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AMERICAN SPORTS PUBLISHING CO.
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AMERICA'S NATIONAL GAME

By A. G. SPALDING

PRICE, \$2.00 NET

A book of 600 pages, profusely illustrated with over 100 full page engravings, and having sixteen forceful cartoons by Homer C. Davenport, the famous American artist

The above work should have a place in every public library in this country, as also in the libraries of public schools and private houses.

The author of "America's National Game" is conceded, always, everywhere, and by everybody, to have the best equipment of any living writer to treat the subject that forms the text of this remarkable volume, viz., the story of the origin, development and evolution of Base Ball, the National Game of our country.

Almost from the very inception of the game until the present time—as player, manager and magnate—Mr. Spalding has been closely identified with its interests. Not infrequently he has been called upon in times of emergency to prevent threatened disaster. But for him the National Game would have been syndicated and controlled by elements whose interests were purely selfish and personal.

The book is a veritable repository of information concerning players, clubs and personalities connected with the game in its early days, and is written in a most interesting style, interspersed with enlivening anecdotes and accounts of events that have not heretofore been published.

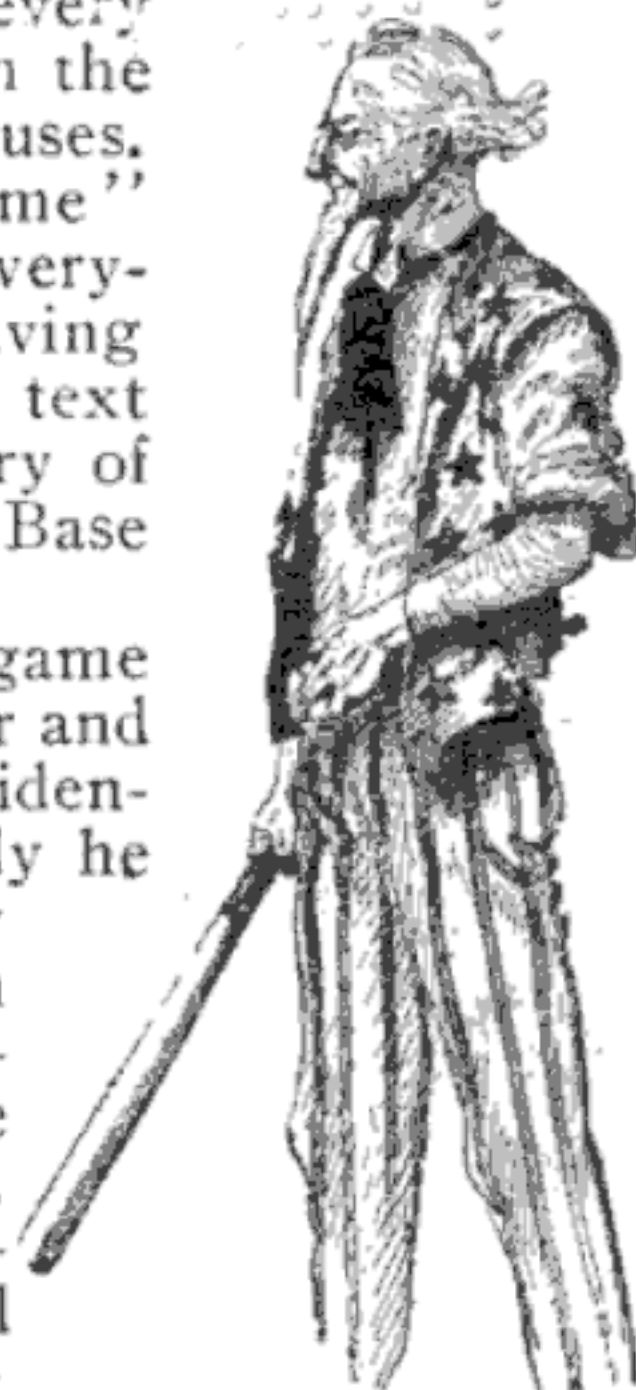
The response on the part of the press and the public to Mr. Spalding's efforts to perpetuate the early history of the National Game has been very encouraging and he is in receipt of hundreds of letters and notices, a few of which are here given.

ROBERT ADAMSON, New York, writing from the office of Mayor Gaynor, says:—"Seeing the Giants play is my principal recreation and I am interested in reading everything I can find about the game. I especially enjoy what you [Mr. Spalding] have written, because you stand as the highest living authority on the game."

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MELVILLE E. STONE, New York, General Manager Associated Press:—"I find it full of valuable information and very interesting. I prize it very highly."

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HUGH NICOL, Director of Athletics, Purdue University, Lafayette, Ind.:—"No one that has read this book has appreciated it more than I. Ever since I have been big enough, I have been in professional base ball, and you can imagine how interesting the book is to me."

MRS. BRITTON, owner of the St. Louis Nationals, through her treasurer, H. D. Seekamp, writes:—"Mrs. Britton has been very much interested in the volume and has read with pleasure a number of chapters, gaining valuable information as to the history of the game."

REV. CHARLES H. PARKHURST, D.D., New York:—"Although I am not very much of a 'sport,' I nevertheless believe in sports, and just at the present time in base ball particularly. Perhaps if all the Giants had an opportunity to read the volume before the recent game (with the Athletics) they might not have been so grievously outdone."

BRUCE CARTWRIGHT, son of Alexander J. Cartwright, founder of the Knickerbocker Base Ball Club, the first organization of ball players in existence, writing from his home at Honolulu, Hawaiian Islands, says:—"I have read the book with great interest and it is my opinion that no better history of base ball could have been written."

GEORGE W. FROST, San Diego, Calif.:—"You and 'Jim' White, George Wright, Barnes, McVey, O'Rourke, etc., were little gods to us back there in Boston in those days of '74 and '75, and I recall how indignant we were when you 'threw us down' for the Chicago contract. The book is splendid. I treasure it greatly."

A. J. REACH, Philadelphia, old time professional expert:—"It certainly is an interesting revelation of the national game from the time, years before it was so dignified, up to the present. Those who have played the game, or taken an interest in it in the past, those at present engaged in it, together with all who are to engage in it, have a rare treat in store."

DR. LUTHER H. GULICK, Russell Sage Foundation:—"Mr. Spalding has been the largest factor in guiding the development of the game and thus deserves to rank with other great men of the country who have contributed to its success. It would have added to the interest of the book if Mr. Spalding could have given us more of his own personal experiences, hopes and ambitions in connection with the game."

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Los Angeles Times (editorial):—"Spalding's book has been out six months and ninety thousand copies have been sold. We understand there will be other editions. America has taken base ball seriously for at last two generations, and it is time enough that the fad was given an adequate text book."

CASPAR WHITNEY, Editor *Outdoor America*, and one of the leading authorities in the world on sport:—"You have made an invaluable contribution to the literature of the game, and one none else could have made. Moreover, you've done some very interesting writing, which is a distinct novelty in such books—too often dull and uninteresting."

New York World:—"Albert G. Spalding, who really grew up with the sport, has written 'America's National Game,' which he describes as not a history, but the simple story of the game as he has come to know it. His book, therefore, is full of living interest. It is a volume generously illustrated and abounds in personal memories of base ball in the making."

New York Sun:—"There is a mass of interesting information regarding base ball, as might be expected, in Mr. Spalding's 'America's National Game.' It is safe to say that before Spalding there was no base ball. The book is no record of games and players, but it is historical in a broader sense, and the author is able to give his personal decisive testimony about many disputed points."

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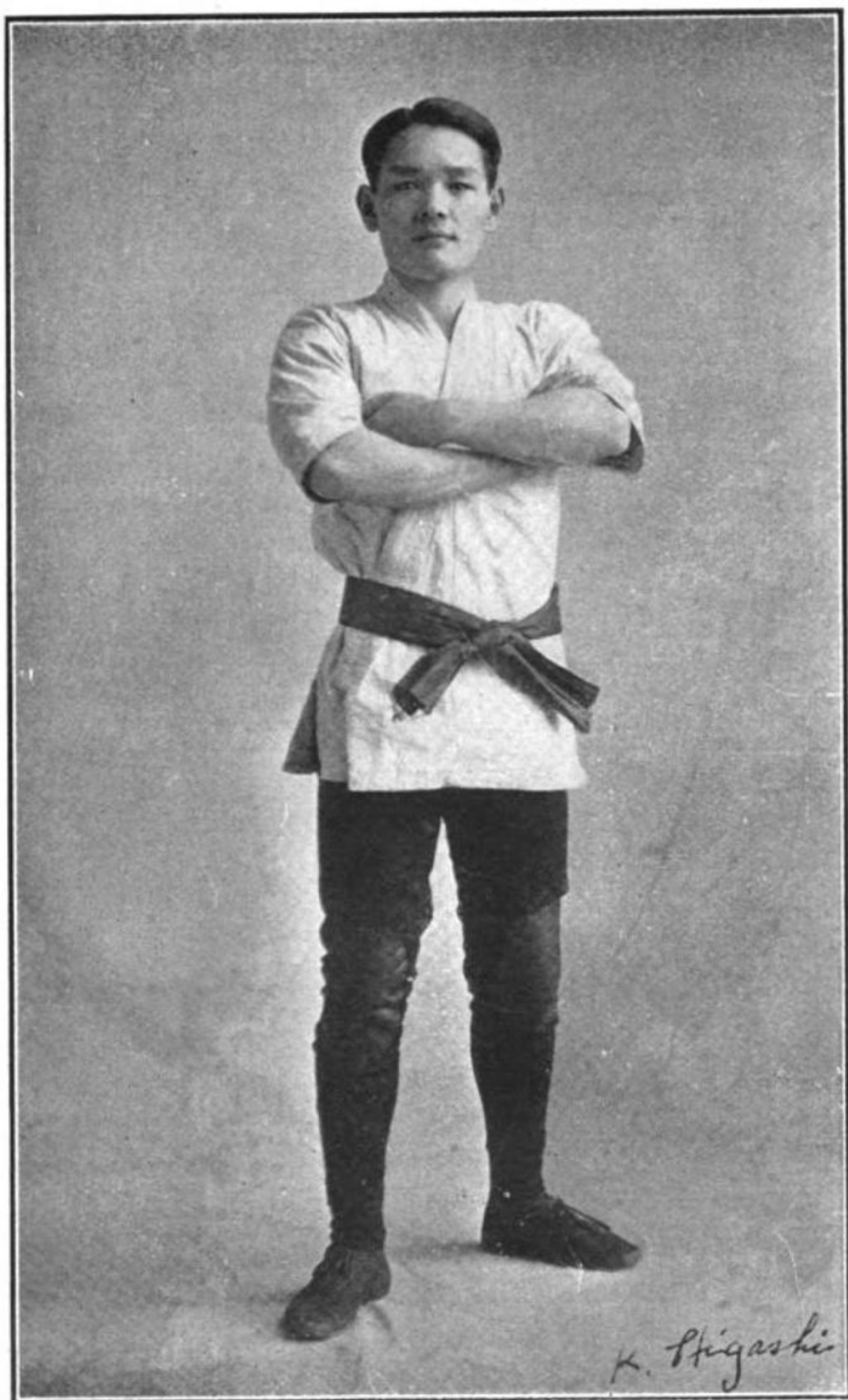
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JIU JITSU

THE EFFECTIVE
JAPANESE MODE
OF SELF-DEFENSE

ILLUSTRATED BY SNAPSHOTS OF
K. KOYAMA AND A. MINAMI
WELL KNOWN NATIVE EXPERTS

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JIU JITSU

ITS ANCIENT ORIGIN—THE JAPANESE SYSTEM OF SELF-DEFENSE DESCRIBED



Jiu jitsu, the much-talked-of Japanese system of self-defense, has attracted so much attention throughout the English-speaking world that its acceptation in this country as a meritorious branch of combative athletics causes not the slightest surprise among broad-minded people.

Like all innovations, especially foreign ones, jiu jitsu was at first disparaged by scores of people. Some of them still hold to their original opinions, but many have delved deep into the subject, with the result that they now admit the science contains much of striking value.

Jiu jitsu is one of the oldest known branches of self-defense. Authentic records of its existence before the Christian era are now in possession of the Mikado of Japan. History relates that so far back as 200 years before Christ the supporters of the Japanese emperor of that time fought unarmed against hostile tribes and, aided by jiu jitsu, completely defeated them. The tribes in question carried the arms of the day, but this advantage availed them nothing against the disconcerting and often deadly tricks of the jiu jitsu experts.

Since that early period the art has advanced considerably, although the principal tricks have been kept secret. There are some jiu jitsu manœuvres that have never been explained to Europeans or Americans—and probably they never will be. Especially reticent are the "Japs" regarding the dozen or so of death-producing grips and blows. Several of them have been described in detail by them at various times, but others are only hinted at.

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These death blows are remarkable. Some are delivered on the spine, others on the neck and head, and two on the face. There are almost numberless manœuvres that temporarily paralyze nerves and nerve-centers, and others that stop the circulation of the blood in various part of the body. A large proportion of the tricks and holds introduces the twisting of hands, arms, legs, ankles, and the neck, and many more depend for success on the obtaining of powerful leverage on arms and legs, and on various joints.

Thus it will readily be seen that jiu jitsu is different from boxing and wrestling, although many wrestling manœuvres are used in it, either entirely or in part, or in combination. For instance, all jiu jitsu experts use forms of the arm lock, the full Nelson, half Nelson, chancery holds, cross buttocks, arm and leg grapevines, waist holds, leg holds, and strangles. There is absolutely nothing in common, however, between boxing and jiu jitsu. Boxing is not indulged in to any noticeable extent by "Japs." They prefer fencing and wrestling.

Still, jiu jitsu experts execute a trick that might well be termed a first cousin to the boxer's solar plexus punch. It consists of a blow in the solar plexus delivered with the fingers straightened and stiffened, the forefinger (or pointer) and the middle finger. These fingers are projected violently into the solar plexus and twisted in a peculiar manner, completely paralyzing this nerve center. (The solar plexus is a center of various nerves of the so-called sympathetic system, which has largely to do with the organs of nutrition). The blow also produces breathlessness, and, in cases of poorly trained men, nausea.

Jiu jitsu comprises three different systems or branches and upward of 250 manœuvres. One branch, the most familiar, calls for the use of the hands, another needs a piece of rope, and the other a club. However, only the first-named is considered in this book, for it is the one most frequently used. "Jap" experts are, of course, proficient in all three branches.

The knowledge of jiu jitsu has only recently been made general in Japan. Every soldier, sailor and policeman was taught it as a matter of course, but the upper classes, jealous lest their influence

over the populace should wane, tried to keep it to themselves. Of this tendency we have an interesting example in "The Darling of the Gods," when a small band of sumurai refuses to obey the imperial edict and disarm. So well recognized was it by the "Jap" that he could not learn jiu jitsu, and likely children were trained to be wrestlers instead. The wrestler is usually ten or twelve inches taller than his brother "Jap," and he is splendidly developed for wrestling, but when some years ago a tall wrestler was publicly defeated at Tokio by an exponent of jiu jitsu within a few seconds of the start the thousands of spectators were astonished. Japanese fashion, they said little, but since then, though wrestling is still popular, it no longer holds the first place. Mr. Hancock, author of a book on jiu jitsu, is of the opinion that a skilled exponent of jiu jitsu would defeat a champion American boxer, using his own methods.

Every jiu jitsu system is based on diet and the healthy state of the body. Every muscle is brought into development and hardened by the system, which means "muscle breaking"—a term that does not express the fact. Four years are needed for the full development of the system, years of regular, patient practice, and gradually the pupil begins to feel its influence.

Twice a day he will bathe if he would imitate his Japanese teacher. A gallon of pure water will be consumed during the twenty-four hours, and he will eat no meat. Rice comes first in importance as an element of diet. Next come vegetables, fish and fruit, meat being scarcely ever used. Fresh air, naturally, is absolutely essential not only to jiu jitsu, but to good health and vigor in Japan, as elsewhere, and a special study is made of the influence of deep breathing upon the students.

But what will surprise most people is that something most needed beyond all these—equanimity of temper—is essential. The reason of this is that there are too many tricks, which are dangerous to life and limb, to be entrusted to a person whose passions might overpower his judgment. Several of the feats would break bones if carried to extremes.

The secret of jiu jitsu consists of a knowledge of how to grasp

an opponent in such a manner that he must submit to be thrown or have the limb which is grasped ruthlessly broken. Once this terrible Japanese clutches his adversary by the arm he must fall in the direction the Japanese wishes or have his limb broken. An expert jiu jitsu wrestler can practically throw his opponent in any direction he wishes.

As a means of physical culture, jiu jitsu is superior to most methods. It gives a very fine all-round development, and the peculiarity of the Japanese system is that the muscles never become hard like those of an ordinary athlete, but remain perfectly soft and pliable to the touch and are apparently coated with a layer of fat, just as the muscles of the Greek athletes were said to have been in the days of the Olympian games.

When exhibitions of jiu jitsu are given by Japanese players the ground is always covered with a thick native carpet, and when the men are thrown they fall despite this protection with resounding thuds.

Numerous Englishmen have acquired this art, chief of whom are Apollo, the well-known strong man, and Mr. Roger Nowell, a celebrated amateur exponent of various systems of self-defense.

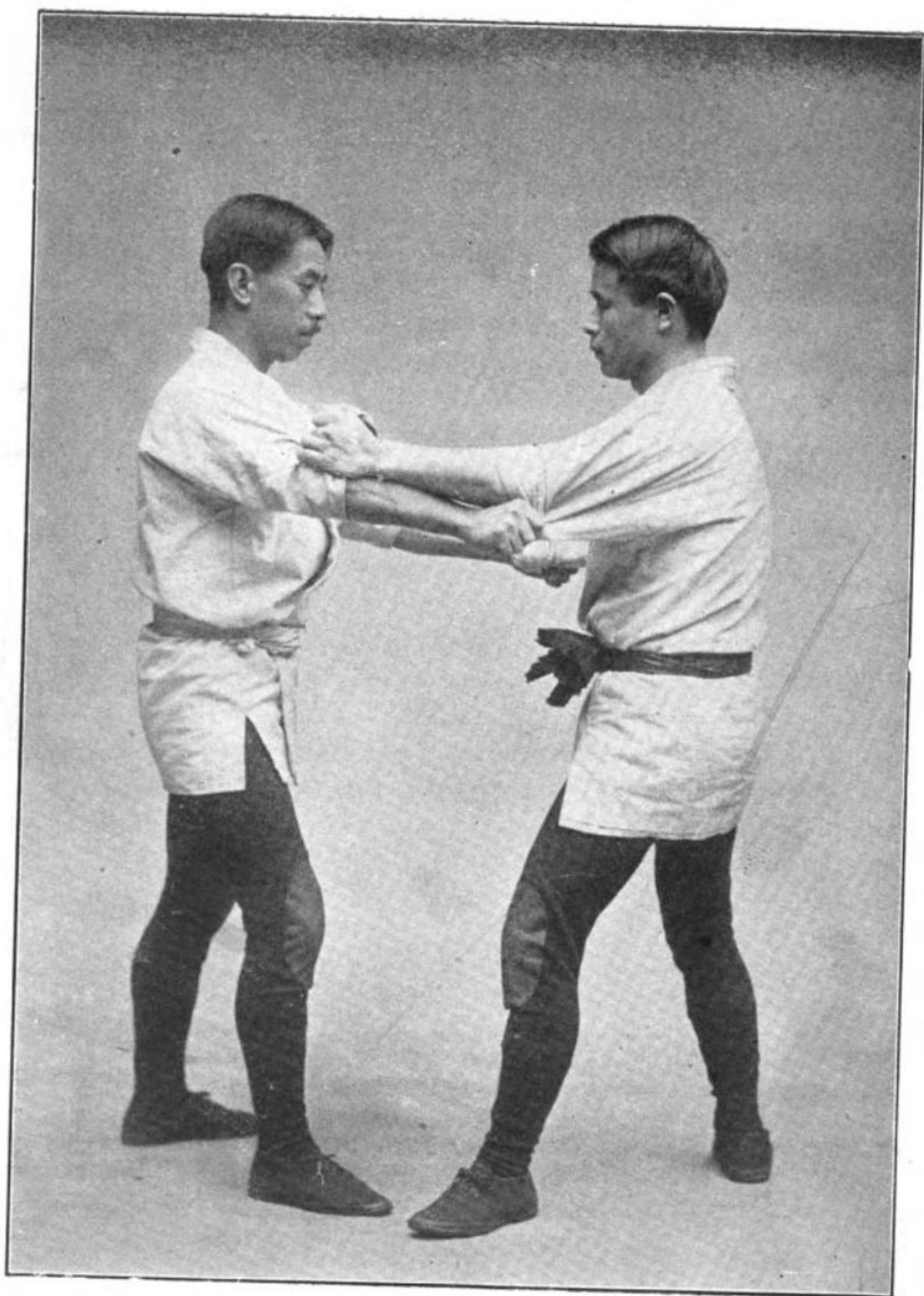
Pressure on muscles and ligaments is the idea of jiu jitsu, and detailed knowledge of the parts of the human body thus vulnerable is essential to expert practice of the system. Then the hand must be toughened by at least six months' exercise, so that with the edge a blow may be struck to break the arm or neck.

On the stomach all depends. Then comes training of the heart and lungs by deep breathing, which begins and ends at every lesson in jiu jitsu. Special exercises of the simplest nature develop the heart, lungs and arms, and the lower half of the body also receives special attention.

Fasting, copious draughts of water and hot water drinking are regular features of Japanese life, and in winter the Japanese will jump out of his hot bath and roll in the snow. Extremes of leanness and of obesity are rare, and the women are versed in athletics as well as the men. Fresh air is a *sine qua non*.

Owing to the widespread eagerness for information regarding

jiu jitsu, many erroneous ideas have been formed regarding it. Scores of holds and tricks, purporting to be jiu jitsu manoeuvres, have been exploited by people palpably ignorant of the subject. In this book the "Jap" experts have illustrated only such holds, etc., as are included in jiu jitsu, omitting unauthoritative holds and those that are not considered practical. The so-called "Adam's apple blow" is one which the "Japs" omitted, simply because in its execution the victim has one hand free, which a clever man would use in effectually blocking the movement.



No. 1

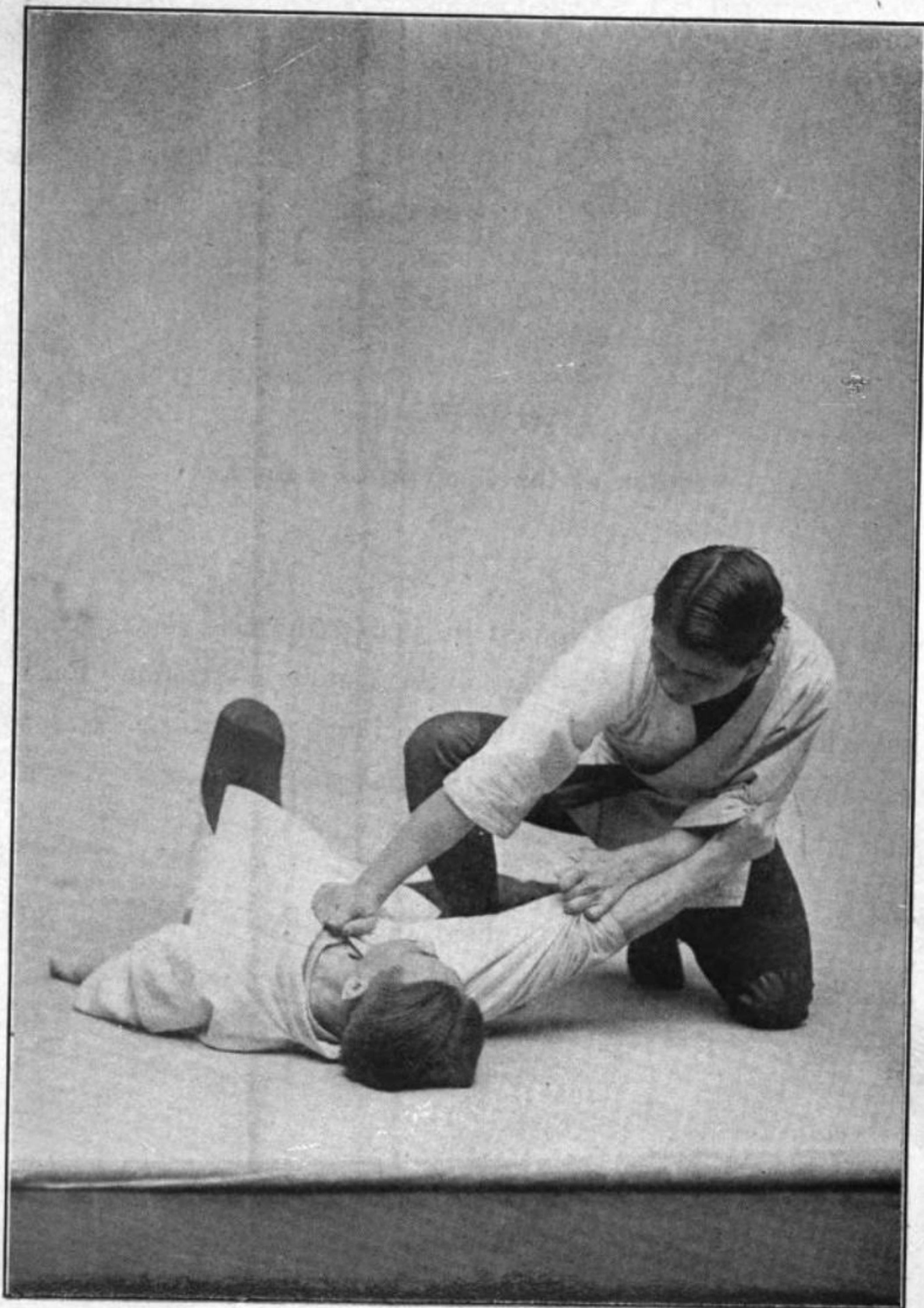
FIGURE NO. 1.

