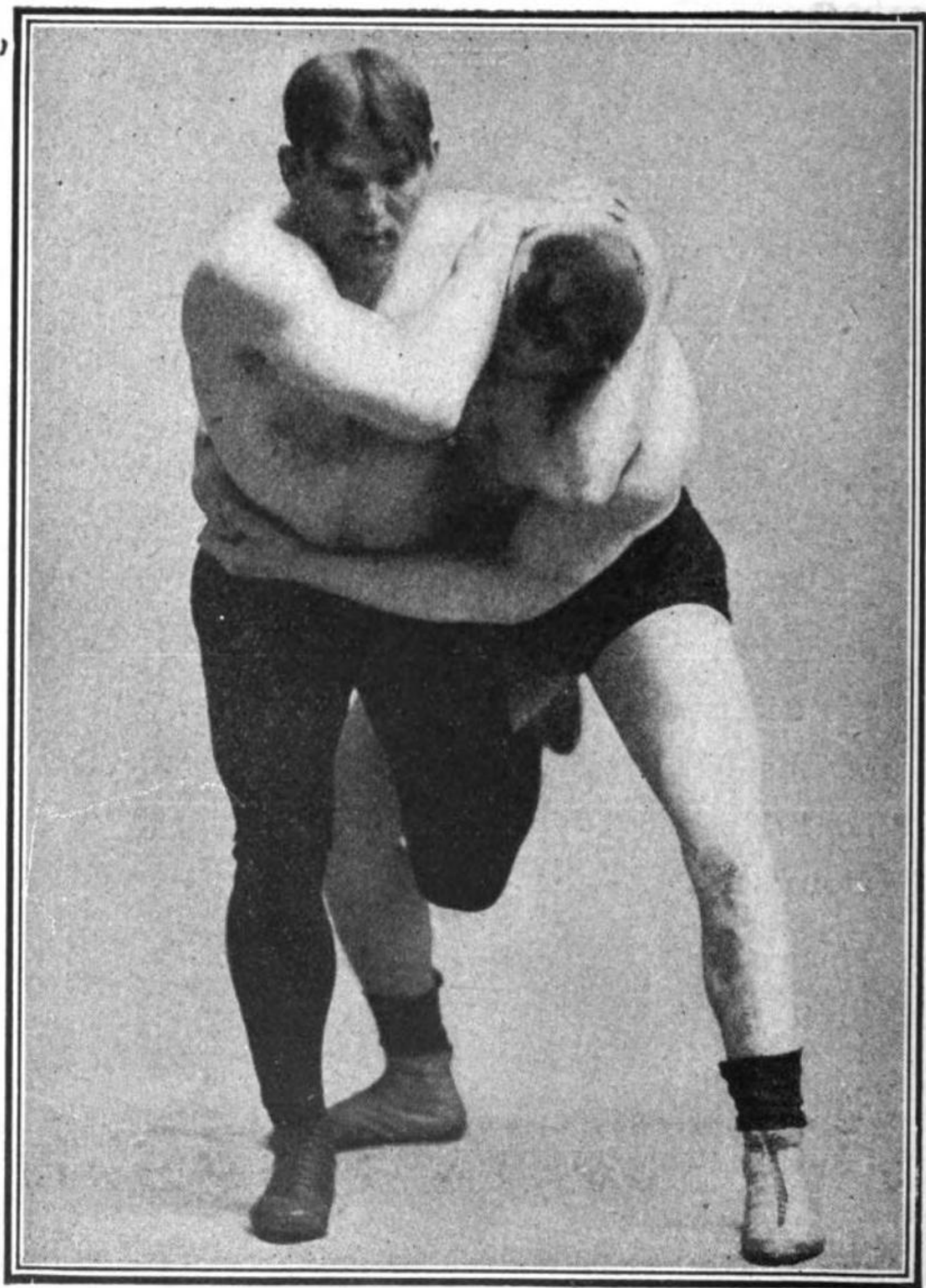


PLATE 5

PLATE 5

Chancery over the shoulder—The head is practically in chancery and is being twisted to one side with such force that the man on the defensive is practically helpless. His waist hold avails him nothing and he is compelled to go down unless he can break the head hold, which is hardly likely.

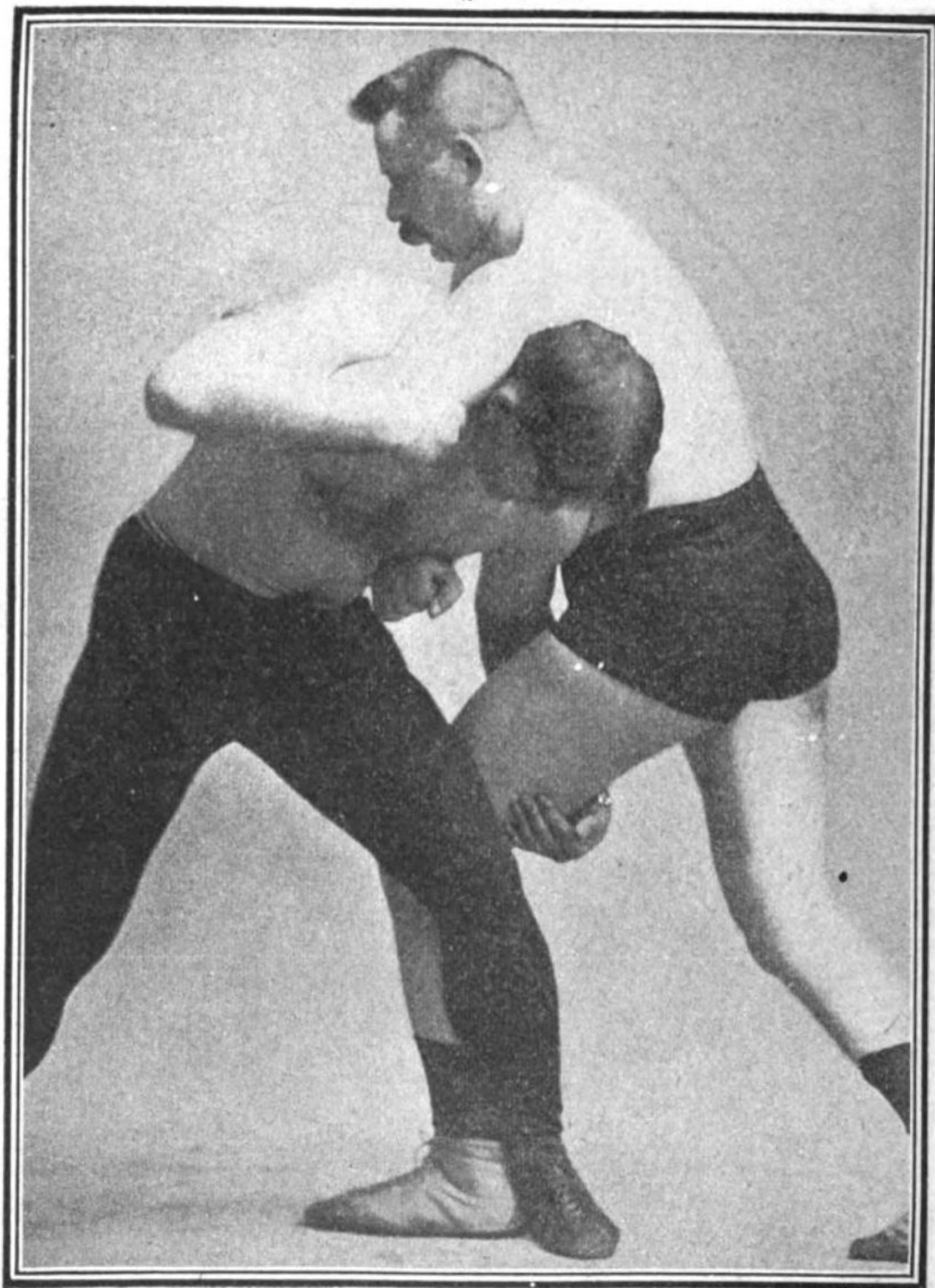


PLATE 6

PLATE 6

Arm and leg hold—This is the result of a quick rush, both holds being secured at the same instant. If properly executed a flying fall results. The body is raised by means of the leg hold and your opponent is thrown over your shoulder. The whole movement must be executed rapidly to be effective.

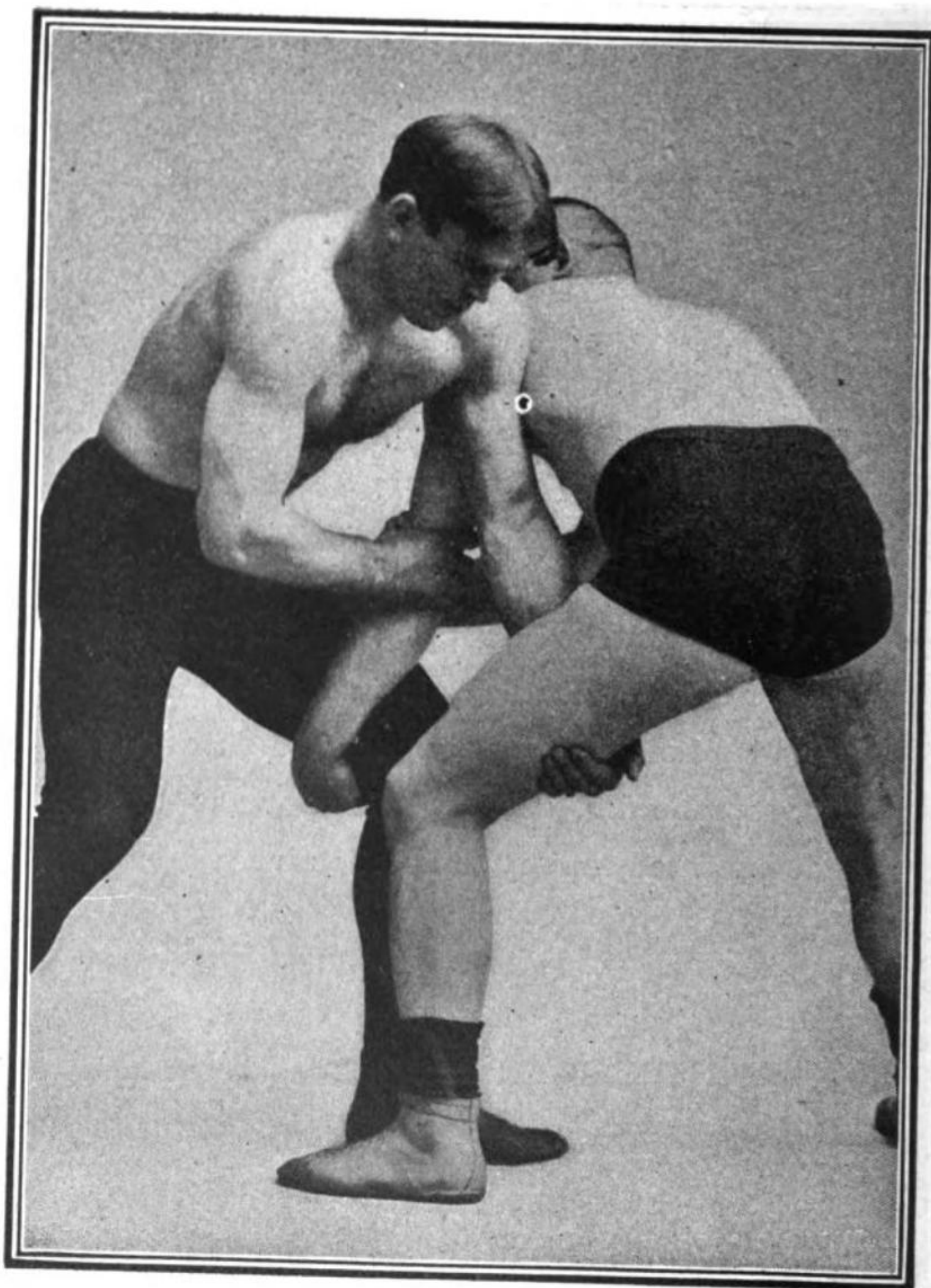


PLATE 7

PLATE 7

Block for a leg hold—The man on the left is on the defensive. His opponent has made an attempt to throw him by means of a leg hold, but he has cleverly blocked in the manner shown in the illustration. There is no opportunity for a fall here.

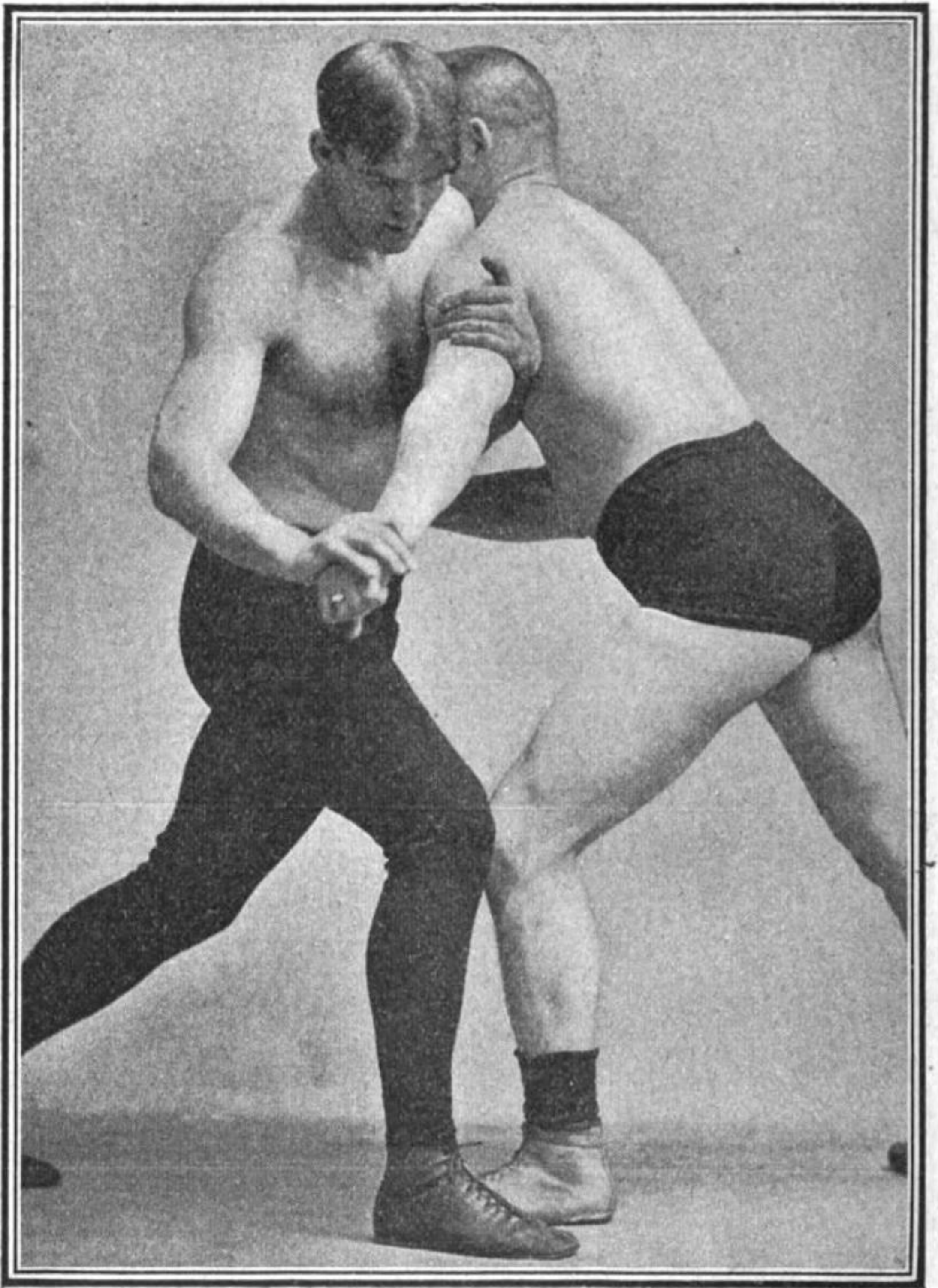


PLATE 8

PLATE 8

This is more or less a jiu-jitsu movement, and might be called an arm hold and trip. With the left hand as a lever the arm is forced back by wrist hold, and then a quick trip with the left foot follows. Amateurs should practice this hold with caution else it may result in dislocation of the shoulder.

