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FOR CONSULTATION ONLY

THE SCIENCE OF WRESTLING.

Volume I.



Sir Gangadhar-rao Ganesh Patwardhan,

K. C. I. E.

CHIEF OF MIRAJ, (*Senior.*)

Illustrated by Five Hundred and
Sixty Five Plates from life

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We invoke Hanuman, the son of the God of Speed, the staunch devotee of Shri Rama the highest ideal of Physical and Mental Strength.

The present volume of “**The Science of Wrestling**” is dedicated with most humble and dutiful respects to Hanuman, the greatest devotee of Shri Ram, the saviour of mankind and Aryan religion from the intolerable Persecution of the ruthless demon Ravana by dint of sheer prowess of his broad powerful arms, the blessed peace-maker between Shri Rama and Sugriva the king of monkeys by his great intelligence, without whose valorous deeds Ramayana would have lost much of its charm, who mirrored to the world the greatest ideal of devotion to God by his eternal celibacy and thereby fulfilling the great mission of the Almighty, the greatest weight-lifter of the pre-historic age—the lifter of great mountains even—, the noblest and greatest model and inspirer of Strength, Intelligence and Devotion to the rising effete youths of India, the presiding Deity of and the first authority in the Science of Wrestling, in detailing whose virtues language fails to give adequate expression.

The most humble devotee to Hanuman,
Gangadhar-rao Ganesh Patwardhan,
 CHIEF OF MIRAJ, (Senior.)



THE SCIENCE OF WRESTLING.

CSL

PUBLISHER'S WORD.

*Knowledge is twice b'essed; it blesseth him that
giveth and him that taketh.*

To all Deccan Sir Gangadhar-rao Patwardhan is well known as the finest wrestler. He spent the prime of his life by devoting, with heart and soul, twenty four years to the systematic study of the Science of Wrestling and he acquired great proficiency in the subject. His refined knowledge of wrestling was well utilised by his selection as the Head Umpire in the Athletic Tournaments held from time to time under the auspices of the Deccan Gymkhana, Poona. Unlike other princes, he is never content with engaging professional wrestlers in his service and merely witnessing the wrestling bouts but he like that prince of wrestling-Khanderao Maharaj Gaekwar of Baroda-has achieved glory by actual personal wrestling in the arena.

The very fact that he has never failed to furnish the requisite illustrated information for the purpose of our monthly ' *Vyayam* ' which has now seen twelve years, bespeaks his great interest in the subject. Furthermore he has ever been giving the benefit of his views on wrestling through the columns of our magazine.

The present illustrated volume is the natural outcome of his heart-felt desire for leaving such a valuable legacy in the form of " The Science of Wrestling " not merely to India but to all great Continents of the earth.

He always personally attended the photo-taking of wrestling positions for hours together and gave necessary practical instructions

Though he has now entered his sixties, he carries a young man's energy and strength. Even now he never misses to do his 350 Namaskars daily. Physically old and practically now far from the touch of actual wrestling as he is, he can easily explain or, if need be, show by employing himself every hold, feint, parry, counter, block and break in wrestling like a past



master in that Science. His resourceful intelligence in inventing new holds, his retentive memory, his unerring judgment on the spur of the moment in applying his knowledge of the wrestling technique, his large hearted-ness in not withholding any professional secrets and his accuracy in the scientific treatment of the subject are simply unrivalled. He deserves to be regarded as an ideal of Health and Physical Culture by the young generation of to-day.

Sir Gangadhar-rao Patwardhan believes that for a complete treatise of this Science no less than some four or five volumes will be required to be written up. If the educated public welcome the present volume with ample patronage and real appreciation—which we hope and trust they will—he intends to publish the other volumes in order.

We therefore, appeal earnestly to our readers who have a genuine love for the acquirement of knowledge of this Science to lend their helping hand to this priceless volume and thereby encourage the author to write out the other volumes. The educated public, therefore, should not fail to avail themselves of the knowledge of this Science, acquired by him with untired energy and herculean labour for a number of years. If the complete treatise of this Science be published it will be a most valuable addition to the stock of Physical Culture literature. Publications of such illustrated volumes are very expensive and involve great labour. Besides, expert writers on the difficult subject of wrestling in a simple style can be found but very few.

We are very much thankful to Sir Gangadhar-rao Patwardhan for entrusting the process works in this volume and its printing to our Physical Culture Office.

To conclude, may Hanuman, the deity of Strength and Wrestling bestow on him long life with splendid health and inspire him with energy to publish the next volumes. With this sincere prayer to God, we take leave of our readers.

Vyayam Office,
Raopura, Baroda.

} **D. N. Vidwans,**
Editor, Marathi "Vyayam"
and Manager Rama Vijaya Press.



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Sir Gangadhar-Rao Ganesh Patwardhan.

K. C. I. E.

Chief of Miraj (Senior).





THE SCIENCE OF WRESTLING.

INTRODUCTION.

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“Wrestling is the national game of India.”

What is called hand-to-hand fight consists of four chief branches viz:—( 1 ) Wrestling, ( 2 ) Sword-fighting, ( 3 ) Mace-fighting and ( 4 ) Boxing. Amongst these Wrestling ranks first in importance—nay it is the parent of all. All the other forms presuppose a knowledge of wrestling to a certain extent for their successful execution.

The origin of the Science of Wrestling dates back to hoary antiquity. We find in Indian mythology many an account of stirring wrestling bouts. The great epics of Ramayan and Mahabharat abound in these. We single out only four of these viz:—The contest between Wa’i and Sugriva could be termed a sort of Boxing; that between Kansa and Shree Krishna Bhagawan was nothing but Sword-fighting; that between Bhima and Duryodhan was the same as Mace-fighting and that between Bhima and Kichaka was but dangerous wrestling. Who would not be thrilled by reading the graphic descriptions of those contests and contestants, by the greatest poets Valmiki and Vyas? It is indeed a pleasure to read various holds and feints and tricks so beautifully described. The Science of Wrestling had touched its zenith in the days of Ramayan and Mahabharat. Some of these wrestling bouts were so furious that they lasted through a number of days and were of a fatal character. But the Science of Wrestling as dealt with in this book is innocent enough comprising of wonderful and effective tricks transmitted from generation to generation. They are largely taken from the wrestling competitions mentioned above. We find four principal schools of Wrestling viz:—( 1 ) Hanumanti, ( 2 ) Jambuwanti, ( 3 )



Jarasandhi and ( 4 ) Bhimseni. The holds referred to in this volume belong to the last school. The feature of the branch concerned in this book is the entire absence of the o'd 'fury' element as its code strictly prohibits foul holds, butting, picking, strangling, bone-breaking and deliberate attempts to disable an opponent ( when a fall could under no circumstances be secured. )

Among these four branches of combating the following points are to be noted in the act of the upkeep of balance and of the application of holds. These holds happen to be employed on ( 1 ) equals, ( 2 ) those of superior strength and ( 3 ) those of inferior strength. In these cases again they differ according as the contestant is ( 1 ) taller, ( 2 ) shorter, or ( 3 ) of equal height. Thus every hold has its nine aspects or forms.

Besides, all the holds can be met with various tricks such as counters, blocks, parries, breaks etc. In this way this Science comes to be or gets extremely complex. In practice its complexity becomes still more apparent as ' Each wrestler's temperament will govern not only his personal predilection for attack and defence but also the quality and vigour of his performance in either role. His opponent's temperament will, of course, not be without its relative importance, for a man who usually relies mainly on his defensive abilities may assume a vigorous offensive attitude, should he find, or consider himself superior in that department to the man with whom he is engaged. "

The books of various sciences such as Astronomy, Philosophy, Mathematics, Medicine etc., have been written by our great ancestors after making many researches into them. But unfortunately no work on this Science of Wrestling is available though Wrestling was in prominence to an extent which was nowhere seen except in India.

Wrestling is a special form of Physical exercise in India. Formerly training in wrestling formed an important part of the education of princes, which exerted a beneficent influence





on their subjects. Naturally then wrestling was the predominant element in the physical growth of national organism. But now, Oh ! as are the princes so are the subjects. In those days this system of exercise ruled the minds of the people all over India and it is exercising its influence in a greater or smaller degree even at present. In the intervening period wrestling came to be sadly neglected and found shelter in the hands of illiterate persons. Fortunately for the nation they did not allow it to die out and some have maintained it at its original level of efficiency. Intellectualism seemed to rule those days and the development of the physique was practically ignored.

Every student of history has learnt from the records of time that the loss of virility and physical decay in the individuals of the nation have invariably been the precursors of the downfall of that nation irrespective of its place in the world. The public schools and colleges nowadays are crowded with anæmic boys and girls whose stunted and poorly developed bodies can be easily transformed into beautiful muscular and healthy frames if Physical Education were to be made compulsory. Bodily inactivity invariably tends to disease both mental and physical and eventually to premature death. So what can these boys and girls do to the nation after their school career, with but a poor physique ? It is really due to the want of Compulsory Physical Education and consequently to the entire neglect of this strenuous form of exercise—Wrestling—that colleges have been turning out by shoals unmanly young men who endeavour to show themselves otherwise by means of robes and ribbons.

Of late the Science of Wrestling appears to be receding from the theatre of the world owing to the absence of patronage by the talented and the rich. In England, they attach great importance to their national physical game—Boxing. Reports of Boxing Tournaments are found every now and then in dailies and weeklies. They hold with pride that boxing makes men active, bold, healthy, enduring, brave and awe-





inspiring. They, therefore, try to preach men as far as possible the doctrines of Boxing and nobody attempts to neglect them. But the educated Indians treat their national game 'Wrestling' lightly Wrestling is, in no way, inferior to boxing. On the other hand an Indian wrestler, if properly trained in boxing, will be better able to protect himself as Wrestling has made his body more fit for that. Wrestling involves greater tact, greater practice of the knowledge of leverage and greater stamina and agility. Boxing develops pre-eminently fists while wrestling requires all-round development of the body. Some wrestlers, though illiterate, amaze the spectators by successfully executing one or two patent holds many a time. If a little knowledge of Indian Wrestling becomes so much effective what will be the result if a wrestler were to know that art systematically ? It is to show this result that the talented and the rich Indians should step forward and vigorously undertake the work of learning it first themselves and afterwards imparting the same to others. Then indeed Indian wrestling will wear a beautiful form and we will then consider our efforts of publishing this volume, crowned with success.

In view of the birth of the new spirit—" Compulsory Physical Education in schools and Colleges," We have upon us flashes of the glimpses of a new era of Physical Renaissance in India. We, therefore, humbly suggest that these great Universities will be rendering greatest service to the nation if they give an important place to wrestling and other exercises in their curriculum as it will result in their sending out both brawny and brainy men who will, in future, be the greatest assets to the Indian nation.

The fact that a Physical Culture Conference is meeting at Poona on the 25 th May 1927 and onwards for furthering the cause of Physical Culture in India and bringing about suitable changes so as to give a definite direction to Physical Education, is indeed an encouraging of the times and augurs well for the future of Physical Culture in India. The Science





of Wrestling deserves to be revived by the public and proper text books must be prepared to make the physical knowledge of the public perfect. The need of having books of this type, therefore, is all the greater.

Of late the Deccan Gymkhana, Poona, and the Hind Vijaya Gymkhana, Baroda, have been trying their best in making their Tournaments a success with the sincerest desire of promoting the cause of national physical education and the national health of India.

On the Occidental grounds the importance of Indian Wrestling was created by the famous wrestlers like Guha, Gama and others by easily defeating the Western Champion Wrestlers. They, therefore, are trying their utmost to develop this art. Illustrated text-books on wrestling prevalent there are already out. We-Indians should not be thrown into the back-ground in this respect. Care has been taken to make the present work more exhaustive, more illustrative and more explanatory than any of theirs.

The reason why wrestling is prevalent mostly among the people of low social standing, is the paucity of many experts in it. There are some who know this Science perfectly but they want to keep their professional secrets locked within them. Under these circumstances there is no wonder that wrestling appears in an ugly form. This volume is, therefore, meant to explain to our readers some of the holds with feints, counters, parries, blocks and breaks thereon systematically arranged and facilitating their understanding with illustrations from life. Our readers should not think that these holds with feints etc. thereon are exhaustive but they are given as specimens in order to enable the intelligent workers to invent their own methods of application in those directions. Our aim is to transform the brutal nature of wrestling into a beautiful and refined form. In the absence of a sure guide this volume will serve the purpose of an efficient teacher to our readers and thereby a real liking for the Science and art



of Wrestling will be created. It deserves to be resorted to even by the civilised Indians who should not relinquish their claim on this Science left to them as a legacy by their ancestors. The cultured people should endeavour to develop it by their own valuable additions and preserve their own name as wrestling champions in the whole world.

If we think of various holds with feints etc thereon, we come to the conclusion that there must be some certain law on which this Science is principally based and this law you will find to be that of leverage. If this principle is strictly obeyed, the effect of all the tricks mentioned herein will be sure. You will realise that the more you study this Science, ( we say from our experience ) the farther our knowledge of it recedes like the horizon; in short it appears to you endless, because of this there is no reason for you to be disappointed.

The Science of Wrestling inculcates upon its devotees the lessons of Love, Humanity and good Behaviour. It gives free play to intellect. The complicated web of holds with counters, parries etc. thereon cannot be unthreaded without intellect. It is far reaching in its effect, for the deeper we go, the more wonderful inventions we can make in the tricks and counters thereon. It sharpens the ready wit. While actually wrestling in the arena we get various positions and the unerring judgment of applying a particular counter at a particular juncture, by no means, forms a matter of mechanism alone. The knowledge of the best combinations of holds with counters etc. thereon with the application of the most suitable openings and more particularly even in the possibilities of turning their use against oneself into advantageous feints for attack, is not at all easy. The end and aim of wrestling is to equip a man with the all-round strength, stamina and agility to turn the tables on the antagonist, despite his superior strength or height. Besides from a worldly point of view a wrestler will be enabled to endure successfully any amount of strain in his practical life. He will be able to resist the force of a disease more successfully.





We have attempted to impart the knowledge of this Science through Marathi "Vyayam" but we thought it best to express our ideas in the form of this volume in order to stress its importance upon the rich persons, the civilised ones, and the English knowing public.

We are highly obliged to shreeyut Dattatraya Chintaman Mujumdar. B.A. L.L.B for suggesting the systematic arrangement of the holds with their necessary accompaniments, for taking photos, for providing with his process work apparatus, his band of workers and other facilities, apart from his personal hard labour in seeing and disposing the whole work through. So do we offer our best thanks to Mr. Eknath, Vishnu Dadape B.A. (Hons.) who wrote the whole work again in simple English, without having recourse to the translation method. We also owe very much to the professional wrestlers such as Imamuddin, Babumiya, Chotusing and others who initiated us into this Science and gave us detailed instructions thereon. Thanks are also due to Messrs. Gokhale and Parasnis who allowed us to photograph them. This volume would not have been out so soon, were it not for the admirable quickness in which the process work therein was so beautifully finished by Master Shankar Dhondo Vidwans. We must not also fail to thank Mr. Dhondo Narayan Vidwans, the Editor Marathi Vyayam and the manager "Shree Ram Vijaya Printing Press, Baroda," for printing this work so nicely in his press. Lastly We must not forget to offer our humble prayer to our tutelary deity Shree Gajanan.

*The Author.*

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## HINTS TO BE NOTED BEFORE READING THE BOOK.

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Wrestling, according to George Hackenschmidt and Ernest Gruhn, can be principally divided into two heads (1) Up-standing Wrestling and (2) Ground Wrestling. Each head contains so many holds that no definite order seems to have been kept up by them. Some holds that are patent to them are beautifully described and illustrated by them while others are left without sufficient illustrations. To improve upon this disorderly arrangement, We have tried to systematise this Science by dividing Up-standing wrestling into four possible parts (1) Standing holds while facing each other, (2) Standing holds from behind, (3) Standing holds from the front and (4) Standing holds sideways. The ground work also is divided into three parts. (1) Ground holds from above, (2) Ground holds from below and (3) Ground holds from the front. A few holds are systematically grouped in each part with an example of every trick thereon with full illustrations. The next volume will preserve the same system of division but the holds with their proper accompaniments will be different. The remaining four parts viz., (1) Breaks, (2) Moves to get behind, (3) Varieties of a hold according to height and strength and (4) Chain holds, form the com-





plementary part of this science. Their knowledge is necessary in opening any bout or in saving oneself from any false move on one's part or on the opponent's part. In this way taking into consideration all important positions while standing and sitting, we have made an attempt to group various holds into one particular system for the clear understanding of our readers.

Many illustrations of a hold are given with a view to explain to our readers the different stages through which the wrestlers go rapidly. The players are not to delay in those postures.

It should be borne in mind that the Science of Indian Wrestling is principally based on Pavitra—a Scientific mode of standing. Whenever any false move is made to secure Pavitra anyhow is the most protective factor of a wrestler. This Pavitra is regulated strictly according to the principles of leverage. Any thing having a broad base cannot be toppled down so soon; while a thing having a narrow and weak foundation easily tumbles down. Similarly in Pavitra a wrestler keeps a sufficient distance between his feet to have a broad base to ensure his equilibrium. More attention, therefore, should be paid to the use of legs and feet for aggressive purposes. This distance differs according as a man is tall or short. If a man is not pushed forward or backward even with violent efforts of the opponent, he is said to have known the underlying principles of Pavitra perfectly. The knowledge of "How to keep up Pavitra" is gained only by constant practice. Its object is to secure firm footing on the ground.

Another important point with regard to the application of a hold deserves to be noted. Every thing in this world has its centre of gravity. If that centre of gravity is secured the object remains in equilibrium. Then an easy jerk will tumble down the object. Take the instance of a scale pan. If the moments about the fulcrum are equal, the pans remain in perfect equipoise. If a small weight is thrown in one pan, the other at once goes up. Coolies also lift up heavy sacks and easily jerk them into their proper places on the very principle of centre of gravity. The same principle holds good in the application of a hold in this science as well. The employer should be trained to secure the centre of gravity of the opponent while instituting any hold on him and then he should fling him down. If the opponent is caught at his centre of gravity, he can be pinned down with a very little effort. The opponent is surprised to find himself beaten so easily. It is owing to the ignorance of this principle that many procrastinating wrestling bouts are seen. The scene loses its interest when wrestlers are pushing each other without any successful effect and it is only after exerting an amount of strain that one beats the other. Wrestling without the principle of leverage and centre of gravity is simply boorish. Accordingly the principles of leverage and centre of gravity should be hammered into the brains of a learner with practical examples thereon. The teacher should actually show him their effects by applying holds on somebody else.

The preliminary training of a wrestler should consist chiefly of those exercises which will best develop his muscular strength, leg muscles and also all-round agility, activity and stamina.





We have given fixed meanings to some words and followed them literally throughout the book. It is essential to explain what these technical words exactly mean to convey.

( 1 ) *Hold*:—A move or a group of moves, by which the opponent can be successfully pinned down to the ground, is termed a “ hold.” It is an erroneous view to call a simple move to get behind or some such other trick a hold.

( 2 ) *Feint*:—Feint is nothing but a deception practised on the rival to fulfil one's own end. When a wrestling bout commences, a man makes a show of applying some other hold. When the adversary attempts to defend himself from the anticipated hold, the man lets go his showy attempt and employs his originally intended hold with ease and little efforts and pins him down. Thus a false showy move to get an advantageous position for instituting the intended hold is called a “ feint.”

*N. B.* Holds and feints are employed by a man who takes the offensive movements; and counters, parries, blocks and breaks are to be applied by the defendant. Our readers should try to understand the wording of the text, in accordance with the above way of thinking.

( 3 ) *Counter*:—The hold counter-acting the opponent's well secured hold is called a “ Counter.” In ordinary language this word is loosely used; it means any artful design which counteracts the application of the opponent; it may or may not enable him to drop the opponent down on his shoulders to the floor. But we consider that counter acting hold or artifice to

be a "Counter" which turns the tables on the opponent successfully.

( 4 ) *Parry*:—The moment you anticipate any particular hold from the opponent, you should employ a trick which will nip his movements in the bud. This parrying manœuvre is used before the hold is secured and then it will come under the category of "Parry."

( 5 ) *Block*:—The artifice adopted to stop the hold of the employer is called a "block." By the block you frustrate the object of the employer in flinging you on your shoulders to the ground.

The object of a block is not to pin down the applier of the hold but to block his hold. The distinction between a parry and a block lies in the fact that the former is applied before the hold is secured while the latter, after the hold is applied.

( 6 ) *Break*:—At times your opponent institutes a certain hold on you or grasps you so as to hinder you from applying any counter thereon the trick of extricating yourself from his hold is called a "break." Here the object is not to defeat your adversary but simply to liberate yourself.

( 7 ) *Chain*:—At times wrestlers, if they are well-versed in the art of wrestling, enter into ingenious applications of holds one after another but nobody is defeated. If one applies a certain hold the other counters it, the first again blocks it, to which the other quickly employs some other hold



and so they go on for a long time. Such a continuous quick succession of holds, counters etc., is termed a “ Chain.”

Long chains thus can be formed and practised very easily. Some chains are illustrated at the end of this book, as specimens to enable our readers to form other chains of their own. These Chains of Wrestling make a fine exhibition to attract the minds of spectators. The object of the chain is that a wrestler must be able to practise the trick of quickly slipping from one hold into another so that, when necessary, he can make them run on practically continuously. He should, further, as far as possible, so carefully study his adversary and his methods as to be able to anticipate his moves.





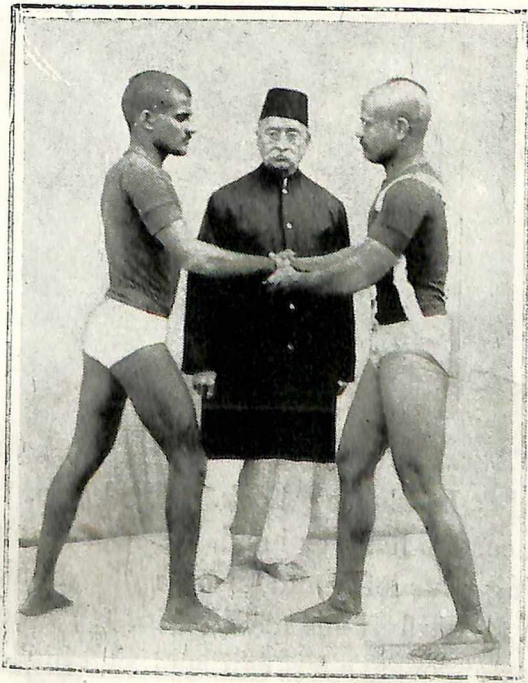
# THE SCIENCE OF WRESTLING. **CSL**

( Bhimseni School of Wrestling. )

## VOLUME I.



*Salami* ( Bowing. )





## The Science of Wrestling.

**Salami**-( Bowing ):-It is customary among the Indian wrestlers to bow to each other before a wrestling bout is commenced. Its object is to display a noble spirit of sportsmanship. The European wrestlers are accustomed to shake hands before entering into a wrestling contest.

Stand on Pawitra (Firm standing position) so that neither of you can pull each other nor can dive for holds. Grasp your opponent's left hand between your hands, keeping as much distance between the feet, as is illustrated in the picture. Let go your hold and bow to each other. Commence the wrestling combat after this preliminary bowing.

### PART I.

**Standing Holds to be employed while facing each other.**

*Saki*:- ( Inside Leg Hook. )



Hold no. 1.

Fig. no. 1.

**1 Saki** ( Inside leg hook. ) Hold No. 1:-When your opponent places his hand or hands on your shoulders, reply to him by placing your left hand on his right shoulder from inside and pull him forward by his neck. ( Fig. 1. ) Hook your left leg inside at your opponent's left calf and pull his leg towards you

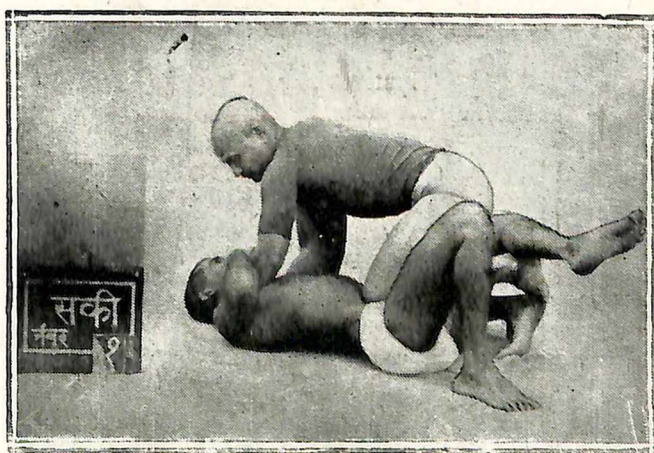
*Saki* ( Inside Leg Hook. )



Hold no. 1.

Fig. no. 2.

*Saki* ( Inside Leg Hook ).



Hold. no. 1.

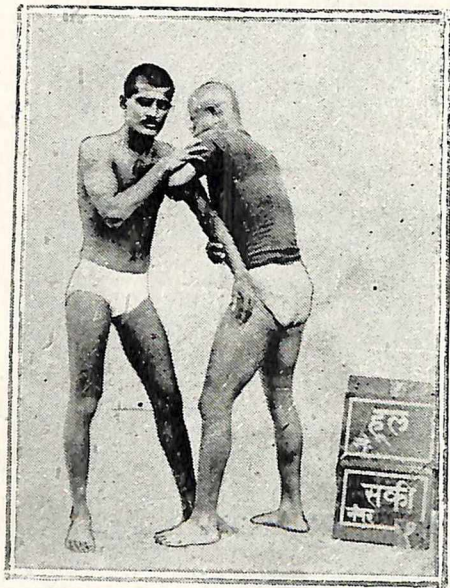
Fig. no. 3.

with dash and vigorousness. ( Fig 2. ) The moment the foe loses his balance, press him back by the strength of your hands, pull him towards you by your leg at the same time and sling him clean on his shoulders to the earth ( Fig. 3. )

N. B:—In all these holds, begin with any side-left or right—and make corresponding variations in their application.



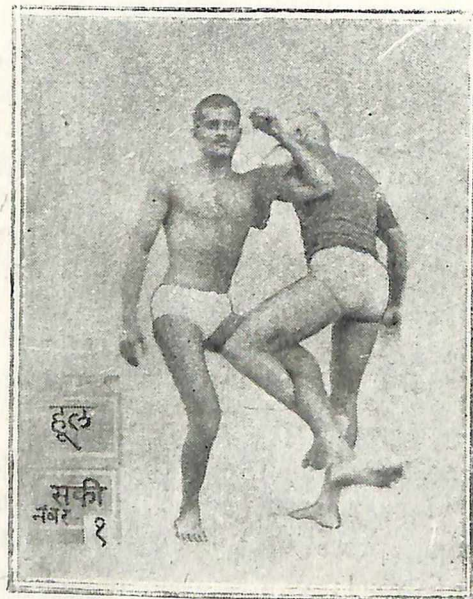
*Saki* ( Feint No. 1. )



Hold no. 1.

