

Jiu Jitsu---Self Defense and Their Relation to Wrestling

Lesson XII

The term Jiu-Jitsu is from the Japanese language and is used in this country as the name for Japanese wrestling and trick holds. The popular understanding is that Jiu-Jitsu refers to the Japanese method of fighting for protecting themselves from attacks by other persons.

In my opinion there is very little in the so-called Jiu-Jitsu teaching that is not included in a full and complete knowledge of catch-as-catch-can wrestling. There are, of course, a few holds and defenses, such as the throttle hold, the strangle hold, etc., that are not used in wrestling, yet these holds are generally understood by the thoroughly trained wrestler. As a matter of fact, I have already shown you in some of my wrestling holds a number of methods of making a man powerless that are advocated in Jiu-Jitsu.

I also wish to say that from a personal examination of many of the Jiu-Jitsu books, that more than half of the holds contained in these books are not practical and are very easily defeated by one thoroughly trained in wrestling.

Aside from the throat holds and the system of striking sharp blows on certain parts of the body, there is nothing new to be learned in Jiu-Jitsu for the expert catch-as-catch-can wrestler.

The Japanese advocate striking an opponent with the lower part of the palm of the hand, that is, the edge of the palm back of the little finger. By repeated pounding and training, this part of the palm becomes so hard and firm they are able to strike a decidedly hard blow and when this blow is suddenly delivered against certain parts of the body, it will stop an opponent temporarily, but this is not very good defense for it leaves your opponent free to continue some other line of attack. These blows are, however, of more or less value under certain conditions.

The trained wrestler's hand are naturally hard, firm and well developed and he can use this system if he prefers, as well as the Japanese, but in order to become skilled it requires practice, the same as anything else.

The following parts of the body may be numbed by such a blow:

The back of the neck or either side of the neck;

The forearm between the hand and elbow;

The leg between the knee and ankle;

Across the small of the back, or over the kidneys.

In the present book of lessons I shall show you quite a number of self-defense holds, but many of these are also wrestling holds. Any plan of attack that will make a man powerless is good self-defense, and the student who has practiced long and carefully my methods of wrestling will have very little difficulty in defending himself against the Japanese system.

I have personally wrestled with the greatest Japanese experts, permitting them to use any and all holds that they wished, not even barring their so-called deadly throttle and strangle holds. In these contests I have invariably won, without losing a single point and this should be conclusive proof of the fact that the knowledge of American wrestling is the best of all knowledge for self protection. I would add to the wrestling, however, the strangle and other throat holds and a number of pain holds that are barred in wrestling, but can of course be used for self protection, for nothing is barred when it comes to protecting yourself against the attack of a vicious man.

If you wish to train yourself in this small department of self defense, you can, from the above suggestions, work out the valuable points of the system without further instructions.

The various throat holds, which have been shown you and which will be shown you in this lesson, cover the real valuable parts of Jiu-Jitsu, and while they have several other methods of securing the throat holds, yet all of them except the ones shown you, are easily broken and do not amount to much when used against a trained man. The reason that Jiu-Jitsu has been so much over-rated is because the subject has been advertised and the special points and holds emphasized, while as a matter of fact there is very little new in the subject for anyone who has made a study of Physical Culture, Wrestling and American Self Defense.

The trained Japanese can attack or defend himself against an untrained man with great skill and ease, but this is even more true of an expert catch-as-catch-can wrestler. I have mentioned in a previous lesson the fact that even a prize-

fighter would have little chance against a good wrestler, for the wrestler knows how to bring his man into powerless positions and keep him there.

The students who follow my instructions carefully and who thoroughly master the various holds explained in my lessons will be provided with the best of all means of self defense, and while there may be certain trick holds that are not touched upon, the student will find that he has acquired practically everything, and that any new holds will be only a variation or a different method of using the ones which I have explained. Read over this book with great care. You will find ample material in this book for many weeks of practice and I wish to impress upon you again that real practice is necessary, for you must know all of these holds and defenses, and be skilled in using them. They must be used as a matter of habit, almost a second nature, and regular, careful practice will train you to use the proper hold at the proper time, just as unconsciously as you raise your hand to ward off a blow that is directed at your face.

You may thoroughly understand the holds and be able to work them out with your companion, but this does not mean that you have mastered them. You are proficient only when you have practiced so much that one hold and defense follows the other as unconsciously and naturally as the piano player strikes one note after another without stopping to reason or figure it out.