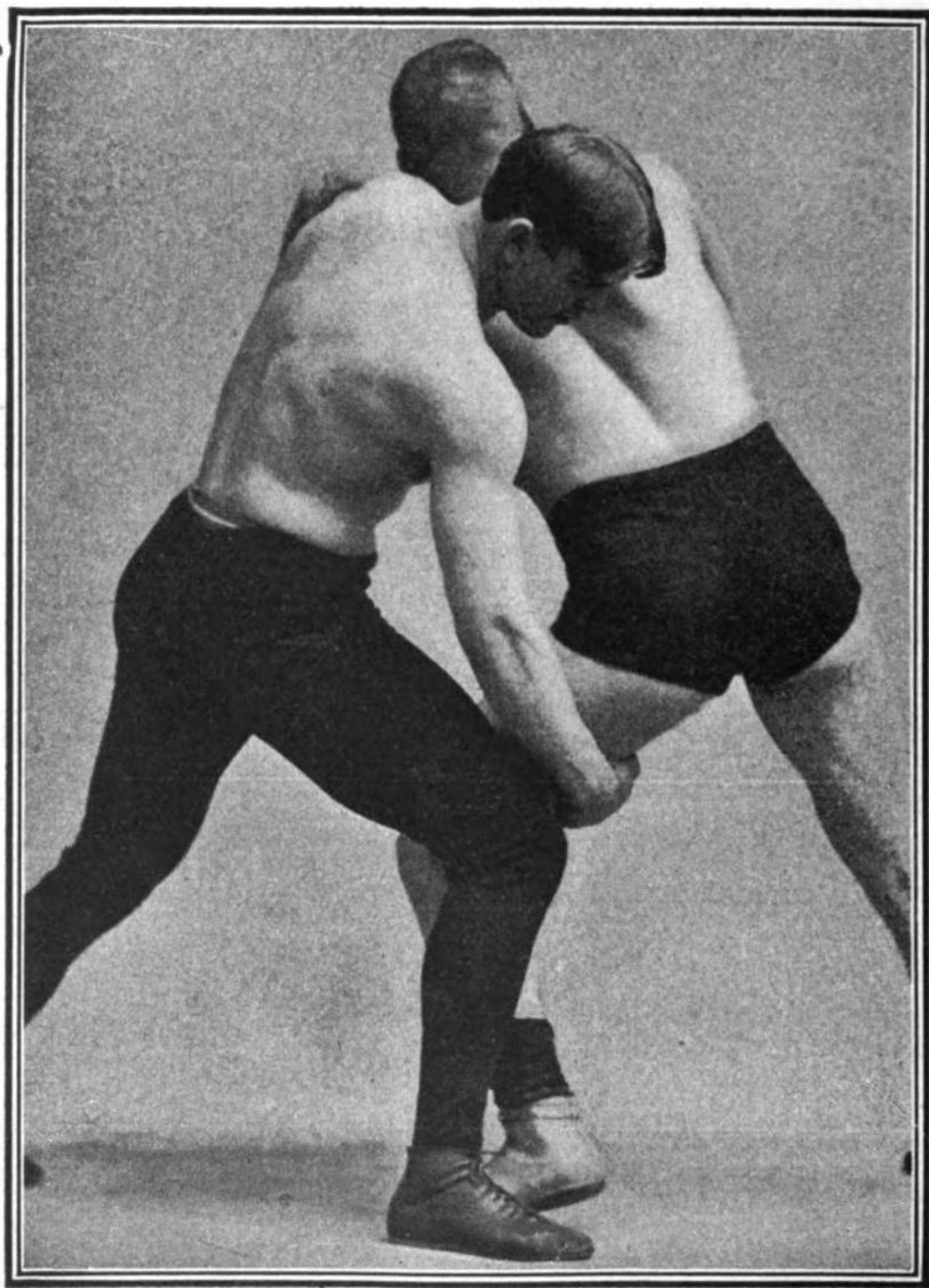


PLATE 9

PLATE 9

In the event of missing the preceding fall the opponent can be pushed to one side and in front and this hold secured—left arm across the front of the neck and right hand hold of the leg at a point between the hip and the knee. Lift with the right hand and force your opponent in the position shown by Plate 10.

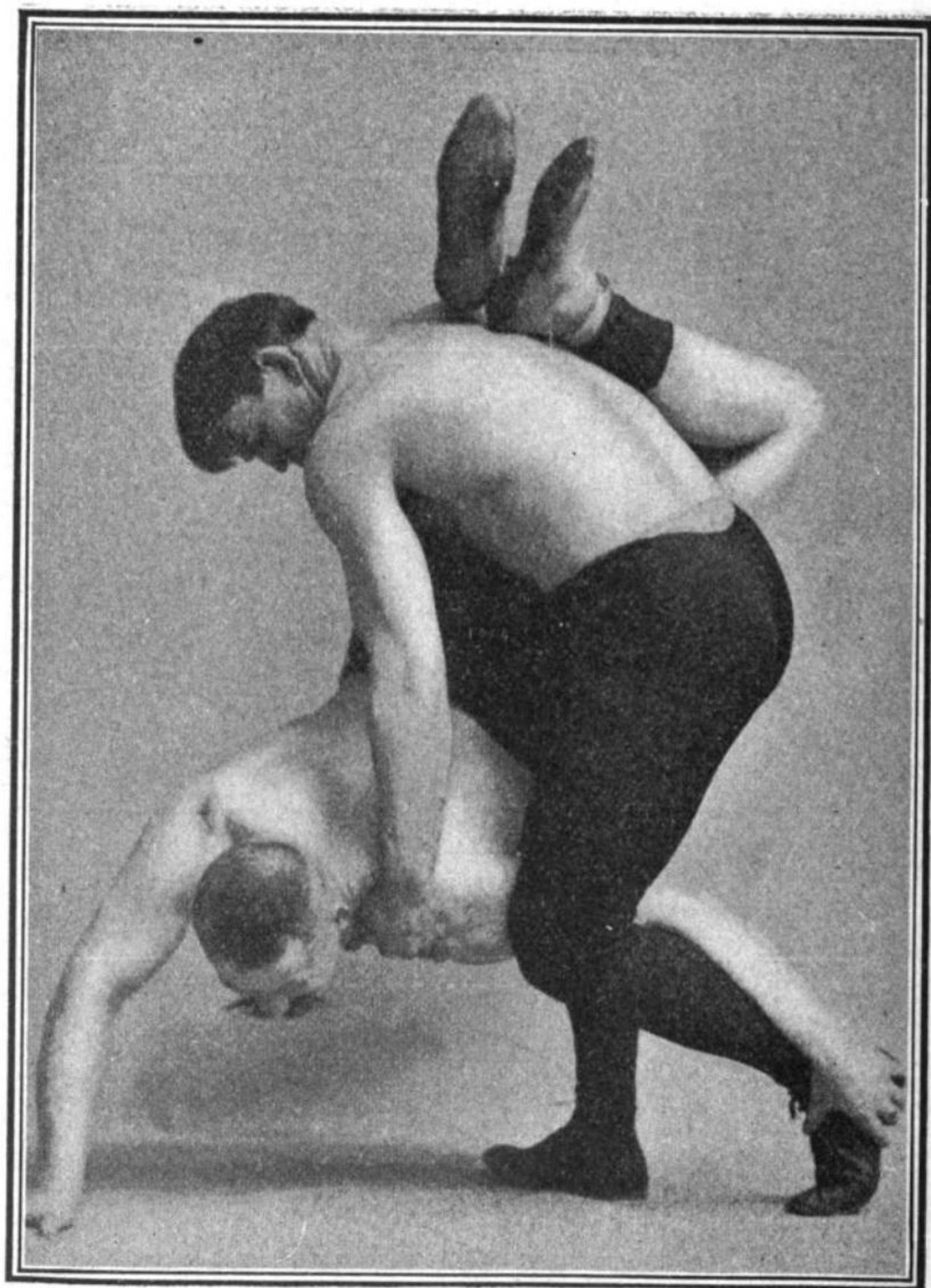


PLATE 10

PLATE 10

This is the result of the neck and leg hold. The leg hold is now a crotch hold and the left hand has been slipped to the shoulder while the left arm of the man on the defensive is scissored by the leg. With but one free arm the under man is in a bad way.

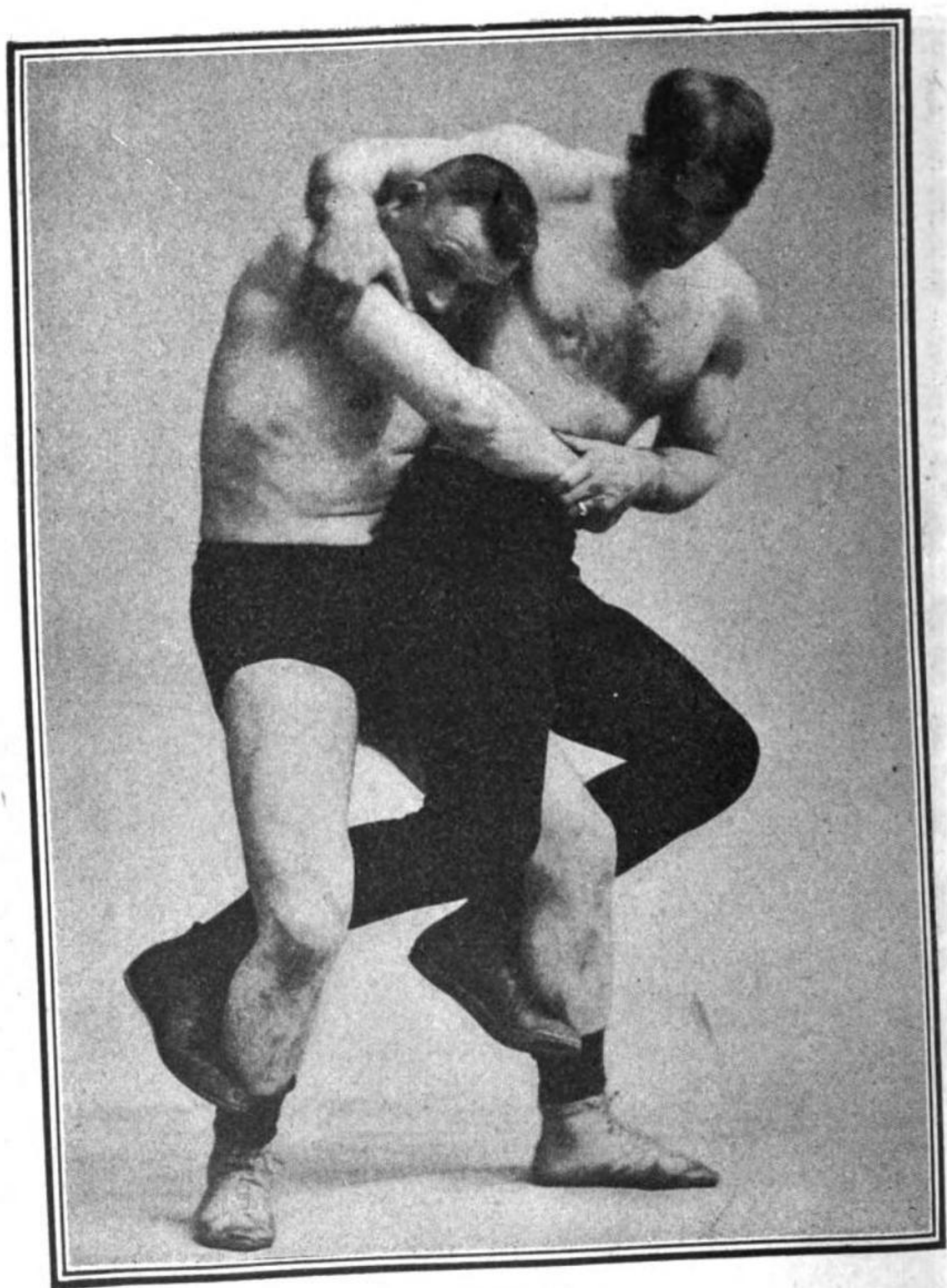


PLATE 11

PLATE 11

Block for a body lift—The man at the right has tried for a body lift but his antagonist has used the grapevine with both legs and completely blocked the manoeuvre.

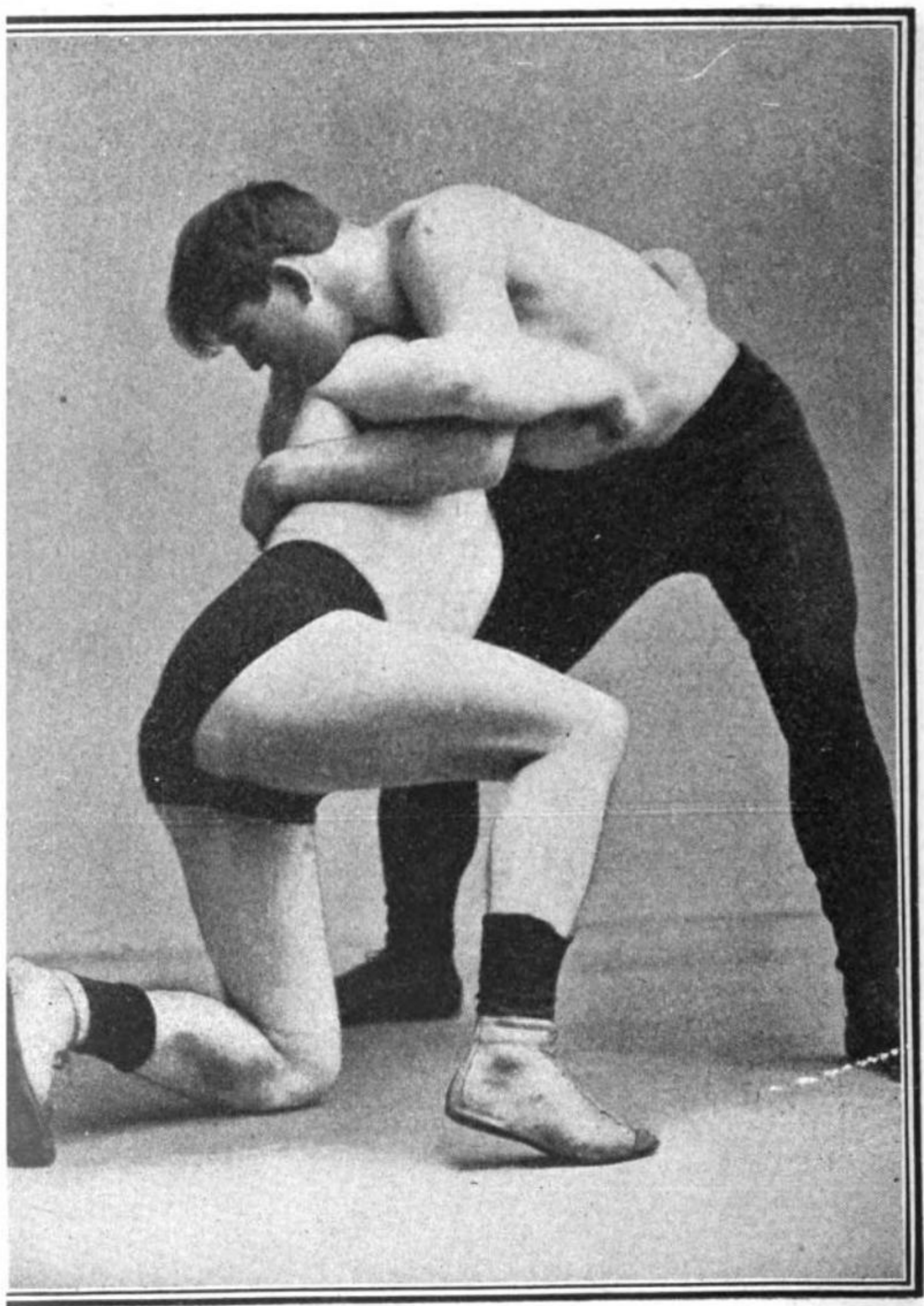


PLATE 12

PLATE 12

Chancery and barlock—This hold may be secured from a standing position and a fall is imminent when it is once obtained. The right arm is thrown around the back of the head so the hand will come under the chin, and the left arm is placed under your opponent's right arm so the palm of your hand rests on his back. The following plate gives another view of this movement.