Fig. no. 4.

*Saki* ( Feint No. 1. )



Hold no. 1.

Fig. no. 5.

balance by applying *inside leg hook* on him ( Fig. 5 ) and hoist him on to his back.

*Saki* ( Counter No. 1. )



Hold. no. 1.

Fig. no. 6.

*Saki* ( Counter No. 1. )



Hold no. 1.

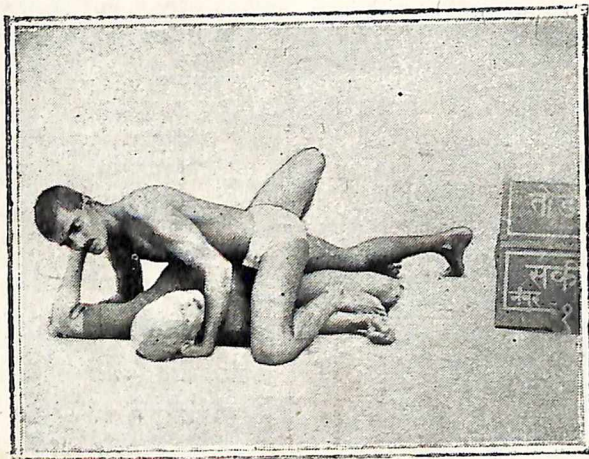
Fig. no. 7.

**Saki-Counter No. 1:--**  
When your opponent is endeavouring to secure an *inside leg hook*, suddenly turn your neck and head to the direction of the applied hold, -say, to your left ( Fig. 6 ) swing round your opponent by the force of your hands in the same direction and giving a twist to your body firmly grab your opponent without loosening the grasp, with the result that his equilibrium will be toppled. ( Fig. 7 ). Pull vigorously

your foe to your left and press him down and down with the dash and force of your chest ( Fig. 7 ) until you succeed in pinning him clear to the floor. ( Fig. 8. )



*Saki* ( Counter No. 1. )



Hold. no. 1.

Fig. no. 8.

*Saki* ( Parry No. I ).

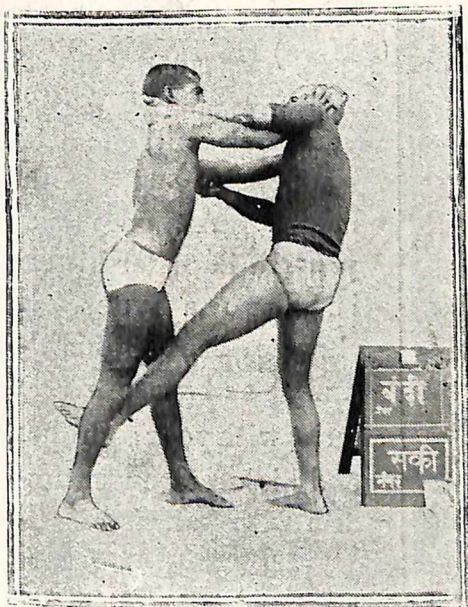


Hold no. 1

Fig. no. 9.

**Saki-Parry No. 1.**:-When your adversary is attempting to hook his leg for securing the *inside leg hook* quickly stop the hold by pressing him with your right palm on his left ribs, thigh or leg as your height and the length of your hand would allow, maintaining at the same time your own balance. ( Fig. 9. )

*Saki* ( Parry No. 2. )



Hold no. 1

Fig. no. 10.

**Saki-Parry No. 2:**—This *inside leg hook* can be frustrated in another way as well. The moment you anticipate your antagonist move for applying *inside leg hook* stop it by smartly pressing him off on his left cheek with your right palm. Your adversary's attempt would thereby be nipped in the bud. ( Fig. 10 )

*Saki* ( Block No. 1. )



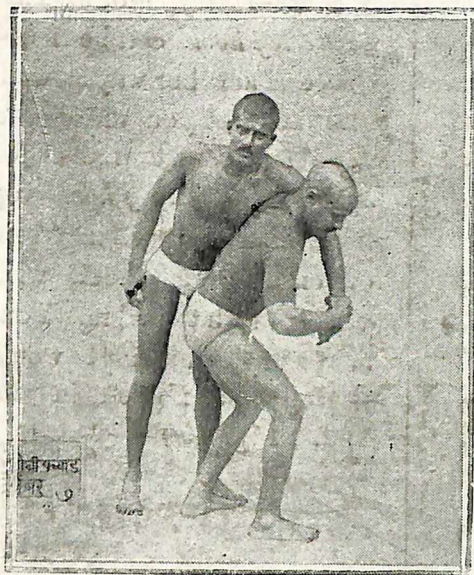
Hold no. 1.

Fig. no. 11.

**Saki-Block No. 1:**—As soon your combatant hooks his leg in sparring for *inside leg hook* swerve your neck and body to your left as in the illustration ( Fig. 11 ) before you are off your balance. Your foe will thus be easily frustrated in his attempt and his further action will be blocked.



*Dhobi-pachhad* (Flying Mare.)



Hold no. 2.

Fig. no. 12.

*Dhobi-pachhad* (Flying Mare.)



Hold no. 2.

Fig. no. 13.

swing your body with force, pull on his trapped hand and lift him on your back on the principles of leverage. ( Fig. 13 )

Standing Holds ( while facing each other. )

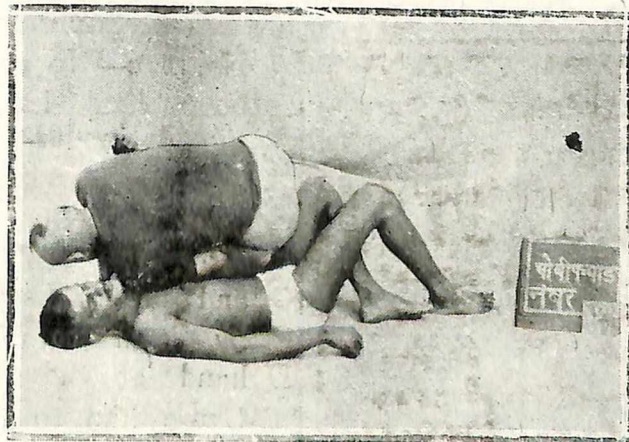
*Dhobi-pachhad* ( Flying Mare. )



Hold. no. 2.

Fig. no. 14.

*Dhobi-pachhad* ( Flying Mare. )



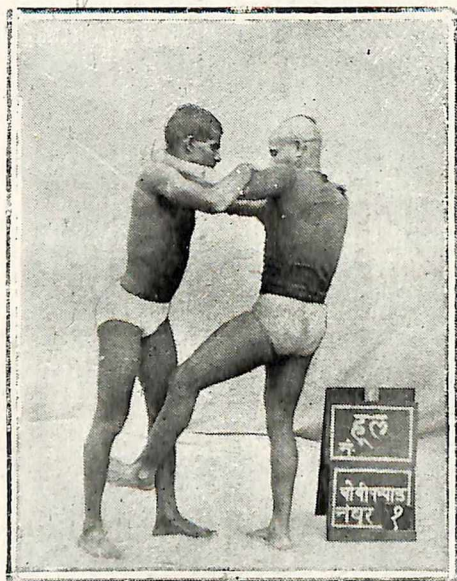
Hold. no. 2.

Fig. no. 15.

Instantly sit on your left knee. ( Fig. 14 ). Drop your left shoulder with a vigorous heave on the ground and pitch him clear over your head on to his back on the floor. Lightning rapidity is essential for the successful execution of this hold.



*Dhobi-pachhad* ( Feint No. 1. )

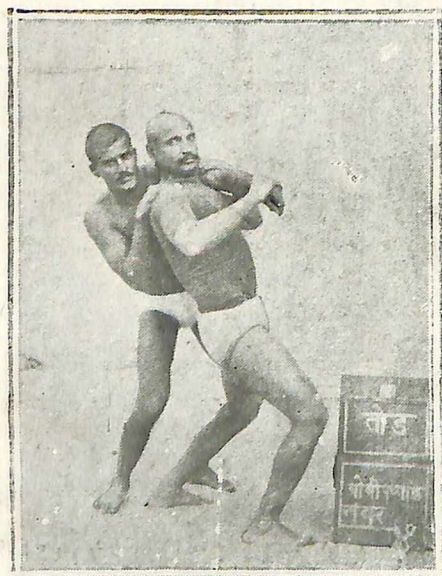


**Dhobi-pachhad** ( Feint No. 1 ) :—If you want to execute *flying mare* effectively puzzle your contestant by endeavouring to hook your leg ( Fig. 16 ) under the pretext of employing *inside leg hook* on him. Dip in at once and pick him up by applying *flying mare* and with lightning rapidity fling him across your head, on to his shoulders.

Hold. no. 2.

Fig. no. 16.

*Dhobi-pachhad* ( Counter No. 1. )



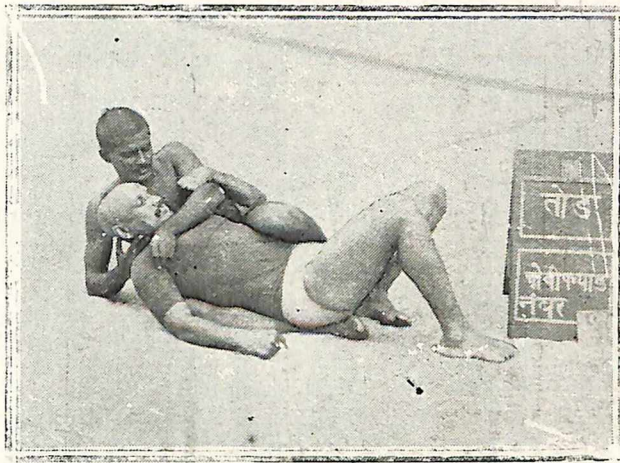
**Dhobi-pachhad** ( Counter No. 1 ) :—No sooner does your rival interpose his shoulder under your armpit in order to secure *flying mare*, endeavour to sit down. ( Fig. 17 ) Pull him back and press his chest vigorously by the force of your left hand at the same time. Cause him to overbalance by picking up his left leg on the lever of your left knee. Suddenly pull him back with your right hand as well and force him down with the weight of your

Hold. no. 2.

Fig. no. 17.

body and throw him headlong on his back. ( Fig. 18 ) Easy success requires serpentine activity in applying these tricks.

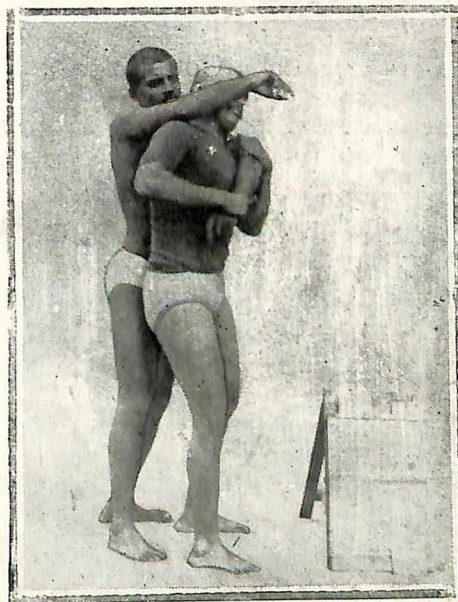
*Dhobi-pachhad* ( Counter No. 1. )



Hold no. 2.

Fig. no. 18.

*Dhobi-pachhad* ( Counter No. 2. )



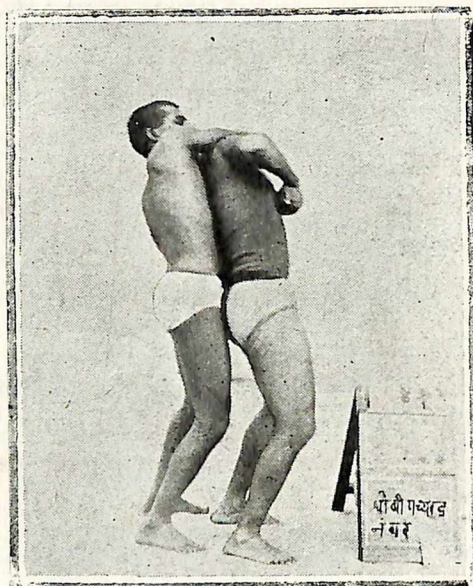
Hold no. 2.

Fig. No. 19.

**Dhobi-pachhad** ( Counter No. 2 ) :—As soon as your adversary dips in his shoulder under your armpit in order to execute *flying mare*, smartly press his right ear and nose with your right hand ( Fig. 19 ) and give such a forcible twist to his head ( Fig. 20 ) that he will be forced to take a complete



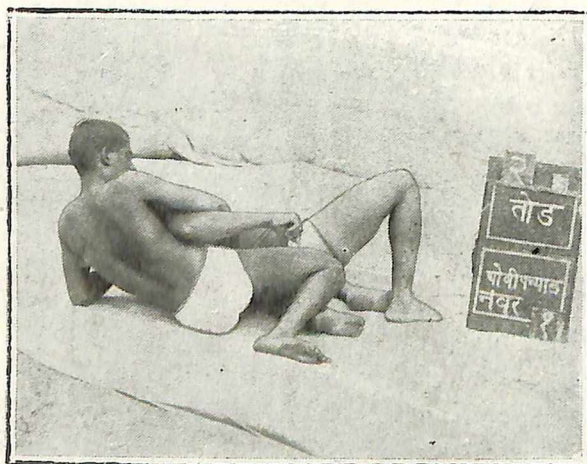
*Dhobi-pachhad* ( Counter No. 2. )



Hold. no. 2.

Fig. no. 20.

*Dhobi-pachhad* ( Counter No. 2. )

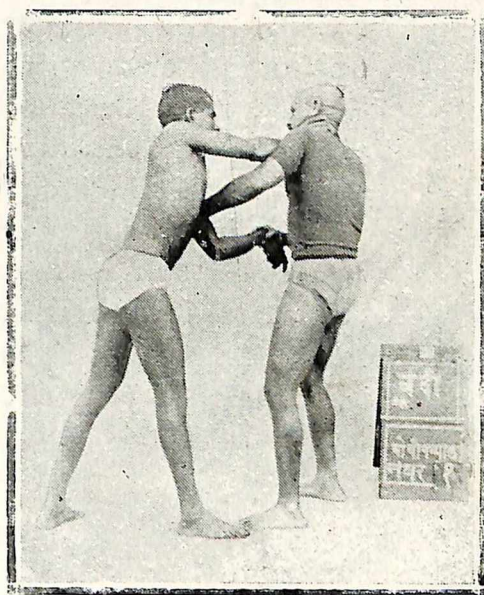


Hold. no. 2.

Fig. no. 21.

turn to your left and lose his balance. What you are to do is to take vigorously a similar turn to your left along with your adversary and continue pressing and pulling until you fling him on his back. ( Fig 21 ) Lightning rapidity of movement is the only key to success in this counter.

*Dhobi-pachhad* ( Parry No. 1. )



Hold. no. 2.

Fig. no. 22.

**Dhobi-pachhad** (Parry No. 1):—As soon as your opponent takes hold of your left hand in order to secure *flying mare* on you, give a forcible push at his neck with your right hand and thus parry his hold. This trick if vigorously executed at the right moment is a successful parry to the *flying mare*. ( Fig. 22 )

*Dhobi-pachhad* ( Parry No. 2. )



Hold. no. 2.

Fig. no. 23.

**Dhobi-pachhad** (Parry No. 2):—When your opponent is attempting to hold your left hand, as a preparatory move to the *flying mare*, catch hold of his left arm at the biceps ( Fig. 23 ) and push him forcibly back, thus nipping his attempt in the bud. This also is an equally efficacious parry to the *flying mare*.

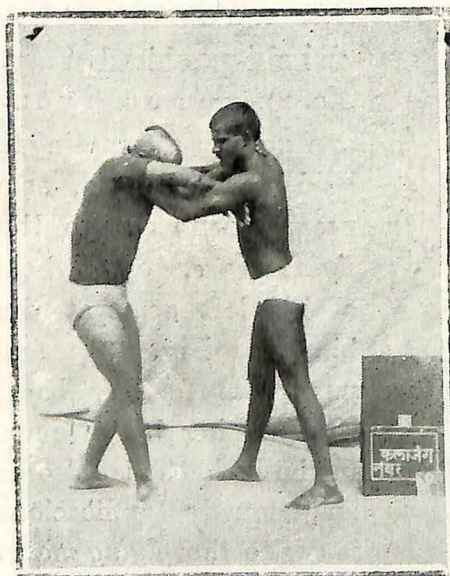


*Dhobi-pachhad* ( Block No. 1 )



**Dhobi-pachhad** ( Block No. 1 ):—As soon as your opponent dives in his shoulder under your arm-pit in the act of executing *flying mare* stop his lifting you by interlacing your legs as in *scissors hold* ( Fig. 24 )—with your right heel pressing his right thigh and with your left leg, his left calf.

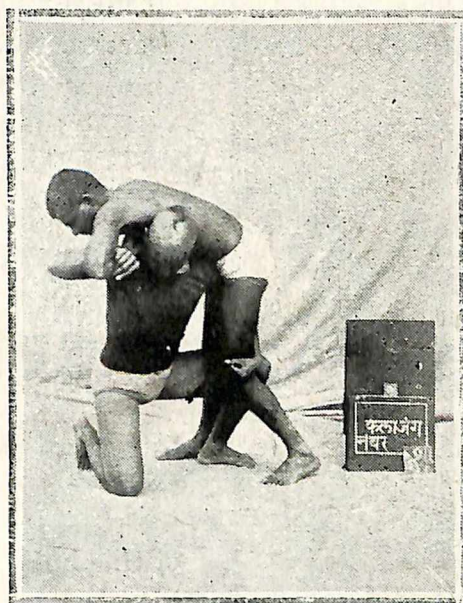
**Hold no. 2.** **Fig no. 24.**  
*Kalajang* ( Arm and Leg Throw. )



**Kalajang** ( Arm and Leg Throw ) **Hold No. 3:**—When you are sparring for some opening lure your adversary to put his left hand on your right shoulder. Smartly press his left hand between your shoulder and head and put your right hand over his left biceps. ( Fig. 25 ) suddenly stoop down and turn in to your right by quickly striding your left leg. Catch his left arm, trap his left leg behind the knee with your left hand and drop

**Hold. no. 3.** **Fig. no. 25.**  
 down on your right. ( Fig. 26 ) Tug him down to your right,

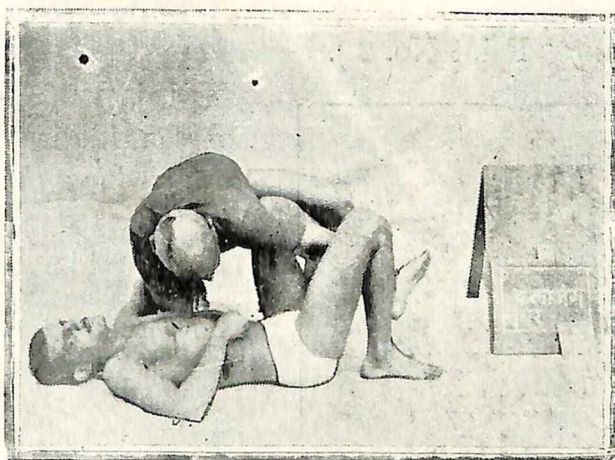
*Kalajang* ( Arm and Leg Throw. )



Hold, no. 3.

Fig. no. 26.

*Kalajang* ( Arm and Leg Throw. )



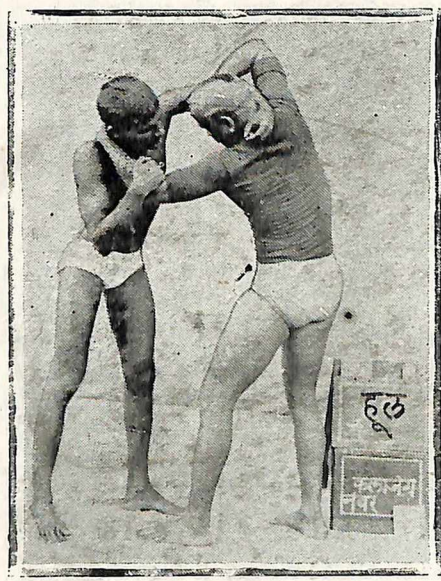
Hold, no. 3.

Fig. no. 27.

bend your head down and with a powerful swing bang him down across your head. ( Fig. 27 ) If these various moves—stooping and turning suddenly, trapping his leg, pulling his arm, sitting on knee and flinging him down—are quickly executed, you will easily pin down your opponent, however heavy he may be, in a winking of the eye.



*Kalajang* ( Feint No. 1. )

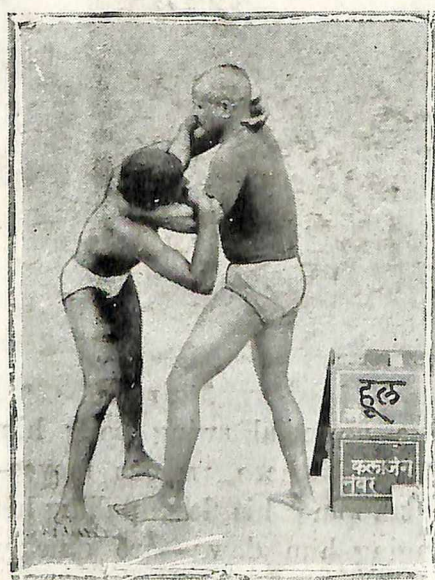


Hold. no. 3.

Fig. no. 28.

**Kalajang Feint No. 1):—**  
 Deceive your opponent by showing him that you are trying to get behind him ( Fig. 28 ) by pulling his left hand with your right. He will endeavour to prevent you from so doing. Bu in the act, suddenly interpose your head, clasp his left arm and taking a vigorous turn execute to the end *the arm and leg throw*. The key-note of this hold lies in quickly stooping, turning and pulling.

*Kalajang* ( Feint No. 2 ).



Hold. no. 3

Fig. no. 29.

**Kalajang (Feint No. 2):—**  
 If you desire to secure *arm and leg throw* on your rival, try to make a show of pulling him to your left with a vigorous swing. ( Fig. No. 29 ) Before he regains his balance, at once go through all the moves of *arm and leg throw* and send him across your neck, on to his back.



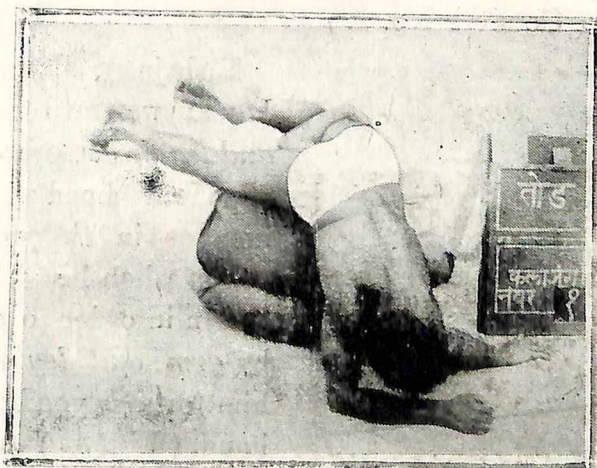
*Kalajang* Counter No. 1. )



Hold, no. 3.

Fig. no. 30.

*Kalajang* ( Counter No. 1. )



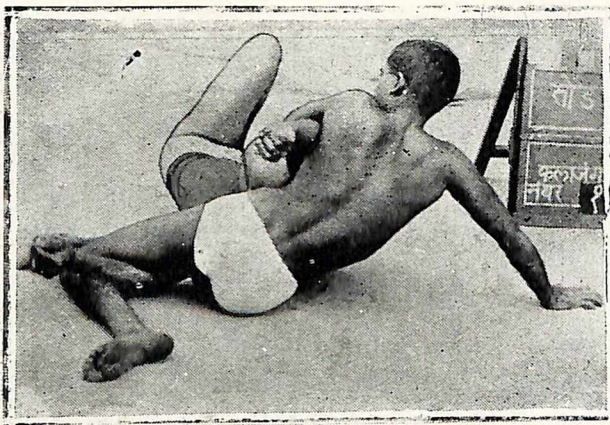
Hold, no. 3.

Fig. no. 31.

**Kalajang** ( Counter No. 1 ) :—When your opponent kneels down after turning as in *arm and leg throw* take support of your right hand near his right knee. ( Fig. 30 ) Do not let go your balance forward but concentrate your weight backward and to your right and jerk your body to your right with all your might as in employing *arm-ho'd* ( Fig. 31 ) so that you will not be flung down by your opponent. Without allowing him



*Kalajang* ( Counter No. 1. )

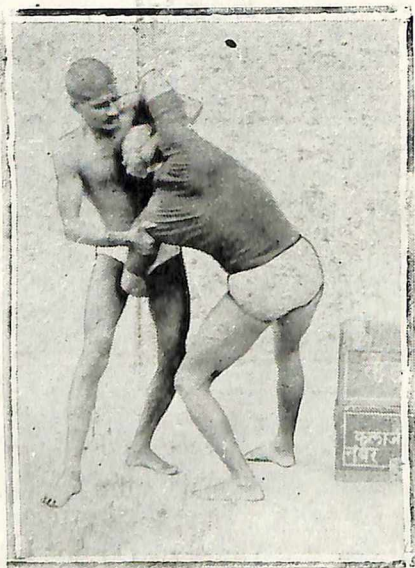


Hold. no. 3.

Fig. no. 32.

time to disengage his hand, slide down to your right pulling your opponent by your left leg in the same direction. Press tightly his left hand between your thigh and calf and deposit his shoulders on the floor. ( Fig. 32 )

*Kalajang* ( Counter No. 2. )



Hold. no. 3.

