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Source units in wrestling and boxing for secondary schools.

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BOSTON UNIVERSITY
SCHOOL OF EDUCATION

Thesis

SOURCE UNITS IN WRESTLING AND BOXING FOR SECONDARY SCHOOLS

Submitted by

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SOURCE UNIT IN JAVELIN FOR SECONDARY SCHOOLS
INTRODUCTION

Wrestling is a sport that comes naturally to most boys, but very few of them have opportunity for organized and planned instruction until they reach the secondary schools and very few of them have it even then. If a program of wrestling can be presented to beginners in a manner that can assure progress it will increase interest and participants will remain active devotees of wrestling. But if practice sessions are conducted in a haphazard manner, the wrestler will lose interest both as a participant and a spectator.

Wrestling is one of the most underrated sports in the long list of athletic activities. There are many factors involved in it that are challenging to the normal boy. Wrestling requires aggressiveness, agility, and speed. It is a sport in which there must be split-second timing and thinking in order to achieve success. It is complicated rather than simple, and there are many possibilities for the development of a series of maneuvers leading to a fall or to the accumulation of points.

Wrestling, long recognized as the greatest of all combative sports is rapidly becoming one of America's foremost athletic activities. Young men and boys have a natural desire to place themselves in situations where they are their own responsibility, with success or failure depending upon their own intelligence, skill, speed, and strength. This spirit of conquest,

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this desire for physical adventure, is a normal heritage of youth. It would be an uninteresting world if we did not, at some time in our life, relish the opportunity to measure our physical prowess against that of our fellow men.

There are certain undeniable values that are developed through participation in wrestling. The presence of courage, strength, speed, endurance, agility and a fine degree of muscle coordination make it a valuable activity.

The wrestler is given an opportunity for a type of self-expression that is denied fellow who play only team games. He does not submerge his personality and merely be a part of a machine which is directed by someone else. Once he enters the contest, the final outcome is his own responsibility. Such competition can at turn into a contest between the staffs of scouts and coaches who supply the intelligence to direct the strategy. In wrestling no coach can send in remedial advice at a critical moment, and no substitute will appear when an athlete's power begins to wane. He is in the end his own responsibility and must make his own decision. His success depends upon his own intelligence, determination and physical prowess.

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1 Stone, op. cit., p. 3.
2 Ibid., p. 9.
GENERAL STATEMENT OF THE UNIT

AIM:
The aim of the paper is to provide a training unit in wrestling for physical education classes on the secondary school level. The skills generated will concern themselves with basic fundamentals.

PURPOSE:
The purpose is to provide a training unit in wrestling that can be presented to the beginning wrestler. Wrestling is probably one of the finest of our developmental sports and most young men will benefit greatly if they participate properly. The purposes of wrestling might be stated to include:

1. Developing physical fitness and strength.
2. Developing protective skills.
3. Developing self-confidence.

NEED:
Secondary school wrestling, in many parts of the United States is sadly lacking in content, interest and participation. Therefore, an organizational plan must be set up that offers an opportunity for definite progress to be achieved in wrestling.

FACILITIES

Any large, well-ventilated room that can be kept clean and in a sanitary condition is satisfactory. A space of approximately fifty square feet per person should be provided. It is desirable to have adequate space in order to decrease the possibility of injuries caused by wrestlers falling into each other.

SUPPLIES AND EQUIPMENT

List of Needed Supplies:

1. Scissors - to cut long finger nails.
2. Stop Watch - to keep the time of the matches.
3. Whistle - to be used as a signal by the instructor.
4. Score Sheet - to keep adequate records of matches.
5. Score Board - to keep running score of the match.
6. Rule Book - to clarify questionable holds, duties, etc.
7. Scoring Table and Chairs - to seat timers and scorers.

List of Needed Equipment:

1. Mats - at least two inches thick
   a. Types of usable mat covers:
      1. Canvas
      2. Cotton Flannel
      3. Rubber
      4. Plastic--(Highly Recommended)

2. Single mats or any combination of mats may be used in a situation whereby regulation mats are not obtainable.

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3. For competitive matches, 20' x 20' mats are recommended.

**Personal Equipment:**

1. Practice Equipment:
   a. Soft-soled gymnasium shoes
   b. Woolen athletic socks
   c. Athletic supporter
   d. Gym shorts and/or sweat pants
   e. "Tee" shirts and/or sweat shirt

   This equipment may be used in any satisfactory combination, but it must be borne in mind by the instructor that the safety of the wrestler is important and he should see to it that they wear the best available equipment in order to minimize injuries.

**Competitive Equipment:**

1. Full length tights and close-fitting outside trunks.
2. Light heelless gymnasium shoes reaching above the ankles and laced by means of eyelets.
3. Sleeveless shirts, without fasteners at the shoulders and fastened down at the crotch.
4. It is strongly recommended that headgear be worn at practices as well as at competitive meets.
5. Protective devices and braces must be adequately padded.
6. All questions regarding to the legality of equipment is left to the discretion of the referee.
DELIMITATION

The following wrestling holds are the fundamental skills suggested for a unit of class instruction in secondary school wrestling.

STAND OF FIGHTING

1. Basic stance
2. Balance movements
3. Open stance
4. Engaged stance

STAND UP TAKEDOWNS

1. Double leg tackle
2. Neck drag and ankle grasp
3. Leg pick up and trip
4. Arm drag and go behind
5. Elbow push up and go behind
6. Back heel sit
7. Rear crotch lift

REFEREE'S POSITION

1. Explanation of positions

REFEREE'S POSITION BREAKDOWNS

1. Near arm fall and head butt
2. Close face and far crotch
3. Inside crotch pry
4. Near crotch and far elbow
5. Head lever and far crotch

* First and second year students
** Third and fourth year students

Note: Third and fourth year students will also review first and second year holds and techniques.
DEFFRE'S POSITION ESCAPES

*1. Stand up
*2. Far side roll
*3. Whizzer
*4. Sit out
*5. Switch

PINNING COMBINATIONS

*1. Half nelson and crotch
*2. Reverse half nelson
*3. Cradle
*4. Half nelson and body hold
*5. Reverse cradle
Through wrestling one may expect to establish the following incidental and indirect learning products:

1. Desire to improve performance.
2. Appreciation of building a healthy body.
3. Recognition of the importance of repetition in learning.
4. Appreciation of a good conditioning program.
5. Recognition of the true values of wrestling.
6. Ability to defend against the skills of another.
7. Realizing that wrestling aids in the development of personality.
8. The value of making quick decisions.
9. Realization of the character-building values of wrestling.
11. Showing proper regard for the rules of the game.
13. Realization that the outcome of the match is solely the wrestler's responsibility.
15. Understanding the mechanical aspects of wrestling.
16. Ability to estimate the limitations of an opponent.
VISUAL AIDS

FILMS:

Keep Fit Through Wrestling. (10 minutes) sale $36.00. Available from:
Hoffberg Production, Inc., 362 West 44th St., New York 36, N.Y.

Mat Men. (9 minutes) "life of the print" license agreement - license
fee $48.00. Available from: RKO Radio Pictures, Inc., 1270 Avenue
of the Americas, Rockefeller Center, New York 20, N.Y.

Wrestling. (1800 feet) Available from: Audi-Visual Education, University
of Michigan, Ann Harbor, Michigan.

Wrestling Meets. Silent only, B&W, $3.00 handling fee for NCAA member
institutions and high schools. Available from; National Collegiate
Athletic Association, 209 Fairfax Building, Kansas City 5, Missouri.1

Wrestling Fundamentals and Techniques. (3 parts) Available from University
of Michigan, Ann Harbor, Michigan.

Part One. Takedowns and Counters.
Part Two. Escapes and Reversals.
Part Three. Rides and Pin Holds.

Instructional Wrestling. Available from; Visual Aids Department, Spring-
field College, Springfield 9, Massachusetts.

SLIDEFILMS:

Beginning Wrestling. A complete kit of five integrated slidefilm teaching
units with accompanying transcriptions. Available from; National
Collegiate Athletic Association, 209 Fairfax Building, Kansas City 5,
Missouri.

The Athletic Institute, 1956.
BRIEF HISTORY OF WRESTLING

Wrestling is as old as mankind. Man has been grappling with other men in play or in mortal combat and with animals even since he has been on the face of the earth. The first recorded instance of wrestling is a group of pictures chipped in stone depicting wrestlers squared off. These drawings of Sumerians are believed to be 5,000 years old.

Wrestling was highly developed at least three thousand years before the Christian era. This is evidenced by the numerous present day wrestling holds that are depicted on the sculptured walls of Real Ramses' temple near the Nile. Writings of that period lead one to believe that wrestling may have been introduced into Greece from Egypt or Asia.

The Greeks developed wrestling to a high point. The sport was a part of all celebrations and was taught as a part of the education of the Greek youth. Greek wrestling had few rules and was extremely brutal. It eventually developed to a point where boxing and wrestling were combined in what was termed as the Panhellenon. No holds were barred and everything went, no matter how brutal.

The Romans modified the methods of the Greeks so that it was no longer catch-as-catch-can but limited to grappling above the waist. Some of the brutal holds were taken out of it also.

Wrestling became popular in the Middle Ages as a sport on programs attended by royalty. Kings took pride in the development of the good wrestlers and watched their men against the wrestlers of other countries.

4. Ibid., p. 155.
The sport has taken many forms in the various countries of the world, some of which seem rather ridiculous to those of us who are accustomed to free style wrestling as practiced by the English speaking nations. The early history of America is dotted with accounts of wrestling – the most famous is Abraham Lincoln’s bouts at New Salem, Illinois.¹

Popular wrestling of today is not actual wrestling but a stage show, planned ahead, rehearsed, and put on with the idea of entertaining the spectators and ending frequently as planned.²

The professional style of wrestling in vogue in this country can scarcely be classified as wrestling, and has proved very detrimental to the fast, clean, school sport. It gives one a distorted idea of sport because the antics of the professionals are merely an attempt to entertain.³

Less popular but participated in to a great extent is amateur wrestling. The Amateur Athletic Union has kept the sport alive by standardizing the rules and sponsoring contests.