Position at the Opening of a Bout.



At the beginning of a contest jiu jitsu performers stand facing each other in the position shown in the opposite illustration. Each keeps his feet spread well apart, toes pointing outward, and grasps the canvas sleeves of his opponent's jacket above the elbow. From this position the contestants work to obtain various holds and grips.

Observe that the "Japs" stand upright, as opposed to the crouching attitude of wrestlers at the start of a match.



No. 2

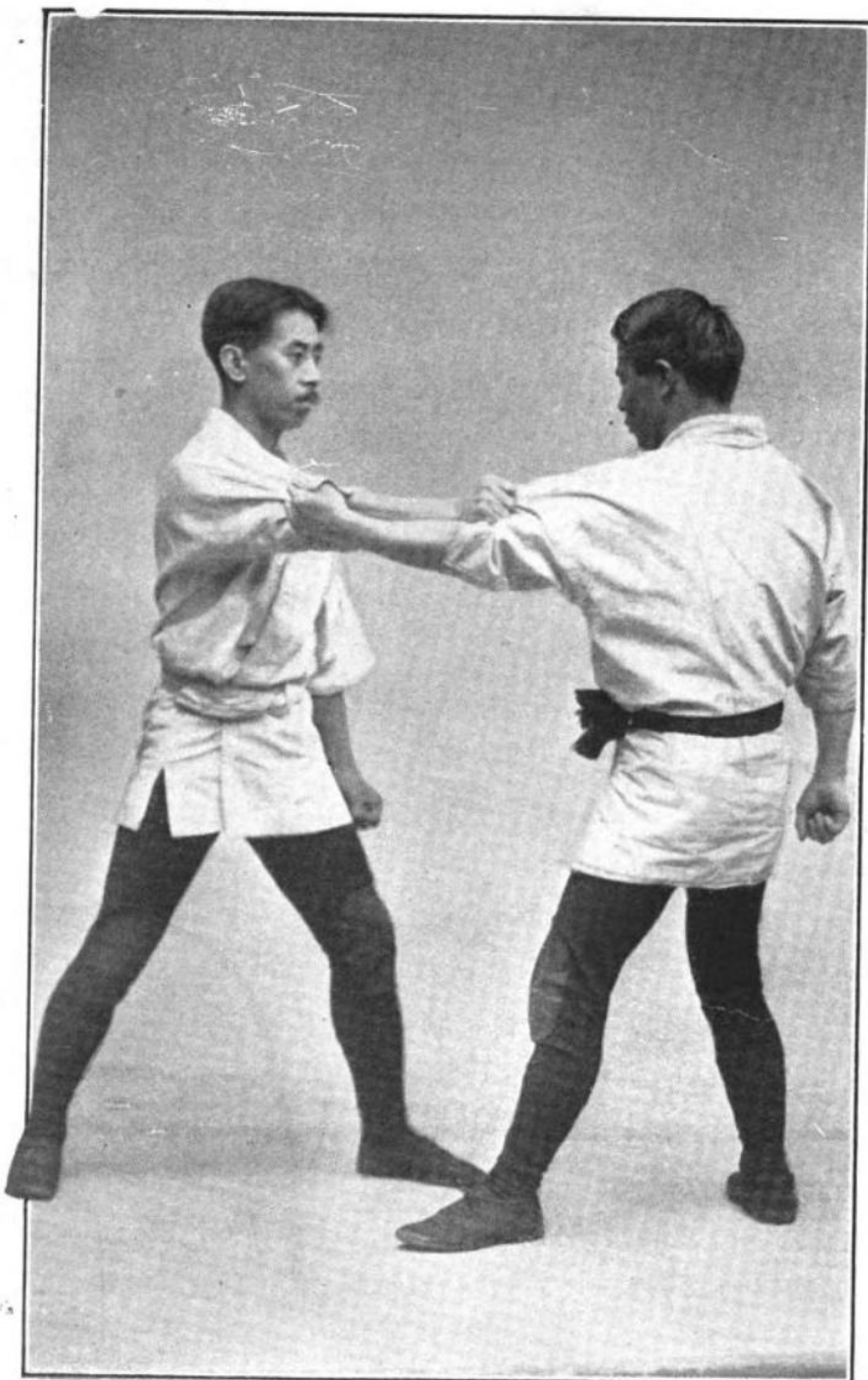
FIGURE NO. 2.

Fall, Advantage of Disablement Secured From the Preliminary Position Shown in Figure 1.

A point or a fall in a jiu jitsu contest does not necessarily mean a fall in the strict sense of the word, as understood in wrestling. The object is to place a man entirely at your mercy or to disable him temporarily or otherwise. Oftentimes, however, these results are secured much after the manner of falls in wrestling. On the opposite page is shown a fall obtained from the preliminary pose shown in Figure No. 1.

To secure this fall, proceed as follows:

After facing your opponent and grasping his sleeves, step forward and place your right leg outward behind his right leg. Pull your antagonist quickly toward you and force him back over your right leg. Slip your right hand from his right arm to the front of his jacket, a few inches below his throat, to assist in pushing him back. Throw your opponent on his back in the position shown in Figure No. 2 and to disable him to press your right knee in his stomach.



No. 3

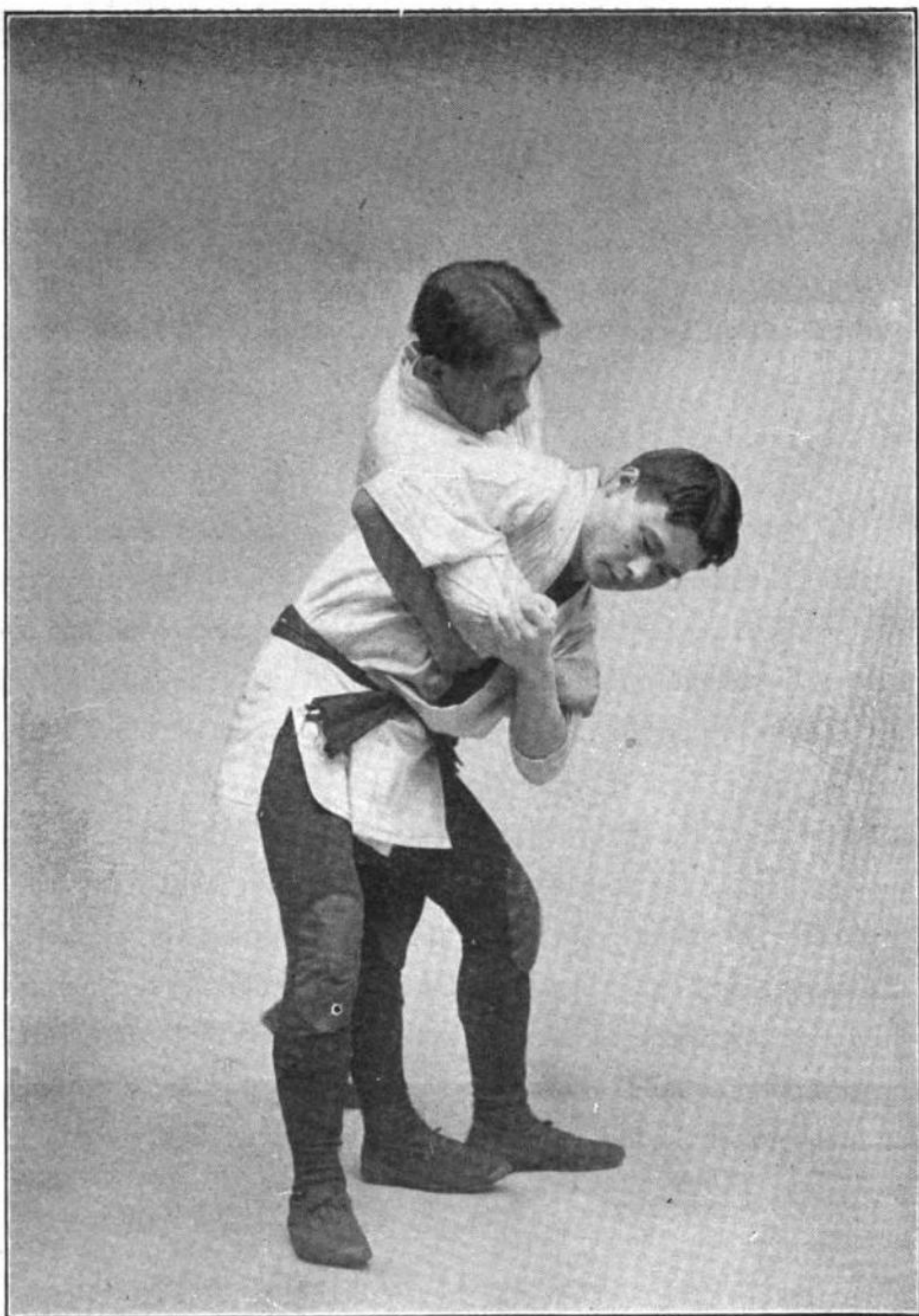
FIGURE NO. 3.

**First Position Leading Up to a Combination Fall, Neck Twist
and Arm Breaker.**

The opposite illustration (No. 3) shows another preliminary position frequently used in jiu jitsu. This photo and the three following, Nos. 4, 5 and 6, show a series of manœuvres that result in a violent fall, and which place a man completely in an opponent's power, so much so that the breaking of the victim's right arm will be a comparatively easy matter.

The man at the right in the illustration is, in this case, the attacking party. He is A. Minami. His opponent is K. Koyama.

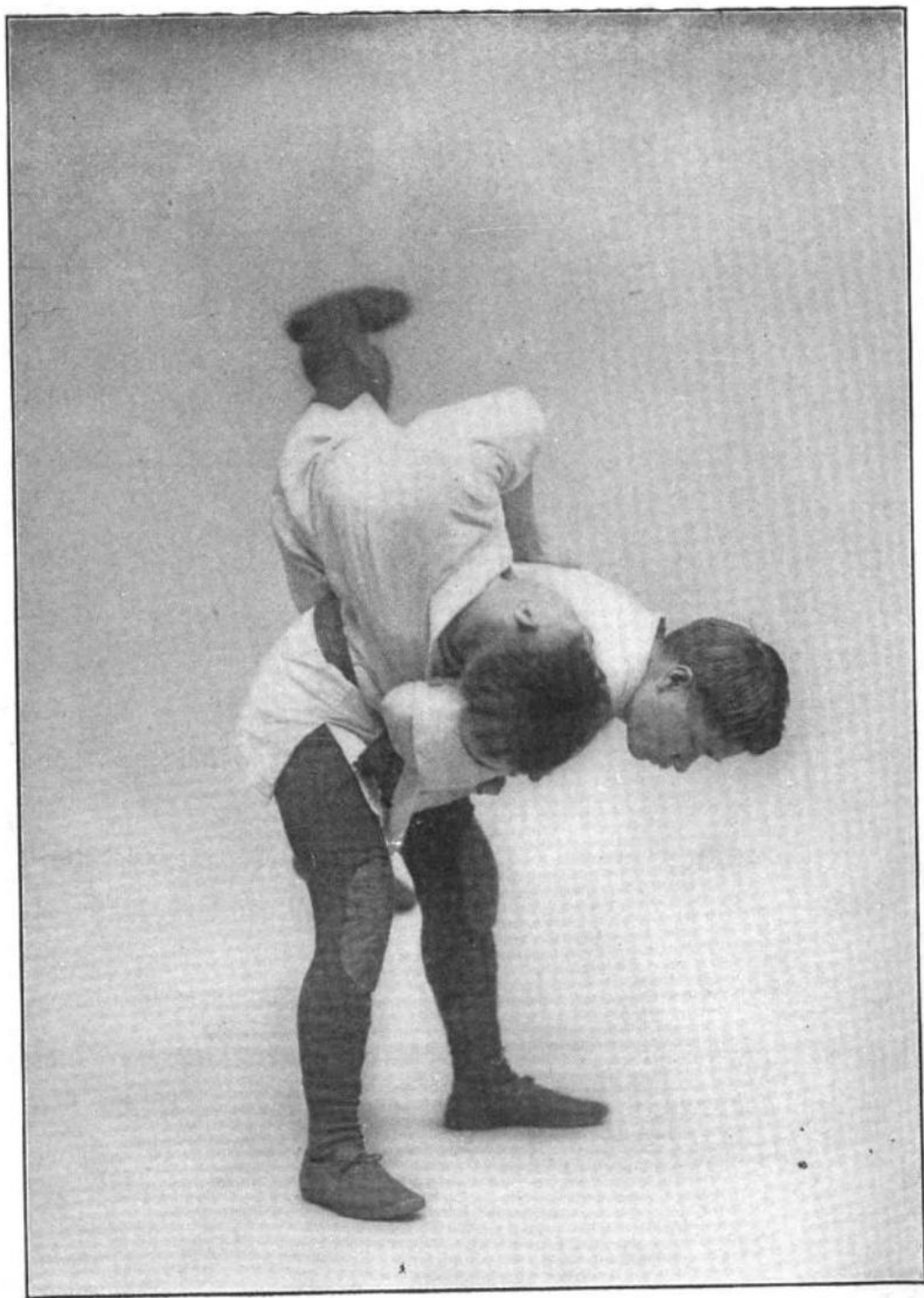
Notice the manner in which the "Japs" grasp the sleeve of the canvas jackets. They place the thumb under the canvas, and hold the four fingers outside, thus enabling them to secure the firmest possible hold. It will be found almost impossible to twist or break this hold loose under ordinary circumstances.



No. 4

FIGURE NO. 4.**A Jiu Jitsu Arm Lock, a Development of Figure No. 3.**

The second movement in the execution of a combination fall, neck twist, and arm breaker, which combined hold was begun in Figure No. 3, is shown in Figure No. 4, on the opposite page. From the position shown in Figure No. 3, the man on the right (the attacking party), steps in, and toward his left, turning his back to his opponent. Simultaneously and as swift as a lightning flash, he reaches over the extended right arm of his adversary and secures, with his free right arm, an arm lock, similar to the hold in wrestling. In wrestling, however, the man who leads the attack generally stands outside the arm he intends to lock. The attacking party in jiu jitsu should stand after the lock so that his opponent's right knee comes between his (the attacking man's) legs, as shown in the photo opposite. The attacking man must also bend forward, drawing his intended victim over on his back (see Figure No. 5).



No. 5

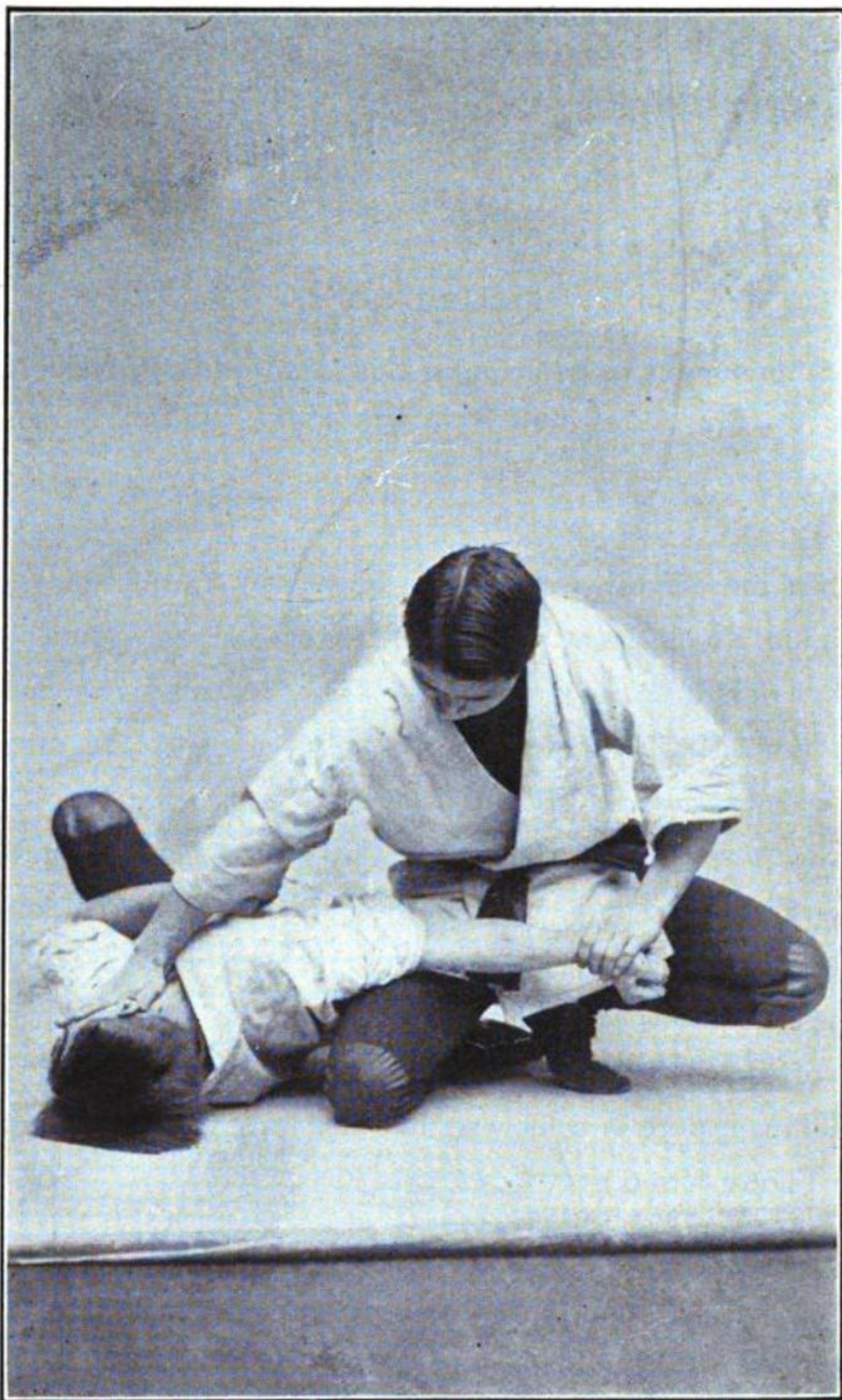
FIGURE NO. 5.

**Third Movement in Securing a Combination Fall, Neck Twist
and Arm Breaker.**

When the defensive competitor is secured by the hold shown in Figure No. 4, the attacker bends forward sharply, drawing his victim's right arm under his (the attacker's) stomach, which at the same time lifts the defensive man off the floor, and onto the attacker's back, as shown in illustration No. 5.

Notice that the man about to be thrown has his left hand free, but that is powerless to block or stop his opponent's attack. The former has grasped the attacker's left shoulder with his left hand, but he cannot now save himself. The arm lock holds him, without hope of escape.

This manœuvre is somewhat like the back heave in wrestling (See Figure No. 6.)



No. 6

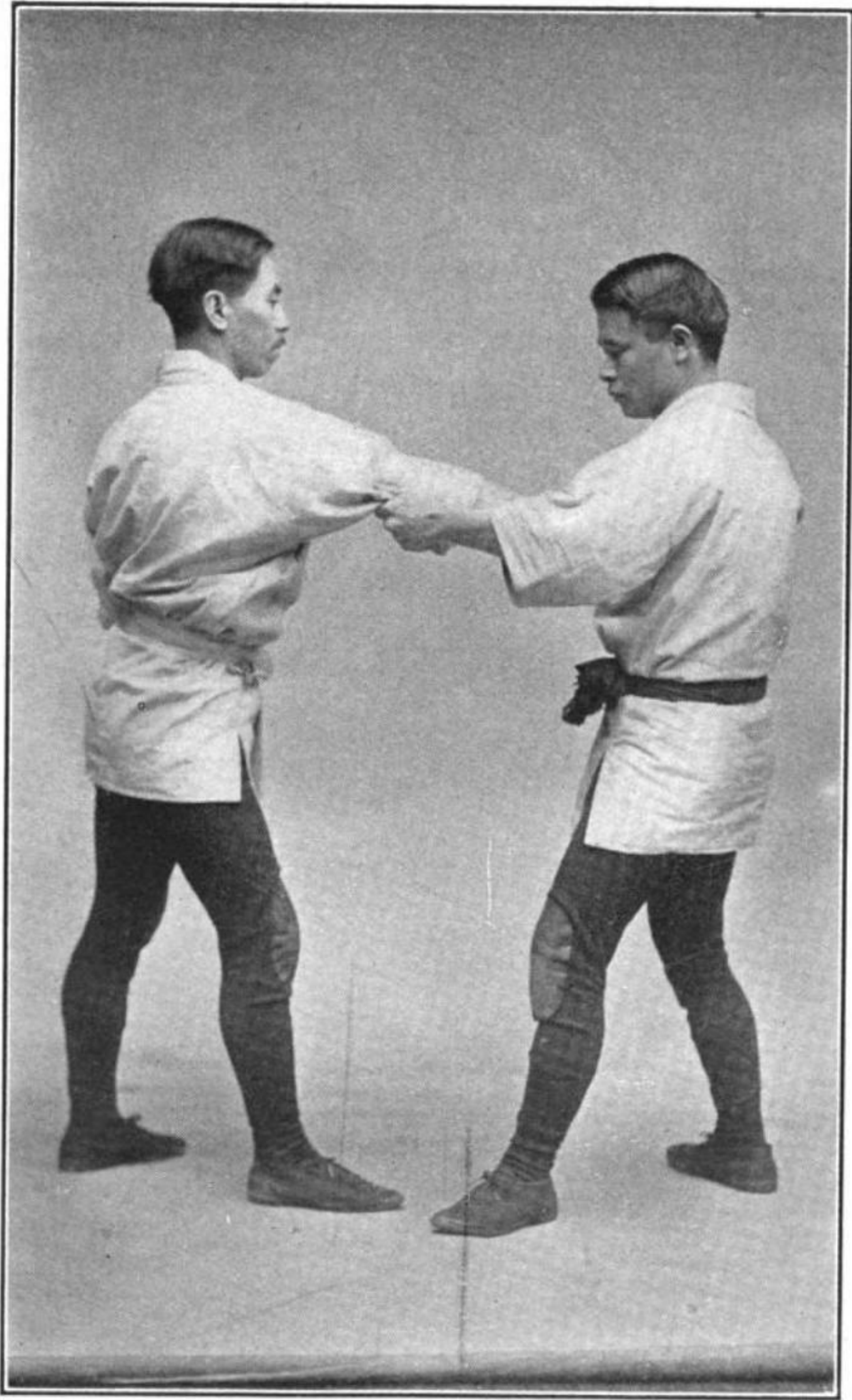
FIGURE NO. 6.

Completion of the Combination Fall, Neck Twist and Arm Breaker.

Opposite we see the end of the jiu jitsu trick begun in Figure No. 3. The attacker has thrown his victim by turning him completely over in a somersault toward the right from the position shown in Figure No. 5.