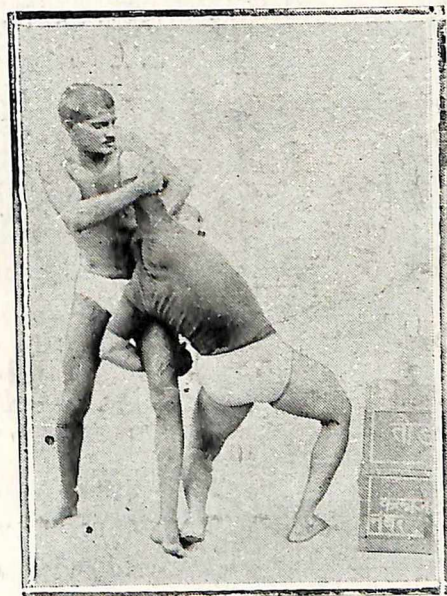
Fig. no. 33.

requisite for his intended hold. Stride forward your left leg behind his left leg and violently tug him back on the leverage

**Kalajang** (Counter No. 2):-

If you want to counter *arm and leg throw*, press hard your opponent's head with your left hand as in *the quarter or bar nelson* when he strives to take a turn in order to capture you by *arm and leg throw*. Pull him towards you by your right hand. ( Fig. 33 ) At once grab his right elbow with your right hand and press and pull him towards you with both your hands, ( Fig. 34 ) thus breaking his further turn

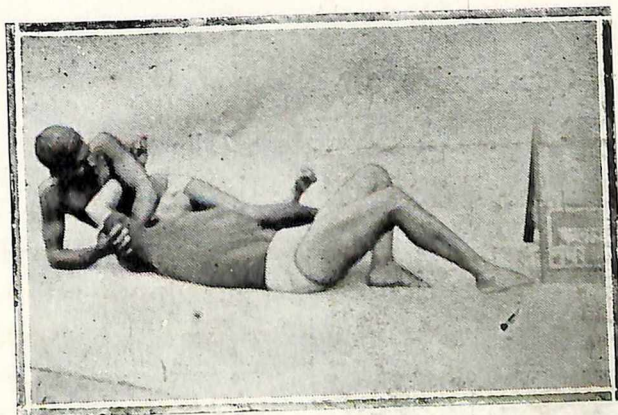
*Kalajang* ( Counter No. 2. )



Hold, no. 3.

Fig. no. 34.

*Kalajang* ( Counter No. 2. )



Hold, no. 3.

Fig. no. 35.

of your left leg in order to throw off his balance. ( Fig. 34 )  
The further pressure and backward pull will fling your  
adversary heavily on his shoulders to the floor. ( Fig. 35. )  
This counter to *arm and leg throw* should be employed with  
ease and confidence if the occasion requires it as the very weight  
of your adversary will help you in your counter and his pin-  
fall will be very easy for you.



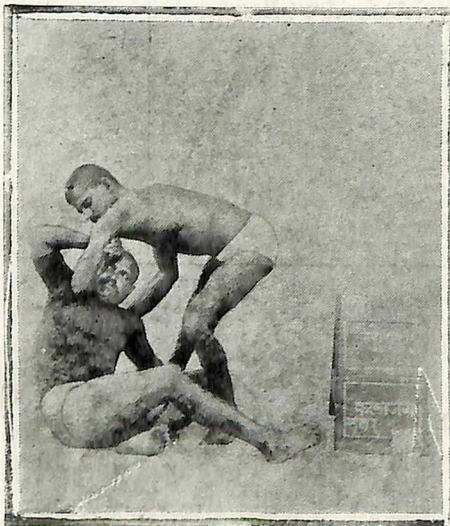


Hold no. 3.

Fig. no. 36.

**Kalajang (Counter No.3):-**  
 As soon as your opponent takes a turn in to secure *arm and leg throw* on you, press hard his left shoulder with your right hand and raise his right elbow by your left hand. ( Fig. 36 ) Continue to press his neck down with your left hand as in the *quarter or bar nelson* and give him a violent swing to your left with the pressure of your right hand. Stride vigorously your right leg behind and he will fall

**Kalajang ( Counter No. 3. )**



Hold no. 3.

Fig. no. 37.

victim to your counter, on the floor as in the illustration. ( Fig. 37 ) When your opponent is thus under your power, a mere heavy push will be sufficient to turn him on his back. This counter requires rapid speed and vigorousness in turning round.



**Kalajang ( Parry No. 1. )**

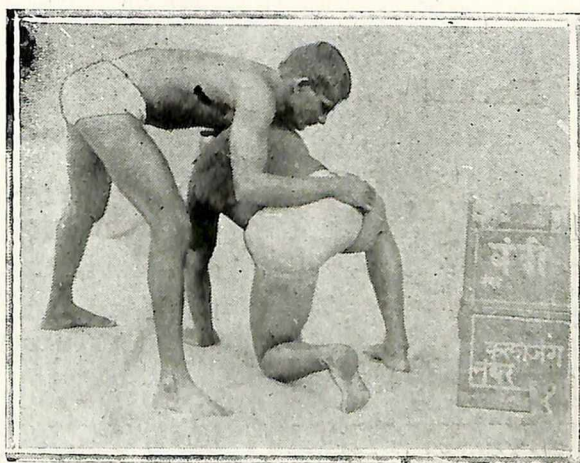


**Kalajang ( Parry No. 1 )**:-As soon as your opponent strives to apply *arm and leg throw* on you, parry his hold with a strong head-press. As he dips in his head to turn in, you are to push it back with all possible strength and energy. In this way his action will be checked in the very beginning. ( Fig. 38. )

Hold no. 3.

Fig. no. 38.

**Kalajang ( Parry No. 2. )**



Hold. no. 3.

Fig. no. 39.

**Kalajang ( Parry No. 2 )**:-As soon as your rival is securing a crotch-hold and trying to swerve in as a preliminary move to *arm and leg throw*, accelerate his speed of turning to his right by pushing and pressing his neck by your left hand and by striding your left foot back to parry his crotch-hold. He will naturally then come under your power as in Fig. 39.



*Kalajang* ( Block No. 1. )



Hold no. 3.

Fig. no. 40.

**Kalajang** (Block No. 1):-  
As soon as your adversary secures a crotch-hold for *arm and leg throw* to pitch you down, stop his further action and mount him by throwing your right leg round his back as in *scissors hold*. ( Fig. 40 ) Press his left calf with your left leg at the same time. Thus his lifting you will be blocked.

*Kalajang* ( Block No. 2. )



Hold no. 3.

Fig. no. 41.

**Kalajang** ( Block No. 2 ):-As soon as your opponent traps your left arm and secures a crotch-hold for *arm and leg throw* stop his lifting you by pressing with your right knee, his left calf, knee or thigh ( as your height will allow ) and block his movement. ( Fig. 41 ) All the while concentrate all your weight to your knee.

*Moli Tang-1 st Sort ( Outside Leg Throw. )*



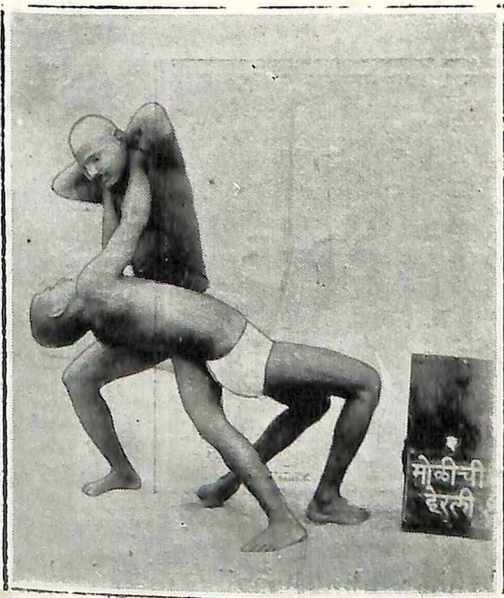
Hold. no. 4.

Fig. no. 42.

**Moli Tang-1 st Sort**  
( Outside Leg Throw. )

Hold No. 4:-When your antagonist holds you by the neck with his hands to secure firm head-hold, firmly press his interlaced fingers against your own neck with both your hands and apply your left leg against his left ankle or left calf ( as the length of your leg will permit ). ( Fig. 42 ) Raise up your

*Moli Tang-1 st Sort ( Outside Leg Throw. )*



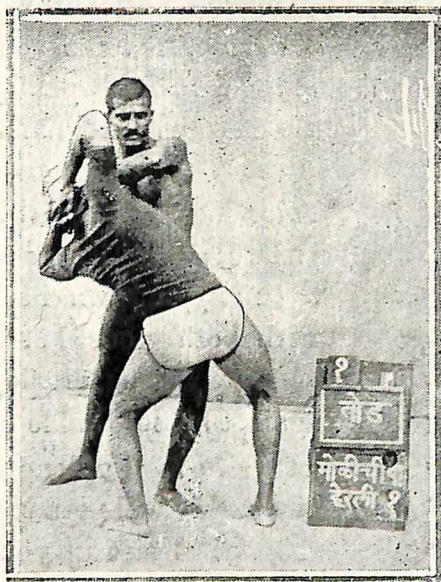
Hold. no. 4.

Fig. no. 43.

head and with a strong jerk of your left ribs smartly turn him over your applied leg to your right. As his equipoise will thus be lost, he will fall a prey to you. ( Fig. 43. ) Press him down and quickly hoist him on to his back.



*Moli Tang-1 st Sort ( Counter No. 1. )*



Hold no. 4.

Fig. no. 44.

**Moli Tang-1st Sort**  
( Counter No. 1 :-Before your adversary firmly presses your interlaced fingers in order to fling you down by an *outside leg throw*, retain the firm head-hold and violently twist his head to your right. At the same time be cautious to stride your right leg behind your left leg. ( Fig. 44. ) Continue the twist with the same violence, pull him to your right, press down his

*Moli Tang-1 st Sort ( Counter No. 1. )*

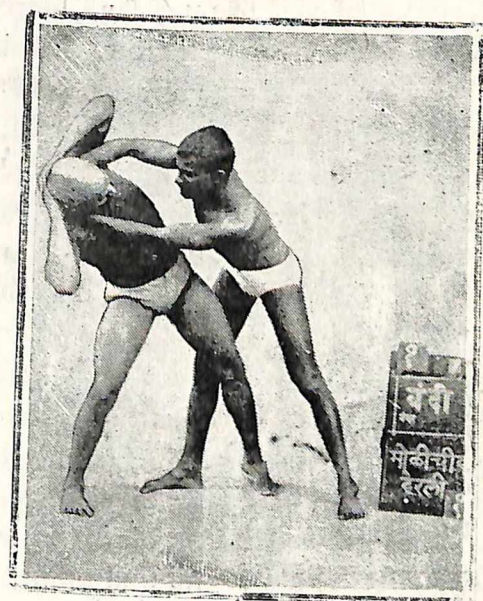


Hold. no. 4.

Fig. no. 45.

neck, turn him round and fling him heavily on his back. ( Fig. 45. ) All these moves should be done so rapidly by you that in a moment your adversary will be pinned down.

*Moli Tang-1 st Sort ( Parry No. 1. )*

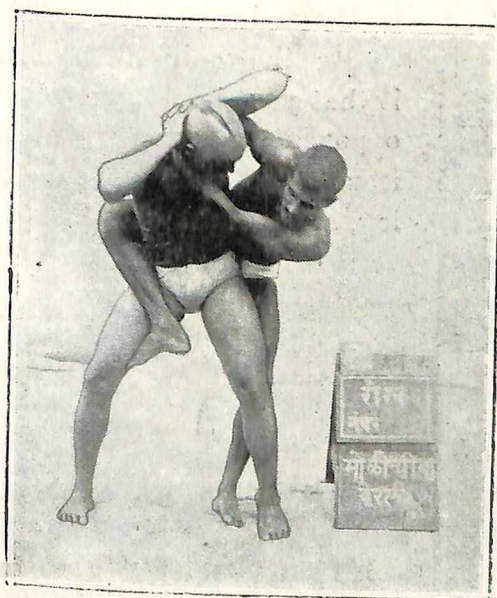


Hold, no. 4

Fig. no. 46.

**Moli Tang—1st Sort** ( Parry No. 1 ):- The *outside leg throw* described above can be parried very easily in the following manner. As your opponent steps his left leg forward for *outside leg throw*, quickly take back enough, your left leg so as to disallow his left leg to reach yours for executing his hold. Fig. 46 )

*Moli Tang-1 st Sort ( Block No. 1. )*



Hold, no. 4.  
4.

Fig no 47.

**Moli Tang—1st Sort** Block No. 1 ):- As soon as your rival secures the leverage of his left leg against your left calf or ankle for *outside leg throw* smartly place your right leg round his back, pressing his thigh with your right foot from inside, before heshakes you off your balance. ( Fig. 47. ) He cannot then throw you over, however hard he may tug and press.



*Moli Tang-2nd Sort ( Outside Leg Throw. )*



Hold no. 5.

Fig. no. 48.

him to your right. ( Fig. 49. ) Swing your weight as you strike and pull, and bring him heavily down in a rolling fall. [ Similar

*Moli Tang-2nd Sort ( Outside Leg Throw. )*



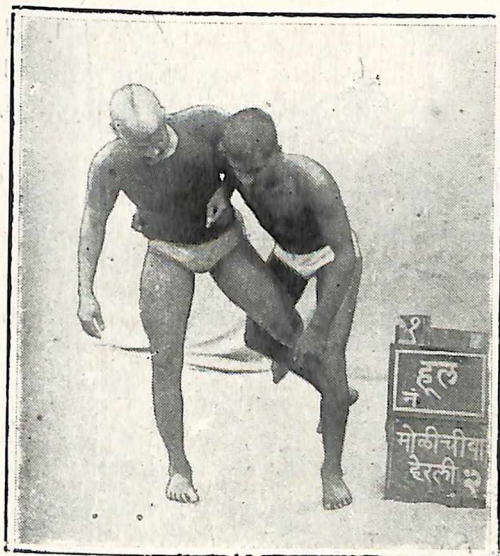
Hold no. 5.

Fig. no. 49.

**Moli Tang-2nd Sort**  
 ( Outside Leg Throw. Hold  
 No. 5:—When your opponent  
 is sparring for head-hold,  
 slide your left hand under  
 his right arm from outside  
 and grasp his left upper-arm  
 by it; at the same time grab  
 his left elbow with your  
 right-hand from outside.  
 ( Fig. 48 ) With a sharp  
 vigorous move of your left  
 leg, sweep your rival's left  
 leg by striking him on his  
 left ankle or calf and pulling

is the action for *inside leg*  
*throw*; the only difference  
 is that you should give your  
 opponent a strong stroke  
 from inside, with your left  
 leg, at his right calf. ]

*Moli Tang-2 nd Sort ( Feint No. 1. )*



Hold. no. 5.

Fig. no. 50.

elbow by your right hand and giving him a sharp outside stroke with a pull to your right as in Fig. 49 ) and execute this *outside leg throw* by hurling him on to his back.

*Moli Tang-2 nd Sort ( Counter No. 1. )*



Hold. no. 5.

Fig. no. 51.

**Moli Tang-2nd Sort ( Feint No. 1 )**—If you intend to practise the present variety of *outside leg throw* on your adversary, slide your left hand under his right arm, hook your left leg from inside at his right lower-thigh and make a show of swinging him down by *inside hook and leg throw*. (Fig. 50.) Before he regains his balance in trying to resist your hold, smartly grab his left

**Moli Tang-2nd Sort ( Counter No. 1 )**—When your antagonist imprisons your hands for the present *outside leg throw*, press his left ribs and grip them as tightly as possible; (Fig. 51 ) instantly pitch your left leg before your foe and give a sudden twist to your own body to your right. Push, twist and swing him vigorously to his left; sit down on your right thigh and throw him on his back. (Fig. 52.)



*Moli Tang-2 nd Sort ( Counter No. 1. )*



Hold. no. 5.

Fig. no. 52.

*Moli Tang-2 nd Sort ( Parry No. 1 ).*

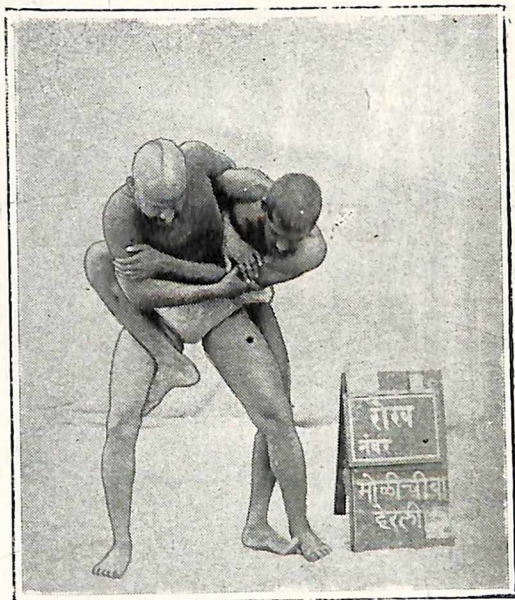


Hold. no. 5.

Fig. no. 53.

**Moli Tang-2nd Sort ( Parry No. 1 ) :—**If you expect this *outside leg throw* from your combatant's confining your hands, press down his left foot by your right before he steps his left leg forward and push his left knee-joint by your bent right knee. ( Fig. 53. ) His hold will thus be parried without much difficulty.

**Moli Tang-2nd Sort ( Block No. 1.**



**Moli Tang-2nd Sort** ( Block No. 1 )—When your enemy obtains *outside leg throw* on you by trapping your hands smartly surround his back with your right leg, imprison his loins by pressing his right thigh with your right leg ( Fig. 54 ) and thus stop his hold completely.

Hold, no. 5.

Fig. no. 54.

**Gal-khoda Tang ( Neck-Lock and Outside Leg Throw )**



Hold no. 6.

Fig. no. 55.

with a strong outside leg stroke. When the neck is locked, there arises no difficulty in hurling down the opponent on his shoulders to the floor.

**Gal-khoda Tang ( Neck Lock and Outside Leg Throw )** Hold No. 6:—When your opponent, in the act of sparring for holds, rushes in for knee-grab, lock his neck with your left arm as in a *chancery hold*. ( Fig. 55 ) Give a moderate pressure on his neck to avoid strangling. Quickly turn to your right and stride your left leg forward behind his back. ( Fig. 56 ) At once lever him over on to his back



*Gal-khoda Tang* ( Neck-Lock and Outside Leg Throw. )



Hold no. 6.

Fig. no. 56.

*Gal-khoda Tang* ( Counter No. 1. )



Hold. no. 6.

Fig. no. 57.

lose no time and counter his hold by *arm and leg throw*. Sit down on your left knee, securing at the same time a crotch-hold ( Fig. 58 ) bend down your shoulders and roll him across

**Gal—khoda Tang**  
( Counter No. 1 ):-When your opponent locks your neck with his left hand, be wary not to allow him time to give you an outside leg stroke and exert sufficient pressure on your neck. Try to turn your neck a little out by swinging it to your right and clasp suddenly his left arm with your right hand so that the pressure on your neck will be loosened. ( Fig. 57 ) Now

*Gal-khoda Tang* ( Counter No. 1. )



your neck and head, on his back to floor. Great rapidity is required in all these actions of *arm and leg throw* to counter *neck lock and outside leg throw*.

Hold no. 6.

Fig. No. 58.

*Gal-khoda Tang* ( Counter No. 2. )



**Gal-khoda Tang** (Counter No. 2):—The moment your opponent endeavours to secure a neck-lock on you for *outside leg throw* turn to your right and fling him heavily by applying *flying mare*. (Fig. 59) What you are required to do at first is to pull down his left hand which is on your right shoulder, with your right hand and lever his body on your loins to defeat him.

Hold no. 6.

Fig. no. 59.



*Gal-khoda Tang* ( Parry No. 1. )



Hold no. 6.

Fig. no. 60

*Gal-khoda Tang* ( Parry No. 1. )

**Gal-khoda Tang** ( Parry No. 1 ):-As soon as you anticipate *neck-lock and outside leg throw* from your opponent's trying to throw his left hand round your neck, nip his attempt in the bud by pressing his upper-thigh with your right hand before he locks your neck completely. ( Fig. 60 ) In a moment stride your right leg behind him, maintaining perfect equilibrium lest he might apply *inside leg throw*, and forcibly jerk



Hold. no. 6.

Fig. no. 61.

up his left hand with your right elbow and get yourself behind him safely from beneath his arm-pit. ( Fig. 61. ) After thus parrying his hold, hold fast his loins.

*Gal-khoda Tang* ( Block No. 1. )



Hold no. 6.

Fig. no. 62.

*Gal-khoda Tang* ( Block No. 1. )

**Gal-khoda Tang** ( Block No. 1 ):- As soon as your combatant secures a neck-lock, be wary and sharply twist his left palm with both your hands. ( Fig. 62 ) The twist should be so strong that your adversary must feel pain and will be hindered from applying *outside leg throw*. Swing your head up, take a turn to your right and go on twisting his hand until its pressure on your neck will be no more.



Hold. no. 6.

Fig. no. 63.

( Fig. 63 ) It is this twist which will not only block his hold but it is a sure key to unlock your neck-lock and your adversary's footing will thereby be weakened.



*Bhutta Tang* ( Hand- Twist and Outside Leg Throw. )

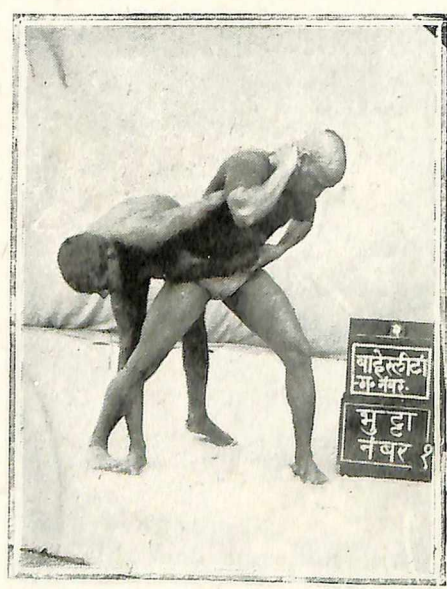


Hold. no. 7.

Fig. no. 64.

**Bhutta Tang**—Hand-Twist and Out-side Leg Throw ) Hold No 7:—While striving for head-hold your rival grips your neck. Grasp firmly his left hand which will be on your neck from inside and hold his right hand with your left as in Fig. 64. Twist his left hand by pressing it behind the elbow-joint so that his balance will be thrown off. Swing your body to your left with a twist, pull on and on his trapped hands

*Bhutta Tang* ( Hand-Twist and Outside Leg Throw. )

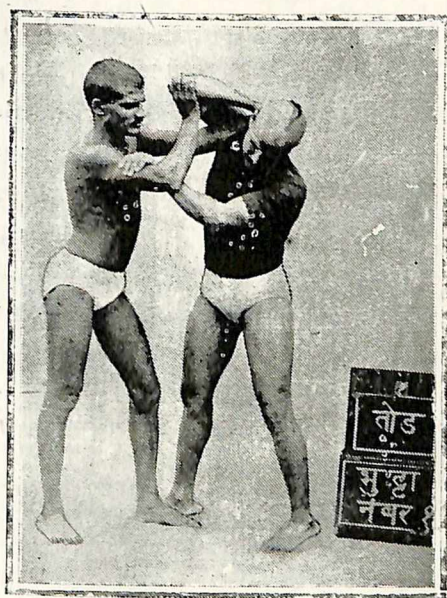


Hold. no. 7.

Fig. no. 65.

and step your right leg forward to give an outside leg stroke at his right calf. ( Fig. 65 ) Bend forward a little still keeping your hand-hold and hurl him over on his shoulders to the floor. In this hold you should take care not to exert excessive pressure on his elbow otherwise his elbow-joint will be dislocated.

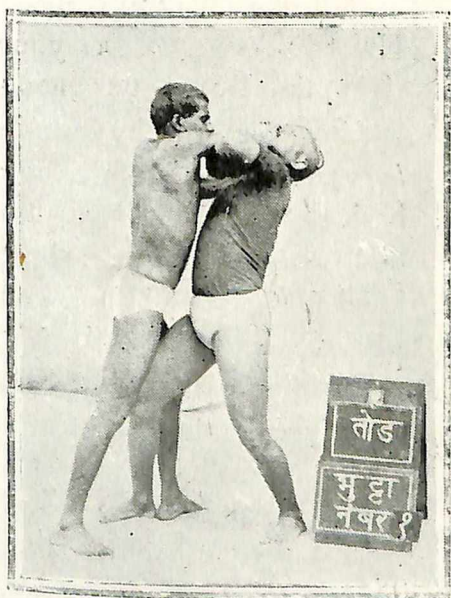
*Bhutta Tang* ( Counter No. 1. )



Hold. no. 7.

Fig. no. 66.

*Bhutta Tang* ( Counter No. 1. )



Hold. no. 7.

Fig. no. 67.

**Bhutta Tang** ( Counter No. 1 ) :—Before your opponent exerts pressure on your left elbow with a twist to your left hand by his right hand in order to apply *Bhutta Tang* on you, vigorously push up his right elbow by your right hand. ( Fig. 66. ) Press back your opponent by your left elbow against his neck or the upper-part of his chest until his footing becomes slippery and weak. ( Fig. 67. ) ( Do not incur the risk of strang-

ing him by exerting pressure on his neck, more than necessary. ) Then push and press him backward until he heavily falls on his back. This counter if timely and vigorously applied drops the man on his back in no time.



*Bhutta Tang* ( Parry No. 1. )



Hold no. 7.

Fig. no. 68.

**Bhutta Tang** ( Parry No. 1 ):-When your assailant grabs your left hand in order to institute *Bhutta Tang* on you, thrust in your head, exert pressure on his chest with it, and push him back smartly endeavouring to disentangle your hands from his trap. ( Fig. 68 ). Thus his action will be easily parried.

*Bhutta Tang* ( Block No. I. )

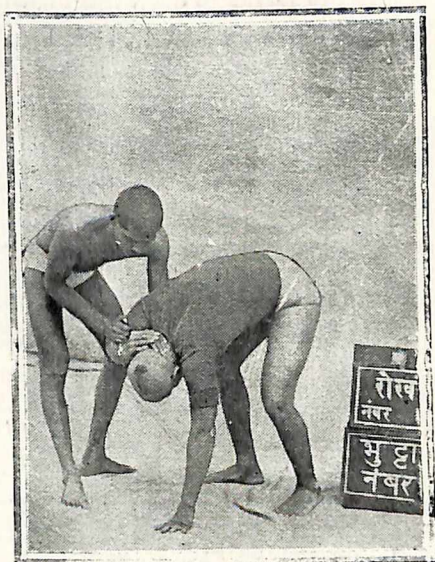


Hold no. 7.

Fig. no. 69.

**Bhutta Tang** ( Block No. 1 ):-As soon as your rival imprisons your hand to fling you down by *outside leg throw*, quickly push him back by exerting pressure on his ear with your right hand. ( Fig. 69 ) When you will observe that he has sufficiently lost his equipoise, sharply grab his right arm by your right hand and with a strong pull by both your hands to your right, force him down as in Fig. 70, keeping the same pressure

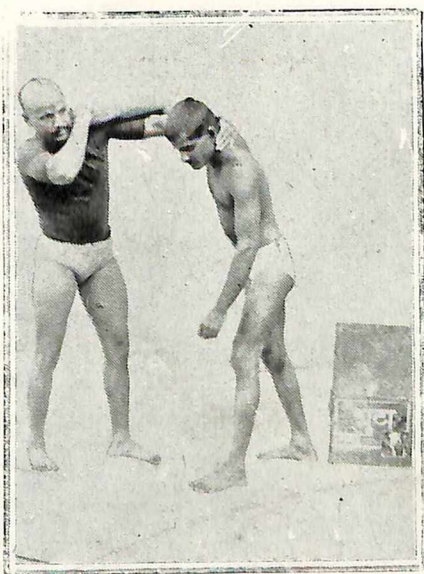
*Bhutta Tang* ( Block No. 1. )



Hold no. 7.

