

# Farmer Burns School of Wrestling



FARMER BURNS

Lessons

in

Wrestling and  
Physical Culture

OMAHA, NEBRASKA

Book No. 6

Lessons 11 and 12

## General Remarks

*This will be the concluding book of my present course of lessons. In this book I shall outline to you some new work that should prove very interesting. I shall touch upon the subjects of self-defense and Jiu-Jitsu, showing you in clear illustrations some of the best and most effective methods of operation.*

*If you have made a complete study of all of the lessons heretofore, and have industriously practiced each and every movement and hold, and if you have studied the subject of TIME and SPEED, you have already placed yourself in good physical condition where your knowledge of holds and how to attack another man will make you good in self-defense.*

*A further study of the past lessons and of this book combined with continued practice in the future will make you more efficient. My advice to every student is to allow nothing to prevent the regular study and practice every day of the year, even though you can give but a few minutes to the work, for it is the daily and regular practice that finally makes an expert of any man.*

*Unless you do practice regularly you will find that you will lose your strength to a considerable extent. The proper thing to do is to keep in FORM all the time. It is easy to stop practicing these things, but it requires de-*

*cision and will-power to keep them up, but I believe you realize by this time the wonderful value of a fine physical body and this should be a strong inducement for you to keep in form.*

*Your fine health and strong body will enable you to enjoy life more.*

*You can go on long tramps, hunting trips, excursions, and not get tired and worn out, and this means that you will enjoy this far more than the weakling who soon grows tired from his exertions.*

*Having your muscles well trained, it will be difficult for disease and sickness to attack you and you can with greater ease throw off diseases when they come.*

*With an athletic body to back you, you have more force and courage for the battles of life, and can put tremendous energy and vigor into your business undertakings. You will live a sweet life and enjoy play as well as work. Wrestling and physical culture makes a man good natured, but just the opposite is true in regard to excess and dissipation.*

*Therefore, look upon your training in wrestling not only as an accomplishment that will bring you pleasure and profit, but look upon it also as the greatest thing possible for prolonged life and happiness.*

# Physical Culture—Lesson XI

## The Medicine Ball

Perhaps some of my students are not familiar with the Medicine Ball. It is a ball that has been used in training during recent years and from my observations in training camps, I have decided that it has an important part to play in the routine work of the athlete.

The ball is specially constructed for the purpose and may be purchased from any dealer in sporting goods.

It is a large leather ball of considerable weight, yet soft enough to avoid hurting or damaging the contestants.

Two persons are required when exercising with the ball. It is merely thrown back and forth from one to another, but is thrown and caught in a great variety of positions. It should be thrown with both hands over the head, from the right side and from the left side. It should also be thrown by bending forward and forcing it to your companion from a position far back between your own legs. It can also be thrown with the right arm alone and the left arm alone, and from various positions when you are sitting or lying down.

The person catching the ball should catch it first with the right arm and then with the left and make special efforts to exercise as much as possible, while catching and returning the ball to his companion.

If you have never worked out with the medicine ball, you will think from this description that it is child's play, but let me assure you that if you have devoted ten minutes to fast work with the medicine ball, you will change your mind and readily appreciate the fact that it is a great exercise for limbering up the muscles and working up a good sweat. The ball is a little expensive, costing from \$5.00 to \$10.00, depending on the quality. I do not insist upon my students making this expenditure, but if you feel inclined to do so, you will find the investment a wise one.

above all others for which I recommend rope jumping is the fast and easy foot work that it develops. It teaches speed and accuracy with the feet and legs, just as bag punching does for the arms and hands. In jumping the rope, you should not stand in one place, but move around and jump in as many different positions as you can figure out.

For improving speed and wind you should jump at the rate of from 300 to 500 jumps per minute.

I have trained some of the greatest boxers in the country and I invariably require them to punch the bag, jump the rope, use the medicine ball and do a great deal of running.

I know you will think that you do not have time for all the exercises that I have recommended. Of course, you can not do all of them every day, but a program should be adopted that will give you the work in rotation, so that every part of it comes up two or more times every week.

### Jumping the Rope

This is another exercise that we know from childhood, yet if practiced systematically, it does wonders for the athlete in training. I do not think there is much value to the exercises unless you follow them up regularly. The one point

### The Vibrator

Many persons ask me and write to me for my opinion regarding the value of the electric vibrator in the development of the muscles and in training for physical culture.

I have seen the vibrator used and have used it myself in training Frank Gotch, James J. Jeffries and other noted athletes. After giving the instrument a trial I came to the conclusion that it had a good many points in its favor. I think it is valuable in physical culture work for the purpose of developing those parts of the body which seem to be weaker than general average.

The vibrator agitates the skin and to some depth into the flesh, causing the blood to flow into these parts. I think it tends to loosen the muscles and cause them to become more elastic and pliable. In addition to this I understand it is valuable for use in cases of headache, nervousness and indigestion.

While I do not insist upon my students having the vibrator, I want them to understand that I am favorable to its use and those who feel they can afford one will find their money well invested. The vibrator takes the place of an expert masseur.

