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DEDICATION

Special dedication to my lovely wife Mylinda, my fantastic son Christopher, and my beautiful daughter Allison. You are the joy of my life. I love you.

-Kirk Lawson

THE

TEACHER

OF

SPARRING.



BY

EDWIN F. SHAW,
LATE INSTRUCTOR AT HARVARD UNIVERSITY.



WITH ILLUSTRATIONS PHOTOGRAPHED
FROM LIFE.

BOSTON:
JOHN P. LOVELL'S SONS.

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PREPARATORY NOTE.

None are capable of writing a book on sparring, who have not had thorough experience and success in teaching the art. There are very few good teachers in the art of boxing; many can spar well themselves, but they do not possess the peculiar faculty of imparting their knowledge in an intelligent and practical manner, so that others under their tuition may become proficient in the science.

There is a great demand for a complete, comprehensive, practical, and finely illustrated book on boxing, that shall give accurately the most approved positions, parries, blows, counters, etc., known to the modern profession.

Wrestling is not allowed in boxing, but all should know something about it; so, a few cuts are given of the principal falls. And just here I may naturally be asked, what are my own qualifications and credentials for undertaking the work. In reply, I can simply state, that what is embodied in these pages is the result of my own study under the late Professor J. B. Bailey, *facile princeps* among teachers, and other professionals of high reputation, and of my own extended experience as an instructor.

My friends and pupils, being cognizant of the fact that I have been engaged as professor in the art for several years, with marked success, at Hotel Berkeley, Evans House, and elsewhere in Boston, as also at Harvard College, and feeling confident of my ability to meet the aforesaid demand, have urged me to prepare this concise treatise for the public. All the illustrations contained in this work were *photographed from life*, very carefully, at large expense.

I have taken special pains to have the *cuts perfect*, and all advice and explanation simple and practical in the "TEACHER" (for I may fairly so entitle this volume), so that those who have not the means or the opportunity of taking a course of lessons in the noble art of self-defence, under a competent instructor, may become quite proficient from its tuition, if faithfully followed in practice.

I might here introduce fac-similes of numerous testimonials, relative to my popularity as a teacher, received at Harvard University, and from men distinguished in the business and professional circles of this city, did I not recognize the fact that these would be idle quotations, as the merit of this book, and the personal advantage derived from it by students, will better determine my prestige to-day as an instructor than any past indorsements.

THE AUTHOR.

Boston, July 1, 1886.

INTRODUCTION.

It is my intention and resolve to treat the subject candidly and impartially. I shall therefore consider sparring or boxing under three distinct heads: First, The benefit derived from this exercise. Secondly, Sparring as a proper pastime. Thirdly, How to acquire proficiency in this science.

THE BENEFIT DERIVED FROM THIS EXERCISE.

Sparring is considered, by the best authorities, to be the most beneficial of all the indoor exercises. In a lively set-to all the muscles of the body are exercised, and almost equally so. Short, light, active practice is the best, as the strength varies from day to day, and is dependent upon many conditions of mind and body. Heavy exercise, such as wrestling and dumb-bell lifting, requires strong muscles, and those who have only a moderate amount of strength should not attempt them, because these exercises often end in ruining the constitution, which they had at first intended to strengthen. They also tend to develop a few parts of the body at the expense of others; for it is a well-known fact, that if one portion of the body becomes unusually powerful, other portions are weakened. Our need is an equal development of all parts of the body, which is supplied by a daily bout with the gloves. Let any young man, who is round-shouldered and hollow-chested, practise boxing properly and systematically for several months, and he will become broader and more manly in figure; his chest will be deep and full, and his carriage easy and graceful.

The question naturally arises, what benefit is it to us to have a full chest? It makes the lungs stronger, gives more room to the stomach, heart, and other vital organs, so that they can work with more freedom.

Dr. Morgan in his English work called "University Oars," says: "An additional three inches to the circumference of the chest implies that the lungs, instead of containing two hundred and fifty cubic inches of air, as they did before their functional activity was

exalted, are now capable of receiving three hundred and fifty cubic inches Within their cells. The value of this augmented lung capacity will be readily admitted.

“Suppose, for example, that a man is attacked with inflammation of the lungs, by pleurisy or some one of the various forms of consumption, it may easily be understood that in such an emergency the possibility of each lung’s admitting forty or fifty additional inches of air will greatly aid in turning the scale on the side of recovery. It assists a patient to successfully tide over the critical stage of his disease and thus prolong life.”

Our leading physicians testify that boxing is one of the very best exercises for expanding the chest. Expert boxers are noted for their deep chests and broad shoulders. Sparring gives an active, general exercise, without straining the muscles; it causes the blood to circulate throughout the entire system; it gives grace and pliability to the body; it imparts tone and quickness; it creates confidence and courage to stand up like a man and protect one’s self and friends in cases of emergency.

Most exercises, after a time, become mechanical; we can indulge in them, and at the same time be thinking or fretting about other matters. Hence, we can readily understand why boxing is preferable to almost any other form of exercise, because it *actually compels* one to forget for the time being *everything* but the *wholesome occupation of both body and mind*, or receive punishment at the hands of his opponent.

This fact should be impressed firmly upon the minds of us all, that all exercises should be *agreeable*, because the benefits derived from them usually correspond to the amount of pleasure we take in them. If indulged in by friends in a gentlemanly spirit, no exercise affords so much *real entertainment* for the participants, *if evenly matched*, and the lookers-on, as a clever set-to with the gloves.

Sparring improves the wind, and invites a gentle perspiration, it banishes, in most cases, dyspepsia and melancholy, those terrible demons of destruction that skulk about seeking whom they may devour. Boxing is splendid exercise for men of leisure; for men of letters and various professions whose brains get muddled from too deep application; for clerks and salesmen, who require some regular, stimulating exercise to counteract the evil effects of indoor

confinement, and of bending over the ledger and counter; for the student, to clear his brain, brighten his intellect, and promote a healthful circulation of the blood; and especially for our young men between fourteen and twenty years of age, whose future health and happiness depend largely upon the physical training receive in their youth, when the muscles and bones are soft and pliable to develop proper form, carriage, courage, and vigor of action, which is the foundation of all success in mercantile, professional, and literary pursuits. A distinguished Boston physician recently gave utterance to these words:—

“Physical exercise is as much a necessity as food or repose. Better would it be for those whose occupation necessitates sedentary habits, to borrow an hour from sleep and devote it to some good form of muscular exertion. But, after all, very few people are so unfortunately placed as to be actually unable to spare so small a portion of their time. It is because they do not *realize the importance of it*, and because their habits of life have rendered them *unaccustomed to physical exercise*, that they are unwilling to exert themselves. That exercise is a necessity is declared by nature. We are animals with animal appetites, and are rather inclined, most of us, to eat more than we can digest. Now, when we exercise our muscles a great deal, we require more food to repair waste and supply fuel; but, if we sit still all day long, and do not exert our muscles, there is but little waste, and the digestive capacity is lessened. The gastric juice, which dissolves the food in the stomach, is secreted by the glands of the stomach just in proportion to the *amount of exercise taken*; so much work, so much juice. A given amount of juice will dissolve just so much food, and no more; and, if there is not juice enough to digest the food, the latter will remain undigested. The undigested food remaining in the stomach and rotting there, causes a congestion of the blood-vessels in the mucous membrane which lines that organ, and induces what I may call a dyspeptic languor. If this sort of thing becomes habitual, the entire system may be clogged with the excess of nutritive elements, —food products, which in the case of a person who took plenty of proper exercise would be absorbed and used up. This undigested food ferments and becomes poisonous, is absorbed into the circulation and the blood circulating through the brain, causes headaches, nervousness, irritability, melancholia hypochondria, and all sorts of hallucinations.”

Sparring is considered by eminent physicians *one of the best forms* of exercise for persons of sedentary habits. The life of the late Prof. John B. Bailey speaks *volumes of praise* in favor of boxing as a *healthful pastime*. Prof. Bailey told me personally, that when he was a young man he was puny and sickly, and was thought to be in consumption; he took up sparring for his health, and at the age of sixty was a *splendid type of physical manhood*, and continued to teach the science until he was nearly sixty-seven years old.

SPARRING AS A PROPER PASTIME.

Much has been said and written against boxing, because many good people honestly believe that sparring must tend to fighting, and to draw one into objectionable company.

I detest fighting with or without the gloves, but uphold and *encourage gentlemanly practice* with the gloves as an exercise and accomplishment of *rare merit*. Of all low, savage, barbarous, and disgusting exhibitions, *prize fighting*, in any and all of its various forms, *heads the list*, and justly receives the open and *emphatic condemnation of all good citizens*. It would be quite as unreasonable to accuse an *accomplished gentlemanly boxer* of being a *bully and prize fighter*, as it would be to call a fine penman a forger. The mere fact that a man may possess the science of the prize fighter, or the artistic penmanship of the counterfeiter, by no means proves that he uses his accomplishments in these directions. A few years ago the better element of society would not countenance this exercise, but sparring is now *advocated and practised by our best people, and is becoming more popular every year*, as is proved by the increase of boxing clubs throughout the country, which have among their members some of our *wealthiest and best citizens*. Many men of means and high social position engage a competent exponent of the manly art to come to their family residence and instruct their children.

That you may see that I am not speaking for myself alone, I quote from a leading article in a great Boston daily these words: "There is no sport at the winter meetings of the Harvard Athletic Association that *engenders such a wide-spread interest*, not only among the Harvard students, but among their friends,

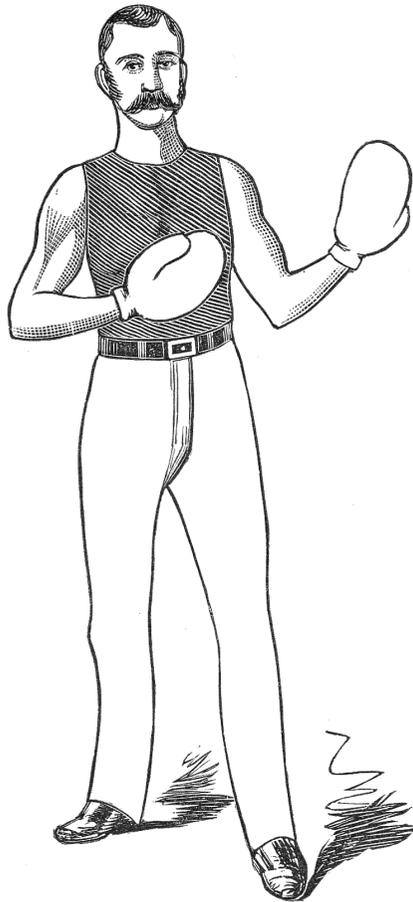
ladies included, outside of the college, as the sparring contests. The interest in these annual bouts has been growing stronger; every year there has been a larger number of contestants than in the previous year”

HOW TO ACQUIRE PROFICIENCY IN THIS SCIENCE.

To become clever in the art of self-defence requires *much study*, coupled with *large practice*, and it is very necessary to receive instruction from the *best teachers and books*, else the pupil will have fixed in his mind *unpractical and obsolete methods*. We have omitted all the *old-style and inferior parries, blows, etc.*, presenting in this book only the *latest and most common-sense manual*.

For example, old-time boxers used to catch the blows on the wrist, or push the arm out or down in parrying face or body blows. The disadvantage of this style is easily seen, because the power of resistance in catching a blow on the wrist is small in comparison with that of the forearm; and in warding off the blow by pushing out the arm from the body, one is liable to be deceived by the feinting or the quickness of his opponent, and thus give him an opening. This is only one illustration of the many, showing the improved or *modern style of sparring*.

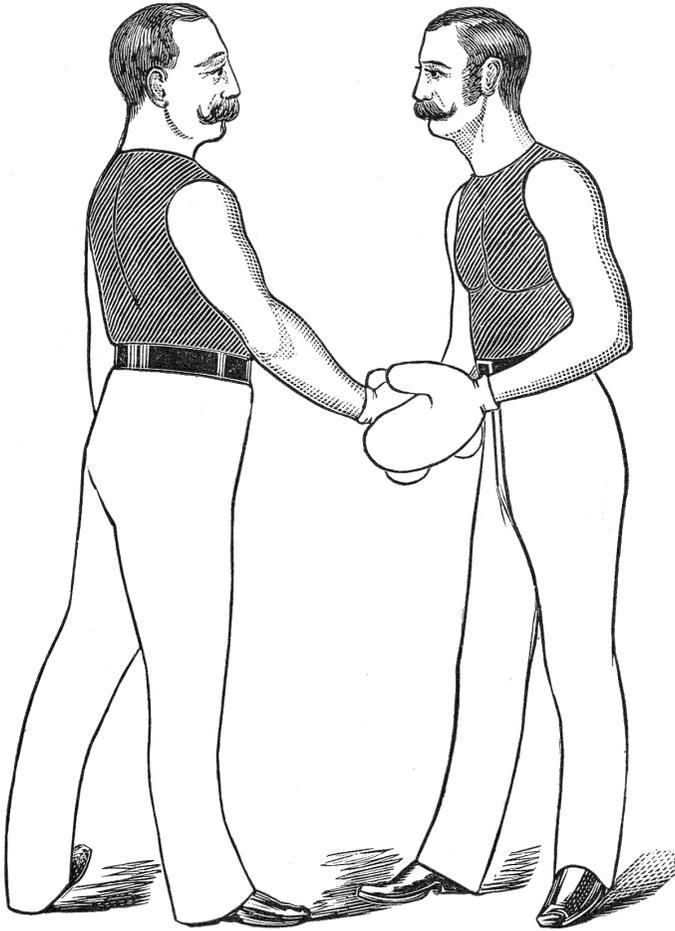
The question is often asked, How many lessons and how much time are required to make a good boxer? Many run away with the idea that twelve lessons in sparring make a professional. Some are natural sparrers and are quick to learn, consequently make rapid advancement; while others are very slow and awkward. Generally speaking, it is necessary to take lessons and practise a year, before one can expect to gain *much science* with the gloves; and to be able to parry successfully the phenomenal blows of the most expert professionals *demands years of practice*. It is desirable to take a term of instruction under *an efficient teacher*, if possible. *This book, assiduously studied, particular care being taken to get all the positions, etc., as shown in the cuts, correctly, by constant practice before a large mirror,—and, after this is accomplished, but not before, to pass on to miscellaneous practice with friends,—*WILL ENABLE ONE TO MAKE A VERY ACCEPTABLE SET-TO.