Fig. no. 70

*Bhutta* ( Hand-Twist and Outside Leg Trip. )



Hold no. 8.

Fig. no. 71.

on his neck to the last. Not only is his hold thus blocked but you gain an advantageous position to apply any hold on him to defeat him.

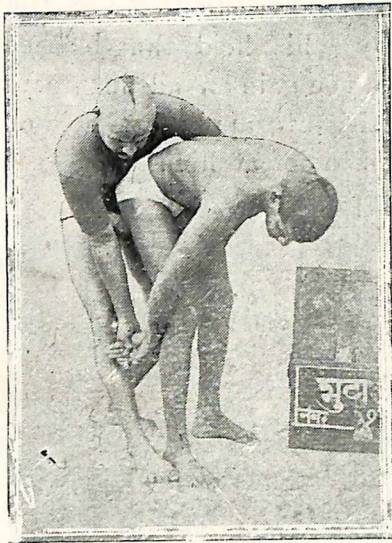
**Bhutta** ( Hand-Twist and Outside Leg Trip )

Hold No. 8:—When your combatant, in sparring for head-hold, puts his right hand on your left shoulder, grab his right palm by your right hand as in the illustration. ( Fig. 71 ) Disengage his right hand and swing it to your right continuing the twist by your right hand and pressing his neck forward by your left hand. At the same time push his body to your right. You will not

require much effort in pushing his body as the very twist to



*Bhutta* ( Hand-Twist and Outside Leg Trip. )



his right hand will take him to your right. You will thus get behind him. At once grab his *chadai* ( tight covering for the hips ) with the twist being beside his right knee; instantly press his right ankle by your right foot with a forward stride. ( Fig. 72 ) His right footing is thus weakened. Now the pressure at his right ankle, the twisting swing to his right hand and pulling him by your left hand to your right must

Hold no. 8.

Fig no. 72.

*Bhutta* ( Hand-Twist and Outside Leg Trip. )



Hold. no. 8.

Fig. no. 73.

be simultaneous in order to pitch his shoulders down to the floor. ( Fig. 73 ) Twisting is a key to the success in this hold.

*Bhutta* ( Counter No. 1. )



Hold. no. 8.

Fig. no. 74.

*Bhutta* ( Counter No. 1. )



Hold. no. 8.

Fig. no. 75.

left shoulder with so much strain and pressure that he will feel pain in his left hand. ( Fig. 75. ) His right foot-hold is thus weakened. Taking advantage of that continue to press his neck

**Bhutta** ( Counter No. 1 ) :—  
As soon as your right hand is twisted to pull you forward for *hand-twist and outside leg trip*, you should let loose your right hand to make the twist inefficacious and bend forward a little as in ( Fig. 74 ) ; At once thrust your neck under his left arm-pit, raise it out from underneath it and strongly press his neck by your left fore-arm. Trap also his left arm between your chin and



*Bhutta* ( Counter No. 1 )

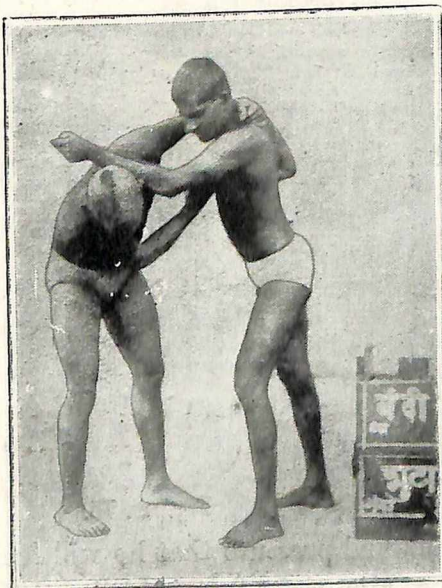


Hold, no. 8.

Fig. no. 76.

down, and his left hand up, push him to his right and slide him on his shoulders to the ground. ( Fig. 76. )

*Bhutta* ( Parry No. 1. )



Hold, no. 8.

ig. no. 77.

**Bhutta** (Parry No. 1):-  
When your assailant tries to twist your right hand to apply *Bhutta Tang* on you, quickly grab and pull his right hand to your right by your right hand, towards your right ribs and violently press his neck by your left forearm with a forward push to parry his hold. (Fig. 77)

**Bhutta** ( Block No. 1. )

Hold no. 8.

Fig. no. 78.

**Bhutta** ( Block No. 1 ) :—As soon as your assailant twists your right hand by his right hand and pulls it down to employ *hand-twist and outside leg trip* on you, let loose your right hand a little to make his twist ineffective and suddenly straighten it to your right. ( Fig. 78 ) Then at once hit hard with it on his chest, neck or face. ( as your height will permit. ) In this way his hold will be very easily blocked.

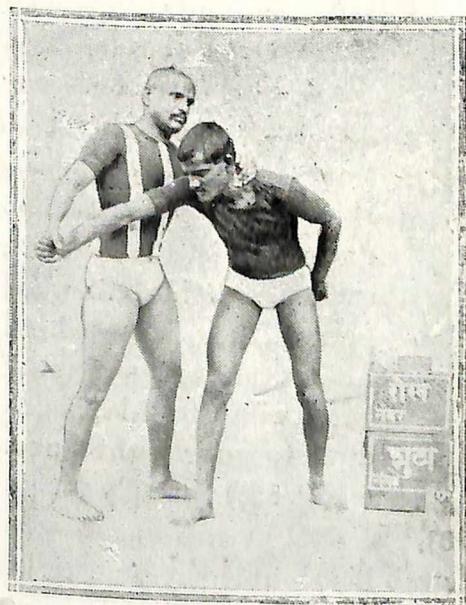
**Bhutta** ( Block No. 2. )Hold. no. 8.  
6.

Fig. no. 79.

**Bhutta** ( Block No. 2 ) :—The moment your adversary twists your right hand by his right hand and pulls it forward to execute *hand-twist and outside leg trip* on you, let loose your twisted hand a little in the same direction ( Fig. 79 ) to make the force of his twist null and void and suddenly pull it back towards your right ribs. ( Fig. 80 ) This sudden withdrawal of your right hand will effectively block his intended hold.



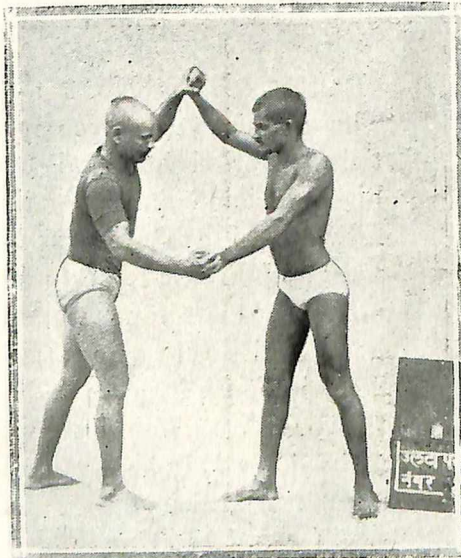
*Bhutta* ( Block No. 2. )



Hold. no. 8.

Fig. no. 80.

*Ultapat* ( Double Leg Hold from behind. )



Hold no. 9.

Fig. no. 81.

**Ultapat** ( Double leg hold from behind ) Hold No. 9:—While sparring for different moves, hold his right hand by your left and his left hand by your right and swing his right hand up and his left down. ( Fig. 81 ) Then suddenly stride forward your left leg just behind his right knee, continuing the swing to his hands down to your right knee. ( Fig. 82 ) Sharply let go

your hold of both his hands and grab his right leg by your right hand from behind at his knee and his left leg by your left hand at his left knee from without. (Fig. 83) Then give a violent push

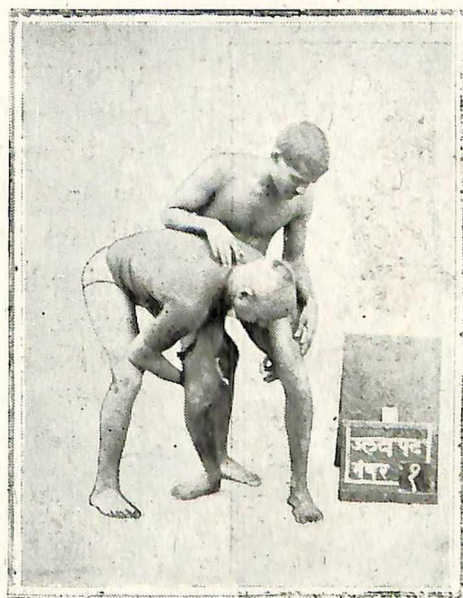
*Uttapat* ( Double Leg Hold from behind. )



Hold. no. 9.

Fig. no. 82.

*Uttapat* ( Double Leg Hold from behind. )



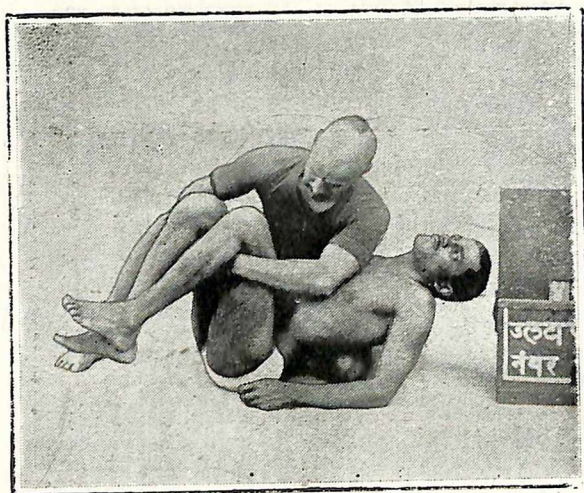
Hold. no. 9.

Fig. no. 82

by your left knee to the back of his right knee and lift his legs up. Take the leverage of your left knee and with a backward push throw him on his back. ( Fig. 84 ) Or instead of



*Utapat* ( Double Leg Hold from behind. )

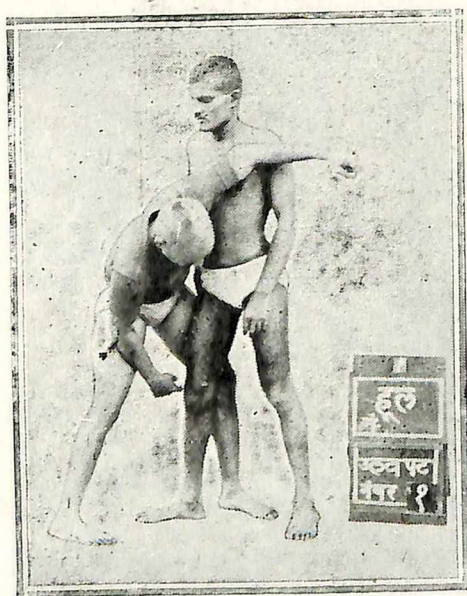


Hold no. .

Fig. no. 84.

taking the advantage of the leverage of your left knee, drop down on your left knee and swinging your body to your left, deposit his shoulders on the floor. ( Fig. 84 )

*Utapat* ( Feint No. 1. )



Hold no. 9.

Fig. no. 85.

by levering your left leg just behind his right knee. Lift his legs and pitch his shoulders on the ground.

**Utapat** ( Feint No. 1):-  
 Make a show of forcibly striking your rival's neck or ear. He will naturally endeavour to save him from these strokes by bending his head a little forward. Take the most of this opportunity by giving up your false attempt for striking, bring your left hand over his head on to his chest ( Fig. 85 ) and smartly employ *double leg hold* from behind on your foe

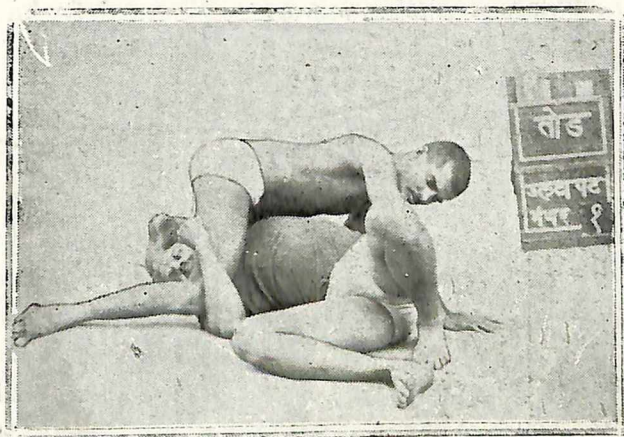
*Uttapat* ( Counter No. 1. )



Hold. no. 9.

Fig. no. 86.

*Uttapat* ( Counter No. 1. )



Hold. no. 9.

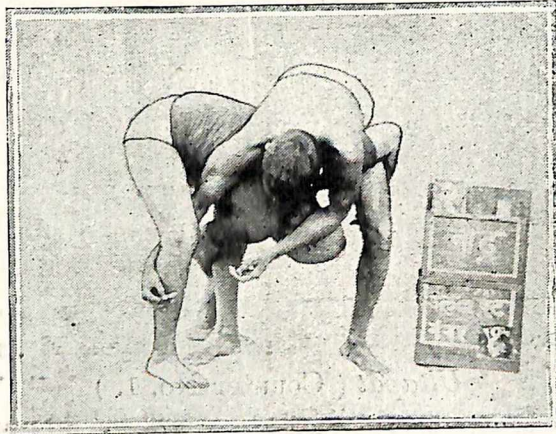
Fig. no. 87.

**Uttapat** (Counter No. 1):—As soon as you anticipate from the movements of your opponent's hands to grab your legs from behind that he tries to institute *double leg hold from behind* on you, his head comes within your possession as he bends to execute his hold. Clasp his head with both your hands and exert excessive downward pressure on his head by your right hand putting all your weight on him and weaken his foot-hold by striking his right ankle from without with your right leg. ( Fig. 86 ) At once swing your body to your



left by taking the support of your right leg. His body will naturally turn to his weakned side and he will roll on his back. ( Fig. 87. )

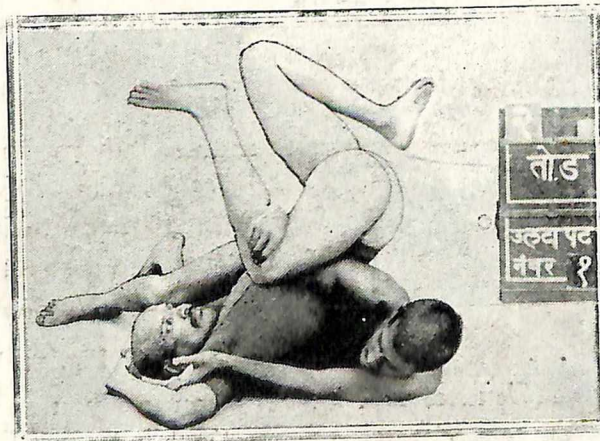
*Utapat* ( Counter No. 2. )



Hold. no. 9.

Fig. no. 88.

*Utapat* ( Counter No. 2. )



Hold. no. 9.

Fig. no. 89.

**Utapat** ( Counter No. 2. ) :—As soon as your assailant secures a grip for *double leg hold from behind* put your whole weight on his body, bend forward, press sharply his neck with your left fore-arm and grab his right leg by your right hand beside his right calf. (Fig. 88) Continue to press his neck down

and lift and pull his gripped leg to your left. With a vigorous swing drop yourself down on your left side without loosening your hold. Pull on and he will be easily dropped on his shoulders to the floor. ( Fig. 89 )

*Ultapat* ( Counter No. 3. )

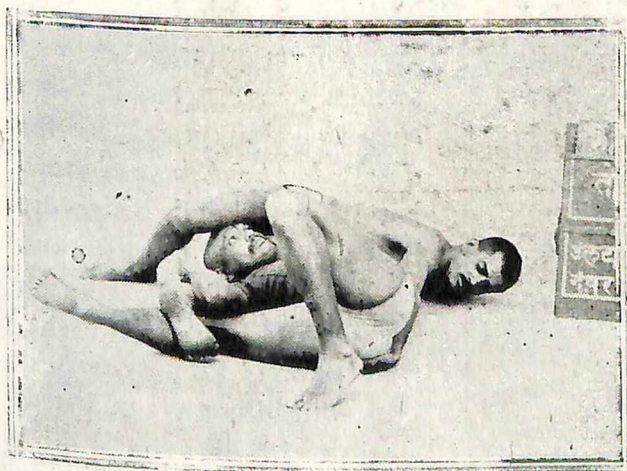


Hold. no. 9

Fig. no. 89.

*Ultapat* ( Counter No. 3. )

**Ultapat** ( Counter No. 3. ) :—The moment your opponent gains a *double leg hold from behind* on you, exert the pressure of your whole weight on his body before he lifts up your legs to fling you down. Smartly fix your left leg on his neck, maintaining at the same time your own balance, and lock it by taking a support of your left foot at his right calf.



Hold. no. 9.

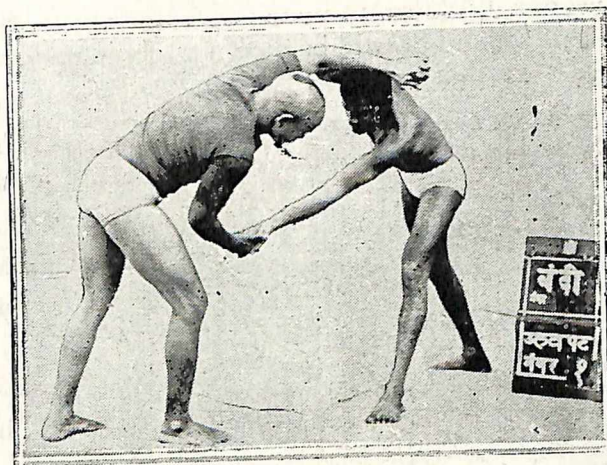
Fig. no. 91.

side, press his right shoulder by your left hand and pull him hard by his *chaddi* to your left until you throw him on his back. ( Fig. 91 ).

The greater he tries to lift you, the greater pressure you should exert on his neck by laying your whole weight on it and grasp the *chaddi* firmly so that his attempt to lift you will be foiled. ( Fig. 90 ) Now drop yourself down on your left



*Ultapat* ( Parry No. 1. )

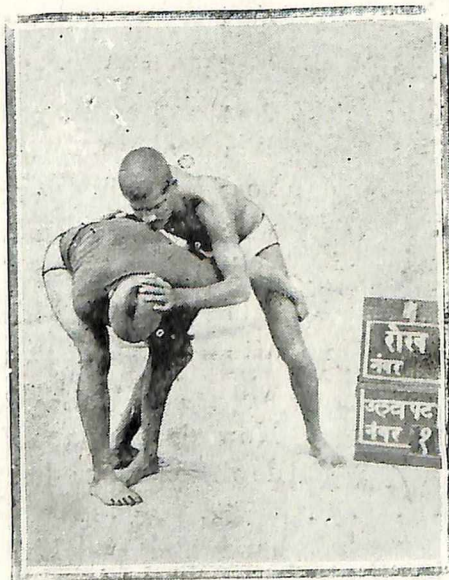


Hold. no. 9.

Fig. no. 92.

**Ultapat** ( Parry No. 1 ) :—When your assailant, while pushing you off with his hands, gives a sharp swing to your right hand to his left for executing *double leg hold from behind*, take a sufficiently long stride backward by your right leg behind your left leg and stand firmly on *Pavitra*. ( Fig. 92 ) In this way his attempt to grip your legs will be very easily parried.

*Ultapat* ( Block No. 1. )

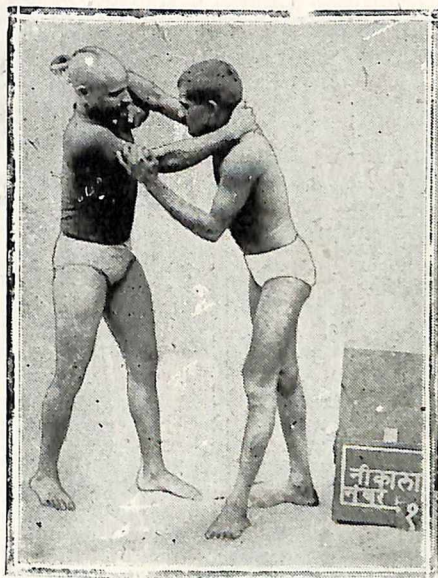


Hold. no. 9.

Fig. no. 93.

**Ultapat** ( Block No. 1 ) :—As soon as your adversary swings your hands and smartly grips your legs for *double leg hold from behind* bend forward and before he lifts you, push hard his head by pressing his ear with your left hand to his right. ( Fig. 93. ) Your vigorous push will give an **unnatural** strain to his left hand and will force him to loosen his grip. Thus his hold will be blocked.

*Nikal-1 st Sort* ( Neck-Hold and Throw. )



**Nikal-1 st Sort** ( Neck-hold and Throw ) Hold No. 10:-While sparring for head—hold, when your assailant places his right hand upon your left shoulder reply to him by placing your right hand upon his left shoulder and smartly raise his right hand a little from off your left shoulder by your left hand. (Fig. 94) Take a duck by thrusting your head from underneath his right arm-pit and get

Hold no. 10.

Fig. No. 94.

*Nikal-1 st Sort* ( Neck-Hold and Throw. )



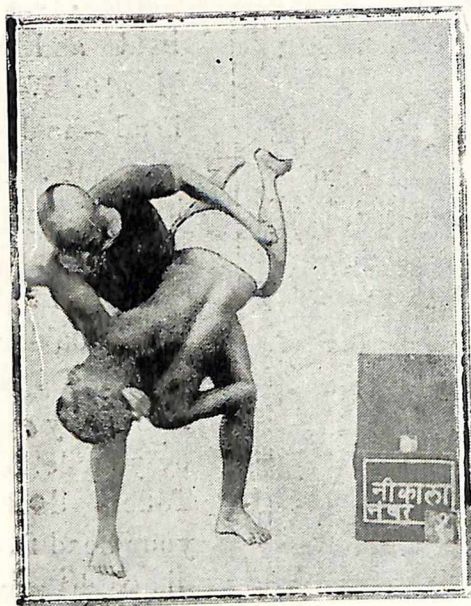
Hold no. 10

Fig. no. 95.

yourself behind him. Keep your right hand—hold of his neck and clasp tightly his chaddi by your left hand. ( Fig. 95 ) Now



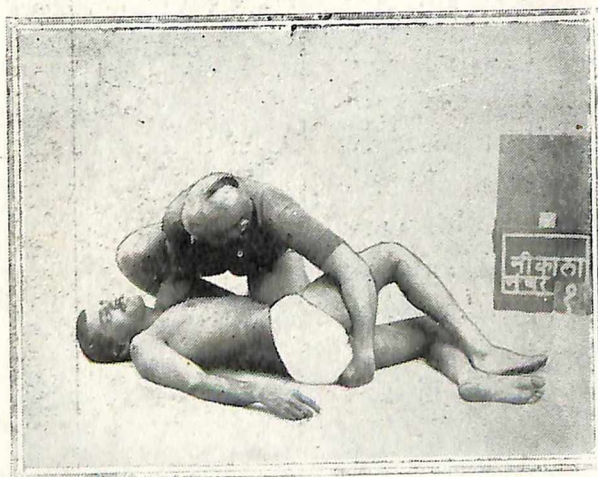
*Nikal-1 st Sort ( Neck-Hold and Throw. )*



Hold no. 10.

Fig. no. 96.

*Nikal-1 st Sort ( Neck-Hold and Throw. )*

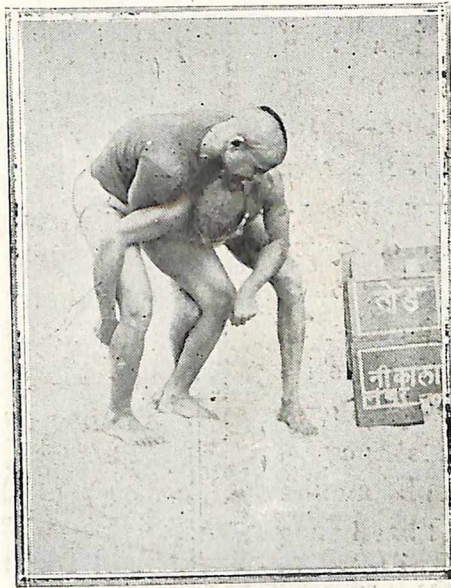


Hold no. 10.

Fig. no. 97.

press down his neck, push his back down by the force of your chest and when he loses his balance lift him up clean by his chaddi. ( Fig. 96 ) Drop down on your left knee and dash him to the ground on his back. ( Fig. 97. )

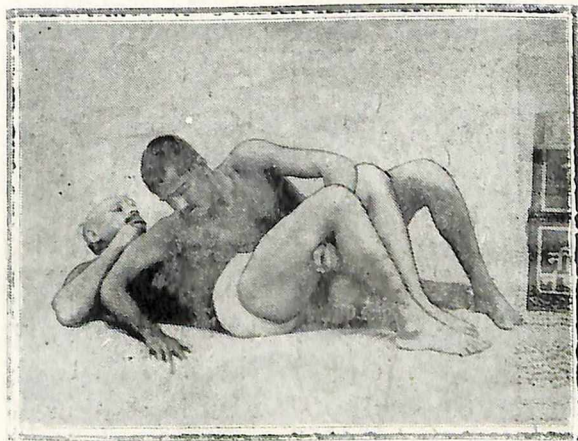
*Nikal--1 st Sort ( Counter No. 1. )*



Hold no. 10.

Fig. no. 98.

*Nikal--1 st Sort ( Counter No. 1. )*



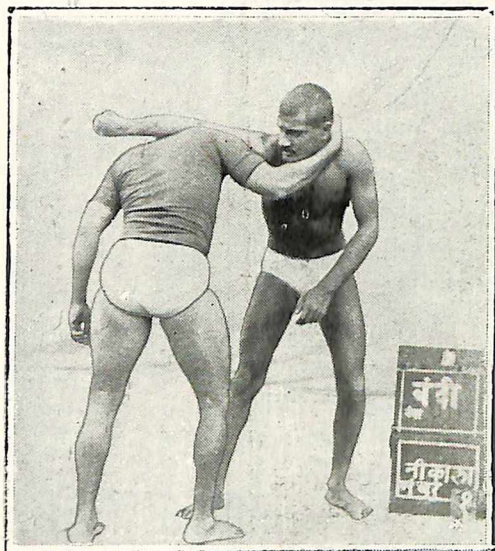
Hold no. 10.

Fig. no. 99.