The defensive performer landed heavily on his back. The attacker drops to the former's right side, draws his opponent's right arm across his (the attacker's) right leg, between the knee and the hip, and presses it downward, by a hold on the wrist. The extended arm may easily be broken, as is readily seen, if desired. At the same time with the other arm the attacker twists his antagonist's neck sharply by pushing the latter's chin to the left.

The under man vainly endeavors to relieve the strain on his neck by pushing with his left hand against his opponent's elbow.

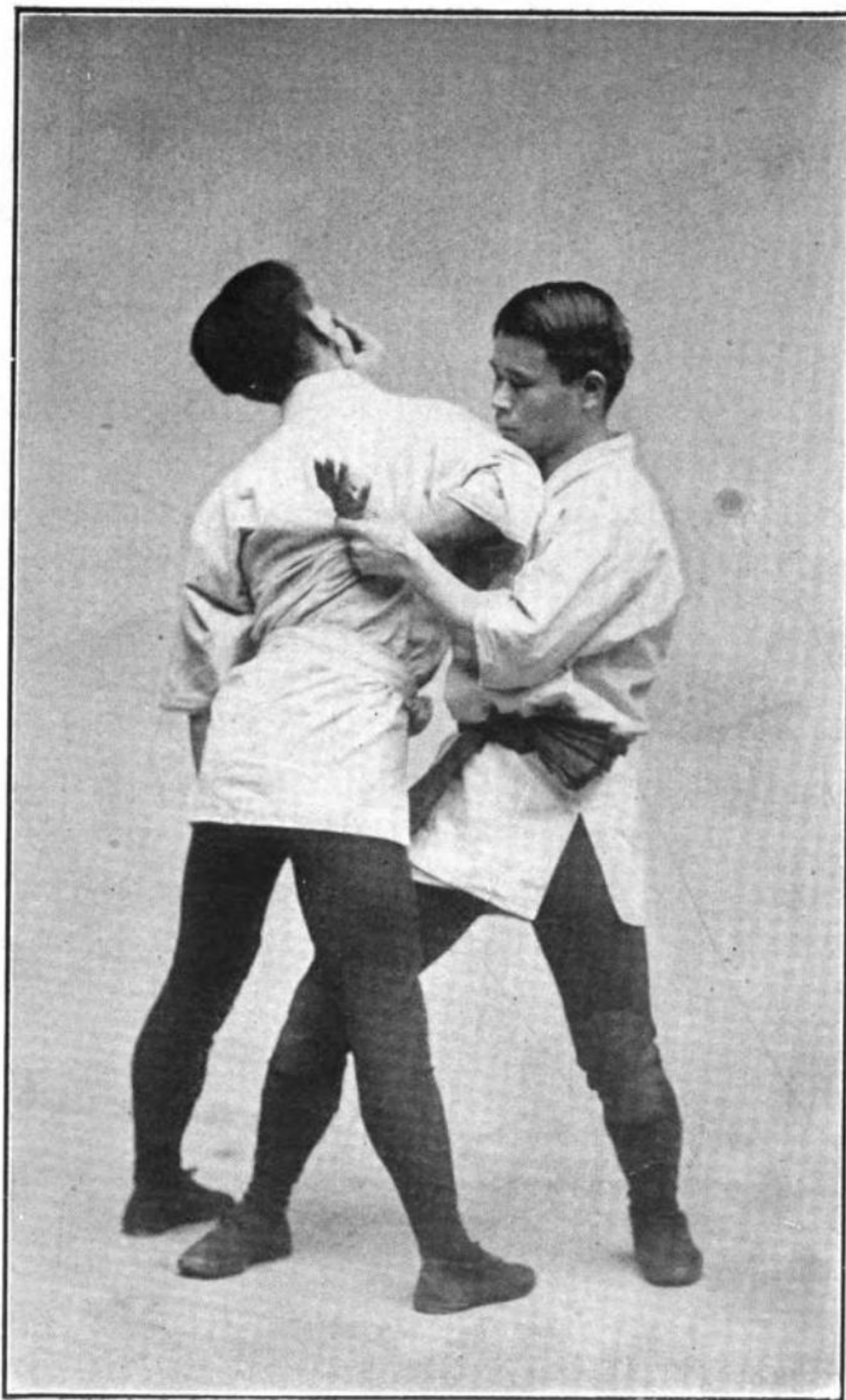


No. 7

FIGURE NO. 7

Preliminary Hold to Secure a Combination Neck Twist, and Arm and Wrist Twist (the Latter Behind Opponent's Back).

In the position shown on the opposite page the attacker (on the right) is obtaining a preliminary hold leading to a very effective combination. He grasps, with his left hand, his opponent's extended right arm above the elbow, and secures the hand of the same arm with his own right hand. Quick as a flash, the attacker steps forward, placing his right leg between the other man's legs, as shown in the next illustration. (See Figure No. 8.)



No. 8

FIGURE NO. 8.**Combination Neck Twist, Wrist and Arm Twist (Behind Opponent's Back) Secured.**

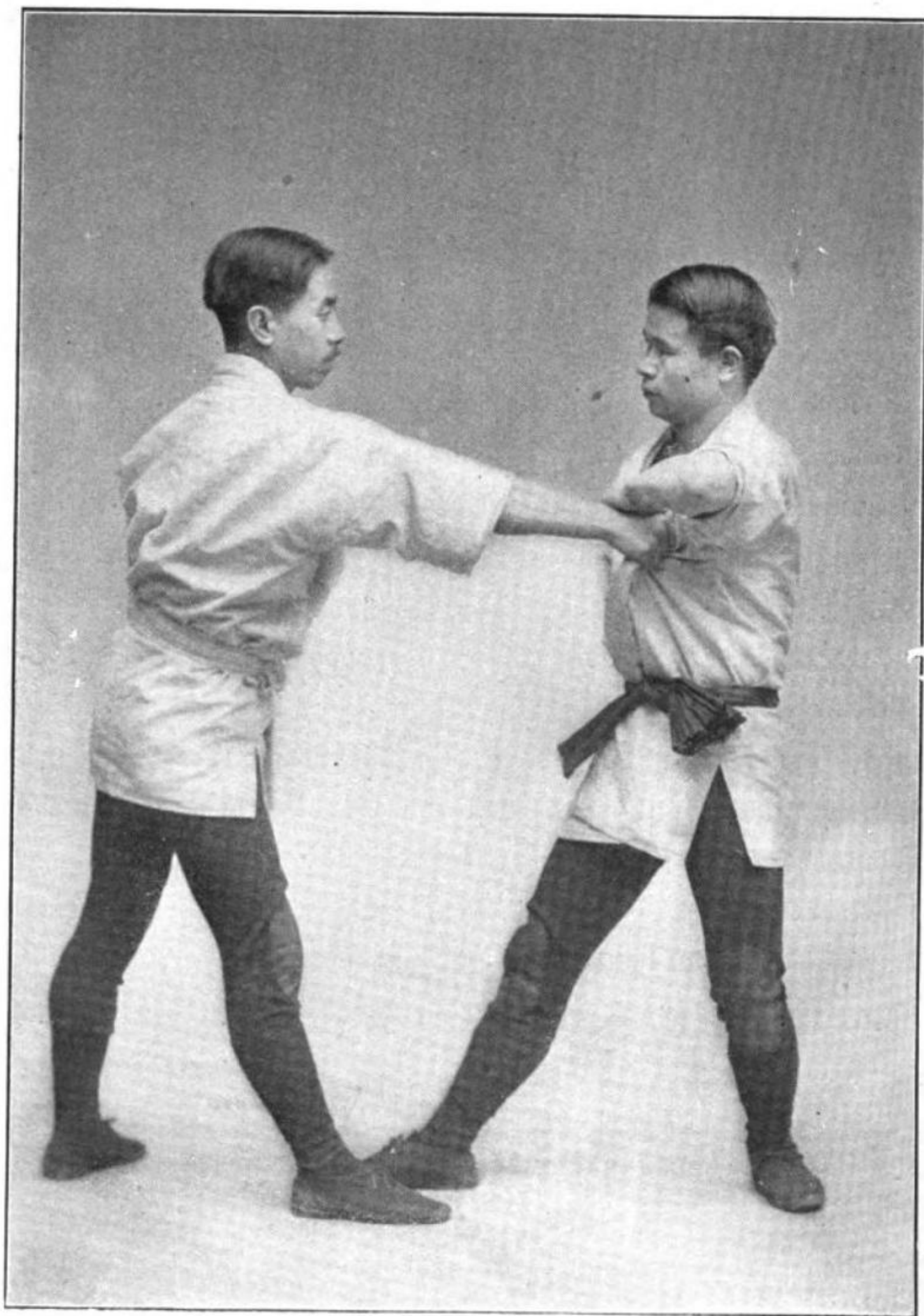
After obtaining the hold shown in Figure No. 7, the attacker moves swiftly into the position shown opposite. While thrusting his right foot between his opponent's legs, he bends the latter's right arm behind his back, as shown, and, with his right hand, after assisting with it in the arm-bending process, he turns his opponent's head to the left, pressing the chin up and to one side, twisting the neck.

The attacker's left hand slips to his opponent's right wrist as the arm is bent back, and grasping it first with his (the attacker's) thumb under the victim's hand, the palm being turned upward, and the attacker's thumb is then upward, also, as shown in the photo.

When the victim is finally held in the position shown opposite, his right wrist can be twisted so that he suffers excruciating pain. The strain on his elbow, owing to the arm twist, is also very severe.

This hold is much like the hammer lock used by wrestlers, but the jiu jitsu grip, while answering the same purpose, is more punishing.

When a man is held by this jiu jitsu combination hold he is absolutely powerless to make any resistance. He can be thrown in almost any desired direction.



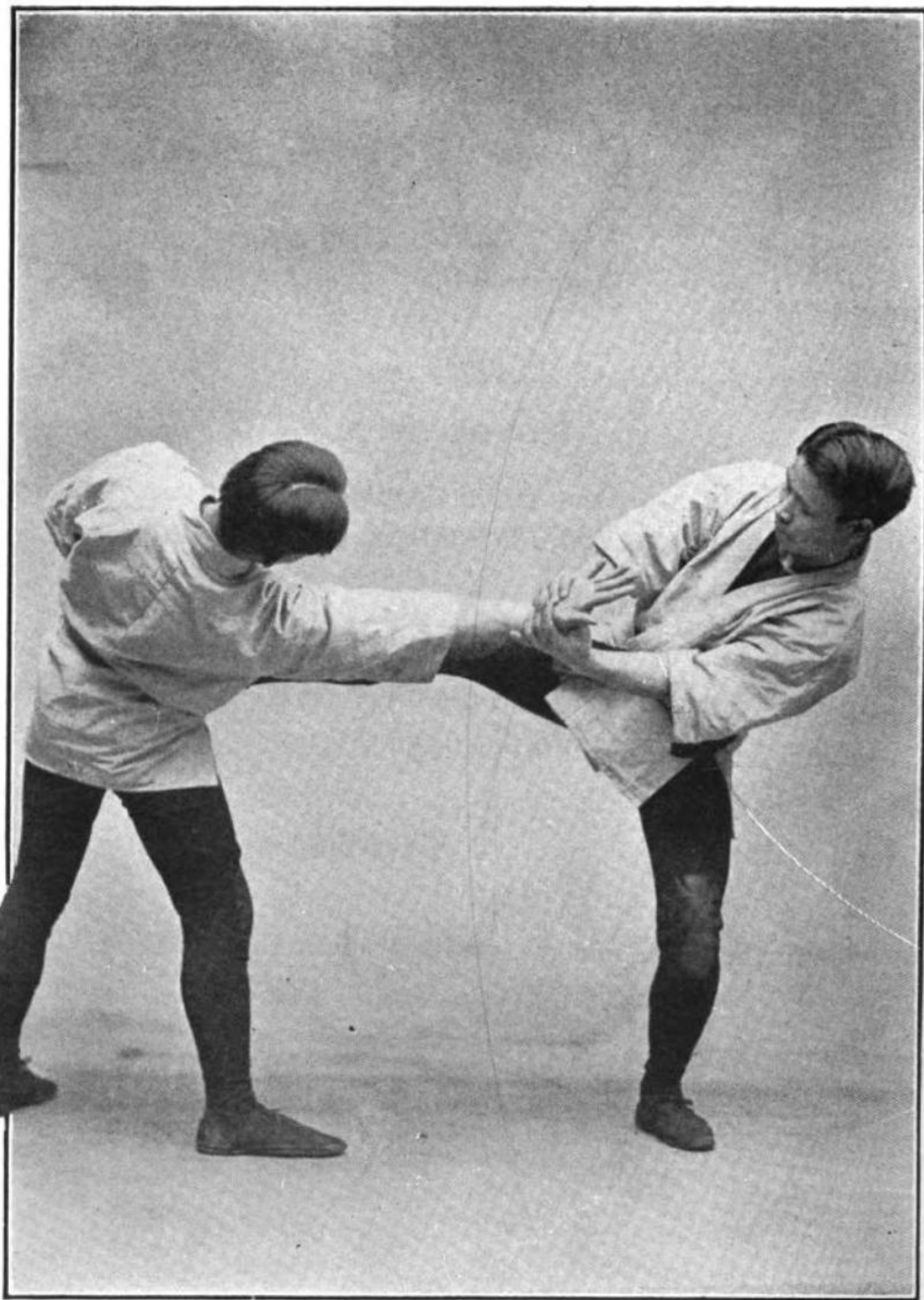
No. 9

FIGURE NO. 9.

Opening Hold of a Block and a Counter for An Attack, Resulting in a Novel and Startling Jiu Jitsu Fall.

In the opposite illustration, the "Jap" on the left, K. Koyama, has attacked A. Minami, extending his right hand, and grasping the latter's jacket. Minami instantly conceives a block and counter for Koyama's advance and grasps the latter's hand with his left.

For further developments, see illustrations No. 10 and 11.



No. 10

FIGURE NO. 10.

Second Movement in Counter for Attack Shown in Figure No. 9.

Minami, after grasping his opponent's right hand, as shown in Figure No. 9, to counter an attack, reinforces his own left hand with his right, twists the attacking wrist around, bends it back powerfully, as shown in the photo opposite, and, simultaneously, raises his right foot and thrusts it quickly into his opponent's stomach. Now he pulls his opponent forward, and pushes back with his foot, bringing severe pressure to bear on his opponent's stomach, which cannot be protected. The strain on the wrist is also very painful, placing the man so held completely within Minami's power.

For a fall from this position see Figure No. 11.



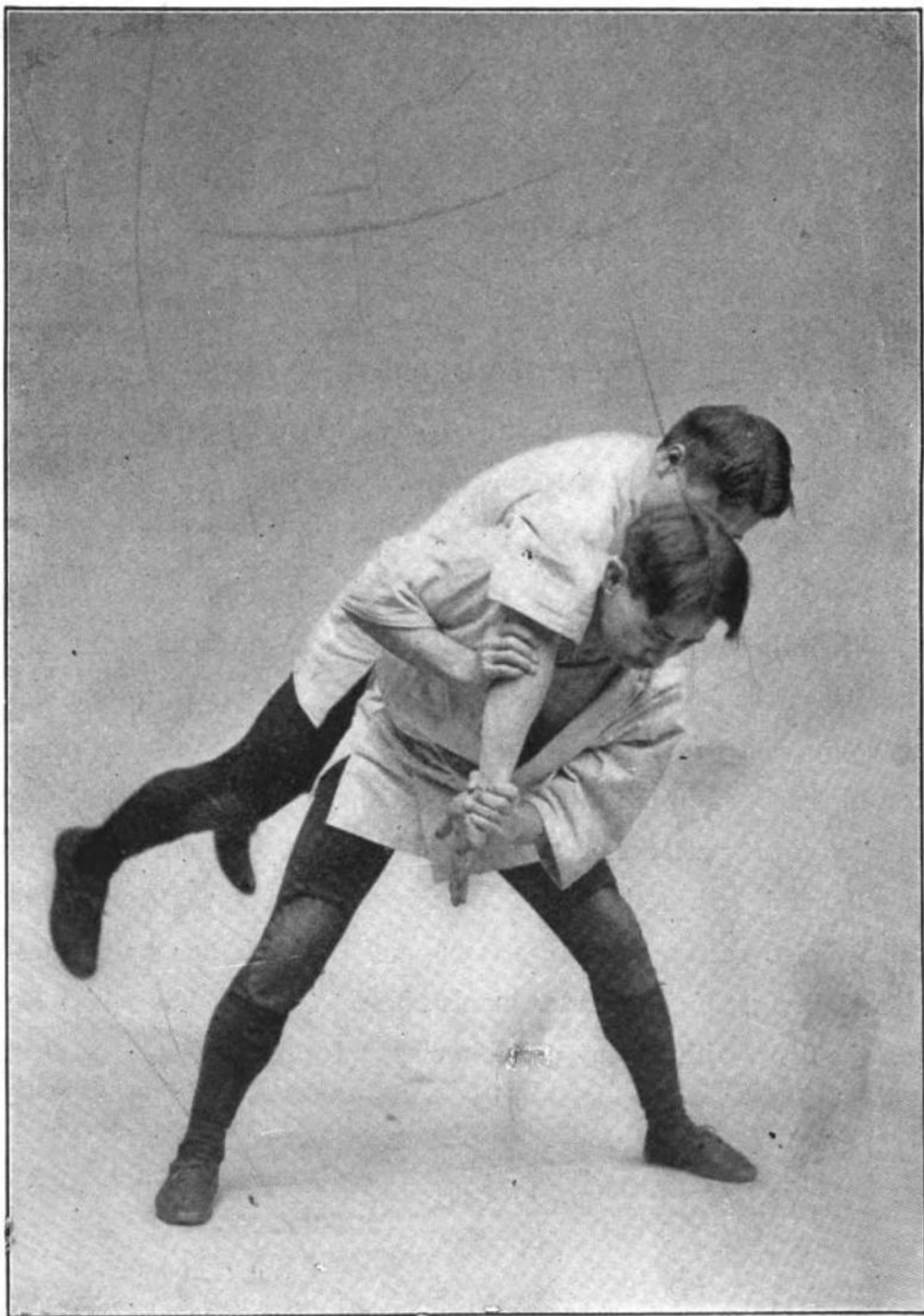
No. 11

FIGURE NO. 11.

**Fall and Punishment (by Wrist Twist) as a Development
From Figures No. 9 and 10.**

When the counter to the attack shown in Figure No. 9 has proceeded to the point shown in Figure No. 10, the man whose attack is countered is forced backward to his right. He is easily thrown on his back, as in the illustration opposite.

The present attacker retains his hold on the originally attacking right hand, twists the wrist strongly, as in Figure No. 11 (the elbow also receives severe strain) and he simultaneously places his right foot on the under man's chest. He thus holds him flat on the floor, without any possible chance for escape.



No. 12

FIGURE NO. 12.

A Jiu Jitsu Manœuvre Much Like the Flying Mare (in Wrestling). A Counter Shown in Figures No. 13 and 14.

At times jiu jitsu experts attempt to execute a fall from the position illustrated in Figure No. 12. They grasp an opponent's attacking (or possibly defensive) arm, turn, back to opponent, draw the arm down over either shoulder (in this case the right) and throw him violently forward, making him turn a complete somersault, or else falling sideways with him.

Notice in the opposite illustration the twist applied to the wrist of the attacked man. This twist is peculiar to jiu jitsu; it is never used by wrestlers.

For a counter to this manœuvre see Figure No. 13. A fall from the counter is pictured in Figure No. 14.



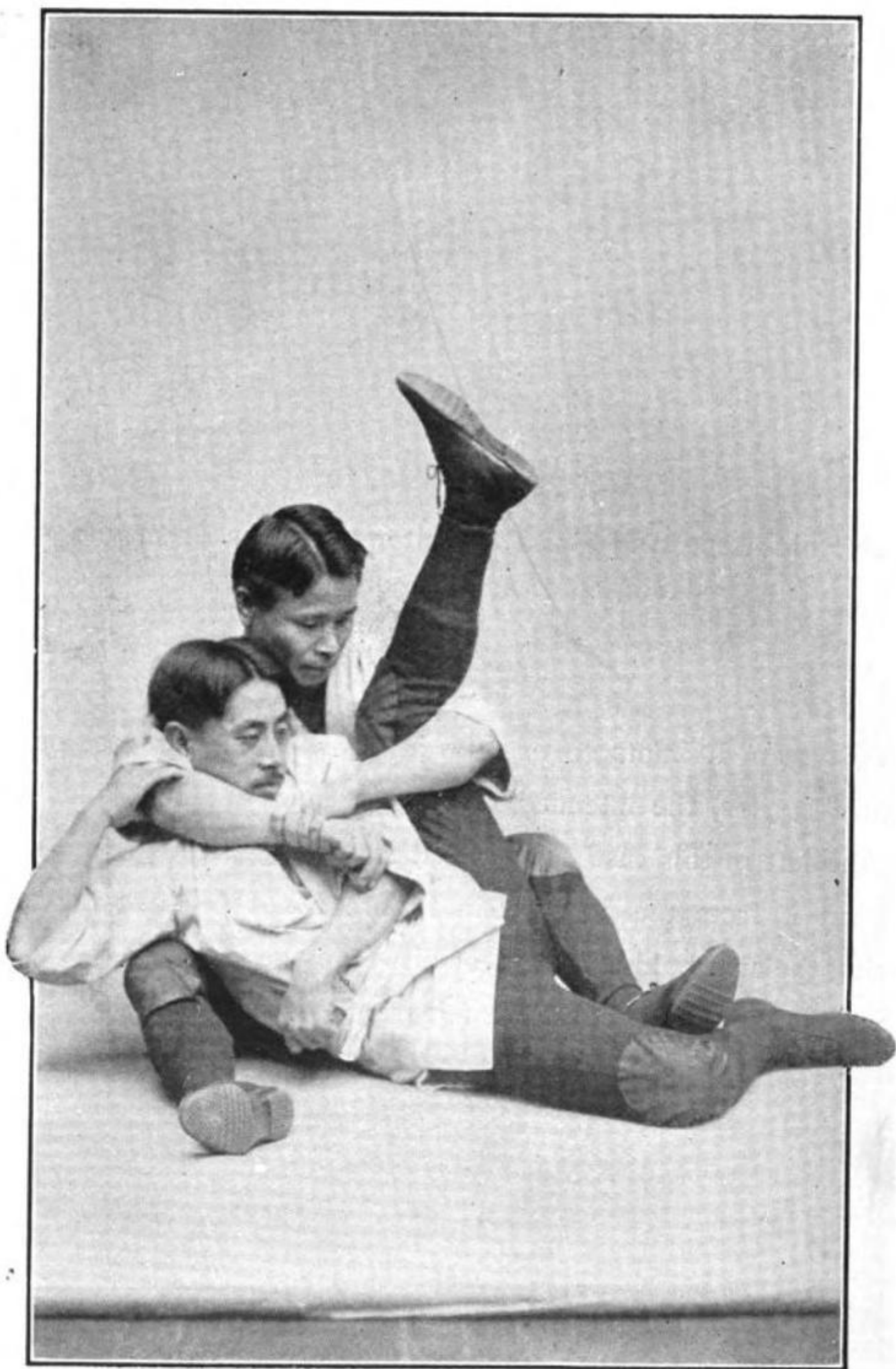
No. 13

FIGURE NO. 13.

**First Hold Resulting From an Intended Counter of the Arm
Hold, Shown in Figure No. 12.**

As a man attempts to execute a throw from the position in Figure No. 12, the intended victim can quickly slip to one side (to the left in this case), encircle the near leg with his free arm, and lift it from the floor, as in Figure No. 13. Now, the man having the arm hold is at a great disadvantage.