Colleges sponsor intramural and intercollegiate contests under a set of rules formulated by the National Collegiate Athletic Association.

High schools conduct wrestling under a set of interscholastic rules.⁴

¹Seaton, op. cit., p. 209.
²DeWitt, op. cit., p. 456.
³Seaton, op. cit., p. 209.
SUMMARY OF SECONDARY SCHOOL WRESTLING RULES

1. Eligibility. Contestants shall be eligible under the rules of the High School Athletic Association of the State in which their school is located.

2. Wrestling Area. Not less than 24 feet by 24 feet by 2 inches.


4. Weight Classification. Competition shall be divided into weight classes as follows:

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<tr>
<td>103 lbs.</td>
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<tr>
<td>112 lbs.</td>
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<tr>
<td>120 lbs.</td>
<td></td>
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<tr>
<td>127 lbs.</td>
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<tr>
<td>133 lbs.</td>
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<tr>
<td>138 lbs.</td>
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<tr>
<td>145 lbs.</td>
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<tr>
<td>154 lbs.</td>
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<tr>
<td>165 lbs.</td>
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<tr>
<td>Unlimited</td>
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5. Weighing in of Contestants. Contestants may weigh-in a maximum of one hour and a minimum of one half hour before the match.

6. Periods. A match shall consist of six minutes divided into three periods of two minutes each. No rest is allowed between periods.

7. Choice of Position. Immediately before the contest starts, the referee shall call the captains to the center of the mat and toss a coin to decide which team has the choice of position at the start of the second period.

8. Definitions. See page 34.


10. Illegal Holds. (1) Hammer lock above right angles, (2) the twisting hammer lock, (3) front headlock, (4) the straight head scissors, (5) over scissors, (6) the flying mare with the palm up, (7) full or double
nelson, (8) strangule holds, (9) all body slams, (10) twisting knee lock, (11) toe holds, (12) the bending, twisting, or forcing beyond its normal limits of movement, or any hold used for punishment alone.

11. Unnecessary Roughness. Intentional striking, gouging, kicking, hair pulling, butting or eibowing is not allowed.

12. Abusive conduct. The conduct of a coach, contestant, or a spectator with interferes with the orderly progress of a match will not be condoned.

13. Injuries. A contestant is allowed a maximum of three minutes time out for injuries. (except for nosebleeds)

14. Accidental Injuries. If an opponent is accidentally injured and is unable to continue the match, his opponent shall win by a fall.

15. Officials. The referee shall have full charge of the meet and his decisions are final on matters of judgment. Other officials shall include; timekeeper, assistant timekeeper, scorer, assistant scorer, and a scoreboard operator.

For a full report of secondary school and NCAA wrestling rules, it is best to consult the latest issue of the National Collegiate Athletic Association's Wrestling Guide, which is published annually by the association. The secondary school rules follow the NCAA rules fairly closely except for the few exceptions that are listed in the back of the publication.
TEACHING TECHNIQUES

In order for a teacher to have success with beginning wrestlers, he must:

1. Have a definite plan of material to be presented.
2. Organize fundamental drills to be used each day.
3. Present holds that can be understood by the slowest boy in the class.
4. Make use of the teaching abilities of the more advanced members of the class.¹
5. Select maneuvers that meet the needs of the wrestling candidates.
6. In arranging the progression of techniques the emphasis should be on the physical needs of the individual in the development of strength and endurance in certain vital areas of the body.
7. Introduce moves that involve rolling, recovering and moving on the mat before working on takedowns and maneuvers.
8. Provide for counter moves and sequences to develop the idea of "chain wrestling".
9. Provide an opportunity for the candidates to develop some of their own special maneuvers.²

10. The instructor must realize that he is more than just a teacher. He builds character, molds personalities, and exerts a profound influence on the life of youngsters at a very formative period of their lives.

11. An instructor must be fair and honorable.

12. The enthusiasm he generates will be an inspiration and the class will reflect this in their actions.

13. Patience cannot be over-emphasized in teaching.

14. The instructor must be ready at all times to give words of encouragement and praise.

15. A sense of humor is a great asset.

16. A wrestling instructor needs to acquire a commanding voice and must learn to speak with authority.

17. A wrestling instructor must know the skills of wrestling.

18. Every minute of a class must be utilized to the fullest extent.

19. The instructor must have the ability to demonstrate what he is teaching.

20. Wrestling can be complicated and the instructor must be able to offer constructive criticism.

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14. Spend hours each day getting into condition for wrestling, for it is one of the most fatiguing sports.¹

15. A wrestler should endeavor to gain a position of advantage as soon as possible.

16. If a wrestler gains the top position before the three minutes are up, he should control his opponent with his best hold-down.

17. Then he should try to pin his adversary as soon as he has control of the situation.

18. He should endeavor to catch his opponent in a second pinning hold as soon as he escapes from the first.

19. When going into the second period, if he has the choice by lot, he should choose the bottom or top in accordance with his strongest ability.

20. If in a position of advantage at the beginning of the second or third periods, he should try for a fall.

21. When beneath, he should work at top speed to get out.²

¹DeWitt, op. cit., pp. 469-470.
²Seaton, op. cit., p. 213.
CONDITIONING PROGRAM FOR SECONDARY SCHOOL WRESTLING

Any competitive sport must have a good conditioning program if the participants are to achieve any degree of success. Because of the strain stressed upon the human body through wrestling, a conditioning program must become an important part of every lesson. The effectiveness of any wrestler will depend upon, to a large degree, his physical condition.

A suggested plan of exercising for warm-up and conditioning practices to be continued throughout the wrestling instruction follows:

1. Half-speed running for 200-500 yards
2. Loosen trunk, arm and leg muscles with a few non-strain exercises such as; stretching, bending and twisting.
3. Knee bends .......................... 10-15
4. Push-ups .............................. 10-15
5. Sit-ups ................................. 10-20
6. Bridges ................................. 5-10
7. Finish off with two or three more non-strain exercises.

NOTE: The age of the boys in each particular class are to be taken into consideration and the exercises must be geared to their level of physical ability. Keep in mind that it is just as bad, and sometimes worse, to overwork the body, than it is to use inadequate warm-ups.
SAFETY PRECAUTIONS

1. Wrestle only in properly padded areas.
2. One should wrestle with others of about the same weight and degree of ability.
3. Proper tights or sweatsuits and protective earguard should be worn.
4. One should never reduce to make weight unless under a physician's supervision.
5. Rings should not be worn, and the fingernails should be kept closely trimmed.
6. Wrestling should be stopped when one or the other registers distress.
7. Rough tactics, such as simulated by the professionals should not be practiced.
8. Be in good physical condition in order to reduce injuries.
9. Avoid actual wrestling until the participant has a knowledge of wrestling procedures.
10. In teaching, do not overlook any phase of wrestling.
11. Keep the wrestling areas as clean as possible.
12. Pad easily-bruised areas of the body.
13. Avoid unsportsmanlike attitudes.
14. Keep a well-supplied first aid kit handy to the wrestling areas.
15. The teacher should know the capabilities of the boys and not over-tax them.
16. Clear up any and all hazards that can be found before injury occurs.
CLASS ORGANIZATION

In wrestling, as in other sports, there should be no more students than there are facilities and leadership for them. In organizing the boys for conditioning and practice, they should be placed on the mat where they will not interfere with others and then be put through the conditioning exercises all at the same time. When practicing the holds in slow motion, they may all work at the same time. When the holds are tried against resistance, only one pair should work on any one mat.¹

Divide the class into equal weights. Pair each pupil with one of approximately his own weight. The instructor should demonstrate and explain each hold, emphasizing the most important parts of the hold. The entire class should execute the maneuver step by step and in unison. Allow the class to execute the hold two or three times. The instructor should then go over the hold again, pointing out the common mistakes being made. The class should execute the holds correcting the mistakes and then be given time to execute the maneuvers at their own pace.

Caution the opponents against giving too much or too little resistance while practicing the maneuvers. The counters and blocks for the holds should not be given until the maneuvers have been thoroughly covered.

Wrestling must be given enthusiastically by the instructor, if a high degree of interest is to be given and maintained. The instructor should remember that actions speak louder than words. "Horse play" should not be allowed under any conditions and those who step out of line should be reckoned with.

¹DeWitt, op. cit., p. 471.
Opportunity for competition should be encouraged at least once in every class. This will help maintain the interest in the sport and give the class some fun along with all the work. Do not neglect competition; it is the greatest stimulating factor there is for arousing interest.

During the ninth and tenth grades it is suggested that the unit on wrestling be conducted for three one-hour periods a week for four weeks, and during the eleventh and twelfth grades for three one-hour periods a week for three weeks.

A typical class period may be conducted as follows:

10:00-10:10 Dress for class
10:10-10:15 Exercises
10:15-10:25 Review of previous exercises
10:25-10:40 Presentation of new material
10:40-10:50 Competition

Not all schools are not fortunate enough to have full-sized wrestling rooms. In such cases, using combinations of various sized smaller mats. While landing the referee's down position and down position maneuvers, smaller mats may be used very well, but caution must be taken not to learn standing holds on these smaller mats because of the obvious safety factors.

It is suggested that small mats be used in the following combinations:

O Instructor
O Defensive Wrestler
X Offensive Wrestler
**F. BACK HEEL SIT**

1. Manuever behind opponent.
2. Lock your wrists around opponent's waist.
3. Crouch low and jump both feet behind opponent's heels.
4. Pull opponent down and to the left hard.
5. Land atop opponent and release the waist lock.

**Defense:**

Stay in a forward crouch when opponent gets behind you
Keep your legs well forward

**G. REAR CROTCH LIFT**

1. Manuever behind opponent.
2. Lock your wrists around opponent's waist.
3. Release your left hand and reach into opponent's crotch from the rear.
4. Lift opponent off the floor and drop his shoulders to the right.
5. Retain the hold and drop to the right onto the mat landing atop opponent.

**Defense:**

Stay in a forward crouch when opponent gets behind you.
Sit low and hard when opponent tries to lift.