POSITION OR GUARD

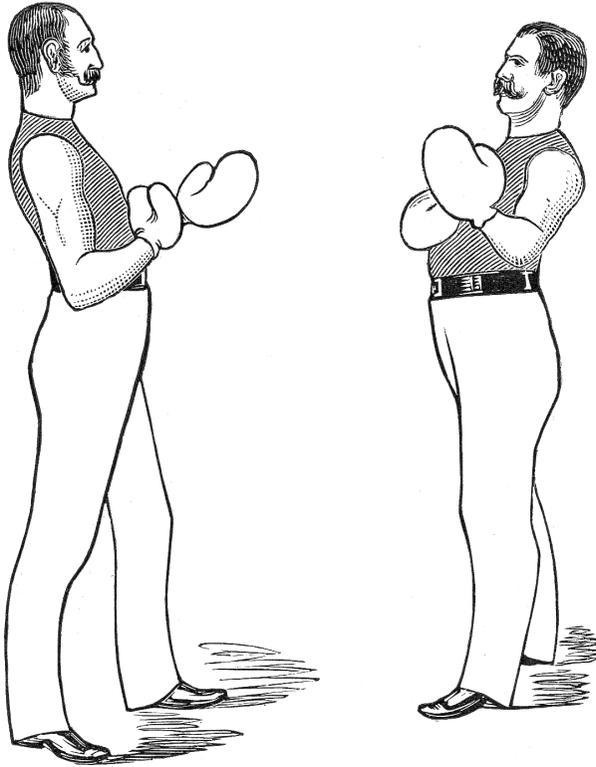
Head erect, shoulders back, chest expanded, firm on the legs, with the left foot in advance from twelve to sixteen inches, according to the height of the individual, body turned slightly to the right, left arm extended about two thirds, with the elbow out from six to eight inches from the left side, and the glove elevated so as to be in a line with the left shoulder, palm up.

The right glove should be held firmly on the "mark," the pit of the stomach, palm up. The guard should be raised in sparring with one taller, and lowered with one shorter than yourself. The left knee must be slightly bent when on guard.



SHAKING HANDS.

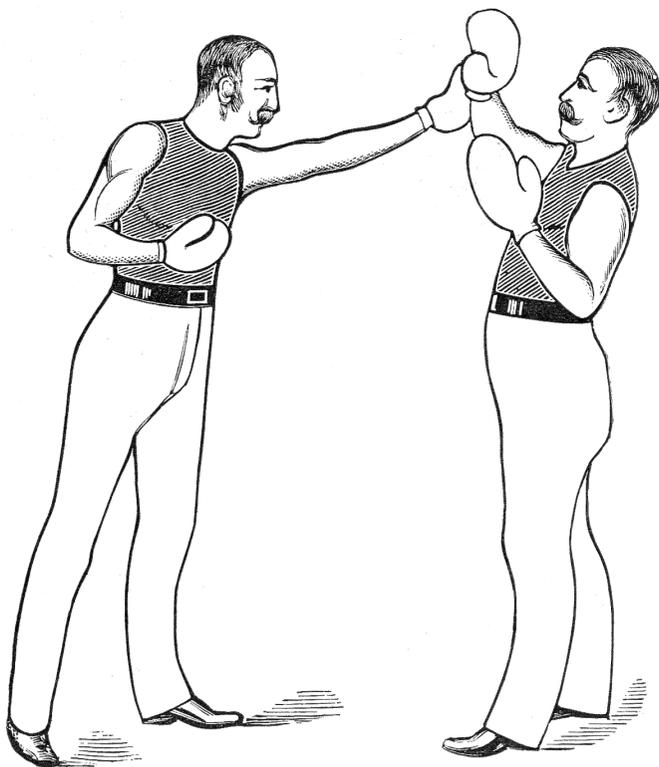
It is always an excellent plan to shake hands before each bout and after the final bout, as it shows that you have the right understanding and the right spirit about your exercise, and creates good feeling; for this reason it should never be omitted. In shaking hands advance toward your opponent smilingly and shake his hand very cordially, using one or both of your hands as you may desire. You will observe by the cut that the right foot is in advance.



TIME.

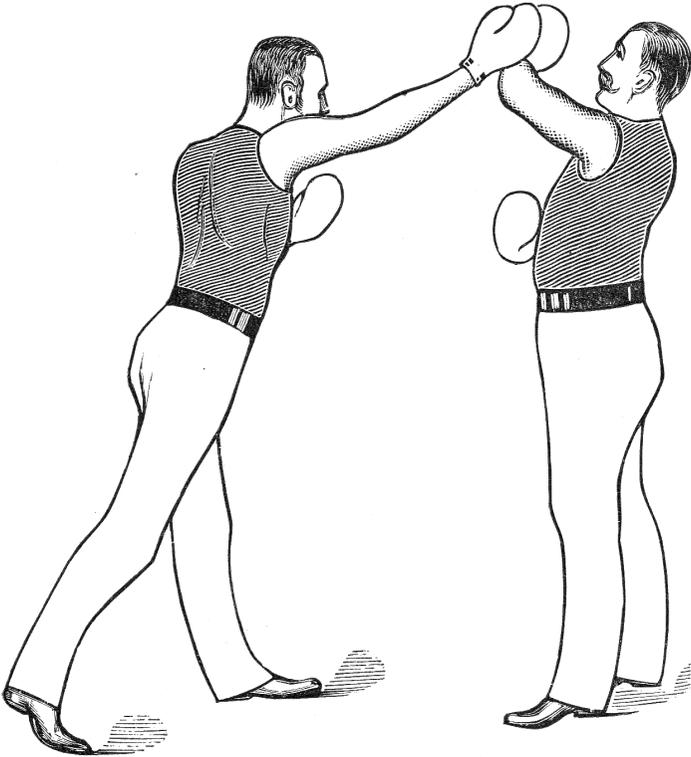
This cut represents two men as they approach each other, in the proper position for commencing a bout with the gloves. Your position and that of your opponent must be the same as that prescribed for the "Guard" in the single figure.

Whenever you put the gloves on always be prepared and on the watch for a blow from your opponent, and especially as you advance toward him, because a great many men are not upon their guard at first, and as a consequence receive a severe blow which they might just as well have parried.



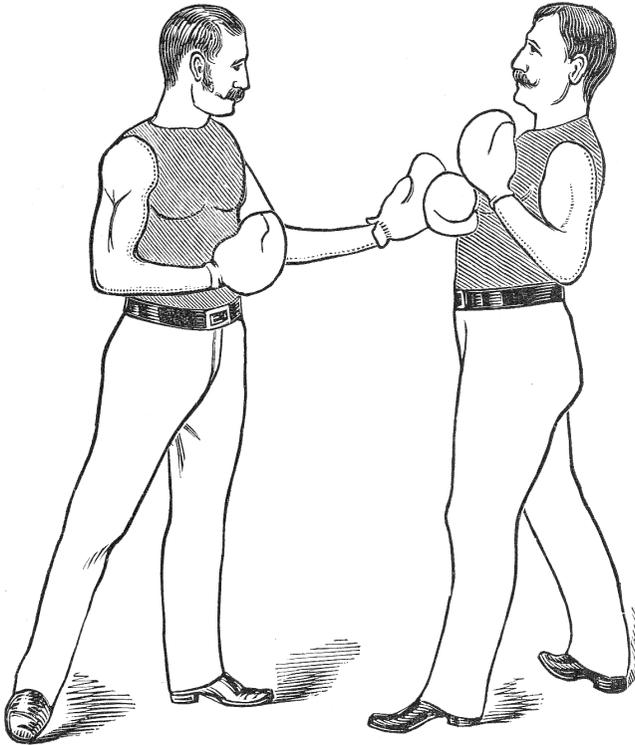
FIRST PARRY AND BLOW.

The first parry is with the right arm; catching the blow on the forearm, palm out so as to increase the power of resistance, head back, stand firm, and look over the arm at your opponent. The first blow is usually delivered with the left arm; bring the glove back to the shoulder without bending the wrist, palm up, and strike out, throwing the head and body with the blow, straighten the left leg, so as to increase the reach, and lean forward on the right toe.



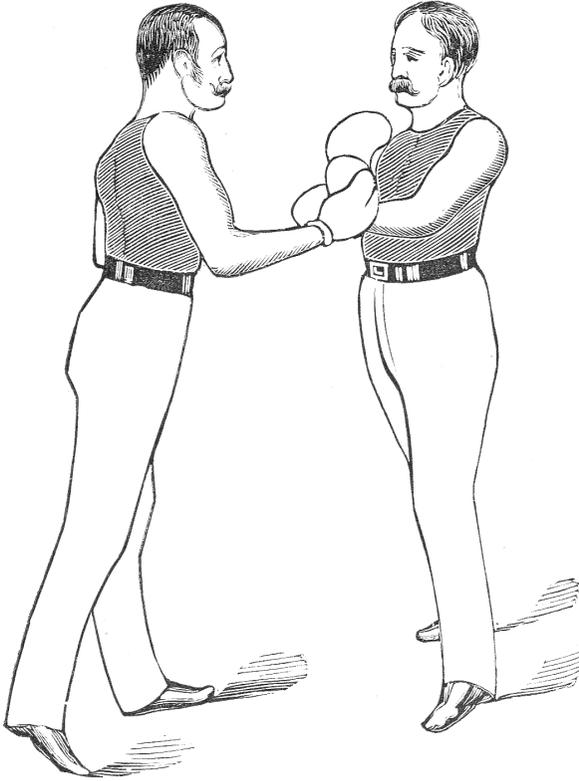
SECOND PARRY AND BLOW.

The second parry is with the left arm, and the second blow is executed with the right, in the same manner as the first parry and blow; each movement being made, of course, from the side opposite to that previously indicated.



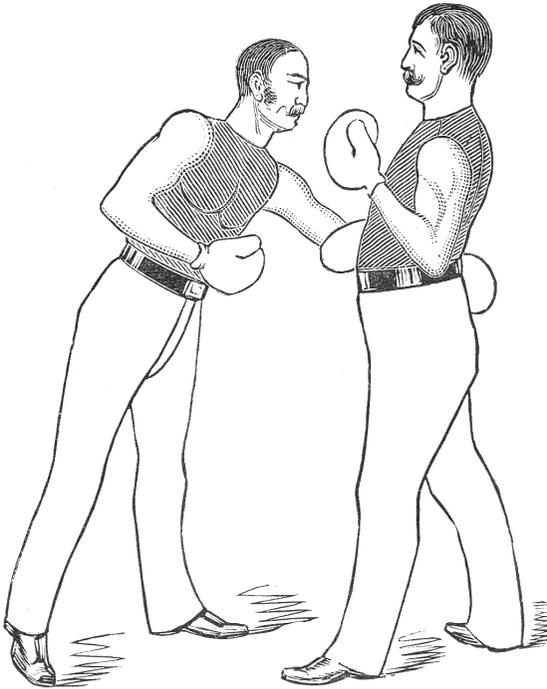
THIRD PARRY AND BLOW.

This is the parry for the pit of the stomach. The right arm should cover the pit, so as to catch the blow on the forearm. The arm should not rest against the body but be held a little out from it, because if the arm lies against the body it will be driven heavily back, and an indirect but powerful effect received from the blow. Keep the palm down. Remember that a blow in the pit always is a telling one, and generally causes the sparrer who receives it to stop and recover his wind. The blow itself is a straight one, delivered with the left arm, from the shoulder.