**Nikal--1 st Sort. ( Counter No. 1. )**:-When your assailant ducks behind you from underneath your armpit to institute *neck-hold and throw*, suddenly bring down your right hand to grab his right leg from outside and lever your right knee against his left knee from behind. ( Fig. 98 Now counter his hold by applying *double leg hold from behind* and dash him to the ground on his back. Fig. 99. )



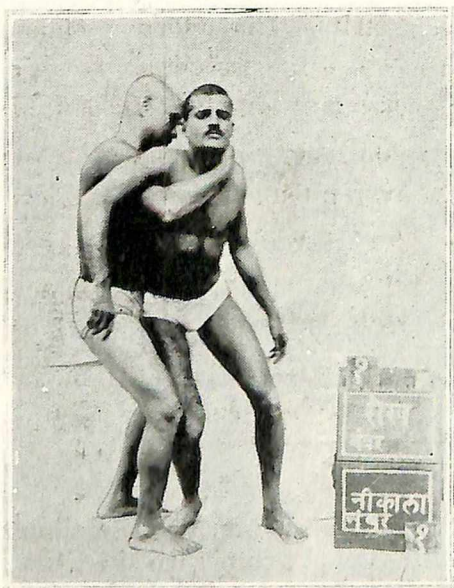
*Nikal-1 st Sort ( Parry No. 1. )*



Hold no. 10.

Fig. no. 100

*Nikal-1 st sort ( Block No. 1. )*



Hold no. 10.

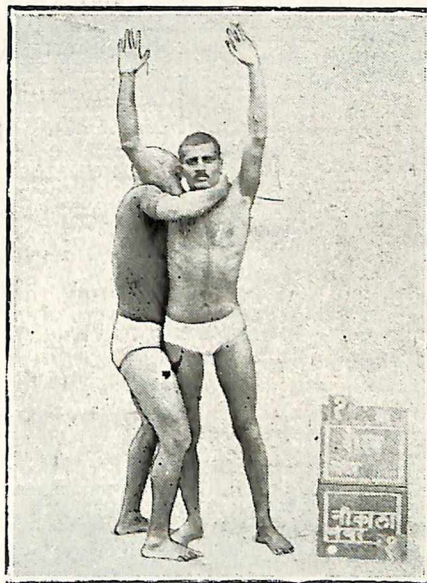
Fig. no. 101.

**Nikal-1 st Sort ( Parry No. 1 ):-** As soon as your opponent swings up your right hand to duck behind you for *neck-hold and throw*, suddenly straighten your right hand, twist it round and exert a great downward pressure on his neck to parry his further action. (Fig. 100.)

**Nikal-1 st Sort ( Block No. 1 ):-** When your antagonist gets himself behind you by holding your neck with his right hand for flinging you down by *neck-hold and throw*, let your hands hang down loose and bend at your knees a little. ( Fig. 101 ) When he, exulting himself in his attempt, tries to lift you for throwing you down, suddenly raise your hands up and stand straight. ( Fig. 102 ) This your straight stand-

still will completely block his hold.

*Nikal-1 st sort* ( Block No. 1. )



Hold no. 10.

Fig. no. 102.

*Nikal-1 st sort* ( Block No. 2. )



Hold no. 10.

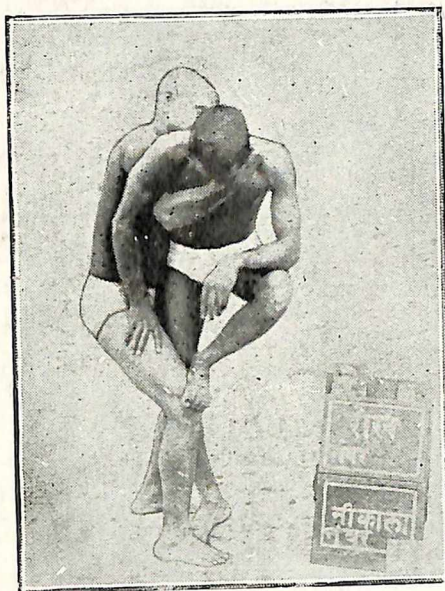
Fig. no. 103.

**Nikal-1 st Sort** ( Block No. 2 ) :—When your assailant gets himself behind you from underneath your arm-pit for employing *neck-ho'd and throw* on you, press down his right thigh by your right palm. (Fig. 103) As soon as he endeavours to lift you up by your *chaddi*, be quick to exert pressure on his right knee by your left foot and swinging yourself a little back hinder him from lifting you up. (Fig. 104)

In this way you will be able to block his hold completely.



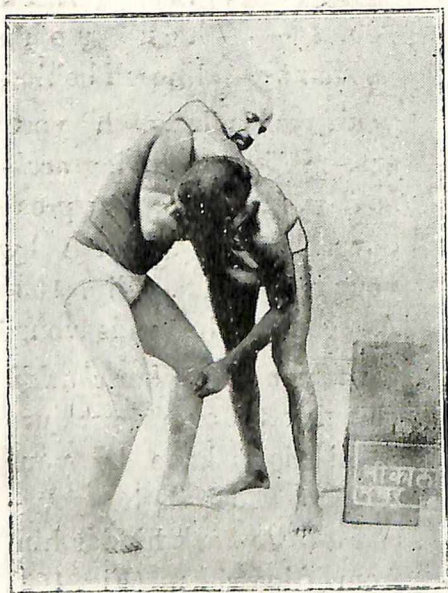
*Nikal-1 st sort ( Block No. 2. )*



Hold no. 10.

Fig. no. 104.

*Nikal-2 nd Sort ( Crotch-Hold and Throw. )*



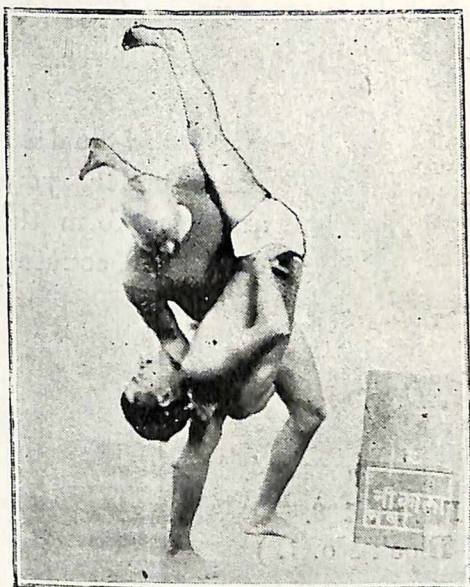
**Nikal-2nd Sort ( Crotch-hold and Throw )** Hold No. 11:—While sparring for moves, swing up your opponent's right hand and duck out your neck from underneath his arm-pit, keeping at the same time your hold of his neck by your right hand. Instantly secure a crotch-hold by your left hand. ( Fig. 105. ) Continue to pull down his neck and press him down by the weight of your chest. When, thus, his foot-hold

Hold no. 11

Fig. no. 105.

is weakened, at once smartly lift him clean from the

*Nikai-2 nd sort ( Crotch-Hold and Throw. )*



ground. ( Fig. 106. ) Now invert him with his head down and feet vertically up and dash him heavily to the ground on his back. All these actions must be simultaneously and quickly performed for the successful execution of this hold.

Hold no. 11.

Fig. no. 106.

*Nikai-2 nd sort ( Counter No. 1. )*



**Nikai-2nd Sort ( Counter No. 1 ):-**As soon as your opponent inserts his neck under your right arm-pit to get behind and secures a crotch-hold, to execute *crotch-hold and throw* on you do not allow him to duck his neck out but hold it fast under your right arm-pit and exert a great pressure on his back by your left hand as in Fig. 07. Press hard and swing to your right his imprisoned

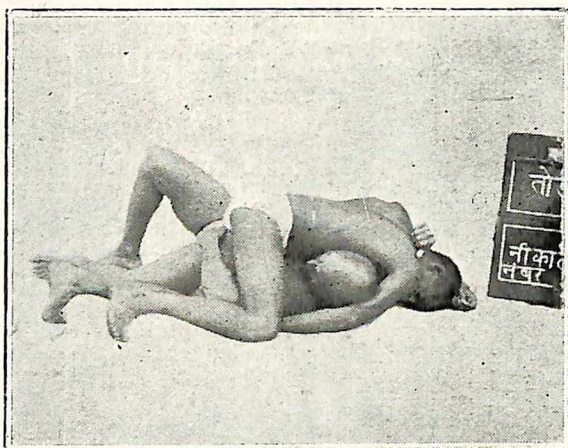
Hold no. 11.

Fig. no. 107.

neck so as to weaken his footing on the floor. Step your right leg back suddenly and continue the down-ward pressure and



*Nikal-2 nd sort ( Counter No. 2. )*

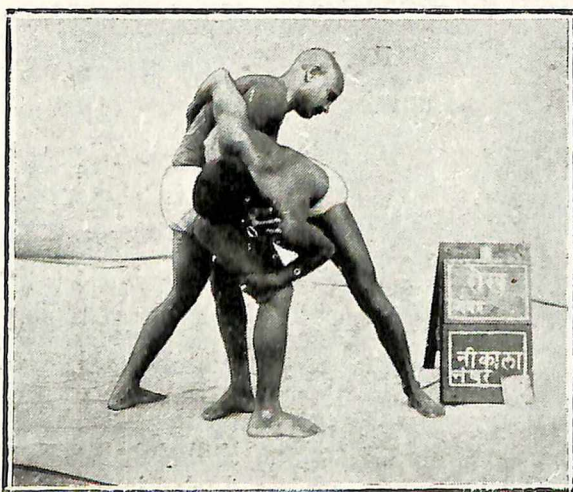


pull until he rolls flatly on his back to the floor. (Fig. 108) Firm head-hold and press under your arm-pit form the key to this counter.

Hold no. 11.

Fig. no. 108.

*Nikal-2 nd sort ( Block No. 1. )*

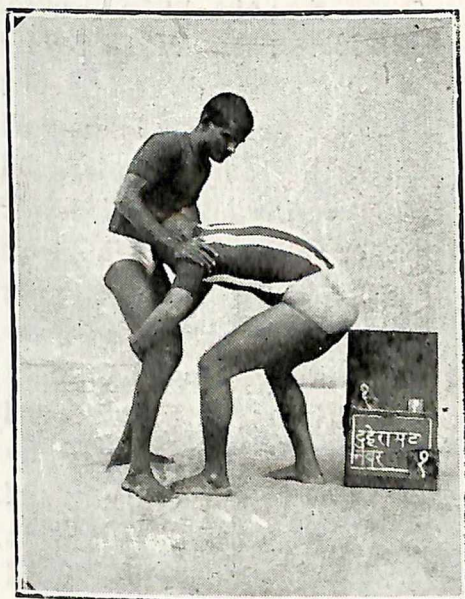


Hold no. 11.

Fig. no. 109.

**Nikal-2nd Sort. ( Block No. 1 ):**—As soon as your combatant ducks out his neck from underneath your right arm-pit to execute *crotch-hold and throw* on you, press forward his right hand by the force of the whole weight of your body at your shoulder in order to weaken his neck-hold, bend forward and pull towards you his right leg by grabbing it behind his right knee with your left hand. ( Fig. 109. ) Thus his picking you up will be impossible and his hold will be blocked.

*Duhera-pat* ( Double Leg Hold. )

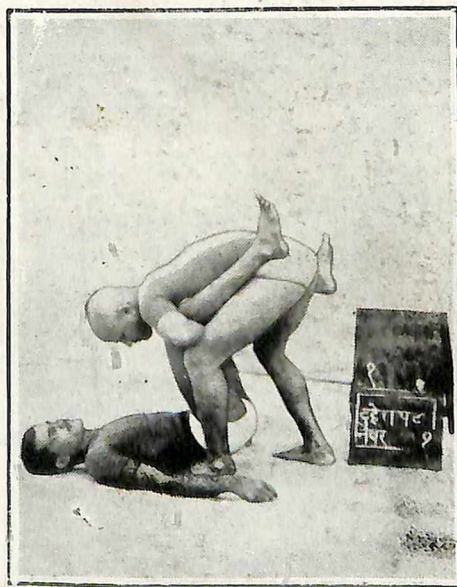


Hold no. 12.

Fig. no. 110.

*Duhera-pat* ( Double Leg Hold. )

**Duhera-pat** ( Double leg-hold ) Hold No. 12:-While sparring for openings deceive your adversary by utilising some clever feints here and there and suddenly dive for his knees and trap his legs from without pressing your head against his stomach. ( Fig. 110 ) Push him back with the force of your head thus shifting his balance back and pull up his legs towards you vigorously until his back heavily dashes against the floor. (Fig. 111)



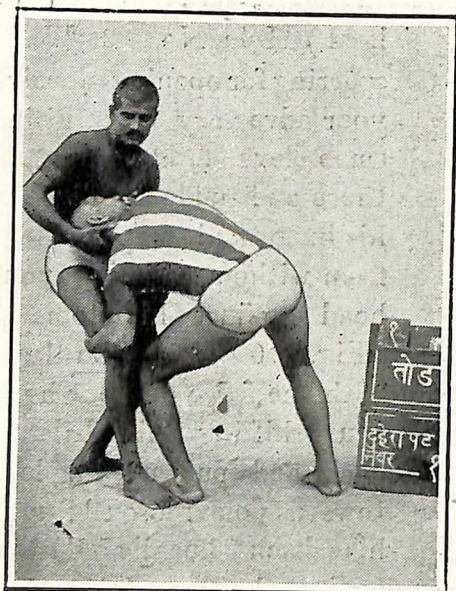
Hold no. 12.

Fig. no. 111.

This hold should be instituted with such singular rapidity that the moment you secure his leg-trap, push him on his back.



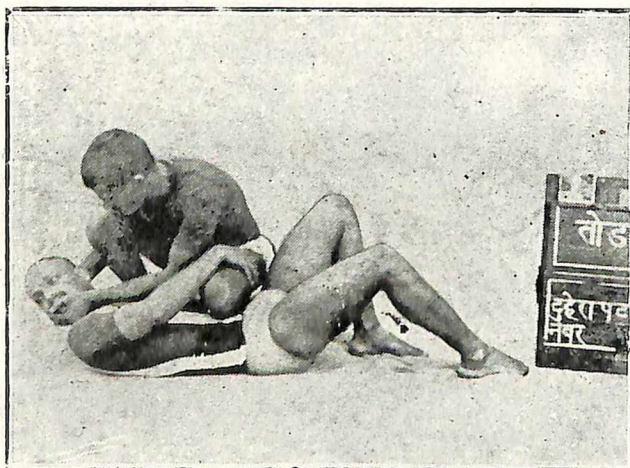
*Duhera-pat* ( Counter No. 1. )



Hold no. 12.

Fig. no. 112.

*Duhera-pat* ( Counter No. 1. )

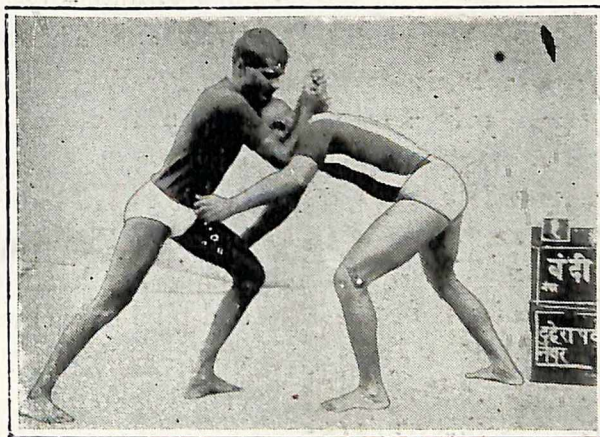


Hold no. 12.

Fig. no. 113.

you to his left. Lever your right leg from without at his ankle and twist him on to his back to your right. (Fig. 113) Neck-twist to the end is the chief factor in countering *double leg-hold*.

*Duhera-pat* ( Parry No. 1. )

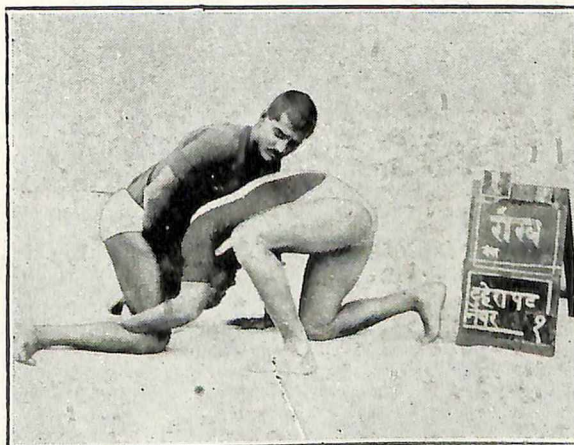


Hold no. 12.

Fig. n<sup>o</sup>. 114.

**Duhera-pat** ( Parry No. 1 ):-As soon as your adversary drives in his head and extends his hands for *double leg-hold*, check his further advance by claspings his head with your fore-hands and pressing it back with all your might with a heavy blow and backward push on his shoulders or shoulder-joints (Fig. 114) to parry his intended hold.

*Duhera-pat* ( Block No. 1. )



Hold no. 12.

Fig. no. 115.

**Duhera-pat** (Block No. 1 ):-When your antagonist pushes in his head and secures *knee-grab* for *double leg-hold*, before he picks you up press down his head with the force of both your hands, swing your weight on his back to press him down to the ground and bring him *on all fours*. (Fig. 115.)



*Bakar-Mod* ( Head-Twist and Throw. )

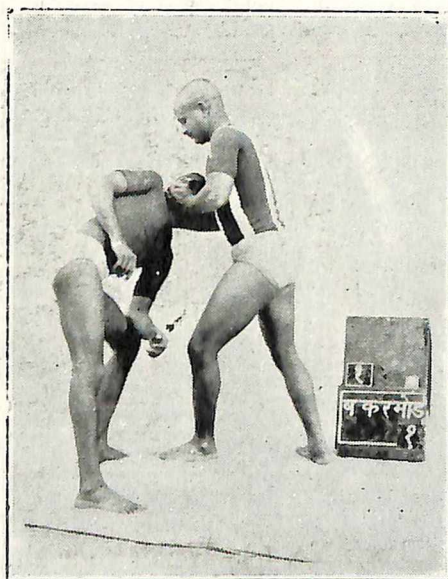


Hold no. 13.

Fig. no. 116.

*Bakar-Mod* ( Head-twist and Throw. )

**Bakar-Mod** ( Head-twist and Throw ) Hold No. 13:-While sparring for various feints grasp his chin with your left hand and hold fast his head by your right hand. ( Fig. 116 ) Twist round his head vigorously and take a backward stride with your right leg behind your left foot to make him lose equilibrium. (Fig. 117) Continue his head-twist and pull him to your right until you fling him round on his shoulders to the floor.

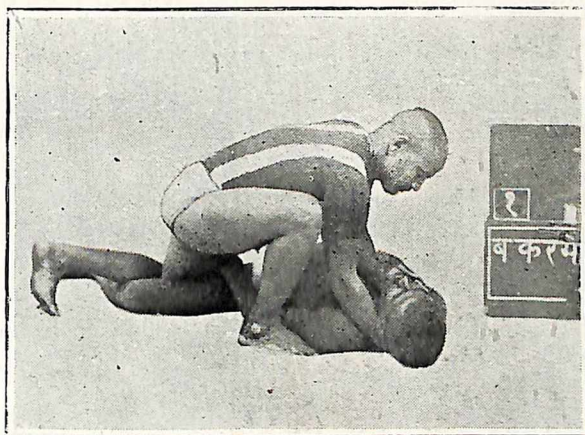


Hold no. 13.

Fig. no. 117.

( Fig. 118. ) This hold is based on a head-twist.

*Bakar-Mod* ( Head-Twist and Throw. )



Hold no. 13.

Fig. no. 118.

*Bakar-Mod* ( Counter No. 1. )



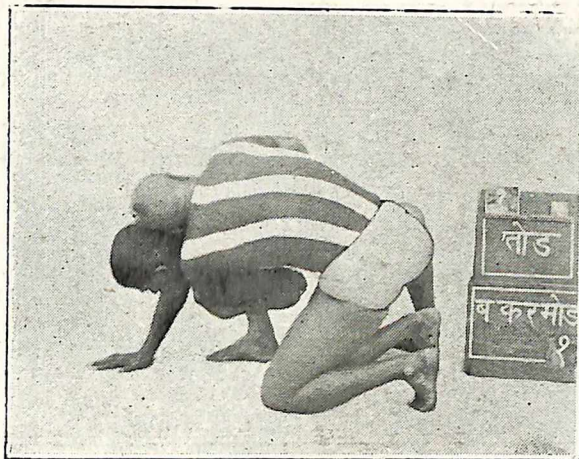
Hold no. 13.

Fig. no. 119.

**Bakar-Mod** ( Counter No. 1 );—As soon as your foe, in attempting to utilise some clever designs on you, stretches his hands forward to twist your head for *head-twist and throw*, turn to your left, dive in close to his body, suddenly pull down his left hand from over your left shoulder by catching his left arm by your left hand and his left fore-arm by your right



*Bakar-Mod* ( Counter No. 1. )



Hold no. 13.

Fig. no. 120.

hand. ( Fig. 119 ) Swing his body to your left, pitch down your left knee on the floor ( Fig. 120 ) and hurl him on back by executing *flying mare* ( hold no. 2 ) on him. In short *flying mare* is a counter to *head-twist and throw*.

*Bakar-Mod* ( Parry No. 1. )

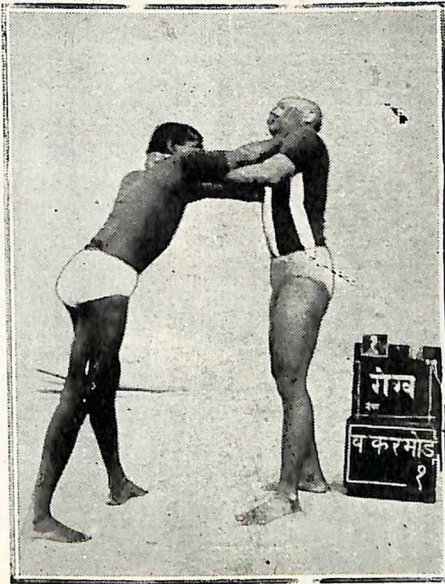


**Bakar-Mod** ( Parry No. 1 ) :—If your assailant endeavours to twist your head for instituting *head-twist and throw*, press out his left elbow from within by your right elbow and push his neck to your left by exerting a hard pressure on his left ear with your right hand in order to parry his desired hold. ( Fig. 121 )

Hold no. 13.

Fig. no. 121.

*Bakar-Mod* ( Block No. 1. )



Hold no. 13.

Fig. no. 122.

*Naki-kas* ( Half-nelson from the front. )



Hold no. 14.

Fig. no. 123.

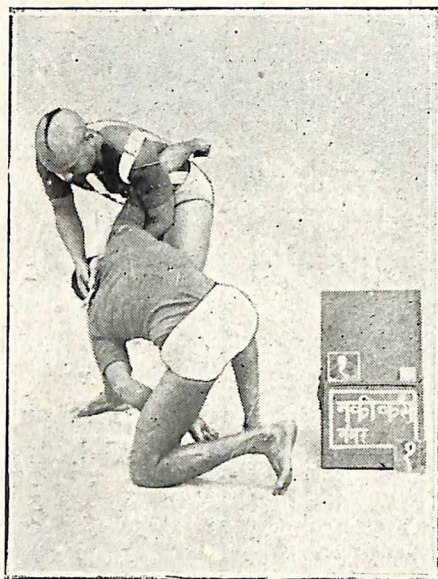
**Bakar-Mod** ( Block No. 1 ) :—If your foe secures a chin-hold on you to execute *head-twist and throw*, before he twists you to your left, push back his left cheek with a heavy blow on it by your right hand. ( Fig. 122 ) In this way his chinhold for head-twist will be broken and his further action will be blocked.

**Naki-Kas** ( Half-nelson from the front ) :—While tugging each other for holds, insert your left hand from underneath his right arm-pit and extend it further behind his neck pressing it down by the back of your left palm. ( Fig. 123 ) Stride your right leg backward and at once exert further downward twisting pressure on his neck by your right hand. His right shoulder,

of course, will be simultaneously raised and he will be forced to drop on his left knee. ( Fig. 124 ) Twist him down on and



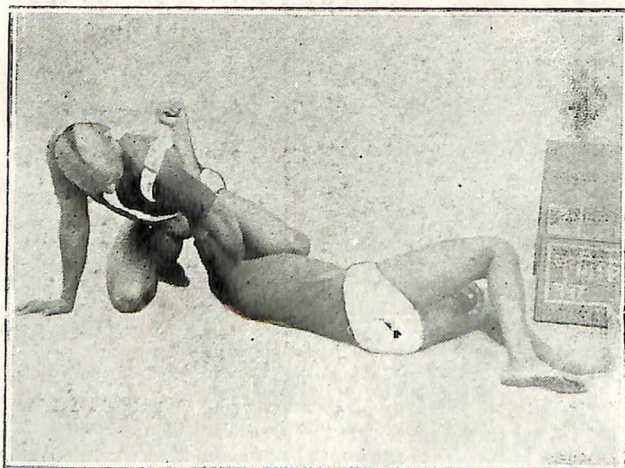
*Naki-Kas* ( Half-nelson from the front ).



Hold no. 14.

Fig. no. 124.

*Naki-Kas* ( Half-nelson from the front ).



Hold no. 14.

Fig. no. 125

on trapping his right hand further until he himself rolls on his shoulder to the ground ( Fig. 125 ), being unable to sustain the strain of the head-and-shoulder-twist.

*Naki-kas* ( Feint No. 1. )



Hold no. 14.

Fig. no. 126.

*Naki-kas* ( Feint No. 1. )



Hold no. 14.

Fig. no. 127.

**Naki-kas** Feint No. 1):- In sparring for feints, insert your left hand from under-neath his right arm-pit and pitch your left leg in front of his legs seemingly to apply *leg throw*. ( Fig. 126. ) As soon as he bends forward, extend your left arm on his back neck with a strong jerk and pressure to your



right ( Fig. 127 ) and force him down on his back by executing *half-nelson from the front*.

*Naki-kas* ( Counter No. 1. )

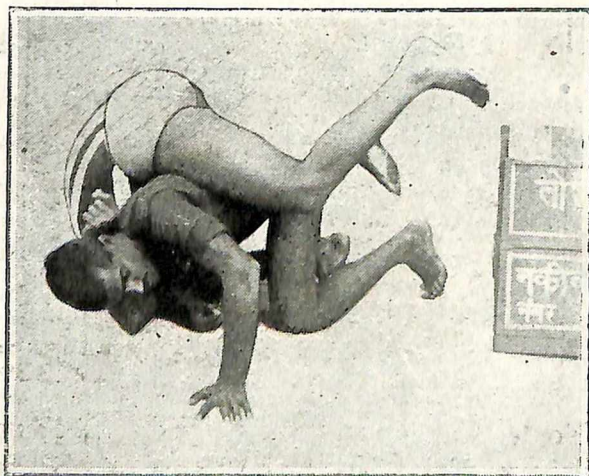


Hold no. 14.

Fig. no. 128.