### III REFEREE'S POSITION

#### A. DOWN POSITION (Dissadvantage)

1. Place your knees upon the mat at shoulder width.
2. Keep buttocks back towards the heels.
3. Flex your feet so that the toes are in contact with the mat.
4. Place the palms of the hands flat upon the mat at shoulder width and 12-18 inches in front of the knees.
5. Keep your elbows locked straight.
6. Keep your head up and your eyes on the referee until the command "wrestle" is given.
7. Keep most of your weight on your knees.

B. "UP POSITION (Advantage)
1. If the wrestler is right handed he should be at the left of his opponent.
2. Drop to your knees alongside opponent.
3. Keep your buttocks well up from your heels.
4. Place your left hand upon opponent's left elbow. Keep your thumb behind the elbow and up.
5. Place the right arm loosely around opponent's waist.
6. Keep your head up and your eyes on the referee until the command "wrestle".

IV REFEREE'S POSITION BREAKDOWNS

A. NEAR ARM PULL AND HEAD BUTT
1. Slide left hand down opponent's arm and grasp his wrist.
2. Pull the wrist toward you and at the same time drive the top of your head into his left armpit.
3. Force downward and forward.
4. Keep your right arm around opponent's waist until you hit the mat.

Defense:

Roll either to the right or to the left or even forward

B. CROSS FACE AND FAR ANGLE
1. Release the opponent's elbow and reach across opponent's face.
2. Grasp opponent's right elbow with your left hand.
3. At the same time, release your right arm from the waist.
4. Grasp the opponent's right ankle with your right hand.
5. Drive your chest into opponent's side and pull hard on both arms.

Defense:

Throw your right leg out to the right as opponent reaches for the far ankle.

C. INSIDE CROTCH Pry

1. Place your right knee tight against opponent's knee.
2. Straighten your right arm and reach inside the crotch turning your palm away against opponent's right thigh.
3. Press your entire weight against the small of opponent's back.
4. Release your left hand and reach for opponent's left wrist and pull towards you.
5. Drive your right shoulder down forcing opponent to the mat.

Defense:

Brace your right knee and right arm.
Lean back hard onto your heels.

D. REAR CROTCH AND FAR ELBOW

1. Release the left elbow and reach across the face and grasp opponent's right elbow.
2. At the same time, release the waist and reach into opponent's crotch from the rear.
3. Grasp the left leg tightly around the thigh.
4. Drive the weight of your chest into your opponent and pull hard with both arms driving opponent forward and downward to the mat.
Defense:

Brace the right leg and arm to prevent being turned over.

Throw your weight against your opponent.

**HEAD LEVER AND FAR ANKLE**

1. Release the opponent's left elbow and slide your left arm in under opponent's armpit and onto the back of the neck.
2. At the same time release the arm from around the waist and grasp opponent's right ankle.
3. Pry up on your left arm using it as a lever.
4. Throw your chest into his left side and pull hard on the ankle forcing opponent to the mat.
5. When opponent hits the mat, throw your weight back and you automatically are in a half nelson hold.

Defense:

Brace your right arm and lean into opponent.

Throw your right leg out and away from opponent's reach.

**V. REFEREE'S POSITION ESCAPES**

**A. STAND UP**

1. Grasp opponent's right hand and pull to the right as far as possible.
2. Bring your right foot slightly forward and rise quickly.
3. Step forward with your left foot and run away from opponent as fast as possible. Stay low.
4. Retain your hold on his right hand and turn to your right.

Defense:

Pull opponent onto his left side.

Place your foreleg on opponent's calf of near leg.
b. FAR SIDE ROLL

1. Reach back with your right arm and hook opponent's right elbow.
2. Straighten your left leg and arm and push.
3. Pull vigorously on opponent's elbow rolling him over.
4. As soon as opponent hits the mat, kick your legs away and at right angles to your opponent.
5. Retain your grip on opponent's right arm and turn into his body throwing your weight on his chest.

Defense:

Release the waist hold
Break down opponent's near arm

C. WIZZER

1. Push forward with both feet bringing opponent with you.
2. Push back quickly and break opponent's grasp from your left elbow by swinging your left arm in towards your chest.
3. Swing your released arm over your head and over the right shoulder of opponent.
4. Hook into opponent's armpit with the crook of your arm.
5. Pull forcibly down and to the front with the left arm.
6. As soon as opponent hits the mat swing your legs over onto the opponent.

Defense:

Hold back hard when opponent starts forward
Pull opponent down onto his left shoulder as soon as he lifts his left hand from the mat.
**D. SIT OUT**

1. Raise your right knee and spring forward with both legs.
2. Weight should be evenly distributed when you hit the mat.
3. Force the back of your neck onto opponent's right shoulder.
4. Keep your left foot in place and drop your left knee to the mat.
5. Turn quickly to the left and towards your opponent.

**Defense:**

Kneel on opponent's calf before he has a chance to sit out.

**E. SWITCH**

1. Sit out as in "D".
2. Swing your right arm over opponent's right shoulder.
3. Reach the right hand back inside opponent's right leg and grasp the upper leg.
4. Lean upon your opponent's right shoulder and force him to the mat.
5. Roll quickly to the right and atop of opponent.

**Defense:**

As opponent sits out, throw out left leg and roll with him.

**VI PINNING COMBINATIONS**

**A. HALF NELSON AND CROTCH**

1. Slide your left arm beneath opponent's left armpit.
2. Place your left hand upon the top of opponent's head.
3. Reach into opponent's crotch with your right hand.
4. Push down on your left arm as you force your opponent onto his shoulders.
5. Roll your opponent onto his back.
6. Grasp opponent's chin tightly and place your weight full upon his chest.

Defense:

Keep the arm nearest your opponent tight in against your side.

B. REVERSE HALF NELSON

1. Get your opponent onto his back.
2. Pull his left arm in under your armpit.
3. Reach behind and under opponent's head with your left arm and force your left hand palm down into his left armpit.
4. Reach across opponent's body with your right hand and brace it firmly upon the mat.
5. Draw both knees up close to your opponent.

Defense:

Attempt to pull your right arm under your opponent's body and roll away from him.

C. CRADLE

1. Secure the reverse half nelson as in "B".
2. Reach through opponent's crotch and around his left knee with your right hand.
3. Draw opponent's left leg towards his head and lock your hands together tightly.
4. Shift your weight so that it is concentrated upon his shoulders.

D. HALF NELSON AND BODY HOLD

1. Roll opponent onto his back.
2. Reach over opponent's face with the left arm.
3. Reach arm back under his head and grasp his chin.
4. Reach deep over and around his waist with your right arm.
5. Hold your opponent in close and give him all of your weight.
6. Lift high on both of your elbows to concentrate your weight on his shoulders.
7. Keep your feet back and away from opponent and at right angles to him.

Defense:
Bridge and turn in towards opponent.

**E. REVERSE CRADLE**

1. Force your opponent onto his stomach.
2. Place your left hand on his head and your right hand on his right thigh.
3. Place your head on his mid-section and apply pressure.
4. At the same time, pull on his head and his right thigh.
5. After he has folded up, lock your hands together.
6. Lock his right leg with your right leg.
DEFINITIONS

1. Arm drag. Pulling an opponent's arm to set up a takedown.

2. Body Slam. Throwing an opponent to the mat viciously.

3. Counter. An offensive movement designed to offset an opponent's hold.


5. Decision. To determine a winner when no fall has occurred in the regulation periods.

6. Default. Awarded when an opponent can no longer continue because of an injury or disqualification.

7. Draw. Result of a match in which no falls have occurred and each contestant has amassed the same number of points.

8. Escape. When the defensive wrestler maneuvers to a neutral position.

9. Fall. Result of holding any part of an opponent's shoulder or scapula in contact with the mat for a period of two seconds.


11. Full-nelson. From the rear of an opponent, running the arms under his arms and clasping the hands behind the neck. Illegal.

12. Hammer Lock. Forcing an opponent's arm into his back.

13. Pin. See fall.

14. Predicament. When the offensive wrestler has his opponent in a pinning combination and a fall is imminent.

15. Referee's Position. Assumed at the beginning of the second and third periods and at the command of the referee. Defensive wrestler has the bottom position and the offensive wrestler has the top position.
16. Reversal. When the defensive wrestler comes from underneath and gains the position of advantage on his opponent.

17. Scissors. Locking the legs around an opponent.


20. Switch. See "Reversal".

21. Twisting Hammer Lock. Twisting the arm while applying the hammer lock.

22. Wrestling. A combative sport in which a wrestler tries to force his opponent's shoulders to the mat and hold them there for a period of two seconds.

\[1\]

DeWitt, op. cit., p. 72-73
RELATED ACTIVITIES

Duties of Officials

Referee:

1. The referee shall have complete control of the matches and his decision shall be final.
2. The referee shall instruct the timekeeper as to his duties.
3. The referee shall use the Wrestling Official's Signals.
4. The referee shall enforce all rules and penalize consistently.
5. The referee shall caution the user of a potentially or illegal hold.
6. The referee shall not place his hands under the shoulders of an opponent unless necessary to determine a fall.
7. At the conclusion of a match the referee shall see to it that the contestants shake hands and will raise the right hand of the winner.