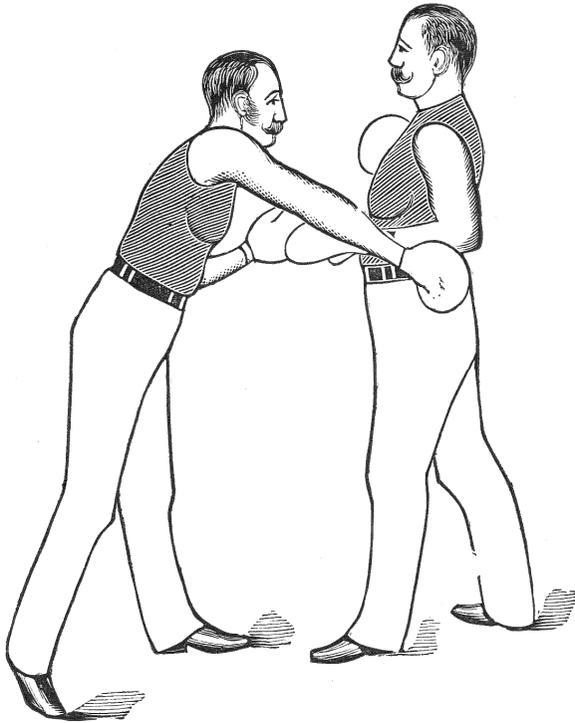
FOURTH PARRY AND BLOW.

This is the same as shown in the previous cut, Only the parry is new made with the left arm, and the blow delivered with the right.



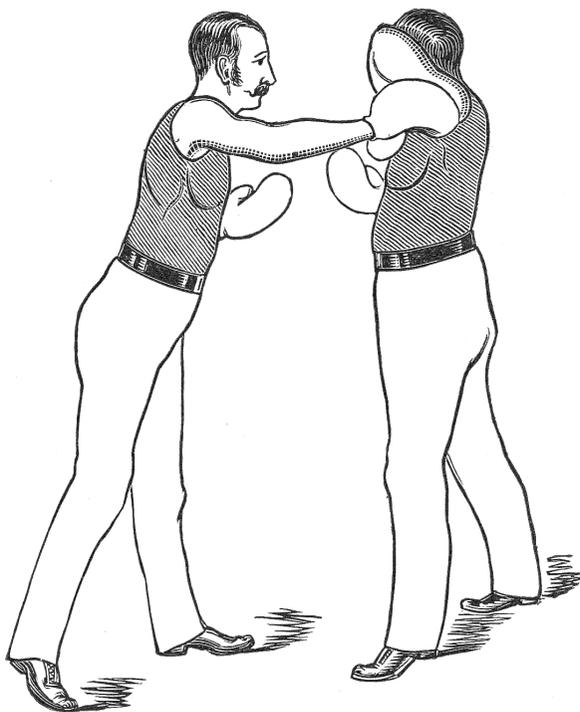
FIFTH PARRY AND BLOW.

This parry is with the right arm, and the blow is delivered with the left. This blow is started from the position shown in the cut, giving the position for striking curved blows, and is itself a curved blow at the kidney. The blow is delivered with the thumb up. To parry this blow, place the right thumb over the right hip, palm of glove down; draw the elbow well in, and catch the blow on the forearm, care being taken not to turn the body to the left, but to present a good square front.



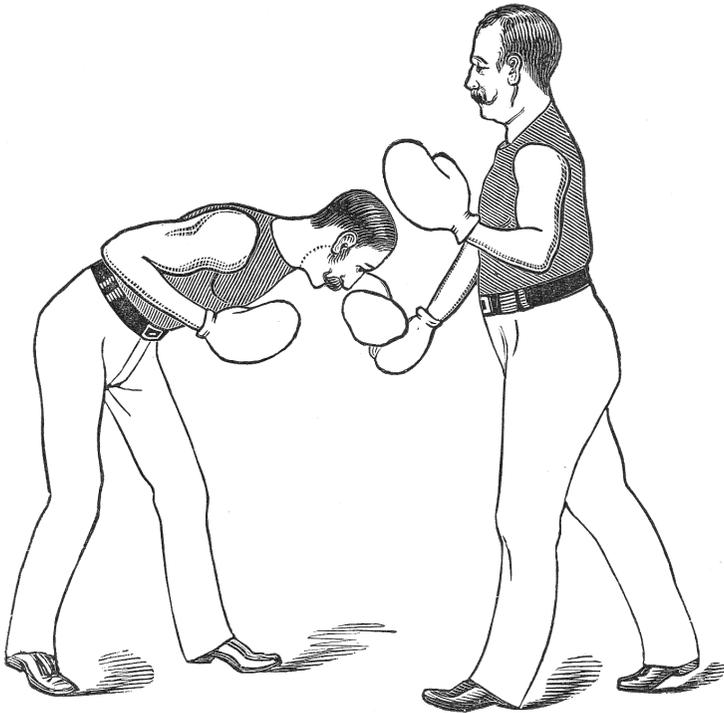
SIXTH PARRY AND BLOW.

These are the same as the fifth parry and blow, except that the blow is delivered with the right, and parried with the left arm.



SEVENTH PARRY AND BLOW.

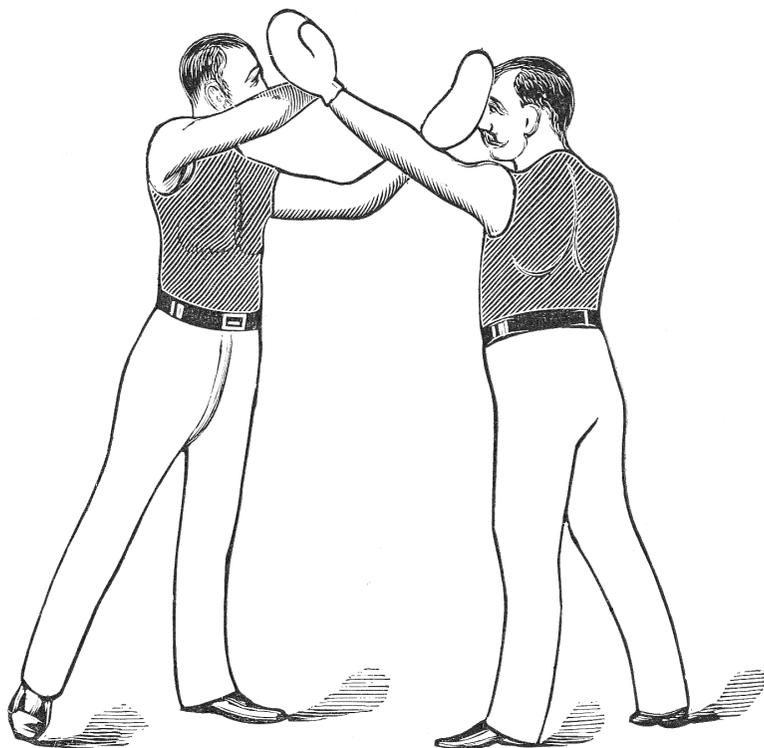
This parry is executed with the left arm, and the blow is made with the right at the ear. You parry this blow by throwing up the arm, elbow up, bringing the hand as close as possible to the armpit, fingers outward, and placing the head firmly against the arm, with chin well turned out to the right. You receive the blow on the upper arm, between the shoulder and elbow. This ear blow is a curved one, and in striking it you must first drop the arm into the position illustrated in the cut accompanying the curved blow, then dash out the arm in a semicircle and deliver the blow with the thumb-side of the hand, keeping the thumb well down over the fingers, so as to avoid striking and spraining it.



EIGHTH PARRY AND BLOW.

This parry is with the left arm, and the blow is with the right, and is the blow called the "Upper-cut." Your adversary makes a duck for some cause or another, and then you drop your right arm to the position illustrated in the cut for striking curved blows. Then describe first with your glove an upward and forward circle, so as to get a strong, swift swinging motion, and then, as the hand returns, you strike your adversary in the face with the thumb-side of the glove, keeping the thumb, however, well down over the fingers.

The guard for this blow is to cover your face with your left arm, kept out quite a little space from the face; because, if too near, the force of the blow will knock your arm into the face. Catch the blow on the forearm, palm down.



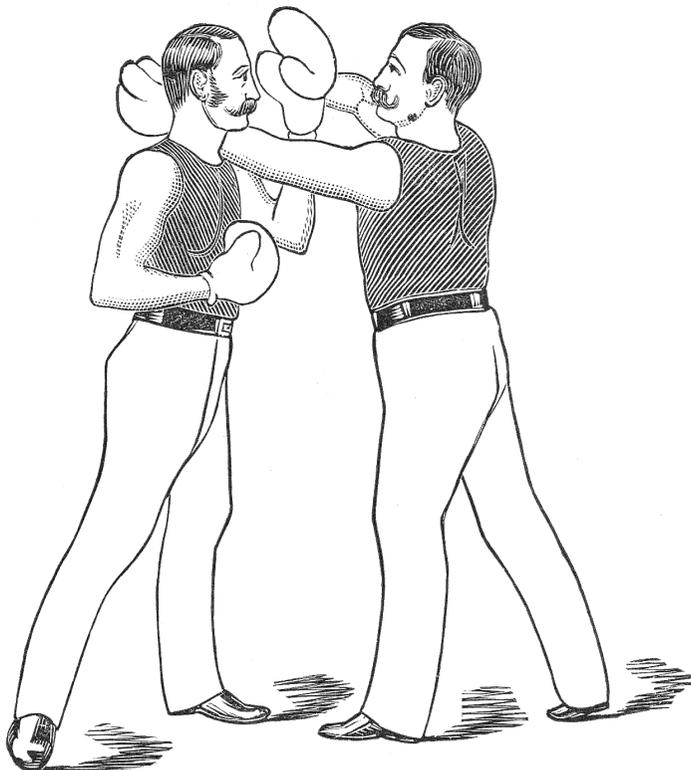
STRAIGHT COUNTER.

This is the only instance where a blow or counter is delivered from the original (or guard) position; as in the case of all the other blows, the hand is either brought back to the shoulder or placed in some special position to execute the particular blow, such as the chopper or upper-cut. In this counter, the opponent lets go his left lead which you stop by the first parry, and at the same time you simply push out your left into his face, The counter is more of a jerk than a blow, and is delivered in this way so as to save time. It is very effective and probably used more than any other counter.



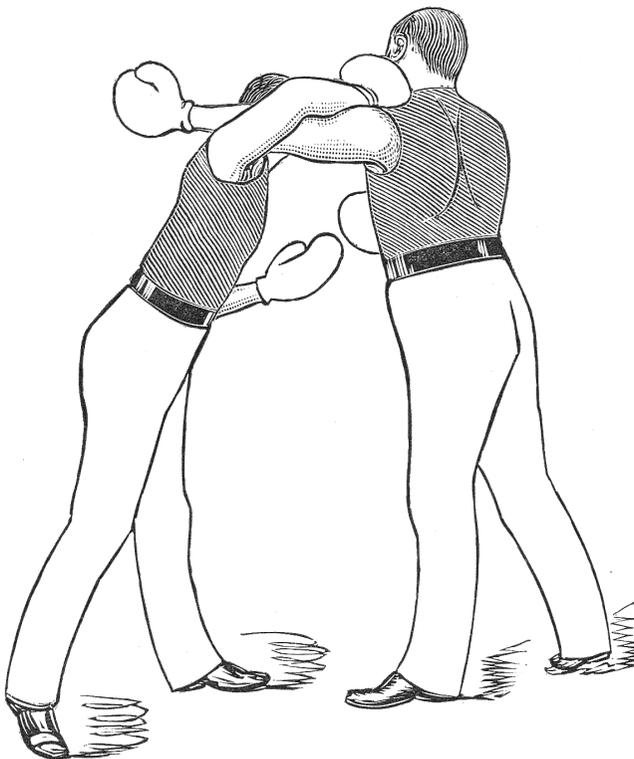
INSIDE COUNTER WITH THE RIGHT.

Parry your opponent's right lead by ducking, allowing his blow to go over your right shoulder, then lean forward and give him a straight blow from the shoulder with the right glove on his left jaw.



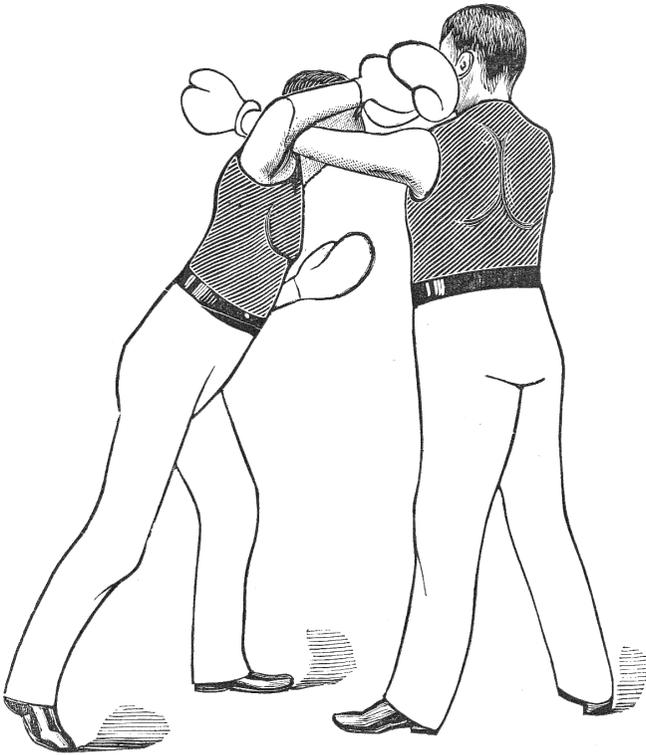
INSIDE COUNTER WITH THE LEFT.