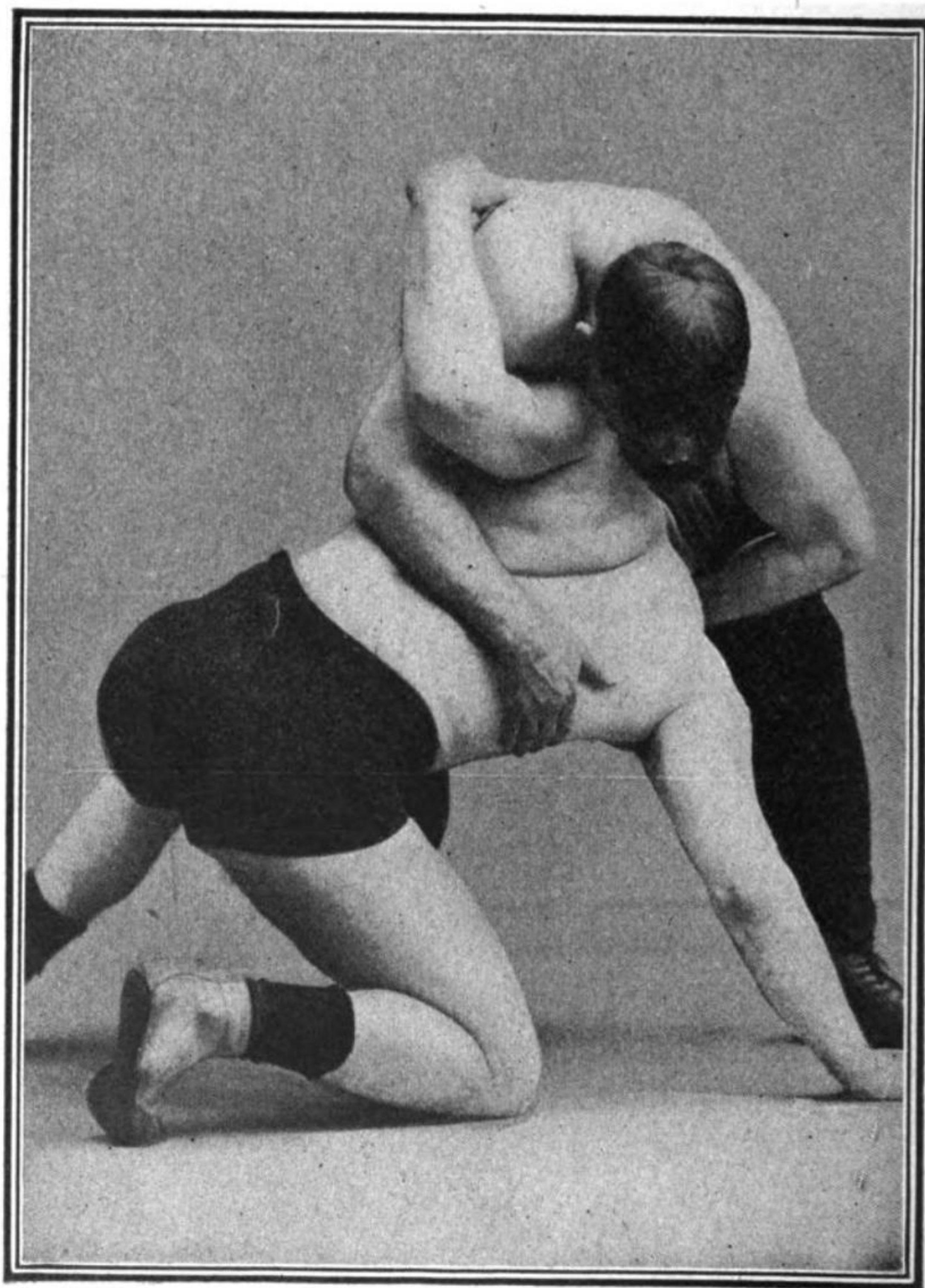


PLATE 13

PLATE 13

Chancery and barlock, continued—By twisting your opponent's head and forcing his right shoulder up by your left arm you will bring him to his knees, and although there may be a few moments resistance, the fall is imminent.

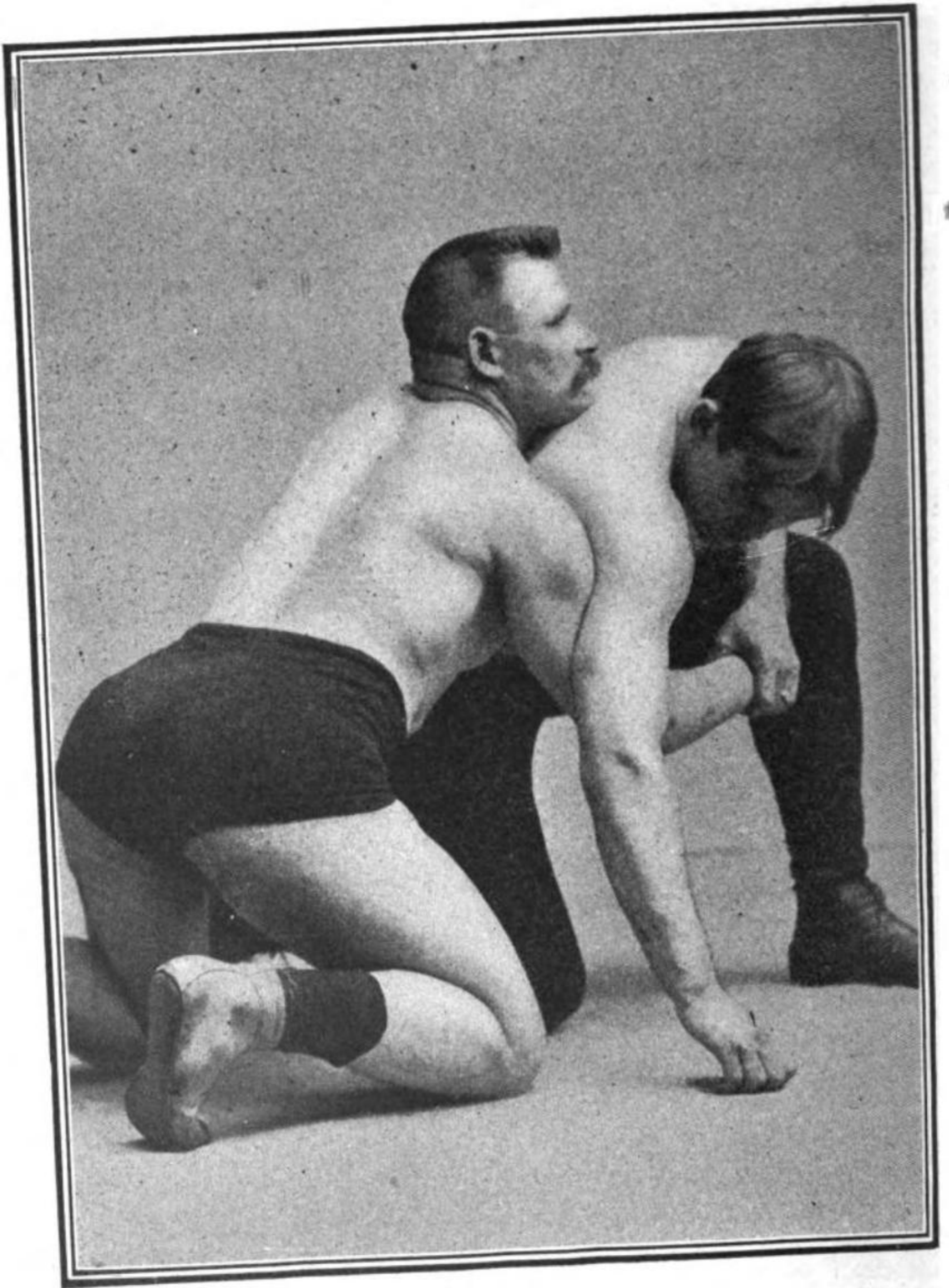


PLATE 14

PLATE 14

Securing an arm lock for a side roll—The man on the right has been on his buttocks with his opponent's arms around his waist. He has twisted out, taken a wrist hold, and is ready to roll the man on his back.

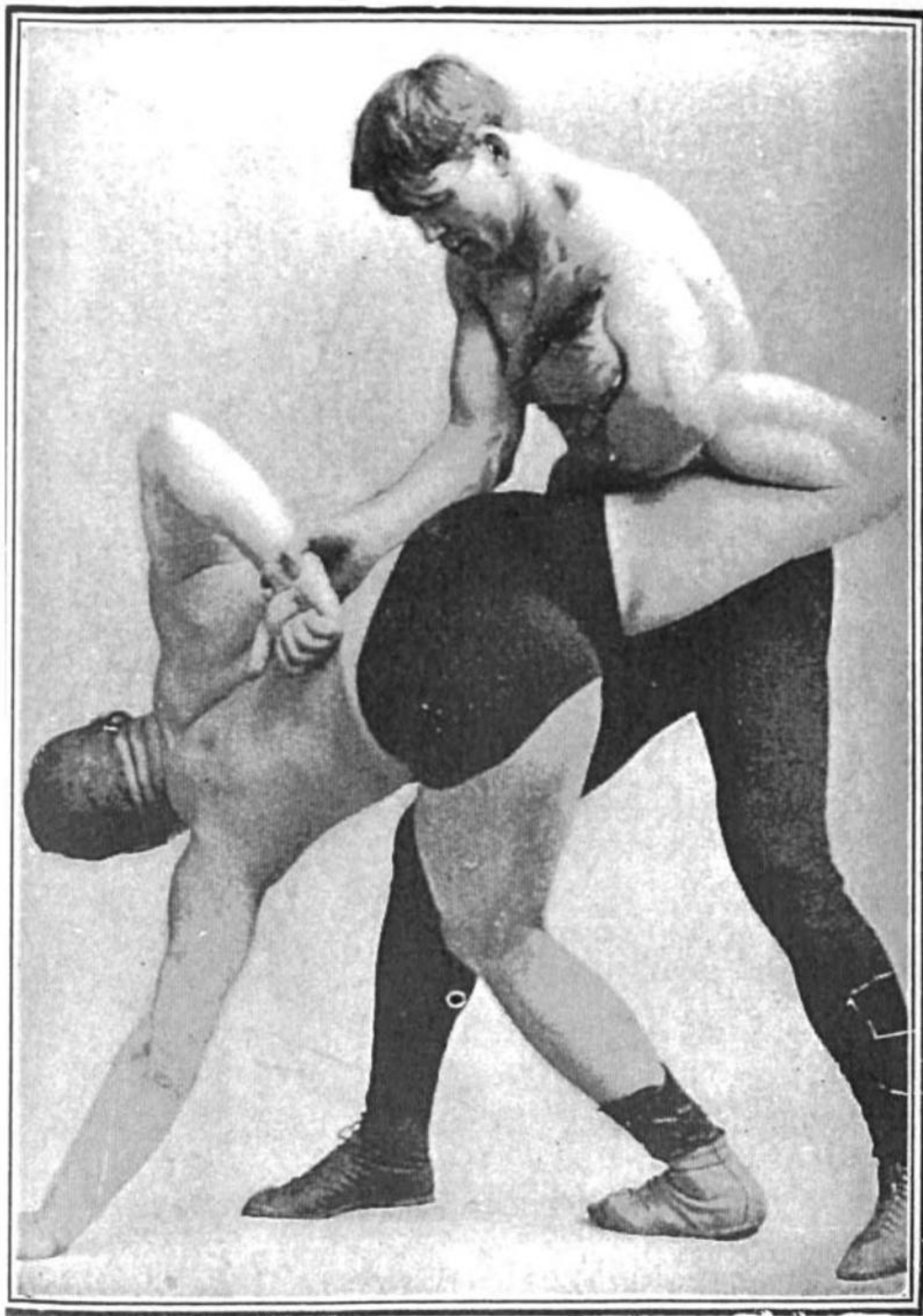


PLATE 15

PLATE 15

Hammerlock and leg hold—This is secured while the defensive man was on the mat on his knees. The hammerlock was obtained first, the leg hold followed. A trip with the left foot makes the fall imminent.

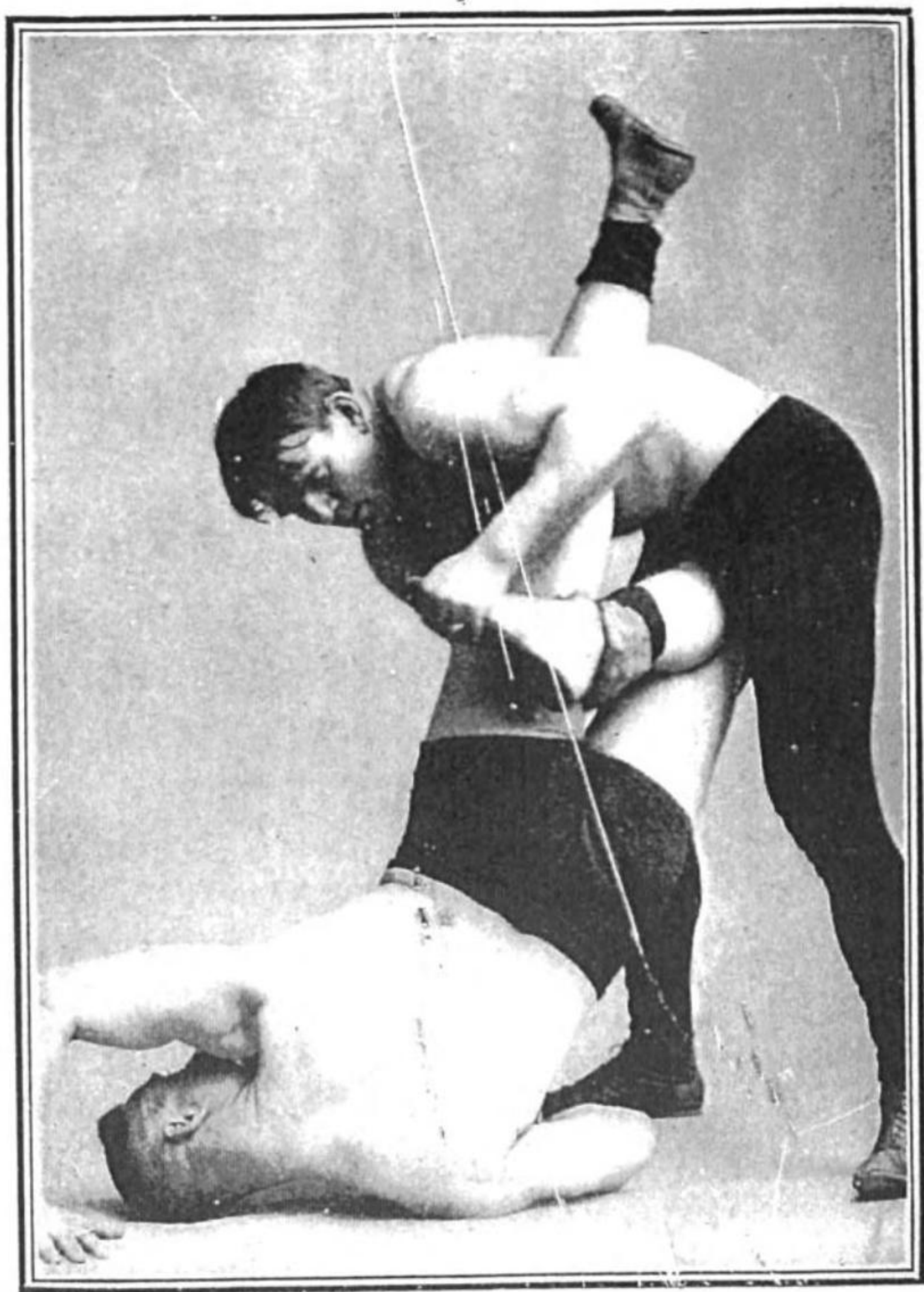


PLATE 16

PLATE 16

The famous toe and ankle hold—This hold, secured while the man on the defensive is down on the mat, means a fall within a very short time, because the slightest twisting of the ankle causes the greatest pain. Once this hold is secured many a man will usually submit at once.

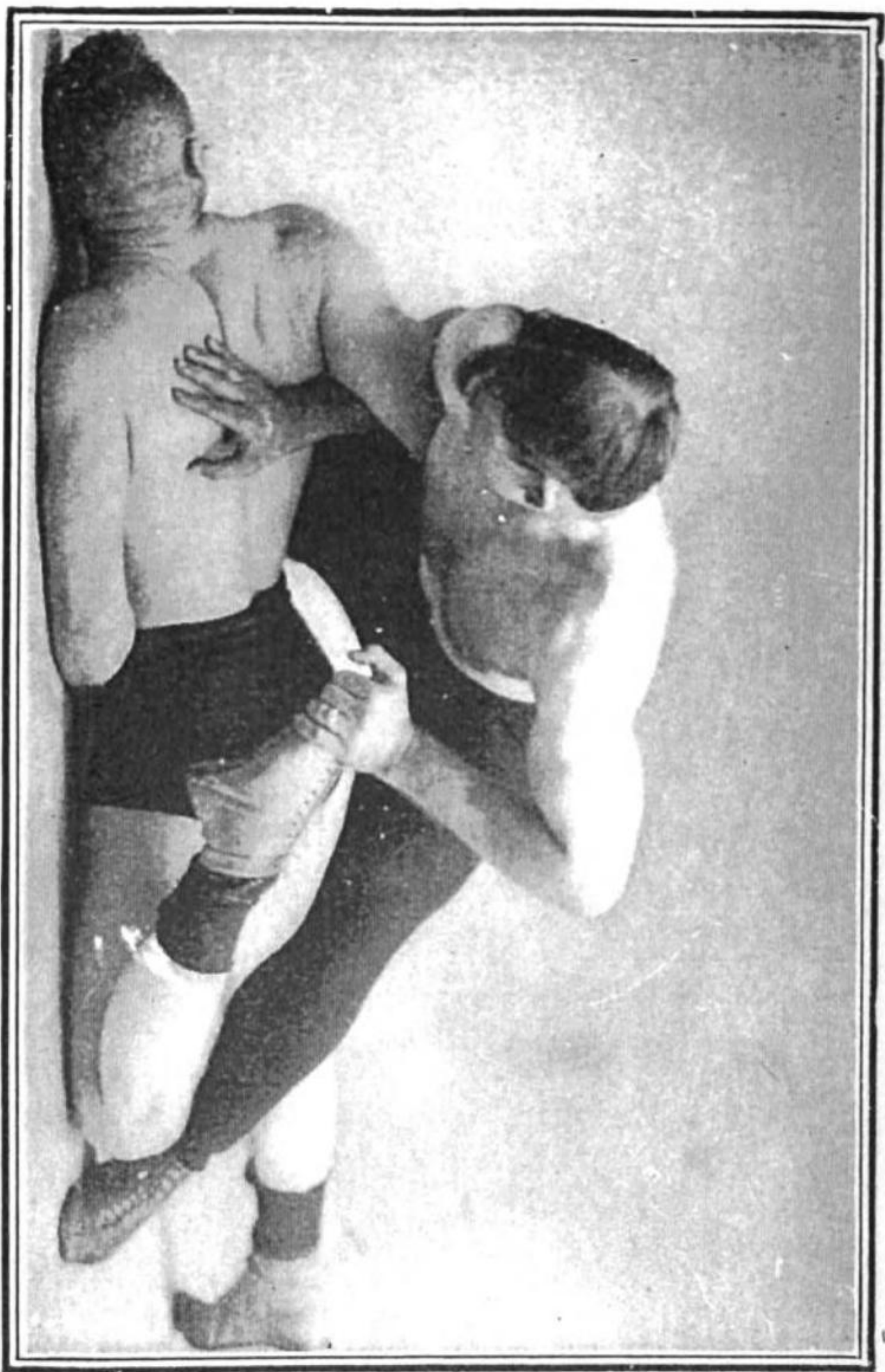


PLATE 17

PLATE 17

Another toe hold—In this the toe hold is first secured and the leg bent back as far as possible. Then the right hand is slipped quickly under the arm as shown in the illustration on the opposite page. When pressure is applied to both parts the fall is imminent.