Timekeeper:

1. In charge of the scorers and will consistently check them.
2. Responsible for the over-all timing of the match.
3. Records the accumulated timeouts for injury.
4. Record who has the advantage at the start of second period.
5. Inform the referee of dissagreements by scorers and timekeepers.
6. Calls the minutes to the referee, contestants, and spectators. During the last minute of the match, the time is reported every fifteen seconds.
Scorers:

1. Record the points scored by both contestants.
2. Check each other's scorecards.
3. Advise the timekeeper when there is a disagreement.
4. Keep the scoreboard operator advised of the official score.
5. Show the referee the scorecard at the end of each match.
SCORING

POINT SYSTEM: (Secondary School)

This system is used to determining the winner when a fall does not occur, as follows:

a. Two points for a "take down" or "reversal of position" from a defensive position.

b. Two points for a "near fall". A near fall is a situation in which the offensive wrestler has control of his opponent in a pinning combination and a fall is imminent.

c. One point for escape from a defensive position on mat.

d. One point for each full minute of superior accumulated time advantage behind, but two points is the maximum to be awarded.

e. A "fall" is awarded when one of the wrestlers holds his opponent's shoulders to the mat for a period of two seconds. ¹

Summary of Scoring

Individual Match Points:

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
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<tbody>
<tr>
<td>Take Down</td>
<td>2 pts.</td>
</tr>
<tr>
<td>Reversal</td>
<td>2 pts.</td>
</tr>
<tr>
<td>Escape</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Near-Fall</td>
<td>2 or 3 pts.</td>
</tr>
<tr>
<td>Predicament</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Time Advantage</td>
<td>1 pt.</td>
</tr>
<tr>
<td>(Maximum for one or more minutes)</td>
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</tr>
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</table>

Dual Meet Points:

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<th></th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Fall</td>
<td>5 pts.</td>
</tr>
<tr>
<td>Forfeit</td>
<td>5 pts.</td>
</tr>
<tr>
<td>Default</td>
<td>5 pts.</td>
</tr>
<tr>
<td>Decision</td>
<td>3 pts.</td>
</tr>
<tr>
<td>Draw</td>
<td>2 pts.</td>
</tr>
</tbody>
</table>

Tournament Points:

1st Place . . . . . . 10 pts.
2nd Place . . . . . . 7 pts.
3rd Place . . . . . . 4 pts.
4th Place . . . . . . 2 pts.
Fall . . . . . . . . 1 pt.
Default . . . . . . . 1 pt.
Forfeit . . . . . . . 1 pt. 1

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1 The Nation Collegiate Athletic Bureau, op. cit., p. 62.
**SAMPLE**

**WRESTLING SCORE SHEET**

_________ VS _________ AT _________ DATE _________

**Weight Class** — **Referee** — **Scorer** — **Timer** _________

<table>
<thead>
<tr>
<th>Contestant</th>
<th>1st Period</th>
<th>2nd Period</th>
<th>3rd Period</th>
<th>Total</th>
<th>Score</th>
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</tbody>
</table>

**Winner** _______ of _______ **Pts** ______

**Loser** _______ of _______ **Pts** ______

**Pinning Combination**

**Remarks:**
SAMPLE PAPER AND PENCIL TESTS

Knowledge tests:

TEST/#1

1. Approximately how old is the sport of wrestling?
2. List three illegal holds.
3. Name one escape from a referee's down position.
4. Name one take down from the standing position.
5. Name two pinning combinations.
6. What is the recommended mat size for competitive wrestling?
7. How many wrestler's comprise a high school team?
8. List three good warm-up exercises.
9. What is a near-fall?
10. List three items of illegal personal equipment.

TEST/#2

1. How many periods, and what is the duration, in high school wrestling?
2. Name three officials in a competitive match.
3. List five good contributions of wrestling to participants.
4. What are the two methods for determining the winner of a match?
5. Who is the winner of a match that is stopped because of accidental injury?
6. From which referee's position is the far side roll used?
7. List five safety precautions that may be taken before wrestling.
8. Name two maneuvers that will enable a wrestler to come from beneath in the referee's down position.
9. How many points are awarded the winner by a fall?
10. How many points are awarded to the loser of a decision?
TEST #3

True-False:

--- 1. A wrestler may compete without wearing a shirt.
--- 2. The loser in a decision receives two points.
--- 3. Three two-minute rounds comprise an entire match.
--- 4. It is good practice to wrestle out of your weight class.
--- 5. The "whizzer" is a take down used from the standing position.
--- 6. Rings and long fingernails are allowed while wrestling.
--- 7. Sometimes it is best to wrestle without a warm-up.
--- 8. The twisting hammer lock is a good pinning hold.
--- 9. It is best to win dishonestly than lose fairly.
---10. The referee is the final authority in judging matches.

SKILL TESTS

In any class conducted as a part of the organized curricular, the instructor may be called upon to establish grades on his students. This may be done in several ways. The most satisfactory of all is the testing of boys to see whether they have achieved the objectives of the course—skills of wrestling.

Demonstrations of takedowns, holds and pins: The instructor can ask the wrestler to demonstrate a series of holds, and points can be awarded depending upon correctness of performance.

Explanation and demonstration of defenses, blocks and counters: These can be graded the same as takedowns, etc.

Wrestling procedures: A point system can be set up by which a wrestler may be judged on aggressiveness, etc., as demonstrated with another wrestler of equal weight.

DeWitt, op. cit., p. 471-472.
BIBLIOGRAPHY


INTRODUCTION

Boxing is the modern expression of the competitive tendency in man. The law of self preservation is strong in all creatures. Its necessity is readily understood. Without it death is as certain today as in those early days when the inability to fight, to struggle, to adapt or to change, meant death.

Failure to fight back successfully causes mental complexes, neuroses and psychoses in one out of every twenty persons. Modern life is characterized by speed. Speed means change and requires adjustment. Inability to adjust indicates an emotional disturbance the incapacity to take it. Life has always demanded the faculty to "take it" and this is true today more than ever before. It means stamina to successfully control or fight life's battles. There is an indication of growing "softness" in people. Physical "softness" results because there is no longer need for physical hardness, which in turn tends to produce a mental "softness" or emotional instability.

Just as surely as food is essential to good physical health, so there is a need for the development and expression of the combative spirit for emotional health. The combative spirit finds release in "give and take" sports, but especially in personal contact sports. In games of this type the spirit of "give and take" is developed as part of the game.1

Boxing, like other sports, consists of competition in strength, skill, and endurance. Equalization is accomplished by quality in competition. Competition, obviously, is the most interesting and

valuable element in boxing as a sport. The thrill comes from watching two individuals pit their skills, wits, and strength of endurance against one another. The control of every body movement, the skill used to tax arm and leg muscles, the more or less perfect coordination between the mind and the body, all these with the hardihood and the determination to win, demonstrates some of the strongest moral qualities entering competition.¹

Boxing makes use of practically every conceivable human movement of the arms, legs and body. There are over six hundred counter blows in boxing, each requiring different movements. All parts of the body receive attention. Action in boxing is whole-body action, all parts working as one.

Boxing then, demands sustained, vigorous and varied big muscle activity. Such activity calls for increased action of the heart, lungs and circulation. Abundant energy is needed.²

Boxing teaches grit and courage at the formative period of life when every young men ought to learn it. Likewise, a boy who is not afraid to risk a licking with the boxing gloves will very likely grow into a man with nerve enough to tackle any crisis in his business, profession or personal life. Pluck, therefore, is the most important quality which is derived from boxing.³

Boxing, when conducted intelligently under proper leadership is one of the finest all-around sports on any athletic program. Mismanagement, on the other hand, can make it a regrettable failure.

³ Harold Keith, Sports and Games, New York: Thomas Y. Crowell Company, 1912, p. 70.
High school boxing, when properly conducted, fits perfectly into the dream scheme of the future when every school and college will make physical fitness and sports competition a MUST for all students.

To be successful, high school boxing must be kept strictly within its intended limits and not as training for professional competition. Its aims should not be confused with the aims of certain other organizations which are primarily designed to develop professional talent.

High school boxing is no longer just an idea — it is a thriving success.

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GENERAL STATEMENT OF THE UNIT

AIM:

The aim of the unit is to provide a source unit in boxing for physical education classes on a secondary school level. The skills to be introduced are to concern themselves with basic fundamentals of offense and defense.

PURPOSE:

The purpose of the unit is to provide training instruction in boxing which in turn develops strength, endurance, agility and coordination. Further, a fair knowledge of boxing develops self-confidence and self-reliance.

NEED:

Boxing is one of the most highly competitive and combative of all modern sports. It fulfills many recreational needs and it develops many psychological and physiological attributes so necessary in the adjustment to modern competitive society. The carry over values of courage, self-confidence, aggressiveness and faith in one's ability to meet crises are certainly great assets in the psychological adjustment to society.

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1 Seaton, op.cit., p. 209.
FACILITIES AND EQUIPMENT

Facilities:

The All Purpose Boxing Room:

This is making the most of almost any available space. It can vary from a large drill hall, field house, armory or gymnasium suitable for mass boxing, to a small class room, hall or stage usable for small group instruction. While the primary purpose of such a room may be other than boxing, all that is required for boxing is unobstructed space, good light and good ventilation.\(^1\)

The amount of equipment and area necessary in boxing is relative to the numbers participating and to the objectives. If boxing is being learned for the idea of participation in the ring and before the public, then the maximum equipment is desirable. However, if the objectives are to learn for self-defense, for physical development, and for recreational needs, then the only basic essentials are necessary.\(^2\)

Equipment:

1. Gloves:
   a. 14-16 ounce gloves for training purposes.
   b. Elastic wrist bands are preferred.
   c. If laces are used, metal tips should be cut off.
   d. Keep clean with damp cloth and saddle soap.
   e. Discard torn and ripped gloves.

\(^1\)Naval Aviation Physical Training Manual, op.cit., p. 16.
\(^2\)Seaton, op. cit., p. 65.
2. Mats:
   a. Not needed for instructional purposes.
   b. Should definitely be used for bouts and competition.
   c. One large mat is preferable to several small ones.

3. Optional Equipment:
   a. Striking bags and platforms.
   b. Heavy training bags.
   c. Light bag gloves.
   d. Medicine balls.
   e. Jumping ropes.

4. Personal Equipment:
   a. Trunks:
      1. Lose-fitting trunks—preferably without buckles.
   b. Shoes:
      1. High cut, soft-soled shoes.
   c. Hose:
      1. White wool athletic socks with frequent changes.
   d. Athletic Supporter:
      1. Correct fitting.
      2. Provide aluminum protector cups for competition.
   e. Rubber Teeth Guards:
      1. Use definitely for competition.
      2. Keep sterile and personal.
   f. Head Guards:
      1. Protection for ears and eyes.
      2. Use definitely for competition.
   g. Hand Wraps:
      1. Use definitely for competition.
5. **Equipment For Competitive Matches:**

   a. **Bell** - to start and end rounds.

   b. **Buzzer or whistle** - 10 seconds warning signal.

   c. **Stop watch or electric timer** - to time length of rounds.

   d. **First Aid Kit** - well equipped for emergencies.

   e. **Stools or chairs** - for resting participants between rounds.

   f. **Rules Book.**
DELIMITATION

The following boxing fundamentals and skills are suggested for use as a source unit for juniors and seniors of secondary schools.