Plate 185 shows another of Strangle or Choke holds, barred in wrestling, but useful in self defense. It seems natural for man and animal when making a vicious attack to strike for the throat and shut off the breath.

In this plate, the opponent can quickly reduce the person to submission unless the hold is broken. There are several ways of breaking the hold and it must be broken quickly before you are weakened. A sudden sharp blow in the stomach will often cause the opponent to break the hold. Another method that can be used is to place your hands together, palm against palm, and force them upward between the opponent's arms and then suddenly throw your elbows outward. With this leverage you can usually remove the throat hold.



Plate 186—How Burns Breaks the Strangle Hold.



Plate 185—Strangle or Choke Hold.

Strangle Hold

In Plate 107, Book 4, I explained to you one form of Strangle Hold. This hold is secured on the ground or mat. The Strangle Hold varies in form, depending on the position you and your opponent occupy.

“Farmer” Burns’ method of breaking this hold is to grasp the opponent’s wrist close to the hands and suddenly jerk upward and outward, both at the same time. Burns’ hands being closer to his body offers him a greater leverage than his opponent has, and makes the break of the opponent’s hold almost sure.

In Burns’ special case, however, no one can injure him in the slightest by choking, as his throat and neck muscles are so highly developed that he can protect himself by contracting the muscles and holding them firm and solid.

Hundreds of persons have tried to choke Mr. Burns, but they give up in despair, as they cause him no discomfort and he can smile at their efforts.

Very few persons have this neck development, hence the above method of breaking the throat hold should be carefully studied and practiced.



Plate 187—Another Strangle Hold

If your opponent attempts to pass behind you, you can probably, by being on time, secure the throat hold shown in Plate 187. Lock your arms together and force your wrist sharply and tightly against opponent's throat. When in this position he can do very little harm with his hands and you can quickly bring him to submission and force him to the ground. This is a fine wrestling hold if you avoid choking the opponent, and then form what is known as the chancery. All of these holds can be practiced with your companion, but you will, of course, be very careful not to unnecessarily hurt or injure each other.



Plate 189—Bar Arm Hold.

This is one of the so-called Jiu-Jitsu holds. If your opponent undertakes to secure a body hold or throws his arm around you when trying for a get-behind, you can instantly bar this hold, as shown in Plate 189. By grasping your own hands you apply the force of both of your arms against his one, which renders him helpless for the moment. The skilled opponent will, however, force his arm further around you until his shoulder is in your arm pit, and can thus release himself, but he must be ON TIME.



Plate 188—The Head Twist.

This plate shows Fred Beell with one of his famous block holds on Farmer Burns. It is very similar to the hold explained in Plate 172, Book 5. This hold is used both in wrestling and self defense. When your opponent dives for the leg, throw one arm under the neck and grasp the hand with your other hand. At the same time throw your body forward over the head so that you form a bar on the head and neck by using your body and two arms. The slightest upward pressure will twist the opponent's neck and cause him great pain. Mr. Beell employs this hold a great deal and is expert in its use. Practice it long and carefully until you know exactly how to apply it in order to make your opponent helpless.



Plate 190—Using the Bar Arm Lock.

If you are on time and your opponent behind time, he will fail to get his shoulder in your arm pit, and you can, by working rapidly, pull him to the mat in the position shown in Plate 190. The opponent is now in a very bad position, as you can rush him off his balance and turn him on his back. As he goes to the mat you can fall across his chest and secure a wrist hold on the other arm and thus pin him to the mat. This is a legitimate wrestling hold and also first class for self defense, but like all other movements, must be timed exactly right in order to get the results.

Another Severe Arm Hold

Fred Beell has secured this hold on "Farmer" Burns. Study the picture carefully and you will see that Beell has Burns' arm barred across his own left arm and is forcing outward on the wrist with his right hand, and is at the same time twisting the arm severely. The arm can easily be broken by sudden application of strength and is known as one of the greatest Jiu-Jitsu holds. Burns escapes from this hold by throwing his body to the right and securing a crotch hold on his opponent, but as a rule when you get this arm hold on your opponent, you have him powerless.



Plate 191—Another Severe Arm Hold.