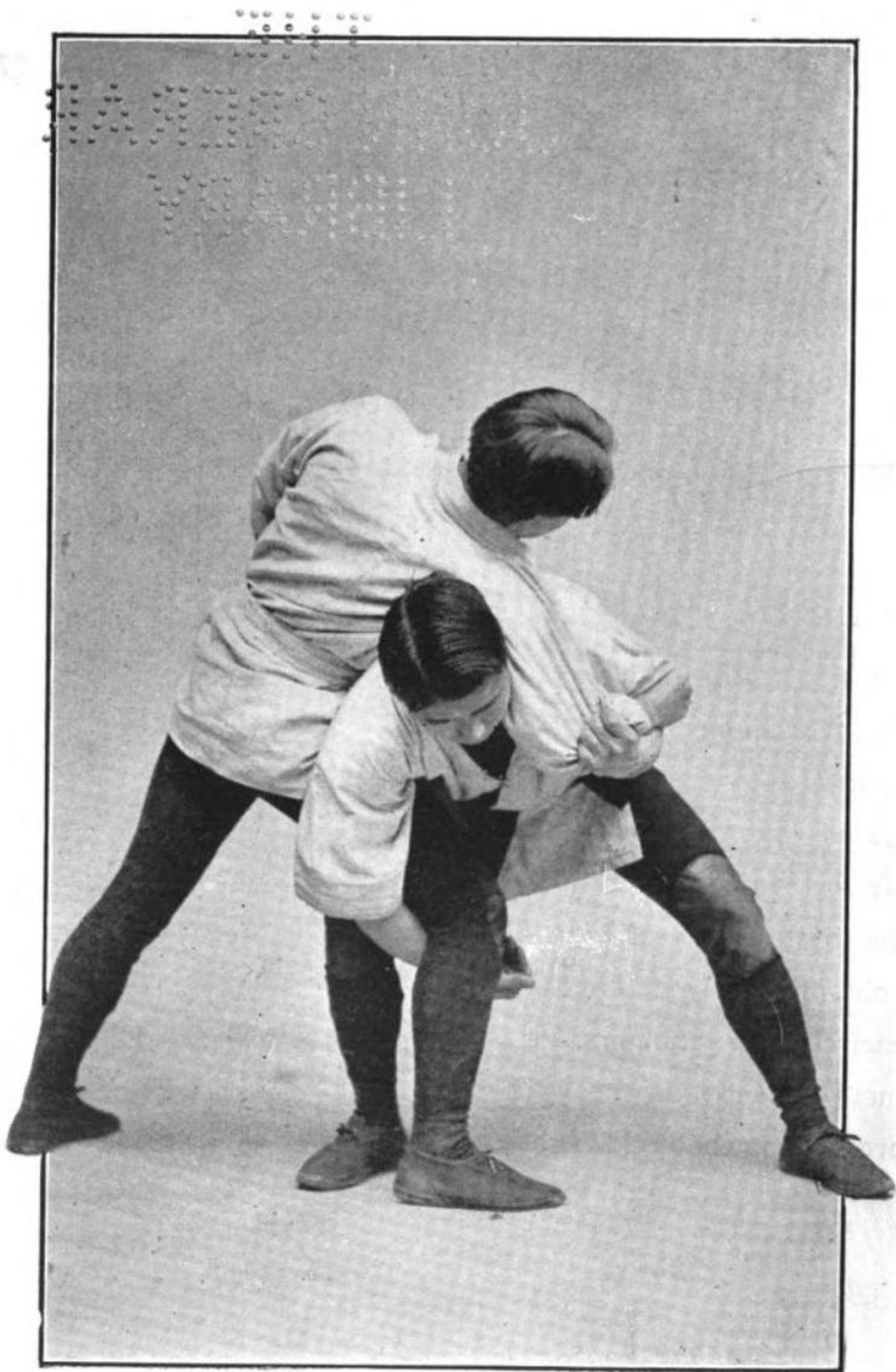
See photo on next page for a fall from this position.



No. 14

FIGURE NO. 14.**Fall and Punishment From a Counter to the Arm Hold in
Figure No. 12.**

When a jiu jitsu expert gets his opponent in the position shown in Figure No. 13, he lifts the leg he has grasped, and falls backward to the mat, carrying his victim with him. He also spreads out his legs so that his antagonist falls between them. He then reaches over with the leg encircling the arm and grasps the wrist of the arm originally secured by his opponent, in the arm hold previously referred to. Now he is able to draw up the encircled leg, cramping its muscles severely, and by pulling still more violently on the wrist of his other arm he places painful pressure on the neck of the thrown man.



No. 15

FIGURE NO. 15.

Another Effective Mode of Attack, Resulting in a Violent Fall.

When two men face each other, each having obtained the preliminary hold illustrated in Figure No. 3, a violent fall may be scored as follows:

Suddenly draw toward yourself the arm held (by grasping the sleeve of his jacket) and lunge forward, placing your head under the near armpit. Bend down, drawing your opponent down with the sleeve hold, and encircle his near leg with your free arm, in this case the right (see Figure No. 15). Now you are ready to carry him to the position shown in Figure No. 16.

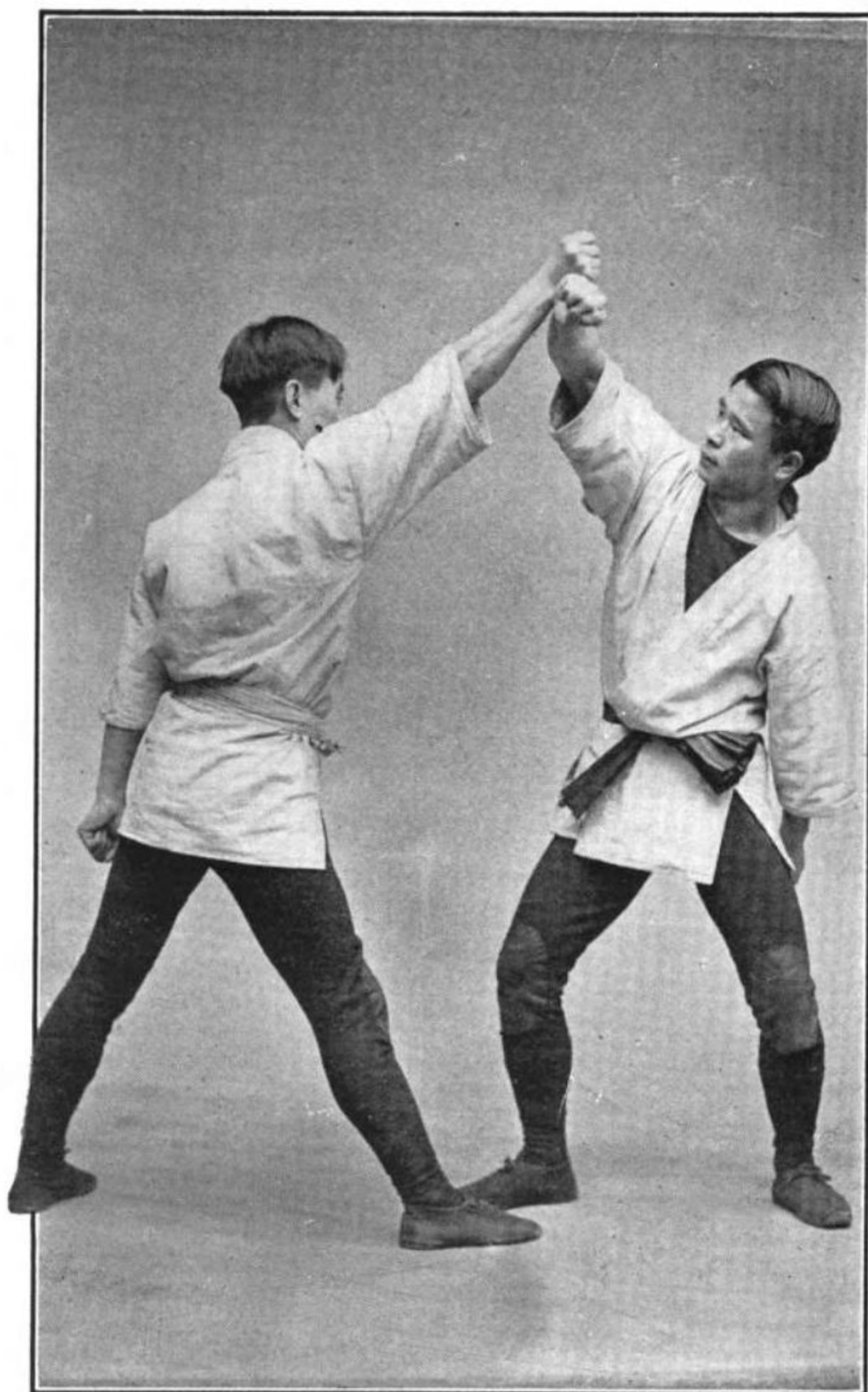


No. 16

FIGURE NO. 16.

Ready to Throw an Opponent Heavily to the Floor, From Position Illustrated in Figure No. 15.

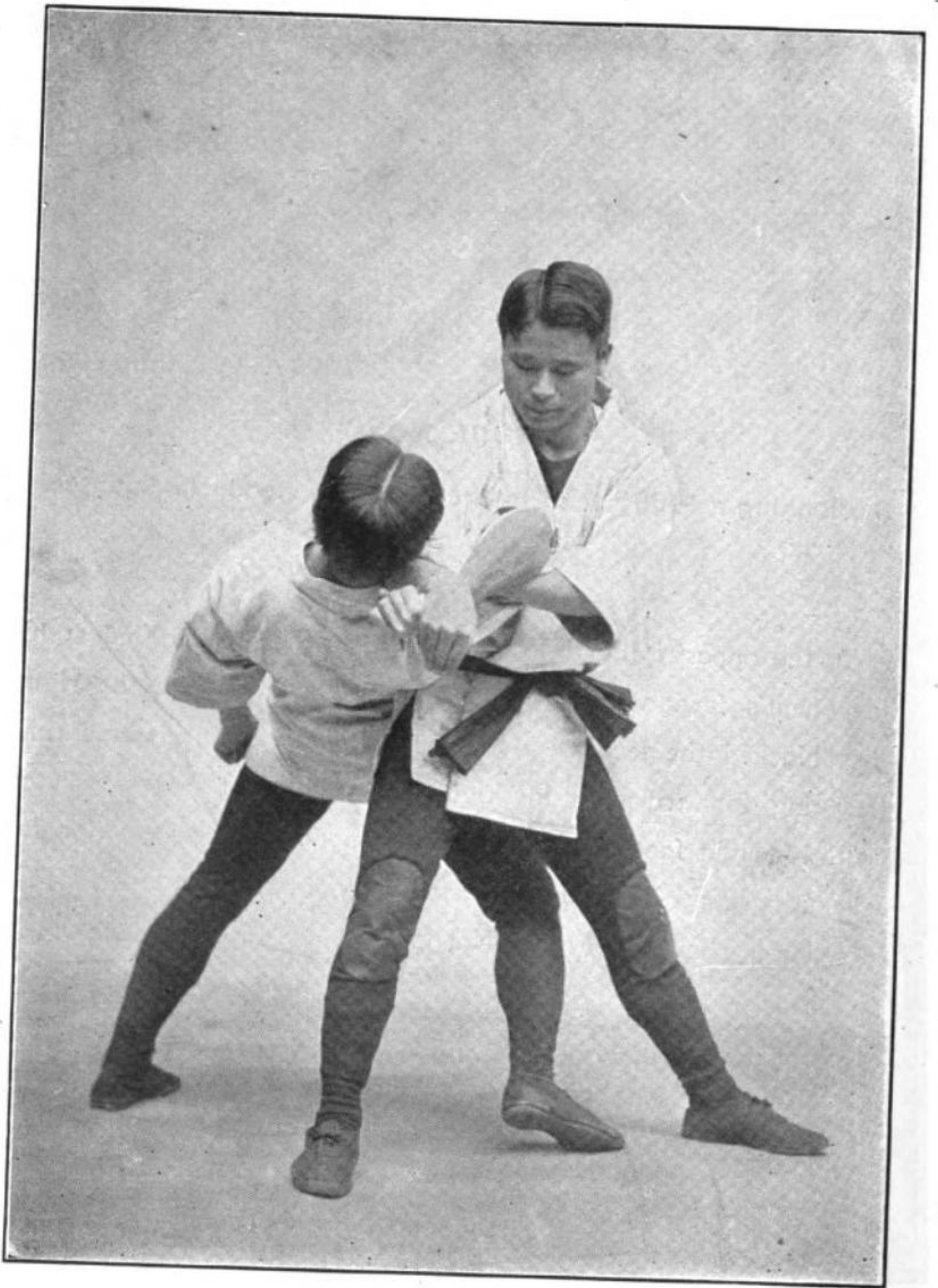
When a firm hold is obtained on the near leg of your opponent draw him well over on your back with the left arm (by means of the sleeve hold). Then raise yourself to a standing position (so far as the legs are concerned) carrying your foe on your shoulders. He will thus be held in the attitude shown opposite. You can throw him forward to the mat with force sufficient to stun him or to knock him breathless. Also, he can be thrown over the left shoulder, in almost any direction.



No. 17

FIGURE NO. 17**Blocking a Right Lead to the Face and Ready to Counter.**

In the opposite illustration the man on the left has led at his opponent's face with his right hand. The latter, on the right, has blocked the lead with his right forearm, at the same time stepping forward with his right foot. He has made this step with his right foot in order to be in a more favorable position for executing an efficacious and strikingly forceful counter. This counter is shown in Figure No. 18.



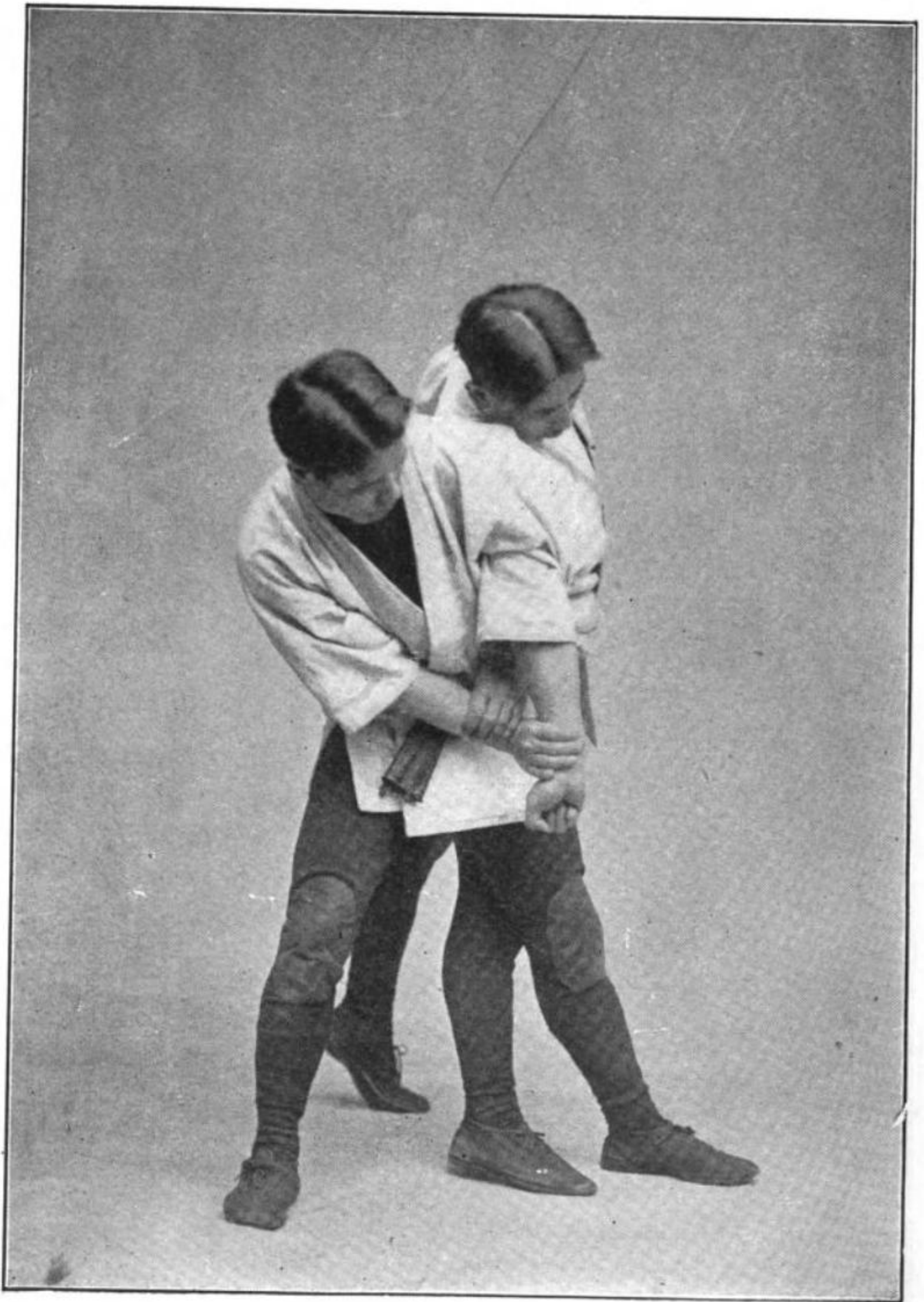
No. 18

FIGURE NO. 18.

Shoulder and Arm Twist Developed From Figure No. 17 Combined with a Cross Buttock.

After obtaining the position shown in Figure No. 17, the man on the right, who now attacks, as a counter to the right-hand lead to the face, proceeds as follows:

He grasps the extended arm with both hands and carries his right foot quickly over the right leg of his opponent. He now bends the attacking forearm sharply back and thrusts his right hip close into the small of his opponent's back. Next he releases his left hand, passes it under the bent elbow of his opponent and grasps his own right forearm. His right hand in the meantime he has used in pressing his opponent's wrist downward, as shown in the illustration No. 18. Pressure against the defensive man's wrist places a severe strain upon his wrist, elbow and shoulder. He is forced steadily backward over his opponent's buttock and it is only a matter of a few seconds before he is thrown backward to the floor. If the man does not give way his arm will be broken or his shoulder will be forced out of joint.



No. 19

FIGURE NO. 19.**An Arm Breaker and Wrist Twist, from the Rear.**

From a preliminary pose the attacker works to the rear or to the right side of his adversary. He then encircles the latter's right upper arm with his left arm, at the same time grasping his opponent's right fist with his right hand. The left hand, extending under the opponent's right elbow, grasps the attacker's wrist, as shown in the opposite picture. Now, by pressing down the defensive man's forearm, sufficient pressure can be exerted, aided by the leverage obtained, to break the victim's arm. Notice that the attacker's legs are spread quite far apart—the left from six to eight inches in advance of his foe's near leg—and that the last named man is held close against his opponent's body. If the attacker does not wish to break his man's arm he can throw him to the floor. The attacked man's left arm is free, but he can do no damage with it.

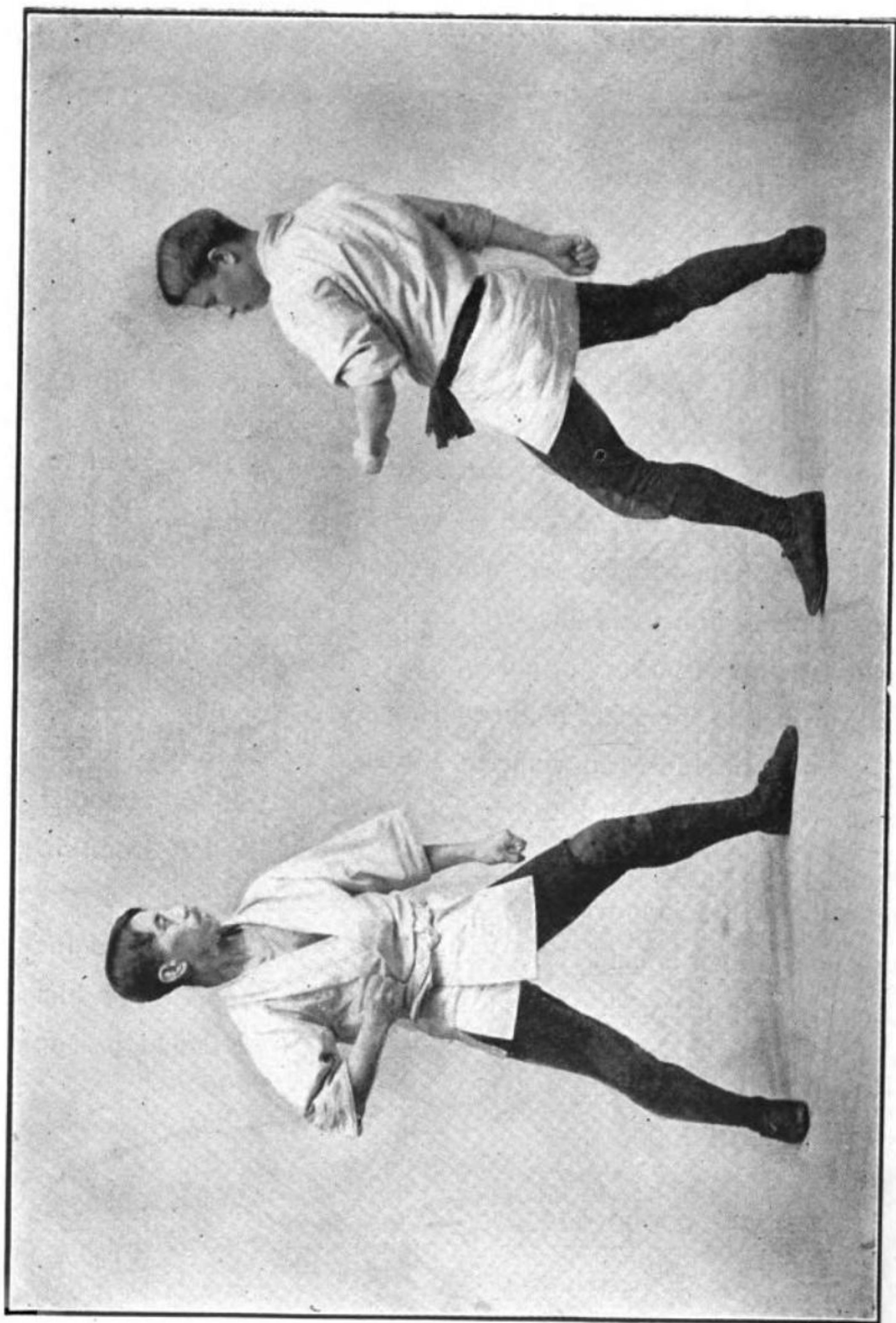


FIGURE NO. 20.

Novel Manner in Which a Jiu Jitsu Expert Repels an Opponent's Rush by Dropping to the Floor and Using His Feet.

In Figures No. 20, 21 and 22 are shown manœuvres in which a jiu jitsu expert resists an opponent's rushing attack in an unexpected manner. The opposite photo (No. 20) shows the men in the first position, that of seeming uncertainty. The man on the right rushes at his opponent as the latter moves forward as though to attack. Figures No. 21 and 22 show how, by dropping to the floor on his side, the man at the right executes a really startling trick.