FUNDAMENTAL STANCE

1. Feet
2. Trunk
3. Arms and fists
4. Head

FUNDAMENTAL FOOTWORK

1. Forward shuffle
2. Backward shuffle
3. Quick advance
4. Circling to the left
5. Circling to the right

TURNING AND PIVOTING

1. Turn or pivot
2. Close-elbow turn

FUNDAMENTALS OF BLOWS AND BLOCKS

1. Left jab and block
2. Straight right and block
3. Left to the body and block
4. Right to the body and block
5. Left hook and block
6. Right hook and block
7. Left uppercut and block
8. Right uppercut and block
9. Right cross and block
FUNDAMENTAL DEFENSES
1. Blocking
2. Parrying
3. Stopping
4. Slipping
5. Ducking
6. Weaving
7. Rolling
8. Sidestepping
9. Clinching
10. Rockaway

FUNDAMENTAL ATTACKING TECHNIQUES
1. Safety lead
2. Pointing
3. Drawing
4. Infighting

FUNDAMENTAL COMBINATION PUNCHES
1. Inside triple
2. Outside triple
3. One-two
4. Jab-hook
5. Jab-step and hook
6. Jab-hook and cross
7. High-low
8. High-low and cross
9. Low-high and uppercut
VISUAL AIDS

Films:

Boxing (16mm) Running time 11 minutes.

Available through: Atlantic Refining Company
260 S. Broad Street
Philadelphia, Pennsylvania
BRIEF HISTORY OF BOXING

The ancient Greeks were the first known boxers. They required their youth to practice it with their bare hands to strengthen their bodies, dissipate all fears, and teach them manly courage. The aim of the sport in Greece was to develop skill, courage, and strength and if a boxer killed his opponent he was severely punished unless it could be proved death was accidental. But during the Roman period the cestus became a crueler instrument and boxing was a terrible sport. Its object was to kill your opponent as soon as possible.

Boxing was suppressed during the middle ages chiefly because it was a sport of the common people and therefore not recognized as fashionable by the new feudal aristocracy.

But with the coming of the Renaissance in the sixteenth century to England and the rise of the English middle class, prizefighting and the subsequent heavy wagering upon it began to occupy the town and the gentlemen of the country in spite of its prohibition by statute. It was the days of the old London Prize Ring Rules which called for bare knuckles, wrestling, and a finish fight.

There are no definite records when boxing actually started in the United States. It has been suggested that it was brought about by the custom of the southern aristocrats of sending their sons abroad for a part of their education. No doubt a phase of their education in England consisted of learning the "manly

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1 Keith, op. cit., p. 83.
art of self-defense".

Boxing in America never had a chance. Introduced by the same men who had caused it's downfall in England, the early bare knuckle days in America were scenes of brutal brawls. As a result, prize fighting was outlawed in every state of the Union. The last bare knuckle fight in America under the rules of the London Prize Ring, took place during July, 1889, at Richburg, Mississippi, John L. Sullivan and Jack Kilrain.

Thereafter, Sullivan issued a statement to the effect that he would never again fight with bare knuckles, although his opponents might do so if they desired. Because of Sullivan's evident preference for gloves, the rules of the London Prize Ring were barred from America.

The greatest era of boxing the world has ever seen came between 1915 and 1930. About 1915 boxing finally found its way into the statutes of the country. It became legalized in New York through the Walker Boxing Law in 1915.

Perhaps the greatest impetus to boxing was World War I. The influx of soldiers from war camps, all trained in boxing, caused a great demand for the sport.

Boxing found it's way into our educational system through the medium of intramural athletics. Harvard University was the first to have intramural boxing in 1880. In 1919, after the first world war, many of the service men being released went into our colleges to pick up where they had left off. Their
interest in boxing was soon transferred from the camps to the college gymnasium, and intercollegiate boxing was the direct result.

At the present time boxing in the high schools is in an era of expansion, and is rapidly finding a place in the sports curriculum. While boxing has been legislated against by many high school athletic associations, yet its growth has been steady, and the demand constant.

In the United States, the Amateur Athletic Union was formed in 1888. It has exercised jurisdiction over amateur boxing since that time. Amateur championships have been held annually since that date without interruption.

The carefully supervised Golden Gloves contests started all over America in the early 1930's. The amateur, whether he attends high school, college or no school at all, is eligible; they have given the sport a wonderful boost and have done much towards restoring it to the old Grecian ideal that boxing should be a part of every youth's education, not only to strengthen his body but to teach him qualities of courage and aggressiveness as well.

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1 Naval Aviation, op. cit., p. 8-9.
2 Keith, op. cit., p. 82.
SUMMARY OF SECONDARY SCHOOL BOXING RULES

1. All contestants must be eligible under the rules of each sectional league.
2. At no time will a student be permitted to take part in a boxing contest not sponsored by high school authorities.
3. Competition shall be limited to boys whose age does not vary more than two years.
4. The gloves shall be of recognized pattern and shall weight not less than 12 oz. for contestants up through the 132 pound class and 14 oz. for all contestants above that class.
5. Contestants shall be furnished new gloves or used ones in good condition.
6. If trunks are worn with buckles, the buckles must be covered with adhesive tape.
7. Rubber guards for the teeth must be worn.
8. A boxing contest must be limited to three rounds. A round shall be of one minute duration with an intermission of one minute between rounds for rest.
9. Weight Classes:
   - Gnats Weight - 85 lbs.
   - Mosquito Weight - 92 lbs.
   - Flea Weight - 100 lbs.
   - Fly Weight - 108 lbs.
   - Bantam Weight - 116 lbs.
   - Feather Weight - 124 lbs.
   - Light Weight - 132 lbs.
   - Welterweight - 140 lbs.
   - Sr. Welterweight - 145 lbs.
   - Middleweight - 156 lbs.
   - Light Heavyweight - 164 lbs.
   - Heavyweight - 175 lbs.
   - Unlimited - over 175 lbs.
10. No over weight is allowed.

11. No contestant may compete in a class unless his weight is within the limits its specified for that class.

12. The practice of high school boxers training with professional boxers, either during the season or at any other time, is considered unethical and not in accord with true amateur spirit.

13. The boxing ring shall not be less than 16' square inside of the ropes.

14. Contestants must wear sleeveless jerseys and trunks.

15. Cup protectors must be worn.

16. A light competitive headgear must be worn.

Fouls that a boxer can be penalized for:

1. Hitting below the belt.

2. Hitting an opponent while he is down or while getting up after being down.

3. Holding an opponent or deliberately holding a dinch.

4. Hitting with the inside or butt of the hand, wrist or elbow.

5. Holding with one hand and hitting with the other.

6. Deliberately using the kidney punch.

7. Using the pivot (a blow delivered by swinging completely around) or rabbit punch (a blow to the back of the neck usually dealt with the side of the hand).

8. Using abusive or profane language.

9. Hitting or roughing with the open glove.

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10. Wrestling or roughing on the ropes.
11. Going down without being hit.
12. Butting with the head or shoulders; hitting with the knee.
13. Failure to obey the referee after being warned.

For a full report of secondary school and NCAA boxing rules, it is best to consult the latest issue of the National Collegiate Athletic Associations Boxing Guide, which is published annually by the association.

TEACHING TECHNIQUES

1. Hitting involves body and arms working together.
2. Balance is important in boxing, and every skill developed should be based on proper feet and body position.
3. The return of the fist should be over the same path it took to get to the target.
4. The elbows should rarely go outside the lateral line of the body and never past the medial line.
5. Fist and wrist positions are important to both hand-safety and a well-delivered blow.
6. All body punches should travel horizontally or upward.
7. Blows should be struck quickly and the arm returned.
8. The right hand is seldom used to lead an attack.
9. Keep both feet on the canvas at all times.
10. Never give any preliminary movements to a blow, in order to prevent "telegraphing" the intention.
11. Palm open for a defense, fist closed for a blow.
12. Practice, practice, practice, for only in this way can skill be improved and condition developed.
14. Power in boxing is obtained through a straight turn or twist of the waist with the hip and shoulder following through to the center of the body.
15. The left side of the body and left leg should maintain a straight line.

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1 Dewitt, op. cit., p. 118-119.
16. Arm extension only takes place after the hip and shoulder are turned through to the center line of the body.

17. The elbows are folded to or taken by the body. Elbows never drop backward past the medial line of the body.

18. In making the correct fist, the thumb-side of the hand is perfectly flat.

19. Develop students into good physical condition.

20. Place emphasis on the more important skills.

21. Establish and maintain proper teaching sequences.

22. Teach all manuevers by the "part method". Break down each skill into simple units and teach them one at a time in sequence.

23. Give individual help to students as much as possible.

24. Never force a student to box against his will.

25. The defensive manuever should be taught for every offensive manuever.

26. Introduce the rules of boxing as your teaching progresses.

27. Do not allow competitive boxing until all basic manuevers have been sufficiently mastered.

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BOXING STRATEGY

During the course of instruction, it is suggested that the following points be presented to the students in order that they have a working knowledge of the techniques of actual boxing.

1. Fight with your head not your hands.
2. Remember that a moving target is harder to hit than a stationary one.
3. Be in good physical condition.
4. Don't make unnecessary movements.
6. Relax and speed up your reaction time.
7. Know the fundamentals thoroughly.
8. Straight punches are faster than hooks or "roundhouses".
10. Appear confident at all times.
11. Carry the hands high and use the arms defensively.
12. Use a variety of maneuvers. Keep opponent's guessing.
13. Always move towards the opponent when punching.
14. Always move in the direction away from opponent's strongest or best punch.
15. Never underestimate an opponent.
16. Punch only when there is an opening. Don't waste energy.
17. Keep the eyes on opponent and look for "tip-offs".
18. Use your own method of boxing—not opponent's.
19. When opponent gets set to hit—move.
20. Hit with authority. Every shot counts.
HOW TO BOX THE TALL MAN:
1. Keep moving.
2. Draw a left lead.
3. Slip to the inside guard position.