Double Bar Arm Hold

This plate shows "Farmer" Burns with a double bar arm hold on Tamisea, the Creighton University football star. Stand up with your practicing companion and take this position exactly as shown in the plate, and you will then appreciate the fact that it is a terrific thing to contend with. When you secure this hold, you stop the opponent from stepping in either direction by placing your leg in front of his and locking the opponent's near leg. You must practice a great deal in order to secure the hold quickly and firmly, for unless it is right, you can not accomplish much with it. The pain at the wrist can be made extremely severe. Use this hold with caution on your companion.



Plate 192—Double Bar Arm Hold.

Another Form of Double Bar on the Arm

“Farmer” Burns illustrates this hold also on Tamisea. In this hold, the same as in many others, you can secure a better understanding at once by working on it with your partner. Try this hold on him and then have him place it on you. The opponent's arm should be thrown well across your body so that he can not withdraw the elbow. With your right hand you grasp the wrist and pull the elbow firmly against your own body. Your left hand passes under the opponent's hand and grasps his fingers, enabling you to bend the wrist sharply into one of the most effective and painful bars known to wrestling or Jiu-Jitsu.

All of the above arm holds are perfectly legitimate for wrestling as well as self-defense.



Plate 193—Another Form of Double Bar on the Arm.



Plate 194—Bar Arm and Coat Hold.

Bar Arm and Coat Hold

Plate 194 illustrates one of the methods in making an opponent helpless and is used chiefly in self defense and Jiu-Jitsu. It can be worked on either side and when properly secured places your opponent in a position where he can neither kick, strike or bite. In the plate the right hand is forced under the opponent's arm and the coat grasped firmly. With your left hand grasp the opponent's left hand and bring it across your own right forearm in a twisted bar. If you wish to throw your opponent to the ground, step back with your right foot and place it behind his left foot, performing a toe lock, after which you can throw him back and drop him to the ground very easily. Try this many times with your companion until you can secure the hold quickly and properly.



Plate 195—Standing Strangle Hold.

Standing Strangle Hold

This Strangle hold differs from any of the others that have been explained. It may be secured when your opponent approaches you, by making a feint to one side and then suddenly rushing past him to the other side and throwing your arm around his neck. Instantly grasp your own hand, and lock his further leg as shown in the illustration. This hold is used only in self defense and Jiu-Jitsu and is barred in wrestling. It is very severe and you can easily choke your opponent into submission, if you once fix this strangle hold upon him. The hold can be secured from position shown in Plate 194 by suddenly dropping the coat hold and turning towards your opponent, throwing your left arm around his neck as explained above.



Plate 196—Beginning Trick Coat Hold.

Beginning Trick Coat Hold

Look over Plates 196-197-198 and you will understand almost without explanation the manner of operating this clever trick.

If you are attacked from the front and have an equal opportunity with your opponent, try to keep him off and fight and work until an opening occurs to secure the hold shown in Plate 196. You, of course, understand that this cannot be worked unless your opponent is wearing a coat. Do not grasp the coat too low on the collar or you will find it difficult to throw it back over his shoulders. The position shown in the plate is about right. Also observe that the moment Burns secures this hold, he throws his left foot forward on the outside of opponent's foot. Every movement is lightning fast.

Continuing the Coat Trick

At the instant Burns secures the hold on opponent's coat, he rushes forward with his right foot and throws himself closer to opponent's body in order to give him the necessary room to perform the trick. As he rushes towards the opponent, the tension is relaxed and loosened and Burns instantly throws the coat back and away from the opponent's shoulders, and with the same movement pulls the coat downward until the opponent's arms are tied and bound by the coat itself, as shown in Plate 197. If your opponent is skillful and trained and understands what you are trying to do, he will make every effort to block you and he may succeed, but if you can once throw the coat backward and downward across the shoulders, you have your man at your mercy.,



Plate 197—Continuing the Coat Trick.

Throwing the Opponent to the Ground

The preceding plate brings your opponent into a position that is almost helpless, but if you should permit the action to quit at that point your opponent would probably be able to withdraw one or both arms from the sleeves and to continue the attack on you in better condition than before, as he would not be impeded with the garment.

You should, therefore, follow up your advantage by rushing your opponent to the ground. This is done by throwing your body to the left and behind the opponent and bringing him to a hip-lock, as shown in Plate 198. You can perhaps hold him in this position for quite a period of time, but the best plan is to throw him on the ground and pin him there, while still keeping his hands helpless within the coat sleeves. My students should practice this until they can get it down fine, for it may prove very useful and it may also be used to surprise your friends in a friendly scuffle, but do not forget that this is an exceedingly valuable trick under certain conditions.