This counter is similar to the inside counter with the right, only you duck to the right, letting the blow of your opponent pass over your left shoulder, then return with the left. The guard for this blow is to cover the face with the right arm, and catch the blow on the forearm.



RIGHT HAND CROSS-COUNTER.

This is the famous knock-down blow, and barring the blow at the pit of the stomach is the most severe in its effect. You should study and practise this blow very diligently and carefully. Your opponent leads at your face with his left, you duck your head to the left, letting his blow pass over your right shoulder; then you throw your body well forward, at the same time delivering a blow with your right glove over and across the left arm of your opponent, striking him on the left jaw. You must be very particular to throw your glove well over and down, and to keep the elbow well up so as to make a clean hit, and not weaken the blow by contact with your opponent's shoulder. Deliver the blow with the knuckles at the base of the fingers, keeping the palm of the hand turned in toward you.



PARRY FOR THE RIGHT HAND—CROSS-COUNTER NO. 1

Throw the right arm up before the face, and catch the counter in the palm of the glove.



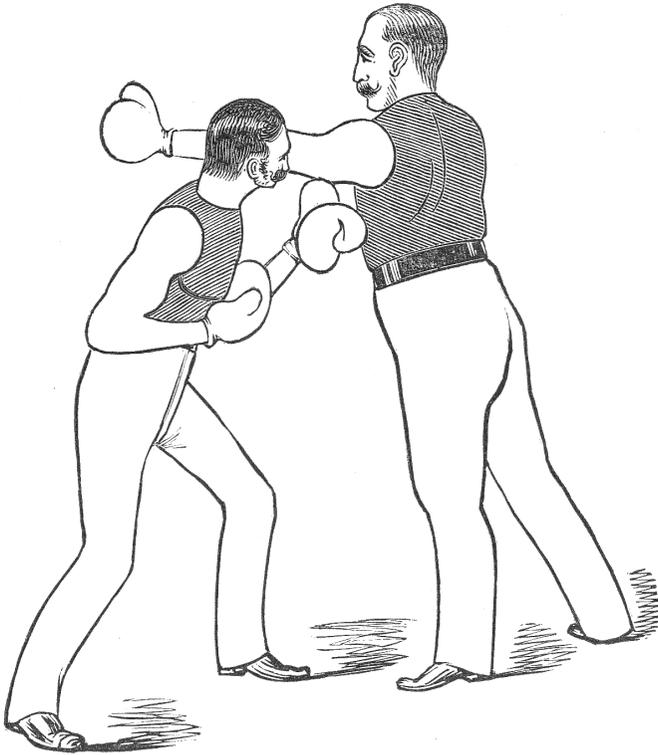
PARRY FOR THE RIGHT HAND—CROSS-COUNTER NO. 2

Throw the head clown below the left arm, and allow the counter to pass over the head, at the same time parry the upper-cut.



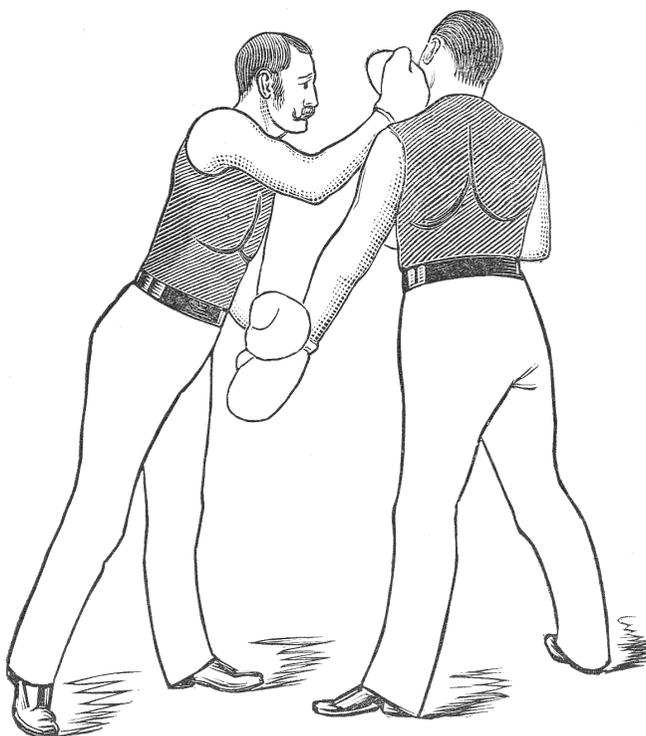
STRAIGHT COUNTER WITH THE RIGHT—THIRD POINT.

In order to counter your opponent, it is necessary for him to lead. Counter blows are given when both your opponent and yourself strike at the same time, therefore they are the most effective blows which can be delivered, because both sparrers in leading throw the body forward to meet the counter. This counter is with the right glove at the pit of the stomach. Your opponent leads out at you with his right ; you dodge his blow, letting it pass over your right shoulder; then you throw yourself forward and give him a straight blow with the right arm at the pit of the stomach. The parry for this counter is to place the left arm over the pit, a little out from the body, with the palm down, catching the blow on the forearm.

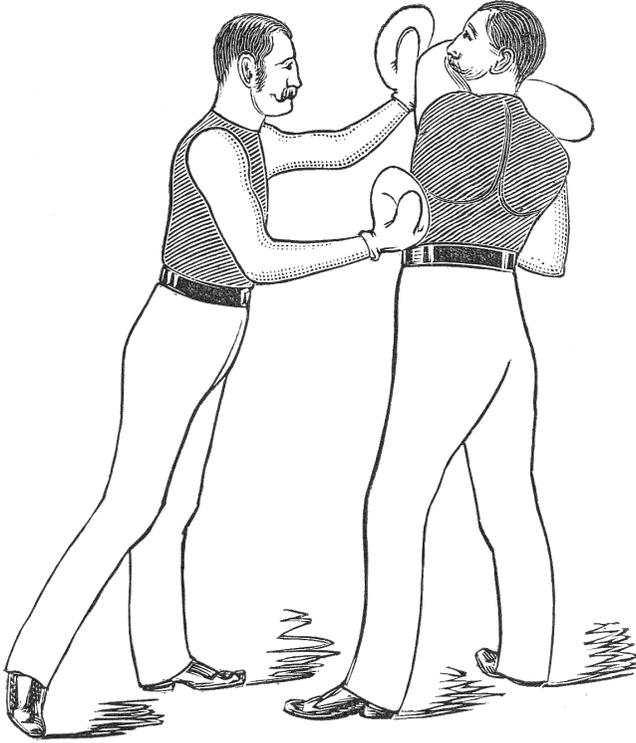


STRAIGHT COUNTER WITH THE LEFT—THIRD POINT.

This counter is similar to the straight counter with the right, third point, only you duck your head to the right, and let the blow of your adversary pass over your left shoulder; then you dash out your left glove at the pit of his stomach, which he guards by covering with his right arm, catching your blow on his forearm.

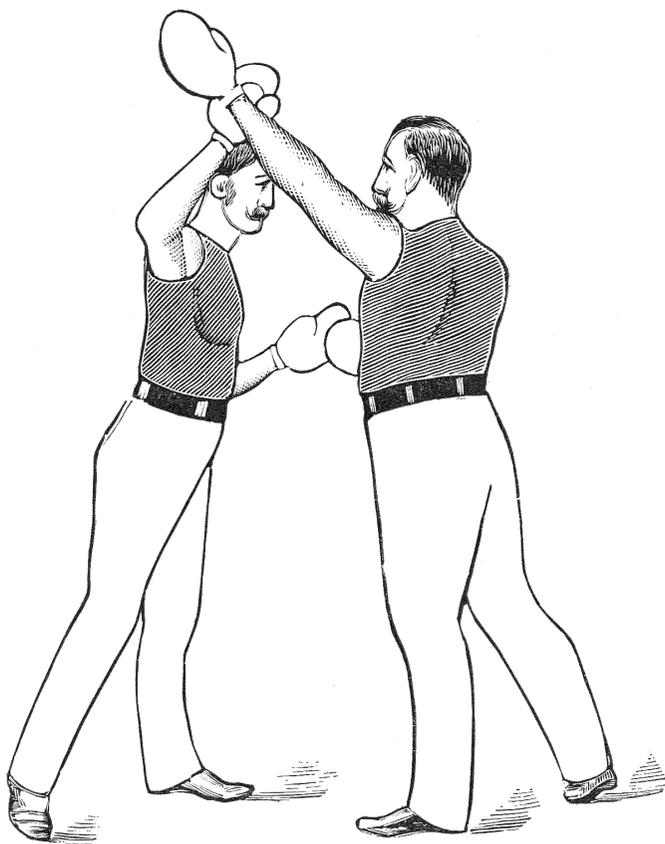
**CROSS-PARRY.**

In this parry your opponent leads off at you with his left; you throw your left glove up over his glove, and, as you do so, press his arm down firmly; lean forward on the left leg, and strike him at straight right-hand blow on the left jaw.



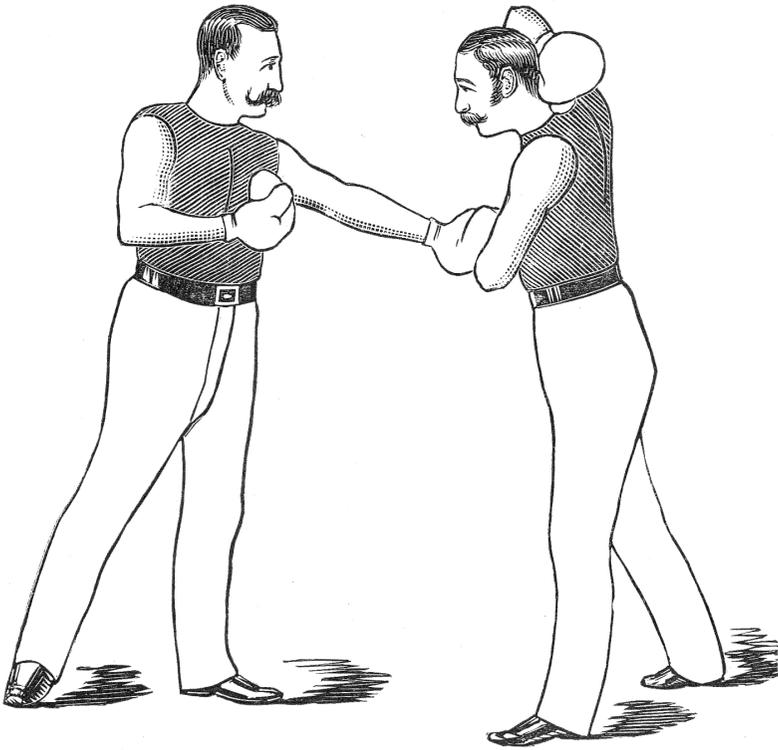
REVERSE PARRY.

In this parry you reverse, and throw your opponent's left lead blow up, being careful to get inside of his elbow, to prevent his escape; then you push him about so as to expose his left side, and deliver him a right-hand blow on the kidney.



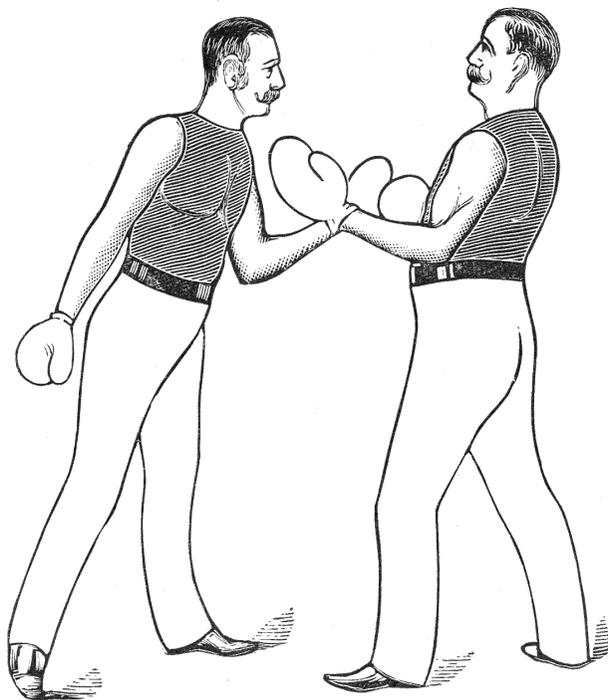
PARRY AND STRIKE WITH THE RIGHT.

In this parry your opponent dashes out his left lead at your face; you catch the blow in the palm of your right glove, push his arm up and away forcibly so as to throw him off his balance; then you must bring your right glove back to the shoulder, and deliver him a straight right-hand blow in the face, which, as you have already disturbed his equilibrium, will in all probability prove a knock-down blow.