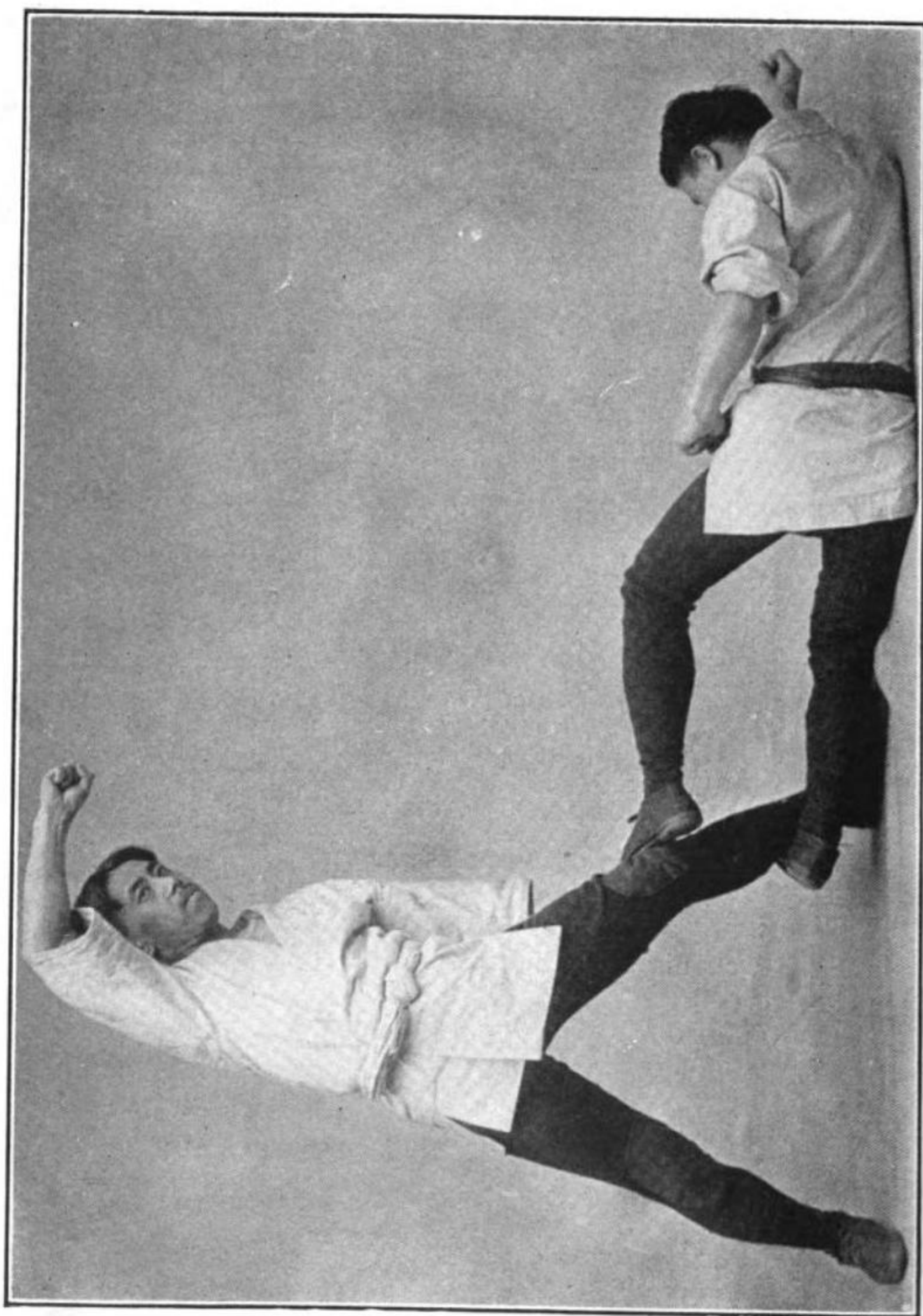


FIGURE NO. 21.

**The Attacker in Position to Break Opponent's Left Knee Cap
or to Throw Latter to Mat.**

A wrestler or a boxer would doubtless be greatly surprised to have an opponent drop voluntarily to the floor in front of him. Yet that is what the attacking man has done in the opposite illustration. Instead of seeking a hold on the upper part of his opponent's body he has fallen on his right side to the mat, hooked his right foot behind his foe's left ankle, and struck the left knee cap with his left foot. The knee cap can be struck so violently that the bone will be splintered, if desired. However, it is here the attacker's intention merely to throw his man, so he pulls the latter's left ankle forward by means of his right foot and, pushing against his foe's knee, forces him backward to the floor.

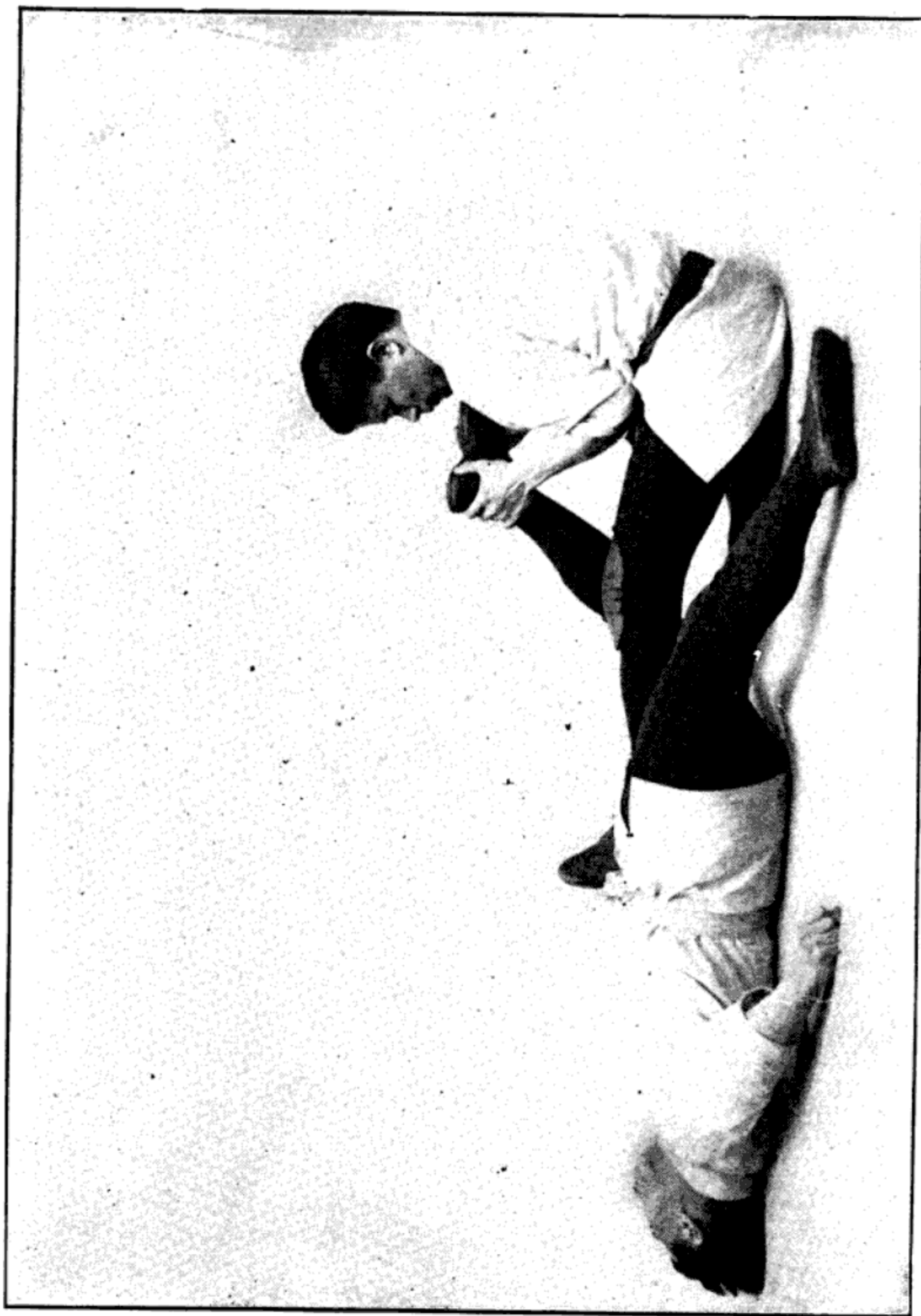
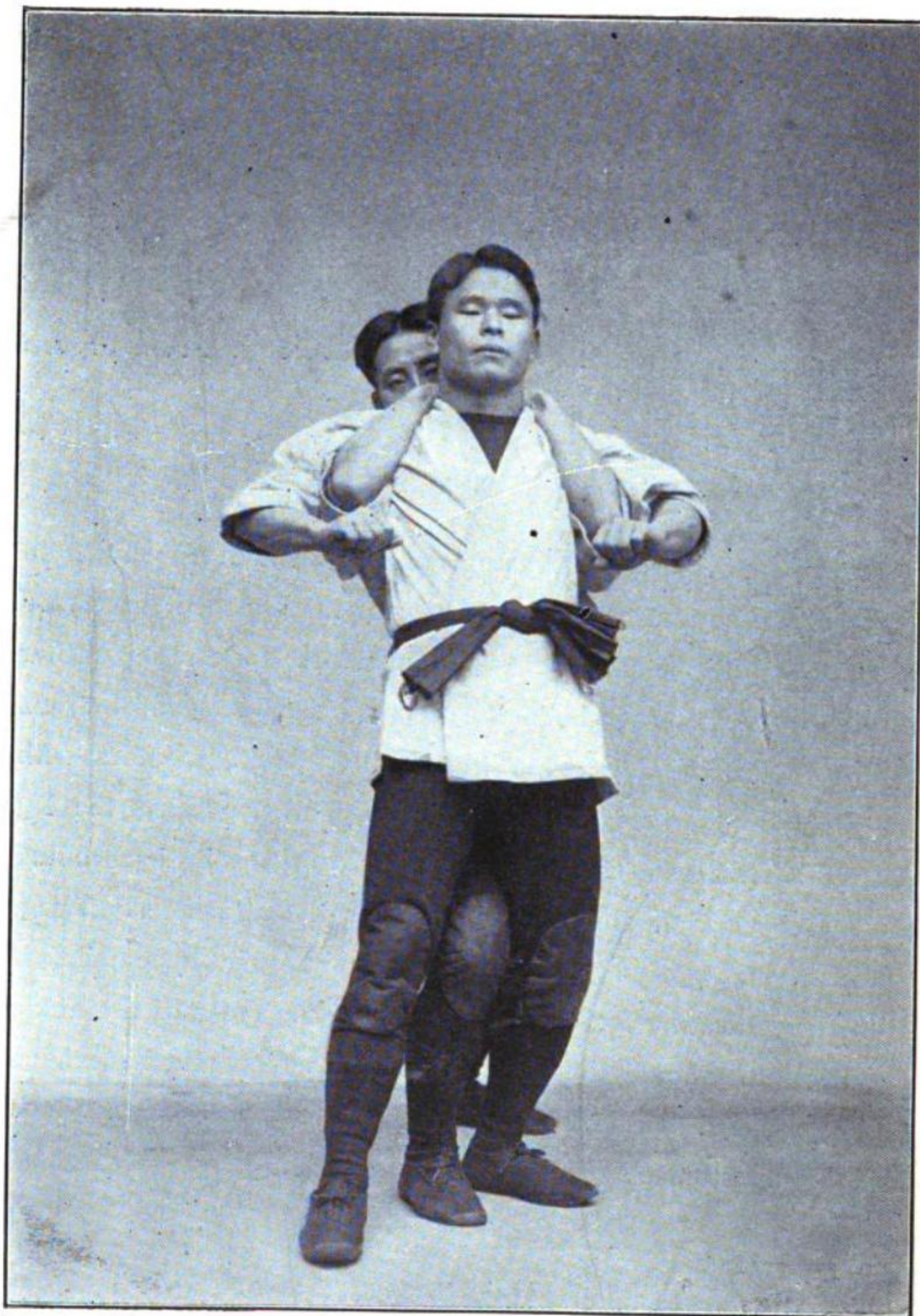


FIGURE NO. 22.

Fall, Ankle Twist and Knee Breaker Developed From Figure No. 21.

Here we have the culmination of the manœuvres shown in Figures No. 20 and 21. After throwing his opponent backward to the floor with the trick illustrated in Figure No. 21, the attacker moves forward, places his left foot on his opponent's stomach, grasps the latter's left ankle with his left hand, the toes with the right, and twists the ankle forcibly, after raising the leg upward. This twist can be accentuated considerably by bending the leg to the left and pressing it over the attacker's left leg. Sufficient leverage may then be had to break the knee joint, if desired. However, for ordinary purposes the twist of the ankle is sufficient. Should the fallen man attempt to rise he can be pushed backward to the floor with the left foot, the heel of which digs into his stomach.

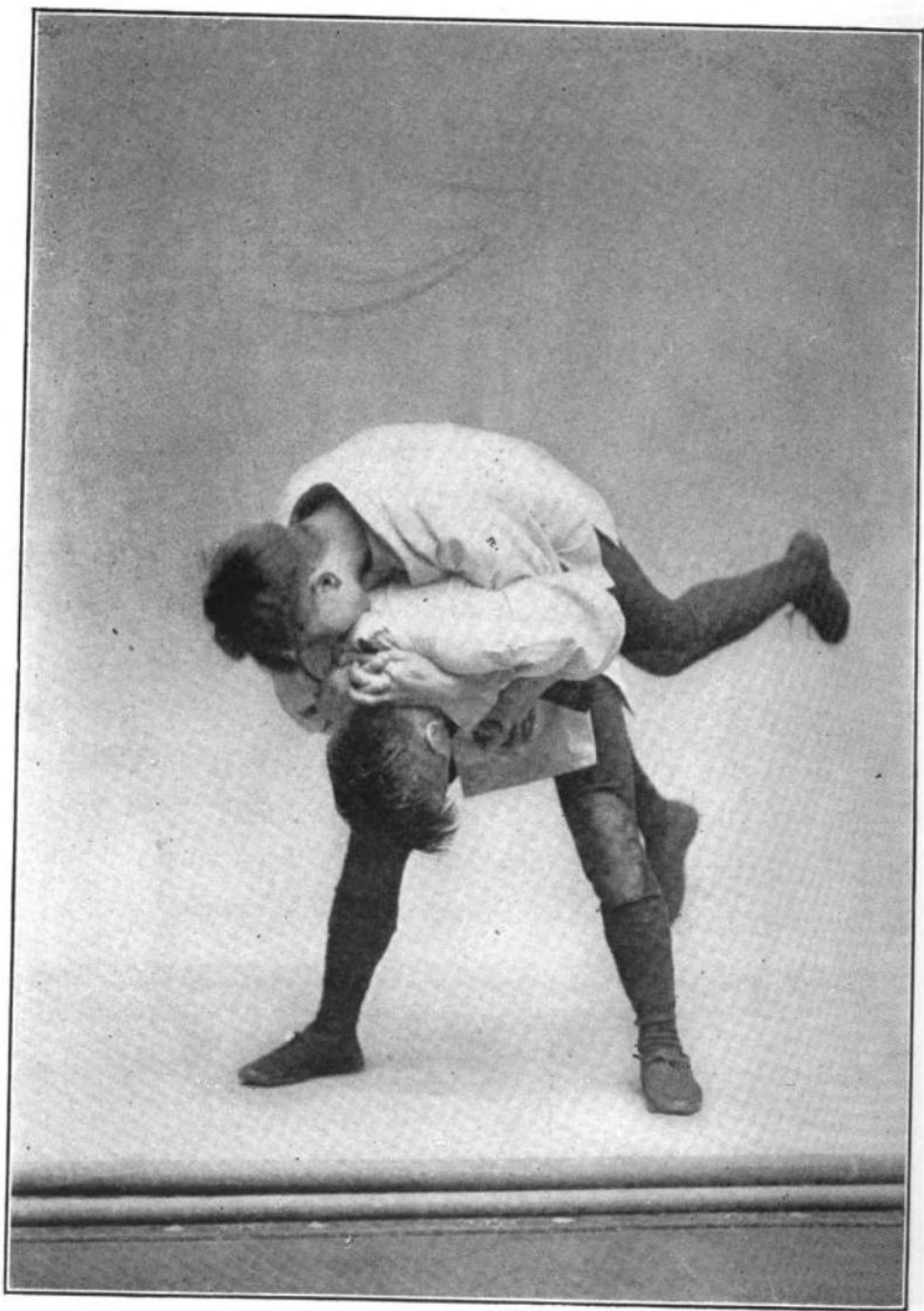


No. 23

FIGURE NO. 23.

**The Full or Double Nelson (Well Known Wrestling Hold) and
a Counter, Resulting in a Fall and Leg and Ankle Twist.**

Opposite is shown a man held by the full or double Nelson familiar to all wrestlers. In Figures No. 24 and 25 the "Japs" illustrate a clever counter for this hold in which a knee and ankle are violently twisted, and which may be readily broken.

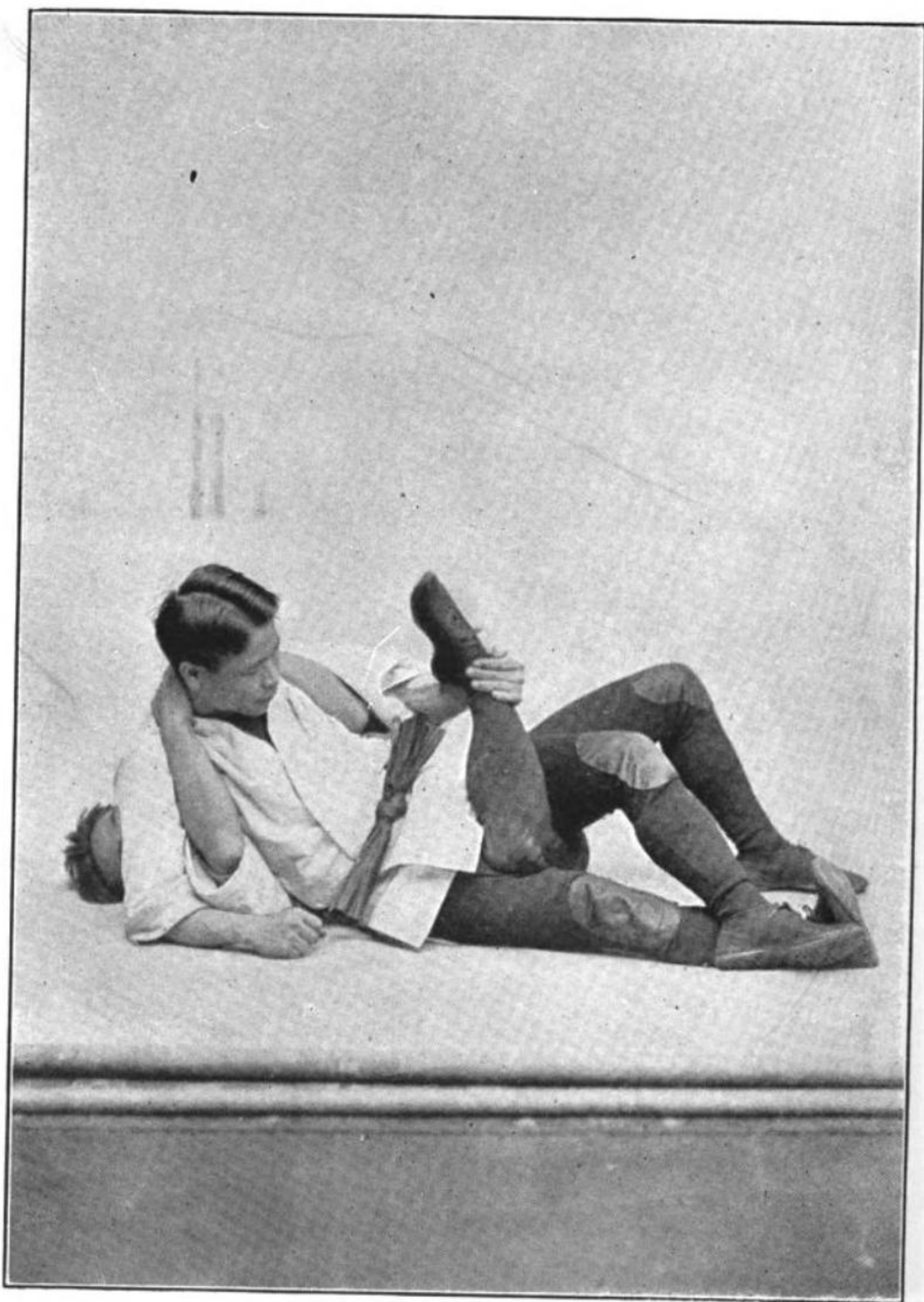


No. 24

FIGURE NO. 24.

**Second Movement in the Counter of the Full (or Double)
Nelson.**

Just as the attacker, the man in the rear, obtains the full Nelson, shown in Figure No. 23, the then defensive man brings his arms snugly to his own body, clinching the attacker's two arms above the elbows. He then bends sharply forward, carrying the attacker off his feet, as shown in the opposite picture. (Next see Figure No. 25.)



No. 25

FIGURE NO. 25.**Completion of Counter for the Full Nelson.**

The picture opposite illustrates the fall from the described counter for a full Nelson. It also shows that the man who countered has sat on his opponent's stomach and drawn the latter's right leg up close into his crotch. He has released both his own hands from the elbow holds and with his left pulls his opponent's right leg to one side against his (the countering man's) left leg. The leverage obtained on the under man's leg is quite evident. The pressure on his right ankle is applied by the upper man so as to twist his opponent's ankle and knee. A sharp pull would either dislocate or break the knee joint. Notice also that the upper man has grapevined his own feet so that he can squeeze his opponent's right leg firmly up in his crotch.



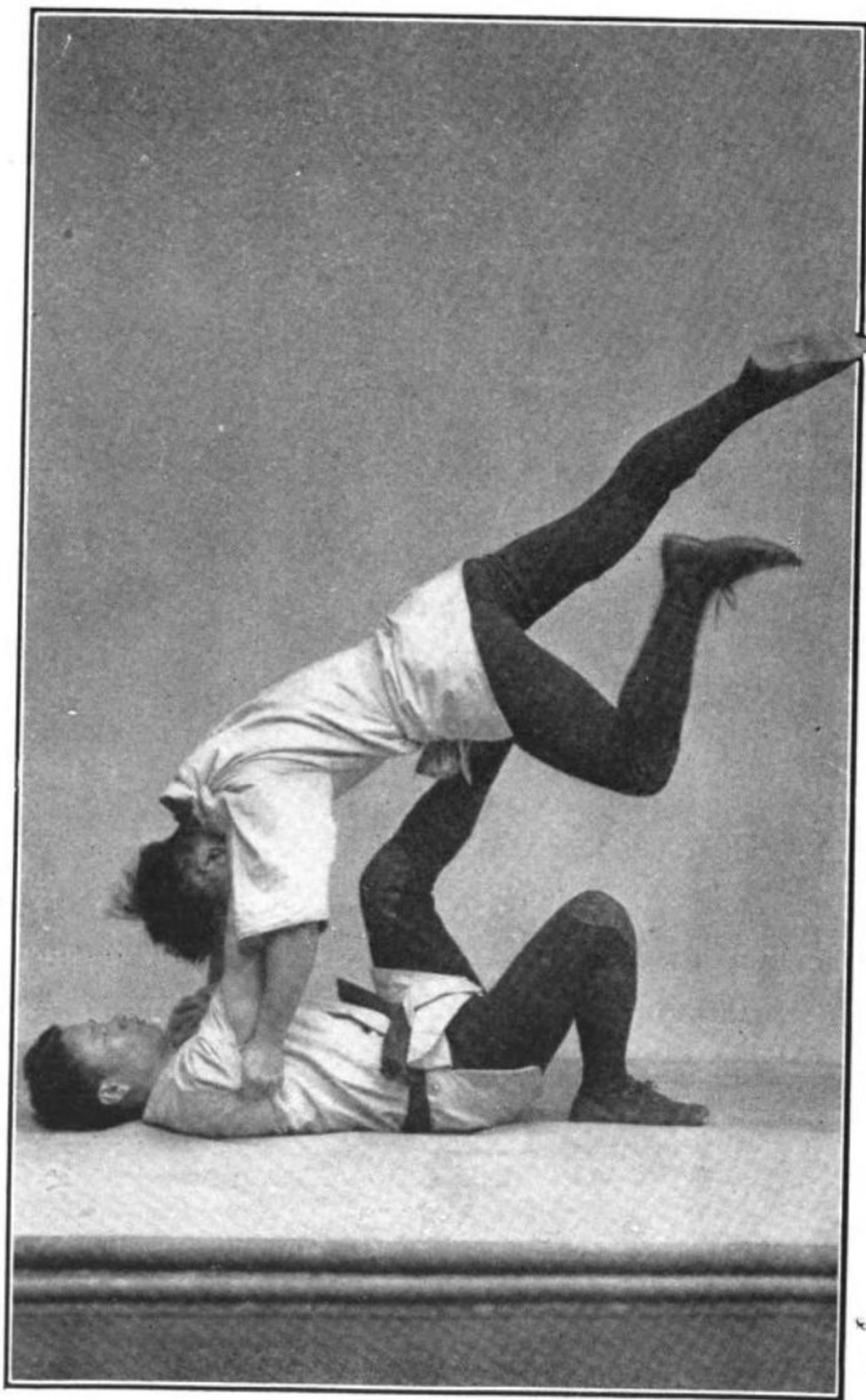
No. 26

FIGURE NO. 26.

**First Position, a Disconcerting Trick in Which an Opponent
Turns a Complete Somersault.**

As an opponent rushes toward a man the latter can throw him forcibly, and in an extremely sensational manner, by proceeding as follows:

As the man rushes forward his foe merely grasps the attacker's arms and thrusts his left or his right foot, as the case may be, into the pit of the attacker's stomach. Now the latter is in position to be thrown in the manner shown in the two following figures, No. 27 and 28.



No. 27

FIGURE NO. 27.