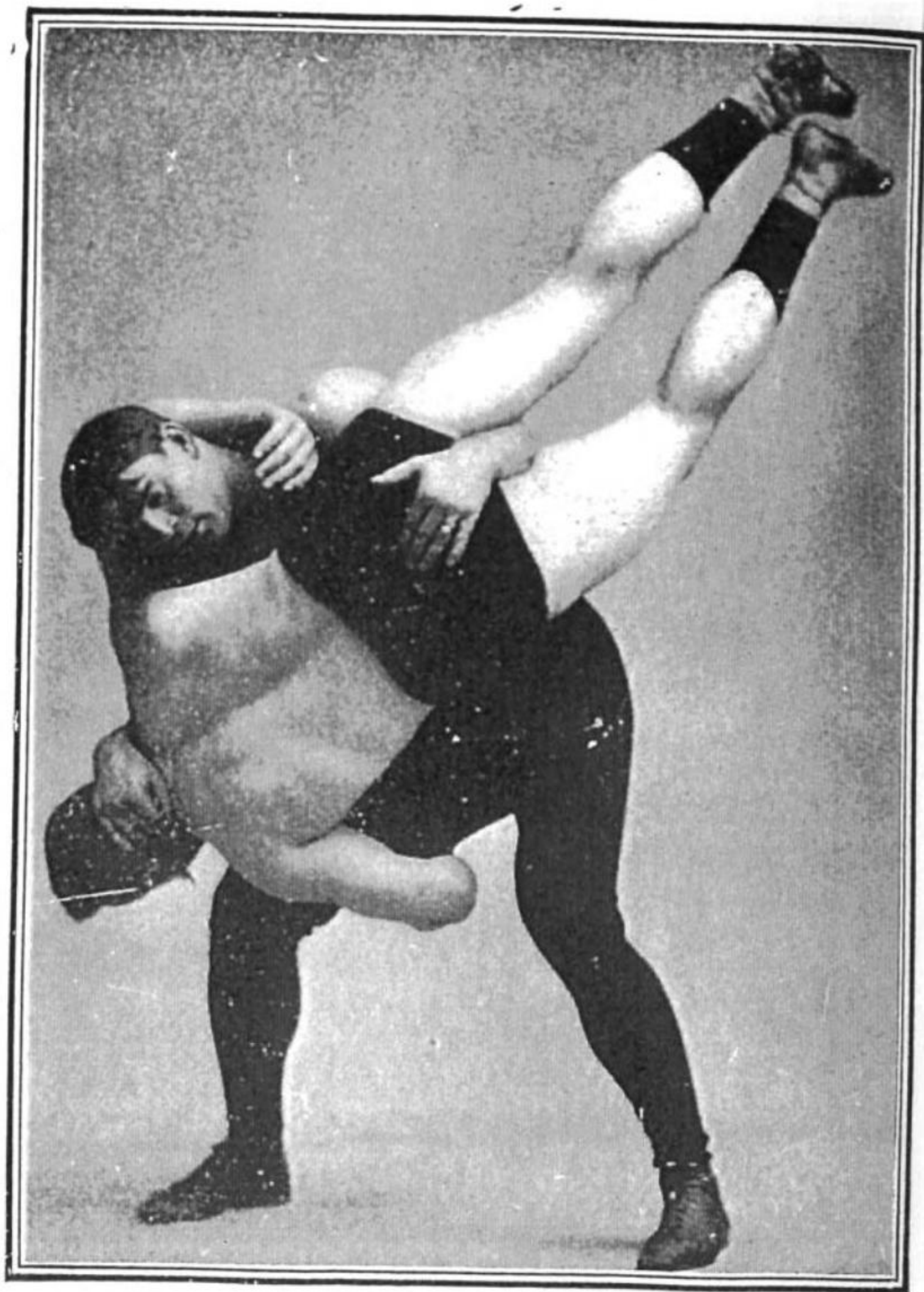


PLATE 18

PLATE 18

Here an unusual hold has been obtained from a standing position, the quarter Nelson being secured first, the crotch hold following immediately. It must be performed very quickly, nowever, to prevent a block. The continuation will be seen in the next plate.

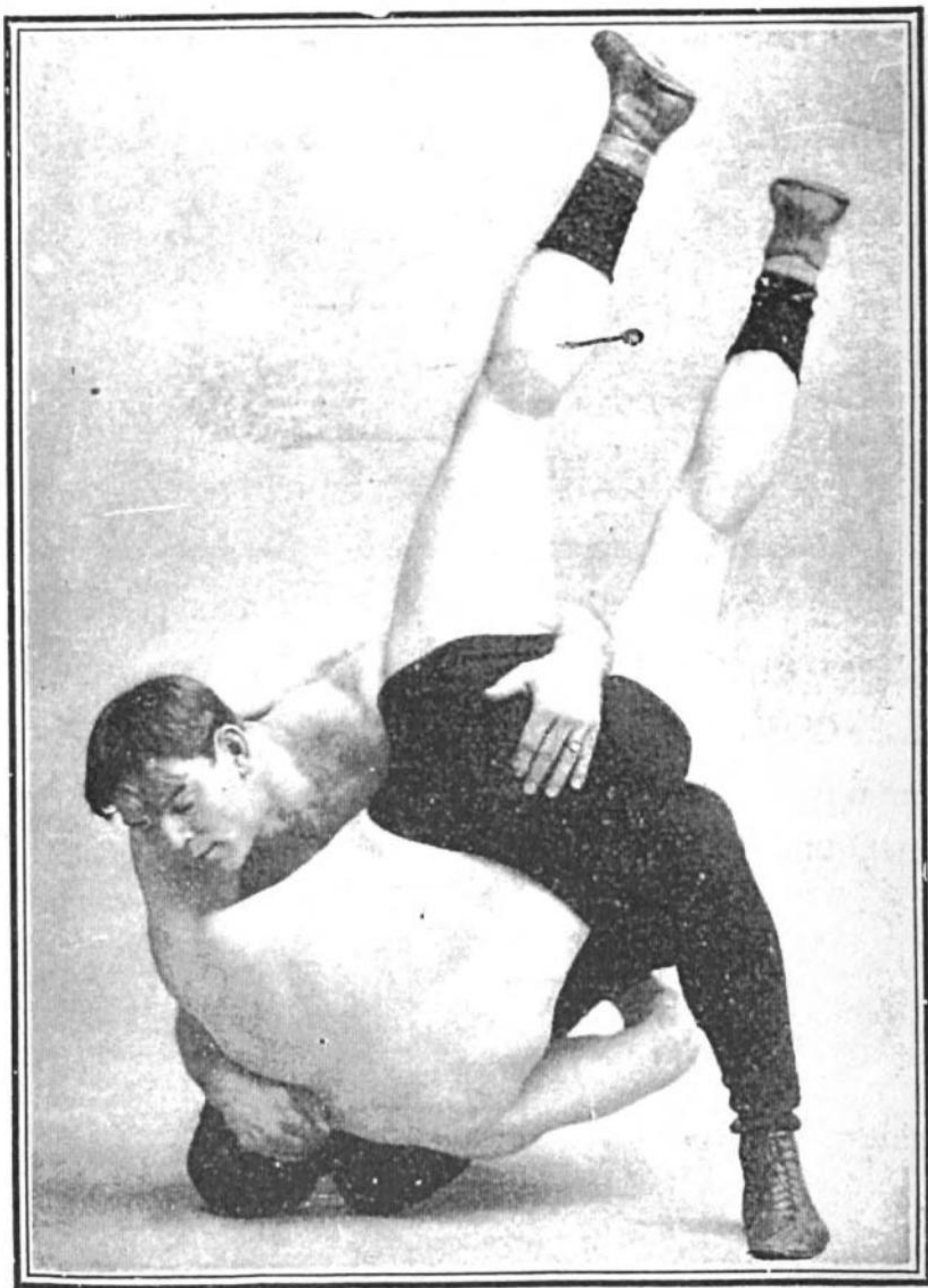


PLATE 19

PLATE 19

This shows the fall imminent from the hold exemplified on the preceding page. There is no release for it nor no block, providing the aggressor is strong enough to maintain both his original holds.

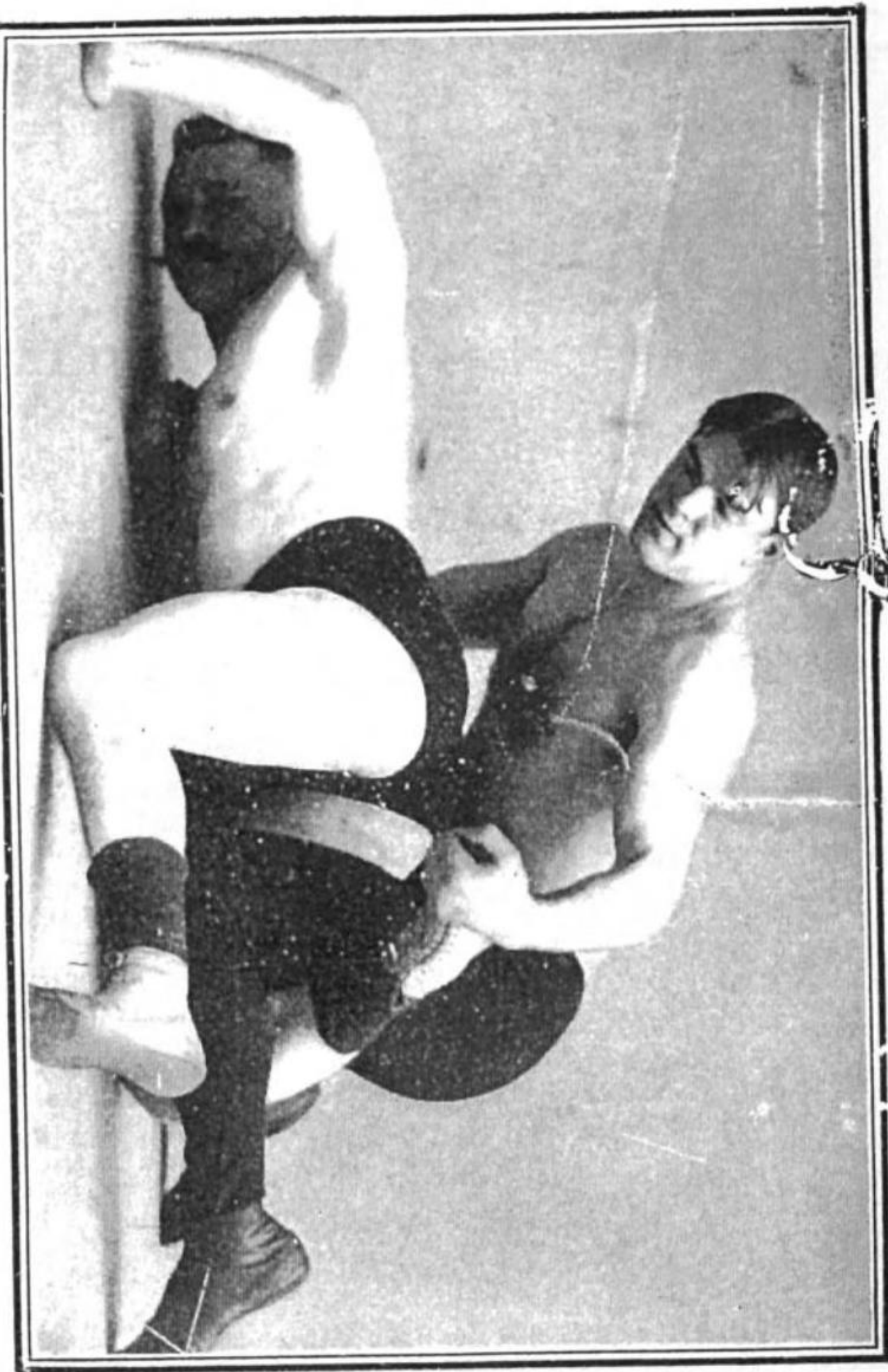


PLATE 20

PLATE 20

Toe hold and hammerlock—This shows the beginning of a hold which will end in a fall. The toe hold is first secured, using the leg as a lever. Then with the right hand a hammerlock is forced, pressure being brought to bear all the while upon the foot, which is slightly twisted. The continuation of the movement is shown in the next plate.

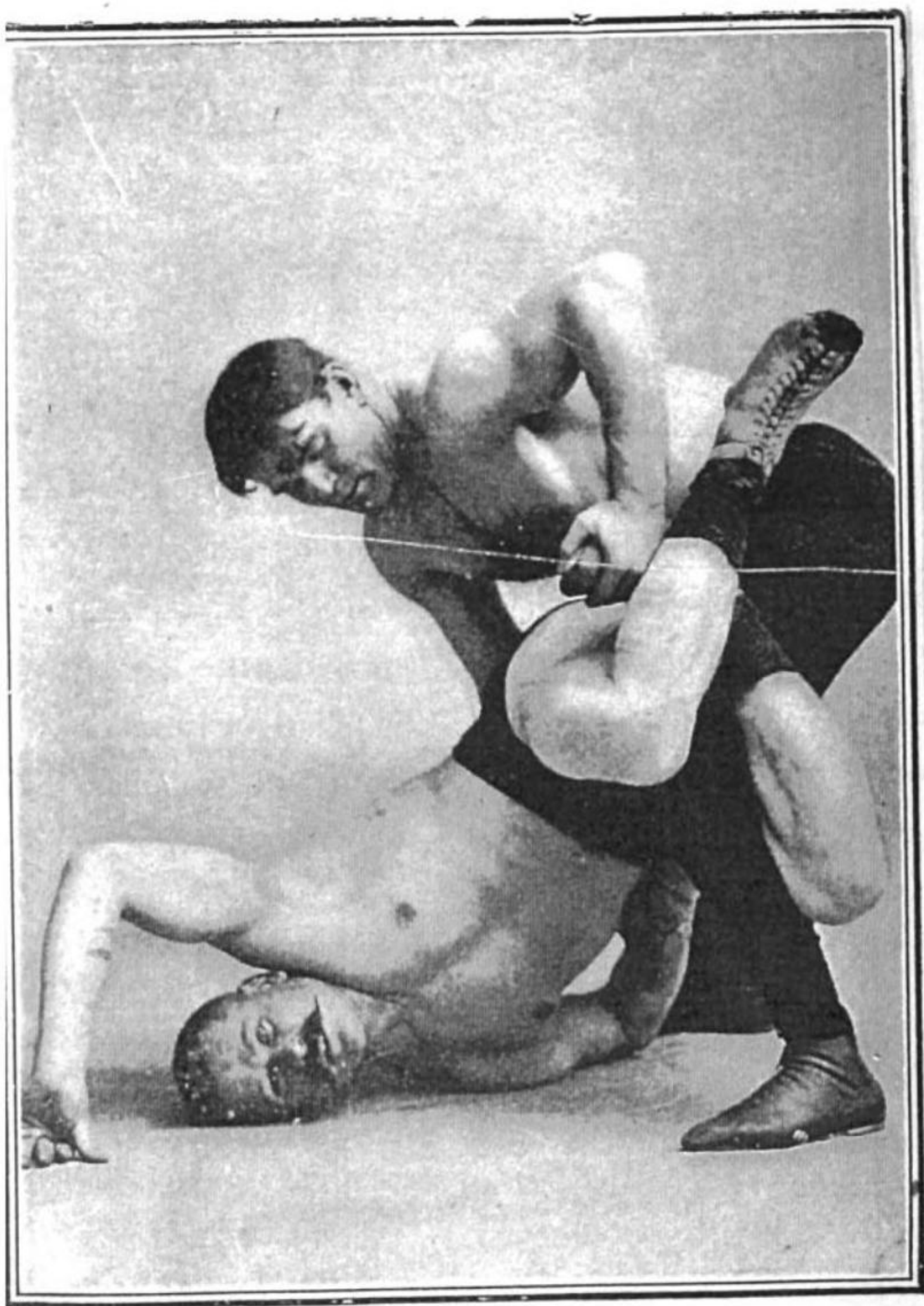


PLATE 21

PLATE 21

Toe hold and hammerlock, continued--Here both holds are shown complete, and although a fall does not seem imminent, yet it is only a question of time when the under man must succumb, especially if the proper pressure is brought to bear upon his ankle and toe.