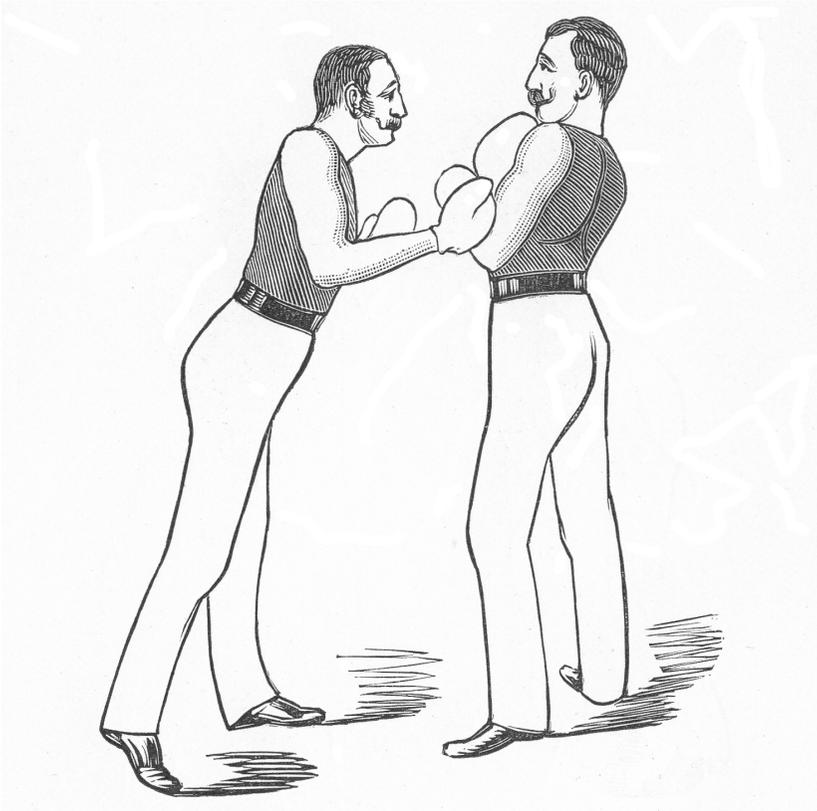
POSITION FOR STRIKING THE CHOPPING BLOW.

Swing your right arm over your head, letting the glove rest on the back of your neck, at the same time incline your head forward; then chop down on the bridge of your opponent's nose, being sure to have the position of the hand such that the thumb will be on the upper side. The best way to avoid this blow is by a quick retreat, but if you cannot do this, then throw the head down and receive the blow on the top of your head, as this will be less effective than a blow on the nose.



POSITION FOR STRIKING CURVED BLOWS.

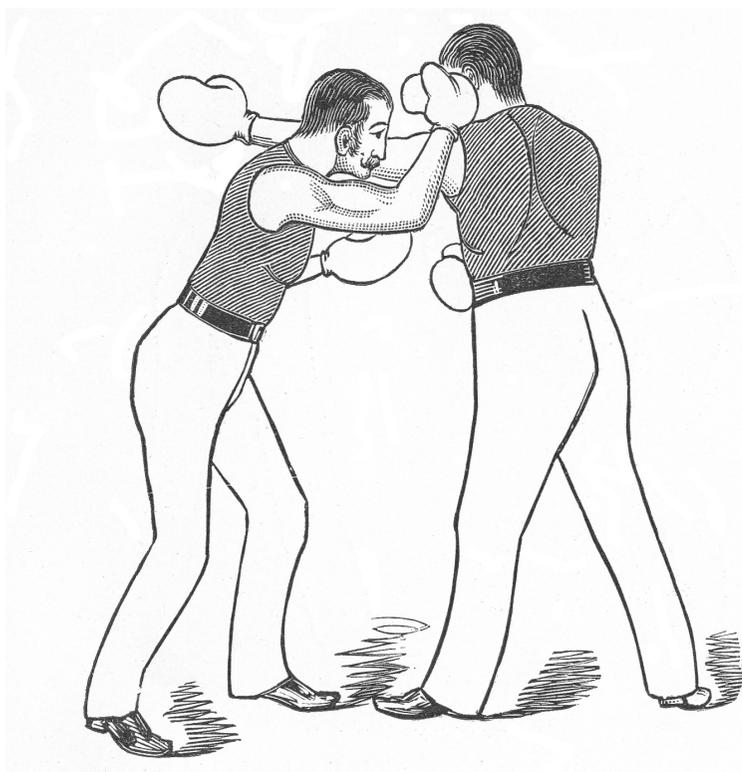
Curved blows are those which in their flight to the desired point describe an arc instead of the usual direct line. They are used in striking for the kidney, the upper cut, and the ear, and if properly delivered are very effective. Drop your right glove to your side as shown in the cut, lean forward on your left foot, and then bring the arm round and up, according to the point aimed at, at the same time swing the body forcibly to the left.



RIB-BENDER AND PARRY.

Your adversary leads out at you with his left; you duck the blow by throwing your head to the left, and allowing his left arm to pass over your right shoulder; then you dash out at his ribs with your right glove.

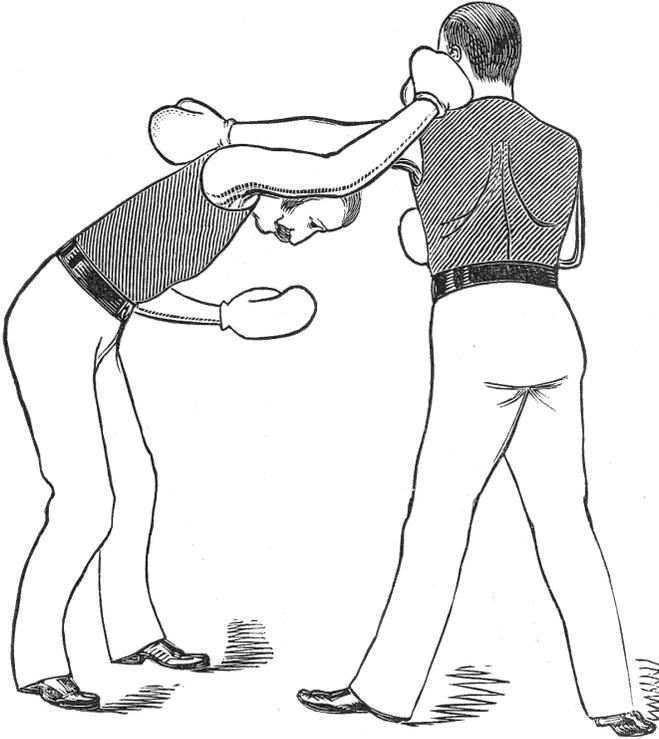
The parry for this blow, when aimed at you, is to bring your left lead back again before your opponent can strike, and catch the blow in the hollow of the left elbow. If you are not sufficiently quick to do this, then the best way is to retreat suddenly out of the reach of your opponent.



OUTSIDE DUCK.

When your opponent leads at your face with his left arm, throw your head outward to the right, letting his blow pass over your left shoulder; at the same time lean forward and deliver him a right-hand blow on the left jaw.

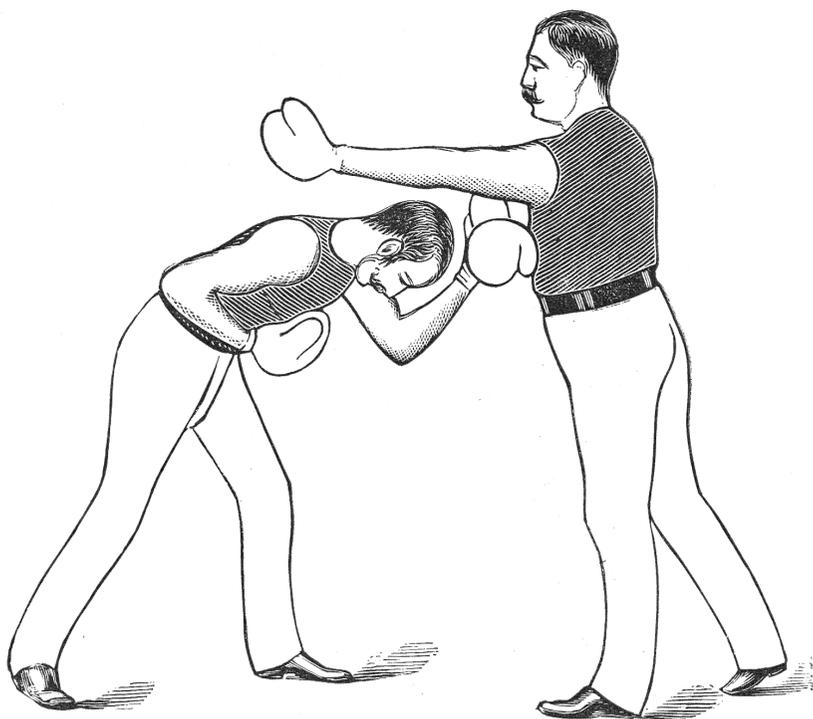
After you execute any of the ducks, be sure and get away as quickly as possible, keeping the head well down until completely out of the reach of your opponent, as in all probability he will follow you up and be on the alert to hit you when you bring your head up, but you must be ready for him, and be on your guard.



INSIDE DUCK.

When your opponent dashes out his left lead at your face, throw your head to the inside, or left, and come under his arm, as shown in the cut; at the same time deliver him a blow with the right on his left jaw.

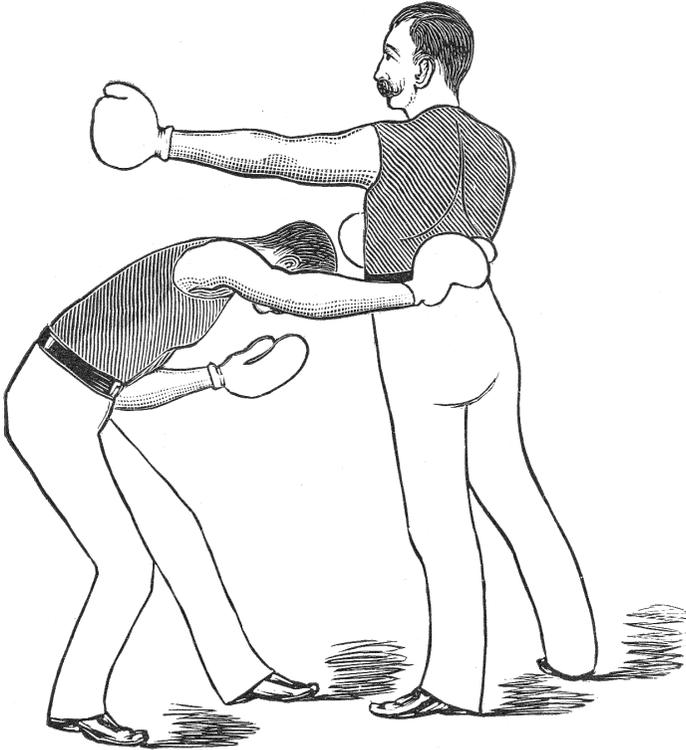
This duck is only used when you have tried the outside duck several times and your opponent has "caught on," and consequently leads a little off from your face to the right, expecting your head to be there ready for the duck. Thus you deceive him by executing the inside, instead of the outside duck. It may be added that this duck is very difficult of quick and safe execution, and ought not to be attempted in an exhibition set-to until thoroughly mastered in practice.



STRAIGHT DUCK.

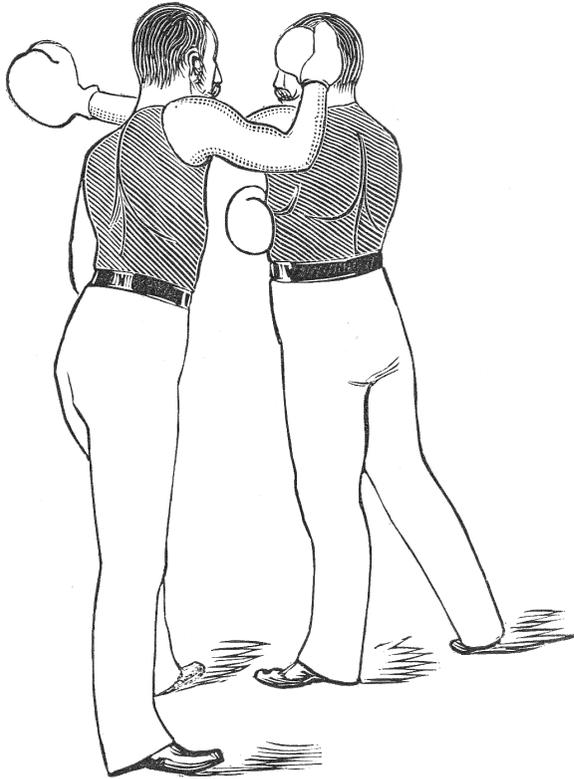
When your opponent leads at you with his left arm, duck your head straight down, being particular to duck low. You thus let his arm pass over your head, while at the same time you strike him with your left glove in the pit of his stomach. Before you take your head up, get well away out of his reach.

The parry for this blow is the same as that prescribed for the third blow, —that is, at the pit of the stomach.



FOURTH POINT AND DUCK AWAY.

Your opponent makes the left lead at your face; you duck down and give him the curve blow with your right glove on his left; kidney; then duck quickly and get away.