HOW TO BOX A CROUCHER:
1. Sidestep and counter.
2. Step in with a one-two to the chin.
3. If a hit is scored, follow up, if missed, clinch.

HOW TO BOX A JABBER:
1. Keep low.
2. Slip to the inside or outside guard position.
3. Counter to the body.
4. Try to time a right cross.

HOW TO BOX A "SOUTHPAW":
1. Don't lead, make the "southpaw" come to you.
2. Circle left, away from the opponent's left hook.
3. Use the right hand to the face or body, straight or hooked.

HOW TO BOX A SLUGGER:
1. Keep moving, don't let the opponent get set.
2. Attack suddenly.
3. Move out immediately, don't slug.

HOW TO BOX A COUNTER FIGHTER:
1. Make him lead if possible.
2. If he won't, do what he expects and counter his counter.
3. Keep him off balance by a whirlwind attack.¹

¹Hailest, op. cit., p. 99.
It is agreed that of all activities, boxing is one of the most vigorous. The large muscle groups of the body are used, demanding vigorous action of the heart and lungs. This is a necessity in a power building regime.

Boxing is a sustained activity. Not only is the action vigorous, but it is carried on over a long period of time. Vigorous action alone is not enough nor is sustained action by itself enough. Acting together, great demands are made of the body, and the body responds by building a greater reserve of power than is required to meet the energy output.

Any person who has boxed at top speed for even one two minute round knows what is meant by sustained action. As function makes structure, so sustained effort demands and create more abundant energy.¹

Any particular sport or athletic contest usually has a definite set of condition exercises to put the contender in "shape" and boxing is no exception. However, as this course is not designed to develop boxing contenders, but it will not go into any vigorous "training" program, but it will include a few conditioning exercises that are helpful in case they care to continue boxing as a form of recreation in YMCA's or athletic clubs after graduation. The following conditioning exercises are recommended.

1. Exercises that will develop the arms and shoulder girdle--
   a. Push-ups
   b. Arm exercises (swinging)

2. Exercises that will develop the abdominal muscles—
   a. Raising and lowering legs while on back.
   b. Sit-ups.
3. Exercises that will develop the legs and "wind"—
   a. Running
   b. Rope skipping
4. Exercises that will develop coordination of arms and legs, plus speed and endurance—
   a. Skipping rope

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SAFETY IN BOXING

A good boxing instruction program must always emphasize the need for the safety of its participants. It is every instructor's duty to look out for the safety of his students and to eliminate all the hazards possible before accidents do occur. A few safety precautions are listed below:

1. Require a medical examination for all participants.
2. Do not allow students to box unless in the best of condition.
3. Require protective gear during all contact work.
4. Allow students to box only in their weight divisions.
5. Try to pair students with others of equal ability.
7. Use only 14 or 16 ounce gloves during contact work.
8. Do not overlook any injuries, no matter how small they may seem.
9. Do not allow students to participate in strenuous workouts soon after eating.
10. Do not allow students to forcibly lose weight.
11. Teach all defenses as thoroughly as offensive maneuvers.
12. Do not force anyone into competitive boxing.
13. Do not allow competitive boxing on areas other than padded areas.
14. Keep an adequate first aid supply on hand.
15. Do not allow any "grudge-fights".
CLASS ORGANIZATION

Many schools will have a minimum of boxing facilities and equipment. The number and size of each group will depend in large measure on these conditions as well as on the size of the class.¹

Pair each pupil with one of approximately his own weight. The instructor should then demonstrate and explain each maneuver, allow time for questions and then have entire class execute the maneuver a few times. The instructor should then point out the common mistakes and allow the class to repeat the maneuver, this time correcting the more common mistakes.

In each maneuver, each pupil should practice alone the first few times and later on a second man may be added for defense. Caution the offensive man to go easy on his punches unless told by the instructor, and also caution the defensive man to be always ready and on guard.

The instructor should discourage actual contact boxing until the pupils are well-along on the mastery of defensive techniques. Save the actual bouts until the last phase of the course and then conduct them only if a padded area is available, headgears are worn and opponents are paired according to weight and ability. Accidents can and will happen, therefore, it is the instructors responsibility to see that they are greatly reduced.

During the eleventh and twelfth grades it is suggested that the unit on boxing be conducted for three one-hour periods a week for

¹ DeWitt, op. cit., pg. 121.
three weeks.

A typical class period may be organized as follows:

10:00-10:10  Dress for class
10:10-10:15  Conditioning exercises
10:15-10:20  Review defensive maneuvers
10:20-10:25  Review offensive maneuvers
10:25-10:35  Present new offensive maneuvers
10:35-10:45  Present new defensive maneuvers
10:45-10:50  Discussion of boxing rules and strategy

METHOD OF INSTRUCTION:

First the teacher explains and demonstrates the skill to be covered and then the class members practice it in various drills. The drills may be any or all of the following types:

a. Technique Drill:

Each individual practices the skill by himself, usually upon command. The skill is divided into steps each of which is numbered so that the activity can be performed by command. When called, each number becomes the command of execution.

b. Hitting Drill:

After acquiring the proper form the next step is to develop punching power. The class drills in pairs. One man executes a specific blow on command while his partner holds his glove hand as a target. All blows can be practiced in this manner, either singly or in combination.
c. Blocking Drill:

Once the proper execution of the blow has been learned and power has been developed through hitting drills, a drill designed to teach proper defense is necessary. Defense is best learned if the pupils work in pairs. On command, one pupil practices a slow lead blow, while his partner practices the block as explained and demonstrated by the instructor.

d. Defensive Boxing Drill:

Such drills are used to develop defensive techniques under actual boxing conditions. One man of each pair defends himself as best he can, using defensive techniques best suited for his opponent's attack. His partner carries the attack as called for by the instructor.

e. Controlled Boxing Drills:

These drills aid the development of specific techniques either offensive or defensive, and often both. It actually means limiting the offense to certain specified blows, narrowing attention and concentration, thus facilitating learning. It also requires a defense for the specified blows being practiced, thus aiding the development of a defensive technique.¹

¹ Department of the Army, "Physical Training, FM 21-20 Washington, D.C., 1950
"V" FORMATION

DOUBLE "V"

SINGLE "V"

LINE FORMATION

DOUBLE LINE

SINGLE LINE
PROCEDURE OF BOXING FUNDAMENTALS

All fundamentals herein outlined are based on the assumption that the boxer is right-handed. When teaching a person who is left-handed, the procedure is just the opposite.

FUNDAMENTAL STANCE

1. Feet:
   a. The left foot is flat on the floor and turned in at an angle of forty degrees.
   b. The left leg is straight but the knee is not locked.
   c. The right heel is raised about 2" off the floor, with the right knee bent.
   d. Weight is either balanced between both legs or shifted slightly to the front leg.

2. Trunk:
   a. The left side of the body forms a straight line with the left leg.
   b. The back is slightly arched and the shoulders forward.

3. Arms and Fists:
   a. Both elbows are carried down and in front of the short ribs.
   b. The left hand is carried down almost at shoulder height, eight to ten inches in front of the body, and to the left as far as possible without raising the left elbow.
   c. The right hand is carried up, palm open toward the opponent, and directly in front of the right shoulder.¹

¹Haislet, op. cit., p. 5-6.
4. Head:
   a. Carried forward with the chin pinned down to the breastbone.
   b. The head must turn with the body and not independently.

**FUNDAMENTAL FOOTWORK**

1. Forward shuffle:
   a. Body weight must not be disturbed.
   b. Always move the left foot first and follow with the right. Length of steps should not exceed two inches.
   c. Keep both feet on the floor at all times.
   d. Maintain the fundamental position at all times.

2. Backward shuffle:
   1. Done in the same manner as the forward shuffle with the exception that the back foot should move first.

3. Quick advance:
   1. The basic movement are long steps forward.
   b. Step forward with the left foot first and keep one foot in contact with the floor at all times.
   c. After stepping forward with the left foot, bring the right foot up into the fundamental position.
   d. Assume an exaggerated crouch.

4. Circling to the left:
   a. Move the left leg forward and to the left forming a pivot point.
   b. Move the body to the left and assume the fundamental position.
   c. Throughout the movement, keep the left hand held high.
5. Circling to the right:
   a. Move the left foot first, four to six inches to the right.
   b. Move the right foot into fundamental position.
   c. Throughout the movement, keep the right hand high.

TURNING AND PIVOTING

1. Turn or pivot:
   a. Place the feet in the fundamental position and keep them firmly on the floor throughout the movement.
   b. Allow the arms to hang free at the sides.
   c. Twist the body to the right and to the left, allowing the arms to swing freely.
   d. Bring the shoulders well-around with the hips swinging freely.

2. Close-elbow turn:
   a. Place the feet firmly on the floor in the fundamental position throughout the movement.
   b. Bend the arms at the elbows and bring the palms up toward the face.
   c. Keep the elbows in front of the body and in close.
   d. The forearms should form a straight line from the elbows to the fingertips.
   e. Turn the body as in the previous exercise, but take care not to allow the arms to swing freely.

FUNDAMENTALS OF BLOWS AND BLOCKS

1. Left Jab:
   a. Square off with the opponent.
   b. The left arm is extended vigorously forward and slightly upward to opponent's chin.
c. The left shoulder is turned one quarter of turn to the right supplying added power to the punch.
d. At the moment of impact, the knuckles should be up, meaning that the left fist turns inward and down.
e. The left side of the body should form a straight line throughout the maneuver.
f. Keep the right hand in a defensive position.

Blocks:
1. Catch:
   a. Open the right hand and catch the left jab in the open glove near the butt of the hand.
2. Parry:
   a. Keep the right elbow in close to the body and brush the jab to the outside with a flick of the wrist.