Plate 198—Throwing the Opponent to the Ground.

How to Protect Yourself From a Pistol

This plate and the next four are intended to show you a pretty sure method of disarming a man, if he should attempt to draw a gun, while at close quarters. I wish to say to you emphatically, however, that if the attacking party is at some distance, the best thing for you to do is to throw up your hands and let him have his way, for if you attempt to rush him, he will have ample time to shoot before you have time to undertake this defense. This disarming plan should be undertaken when at very close quarters, and the first movements especially should be made with lightning-like rapidity. Careful study of all these plates will make clear the plans in detail.



Plate 199—"Farmer" Burns Surprised by a Hold-Up Man.

The "Farmer's" Quick Work



Plate 200—The "Farmer's" Quick Work.

If a ruffian or hold-up man should put you in the position of Plate 199, his order would naturally be "Hands Up." He is not likely to shoot as long as both of your hands are in sight, and you are apparently trying to obey his commands. You should, therefore, feint with your right hand, raising it upward and outward to attract his attention, following same slowly with the left hand. Keep his attention on the right hand, and with the utmost speed, grasp his wrist with your left hand and at the same instant grasp the gun with the right hand, bending the opponent's wrist until the gun points at himself instead of you. This movement will tremendously surprise the opponent and the fact that he is facing the gun himself will certainly surprise and confuse him and enable you to continue your work.

The danger, however, is when you reach for the wrist and gun, but in this case the hands should be quicker than the eyes, and you will have the gun turned on the opponent before he can pull the trigger.



Plate 201—The "Farmer" Safe.

The "Farmer" Safe

The act of bending the robber's wrists with your two hands will break his hold on the gun and your right hand is in position to take possession of the gun, while it is still pointing him in the face. Note carefully that Burns still retains grip-like hold on the left hand and has bent the wrist to a twisted bar. He has at the same moment placed his left foot behind the opponent's heel, forming a lock, preparatory to throwing the robber to the ground. This plate will explain this position very clearly and you can practice it repeatedly with your companion, but be sure, of course, that the GUN IS NOT LOADED. For the purpose of using this hold effectively you must develop strong power in your hands. A strong hand grip is very necessary to successful wrestling also.



Plate 202—The Robber Under Control.

The Robber Under Control

By kicking the opponent's right foot with his own left foot, and with the same hold throwing the opponent backward with his left hand and arm, Burns easily brings him to the ground in the position shown in Plate 202. With this bar arm hold and his superior position Burns could throw the gun away and still keep his man under perfect control. In a serious position like that illustrated in these photographs it would be very much better to keep the man covered with his own gun until you could get assistance, or as you easily control the situation, you could force your man to get up and march ahead of you to the police station. I wish to emphasize again the fact that you must not foolishly undertake to disarm a man when he has you covered from some distance. Most all men of good judgment agree that when a desperate man has you in a desperate position that the best thing to do is to let him have his way for the moment and try to capture him afterwards.



Plate 203—“Farmer” Burns Subduing an Insane Man Armed With a Razor.

The illustrations on this page shows you a true incident in the life of “Farmer” Burns. Some years ago an insane man armed with a razor spread terror in the community. He was finally captured and subdued exactly as shown by these illustrations. The photographs were, of course, posed for to be used in this book, but the movements are exactly the same as employed in subduing the insane man.

Plate 203 shows “Farmer” Burns approaching the man ready for an attack. Burns divided the attention of the man for the purpose of grasping the coat sleeve with his thumb on the inside of the sleeve and rolling the sleeve backward, which if properly done will make the right arm of the opponent helpless.



Plate 205—After “Farmer” Burns Had the Man Under Control

After “Farmer” Burns had the man under control, he had no difficulty in disarming him. The man is now reduced to a practically helpless position, provided, of course, that Burns' hold is accurate and he does not relax it for an instant. The secret of the hold is to use a tremendous leverage that makes the arm powerless and keeps the opponent's body far away from your own.

This method can be used in all kinds of self defense and can also be employed when disarming a man when he has a knife, revolver or other weapon. The great question of being ON TIME enters into this defense, the same as it does into all other movements in wrestling, self defense or Jiu-Jitsu.



Plate 204—Grasping the Sleeve.