### Care of the Teeth

*The teeth are about the most neglected part of the body in fully 90% of our people. And yet they are as important as the third leg on a milk stool.*

*A very heavy percentage of physical ailments and much serious sickness, with the corresponding shortening of life, can be traced directly to teeth poorly taken care of.*

*Either decayed teeth, partially decayed or uncleaned teeth, provide the breeding spot for millions of disease germs.*

*An aching tooth robs you of efficiency at anything you are trying to do because it keeps your thoughts on the ache.*

*Sore, aching or uneven teeth prevent you from properly chewing your food, which throws an added burden on the stomach. If food is not thoroughly torn and ground by the teeth, it must be done by the stomach before it can be digested. As food remains in the stomach only a limited time, it means passing this undigested food on to the succeeding organs of the body, requiring of them extra work that eventually weakens the whole system, causing indigestion, liver and kidney trouble, constipation, cancer, abscesses, etc.*

*But, aching teeth, decayed teeth, unclean teeth, are not the only defects. Oftentimes there are pus-pockets formed at*

*the bottom of the teeth roots. They are responsible for a great bulk of rheumatism, neuralgia and nervous disorders. When pus forms in any part of the body it keeps on accumulating and therefore must have an outlet. The only outlet for pus at the tooth root (unless an abscess is formed which breaks through the gums), is for it to back up into the system. This poison causes rheumatism and allied troubles.*

*Most often the only way to discover these hidden pus-pockets is through an X-Ray examination by your Dentist.*

*Consider your Dentist your best friend. But consult him like a lawyer—that is, to keep you out of trouble instead of waiting to have him get you out after you are in.*

*You should have your teeth examined at least every six months, and then have the work done on your teeth that your Dentist recommends.*

*Brush the teeth every morning and the last thing before retiring at night.*

*Take good care of your teeth and they will repay you with big returns in health and happiness.*

*Remember poor teeth will handicap any athlete.*

## Training

In training for an important contest from four to six weeks are required to put a man in perfect form. I shall briefly explain the important points of actual training preparatory to a big and important contest, either with gloves or on the wrestling mat. These instructions will apply to a man in his prime, from 18 to 28 years of age, but the actual amount of work done by the individual will differ on account of the different degrees of strength and physical endurance.

### Diet

Training should start on a definite date. On the first day a liberal dose of Epsom Salts should be taken, followed by a dose of pure castor oil, in order to thoroughly clean out the stomach and bowels. The diet should be light for the following day. For breakfast one or two poached or soft boiled eggs, dry toast and hot water or weak tea. At noon and evening, the same or a similar light meal.

For regular diet during training, breakfast should be light, consisting of eggs, dry toast and perhaps a little quantity of bacon or mutton-chops. The noon meal can be boiled dinner, consisting of such as boiled beef and vegetables. Do not eat cabbage or potatoes and do not eat too much of anything, and be sure to CHEW THE FOOD WELL. Think about this when eating and chew each mouthful a long time. Use home-made bread that is not too fresh and do not eat sweets or dessert. For the evening meal a good steak with beans that have been cooked thoroughly and mashed. This with bread and butter and pure water or weak tea, should constitute the meal. If you desire you can have the boiled dinner occasionally in the evening and can substitute fried chicken and fresh fish once or twice a week.

and then go to your gymnasium where you should work with your trainer. This work, of course, consists of wrestling, bridging, gripping, etc. About an hour, or an hour and a half should be devoted to work of this kind. Take a shower bath, not a cold one, and a good rubbing with the towels. Your trainer will now give you a good hand rubbing and kneading. After this you should walk about one mile, after which you should have your dinner.

After dinner rest or sleep until 3 o'clock, when you should go out for a run and walk of two to three miles. The walking and running should be mixed together, walking say 100 yards and running 200 yards. After resting from this work, spend one hour in the gymnasium in some fast and speedy exercise under the direction of your trainer. This should be followed with a short shower bath and another hard rub. It is a good plan occasionally to rub the body with olive oil or cocoa butter, as it keeps the skin in nice, soft condition, after taking so many baths. After supper ride or play a game of billiards to occupy your mind, or visit and play cards with friends, but do not gamble or do anything to make you nervous. You should be in bed at 9 o'clock and sleep where there is plenty of fresh air, but be sure to avoid drafts as persons take cold easily where they are washing the skin two or three times each day.

Do not take any long tub or shower baths, but always a quick bath in luke-warm water.

The water should be very pure, if possible from a spring, and you should drink hot water in the morning if it agrees with you. If not, substitute a cup of weak tea.

### **Exercise**

Do not dissipate in any form whatever. You should sleep alone, and from eight to nine hours. Get up at 5:30 and take a walk. Eat breakfast at 6 o'clock, amuse yourself until 9:30

For 48 hours before going into the ring, you should do very little work and that of a light nature, eat plenty of good broiled steak with bread and pure water, take light shower baths and light rubs two or three times a day. About 4 hours before entering the ring eat a fine big porterhouse steak with very little bread and no vegetables.

Before entering the ring take a small sip of water, but do not drink heavily of water for some time before entering the ring, and confine your drinking between the bouts to small sips of pure water.

A great deal more might be said in regard to training, but the essence of the entire matter has been given you in this short article, and if you are preparing for a big match you will need an experienced trainer to help you.

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