2. Straight Right:
   a. Square off with the opponent.
   b. Turn the hips and the shoulder toward the center line of the body.
   c. Drive the right arm into complete extension.
   d. The arm should return over the same line it was delivered.
   e. Keep the body weight over the left leg.
   f. Keep the left arm folded against the body for guarding.

Blocks:
1. Shoulder block:
   a. Turn the body to the right in order to catch the blow high on the left shoulder.
   b. Drop the left arm down and carry the right hand up.
2. Stop:
   a. Open the palm of the left hand and drive it forward into opponent's upper arm or shoulder.

3. Left to the Body
   a. Drop into a low crouch over the left foot.
   b. Drive the left arm straight from the shoulder and at contact the arm should be straight with the knuckles up.
   c. Keep the right hand open and well up for protection.
   d. The movement must be sudden and the recovery immediate.
   e. Keep the left leg as straight as possible throughout the maneuver.

Blocks:
1. Step-away:
   a. Place the left hand on the opponent's head and push.
   b. Bend at the waist and drop the left foot back.

2. Elbow block:
   a. Twist the body to the left and hold the right elbow in tight to the body.
   b. Try to catch the force of the blow on the elbow.

4. Right to the Body:
   a. Twist the body to the left and go into a low crouch over the left leg.
   b. Vigorously extend the right arm and follow with the body.
   c. Drive the arm straight forward and return over the same plane.
d. At the moment of impact, the knuckles are up.
e. Recover to the fundamental position immediately after the blow.
f. Keep the left hand high, guarding the face.

**Blocks:**
1. Same as for the left to the body.
2. Brush away:
   a. Drop the left hand down and inward.
   b. Place the open hand across opponent's wrist and push the blow away.

5. Left Hook:
   a. Considered the most difficult blow to master.
   b. Turn the left hip and shoulder to the center line of the body. Do not move the left arm with the body.
   c. Shift the weight over the right leg.
   d. Swing the left arm from the shoulder in an arc to a position in front of the right shoulder.
   e. At the end of the swing the weight is concentrated over the right leg and the left hip is directly facing the opponent.
   f. Keep the right hand across the body near the left shoulder.

**Blocks:**
1. The forearm block:
   a. Raise the right arm high but close to the body.
   b. Keep the elbow straight down and catch the blow on the forearm near the elbow.
2. Inside Block:
   a. Turn the right shoulder inward to the left and bend slightly at the waist.
   b. Keep the right hand in close as in the forearm block.

6. Right Hook:
   a. Shift the weight over the straight left leg.
   b. Turn the right shoulder and hip into the center line.
   c. After the hips are turned, raise the right elbow and whip it towards the left shoulder with force.

Block:
1. Shoulder Catch:
   a. Move the left shoulder forward and attempt to catch the hook in the open right hand.

7. Left Uppercut:
   a. Bend at the waist to the left and lower the left elbow to a point below the waist.
   b. Bend the arm at the elbow with the forearm parallel to the floor. Palm up.
   c. Turn the left shoulder and hip to the center line of the body.
   d. Straighten up quickly and whip the punch to the chin.
   e. Keep the right arm in close to the body with the hand high.

Blocks:
1. Step Back:
   a. As opponent starts to rise, shuffle back fast.

2. Brushaway:
   a. Drop an open glove across opponent's wrist.
8. Right Uppercut:
   a. Same procedure as used for the left uppercut.

   **Blocks:**
   1. Same as for the left uppercut.

9. Right Cross:
   a. Step forward and to the left with the left leg, keeping the right arm in close to the body.
   b. Shift the weight over the left leg and wait for the opponent to lead.
   c. As opponent jabs with his left, hook the right arm up and over his left and swing inward to the chin.
   d. Place the left hand over opponent's right throughout the maneuver.
Boxing is a sport characterized by a constant shift between attack and defense, each being important and depending upon the other for successful execution. While hitting is the basis for all boxing, skill in defensive tactics makes it possible for the boxer to attack at the proper time. Defense then is the keynote of attack, and should be developed before the attack.

1. **BLOCKING:**
   
a. The ability to take a heavy blow on a part of the body that is less susceptible to injury.
   
b. First line of defense against any type of punch.

   **Shoulder Block:**
   
   1. Use against a straight right hand.
   2. Turn the shoulder so it intercepts the left lead.
   3. Drop weight to straight right leg, tip shoulder up.
   4. Lower the left hand to cover opponent's right.

   **Elbow Block:**
   
   1. Turn body so either elbow will intercept leads.
   2. Keep elbows close to the body when turning.

2. **PARRYING:**
   
a. The sudden movement of the hand to deflect on-coming blows.
   

   **Outside Parry On A Left Jab:**
   
   1. Brush opponent's left to the left with the right hand.
   2. Movement is more with the wrist than the arm.
   3. Intercept opponent's blow on the wrist, not the glove.

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Maaslet, op. cit., p. 48
Outside Parry On A Straight Right:
1. Brush the right hand to the right with the left.
2. Step to the left and forward as you parry.
3. Use force with the arm as well as the wrist.

Inside Parry On A Straight Right:
1. Turn the body slightly to the right.
2. Brush outward with the left hand.
3. Turn the palm of the left hand outward.

Cross Parry On A Straight Right:
1. Reach across with the right hand and brush outward.
2. Move the arm as well as the wrist.
3. Move the elbow only as much as necessary.

3. STOPPING:
   a. The pinning of an opponent's hand or arm so that the blow is unable to be delivered.
      1. Reach out and place the open hand over opponent's glove.
      2. Used mostly in stopping opponent's right hand.

4. SLIPPING:
   a. Avoiding a blow without actually moving out of range.
   b. Used primarily against right hand leads.
   c. Calls for exact timing and judgement.
   d. The real basis for counter-fighting.

   Inside Slip On A Straight Right:
   1. Shift weight over a straight right leg.
   2. Turn left shoulder through center line.
   3. Drop right hand over opponent's left glove.
Outside Slip On A Straight Right:
1. Take a short step forward and sideways with left foot.
2. Shift the weight over the left leg.
3. Turn the right side of the body forward to the left.
4. Be ready to counter with the right.

5. DUCKING:
   a. Dropping the body forward under hooks and swings to head.
   b. Means of escaping blows and staying within range.
      1. Use against swings and hooks.
      2. Bend forward at the waist and drop both knees forward.
      3. Carry the hands high and the chin well down.

6. WEAVING:
   a. Moving the body in and out and around a straight lead to
      the head, making the opponent miss and set up a counter-
      attack.
   b. Based on slipping, therefore mastery of slipping aids in
      developing skill in weaving.

To The Inside Position On Left Lead:
1. Slip to the outside.
2. Drop the trunk forward and bend slightly.
3. Move head to the left, under opponent's arm and up.
4. Carry both hands high.

7. ROLLING:
   a. Means of nullifying the force of a blow by moving the body
      with the blow.
   1. Move the body backward with straight blows, to left on
      left blows, and to right on right hand blows.
8. SIDESTEPPING:
   a. Shifting the weight and changing the feet without disturbing balance.
   b. Used to avoid straight rushes forward and to move quickly out of range.
      1. Shift the body out of range with a forward drop. This is the safest position in boxing with the head directly under opponent's chest.
      2. The same step may be performed to the left or right or backward.

9. CLINCHING:
   a. Holding an opponent's arms in such a manner that he is unable to strike a blow.
      1. Gain the inside position and run the hands to opponent's gloves.
      2. Place open left glove around opponent's right biceps.
      3. Tuck opponent's left glove under the right armpit and close the to the side.
      4. Shift weight to opponent's left arm.
      5. Keep close to opponent until the referee calls "break".

10. ROCKAWAY:
    a. Rocking the body away from a straight blow.
       1. Use against a left jab.
       2. Drop the weight to the right foot, moving the body away with the jab.
       3. As the jab falls short and returns to the body, move in with a left and a right to the chin.
1. **SAFETY LEAD:**
   a. Assume the fundamental position and shuffle forward to attack.
   b. Jab with the left hand and step to the right.
   c. Force the right arm out to position of leverage guard.
   d. Carry left shoulder high and right hand in readiness.

2. **FEINTING:**
   a. The use of eyes, hands, body and legs to deceive an opponent.
   b. Assume fundamental position and advance slowly and give a quick bend of the left knee. Hold arms relaxed and ready.
   c. Make a slight forward movement of the upper body and feint a left jab and step in.
   d. From the position send a jab to its mark.
   e. Feints must be precise, rapid and decisive.
   f. Feint with the whole body and continually change feints.

3. **DRAWING:**
   a. Exposing a portion of the body for the purpose of drawing a lead and setting up for counter attack.
   b. To draw a left hand lead to the jaw, carry right hand low exposing chin. As opponent leads step inside with a straight right.
   c. To draw a right hand lead to the head, lower the left hand and be ready to slip inside or outside, leaving either hand ready to counter.
   d. To draw a lead to the body, lift the elbow and be ready to parry opponent’s lead and counter.

4. **INFLECTING:**
   a. To get inside it is necessary to slip, weave, duck, draw or feint.
b. Place forehead on opponent's breastbone.

c. Force forward with the head, pushing the opponent off balance.

d. Keep driving both hands to the solar plexus.

e. Maintain the inside position at all times and shift with opponent.

f. If opponent drops his hands to protect himself, shift your attack to his head.
The object of combination punches is to maneuver the opponent into such a position, or create such an opening, that the final blow of the series will find a vulnerable spot thus rendering the opponent helpless and for the finishing or knockout blow.

Every boxer should make use of a natural sequence. Any combination of blows may be used as long as openings are created. Each individual may set up for himself a series of blows which will work effectively.  

1. **Inside Triple: (Advanced Students)**
   a. Assume fundamental position and lure opponent into a left hand.
   b. Slip to the inside with a right to the heart, then weave under opponent's left arm. Hook the left hand to the solar plexus.
   c. From this outside position, cross the right to the opponent's chin.
   d. The left hand is carried high and close, in position of guard.

2. **Outside Triple: (Advanced Students)**
   a. Assume the fundamental position and draw a left jab lead.
   b. Drop underneath to the outside position and swing a left hook to the midsection.
   c. Step in and to the left and hook the right hand to the heart.
   d. Straighten the body and lift the left hand to opponent's chin.