This plate shows the proper way to grasp the coat sleeve for bringing the man under control. The sleeve is grasped very tightly with the thumb inside and the sleeve is then rolled back quickly and the knuckles of the hands sunk into the forearm. The edge of the sleeve is drawn tight across the opponent's wrist. This hold is very simple, yet it is extremely clever and makes the man so powerless that he can neither strike, kick nor bite. Practice this until you can grasp the sleeve with great speed and accuracy. You will be surprised at the ease with which you can control the man with this hold.



Plate 206.

Still retaining the grip on the sleeve, "Farmer" Burns throws his left arm under the opponent's right arm in the form of a bar, shown in this illustration. This puts the opponent somewhat ahead of Burns and makes it impossible for him to injure Burns in any way. With this hold the opponent can be held powerless until assistance arrives or the man can be taken away to confinement without difficulty, for he can be compelled to march along without resistance, for with this hold the arm can be bent and twisted, causing great pain. Practice this series several times every day and you will grow exceedingly skillful in their use.



Plate 207—Attack From the Rear.

Attack from the Rear

This picture shows where a thug attacked "Farmer" Burns by rushing up behind him and throwing his arm around his neck, attempting a strangle hold. Before he secured the hold, Burns reached up and grasped the arm at the elbow and wrist in a strong, powerful grip.

Had the thug secured a real strangle hold, the chances are that Burns could break it by this hold. An attack of this kind is, of course, very unexpected, but the man who is thoroughly trained rarely loses his presence of mind and almost unconsciously uses the proper line of defense.



Plate 208—Throwing Opponent Over the Head.

Throwing Opponent Over the Head

The next movement from the preceding illustration is to bend quickly forward, holding the opponent's arm firmly against the chest, as shown in this plate.

The leverage that "Farmer" Burns has on the opponent is very powerful and it is with ease that he lifts his man entirely from the ground into the position shown in Plate 208. The opponent can do very little. While he might strike Burns with his free hand, yet his position is such that the blow would have little force.



Plate 209—Bringing Opponent to the Ground in Powerless Position.

Bringing Opponent to the Ground in Powerless Position

Without hesitating in any part of the movement, Burns continues his work and throws the opponent over his head. The opponent naturally falls on his back with considerable force and in a position that he cannot recover from instantly. Burns grasps both hands, as shown in Plate 209, and at the same time throws his knee on opponent's stomach and has the man under complete control. In practicing this with your companion it would be best to use a mat in order to avoid any bruises or injury. In all of these exercises be careful and do not get too rough, for it is very easy to injure one another in practicing, and this should, of course, be carefully avoided.

The student, of course, understands that every hold and defense shown in my lessons can be worked equally well from either side and should consequently be practiced from both right and left sides.



Plate 210—Arm and Leg Pick-Up.

Compare this illustration with Plate 80 in Book III. In making the pick-up from the ground with a leg hold, the opponent's arm can often be secured with the opposite hand, and when this opportunity occurs, the pick-up shown in Plate 210 should be used. This is a first-class wrestling hold and is also one that can frequently be employed in self defense, when diving for the leg, as is sometimes desirable when dealing with a thug. From this position shown in Plate 210, the opponent is thrown rapidly, over the head on the ground. In self defense the opponent can be slammed to the ground very hard and secured with some of the sure-holds, which I have already explained.



Plate 212—Getting Behind.

Plate 212 illustrates Burns passing under the arm. Note that the arm is being twisted. One of the important features of this hold is to retain the very powerful grip on the hand and wrist so that you can force the opponent to stay on the defensive, on account of the arm being twisted and helpless. You should also study all of your movements so that your own body is in strong position and angled all the time. Note that "Farmer" Burns is well braced and angled in Plate 212.



Plate 211—Preparing For Standing Hammer Lock.



Plate 213—Burns Behind With Opponent Under Control.

Plates 211-212-213 illustrate an exceedingly clever method of bringing an opponent under control. These holds are very fine when wrestling and they may be also employed in self defense. I invented this plan many years ago, and I have used it with great success and I know of a very few others who have attempted it. I want you to get familiar with it.

In Plate 211 the opponents are facing each other on the mat. Burns suddenly grasps one of opponent's hands with firm grip in both his own hands, stepping forward and outward quickly with the same motion. He suddenly raises the opponent's arm high and passes under the arm with a quick, powerful rush, still keeping a strong hold on the hand and wrist.