Second Position in the Somersault Trick.



The man who meets the onrush referred to in the description of photo No. 26, falls backward to the mat as he places his foot in his opponent's stomach and grasps the latter's arms or shoulders. While falling backward, drawing his opponent forward, he partially straightens the engaged leg, throwing his foe in the air, as shown on the opposite page. Nothing can then save the unfortunate victim. (See Figure 28.)

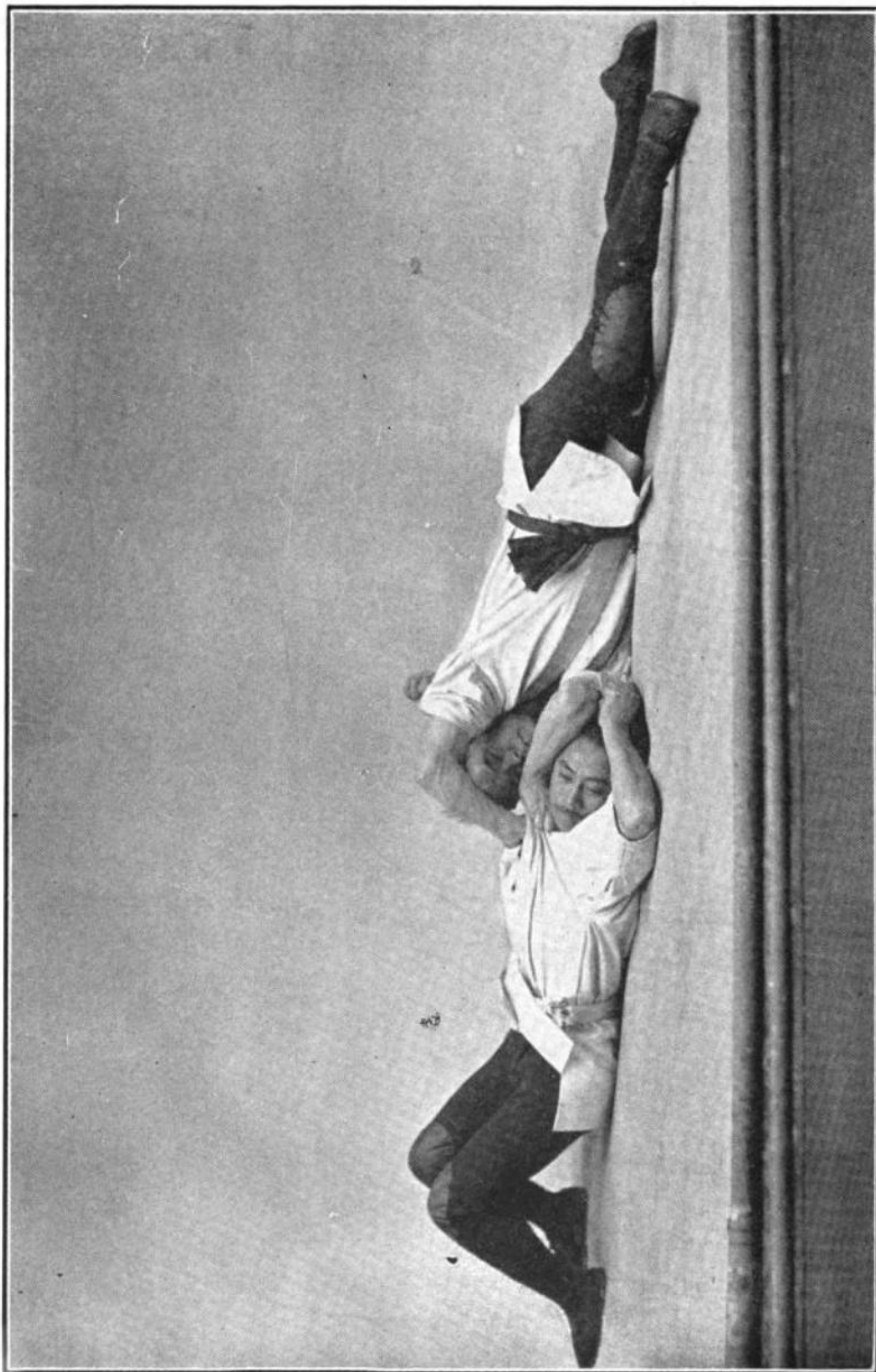
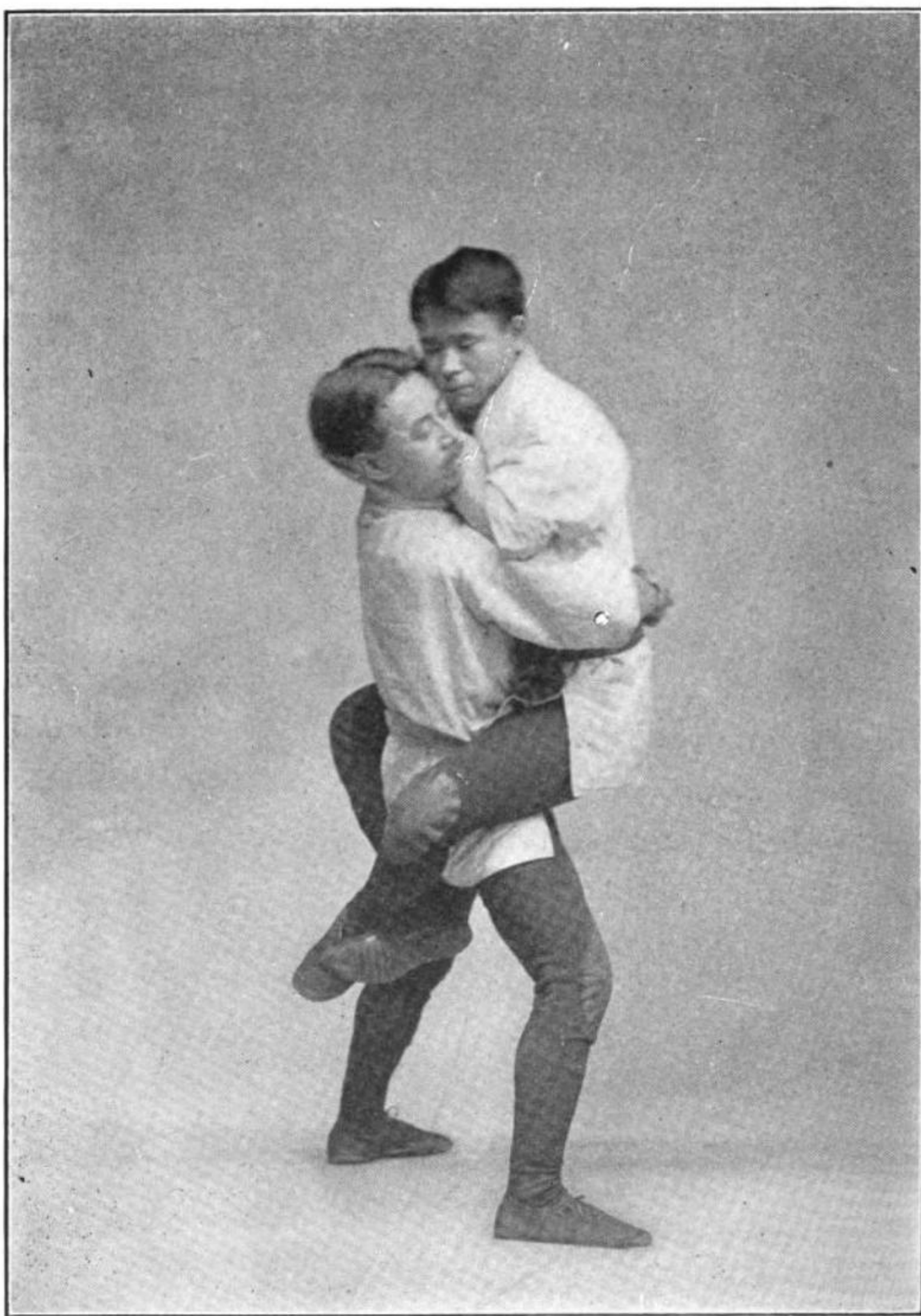


FIGURE NO. 28.

Fall From the Somersault Trick.



The result of the movements illustrated in Figures No. 26 and 27 is shown in photo No. 28. The man who originally attacked has been thrown heels over head, in the strictest sense of the word. He lies flat on his back and his opponent is in a position to inflict further punishment, if he so desires.

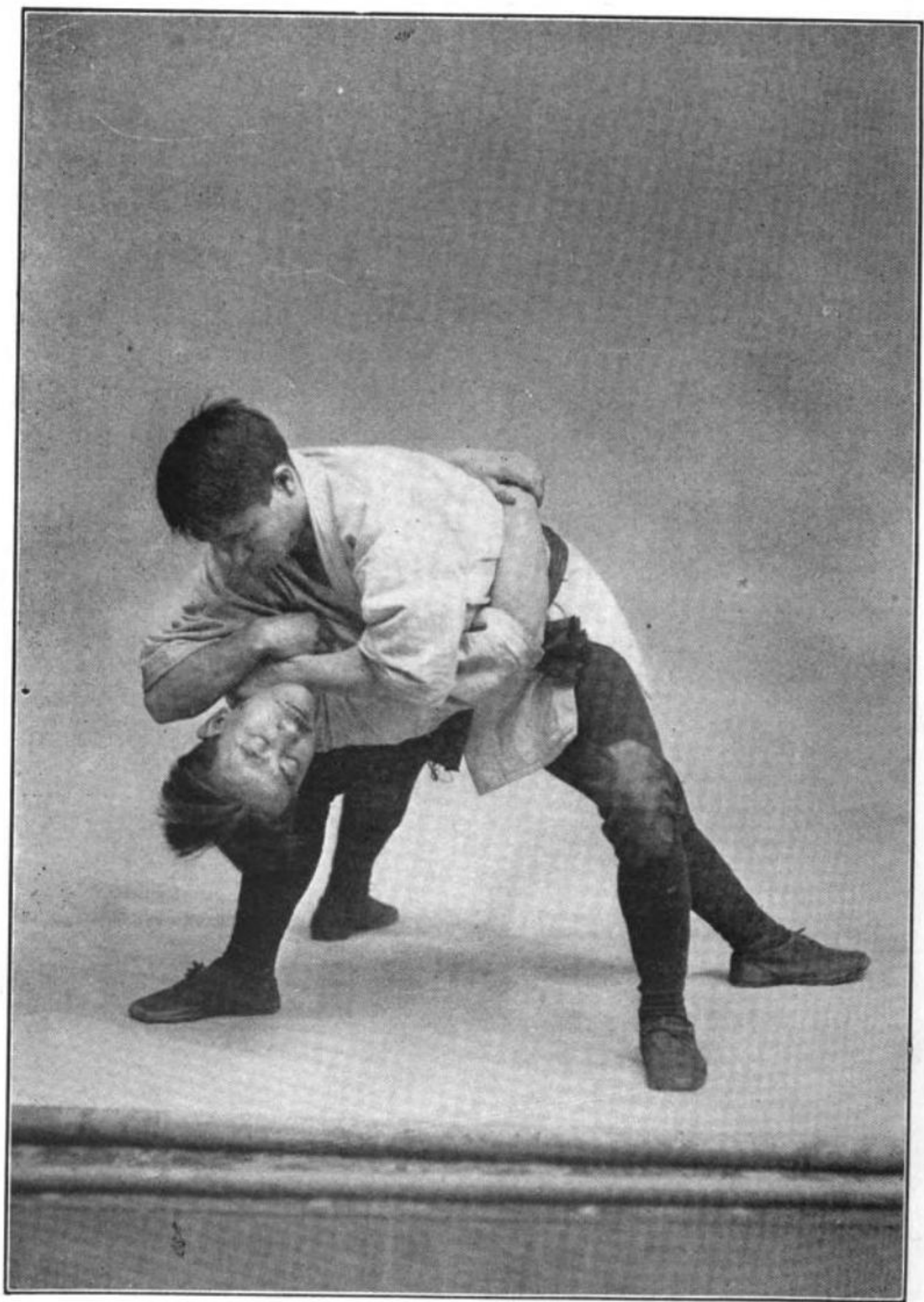


No. 29

FIGURE NO. 29.

A Clever Trick, Showing the Agility of the "Japs"—First Position.

The "Japs" have won world-wide fame for great agility. Their wiry bodies have rendered them seemingly unconquerable in many instances. In Figure No. 29 we see that a "Jap" has leaped from the ground, encircled an opponent's waist with his legs, and has begun to force the latter's head backward by means of his (the attacker's) forearm. To show how completely the attacker has placed his foe at his mercy see Figure No. 30.



No. 30

FIGURE NO. 30.

Fall Imminent From the Jumping Trick, Shown in Figure No. 29.

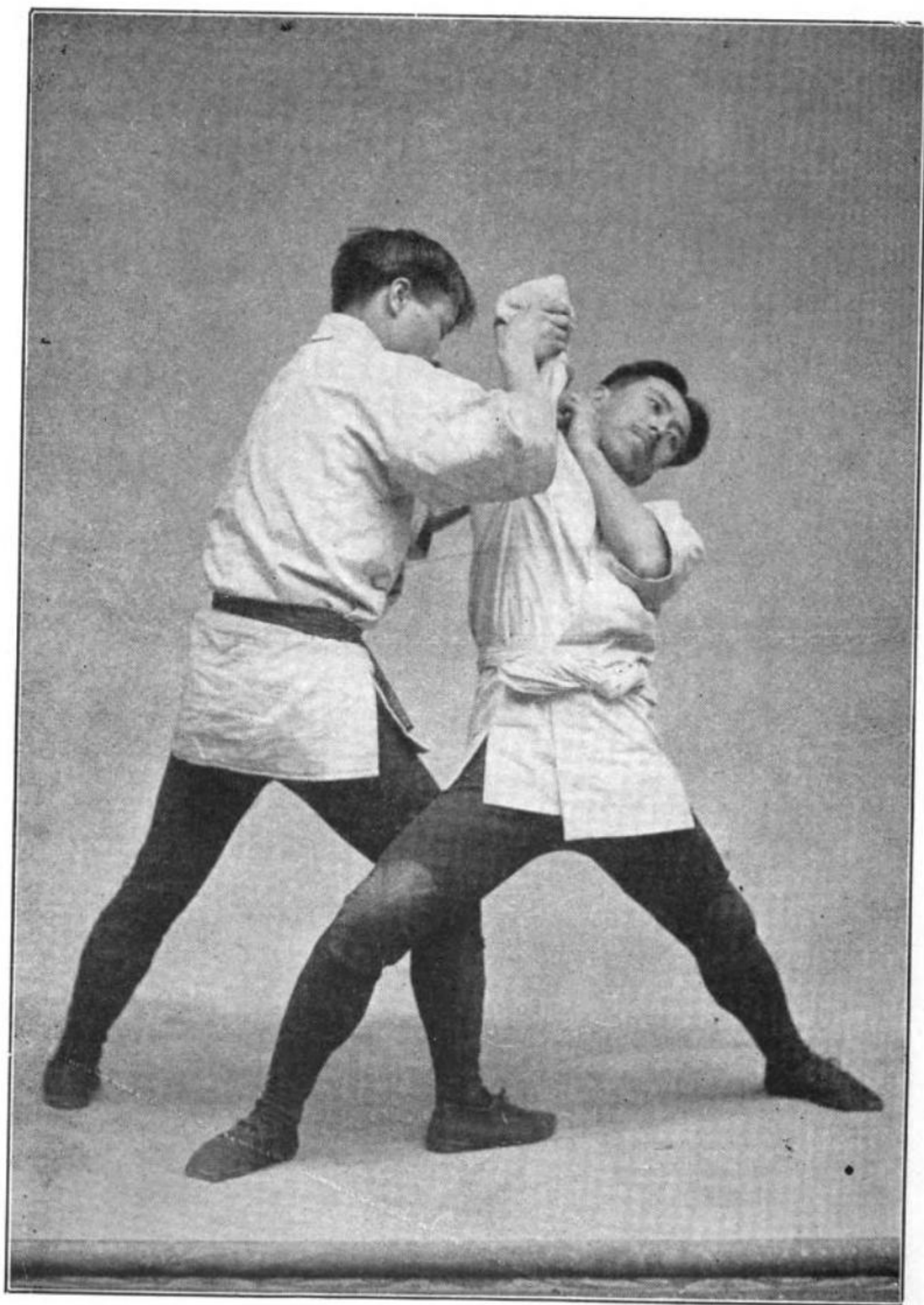
After the "Jap" leaped and encircled his opponent's waist with his legs he brought first one wrist and then the other underneath the defensive man's chin, pressing them both against his throat. Of course the latter man was forced to bend backward, whereupon the attacker extended his feet on the floor. Now the under man has absolutely no means of escape, and if the attacker desires he can force his foe heavily to the floor.



No. 31

FIGURE NO. 31.**The Arm Breaker and Wrist Twist Over the Right Shoulder.**

When a man's left arm is caught at a disadvantage it can sometimes be pulled over the attacker's right shoulder. The extended arm's elbow rests on the offensive man's shoulder bone, thus giving considerable leverage. Downward pressure on the forearm will often result in a break. In Figure No. 31 the attacker is executing the arm breaker, and at the same time with his left hand he has grasped the fingers of the extended hand and is pulling them down and inward, placing a great strain on the wrist and finger bones. Notice that the man in the rear has grasped his opponent's belt with his free hand, to serve as a stop.



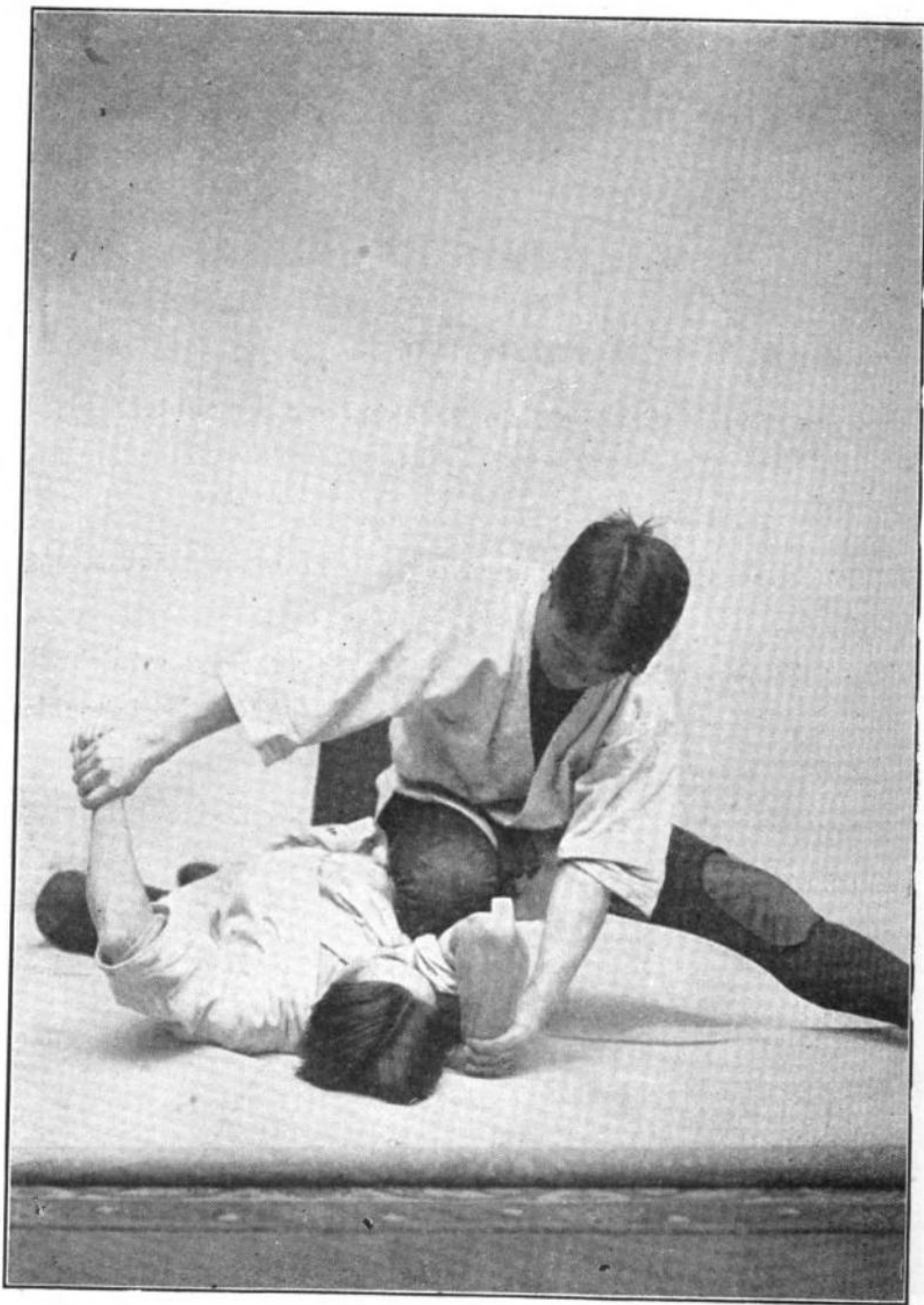
No. 32

FIGURE NO. 32.

Escape From the Arm Breaker, and a Counter.

The man attacked in Figure No. 31, if he is swift and strong, can escape as follows:

As his opponent obtains the arm hold the defensive man should jump to the right side, carrying his arm off his foe's shoulder bone. Next he seizes the opposing right arm under the elbow with his right hand, and at the wrist with his left. He then forces the elbow up, as shown in Figure No. 32, pushing his opponent back against his right knee, as also shown. Now it will be seen that the original attacker is in danger of a fall from this position. (See photo No. 33.)

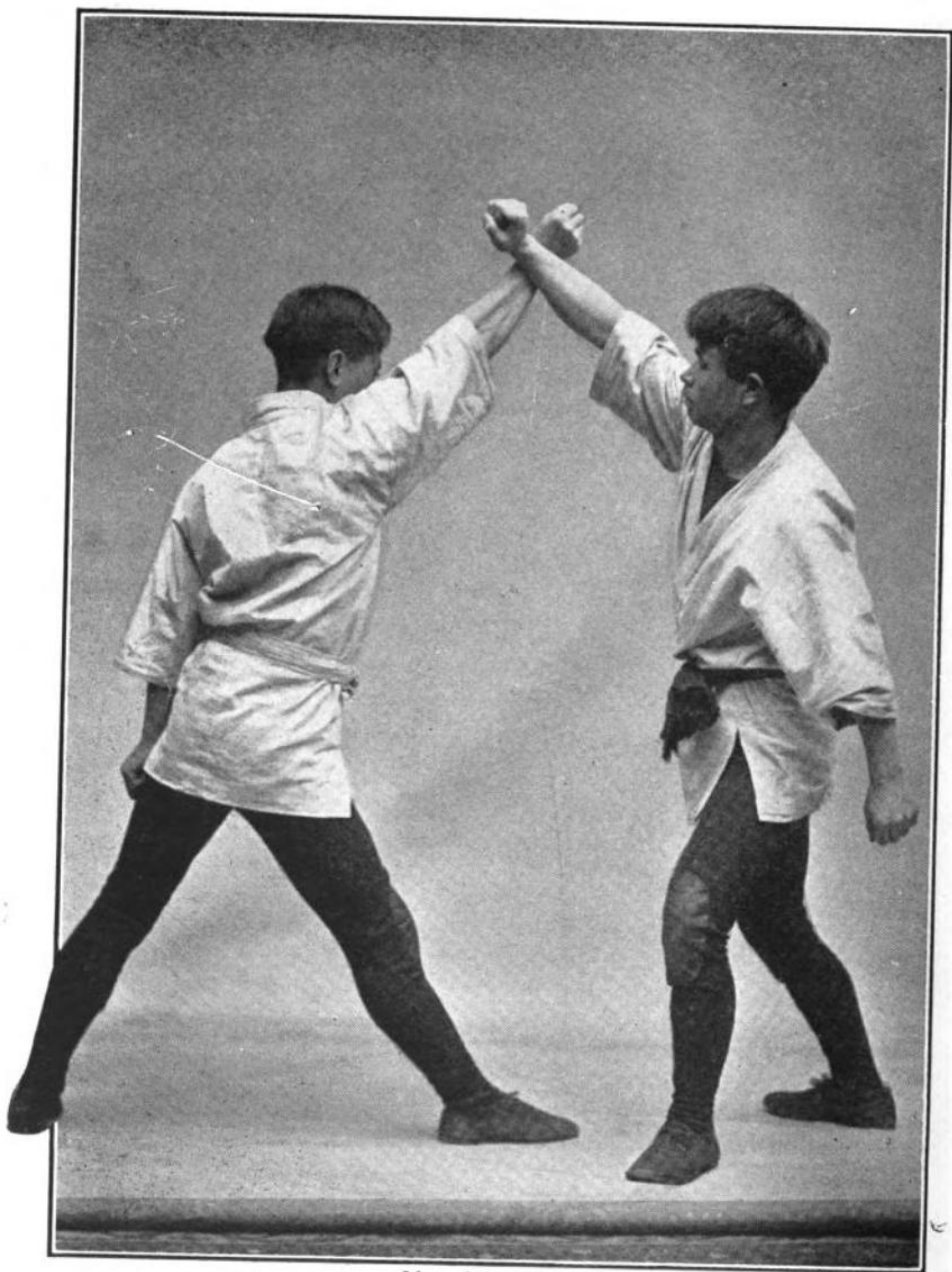


No. 33

FIGURE NO. 33.