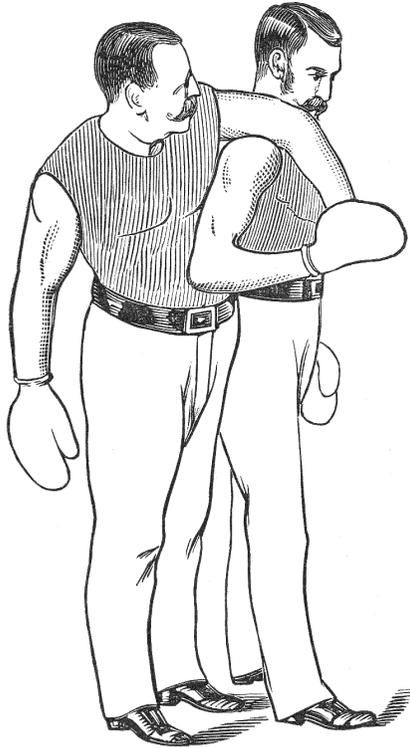
**FOURTH POINT AND SIDE DUCK.**

Your opponent leads at you with his left arm; you make a straight duck, and hit him with the right glove a curve blow on his left kidney; then step to his left, and, as you come up, hit him at right-hand blow under his left arm.



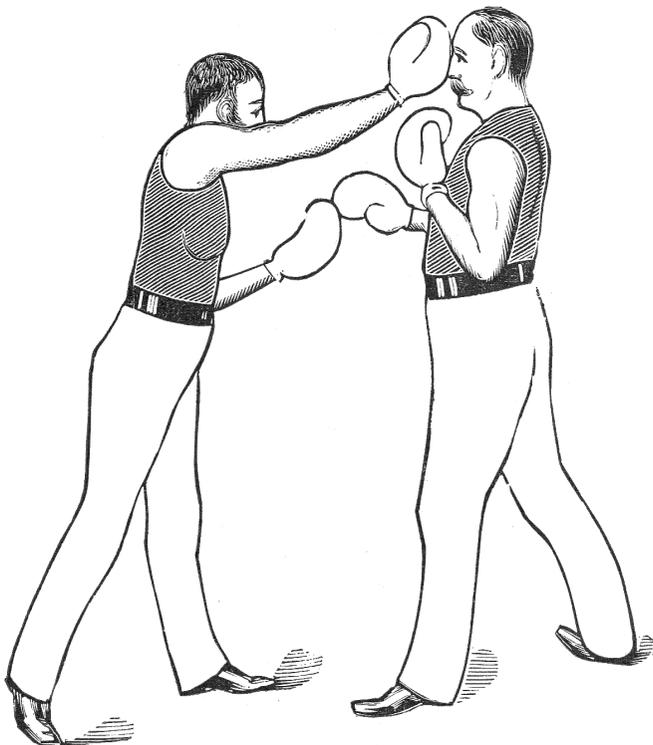
HEAD IN CHANCERY.

When your adversary makes a duck, step in and pass your right or left arm over his neck, bringing your wrist well under his chin, hold him firmly until he weakens. After he has been caught in this way several times, he will become disconcerted and chary of ducking.



PREVENTION FOR CHANCERY.

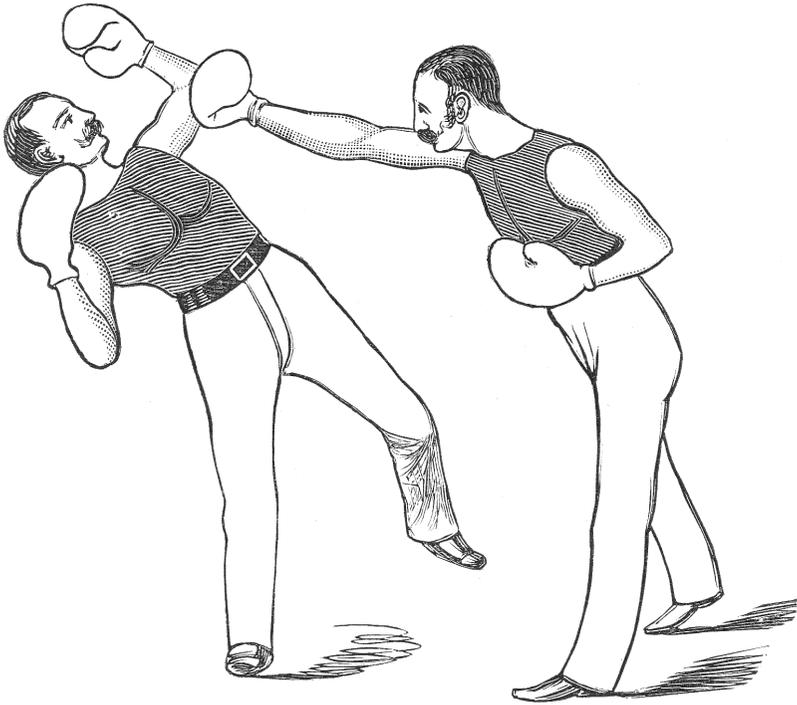
When you feel the right or left arm of your opponent encircling your neck, turn suddenly and bring your opposite elbow in contact with the pit; of his stomach.



FEINTING.

Make a pass with your left glove, only extending the arm about three quarters of full striking distance, at the pit of your opponent's stomach; he, thinking you are going to hit the "mark," will naturally guard it; then dash out your right into his face.

You can make a feint for the head, if you choose, and strike the body; or you can even feint with your eyes, by suddenly dropping their glance towards the same point, which also will cause your opponent to cover the "mark"; then you can dash out with the right glove at his face, as before suggested.



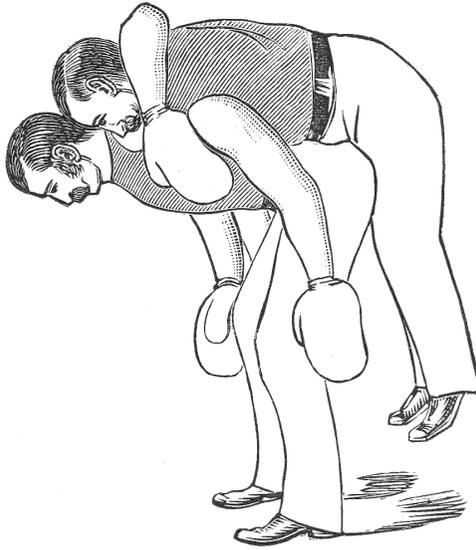
A KNOCK-DOWN BLOW.

Lord Chesterfield wrote, in one of his famous letters to his son, that although it was never gentlemanly to knock a man down, there were times when no gentleman could help doing it. And so, although this "TEACHER" is to train you in a pleasant pastime and a wholesome exercise, it means also to prepare you for an emergency which may be forced upon you by some violent attack. In such cases it is not enough to stand merely upon the defensive, for you are now face to face with an enemy who must be routed, "horse, foot, and dragoons." You must, therefore, try to deal your most powerful and effective blows at once, that the matter may be settled as soon as possible. And a good, solid, square knock-down at the very outset will do more than anything to discourage and defeat even a vicious assailant. The straight right-hand counter is as effective as any blow can be, and should be delivered if possible with a little upward curve, catching your opponent squarely under the chin.

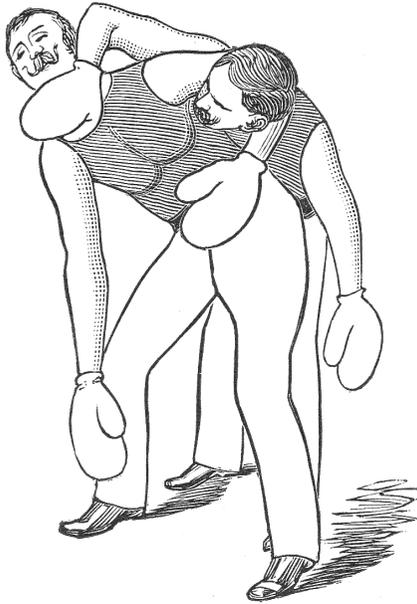


CROSS-BUTTOCK THROW.

As your opponent moves forward to seize you, step quickly aside to the right, just enough to escape him; you then close in upon him sideways, being particular to secure his right arm with your left, which you throw firmly about him, and then you push yourself in behind him; get well under him, stoop down, lift him on your back, then throw your head and shoulders down quickly quite near the floor; suddenly let go the hold which you have with your left arm, and your opponent will be thrown completely over your head.

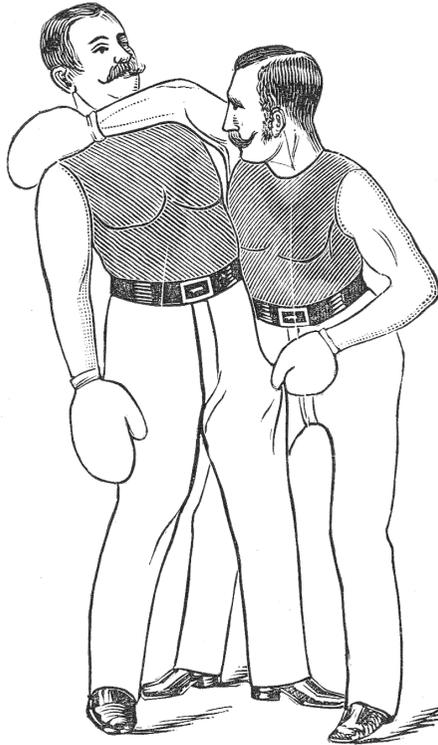
**BACK-FALL THROW.**

Step in front of your opponent, at the same time passing your left arm around his neck; than lean forward, and lifting him upon your back, throw your head down, let go your hold with the left arm suddenly, and thus throw your opponent over your head.



PREVENTION FOR THE BACK FALL THROW.

When you feel the left arm of your opponent passing around your neck, throw your right arm over his left shoulder, at the same time pushing your glove firmly under his chin; then bear up With vigor, and you will have turned the tables, and your opponent will be at your mercy.



HIP AND SHOULDER THROW.

Place your right arm under your opponent's chin, at the same time taking a firm hold of his right shoulder, then grasp firmly his left hip with your left hand, place your right leg behind his left leg, then lift up strongly with both arms, at the same time being particular to throw up his chin, then bend him backward over your right leg.

STRIKING THE BAG.

There is much excellent exercise to be had in practice with the striking-bag; but it is not exercise for the beginner, however, but only for the person who has already acquired a good deal of proficiency with the gloves. When the bag once begins to swing, it assumes so many different positions, and makes so many motions, that the natural tendency is to strike irregular and awkward blows, which would be very much out of place in sparring. Practise with the sand bag must, therefore, not be taken up until the student has become pretty sure of himself and his hands.

USEFUL ADVICE ON SPARRING.

ALWAYS keep your eye on the eye of your opponent, except when feinting with the eye and ducking.

Move the hands out alternately but lightly toward your opponent, keeping the muscles relaxed so as not to tire yourself unnecessarily, give the muscles tension only when you are about to deliver a blow.

When you spar with a person for the first time, keep on the defensive, and, so to speak, test your man, letting him take the initiative, then, if you see you are his equal, and have discovered his style, you may act on the offensive in your turn. You must think quickly, in order to be able to deliver a quick blow, so that when you see an opening, you may decide instantly and be able to execute at once the proper blow or counter.

Clean, direct blows, only, delivered like a flash, as the saying is, without any of the chopping manner, are to be reckoned as indicative of science.

Very much depends upon the way we manage our feet and legs in sparring. Always be firm, but at the same time easy and natural, on your feet. It is best to wear slippers with rubber soles, so that you will not slip, because nothing is more disastrous than to keep losing your footing; it not only frets and disconcerts you, but is very apt to strain the muscles of the legs. In order to become a "clever" sparrer it is as necessary to know how to use the feet and legs properly, as it is to know how to use the hands and arms.

Always keep your left foot about the same distance in advance of the right. When you retreat, bend the left knee, and take a good step back with the right foot; then bring the left back to the position prescribed for in the guard.

When you advance, bend the right knee, and make a good step

forward with the left foot; then bring the right foot up to its proper position, as shown in the cut illustrating the guard.

Never get your feet tangled and mixed up, and avoid dancing vaguely and nervously up and down and around your opponent, like a jumping-jack, but instead use good judgment and be cool, and escape your opponent by stepping back, ahead, or to one side, being very particular always to be on your guard, and on the lookout for a chance blow. Be always particular not to get your feet too near together, so as to be easily knocked over, but be sure always to keep well balanced.

Always bear in mind that dexterity and quickness are science, and that the true art consists more in being able to strike your opponent, spring away from him and recover your guard before he can reach you, than in standing up and giving and taking a lot of heavy blows.

Never attempt to duck a blow that you cannot parry with your arm, for ducking is much the more difficult defence of the two, and is practised successfully only by the most expert boxers. Nevertheless, it should be judiciously practised and studied as a part of the complete system, because it gives you the free use of both hands. Moreover, it is very graceful in itself, and is always, when neatly executed, rewarded with continued applause.