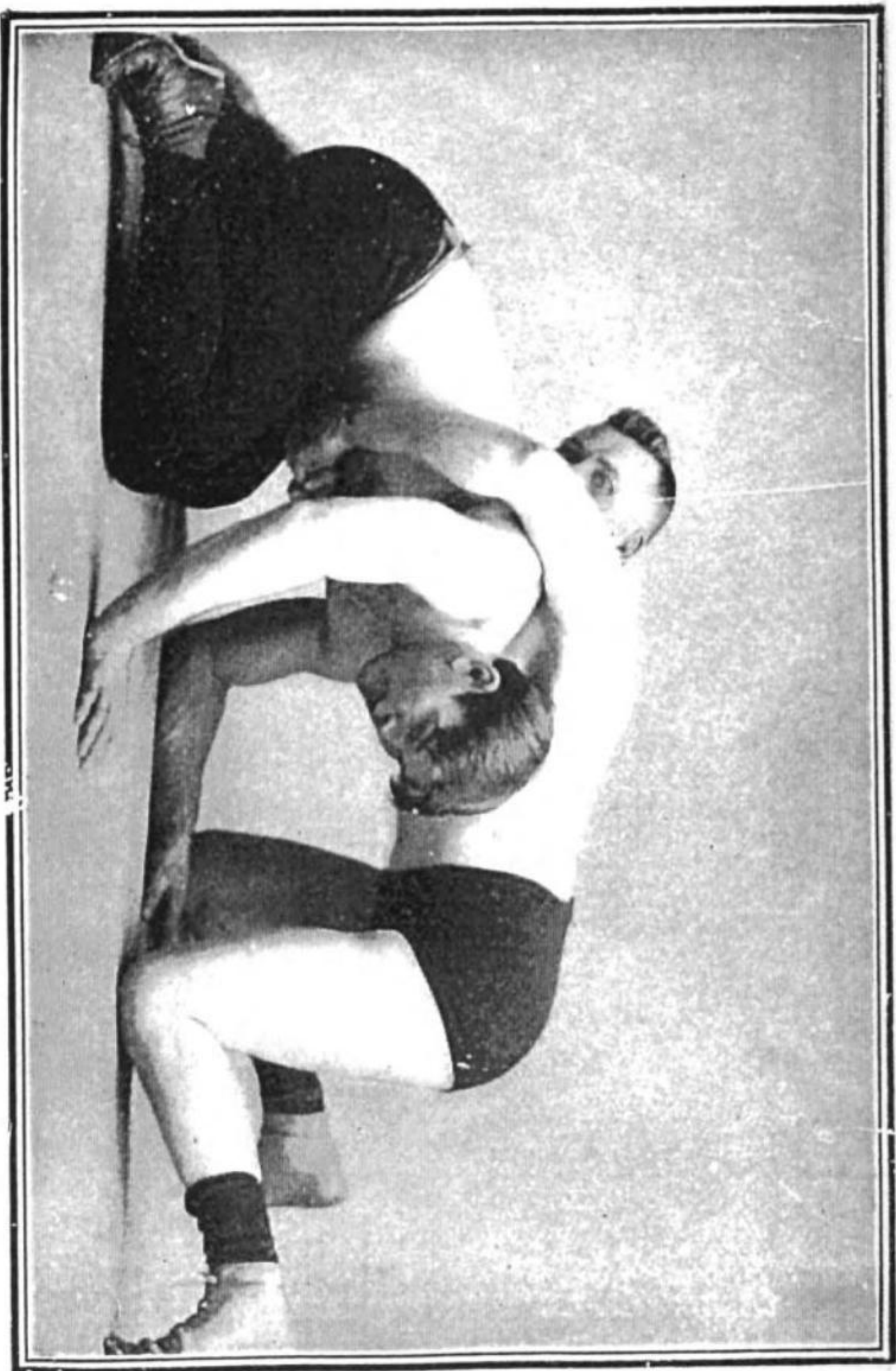


PLATE 22

PLATE 22

Counter for body hold—This shows the beginning; the aggressor has obtained a body hold, although it doesn't seem to be of much value. The counter is shown in the following plate.

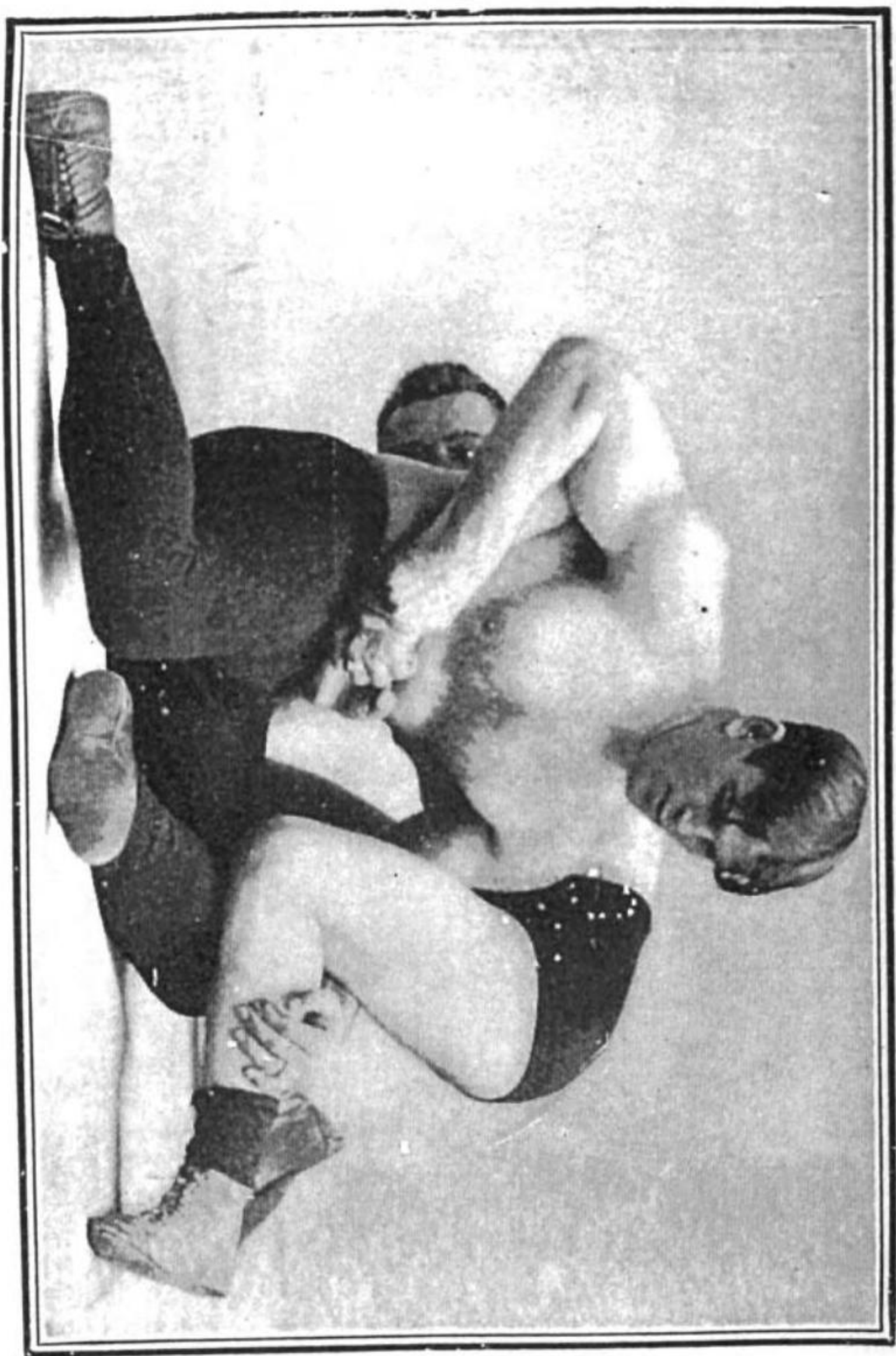


PLATE 23

PLATE 23

Counter for body hold—The left hand of the defensive man seizes the left leg of his opponent, as shown by the illustration. He pulls it toward him and slips out to one side, breaking the hold with his right hand. Or, retaining the leg and arm hold and throwing himself backward, he gets a fall.



PLATE 24

PLATE 24

Further Nelson—The man on the defensive can spin or turn out. The aggressor can force his man over, getting a further bar hold on the left arm, making a **fall** imminent.

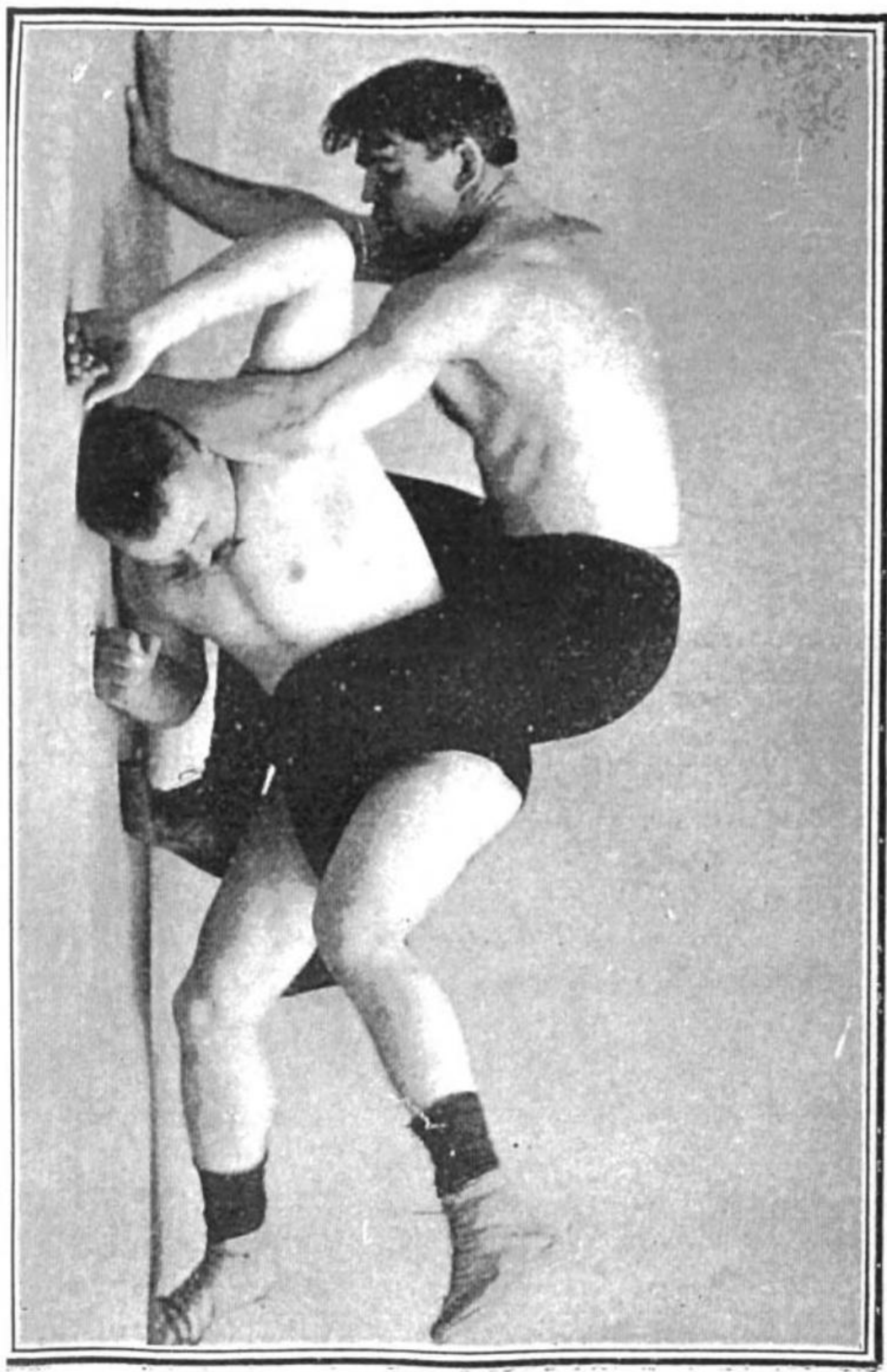


PLATE 25

Half-Nelson and leg grapevine—The left leg should be released from the crotch of the under man, and the scissors hold applied across the stomach. Then the fall is certain.

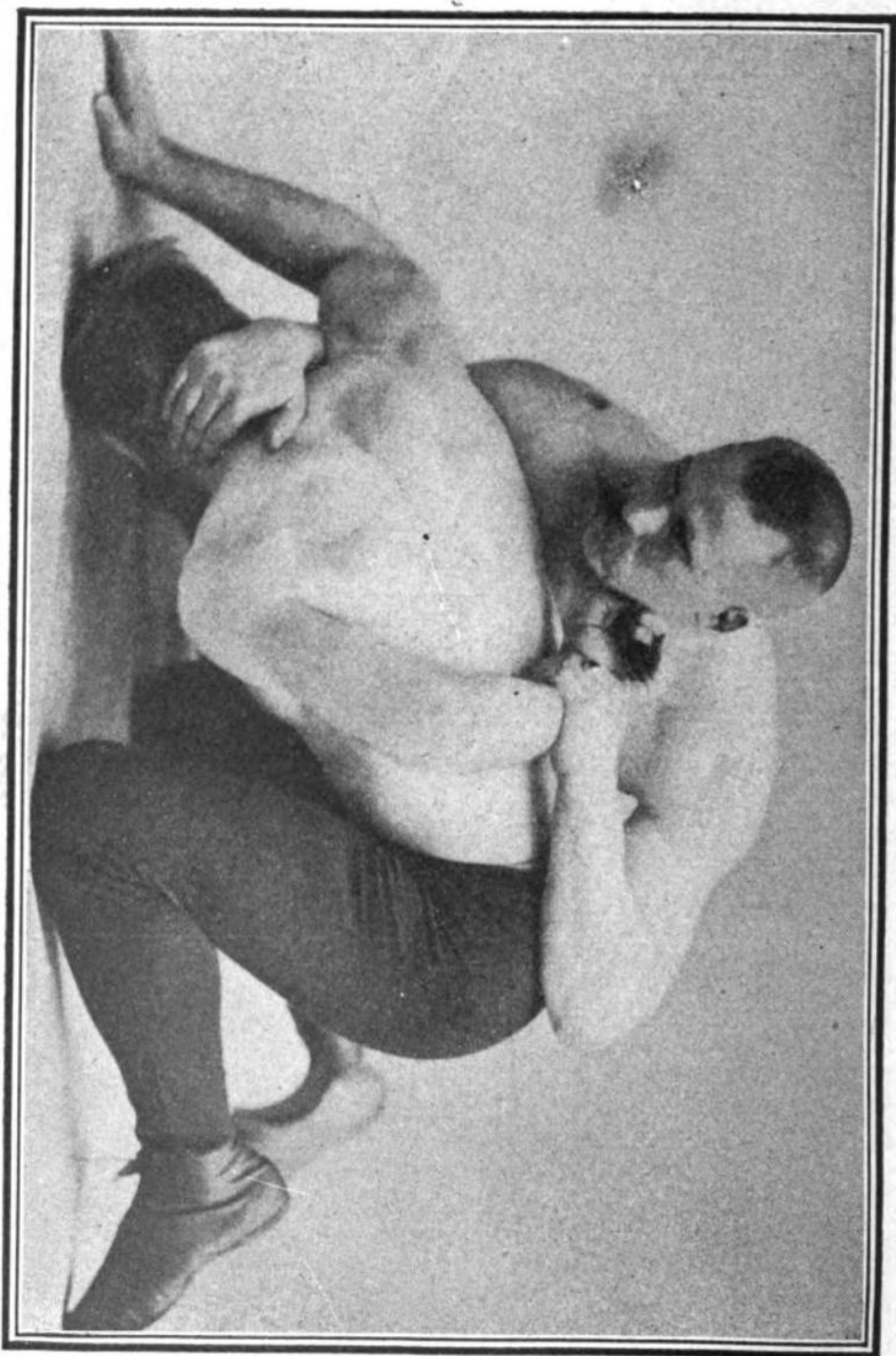


PLATE 26

PLATE 26

Half-Nelson and hammerlock—All that is necessary here is to force the arm toward the neck up the back and then throw all weight forward for a fall.