*Naki-kas* ( Counter No. 1. )

**Naki-kas** (Counter No. 1 ):- As soon as your opponent inserts his left hand from underneath your right arm-pit to employ *half-nelson from the front* on you, before he exerts pressure by his right hand on your neck, turn suddenly to your right as in *arm and leg throw*. (Hold No. 5) by taking a stride with your left foot to your right. ( Fig. 128 ) In this way his left hand will be fairly trapped.



Hold no. 14.

Fig. no. 128.

Press and pull down his left hand and he will naturally be picked up from the ground owing to the lever of your back. Drop down on your right knee ( Fig. 129 ) and pull him down



until you throw him on his shoulders to the ground. Or if you like you can dash him to the ground by pulling his hand down from over your back as in Fig. 128, without kneeling down.

*Naki-kas* ( Counter No. 2. )

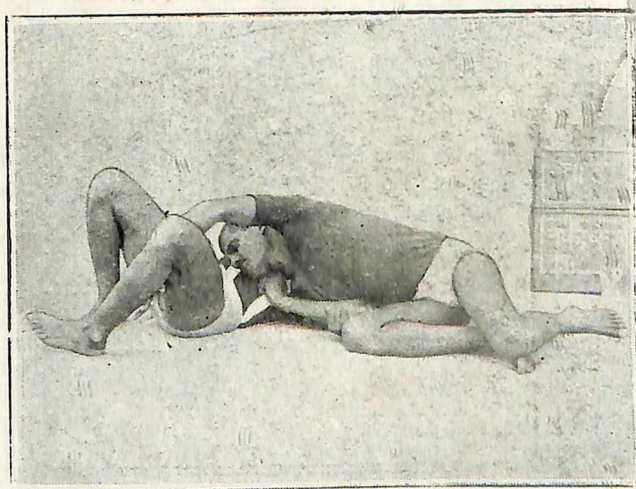


Hold no. 14.

Fig. no. 130.

*Naki-kas* ( Counter No. 2. )

**Naki-kas** ( Counter No. 2):-When your assailant imprisons your neck by thrusting his left hand from beneath your right arm-pit for executing *half-ne'son* from the front, before he presses down your neck by your right hand, suddenly dive in and turn to your right, all the while pressing down his left hand by your right in order to weaken his hold. sharply grab his left leg at his knee by your left hand and kneel down to the ground. (Fig. 130) Jerk his



Hold no. 14.

Fig. no. 131.

body across your neck and finish *arm and leg throw* by slinging him down to the ground on his shoulders. (Fig. 131)



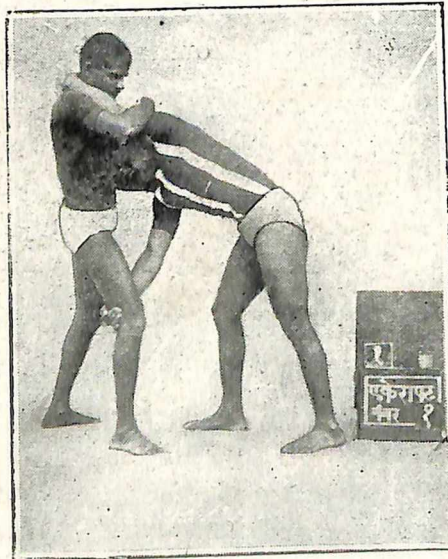
*Naki kas* ( Block No. 1. )



**Naki-kas** ( Block No. 1 ):-As soon as your rival secures half-nelson on you push up his left elbow by your hands before he applies pressure on your neck with his hands and hold fast his left hand in the press of your right shoulder-joint and neck. ( Fig. 132 ). This act of yours will nullify his endeavour and his hold will be blocked.

Hold no. 14.

Fig. no. 132.  
*Ekeri-pat* ( Single Leg-Hold. )

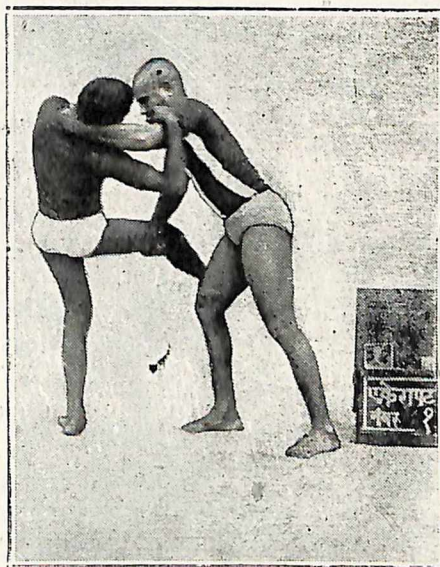


Hold no. 15.

Fig. no. 133.

**Ekeri-pat** ( Single leg-hold ) Hold No. 15:-While employing various moves, rest your left hand on your adversary's

*Ekera-pat* ( Single Leg-Hold. )



Hold no. 13.

Fig. no. 134.

*Ekera-pat* ( Single Leg-Hold. )



Hold no. 15.

Fig. no. 135.

right shoulder and suddenly dive in your head for grabbing his knee from within by your right hand. ( Fig. 133. ) Pick up his leg by your right hand and catch hold of his neck by your left and pull it down, keeping your equilibrium in tact. ( Fig. 134 ) Swing and pull down his body to your left, suddenly drop yourself down on your left knee and vigorously pin his back to the floor. ( Fig. 135 )



*Ekerā-pat* (Counter No. 1.)



Hold no. 15.

**Ekerā-pat** (Counter No. 1 :- If your antagonist endeavours to dash you to the floor by employing *single leg-hold* on you, push up his left hand resting on your right shoulder, with a jerk to your left by your right hand, (Fig. 136) before he picks up your right leg by his right hand. Suddenly swing and push him to your left, allowing him no time to regain his balance until he rolls on the ground as in

Fig. no. 136.

*Ekerā-pat* (Counter No. 1.)

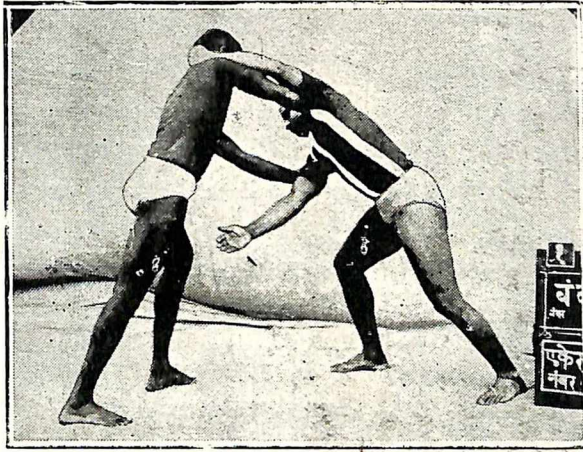


Hold no. 15.

Fig. no. 137.

Fig. 137. Now push him back with your whole weight and fix his shoulders to the floor.

*Ekera pat* ( Parry No. 1. )

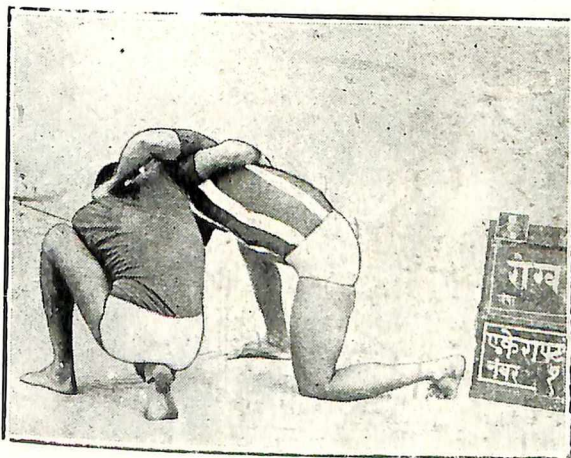


Hold ro. 15.

Fig. ro. 138.

**Ekera-pat** (Parry No. 1):—The moment you anticipate *single leg-ho'd* from your combatant, violently push back his face with your right hand, step back with your right leg and stop his right hand in the very act of being stretched forth for leg-hold. ( Fig. 138 In this way his endeavour for *single leg-ho'd* will be parried.

*Ekera-pat* ( Block No. 1. )



Hold ro. 15.

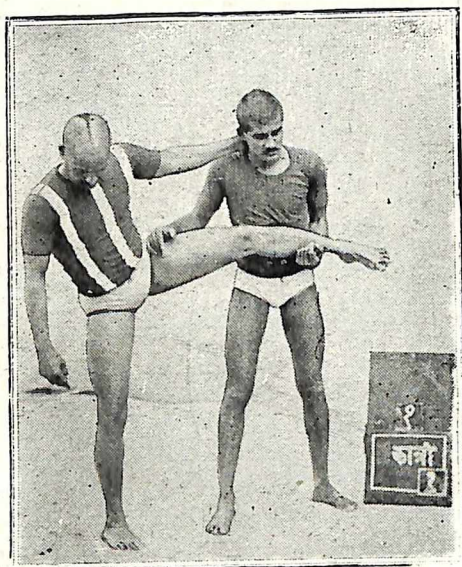
Fig. ro. 139.

**Ekera pat** Block No. 1):—The moment your opponent secures *single leg-ho'd* on you, before he picks up your right leg, suddenly drop down on your right knee so that his right palm will be pressed under your knee—joint. The pressure on his head

will force him also on his left knee. ( Fig. 139. ) Thus his hold will be blocked without much difficulty.



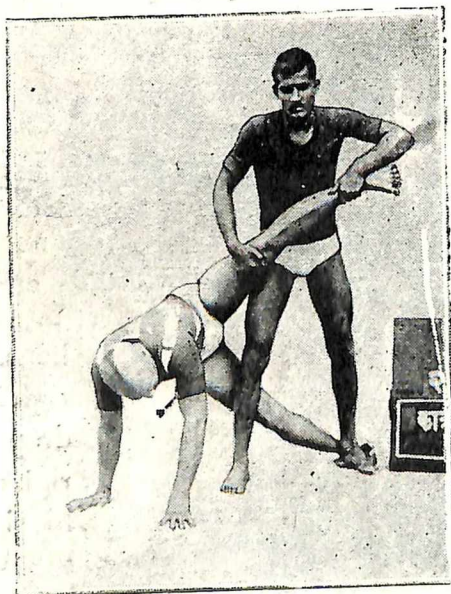
*Katri* ( Scissors. )



Hold no. 16.

Fig. no. 14C.

*Katri* ( Scissors. )

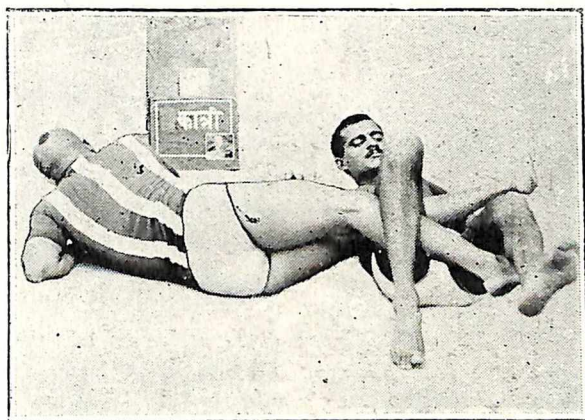


Hold no. 16.

Fig. no. 14<sup>1</sup>.

**Katri** ( Scissors ) Hold No. 16:—While sparring for various manœuvres keep your left leg-footing rather weak and tempt your adversary to pick it high up as in Fig. 140. The

*Katri* ( Scissors. )

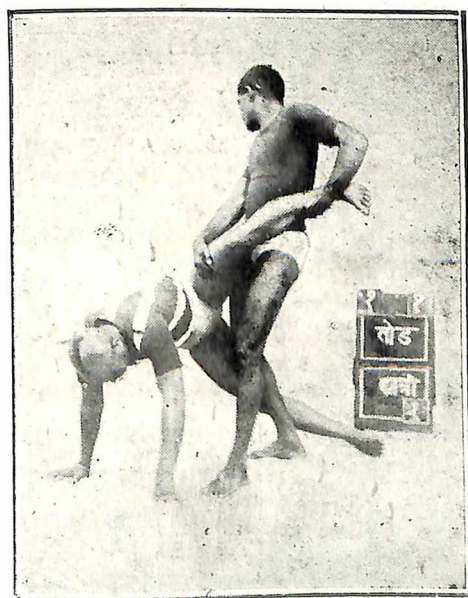


Hold no. 16.

Fig. no. 142.

moment he lifts it high up to his loins drop yourself down to the ground on your hands and take the support of the floor by them. Extend your right leg from behind his legs and strike it hard at his left heel, thus shaking off his balance. At the same time press forcibly back his stomach or chest by the vigorous blow of your lifted leg ( Fig. 141 ) so that he will fall flat on the ground without much effort . ( Fig. 142 )

*Katri* Counter No. 1.



Hold no. 16.

Fig. no. 143.



*Katri* ( Counter No. 1. )



Hold no. 16.

Fig. ro. 144.

**Katri** (Counter No. 1):—When your assailant is trying to execute scissors on you at once take a forward stride by your left leg before he strikes it by his right leg at your left heel. ( Fig. 143 ) Take a vigorous turn to your right in order to weaken his support of the ground taken by his hands and suddenly drop yourself down on your chest so that he will roll to your right on his shoulders to the ground. ( Fig. 144 ).



## PART II

### Standing Holds from Behind.

*Uttā-Khappa* ( Neck-Lock from behind. )

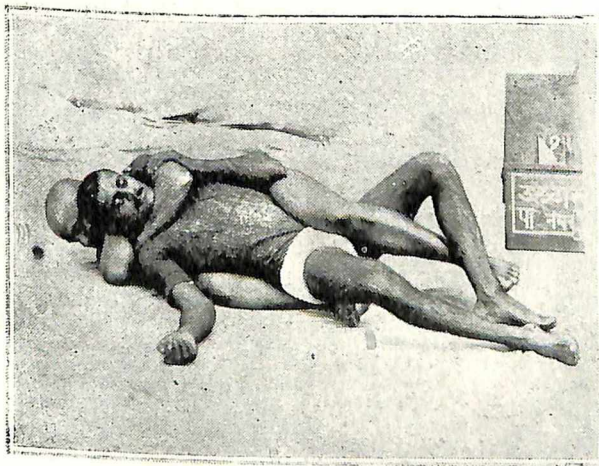


**Uttā-Khappa** ( Neck-lock from behind ) Hold No. 17:-Get yourself behind your opponent either by ducking your head out from underneath his arm-pit or by any other clever stratagem and lock his neck by passing your left hand round his neck from the front and complete your lock by holding firmly your left wrist by your right hand from within behind your right elbow. Press his back neck a little by your right hand.

Hold no. 17.

Fig. no. 145.

*Uttā-Khapp.* ( Neck lock from behind. )



( Fig. 145 ). Be cautious not to strangle him to death by exerting violent pressure. A little pressure which will choke him for a while and disturb his balance backward is needed. Bend back a little on

Hold no. 1 .

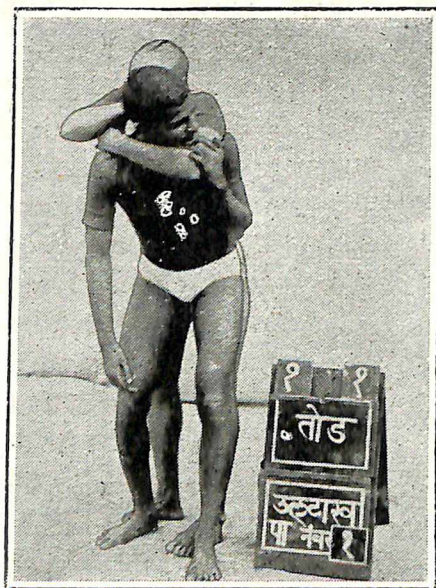
Fig. no. 146.

your knees and suddenly press and push him backward to your right. Drop yourself down on your right side and pitch his shoulders to the floor as in Fig. 146.

*N.B.* It is pre-supposed in the following holds that the employer of the hold anyhow gets behind his opponent.



*Uta-Khappa* ( Counter No. 1. )



Hold no. 17.

Fig. No. 147.

*mare* ( Hold No. 2 ) on him. *Flying mare*, in brief, is the counter to this hold.

*Uta-Khappa* ( Parry No. 1. )



Hold no. 17.

Fig. no. 148.

**Uta-Khappa** ( Counter No. 1 ):- As soon as your opponent slides his left hand to surround your neck with a view to fling you down by employing *neck lock from behind* on you, turn your neck to your left to check his lock and pull down his left hand from over your left shoulder by grabbing with your left hand his left elbow. (Fig. 147.) Bend forward a little and dash him clean to the ground on his back by instituting *flying*

**Uta-Khappa** ( Parry No. 1 ):- The moment your adversary passes his left hand to lock your neck, stop it in the very act, twist it with both your hands to your left (Fig. 148) and extricate yourself out to parry his hold.

*Uta-Khappa* ( Block No. 1.)

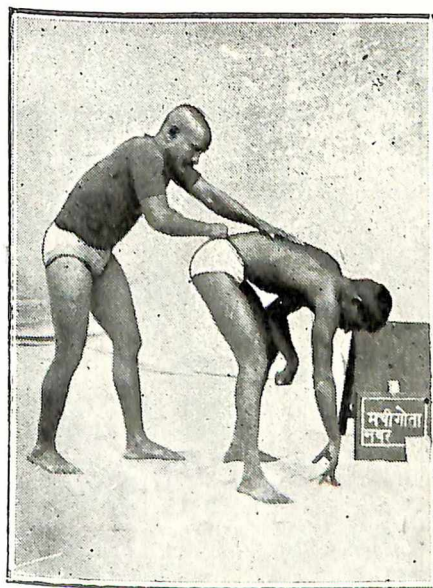


**Uta-Khappa** ( Block No. 1 ) :—If your rival secures neck-lock by his left hand before allowing him time to ensure it by his right hand, catch hold of his left wrist by your right hand and clasp his left elbow by your left hand. Press down his left hand with the force of your chin, bend down forward and pull his left hand down with both your hands to block his lock. ( Fig. 149. )

Hold no. 17.

Fig. no. 149.

*Machhi-Gota* ( Shoulder-lift and Throw. )



**Machhi-Gota** (Shoulder-lift and Throw — Hold No. 18:— After getting yourself behind your rival by any artifice, catch firmly his *chaddi* by your right hand from behind and place your left hand on his back. ( Fig. 150 ) Smartly drop down on your right knee, insert your neck between his legs suddenly hold his right leg at his ankle by your left hand and support him on your right shoulder.

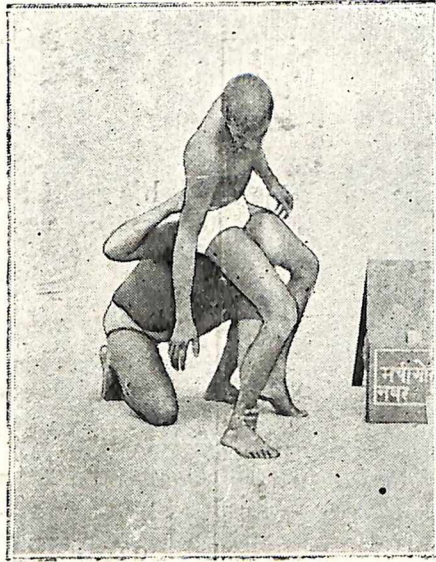
Hold no. 13

Fig. no. 150.

(Fig. 151) Pull his gripped right leg by your left hand, lift him sharply on your right shoulder and hurl him back on his



*Machhi-Gota* ( Shoulder-lift and Throw. )



Hold no. 13.

Fig. no. 151.

*Machhi-Gota* ( Shoulder-lift and Throw. )

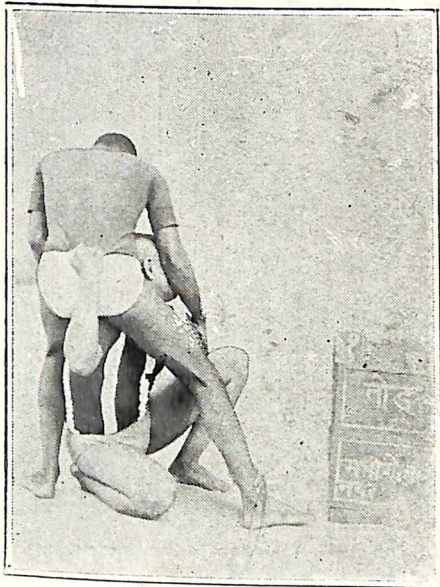


Hold no. 18.

Fig. no. 152

shoulders to the ground. ( Fig. 152 ) Do not let go your grip until his back is completely pinned down.

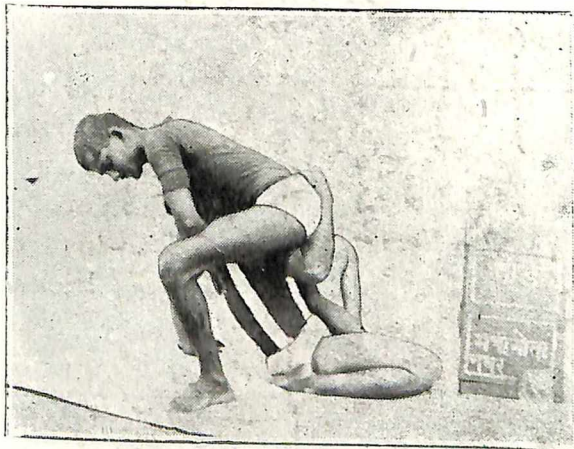
*Machhi-Gōṣa* ( Counter No. 1. )



Hold no. 18.

Fig. no. 153.

*Machhi-Gōṣa* ( Counter No. 1. )



Hold no. 18.

Fig. no 154

leg, preventing him from grasping it and vigorously force back his chin with the strength of both your hands. ( Fig. 154 ) Continue to push him down backward until you fix his shoulders to the ground.



*Machhi-Gota* ( Block No. 2. )



Hold no. 18

Fig. no. 155.

**Machhi-Gota** ( Block No. 1 ) :—This *shoulder-lift and throw* can be, with little difficulty, blocked by suddenly dropping down on your right knee, thus pressing down to the ground your adversary's neck with the force of your weight when he inserts his neck between your legs for performing his intended hold. ( Fig. 155 ).

*Machhi-Gota* ( Block No. 2. )

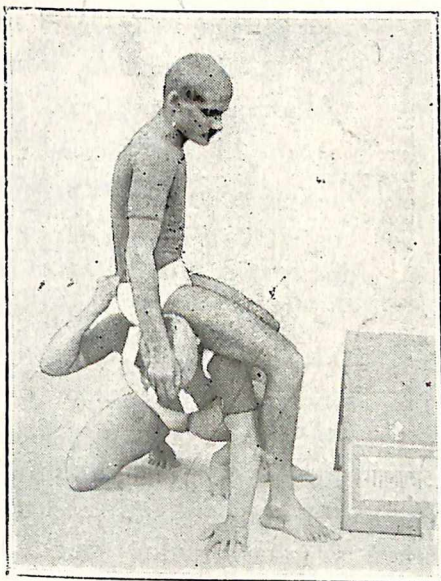


Hold no. 1

Fig. no. 156.

**Machhi Gota** ( Block No. 2 ) :—The moment your assailant thrusts his neck between your legs to finish *shoulder-lift and throw*, take a backward stride with your left leg from off his back, press his back down with the force of your left palm after turning and facing towards him and grasp and push his head down by your right hand. ( Fig. 156 ) This action will block his hold effectively.

*Goni-Lot* ( Back-lift and Throw. )

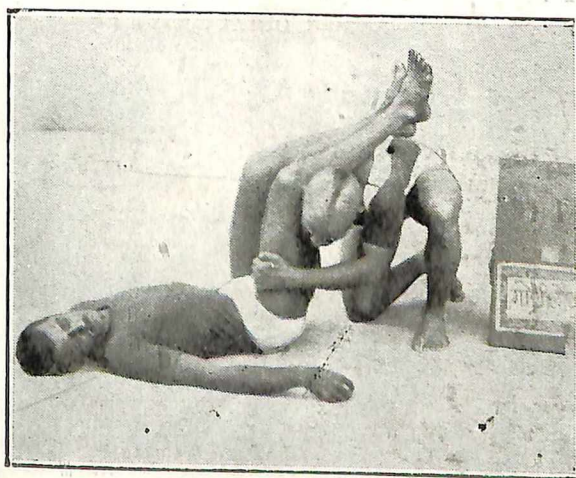


Hold no. 19.

Fig. no. 157.

*Goni-Lot* ( Back-lift and Throw. )

**Goni-Lot** ( Back-lift and Throw ) **Hold No. 19:**— Getting yourself behind your adversary, grasp his *chaddi* as in the previous hold by your right hand, suddenly drop yourself down on your knees and pull him back on your back, keeping at the same time your own balance by supporting your left hand on the ground. ( Fig. 157. ) Then with a sharp downward swing lift and pull him



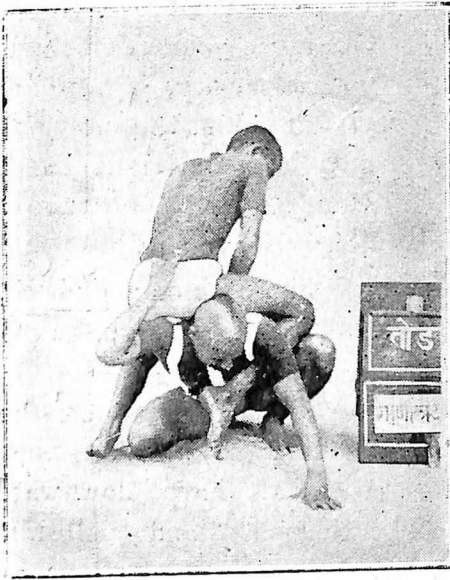
Hold no. 19.

Fig. no. 158.

down by his *chaddi* from over your back and throw him off on his shoulders ( Fig. 158 ) as coolies throw off heavy sacks from over their back without much strain. Back is the strongest lever in the body of a man; so any fighter, however heavy he may be, can be easily thrown from over the back.



*Goni-Lot* ( Counter No. 1. )

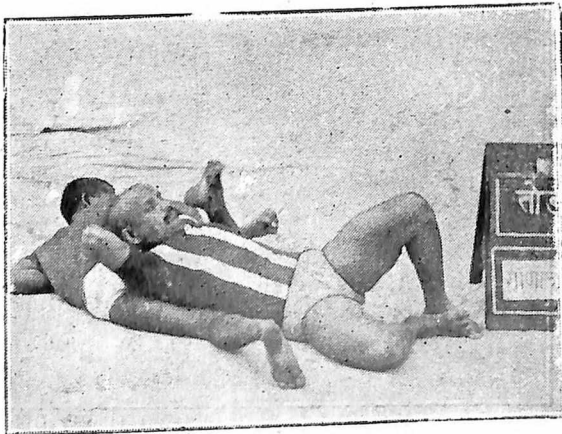


Hold no. 19.