Never lose your temper in a friendly set-to, but always keep cool and collected. When you begin to feel a sense of personal opposition in what should be as purely a matter of friendly competition as a game of chess or euchre, it is time for you to take off the gloves and sit down until you get proper self-control again.

Remember this, that science and strength are not sufficient in themselves to win even the simplest set-to. Good courage, proper self-confidence, and the same clear-headedness that makes good generalship in war, are absolutely essential, and without them all other qualities will, in the long run, amount to comparatively little.

Never rush into your opponent if he is heavier and stronger than you are, even if he has not as much science as yourself, because in close quarters there is not so much chance for science, absolute strength usually coming out ahead; but if you are satisfied that you can hold your own with your antagonist, then you are warranted in sparring as you may think best, either at long-arm or short-arm range.

Always keep your eyes open, and avoid as far as possible intimating either by the movement of your eyes, or your countenance, or in any other way to your antagonist when or where you mean to hit him, or make any acknowledgment of any hits you may have received from him. If you have sufficient confidence in your own abilities to stand up to any person for a friendly set-to, never weaken, but do your best.

Always keep your mouth closed and breathe through your nose; if the mouth is open, a comparatively slight blow in the right place may dislocate the jaw, or close the teeth upon the tongue and wound. it.

It is best to wear a light sleeveless under-shirt, trousers belted just above the hips, and such shoes as are mentioned in another paragraph. Never strike below the belt, as this constitutes a foul blow, but you can strike anywhere above the belt.

A good illustration of what is useful may be found in the ordinary tennis shoe. If more support be needed for the ankle, or if the bouts are prolonged or severe, a laced boot will be preferable.

The left hand is usually used for leading blows, that is, to draw out your opponent's return, so as to give you an opening for a counter. You can reach much farther and strike much quicker with the left than you can with the right, and it is well known that some noted boxers of the present time can deliver a blow, recover their position, and repeat this over and over, always with the left hand, using the right only occasionally.

The right hand is kept for the counter; but it is to be observed that the right hand can strike the hardest blows when advantageously used.

Always remember to keep the glove partially closed and the thumb well down on the fingers.

Do not spar too long at a time ; it is an excellent plan to box on time; that is, whenever you spar with a friend to spar three rounds of three minutes each, with one minute's rest after each round, timing yourself by the watch or clock, when it is not convenient to have a third friend present to oversee. In this way both opponents are put on the *qui vive*, their interest is increased with their quickness, and their advancement more rapid, while there is comparatively no risk of over-exertion or over-excitement.

Three rounds are enough to spar at one time, as what you need is

short and active exercise to become proficient with the gloves. If you continue your practice until you get tired and your muscles and bones are lame and sore, then you become slow and heavy, and your exercise has done but little, if any, real good.

Do not drink water or anything else before you practise, as this is injurious to the wind.

I do not advocate the plunge bath after this or any other exercise which induces perspiration, but you should sit down for a while with a coat thrown over the shoulders, being very careful to keep out of a draught until nearly or quite cooled off, and then take a sponge bath, first wiping off what moisture you can, of course, directly after your exercise.

You will perhaps find that your exercise may at first make you somewhat lame, and you may have sore and swollen arms, but all these annoyances will soon disappear. Should you find that they do not, you had better suspend your boxing for a few days. There are arm-guards made for tender arms, but I do not advise their use, because it is simply impossible to strike as quickly with them as without them; so, as they must have a tendency to make one slow, they do more harm than good on the whole.

Study this "TEACHER" carefully, follow the advice strictly, and get the positions and movements illustrated in the cuts perfectly by assiduous practice (slowly at first and quicker as you progress), with your chum, or before a large mirror, and then pass on to all the practice you can get with your friends and associates.

In sparring, when not in the act of striking, the weight of the body is mostly on the right leg; you measure the distance with the left, keeping the weight of the body on the right; but when you come forward to strike, the weight of the body is shifted to the left leg.

Always judge well the distance you can reach, before you strike, because nothing is so ridiculous and so indicative of imperfect skill or bad judgment, as to strike and just lack a few inches of reaching your opponent,—“striking the air,” as it is called. Indeed the rule in sparring is, never to strike out, unless you are convinced that you are within reach of your opponent, as it is better to wait and get in one good blow than to keep striking only to fall short of the desired mark.

Deliver all curved blows, such as the upper-cut, kidney, and ear

blows, with the upper side of the hand, so as not to wrench the wrist, the thumb always remaining closed down over the fingers, and never being projected or raised.

Deliver the "chopper" with the lower portion of the hand, thumb up.

Deliver all other blows with the joints at the base of the fingers, not the middle joints.

The most vulnerable parts of the body, at which it is proper and allowable to direct blows, are the pit of the stomach, the face, neck, kidney, and just behind the ear.

Whenever you parry any blow, always bring the opposite hand back to the shoulder, in readiness for the counter, and whenever you strike a blow, always let the opposite hand remain on guard. It is sometimes very desirable to strike with the left and right in rapid succession, as your opponent will probably not be on guard for both blows.

A very profitable and agreeable exercise is the practice of the advance and retreat, with a friend, it helps greatly in learning how to get the parries, blows, etc., correctly. In the advance, you stand at the farther end of your room, facing your opponent; then let him strike one, two, with his left and right, slowly, at your face; you parry these blows, as described in this book; then let him retreat, by taking a good step back with his right, bringing up his left to the proper position; you then advance a good step forward with your left foot, bringing your right up to the proper position; then you strike one, with the left at his face, then parry one, with the right, letting him lead with his left; then begin over again and continue across the room; first, parry one, two, then advance and strike one and parry one. Practise this exercise very slowly and frequently, being careful always to follow the advice and abide by the illustrations as shown in the "TEACHER," coming forward on your right foot when you strike, and throwing your head and body with the shoulder blow, and leaning back, throwing the head back also, when you parry, standing firm on both feet and bringing the opposite glove back to the shoulder. Be very careful to have the arm at the proper angle, catching the blow on the forearm, and not holding it so high that you cannot see over it at your opponent. This is the very best form of exercise by which to learn, as all the blows can be

practised in this way. After a while you can make a change of tactics, and instead of striking for the face, strike the counters, the body and the kidney blows, and in fact practise successively all the blows and parries in the manual.

It is not allowable to strike below the belt, or when your opponent is down or on his knees.

Height and weight have a great advantage in sparring, and, all other qualities being equal, the man with the longest reach will get the best in a set-to.

Should you ever spar with a person who has the "right guard,"—that is, who stands with his right foot and arm in advance instead of the left,—when he leads at you with his right, give him the inside counter with the right at his face, or the straight counter with the right at the pit of the stomach.

Give a heavy and a light man the same amount of science, and the light man will be the quicker of the two, both with his hands and on his feet, as it is simply impossible for a person who is heavy, however proficient, to move about as rapidly as one who is light and proficient also.

GLOSSARY OF TERMS USED IN SPARRING.

- ADVANCING.** This term indicates the moving toward your opponent.
- ALL-ROUND BOXER.** This term means that you are good at everything that constitutes an accomplished sparrer, being proficient in striking, parrying, ducking, advancing, retreating, courage, strategy, etc., etc.
- AN IMAGINARY BOXER.** This term is applied to one who has an idea that he is a sparrer, but who, whenever he has a set-to with a good or fairly good man, somehow always fails to show it, and has to fall back on the popular lecturer's explanation that "although the experiment has failed, the principle holds out equally good."
- ATTITUDE, OR GUARD.** This means the position you assume as you stand before your opponent ready for a bout with the gloves.
- BEST.** This term means that you are superior to your opponent.
- BREAKING GROUND.** This term is synonymous with retreating.
- CHOPPER.** This term signifies a downward or chopping blow aimed at the bridge of your opponent's nose.
- CLEVER.** This term indicates science or proficiency.
- COUNTER.** This term signifies hitting at your opponent simultaneously with his lead.
- CURVED BLOWS.** These are blows which, in their flight to the desired point, describe a curved line, instead of a direct one.
- DEFENSIVE.** This term indicates that you let your opponent do the leading and forcing, while you parry, get away, or counter, as the case may be. This way of sparring is suggested in all cases, unless you know that you are at least the equal of your opponent.
- DRAW.** This term indicates that you start your blow for a certain point, and before your hand reaches that, you alter your plan, draw back the arm, and hit somewhere else.

- DUCKING.** This term indicates that you dodge with the head and body to escape the blows of your opponent, instead of using the arms to parry them. Ducking is much more difficult than parrying with the arms, and is preferable because it gives you the free use of both hands to attack your opponent.
- FALL-SHORT.** This term means that your opponent is beyond your blow and out of your reach.
- FEELING OF YOUR OPPONENT.** This term implies that you let your opponent do the leading, and carefully observe and test his strong and weak points, to ascertain whether or not you are his equal or superior.
- FEINTING.** This term indicates that you deceive your opponent by giving him the impression that you are going to deliver a blow at a certain point, while you really intend to strike out at another very different point.
- FIBBING.** This term indicates that when you are close in to your opponent and hitting with both hands at his face, you throw one arm (usually the left) around his neck, and peg away at his face with the right.
- FOUL.** This term means that a blow is struck below the belt, or at the opponent while he is down or on his knee. A foul gives the victory to the person who receives the foul blow.
- GOOD POINT.** Means a praiseworthy blow, counter, or duck, given or stopped.
- IN-SPARRING.** This term indicates that the opponents are close; to each other and use the half-arm blows; it is properly more "slugging" than sparring, as there is not much chance; to parry, but mere give-and-take is in order, and strength and heavy hitting replace science.
- MARK.** This term means the pit of the stomach.
- OFFENSIVE.** This term means that you do the leading and force your opponent, not waiting for him. This should not be done unless you are confident that you are superior, both in strength and science, to your opponent.
- ONE-HANDED BOXER.** This term means that a person is noted for sparring much better with one hand than with the other.
- OPENING.** This term denotes the manner of commencing or starting off in a set-to. The usual way is to open the bout with the left lead.

OUT-SPARRING. This term indicates that the opponents stand well out from each other and utilize the full reach of their arms. This manner of sparring is vastly more desirable and scientific than in-sparring, as it gives you abundant opportunity to strike, parry, get away, and display all the science you possess.

PARRY. This term means to escape the blow of your opponent by changing its direction or intercepting it on its way.

POINTS. First and second points indicate blows directed at the head ; third and fourth, blows directed at the "mark" and kidneys ; fifth and sixth, blows directed at the kidneys also; and seventh and eighth points indicate blows directed at the ears and the upper-cut respectively.

RETREATING. This term means the going from your opponent.

SIDE-STEP OR SLIPPING. This term indicates that you step one side or glide away from the attack of your opponent, and thus escape his rush.

STRIKING THE AIR. This term means that you err in your judgment as to the possibility of reaching your Opponent and fall short of him, losing your blow in empty space, which wrenches you far more than striking a resisting object would.

THE LEAD BLOW. This term means the first blow delivered by either opponent at the commencement of a set-to.

TWO-HANDED BOXER. This term indicates that the boxer can use both hands equally well, and is therefore much more scientific than were he only able to use one hand to advantage.

UPPER-CUT. This term means a circular blow for the face of your opponent as he is in the act of ducking.

WEAKEN. This term signifies that you show the "white feather," and act as if afraid of your opponent.

VALUABLE ADVICE ON HEALTH.

THE primary reason for taking practice with the gloves, is to make us more vigorous and healthy. It has been well said by an eminent authority: "What we want and need is, not acrobats and athletes, but healthier men and women." If our sparring is to be of any real benefit to us from a hygienic standpoint, we must not live in open defiance of the recognized laws of health. Therefore, that your exercise may be both entertaining and health-giving, I mention those laws of health which you must observe:—

Get up early in the morning and take a cold-water sponge bath before dressing; but if you find that your constitution will not allow the cold bath, substitute the lukewarm bath. An excellent bath also is the towel bath, which sometimes produces a quicker and stronger reaction than the sponge bath, and has the further advantage of requiring less water and less space. A single bowlful of water and a couple of rough towels are all that is necessary. With one towel, wrung out loosely in water, the body can be rapidly and efficiently scrubbed, as even the small of the back and the loins can be reached by drawing it to and fro; and by following this immediately with the dry towel, a splendid glow can be instantly produced. Colder water can also be used with a towel than with a sponge, as friction accompanies the application of it. The sitz-bath is also of great value in many cases of nervous weakness, inability to sleep, and easy fatigue. If possible it should be taken twice daily,—once just before going to bed (this is the essential one), and once during the morning. The water should cover the body no farther than the top of the hip bones, and should, for the first few days, be not lower than 80° in temperature; as good effects are felt, the temperature may be lowered 5°, or possibly 10°, at a time week by week, until 60° or even 50° can be borne without a chill. The first baths should not last more than five minutes, and the time may be gradually extended to twelve minutes, or, in

extreme cases, to fifteen. A cloth, wet in cold water, should be put on the head before sitting down in the tub, and kept there all the time, and a blanket should cover the whole person and the tub. *During the entire bath rub upward over the bowels, and downward along the spine.* After every bath, rub yourself quickly and quite dry with a coarse towel.