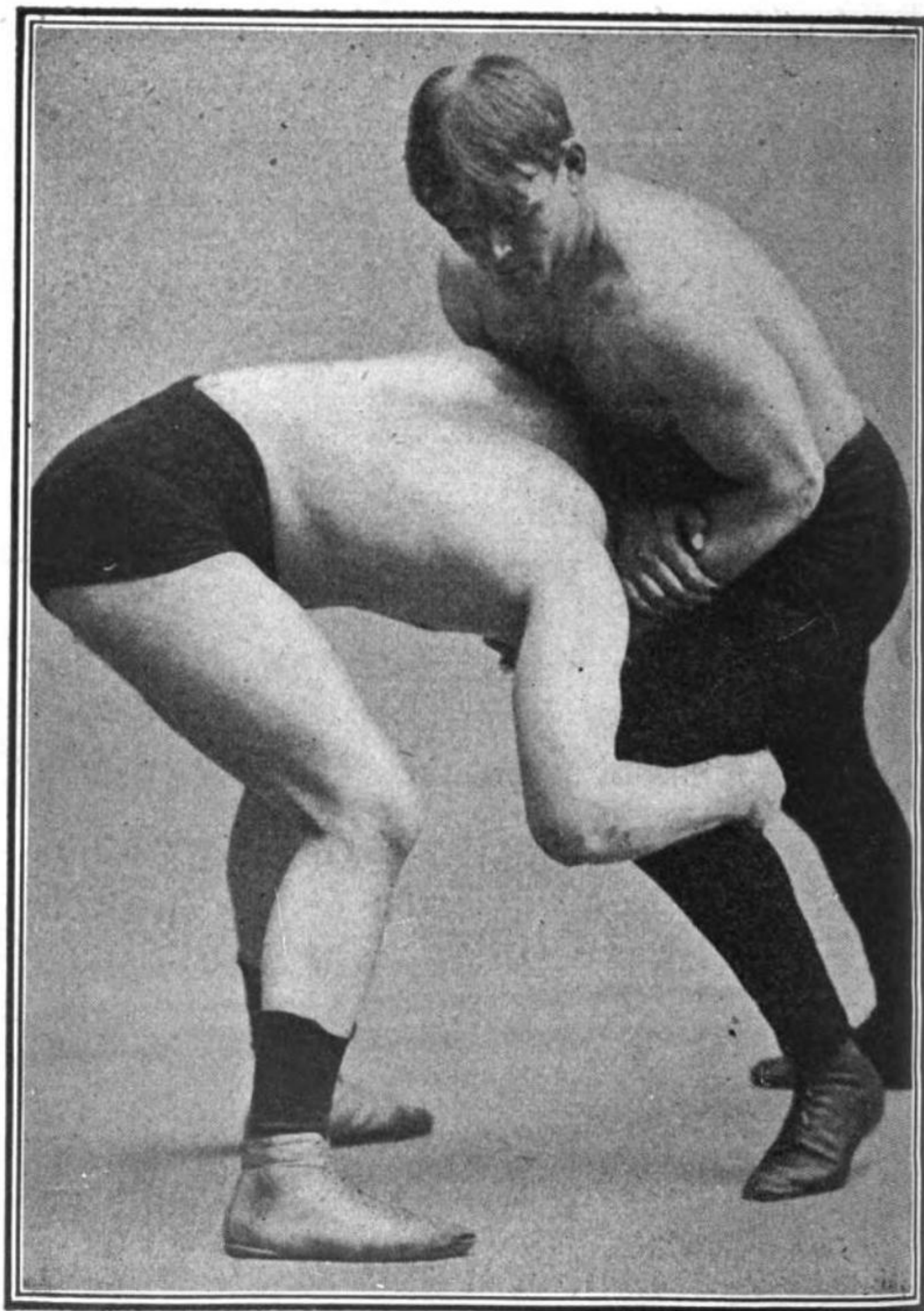


PLATE 27

PLATE 27

Forward quarter Nelson—It is possible in this hold for a man to twist his opponent to the floor. The under man shows how far it is possible to block the hold.

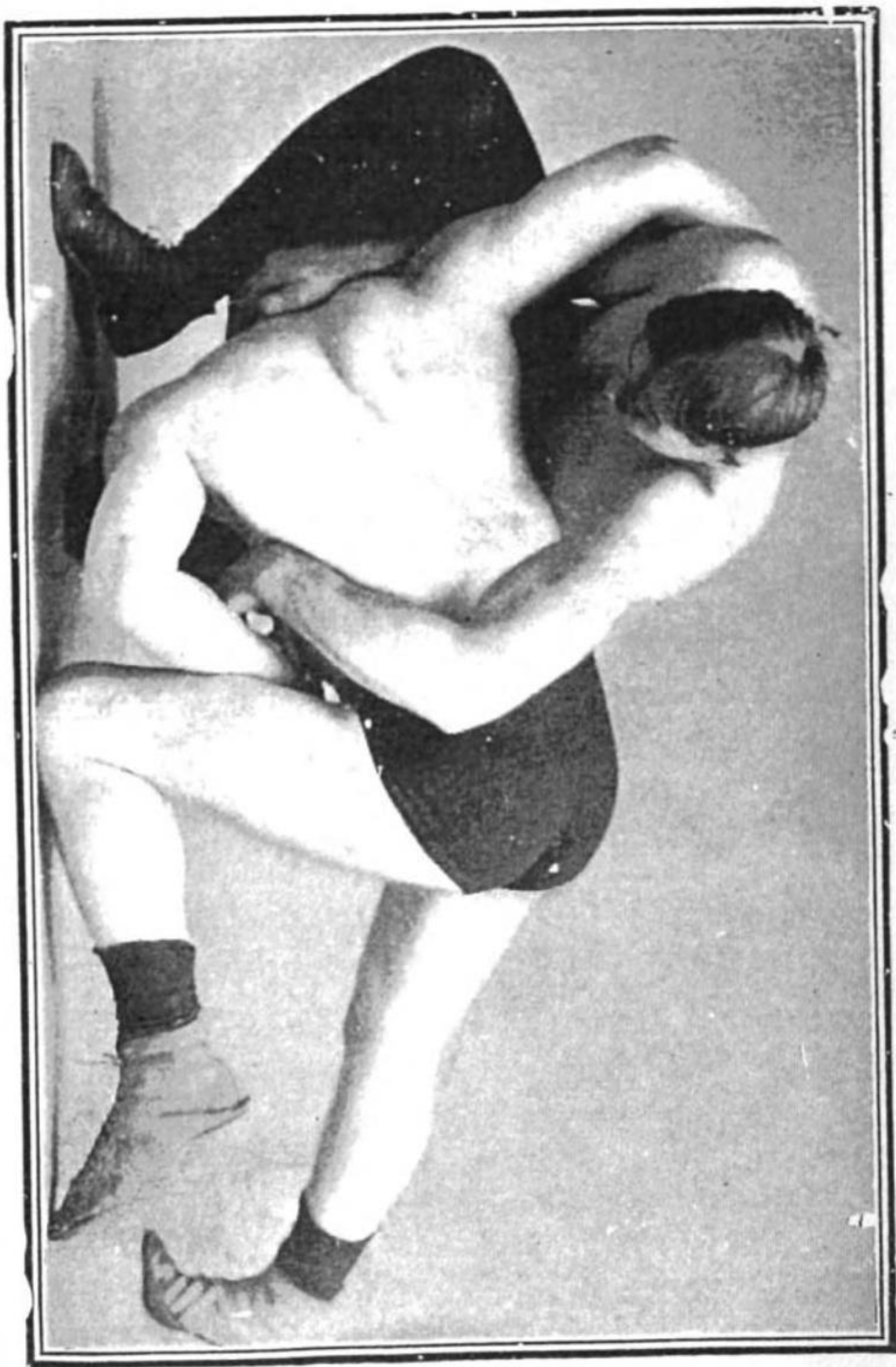


PLATE 28

PLATE 28

Half-Nelson with arm and leg—This is the beginning of a scissors hold for the head, and the finish will be shown in the next illustration. The under man is thrown forward, which makes the scissors hold possible.

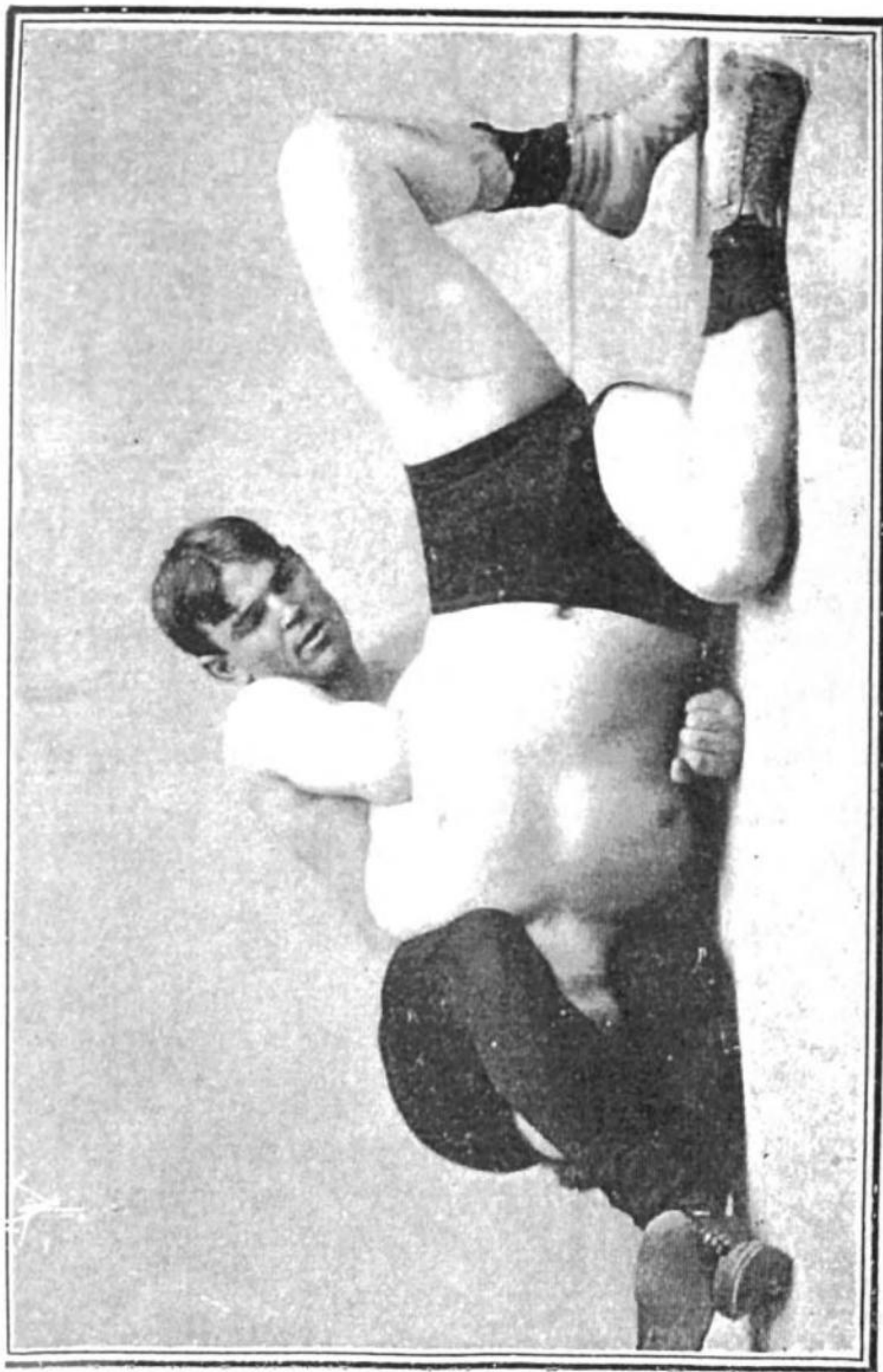


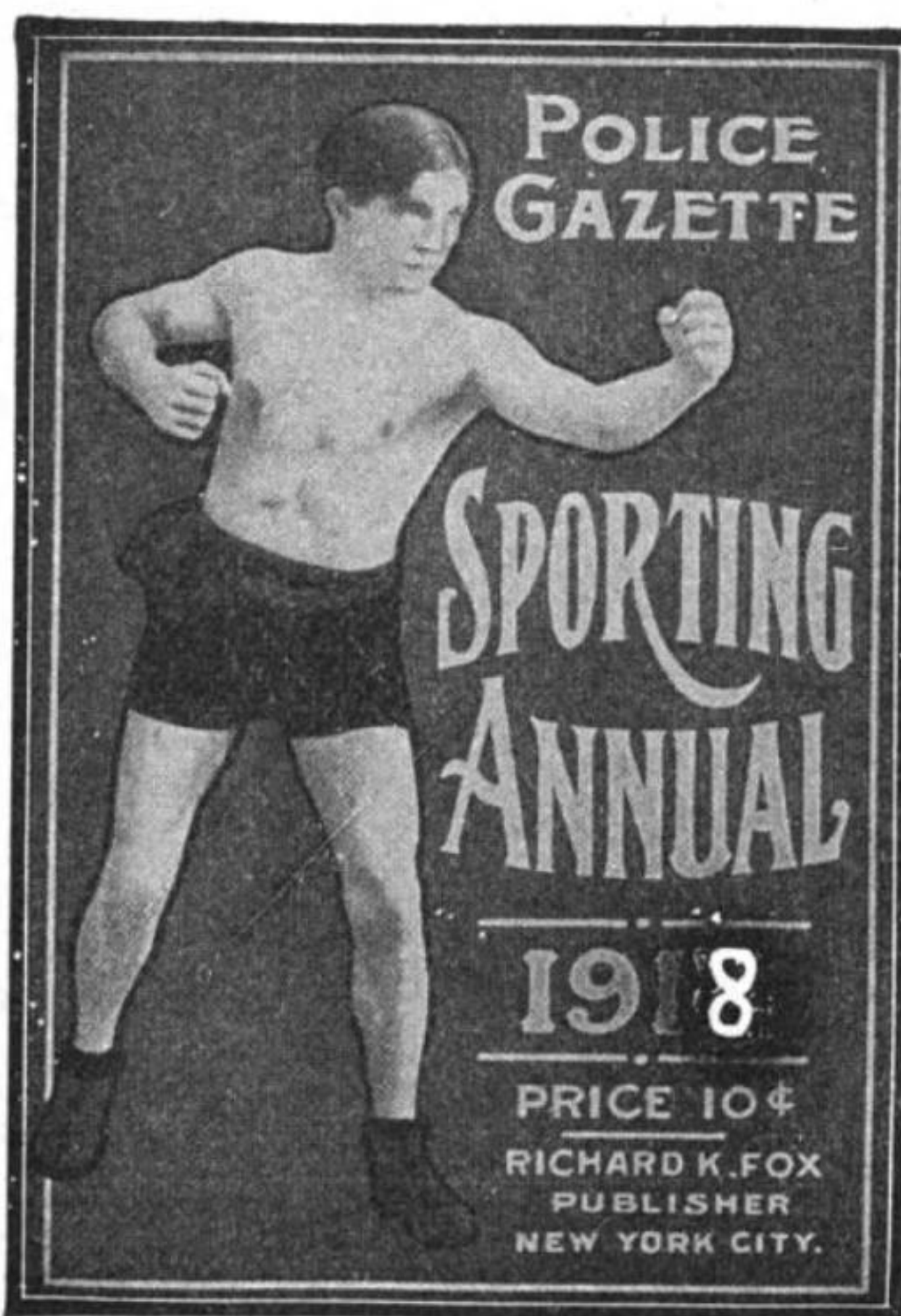
PLATE 29

PLATE 29

Scissors hold on head and bar hold—This shows the scissors applied. The next move should be to release the head of the under man and depend on the bar hold for a fall.