This illustrates the position that Burns secures by rushing on through under the opponent's arm and turning the arm sharply inward and up the back. I want my students to fully understand that this is a series which must be performed with tremendous speed, otherwise the opponent will turn away from this hold in its beginning, or block it in some other way. When you have performed this hold and get into position shown in Plate 213, throw your foot against opponent's heel, stopping him from back-stepping, in an attempt to get away. You can also step further to the right with your right foot and throw the left foot against the heel and your knee against the opponent's leg, which will make even a better hold and more effective stop. You can now drop the opponent's wrist and grasp his upper arm with your left hand, giving you a tremendous leverage, which will enable you to force the hand further up the back and bring your opponent to the ground, completely under control.



Plate 214—Back Hold With Head Against Opponent's Chest.

This is one of "Farmer" Burns' own inventions. It clearly illustrates the value of knowing tricks and holds that are not familiar to your opponent.

The ordinary back hold can be blocked and broken in several ways, which I have already explained to you. If, however, you can secure a back hold like the above, with your head against his chest, as shown in Plate 214, you have a hold that few men can resist. Study the plate carefully and observe the leverage. Push hard and suddenly with your head and pull quickly with your back hold and your opponent is helpless. By performing this with a rush, you can force the opponent over backwards to the mat and probably secure a fall, or if in self defense, you have your man in a dangerous position. Practice this trick until you are thoroughly familiar with it. The block would be for the opponent to twist quickly to one side before you get your head planted firmly against him.



Plate 216—A Hold-Down Invented by "Farmer" Burns.

In your wrestling practice work this hold, and you will find that it can sometimes be secured from a general mix-up on the mat.

Study Plate 216 carefully, noting the position of every leg, arm and other parts of the body. This is really a trick hold-down and you will probably never be able to use it in wrestling or self defense, but it is an interesting hold-down to know, as you can often try it on your friends and surprise them with complete helplessness of their position. A study of this plate will show you that the under man is barred from moving in any direction whatever.

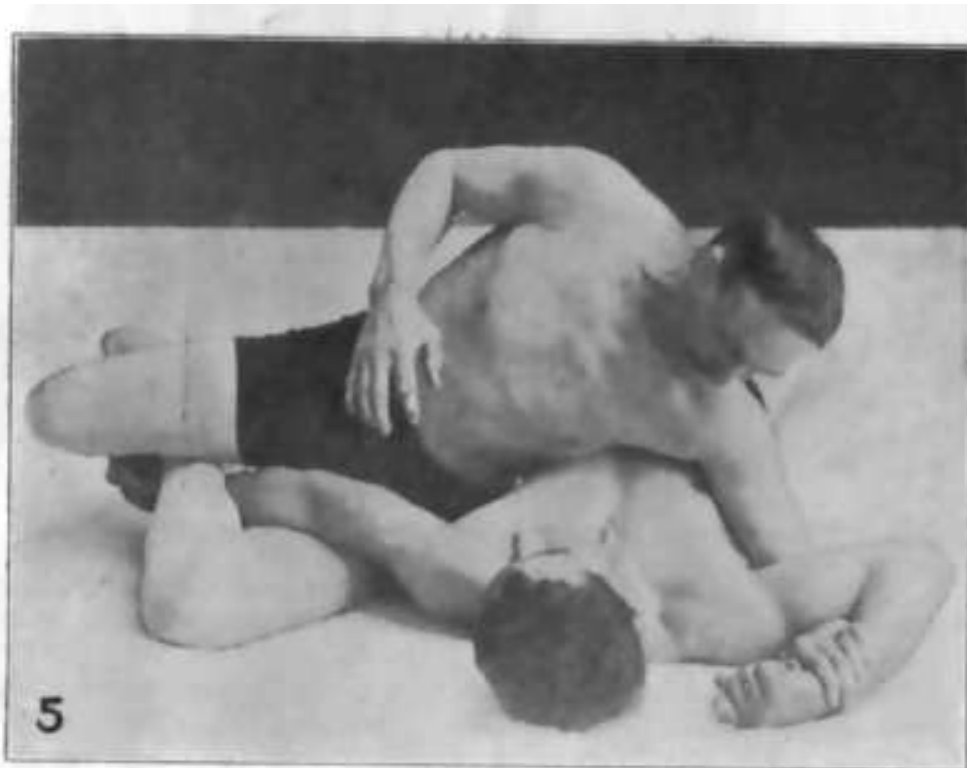


Plate 215.