Practise standing up erect against the door or partition of your room, and be sure to have your head, shoulders, the backs of your knees and your heels touch it, keeping the knees well closed together, so as to touch, as you can, if you are not bow-legged.

When you get out in the open air, practise a full breathing exercise several times, taking in as long a breath as possible, and inflating the lungs to their full capacity; then let it out after an instant's pause, doing both very slowly; repeat this for several minutes. At first this may make you a little dizzy; but rest assured that this is a convincing proof that you need the training; and after a little practice this dizziness will not trouble you. Always try and keep as erect as possible, in standing, walking, and also in sitting. When it is suitable weather, take a walk before breakfast, or, better still, a horseback ride or a spin on the bicycle. Always remember to eat a cracker or two before you indulge in your morning exercise, because it is unwise to exercise on an absolutely empty stomach.

On the same principle it is also well to take a few mouthfuls of some plain, easily digested food before going to bed, if you are tired and have anything like a sensation of weakness, emptiness, or "goneness" in the stomach, or if you are inclined to be wakeful or to dream. Not a supper, as is said later on, but just a trifle to check the craving and draw the blood towards the centre of the body and away from the brain.

Never go to bed with cold or damp feet, and if you are apt to be restless and irregular in sleep, let the feet be really hot, and also rub the spine well, from the shoulders downward, with a flesh-brush.

It is very injurious to remain in bed an hour or two in the morning awake and breathing the foul air which must have collected in the chamber during the night, to a certain extent, no matter how good the ventilation. As a rule, it is best to get up at once when you awake in the morning, providing it is not altogether

too early, rather than remain awake in bed or take the chance of another nap. In the spring, summer, and fall, the best air is in the early morning.

A daily evacuation of the bowels is absolutely essential if we wish to have good health, and to facilitate this we may drink the juice of a lemon each morning in a glass of water just before breakfast, it is an excellent idea, also, to eat some oatmeal, cracked wheat, or something of this farinaceous sort as a part of the morning meal; and we should visit the stool regularly every morning, immediately after breakfast, no matter whether we feel like it or not, because after a while there will grow up a natural inclination. We cannot be too particular about this matter, because the regular and natural daily movement of the bowels is of vital importance as an influence upon the health.

If we have a friend whom we can call in, it is desirable to take a light turn or so with the gloves before breakfast, but at this time the exercise should not be long or violent. Severe exercise is only safely taken some two or three hours after eating.

Breakfast and dinner should constitute the principal meals of the day, and should be substantial, of mixed food, eaten slowly, and accompanied, if possible, by cheerful conversation to promote digestion and to prevent hasty eating. Supper should be light, and taken about three hours before bedtime; hot, late suppers have sent a great many to a premature grave. Do not eat too much or too little, as one's diet should be governed by his individual occupation and needs. Eat your meals regularly, at as nearly the same time daily as possible. Be cautious and chary about drinking ice-water in hot weather.

Always keep the chin well up from the chest, because this will help wonderfully to give you a large, deep, and full chest. Stand-up collars have a tendency to keep the chin up, look better in most cases, and have at present the additional advantage of being decidedly more fashionable than the turn-down collar.

Go to bed in good season, and remember that the "beauty-sleep" comes before midnight; keep the chamber well ventilated, and do not have any more clothes over you than you really need, as too much heat is very weakening. Endeavor always to lie on the right side, because if you lie on your back or turned upon the face, you will have more of a tendency to dream, and to impede

the action of the heart, which organ inclines to the left side. Do not lie with the head bolstered up high, as this interferes with the proper circulation of the blood. If you have an inclination to obesity, be discriminating in your diet, and exercise more, so as to refine your flesh and convert it into healthy fibre and hard muscle. Too much flesh is not only a burden, but it impairs the wind, and makes one clumsy and awkward, and is really a misfortune.

A distinguished physician very recently stated, through the columns of a very prominent Boston daily, that "Corpulence, or an excessive accumulation of fat, known also as obesity, is a disease the importance of which is rarely correctly estimated. A vigorous muscular action antagonizes the deposition of fat. It is, therefore, *imperative that corpulent persons take a considerable amount of daily exercise.* Not only are long walks advised, but also *boxing; which necessitates vigorous motions of the muscles of the upper extremities.* It is no less important that over-exertion be avoided, as it would directly expose a corpulent person to the danger of serious heart trouble, or an apoplectic attack. With the loss of flesh will come greater physical strength and mental vigor; all the vital powers will alike share in the restoration."

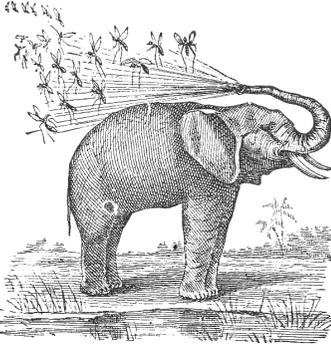
Our need is not corpulency, but refined flesh and hard muscles.

Always keep this fact fresh in your mind, that because some persons can do wonderful things and endure severe hardships, is no reason that you personally can, because some persons have remarkably strong constitutions and incredible recuperative powers, is no reason that you possess the same. We are all distinct individuals with personal and separate needs and powers; no two persons are exactly alike in constitution any more than in features, and, consequently, what we need is to study ourselves and ascertain our own individual needs and powers, and to govern our habits and direct our exercise accordingly.

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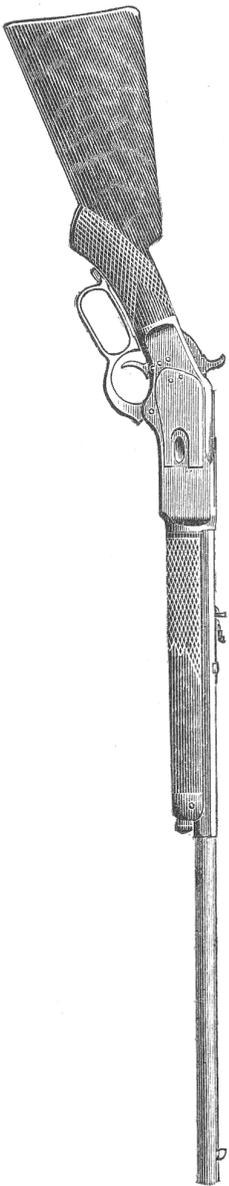
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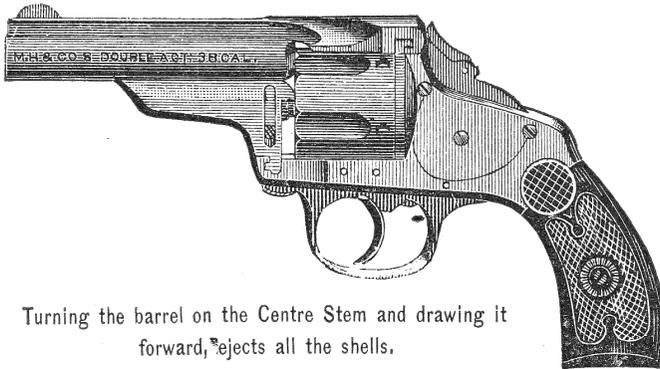
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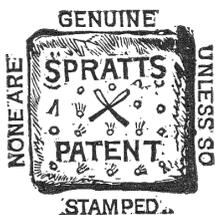
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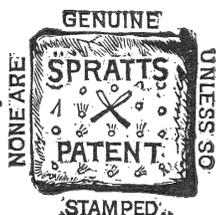
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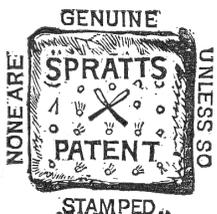
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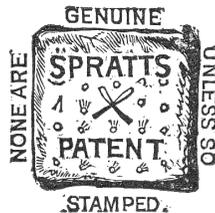
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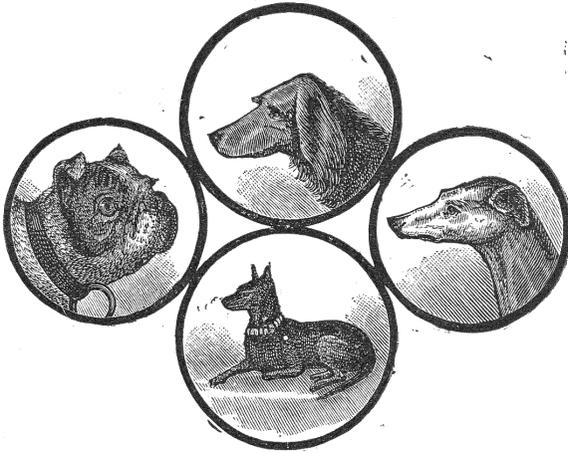
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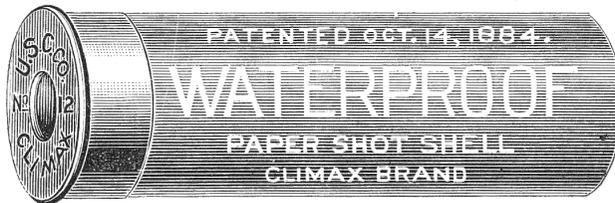
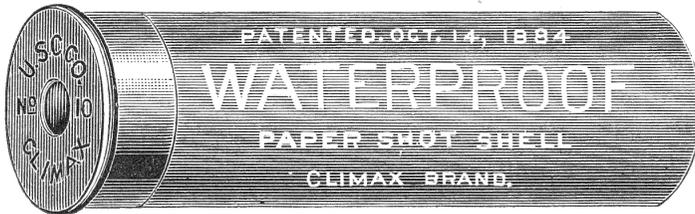
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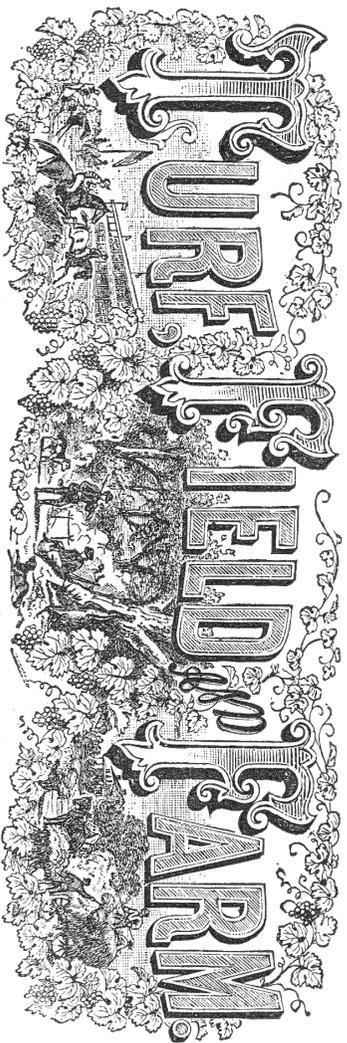
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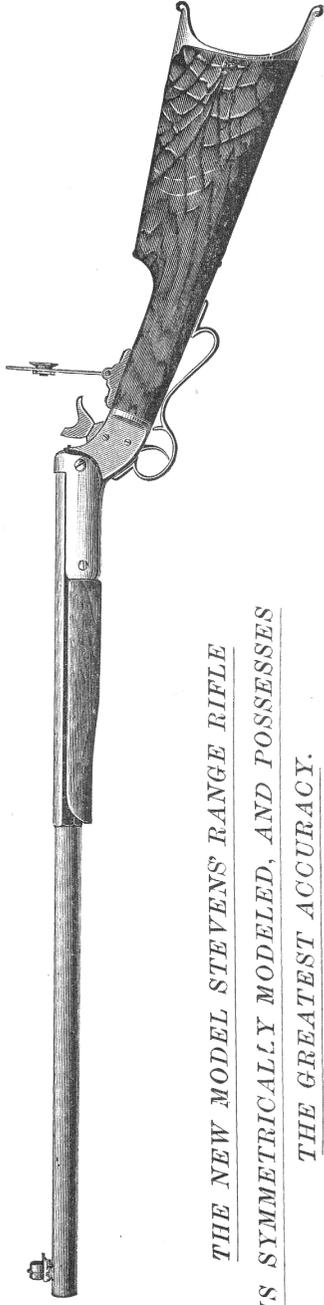
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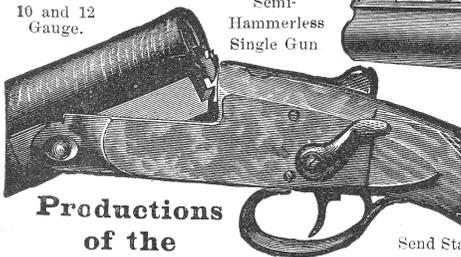
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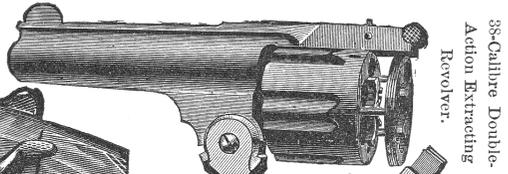
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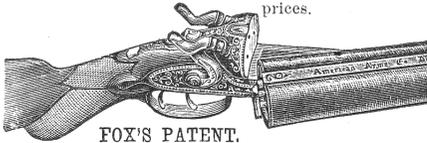
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