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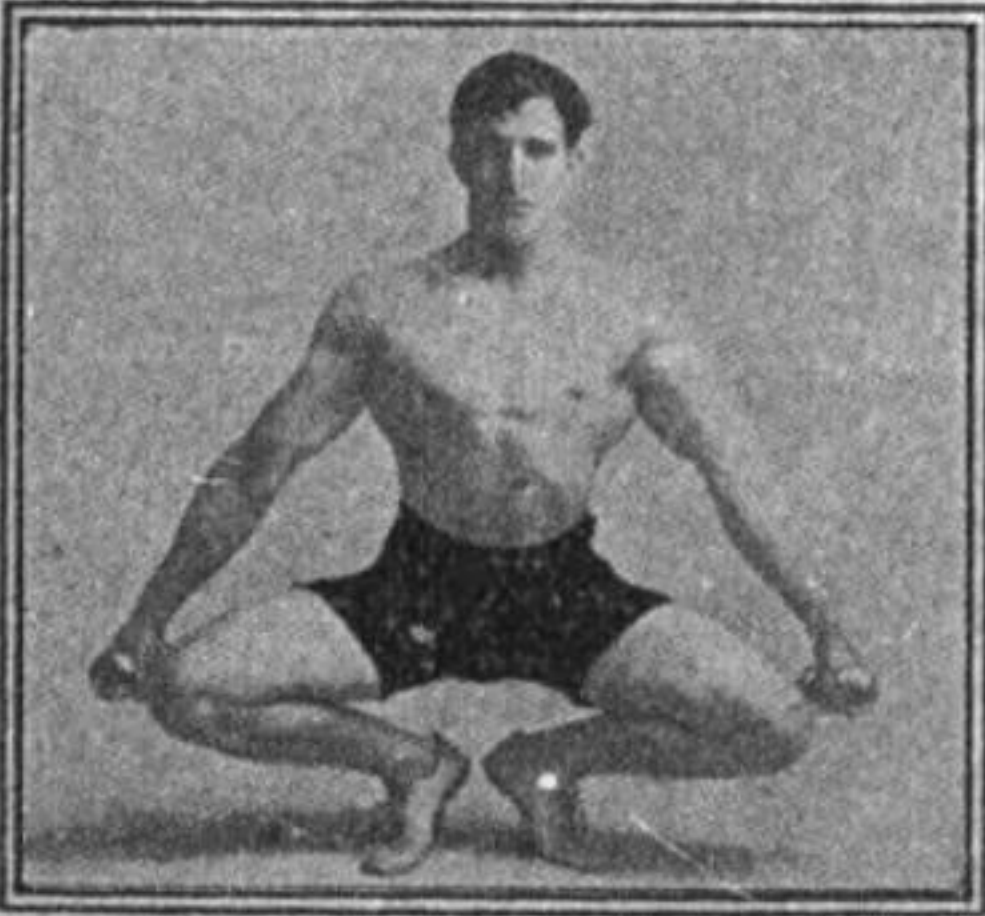
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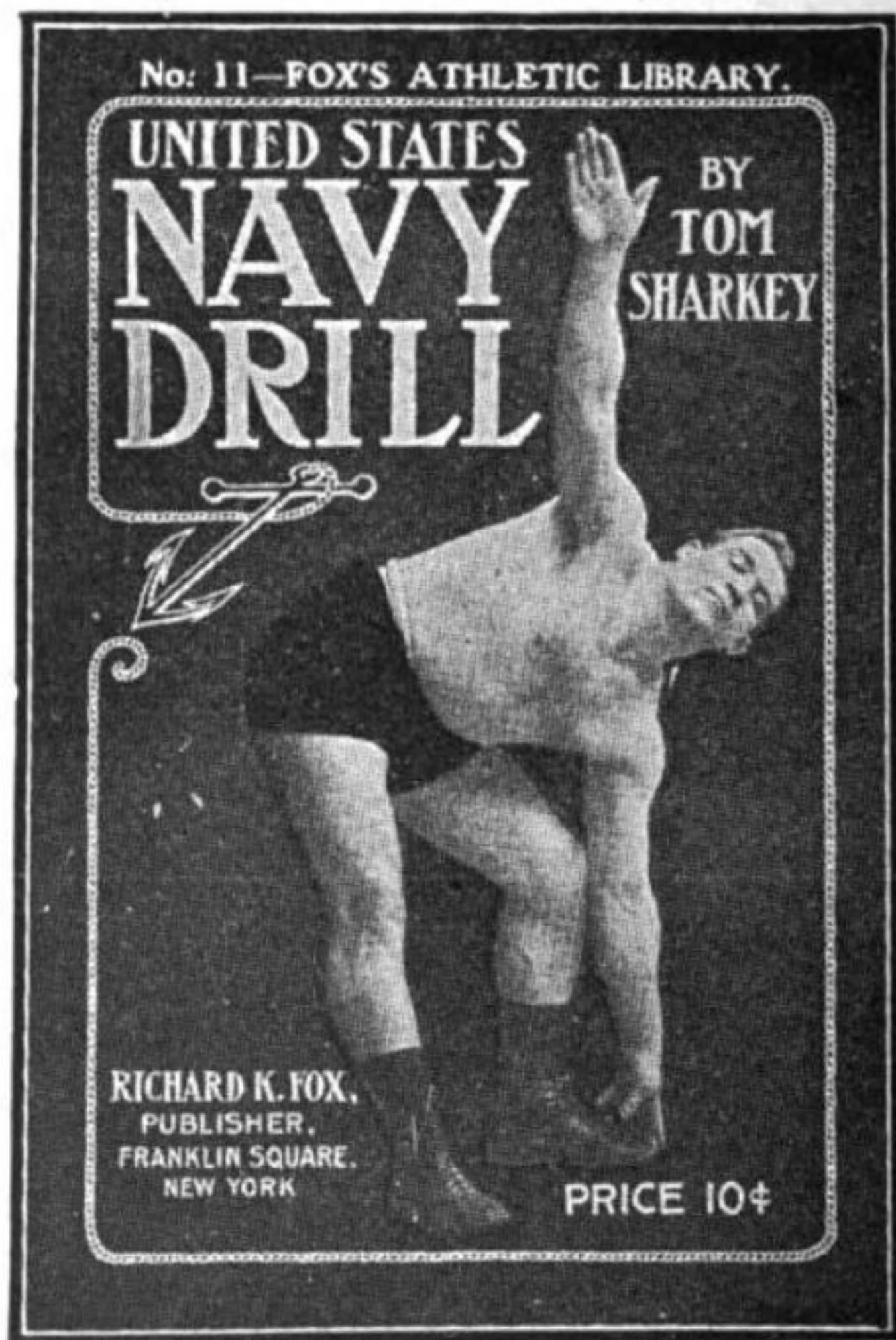
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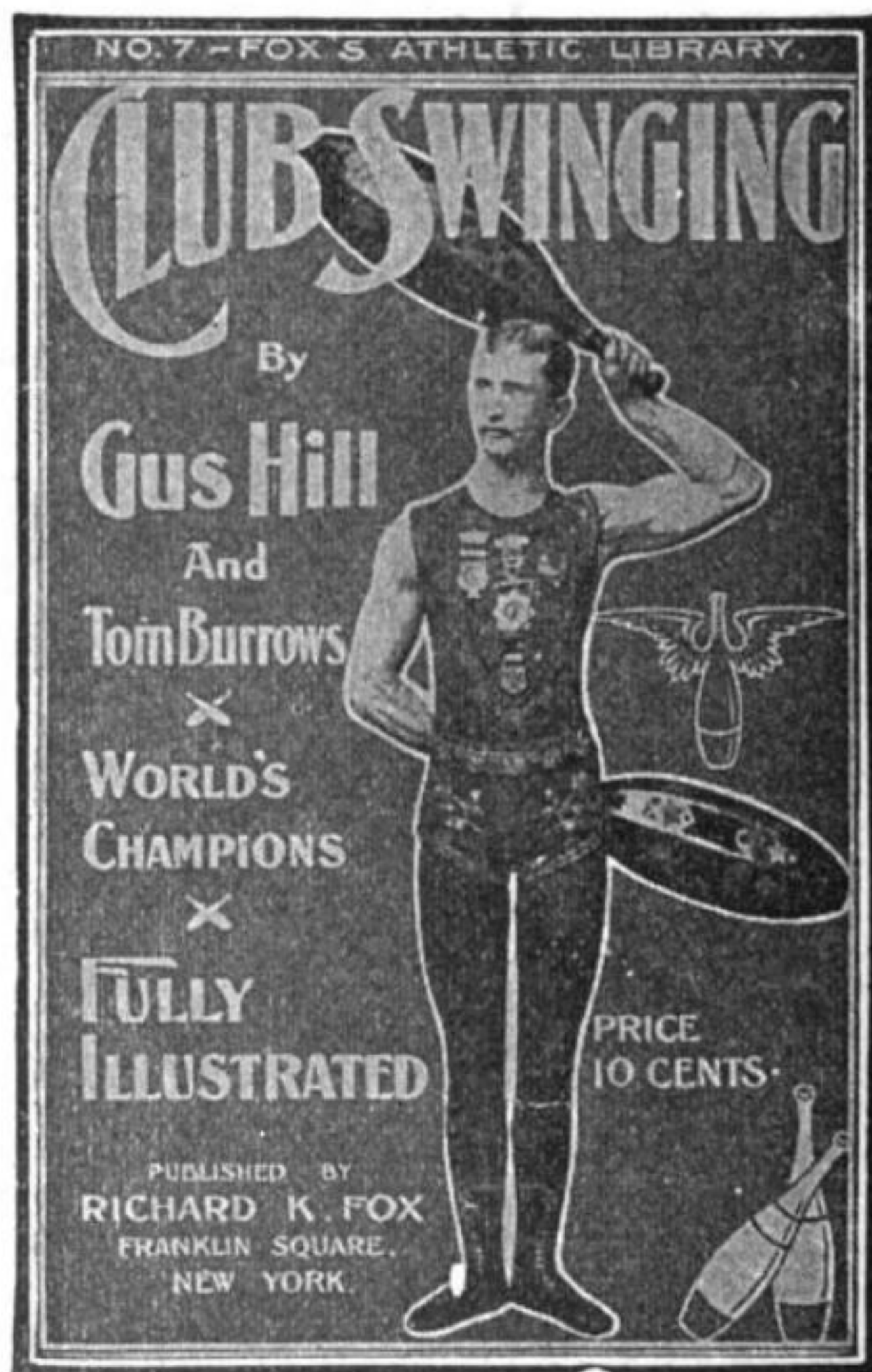
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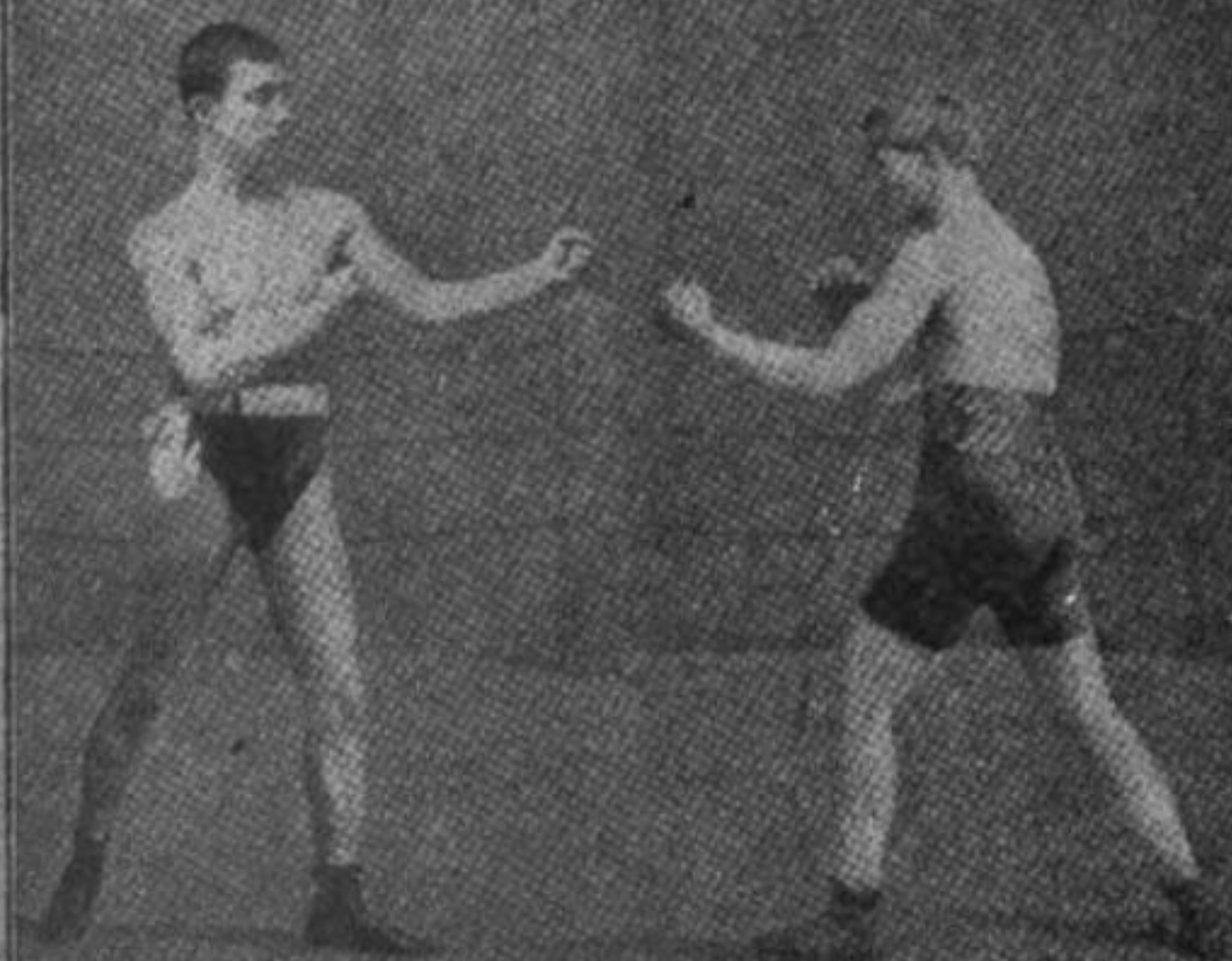
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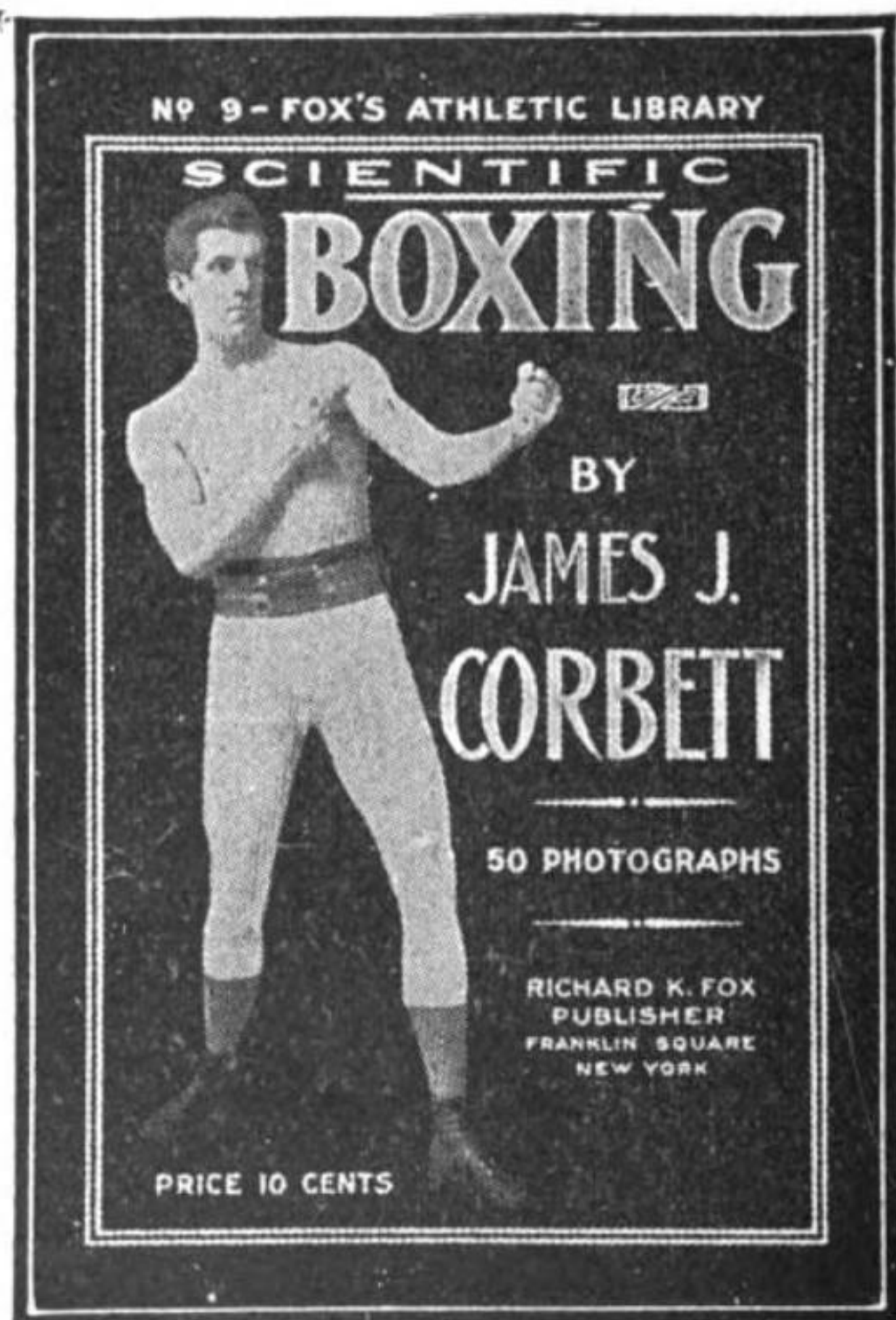