Fall and Punishment From the Counter to the Arm Breaking Hold, Shown in Figures No. 31 and 32.

On the page opposite we see the fall resulting from the counter of the arm breaker, previously described. The original attacker has been thrown heavily on his back and *his right forearm and wrist are turned under*, so that the back of his hand rests on the floor. His opponent's right knee presses strongly in his armpit and the under side of his upper arm, putting pressure upon the bent wrist and forearm, which results in excruciating pain if persisted in. The under man's left arm and hand are placed out of commission by the upper man's right hand.



No. 34

FIGURE NO. 34.**Another Mode of Resisting and Countering a Right Hand Blow
at the Face.**

Early in this book an efficacious mode of countering a pugilistic attack with the right hand was explained. We will now consider another method, as begun in Figure No. 34. Here the man on the left has attempted to deliver a right-hand blow to his opponent's face. The latter has side-stepped to the left, striking the extended arm with his forearm. Quick as a flash he then crouches in back of his foe, seizes his collar with his left hand and his left leg with his right hand. He then drops down on one knee, pulls his opponent down and draws him across his shoulders, for which see Figure No. 35.



FIGURE NO. 35.

Ready to Secure a Fall From a Counter to a Right Hand Lead.

In the above picture we see the original aggressor high across his opponent's shoulders. He can be thrown forward, flat on his back, or to either side with equal facility.

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No. 2. White or Black Sateen, fly front, laced. . . Pair, \$1.00 ★ *\$10.00 Doz.*
No. 3. White or Black Silesia, fly front, laced. . . Pair, 75c. ★ *\$7.80 Doz.*
No. 4. White, Black or Gray Silesia, fly front, laced. Pair, 50c. ★ *\$5.00 Doz.*
No. 44. Same quality as No. 4, but in juvenile sizes, not over 26 inch waist. Per pair, 45c.
Silk Ribbon Stripes down sides of any of these running pants. Pair, extra, 25c. ★ *\$2.40 Doz.*
Silk Ribbon Stripe around waist on any of these running pants. Pair, extra, 25c. ★ *\$2.40 Doz.*



No. 1



No. 14B

Spalding Boys' Knee Pants

No. 2B. Boys' Leaders. Blue flannel Y.M.C.A. Knee Pants, stripe down side. Per pair, \$2.50
No. 14B. Boys' Knee Pants, same quality as No. 4 Y.M.C.A. trousers, with stripe down side. Pair, \$1.00 ★ *\$10.80 Doz.*

Spalding Basket Ball Pants

No. 6B. Good quality, either Gray or White flannel, padded lightly on hips; very loose fitting.

Per pair, \$1.75 ★ *\$18.00 Doz.*

No. 5B. Heavy Brown or White canvas, padded lightly on hips; very loose fitting. . . Per pair, \$1.00 ★ *\$9.60 Doz.*

No. 7B. White Silesia, hips padded; loose fitting. Pair, 75c. ★ *\$7.80 Doz.*

No. 40P. Padded knee length pants. White Silesia. Pr., \$1.00 ★ *\$10.20 Doz.*

No. 40. Similar to No. 40P, but unpadded. Per pair, 75c. ★ *\$7.80 Doz.*

Stripes down sides of any of above pants, extra. . . Per pair, 25c. ★ *\$2.40 Doz.*



No. 5B

Spalding Full Length Tights

Regular worsted. Colors: Black, Navy or Maroon. Sizes: 28 to 42 inch waist.

No. 1A. Best worsted, full fashioned. Per pair, \$4.00

No. 605. Good quality worsted. Pair, \$2.00 ★ *\$21.60 Doz.*

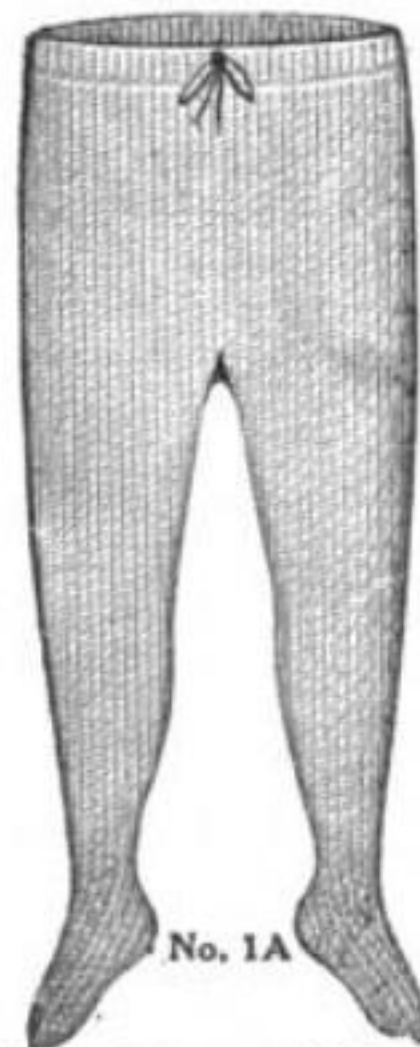
No. 3A. Cotton, full quality. White, Black, Flesh. Pair, \$1.00 ★ *\$10.00 Doz.*

Spalding Wrestling Full Tights

Not carried in stock.

Supplied on Special Orders only.

No. WA. Best worsted, knit to shape and put together by hand. Reinforced at knees. Regular colors and sizes. Per pair, \$6.00



No. 1A

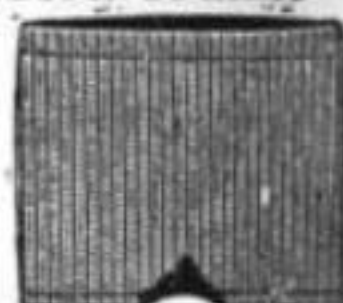
Spalding Special Combined Wrestling Supporter and Belt

No. WS. Mercerized silk elastic, strong and durable. The only safe supporter for wrestling. Each, \$2.00

Spalding Worsted Trunks

No. 1. Best worsted, Black, Maroon, and Navy. Pair, \$2.00

No. 2. Good quality worsted, Navy, and Black. Special colors to order. Pair, \$1.00



No. 1 Trunks

Spalding Velvet Trunks



No. 3

No. 3. Fine Velvet. Black, Navy, Royal Blue, Maroon. Special colors to order.

Per pair, \$1.00 ★ *\$10.00 Doz.*

No. 4. Sateen, Black, White. Pair, 50c. ★ *\$5.00 Doz.*

OLYMPIC RECORDS—Complete account of the Olympic Games in Spalding Athletic Library, No. 17R. Price 25 Cents

Spalding Basket Ball Pads and Protectors

No. 9KP. Solid leather knee cap, heavily padded with felt.

Per pair, \$3.50 ★ *\$39.00 Doz. Prs.*

No. KP. Made entirely of felt. Otherwise similar to No. 9KP.

Per pair, \$2.00 ★ *\$21.00 Doz. Prs.*

No. KE. Combined leather knee pad and elastic bandage.

Per pair, \$2.50 ★ *\$27.00 Doz. Prs.*

No. 1. Knee Pad, knit knee piece, heavily padded with woolskin. . . Pair, 75c.



No. 9KP



No. KE

Spalding Y.M.C.A. Trousers

REGULATION STYLE

No. 2. Men's Leaders. Blue or Gray flannel, stripe down side. Per pair, \$3.50

No. 3. Flannel, good quality. . . 3.00

No. 4. Flannel, medium quality. Per pair, \$1.75 ★ *\$18.00 Doz.*



Y. M. C. A. Trousers

Spalding Special Pads for Wrestling

To be Sewn on Wrestling Tights.

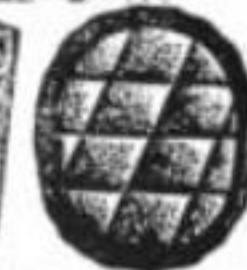
No. B. Soft tanned horse hide cover, hair felt padding. Pr., 75c.

No. 62. Covered with tan leather, padded. Pr., 50c.

No. 61. Cloth covered, padded with wool felt. Pair, 25c.



No. B



Nos. 61 and 62



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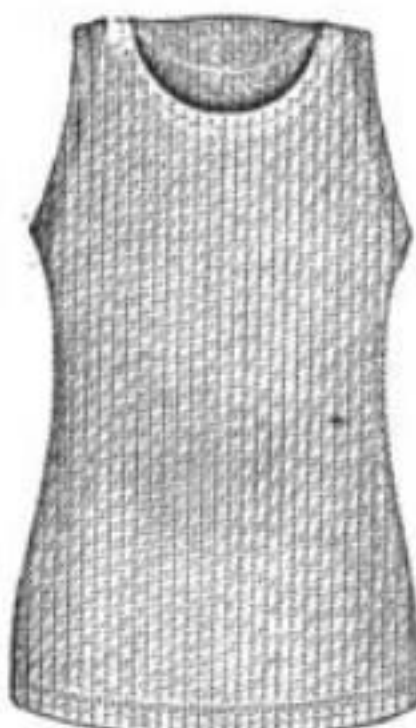
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Spalding Athletic Shirts and Tights



No. 601



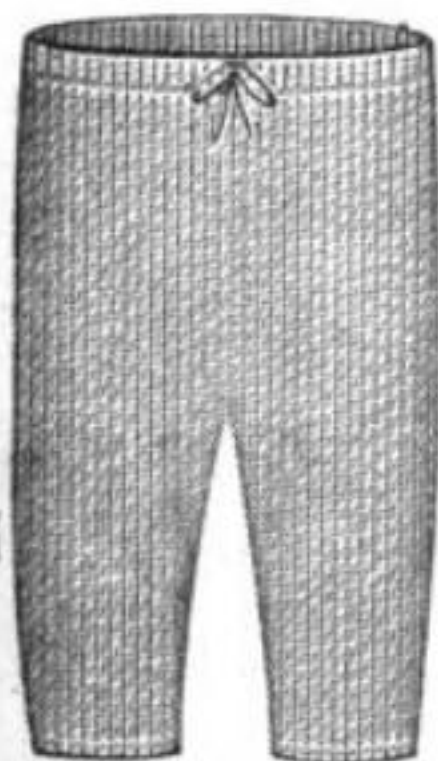
No. 600



No. 600S



No. 6WD



No. 604

STOCK COLORS AND SIZES. OUR WORSTED GOODS are furnished in Gray, White, Navy Blue, Maroon, and Black only. Stock sizes: Shirts, 26 to 44 inch chest. Tights, 28 to 42 inch waist. **SANITARY COTTON GOODS.** Colors: Bleached White, Navy, Black, Maroon, and Gray. Stock sizes: Shirts, 26 to 44 inch chest. Tights, 26 to 42 inch waist.

Spalding Sleeveless Shirts—Plain Colors

STOCK COLORS AND SIZES

No. 600. Good quality worsted. Each, \$1.25 ★ \$12.60 Doz.
No. 6E. Sanitary Cotton. " .50 ★ 4.75 "

Spalding Striped Sleeveless Shirts

No. 600S. Good quality worsted, with 6-inch stripe around chest, in following combinations of colors: Navy with White stripe; Black with Orange stripe; Maroon with White stripe; Red with Black stripe; Royal Blue with White Stripe; Black with Red stripe; Gray with Cardinal stripe.

Each, \$1.50 ★ \$15.00 Doz.

No. 6ES. Sanitary Cotton, solid color body, with 6-inch stripe around chest, in same combinations of colors as No. 600S.

Each, 75c. ★ \$7.50 Doz.

Spalding Shirts with Sash

No. 600D. Good quality worsted, sleeveless, with woven sash of different color from body. Same colors as No. 600S. To order only; not carried in stock. Each, \$2.00 ★ \$21.00 Doz.

No. 6WD. Sanitary Cotton, sleeveless, with woven sash of different color from body. Same combinations of colors as No. 600S. To order only; not carried in stock.

Each, \$1.25 ★ \$12.00 Doz.

No. 6ED. Sanitary Cotton, sleeveless, solid color body with sash stitched on of different color. Same combinations of colors as No. 600S. Each, 75c. ★ \$7.50 Doz.

Spalding Quarter Sleeve Shirts

No. 601. Good quality worsted, stock colors and sizes.

Each, \$1.50 ★ \$15.00 Doz.

No. 6F. Sanitary Cotton, stock colors and sizes.

Each, 50c. ★ \$4.75 Doz.

Woven Necklace on Shirts

We furnish either Nos. 600, 601 or 600S Shirts, on special orders only, with necklace woven of different color to body of shirt, in stock colors only, for an extra charge of \$1.00 per garment.

Spalding Full Sleeve Shirts

No. 3D. Cotton, Flesh, White, Black. Ea., \$1.00 ★ \$10.00 Doz.

Spalding Knee Tights

STOCK COLORS AND SIZES

No. 604. Good quality worsted. Pair, \$1.25 ★ \$12.60 Doz.
No. 4B. Sanitary Cotton. " .50 ★ 4.75 "

Spalding Juvenile Shirts and Tights

ONLY SIZES SUPPLIED: Chest, 26 to 30 inches, inclusive; Waist, 24 to 26 inches, inclusive.

No. 65. Sleeveless Shirt, quality of No. 600. . . Each, \$1.00
No. 65S. Sleeveless Shirt, quality of No. 600S. . . " 1.25
No. 66. Quarter Sleeve Shirt, quality of No. 601. . . " 1.25
No. 64. Knee Tights, quality of No. 604. " 1.15

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Mike Murphy "Rub-In" Athletic Liniment

THIS PREPARATION is the same as has been used by Mike Murphy, the famous athletic trainer, in conditioning the Yale, University of Pennsylvania and other college teams which



have been under his charge. He is famous for the perfect condition in which he brings his athletes into a contest, and the ingredients and proper preparation of his "Rub-In" Liniment has been a closely guarded secret. He has finally turned the formula over to A. G. Spalding & Bros. with perfect confidence that the proper materials will always be used in preparing the liniment and that no considerations will induce us to cheapen it in any way.



Large bottles. Each, 50c.

Small bottles. Each, 25c.

Spalding Elastic Bandages

Spalding Shoulder Bandage

Give circumference around arm and chest. Mention for which shoulder required.

No. 101. Cotton thread. Each, \$3.50

No. 101A. Silk thread. Each, \$5.00

Spalding Knee Cap Bandage

Give circumference below knee, at knee and just above knee, and state if light or strong pressure is desired.

No. 104. Cotton thread. Each, \$1.00

No. 104A. Silk thread. Each, \$2.00



Wrist Bandage

Give circumference around smallest part of wrist, and state if for light or strong pressure.

No. 106. Cotton thread. Each, 50c.

No. 106A. Silk thread. " 75c.



Spalding Ankle Bandage

Give circumference around ankle and over instep; state if light or strong pressure is desired.

No. 105. Cotton thread. Each, \$1.00

No. 105A. Silk thread. Each, \$2.00



Elbow Bandage

Give circumference above and below elbow and state if for light or strong pressure.

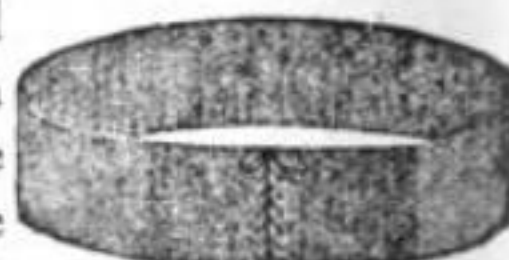
No. 102. Cotton thread. Each, \$1.00

No. 102A. Silk thread. Each, \$2.00



Spalding Elastic Belt

Our elastic foot ball belt stretches with the length of the body and may be attached to jacket and pants, thus forming one continuous suit. By closely fitting the body, the opposing player has less chance of tackling. Allows perfect freedom in all positions.

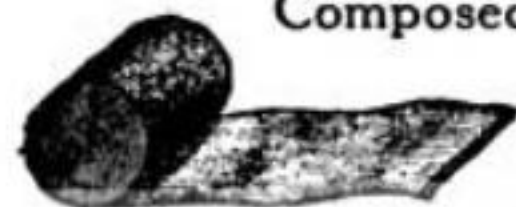


Spalding Elastic Bandage

Composed of threads of rubber completely covered. The pressure can be applied wherever necessary. To fasten insert end under last fold.

No. 30. Width 3 in., 5 yds. long (stretched). Each, 60c.

No. 25. Width 2 1/2 in., 5 yds. long (stretched). " 50c.



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SPALDING OLYMPIC CHAMPIONSHIP SHOES

All of these shoes are hand made. Finest kangaroo leather uppers and best white oak leather soles. They are the same style shoes that we supplied to the American athletes who were so successful at the last Olympic Games, and they are worn in competition by all prominent athletes in this country.



No. 2-0



Spalding "Olympic Championship" Sprint Running Shoe

No. 2-0. Extremely light and glove fitting. Hand made steel spikes firmly riveted on. This shoe is worn by all champions in sprint and short distance races.

Per pair, \$6.00

Spalding "Olympic Championship" Distance Running Shoe

No. 14C. For distance races on athletic tracks. Low, broad heel, flexible shank. Hand made steel spikes in sole. No spikes in heel.

Per pair, \$6.00



No. 14C



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SPALDING OLYMPIC CHAMPIONSHIP SHOES



No. 14H



All of these shoes are hand made. Finest kangaroo leather uppers and best white oak leather soles. They are the same style shoes that we supplied to the American athletes who were so successful at the last Olympic Games, and they are worn in competition by all prominent athletes in this country.

Spalding "Olympic Championship" Jumping Shoe

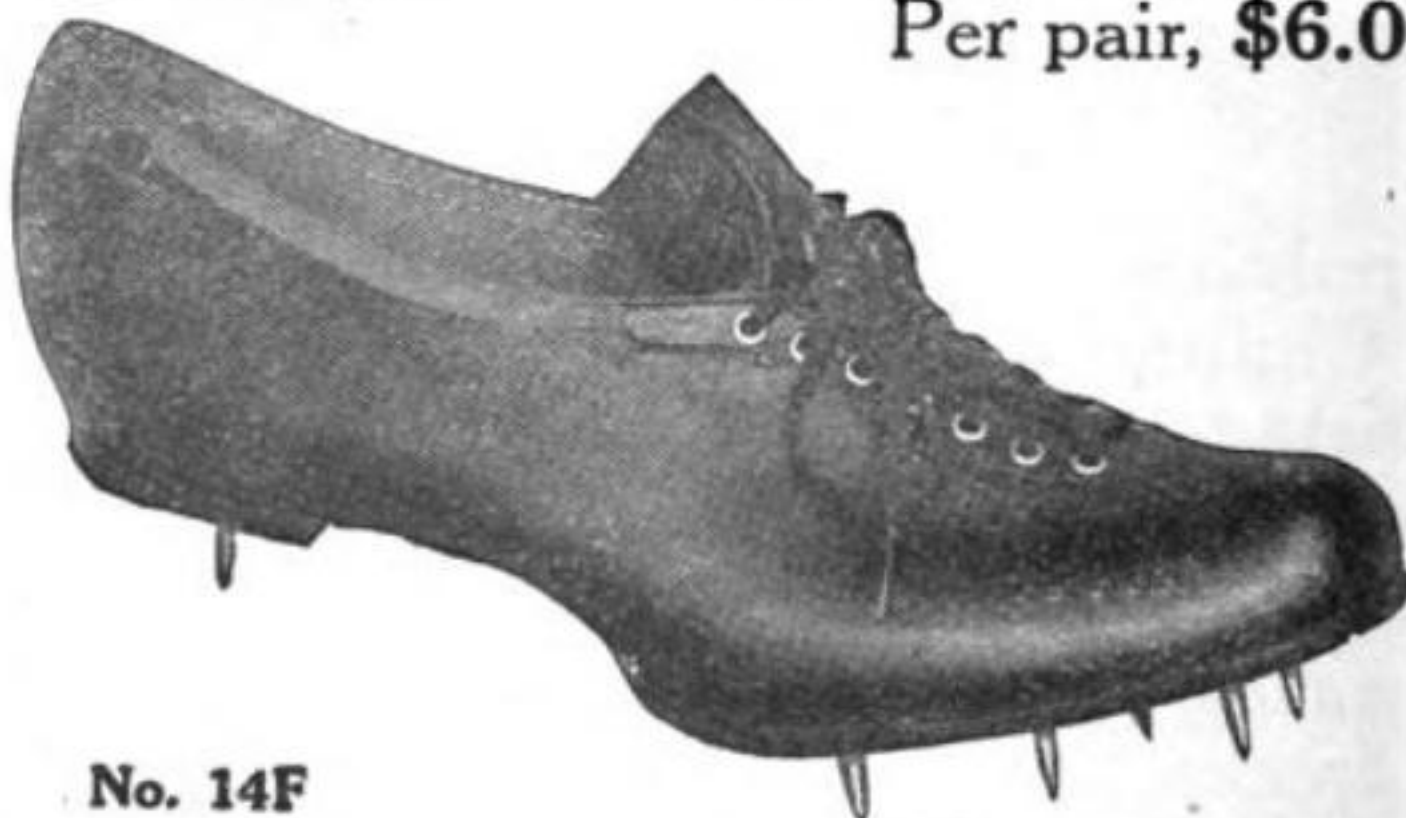
No. 14H. Specially stiffened sole. Hand made steel spikes placed as suggested by champion jumpers. Also correct shoe for shot putting, weight and hammer throwing.

Per pair, \$6.00

Spalding "Olympic Championship" Hurdling Shoe

No. 14F. Made on same last as Sprint Running Shoe. Hand made steel spikes. A really perfect shoe for hurdling. Made to order only. Not carried in stock.

Per pair, \$6.00



No. 14F



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SPALDING OLYMPIC CHAMPIONSHIP SHOES

All of these shoes are hand made. Finest kangaroo leather uppers and best white oak leather soles. They are the same style shoes that we supplied to the American athletes who were so successful at the last Olympic Games, and they are worn in competition by all prominent athletes in this country.



No. 14V



Spalding "Olympic Championship" Pole Vaulting Shoe

No. 14V. High cut; special last. Style supplied to record holders for pole vaulting. Hand made steel spikes in sole. One spike in heel. Made to order only. Not carried in stock.

Per pair, \$6.00

Spalding "Olympic Championship" Walking Shoe

No. 14W. For competition and match races. This style shoe is used by all champion walkers.