Fig. no. 159.

*Goni-Lot* ( Counter No. 1. )

**Goni-Lot** ( Counter No. 1):-As soon as your antagonist forces you to sit on his back as in Fig. 157 with an intention of employing *back-lift and throw* on you, suddenly turn your left leg to your left from over his back and pitch it beside his right knee on the ground. Before he pulls you down by your *chaddi*, thrust your right leg beneath his left arm-pit and grip tightly his left ribs with

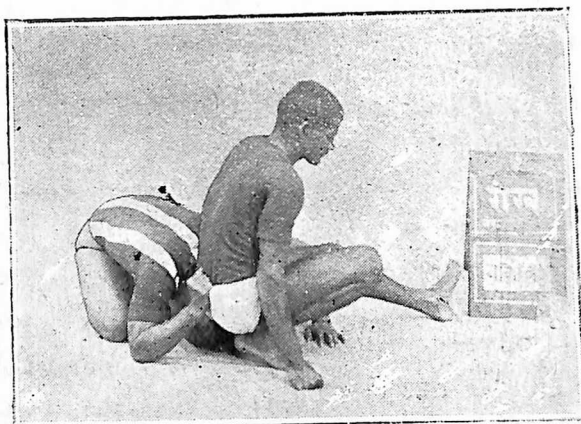


Hold no. 19.

Fig. no. 160.

it. ( Fig. 159. ) Smartly drop yourself flat on your chest to the ground and pull him forward at the same time on his back. ( Fig. 160. ) As the hold of your *chaddi* by your rival is firm, it aids you in his down-fall because when you fall forward he also follows with you.

*Goni-Lot* ( Block No. 1. )

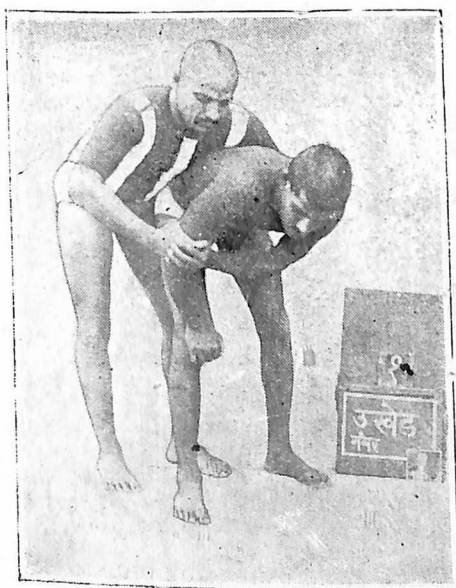


Hold no. 19.

Fig. no. 161.

**Goni-Lot** ( Block No. 1 ) If your opponent succeeds in taking you on his back for executing *back-lift and throw*, before he lifts you up, straighten your left leg forward, concentrate all your weight on his neck and instantly sit down so that his hold will be blocked. ( Fig. 161. )

*Ukhed* ( Body-lift and Throw. )



Hold no. 20.

Fig. no. 162.

towards your rival. ( Fig. 163 ) With a round pull, dash him to

**Ukhed** ( Body-lift and Throw. ) Hold No. 20:— Get behind and grasp tightly his *chaddi* on his right thigh by your left hand. ( Or thrust your left arm as far as possible gripping his left ribs there in and hold his *chaddi*. ) Catch hold of his right elbow from without by your right hand. ( Fig. 162 ) Then with an upward swing lift him up by his *chaddi* and pull his right elbow down jerking your neck at the same time



# The Science of Wrestling.

CSL

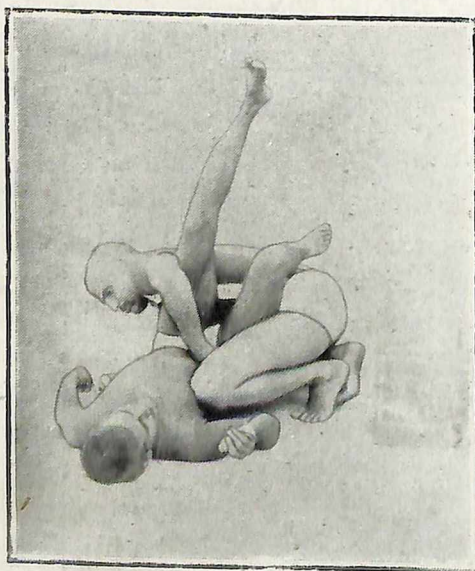
*Ukhed* ( Body-lift and Throw. )



Hold no. 20.

Fig. no. 162.

*Ukhed* ( Body-lift and Throw. )



Hold no. 20.

Fig. no. 164.

the ground heavily on his back, forcing your left knee on his chest. ( Fig. 164. ) Take care that you should not break his neck by dashing him to the ground on it.

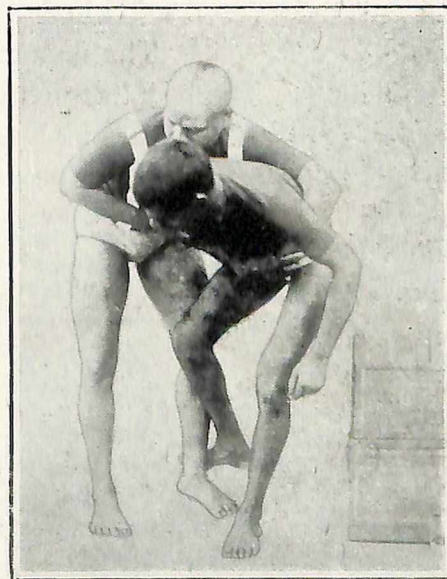
*Ukhd* ( Counter No. 1. )



Hold no. 20.

Fig. no. 165.

*Ukhd* ( Counter No. 1. )



Hold no. 20.

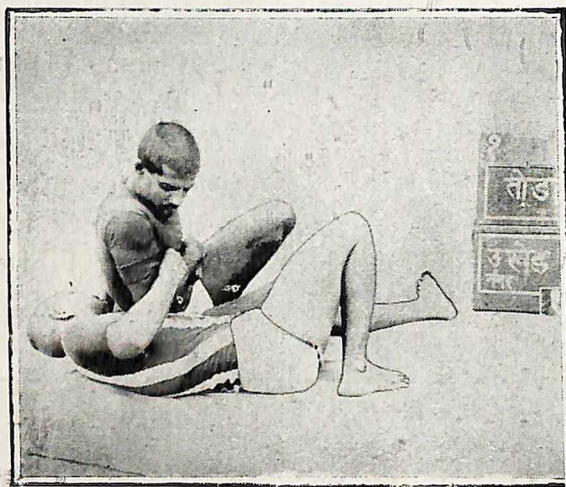
Fig. no. 166.

at his left ankle, take a vigorous twisting swing to your right,

**Ukhd** ( Counter No. 1 ):-  
As soon as your opponent holds you for executing *body-lift and throw* on you, before he lifts your body, clasp tightly his left hand by your right hand. ( Fig. 165 ) Suddenly bend down a little with a slight bent at your right knee, stop your body-lift by levering your right foot at his left ankle from without and jerk your neck to your right. ( Fig. 166 ) Weaken his left foot by striking strongly



*Ukhed* ( Counter No. 1. )



Hold no. 20.

Fig. no. 167.

sit down on the floor on your right thigh and send him over on to his back. ( Fig. 167. )

*Ukhed* ( Parry No. 1. )



Hold no. 20.

Fig. no. 168.

**Ukhed** ( Parry No. 1 ):-  
 The moment your adversary takes you in his possession for employing *body-lift and throw* on you, hold his left wrist by your right hand and his left elbow, by your left hand. When he attempts to lift up your body, press down his wrist and raise up his elbow ( Fig. 168 ) so that his hold by his left hand will be loosened and the *body-lift* will become impossible.

*Ukhed* ( Block No. I. )

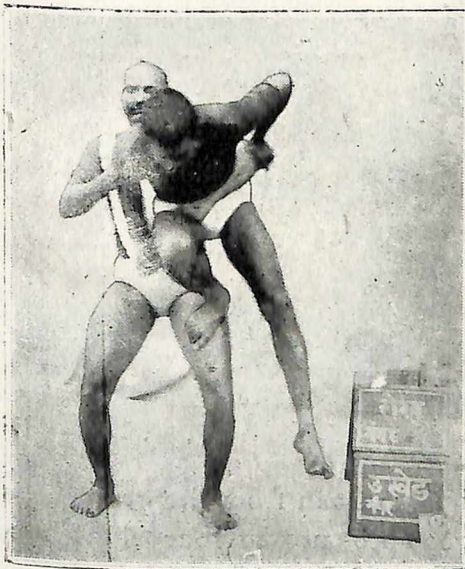


Hold no. 20.

Fig. no. 169.

**Ukhed** ( Block No. 1 ):-  
As soon as your assailant lifts your body for *body-lift and throw*, hook your right leg at his left lower-thigh and press his left calf by your right foot from behind. ( Fig. 169. ) Now he cannot lift you more and his further move will be blocked.

*Ukhed* ( Block No. 2. )



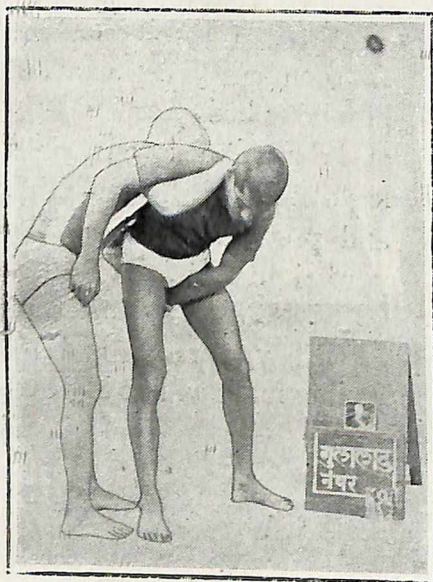
Hold no. 20.

Fig. no. 170.

**Ukhed** (Block No. 2 ):-  
When your adversary holds your body for *body-lift and throw*, stand straight with a slight bent at your right knee and as soon as he picks you up, take an upward spring and press down his left thigh or right thigh to block his hold. ( Fig. 170. )



*Gula-latu-1 st Sort ( Standing Half-nelson and Throw. )*

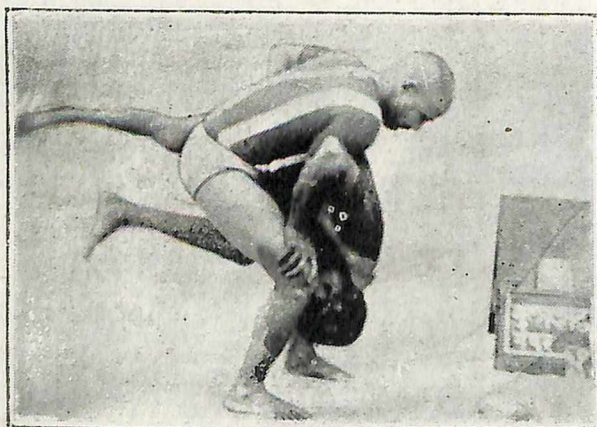


Hold no. 21.

Fig. no. 171

**Gula-latu-1 st Sort** (Standing Half-nelson and Throw ) Hold No. 21:-Get your-elf behind and seemingly attempt to encourage him by offering your leg to be caught by him through his legs. The moment he bends down to grab your leg, be alert, apply *half-nelson* on him by your right hand and simultaneously grip his left hand between his legs by your left hand from behind. ( Fig. 171 )

*Gula-latu-1 st Sort ( Standing Half-nelson and Throw. )*



Hold no. 21.

Fig. no. 172.

Pull up his left hand, lift him up clean from the ground and twine his neck down with great pressure by your right hand ( Fig. 172 ) Bend yourself down and sling him flatly on to his back. ( Fig. 173 )

*Gula-latu-1 st Sort* ( Standing Half-nelson and Throw. )



Hold no. 21.

Fig. no. 173.

*Gula-latu-1 st Sort* ( Counter No. 1. )



Hold no. 21.

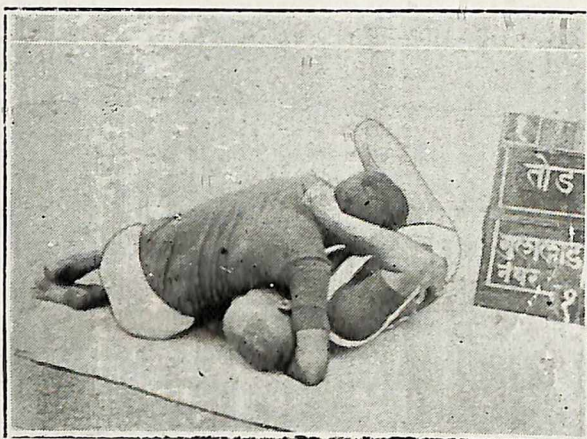
Fig. no. 174.

**Gula-latu—1 st Sort** (Counter No. 1):—As soon as your antagonist endeavours to secure *half-nelson* on you for *standing half-nelson and throw*, turn vigorously to your right, slipping at the same time your right hand on his neck and exert tremendous pressure on his neck. (Fig. 174) Continue to press and turn to your right until he loses his balance and drops down on his shoulders. ( Fig. 175 ) You

will then naturally fall on his chest.



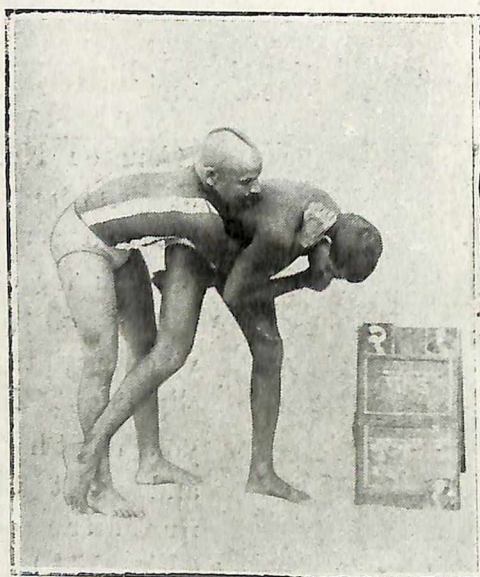
*Gula-latu-1 st Sort ( Counter No. 1. )*



Hold no. 21.

Fig. no 175

*Gula-latu-I st Sort ( Counter No. 2. )*

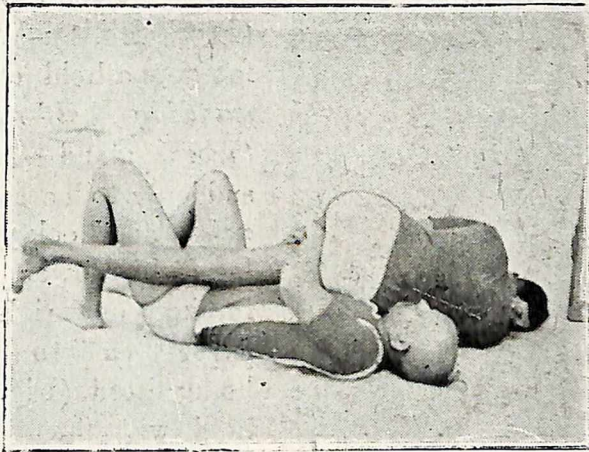


Hold no. 21.

Fig. no 176

**Gula-latu-1 st Sort (Counter No. 2):-**When your opponent secures *half-nelson* on you for *standing half nelson and throw*, pull down his right hand with a violent pressure on it under your right arm-pit and pitch your right foot at his right ankle from without for *outside leg throw*. ( Fig. 176. ) Then with a

*Gula-latu-1 st Sort ( Counter No. 2. )*

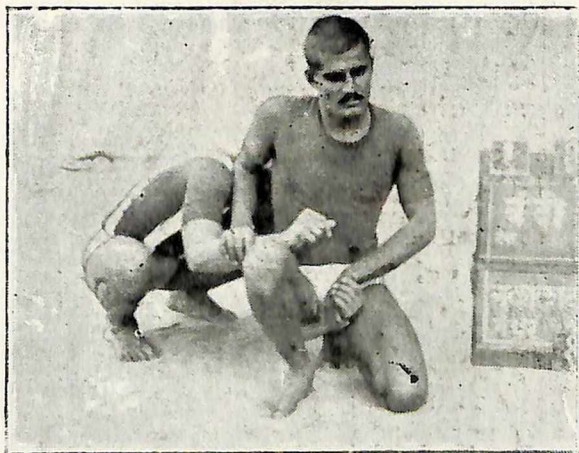


Hold no. 21

Fig. no. 177.

strong outside stroke by your right foot at his right ankle or right fore-leg dash him to the ground on his back. (Fig. 177.)

*Gula-latu-1 st Sort ( Parry No. 1. )*



Hold no. 21.

Fig. no. 178.

**Gula-latu-1 st Sort (Parry No. 1):**—As soon as your adversary secures the hold of your left hand and attempts for *half-nelson*, check his right hand by pressing it down by your right, pull up his left hand by your left and sit down suddenly on his left wrist to parry his hold. (Fig. 178.)



*Gula-latu-1 st Sort ( Block No. 1. )*

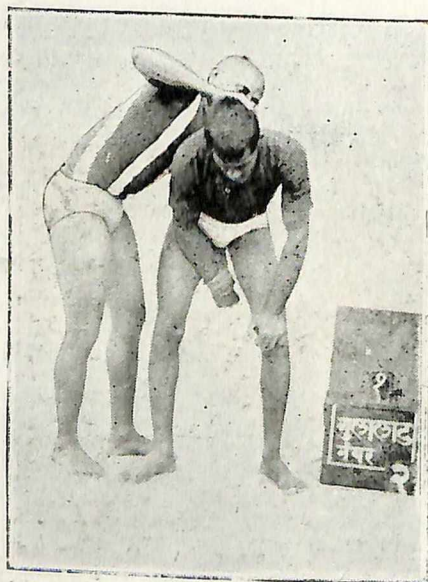


**Gula-latu-1st Sort** (Block No. 1):-When your foe gets a hold on you for *standing half-nelson* and throw, stand straight suddenly to loosen his *half-nelson* and hook your right leg at his lower left thigh, forcing your right foot on his left calf to stop your being lifted. (Fig. 179) His hold will thus be easily blocked.

Hold no. 21.

Fig. no. 179.

*Gula-latu-2 nd Sort ( Neck-Press and Throw. )*

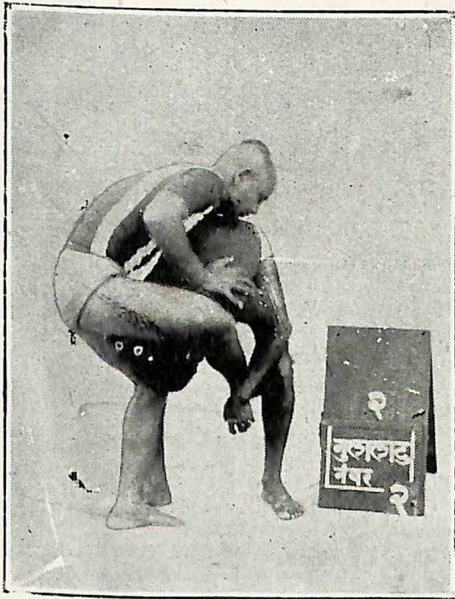


Hold no. 22.

Fig. no. 180.

**Gula-latu-2 nd Sort ( Neck-Press and Throw )** Hold No. 22:-While sparring for moves catch hold of your rival's

*Gula-latu-2 nd Sort ( Neck-Press and Throw. )*

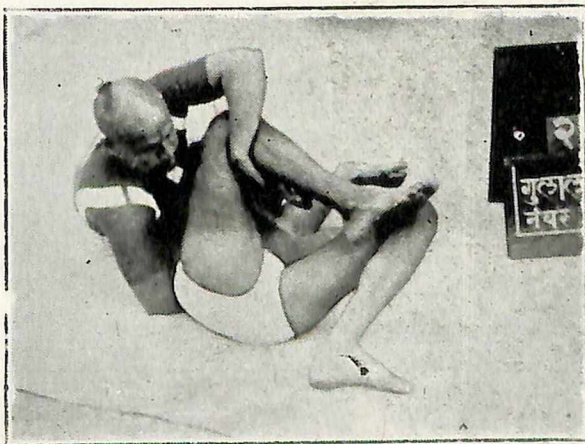


Hold no 22.

Fig. no. 181.

right hand through his legs by your left hand from behind and exert a great downward pressure on his back head by your right hand. (Fig. 180.) When his head is sufficiently forced down, suddenly hook your right leg over his neck, laying all your weight on it, force down his left shoulder by your right hand and pull his right hand up. (Fig. 181) Drop yourself down on your right hip, continuing his right-hand-pull and hurl

*Gula-latu-2 nd Sort ( Neck-Press and Throw. )*



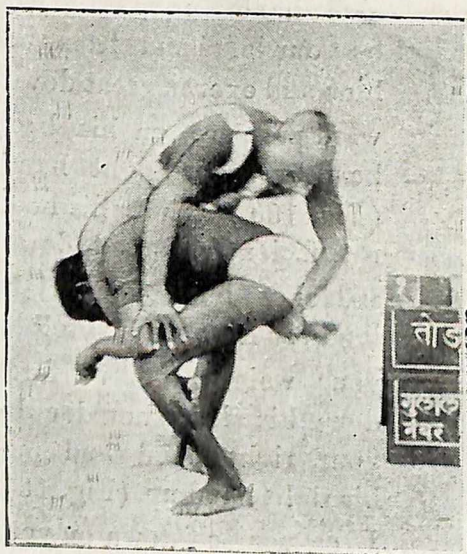
Hold no 22.

Fig. no. 182.

him heavily on his back. (Fig. 182.)



*Gula-latu-2 nd sort ( Counter No. 1. )*

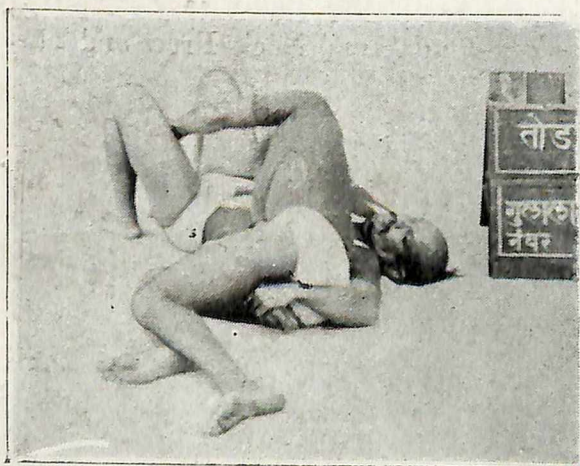


Hold no. 22.

Fig. no. 183.

**Gula-latu-2nd Sort ( Counter No. 1 ):-**When your rival holds you for executing *neck press and throw*, before he exerts pressure on your neck, suddenly lever your right leg at his left ankle. (Fig. 183) Sweep off his left foot from the ground by violently striking at his left ankle by your right foot, tear off his right leg resting on your leg by your left hand,

*Gula-latu -2 nd sort ( Counter No. 1. )*



Hold no. 22.

Fig. no. 184

take a vigorous turn to your right, sit down on your right thigh all of a sudden and pitch his shoulders down to the ground. (Fig. 184) When his left leg-footing is removed his right leg on your neck can easily be unhooked.

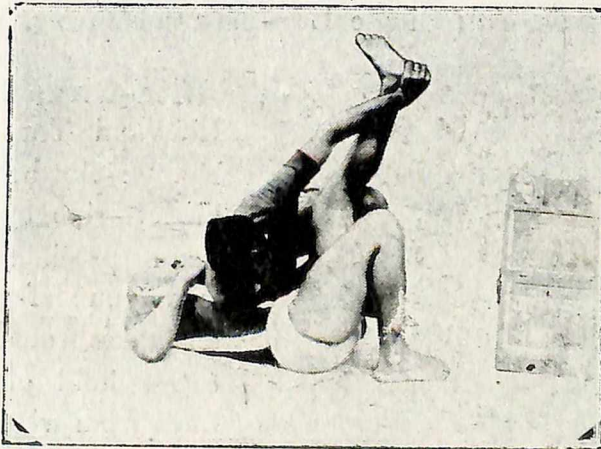
*Gula-latu-2 nd Sort ( Counter No. 2 )*



Hold no. 22

Fig. no. 185.

*Gula-latu-2 nd Sort ( Counter No. 2 )*



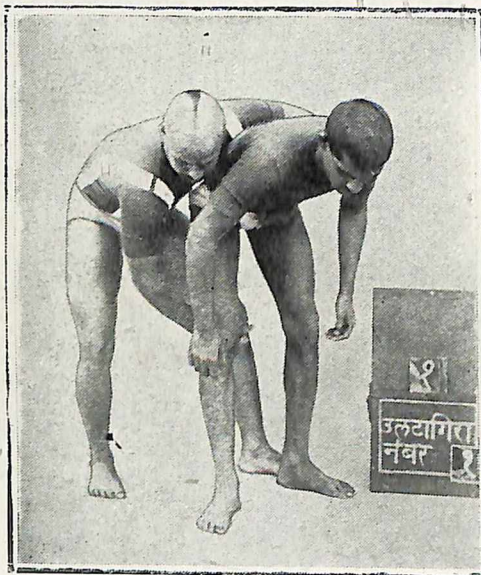
Hold no. 22.

Fig. no. 186.

**Gula latu-2 nd Sort ( Counter No. 2 ) :-** If your combatant secures a hold on you for *neck-press and throw*, the moment he attempts to hook his 'right leg on your neck, straighten your left hand to grasp his left heel, ( Fig. 185 ) sit on your right thigh with a sudden swing to your right, pull forward his left heel by your left hand and force him to the ground on his shoulders as in Fig. 186.



*Uta-Gira* ( Single Leg-Lift and Throw )



Hold no. 23.

Fig. no.187.

*Uta-Gira* ( Single Leg-Lift and Throw. )



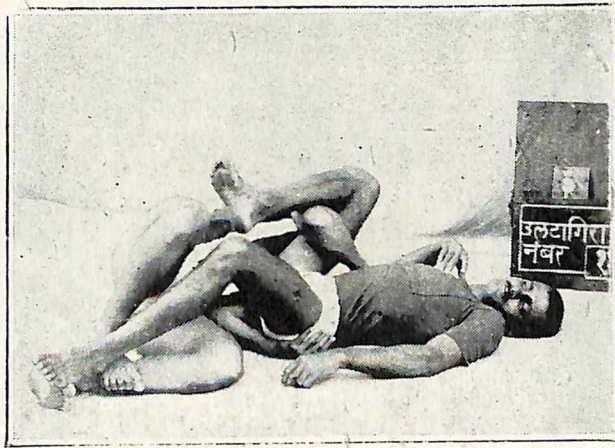
Hold no. 23.