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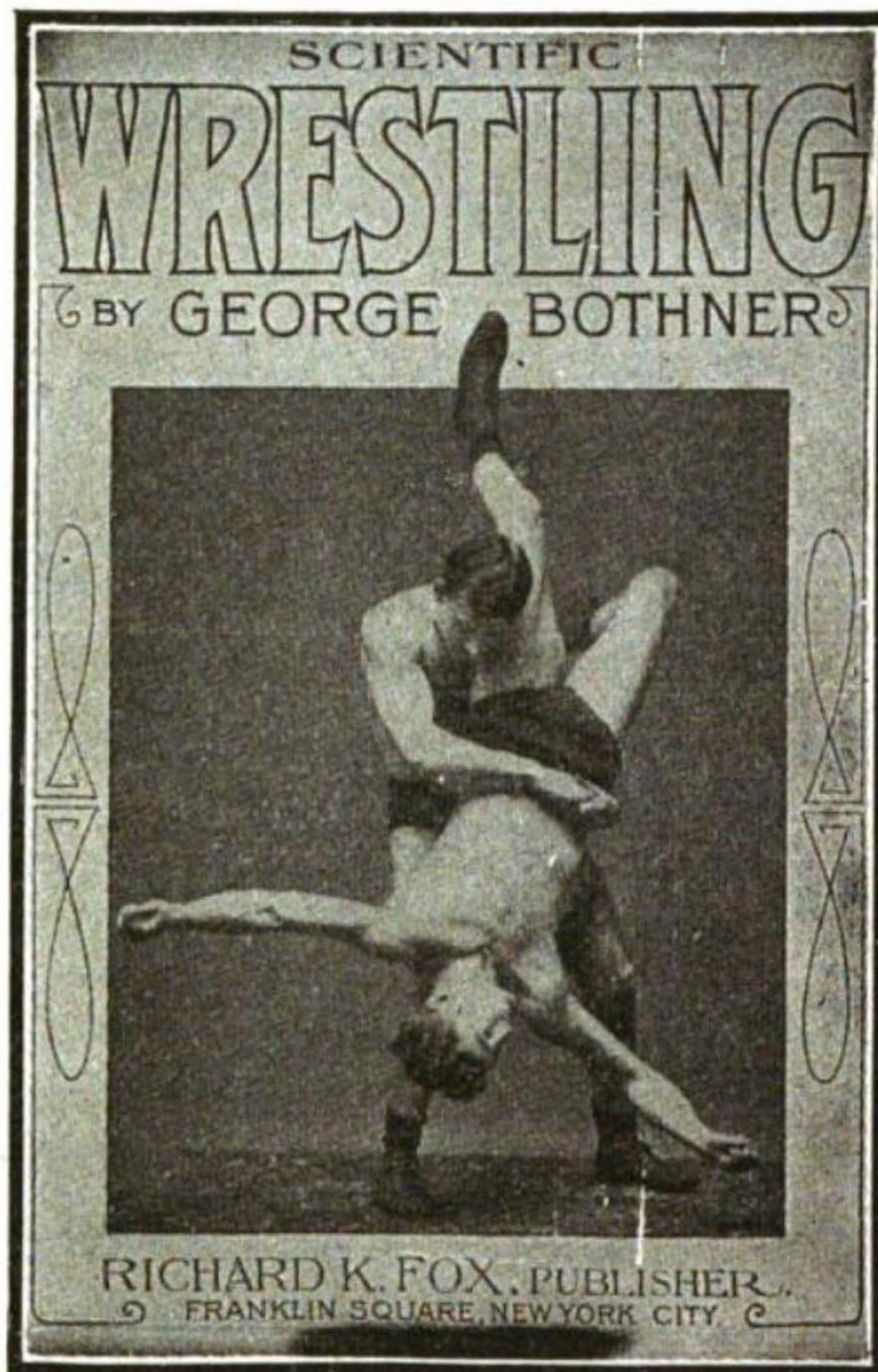


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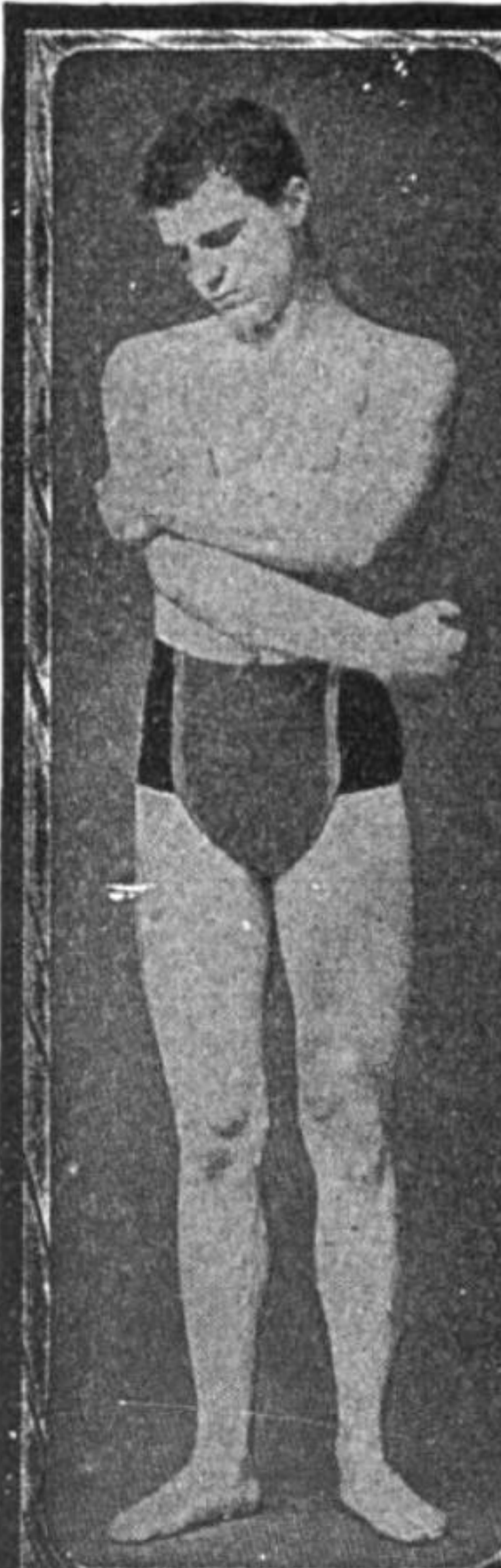
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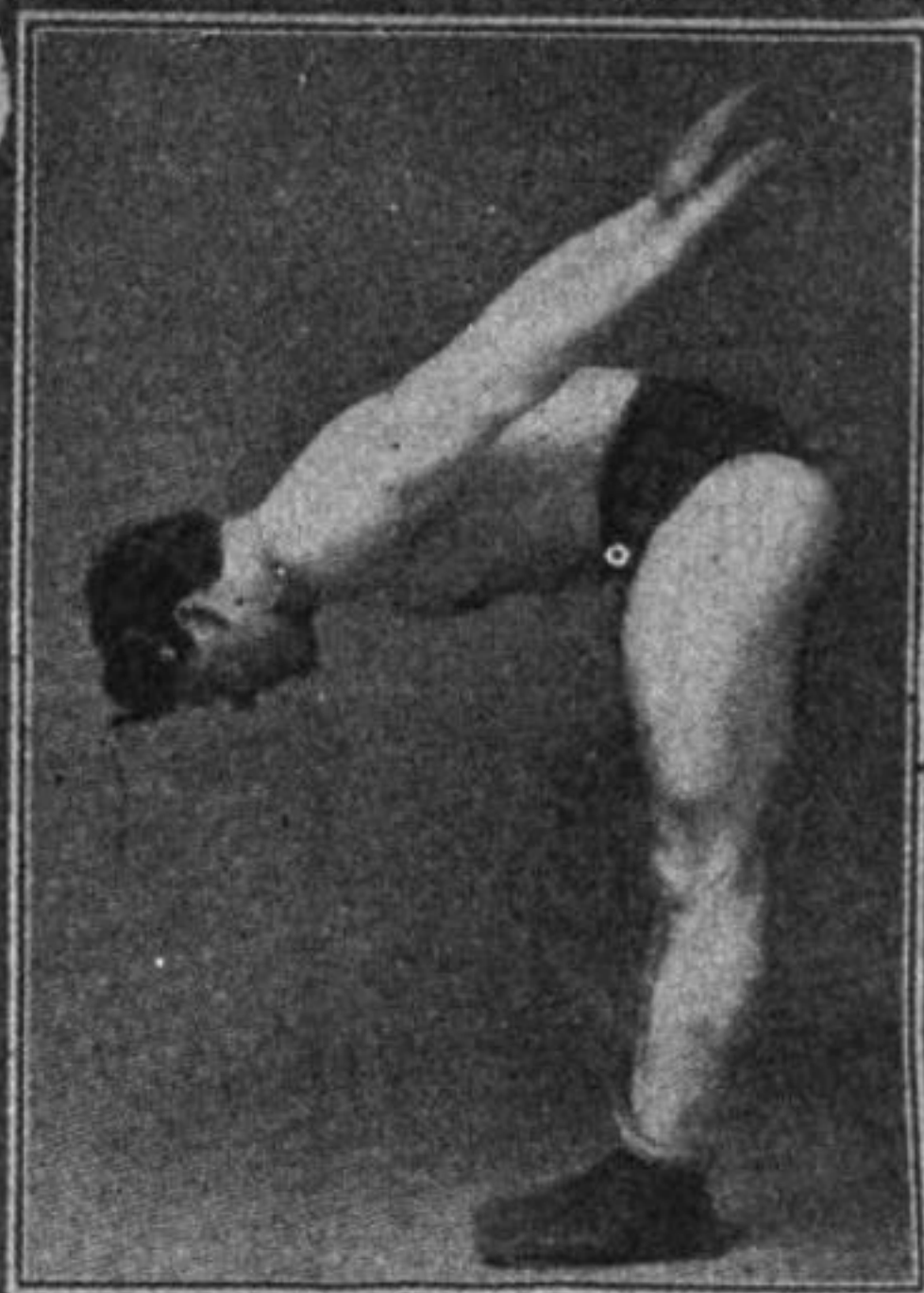
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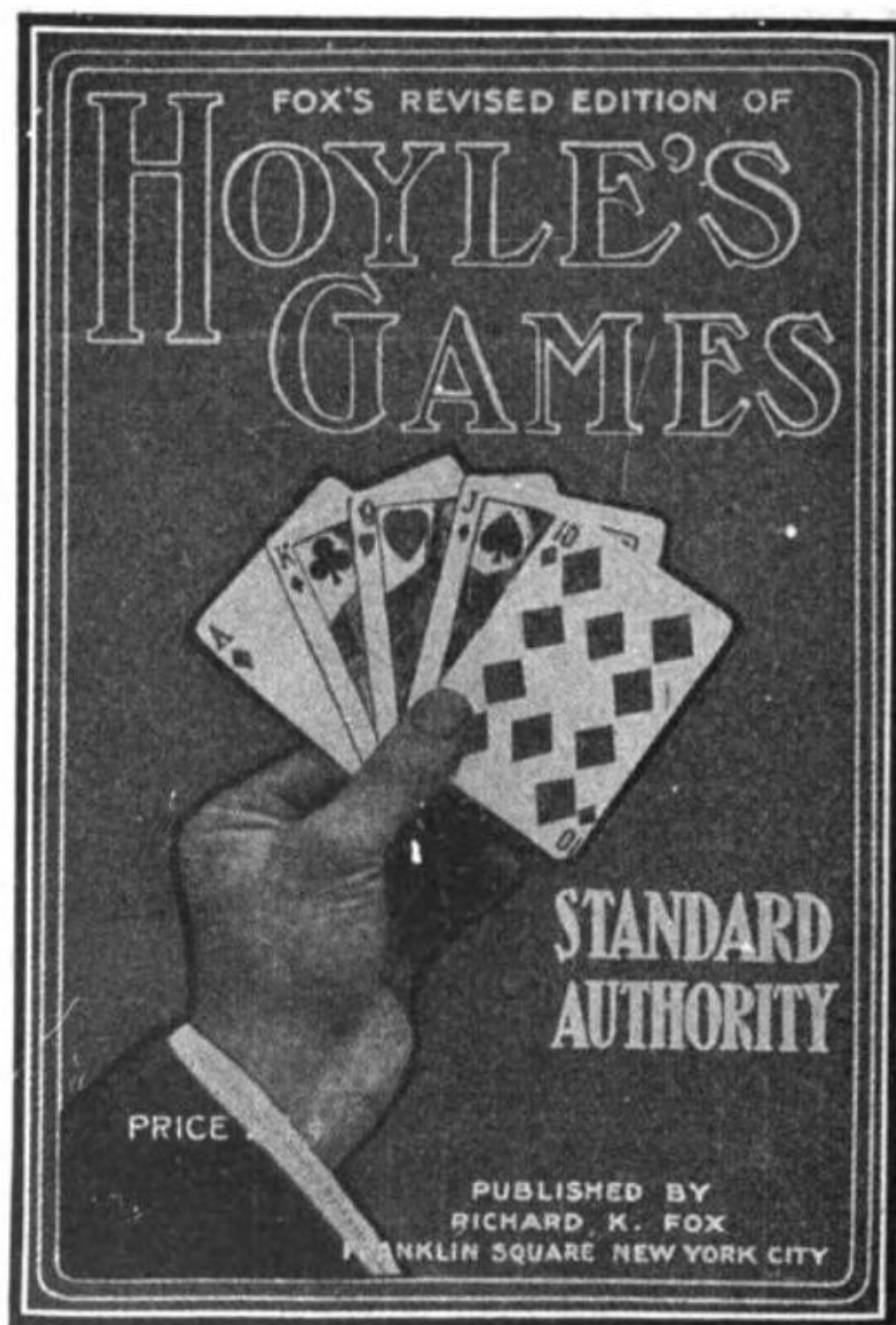
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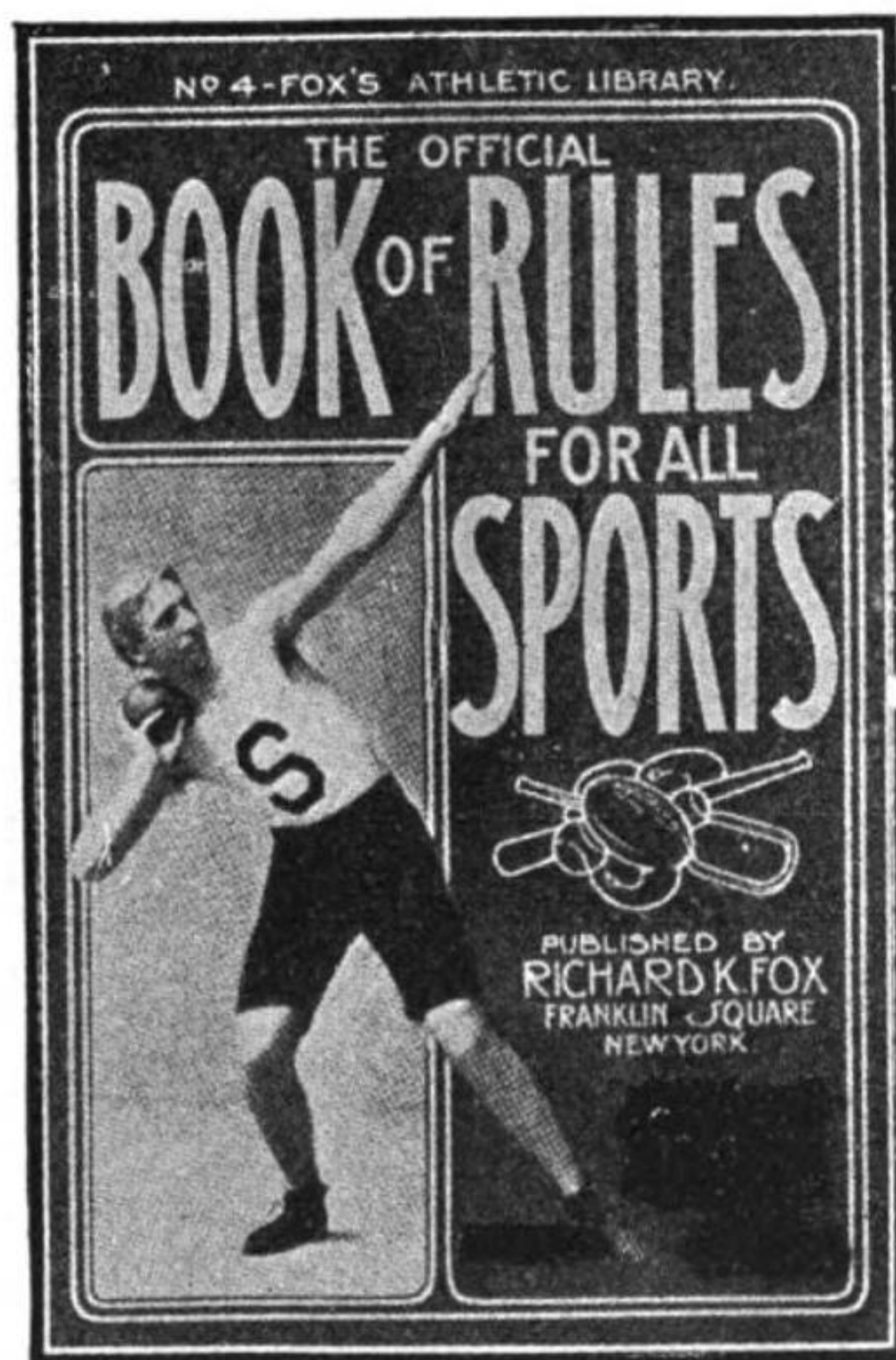
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