Per pair, \$5.00



No. 14W



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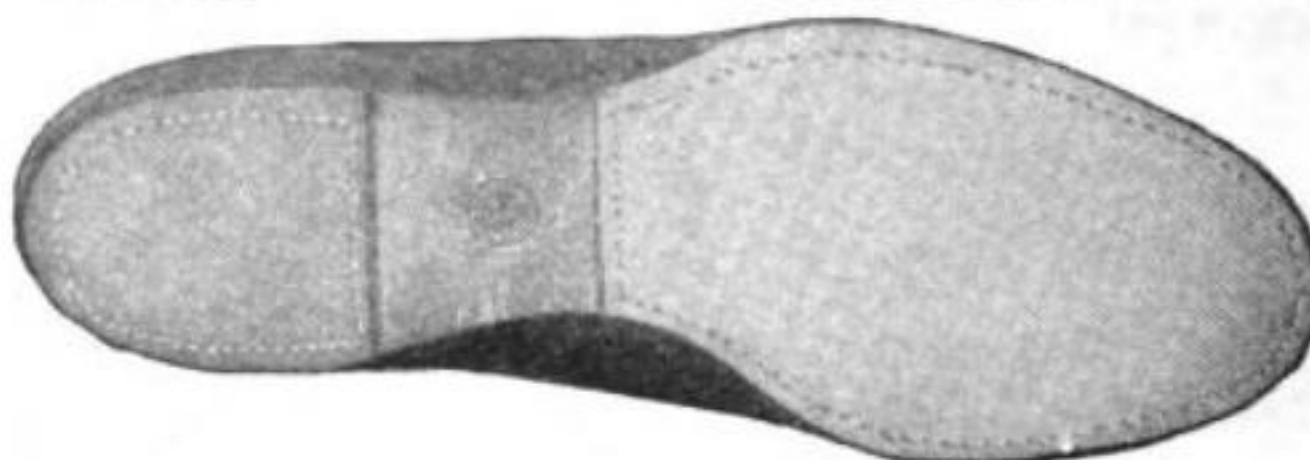
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Spalding **MARATHON** "Μαραθών" Long Distance Running Shoes

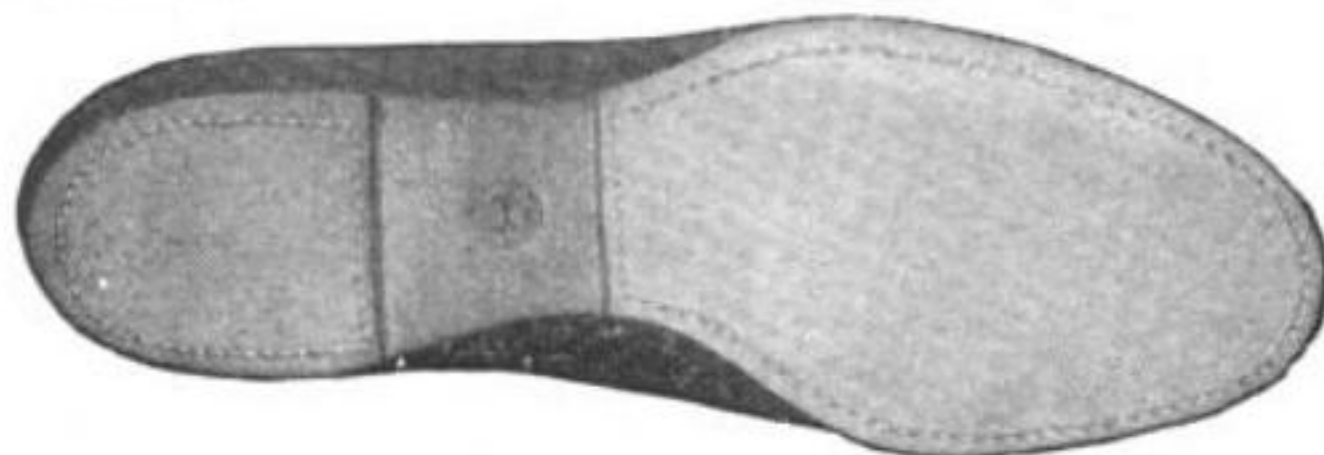
No. **MH.** High cut,
but light in weight.
Well finished inside
so as not to hurt the
feet in a long race.
Special leather
soles, will not wear
smooth; light lea-
ther heels; special
quality black calf-
skin uppers. Hand
sewed. Pair, **\$5.00**



No. MH



No. MO



No. **MO.** Low cut.
Blucher style.
Otherwise the same
as No. MH.

Per pair, **\$5.00**

Keep the uppers of all
running shoes soft and
pliable by using Spald-
ing Waterproof Oil. It
will greatly add to the
wear of shoes.

Per can, 25c.

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No. 10

Spalding Outdoor Running Shoe

No. 10. Fine quality
calfskin; light weight.
Hand made steel
spikes. Pair, **\$5.00**



Spalding Outdoor Jumping Shoe

No. 14J. Good qual-
ity calfskin; partly
machine made.
Satisfactory quality;
durable. Steel spikes.
Per pair, **\$4.50**



No. 14J



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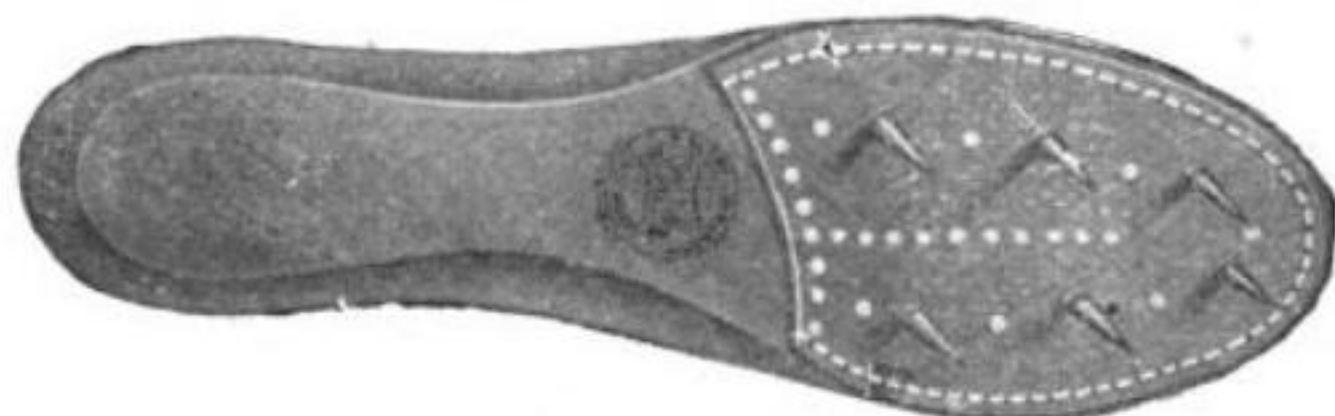
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Spalding Outdoor Running Shoes



No. 11T



No. 11T. Calfskin,
machine made; solid
leather tap sole holds
spikes firmly in
place. Pair, **\$4.50**
★ **\$48.00 Doz.**

No. 11. Calfskin,
machine made.
Per pair, **\$3.50**
★ **\$36.00 Doz.**

Juvenile Outdoor Running Shoes

No. 12. Leather,
good quality, com-
plete with spikes.
Sizes 12 to 5 only.

Per pair, **\$2.75**

*The prices printed in ital-
ics opposite items marked
with ★ will be quoted only
on orders for one-half
dozen or more. Quantity
prices NOT allowed on
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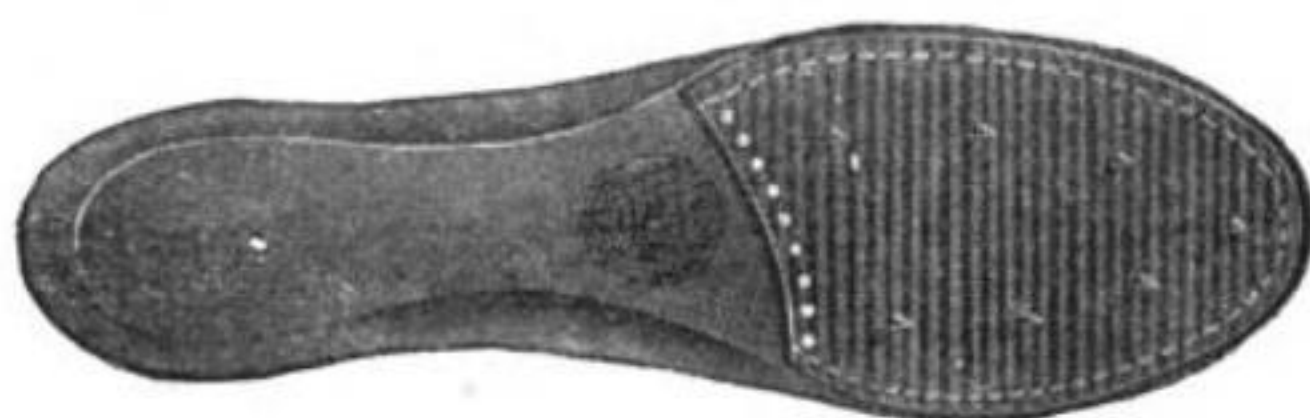
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Spalding Indoor Running and Jumping Shoes



No. 111



SPALDING INDOOR RUNNING SHOE

No. 111. Calfskin,
special corrugated
rubber sole, with
spikes. Pair, \$4.00

SPALDING INDOOR JUMPING SHOE

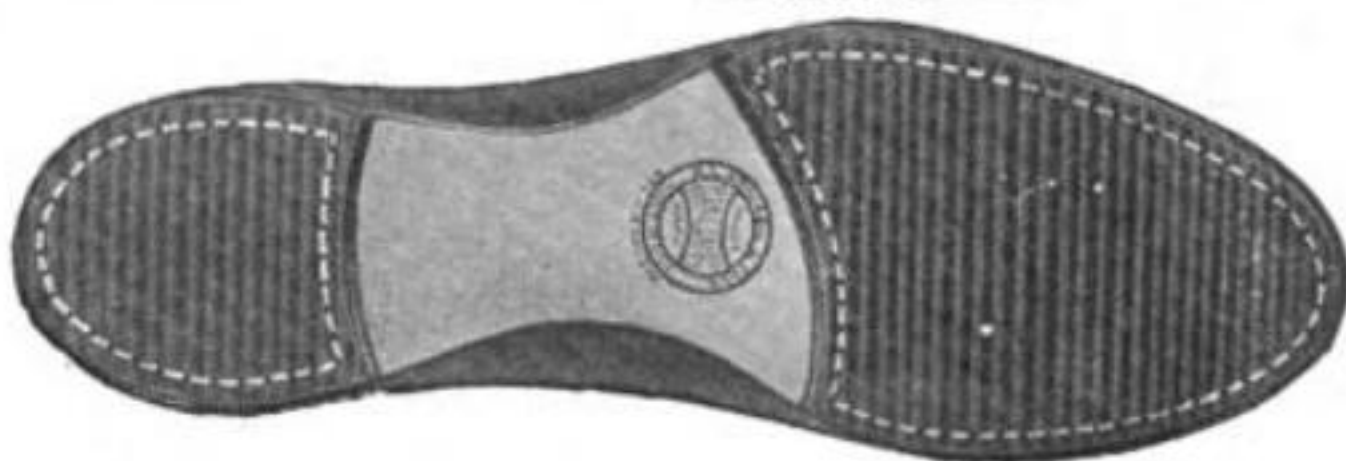
No. 210. Hand made.
Calfskin uppers; rub-
ber tap sole and
rubber heel.

Per pair, \$5.00

For Indoor Shoes, espe-
cially when the feet per-
spire, the uppers should
be kept soft and pliable
with Spalding Waterproof
Oil. It will extend the life
of shoes. Per can, 25c.



No. 210



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Spalding Vaulting Poles

Spalding Vaulting Poles—Selected Spruce, Hollow



The greatest care has been exercised in making these poles, and in selecting the spruce only the most perfect and thoroughly seasoned pieces have been used.

No. 103. 14 ft. long. Each, | No. 104. 16 ft. long. Each,

We guarantee all of our wood vaulting poles to be perfect in material and workmanship, but we do not guarantee against breaks while in use, as we have found in our experience that they are usually caused by improper use or abuse.

Spalding Bamboo Vaulting Poles



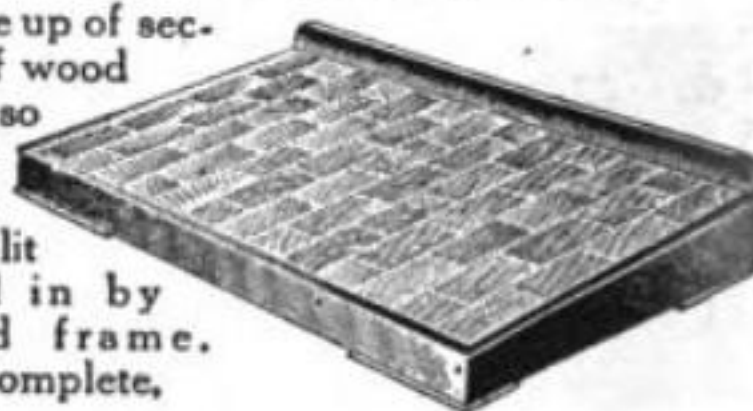
Owing to differences in climatic conditions it is impossible to keep Bamboo Vaulting Poles from cracking. These cracks or season checks do not appreciably detract from the merits of the poles, except where they are continuous. Much of the real strength of the pole is in the joints. All of our tests would seem to prove that poles with season checks may be accepted as safe and durable, except where the season check is wide open and extends through several sections on one side. Very frequently such splits or season checks can be entirely closed by placing the pole in a damp place for a day or so.

Tape wound at short intervals. Thoroughly tested before leaving our factory. Fitted with special spike

No. 10BV. 10 ft. long. Ea., | No. 14BV. 14 ft. long. Ea.,
No. 12BV. 12 ft. long. " | No. 16BV. 16 ft. long. "

Indoor Pole Vaulting Board

No. 117. Made up of sectional blocks of wood placed on end so that the spike of the vaulting pole will not split them. Bound in by heavy wood frame. Complete,



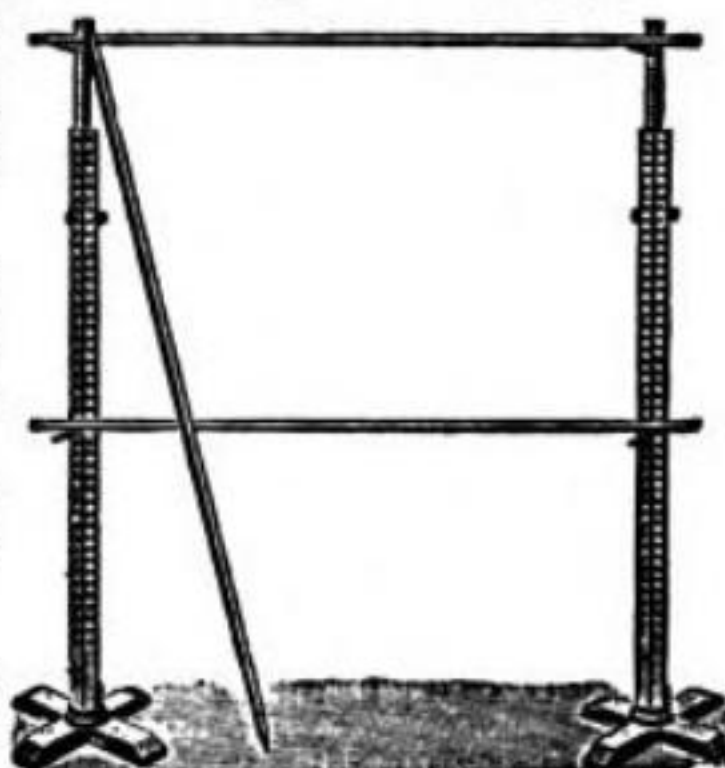
Spalding Vaulting Standards

Substantially built and measurements are clearly and correctly marked.

No. 109. Graduated in half inches, adjustable to 13 ft. Complete,

No. 111. Inch graduations, 7 ft. high. Complete,

No. 112. Cross Bars. Hickory. Dozen,



Spalding Official Javelins

No. 53. Swedish model, correct in length, weight, etc., and of proper balance. Steel shod. . . . Each, \$5.00

Competitors' Numbers

Printed on Heavy Manila Paper or Strong Linen



		Manila, Set	Linen, Set
No. 1.	1 to 50.	.25	\$1.50
No. 2.	1 to 75.	.38	2.25
No. 3.	1 to 100.	.50	3.00
No. 4.	1 to 150.	.75	4.50
No. 5.	1 to 200.	1.00	6.00
No. 6.	1 to 250.	1.25	7.50

For larger meets we supply Competitors' Numbers, on Manila paper only, in sets as follows:

No. 7	1 to 300.	Set, \$1.50	No. 16.	1 to 1200.	Set, \$6.00
No. 8.	1 to 400.	" 2.00	No. 17.	1 to 1300.	" 6.50
No. 9.	1 to 500.	" 2.50	No. 18.	1 to 1400.	" 7.00
No. 10.	1 to 600.	" 3.00	No. 19.	1 to 1500.	" 7.50
No. 11.	1 to 700.	" 3.50	No. 20.	1 to 1600.	" 8.00
No. 12.	1 to 800.	" 4.00	No. 21.	1 to 1700.	" 8.50
No. 13.	1 to 900.	" 4.50	No. 22.	1 to 1800.	" 9.00
No. 14.	1 to 1000.	" 5.00	No. 23.	1 to 1900.	" 9.50
No. 15.	1 to 1100.	" 5.50	No. 24.	1 to 2000.	" 10.00

Spalding Olympic Discus

Since Discus Throwing was revived at the Olympic Games, at Athens, 1896, the Spalding Discus has been recognized as the official Discus, and is used in all competitions because it conforms exactly to the official rules. Exactly the same as used at Athens, 1906, London, 1908, and Stockholm, 1912.

Price, \$5.00



Spalding Youths' Discus

Officially adopted by the Public Schools Athletic League

To satisfy the demand for a Discus that will be suitable for the use of the more youthful athletes, we have put out a special Discus, smaller in size and lighter in weight than the regular Official size. The Youths' Discus is made in accordance with official specifications. Price, \$4.00

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Spalding's New Athletic Goods Catalogue

The following selection of items from Spalding's latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by
A. G. SPALDING & BROS. SEND FOR A FREE COPY.

SEE LIST OF SPALDING STORES ON INSIDE FRONT COVER OF THIS BOOK.

Archery
Ash Bars
Athletic Library
Attachments, Chest Weight

Bags—
Bat
Bathing Suit
Caddy
Cricket
Striking
Tennis
Uniform
Balls—
Base
Basket
Cricket
Field Hockey
Golf
Hand
Indoor
Medicine
Playground
Squash
Tennis
Volley
Water Polo
Ball Cleaner, Golf
Bandages, Elastic
Bar Bells
Bars, Horizontal
Bases—
Base Ball
Indoor
Bathing Suits
Bats—
Base Ball
Cricket
Indoor
Batting Cage, Base Ball
Belts—
Leather and Worsted
Bladders—
Basket Ball
Striking Bag
Blades, Fencing

Caddy Badges
Caps—
Base Ball
University
Water Polo
Center Forks, Iron
Center Straps, Canvas
Chest Weights
Circle, Seven-Foot
Clock Golf
Coats, Base Ball
Collars, Swimming
Corks, Running
Covers, Racket
Cricket Goods
Croquet Goods
Cross Bars

Disks—
Marking, Golf
Rubber, Golf Shoes
Discus, Olympic
Disks, Striking Bag
Dumb Bells

Emblems
Embroidery
Equestrian Polo

Felt Letters
Fencing Sticks
Field Hockey
Finger Protection
Flags—
College
Foul, Base Ball
Marking, Golf
Foils, Fencing

Glasses, Base Ball Sun

Gloves—
Base Ball
Boxing
Cricket
Fencing
Golf
Hand Ball
Glove Softener
Goal Cage, Polo
Goals—
Basket Ball
Golf Clubs
Golf Counters
Golfette
Grips—
Athletic
Golf
Cut Preservative, Tennis
Guy Ropes and Pegs
Gymnasium Suits, Ladies'

Hammers, Athletic
Handle Cover, Rubber
Hangers for Indian Clubs
Hats, University
Health Pull
Hob Nails
Hole Cutter, Golf
Hole Rim, Golf
Hurdles, Safety
Hurley Goods

Indian Clubs
Inflators—
Bathing Bag

Jackets, Fencing
Javelins
Jerseys

Knee Protectors

Lacrosse
Lanes for Sprints
Lawn Bowls
Leg Guards—
Base Ball
Cricket
Field Hockey
Letters—
Embroidered
Felt

Mallets—
Cricket
Croquet
Equestrian Polo
Roque
Markers, Tennis
Masks—
Base Ball
Fencing
Mattresses
Megaphones
Mitts—
Base Ball
Handball
Striking Bag
Monograms
Mufflers, Knitted

Nets—
Cricket
Golf Driving
Tennis
Volley Ball
Numbers, Competitors'

Pads—
Chamois, Fencing
Sliding, Base Ball
Wrestling
Paint, Golf
Pants—
Base Ball
Basket Ball
Bathing, Knee
Boys' Knee
Running
Pennants, College
Pistol, Starter's
Plastrons, Fencing
Plates—
Base Ball Shoe
Home
Marking, Tennis
Pitchers' Box
Pitchers' Toe
Tennis, Golf

Platforms, Striking Bag,
Poles, Vaulting
Polo, Equestrian
Polo, Roller, Goods
Posts—
Backstop, Tennis
Lawn Tennis
Protectors—
Abdomen
Base Ball Body
Eye Glass
Indoor Base Ball
Thumb
Protection, Running Shoes
Pulleys and Axle, Tennis
Push Ball
Pushers, Chamois
Puttees, Golf
Quoits

Racket Covers
Racket Pres-es
Rackets, Lawn Tennis
Rackets Restrung
Racks, Golf Ball
Rapiers
Reels for Tennis Posts
Referee's Whistle
Rings—
Exercising
Swinging
Roque
Rowing Machines

Sacks, for Sack Racing
Sandow Dumb Bells
Score Books—
Base Ball
Basket Ball
Cricket
Golf
Tennis
Score Tablets, Base Ball
Shirts—
Athletic
Base Ball
Shoes—
Base Ball
Basket Ball
Bowling
Clog
Cricket
Cross Country
Fencing
Foot Ball, Association
Foot Ball, College
Foot Ball, Rugby
Foot Ball, Soccer
Golf
Gymnasium
Jumping
Running
Skating
Squash
Tennis
Walking

Shot—
Athletic
Indoor
Skate Rollers
Skates, Roller
Sleeve, Pitchers
Slippers, Bathing
Squash Goods
Standards—
Vaulting
Volley Ball
Straps—
Base Ball
For Three-Legged Race
Spikes, Cricket
Steel Cable, Tennis Net
Sticks, Polo
Stockings
Sop Boards
Striking Bags
Stumps and Bails
Suits—
Gymnasium, Ladies
Swimming
Supporters—
Ankle
Wrist
Suspensories
Sweat Band
Sweaters
Swivels, Striking Bag
Swords, Duelling
Swords, Fencing

Take-Off Board
Tape—
Adhesive
Cricket, Measuring
Marking, Tennis
Measuring Steel
Tees, Golf
Tether Tennis
Tights—
Athletic
Full
Full, Wrestling
Knee
Toe Boards
Trapeze
Trousers, Y.M.C.A.
Trunks—
Bathing
Velvet
Worsted

Umpire Indicator
Uniforms, Base Ball

Wands, Calisthenic
Watches, Stop
Water Wings
Weights, 56-lb.
Whistles, Referees
Wrestling Equipment
Wrist Machines

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1913. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 14 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods and the same prices to everybody.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 14 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding.*
PRESIDENT.

Ad.

A separate book covers every Athletic Sport
and is Official and Standard
Price 10 cents each

GRAND PRIZE



ST. LOUIS, 1904



GRAND PRIX



PARIS, 1900

SPALDING ATHLETIC GOODS ARE THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES

NEW YORK	CHICAGO	ST. LOUIS
BOSTON	MILWAUKEE	KANSAS CITY
PHILADELPHIA	DETROIT	SAN FRANCISCO
NEWARK	CINCINNATI	LOS ANGELES
BUFFALO	CLEVELAND	SEATTLE
SYRACUSE	COLUMBUS	MINNEAPOLIS
BALTIMORE	INDIANAPOLIS	ST. PAUL
WASHINGTON	PITTSBURGH	DENVER
LONDON, ENGLAND	ATLANTA	DALLAS
BIRMINGHAM, ENGLAND	LOUISVILLE	
MANCHESTER, ENGLAND	NEW ORLEANS	
EDINBURGH, SCOTLAND		
GLASGOW, SCOTLAND	MONTREAL, CANADA	
SYDNEY, AUSTRALIA	TORONTO, CANADA	
	PARIS, FRANCE	

Factories owned and operated by A. G. Spalding & Bros. and where all of Spalding's
Trade-Marked Athletic Goods are made are located in the following cities

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.