3. **One-Two:**
   a. Assume the fundamental position. Step forward with the left foot and jab with the left hand.
   b. Move the right foot to position and drive the right hand into cincokete extension at opponent's chin.

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1 Haislet, *op. cit.*, p. 85.
4. **Jab-Hook:**
   a. Assume the fundamental position and jab with the left hand.
   b. Hold the left hand in extension position until the weight shifts back to the straight right legs.
   c. Then hook the left arm in an arc for the right shoulder.

5. **Jab-Step and Hook:**
   a. Assume the fundamental position and jab the left hand into complete extension.
   b. Without moving the left hand, take one step forward with the left foot. This forces the left arm to bend at the elbow.
   c. Drop the weight back onto the right foot and hook a left for the right shoulder.
   d. Carry the right hand high.

6. **Jab-Hook and Cross:**
   a. Assume the fundamental position. Jab with the left hand.
   b. Shift the weight to the right foot and hook the left to the chin.
   c. Rock the weight forward onto the left leg and hook a right to the chin.
   d. Carry the left hand high.

7. **High-Low:**
   a. Assume the fundamental position. Throw the left hand forward and in front of opponent's face.
   b. Drop suddenly by bending the right leg and twisting the body to the left.
   c. As the right shoulder and hip turn through the center line, and drive the right hand into opponent's heart.
   d. Fold the left arm against the body.
8. **High-Low Cross:**

   a. Assume the fundamental position. After jabbing several times step in with a left hook to the face.

   b. Allow the opponent time to anticipate the next move, a left hook to the body.

   c. As the opponent drops his hands, drop a straight right to the chin.

9. **High-Low Uppercut:**

   a. Assume the fundamental position. Step in with a wide right hook to the body.

   b. Hesitate so the opponent will anticipate a left hook to the chin.

   c. Hook a left to the chin and follow with a right uppercut to the solar plexus.
DEFINITIONS

Bicycling- a term applied to the movement of backing away from an opponent.

Boxing- a contest carried on between two opponents in which blows are struck with padded gloves.

Break- the act of two fighters in coming apart from a clinch.

Clinch- to come together in such a way that one or both fighters are kept from fighting.

Counterattack- a series of blows struck by a boxer in opposition to a move or moves by his opponent.

Drawing- causing the opponent to advance and throw punches.

Feint- to fake a punch.

Glass-Jaw Fighter- a person easily knocked unconscious by a blow to the chin or cheek.

Haymaker- a long and wild punch.

In-fighting- standing close to an opponent and throwing short punches.

Knockout- the loss of a fight by remaining in the down position for 10 seconds or longer.

Lead- the first blow struck in any series.

Left Hook- a blow struck with the left hand across the body.

Left Jab- a blow struck with the left hand in which the hand goes straight to the body or head of opponent.

Low Blow- a blow that lands below the belt.

Mouse- a swelling below the eye caused by a blow.

Neutral Corner- one of two corners a fighter must go when his opponent is being counted out.

Pugilist- one who engages in the sport of boxing.

Pulling punches- easing up on the force of blows.
Right Cross - the act of throwing a punch with the right hand across in front of the body.

Ring - a name applied to the roped-off space in which boxing takes place.

Rockaway - the act of backing onto the right leg to escape the force of a blow.

Rolling - the act of "giving" with a blow to escape its full force.

Round - one of the time periods in a boxing match.

Second - the person who attends a fighter between rounds.

Shadowbox - to spar with a make-believe opponent.

Shuffle - the sliding of the feet during the process of boxing.

Side-stepping - moving to the side to escape a blow.

Slipping - a turn or sideward movement of the head and chest to avoid being struck.

Spar - to practice boxing with an opponent.

Technical Knockout - the stopping of a match because of a fighter's inability to participate even though he is still on his feet.

Throwing in the Towel - the conceding of a fighter's defeat by his second.

Uppercut - a punch that starts low and travels upward to the opponent's chin or face.

Weaving - the act of moving the trunk and head from side to side in order to avoid being struck.

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DUTIES OF OFFICIALS

The Referee:

1. Must be a man considerate, sympathetic, and interested in boys. A good sense of humor is important.
2. Must have the ability to control himself at all times if he is to have control of the ring.
3. Must know his own powers. He should execute his full powers but never exceed them.
4. Should know the history of boxing, the development of the rules, and the particular rules under which he is officiating.
5. Should abide by the rules at all times and not make up the rules.
6. Should know who is winning at all times and be ready to give his decision instantly.
7. Must be impartial but firm in his decision.
8. Must keep his hands off the boxers and his only words to the contestants should be "fight", "stop", and "break".
9. Must know when to stop a bout and should always stop it too soon, rather than too late.
10. Should check on the ring and ring equipment before the start of the matches. He should ascertain if all officials are ready.
11. Should have a working knowledge of first-aid.

The Judges:

1. Should know the skills and techniques of boxing.
2. Should know the rules and infractions of the rules.
3. Should be familiar with the technique of scoring a bout.
4. Should add up the score at the end of each round.
5. Should not be influenced by the crowd or by last-round rallies.
6. Should not judge more than fifteen consecutive bouts.

The Timekeeper:
1. Must keep an eye on the bouts and one eye on the watch.
2. Must signal the referee with the means of a bell or whistle at the end of the rounds.
3. Should be ready to pick up the count on any knockdowns.¹

¹ Haislet, op. cit., p. 112-113
SCORING

Ten points shall be allotted to the winner of each round.
The loser in each round shall be allotted any number of points below 10.

Points shall be given for attack and defense. Points shall be awarded for direct clean hits with the knuckle part of the closed glove of either hand on any part of the front or sides of the head or body, above the belt. Swings will be considered correct if they land as described above. Hits on any part of the entire arm do not count. Points shall be awarded for blocking, parrying and other defensive maneuvers. Points shall be given for generalship. Points shall be awarded for aggressiveness.

Points shall be deducted for major infractions of the rules. They may be deducted for minor infractions.1

Offenses for which a point or points may be deducted:

a. Excessive clinching.
b. Continuing to maintain clinches.
c. Hitting in a clinch.
d. Failure to step back after a clinch.
e. Failure to break clean after a clinch.
f. Pushing your opponent out of a clinch.
g. Hitting while holding an opponent.
h. Covering up with hands so that opponent is not in a position to hit.

For the following offenses the two points must be deducted providing the offender is not disqualified:

a. Hitting below the belt.
b. Deliberately holding an opponent.

1The National Collegiate Athletic Association, op. cit., p. 36.
c. Deliberately maintaining a clinch.
d. Deliberately holding an opponent with one hand and hitting with the other.
e. Deliberately pushing or butting with the head or shoulder, or using the knees.
f. Deliberately hitting with the inside or butt of the hand, the wrist or elbow.
g. Deliberately hitting or flicking with the open glove.
h. Deliberately wrestling or roughing at the ropes.
i. Coaching or words of advice or encouragement from seconds or coaches.
j. Striking deliberately at the part of the body over the kidneys.
k. Delivering a clubbing blow at the back of the neck.

The following fouls are cause of immediate disqualification and for that reason a deduction of points is unnecessary:

a. Deliberately hitting below the belt.
b. The use of abusive or insulting language.
c. Deliberately holding an opponent who is down or who is rising after being down.
d. Failure to obey the referee.
e. Any physical actions which may injure a contestant except by fair sportsmanlike boxing.1

**SAMPLE Boxing Score Sheet**

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**VS**

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**DATE**

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**WEIGHT CLASS**

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**REFEREE**

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**SCORER**

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**TIMER**

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<table>
<thead>
<tr>
<th>CONTESTANT</th>
<th>1ST ROUND</th>
<th>2ND ROUND</th>
<th>3RD ROUND</th>
<th>TOTALS</th>
<th>SCORE</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

**WINNER**

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**SCHOOL**

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**PTS.**

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**LOSER**

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**SCHOOL**

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**PTS.**

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**FOULS COMMITTED BY**

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**FOULS COMMITTED BY**

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1.

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2.

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3.

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**REMARKS:**

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STATE BOXING LAWS

Every state in the United States has laws pertaining to boxing in one form or another. It is best that every instructor be familiar with the laws of the state in which he is working and that he take heed not to conduct exhibits if the state forbids such. A sample state law appears below:

MASSACHUSETTS LAW ON BOXING

From General Laws of Massachusetts---1932,

Chapter 147, Section 39.

"No person under eighteen years of age shall be admitted to or be present at any boxing or sparring match or exhibition."

Summary:--

As it may appear from the above provision, it would seem that interschool boxing is definitely forbidden in Massachusetts schools due to the fact that the majority of pupils in high schools are under eighteen years of age.¹

Written Tests:

1. Answer true or false:

---- a. To break a clinch, the referee should say "break" then step between the contestants.

---- b. Many bouts are won by a good left jab.

---- c. If a boxer has a good left jab, he need not wear a mouthpiece.

---- d. In a clinch, it is possible to hold with one hand and hit with the other.

---- e. On completion of a punch, the feet should be together.

---- f. A good stance is one in which, the feet are well apart and the body is carried slightly forward.

---- g. A hook is executed faster than a straight punch.

---- h. Between rounds, seconds are permitted in the ring only when called by the physician. ¹

---- i. When boxing a southpaw it is best to lead with the right hand.

---- j. The left jab should be used principally as a defensive weapon.

Skill Tests:

1. STANCE: Two types of stance test may be given, both of which may be administered objectively. One is the test of the normal stance while standing and the other is the stance while boxing. Point values can be established on

¹ Seaton, op. cit., p. 243.
2. VARIOUS BLOWS: Another point system may be established on the elements of each specific blow, and a figure may be arrived at that will establish the boxer's skill in points in performing each of them.

3. ROPE SKIPPING: The number of times a boy can skip the rope in one minute using any method that is indication of rope skipping ability.

4. RING ABILITY: Point scores can be established to some extent on ability in the ring. Ring strategy, leg movement, offense, variety and combination of punches used, various defenses employed, and counterattacks should be employed.  

DeWitt, op. cit., p. 121-122.