This shows you a combination hold for pinning the man down and can be used both in wrestling and self defense. Compare this with Plate 34 in Book I. This is a more positive hold than Plate 34, as you have the opponent's right arm barred with your left hand and his left arm barred with a leg scissor hold. This is one of the greatest of all holds practiced in wrestling, and can be employed in self defense when you get your man under control and wish to hold him for some time.



Plate 217—Another Way to Hold a Man Down.

Plate 217 shows you clearly a method of holding a man down on the ground or mat. Like hold shown in Plate 216, it is not very practical and the chances are that you will not have many opportunities to use it except as an exhibition and trick hold, but it is worth knowing. A little study on your part will show you why the under man is completely powerless and unable to move in any direction. These holds do not require much practice, but I desire my students to know them for they are considered the best of all trick hold-down holds that are known.

The Grip Hold

I now wish to teach you the grip hold that I have mentioned several times in my course of lessons. This hold is used in such positions as shown in Plates 125, 158 and 169, and all other holds where your opponent has an opportunity to break the hold by prying the hands apart by grasping your fingers. Plate 218 shows clearly how to lock your hands in such a way that all finger and thumb ends are completely covered, giving the opponent no chance to secure a hold on your hands. This plate shows two methods of forming the grip hold. Practice both of them when you are wrestling, so that you will grasp the hold unconsciously. Both holds are exceedingly strong and clever and you must learn them thoroughly and use them right along in your work.



Plate 218—The Grip Hold.

The Wrestling Bridge

I wish to impress upon all my students the great value of physical training connected with the bridge exercises. I want you to practice bridge every day, for you can find nothing that will develop the neck and back muscles to such an extent as bridging will do. You already realize the importance of a very strong neck and it is entirely up to you to have a wonderful neck or not, depending entirely on the amount of study and time of practice that you give the subject. Study the position of the lower man very carefully and you will readily see every angle required for a successful bridge.

A strong, well developed neck is not only valuable to health and your personal athletic appearance, but it is imperative in wrestling.



Plate 219—"Farmer" Burns' Sons Showing How to Bridge.

“Farmer” Burns Waiting for Time

This shows an illustration of “Farmer” Burns as he appears before a wrestling match. He has already met the opponent and shaken hands with him and is now waiting for the referee to call time, when he will make his lightning-like attack on his opponent. Note the wonderful development of the neck muscles. Also study the outline, which is correct and shows strength and power in every angle.



Plate 220—“Farmer” Burns Waiting for Time.





Plate 221—Frank A. Gotch.

This is a late picture of Frank Gotch. He was the greatest wrestler the world ever knew, and aside from his great strength, he owed his success to his wonderful development of speed, time and "mental stuff." I took Frank as a farm boy and made him **WORLD'S CHAMPION**.

Conclusion

In presenting you with this book of lessons, No. VI, I complete my present course of instructions.

In these books I have tried to explain to my students clearly, and to show in plain illustrations, the great essentials of physical culture and wrestling.

There are, of course, thousands and thousands of holds, combinations and positions that could be fitted in between the photographs I have shown you, but nothing short of a moving picture film could depict the many changes of positions that take place in going from one hold to another, or in rapid mat work.

Wrestling is like music; the definite positions are the regular tones, but between these tones are all the sharps and flats, sub-tones and variations. I wish that I might present to my students motion pictures of wrestling, but as this is not possible I have prepared the photographs that I think will enable a student of average knowledge and intelligence to comprehend much of the great subject of wrestling.

There are a great many trick holds that are shown by fancy wrestlers and on the stage that are of really no value, but have the appearance of being valuable and complicated. I have tried to avoid such things and to teach my students only those holds and movements that will get the results.

It is my plan and determination to some time in the near future enlarge upon the present course of lessons. I may be able to reproduce parts of motion picture films in the form of half-tone illustrations that will prove of tremendous value to the student. I am experimenting along this line at the present time and if we are able to work out this idea, I intend to notify all my students and to give them an opportunity to secure the new and enlarged course at a very small price, although the price to new students will probably be \$50.00 to \$75.00, on account of the immense expense of preparing the material.

As a parting word, I wish to say with every possible emphasis that I want my students to take care of themselves, to abstain from all dissipation, and I want them to continue as long as they live, some forms of good bodily exercise, for I know that good health and a strong physical body is the greatest thing that can be obtained in the world, and I further know that the average person can build up and keep such a body by following the teachings that I have set forth in this set of lessons.

Good luck to you,

"Farmer" Burns

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