Fig. no. 188.

**Uta-Gira** (Single Leg-Lift and Throw ) Hold No. 23:—Get behind, press his left-side by your left hand passing over it, lever your left foot at his left ankle from behind and catch hold of his right knee from within by your right hand. ( Fig. 187. ) Bend a little at your knees and pick up his right leg by your right hand towards your left. (Fig. 188.) Then with a

sudden jerk to your left drop yourself down on your left side

*Uta-Gira* ( Single Leg-Lift and Throw. )



Hold no. 23.

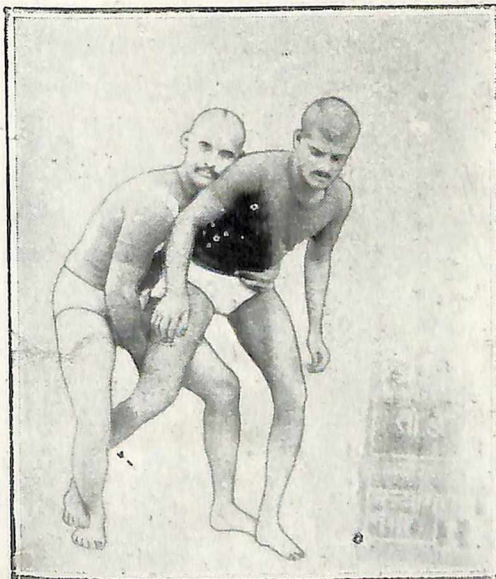
Fig. no. 189.

and pull him down to the ground on his shoulders.  
( Fig. 189. )

*Uta-Gira* ( Feint No. 1. )

**Uta-Gira** (Feint No. 1):—After feinting for *body-lift* execute *single leg-lift and throw* on your antagonist all of a sudden.

*Uta-Gira* ( Counter No. 1. )



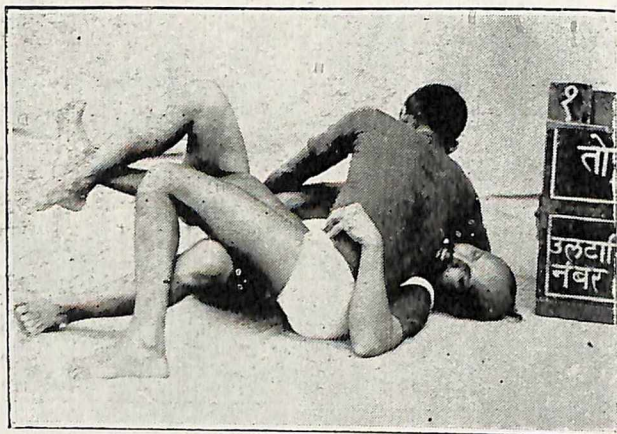
Hold no. 23.

Fig. no. 190.

**Uta-Gira** ( Counter No. 1 ):—When your assailant holds you for employing *single leg-lift and throw* on you, be cautious and alert. Before he lifts your right leg by his right hand, lever it at his right ankle from within. ( Fig. 190 ) Be as quick as flash of lightning in sweeping up his right leg off the ground by vigorously striking yours at its root,



*Uta-Gira* ( Counter No. 1. )



Hold no. 23.

Fig. no. 191.

turning to your right with a sudden round jerk and dropping yourself heavily on the ground on your right hip, and the man will be, as if magically, hurled down on his shoulders. ( Fig. 191 ) This counter is based on singular jerk and activity.

*Uta-Gira* ( Counter No. 2. )



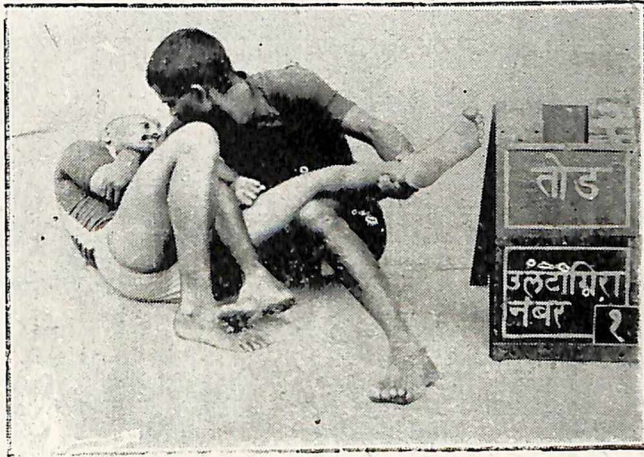
Hold no. 23.

Fig. no. 192.

**Uta-Gira** (Counter No. 2):-As soon as your opponent secures a hold on you for *single leg-lift and throw*, quickly grab his left leg at the ankle with both your hands after bending a little. (Fig. 192) Push him back by the force of your hips, pick up and pull his left leg to your right with a smart swing to your right, drop yourself heavily down to the ground and

pitch him clean on his shoulders to the floor by forcing your right hand on his chest. (Fig. 193.)

*Ulta-Gira* ( Counter No. १. )



Hold no. 23.

Fig. no. 193.

*Ulta-Gira* ( Break No. 1 )



Hold no. 23.

Fig. no. 194.

**Ulta-Gira** (Break No. 1):-As soon as your rival holds you as in Fig. 194 for flinging you on to your back by *single leg-hold and throw*, suddenly jerk to your left, stride your right leg forward and behind him, taking at the same time the support of his left thigh, give a violent backward push by your left



*Uta-Gira* ( Break No. 1 )

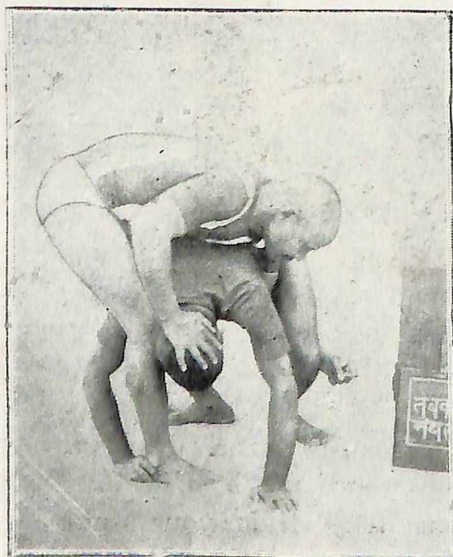


Hold no. 23.

Fig. no. 195.

shoulder to his left (Fig. 195) and get yourself behind your opponent.

*Tabak-Fad* ( Double Leg Tear. )

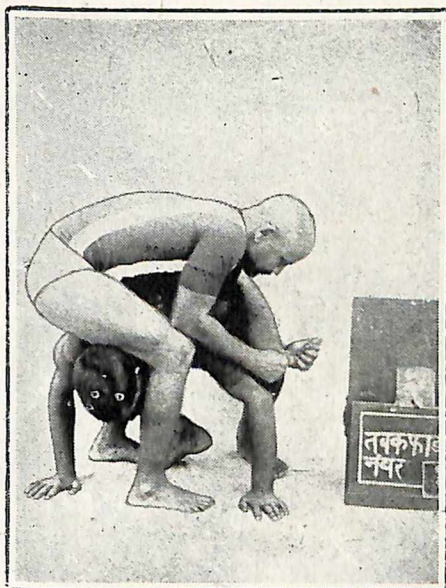


Hold no. 24.

Fig. no. 196.

**Tabak-Fad** ( Double Leg Tear ) Hold No. 24:-  
Get behind, twine your left leg obliquely round his right leg from within, insert suddenly your left hand between his left ribs and left thigh and grab his left leg therewith. Bend yourself down and at once force him down by pressing his back head with your right hand. ( Fig. 196. ) When his head is sufficiently bent down put your whole

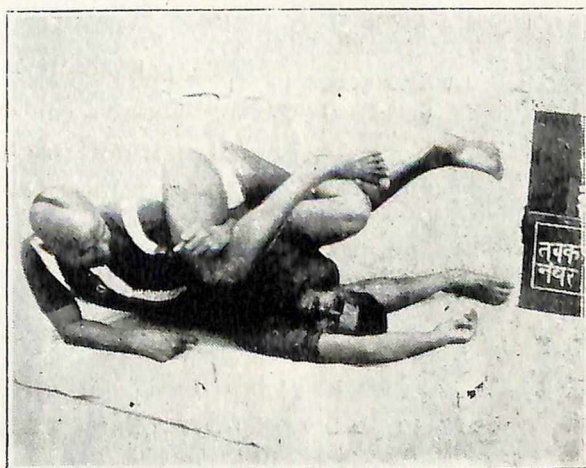
*Tabak-Fad* ( Double Leg Tear. )



Hold no. 24.

Fig. no. 197.

*Tabak-Fad* ( Double Leg Tear. )



Hold no. 24.

Fig. no. 198.

punishing hold and you should take caution not to tear off his legs with great force otherwise the man will be seriously injured.



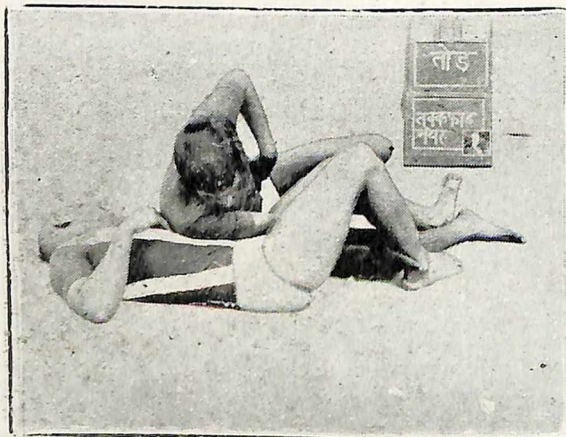
*Tabak-Fad* ( Counter No. 1. )



Hold no. 2.

Fig. no. 199.

*Tabak-Fad* ( Counter No. 1. )

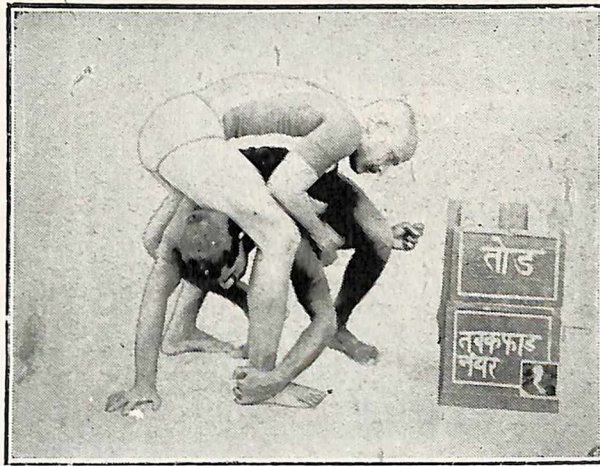


Hold no. 24.

Fig. no. 200.

**Tabak-Fad** ( Counter No. 1 ) :—If your antagonist applies *double leg tear* on you, suddenly lever your right leg at his left ankle and clasp his right heel by your right hand. ( Fig. 199. ) Take a sudden turn to your left, simultaneously pulling his right leg inward and giving a sharp outside stroke to his left leg. When you sufficiently turn out to your left, sit down on your right thigh continuing the pull with the same vigorousness until you force down your rival on his back. ( Fig. 200. )

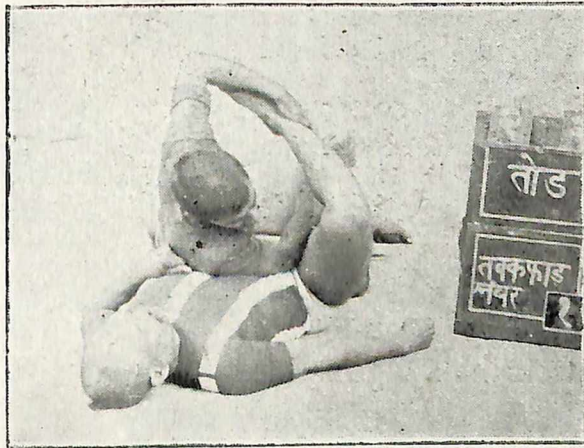
*Tabak-Fad* ( Counter No. 2. )



Hold no. 24.

Fig. no. 201.

*Tabak-Fad* ( Counter No. 2. )



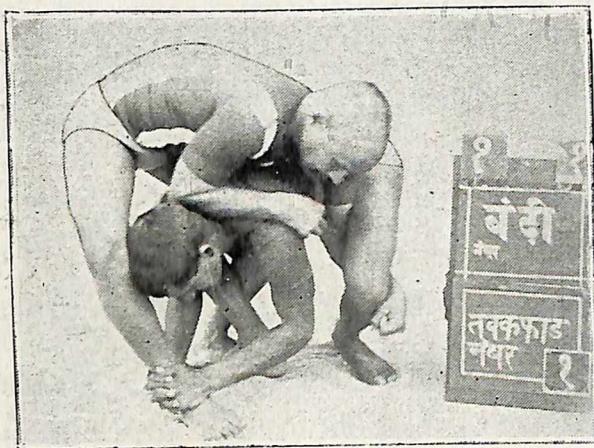
Hold no. 24.

Fig. no. 202.

**Tabak Fad** ( Counter No. 2 ) :—When your rival holds you for executing *double leg tear*, before he drops down on his right side, suddenly grab his right leg at his ankle by your left hand. ( Fig. 201 ) Pull up his right leg, liberate your head with a sharp downward jerk to your left, fall down on your right thigh and force him down on his shoulders, pressing his stomach by your right arm. ( Fig. 202. )



*Tabak-Fad* ( Parry No. 1. )



Hold no. 24.

Fig. no. 203.

*Tabak-Fad* ( Parry No. 1. )

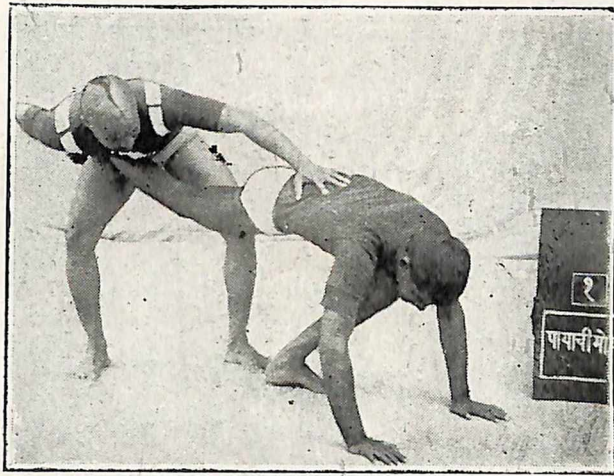


Hold no. 24.

Fig. no. 204.

**Tabak-Fad** ( Parry No. 1 ) :—If your adversary catches hold of you for *double leg tear*, before he imprisons your neck, clasp tightly his right ankle by both your hands or by one hand. ( Fig. 203 ) Pull in his right leg and press his right knee sharply by your head so that he will fall on his right side on the ground. You will thus not only parry his hold but will also get a most advantageous position for instituting another hold to vanquish your man.

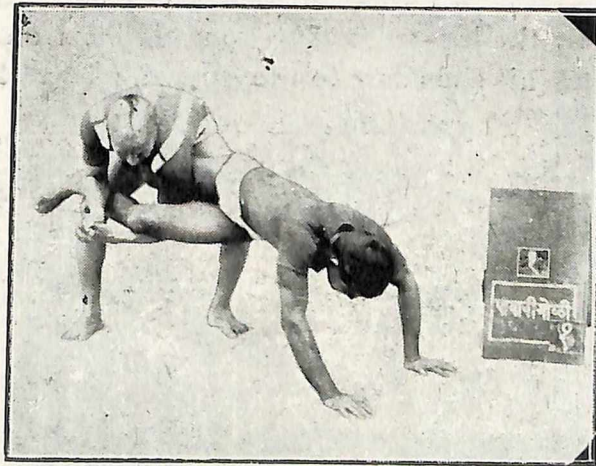
*Payachi Moli* ( Leg-twist and Turn. )



Hold no. 25.

Fig. no. 205.

*Payachi Moli* ( Leg-twist and Turn. )



Hold no. 25

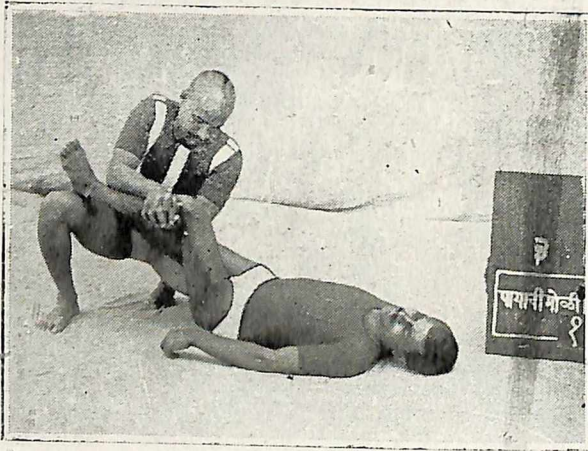
Fig. no. 206.

**Payachi Moli** ( Leg-twist and Turn ) Hold No 25:—  
Get behind and force him *on all fours*. Suddenly lift his right leg at his ankle by your right hand, place it near the thigh-joint and press it by the force of your right ribs on your right thigh very firmly. You should bend your knees a little and press his back with your left hand. ( Fig. 205 ) Continuing the firm pressure let go the grip by your right hand, pick up his left leg by both your hands all of a sudden and lock it as



# The Science of Wrestling.

## *Payachi Moli* ( Leg-twist and Turn. )

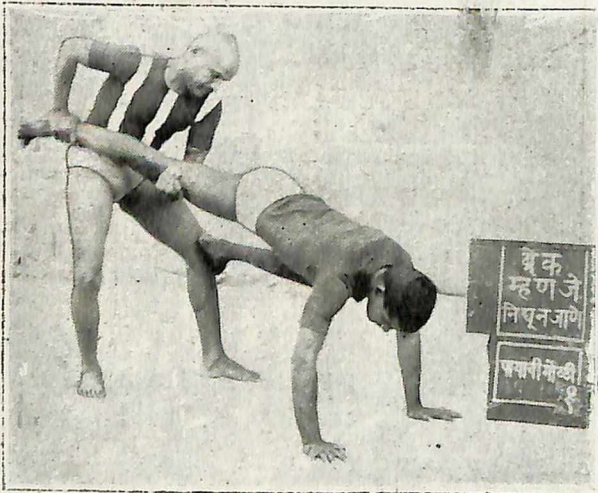


Hold no. 25.

Fig. no. 207.

in Fig. 206. Go on twisting his left leg, and turn yourself vigorously to your left. When his body is sufficiently turned to your left by the leg-twist, drop yourself down on your left knee and pitch his shoulders to the ground. ( Fig. 207 )

## *Payachi Moli* ( Break No. 1 )

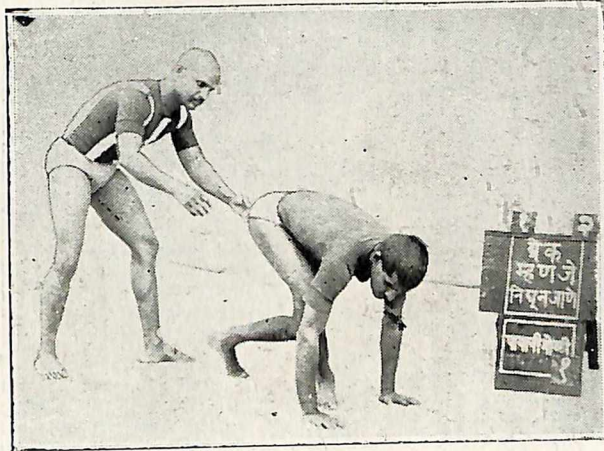


Hold no. 25.

Fig. no. 208.

**Payachi Moli** ( Break No. 1 ) :—As soon as your adversary secures your right leg on his right thigh for leg-twist and turn, force back his left knee-cap by your left leg,

*Payachi Moli* ( Break No. 1. )

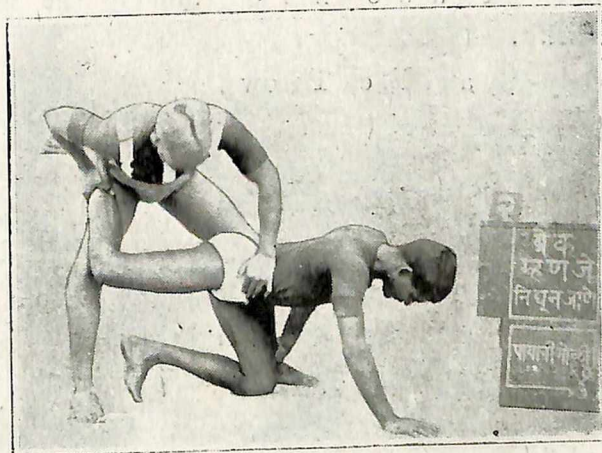


Hold no. 25.

Fig. no. 209.

maintaining your balance perfectly on your hands. ( Fig 208 )  
The pressure of your left leg should be so violent that you will thereby be able to liberate your right leg from his grip and break off from his hold. ( Fig. 209 )

*Payachi Moli* ( Break No. 2. )



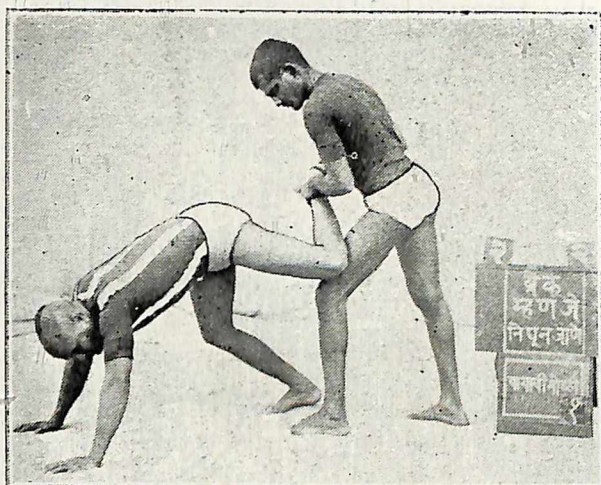
Hold no. 25.

Fig. no. 210.

**Payachi Moli** ( Break No. 2 ) :—When your opponent holds you for executing *leg-twist and turn*, at once drop your left knee on the ground beside his left leg and grasp his left ankle by your left hand. ( Fig. 210 ) Suddenly pick up his left leg, extricate your right leg with dash and jerk from his grasp, turn to your left and stand on Pavitra without leaving the



*Payachi Moli* ( Break No. 2. )



Fold no. 25.

Fig. no. 211.

grasp of his left leg. You should twist his left leg by your left hand so that he naturally turns to his right and becomes prey to your further holds. ( Fig. 211 ) Thus you break off from his hold and over and above that obtain a secure position for another artifice.

*Putti* ( Body-lift and Back Throw )



Hold no 26

**Putti** ( Body-lift and Back Throw ) Hold No. 26:- Get behind, press his chest by your right-hand after inserting it from under his right arm-pit, bend your knees slightly and grasp firmly his *chaddi* on his left hip from behind by your left hand. ( Fig. 212 ) Pull him to your chest and lift him clean from the ground as in Fig. 213. At once push him back, throw yourself on your left side heavily

Fig. no. 212.

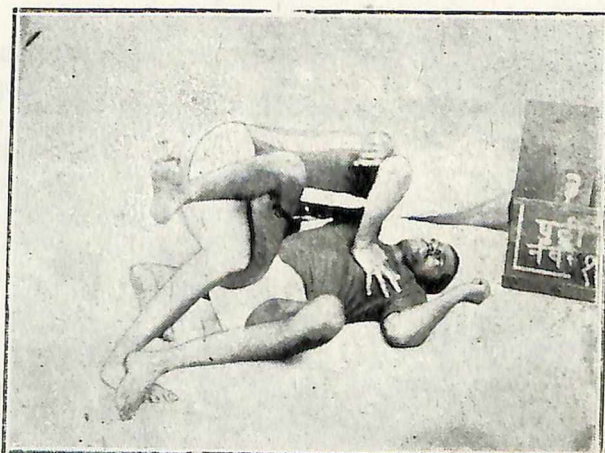
*Putti* ( Body-lift and Back Throw. )



Hold no. 23.

Fig. no. 213.

*Putti* ( Body-lift and Back Throw. )



Hold no. 26.

Fig. no. 214.

and fling him on to his back ( Fig. 214 ) keeping the same pressure on his chest by your right hand.



*Putti* ( Counter No. 1. )

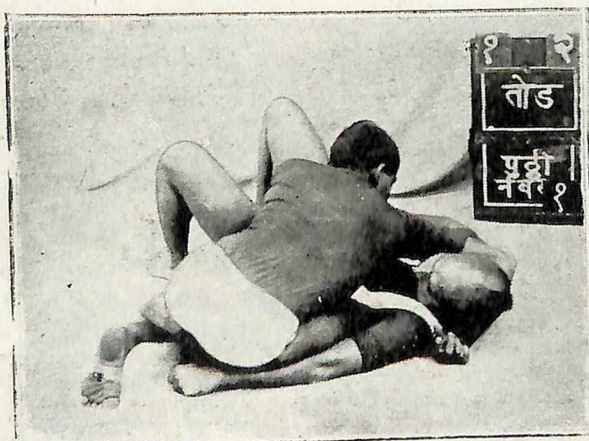


Hold no. 23.

Fig. no. 215.

**Putti** ( Counter No. 1 ):-  
If your assailant secures you for *body-lift and back throw*, suddenly slide your right hand over his right shoulder on to his neck and tear off his right hand from your chest by your left hand. ( Fig. 215 ) Suddenly take a vigorous turn to your right, forcing his neck down and down by the violent pressure of your right hand until he falls down on his back

*Putti* ( Counter No. 1. )

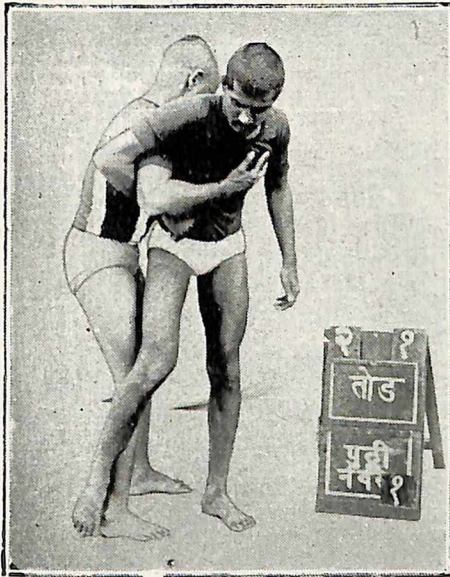


Hold no. 26.

Fig. no. 216.

( Fig. 216. ) after losing his balance.

*Putti* (Counter No. 2.)



Hold no. 26.

Fig. no. 217.

**Putti** (Counter No. 2):-  
As soon as your rival holds you for *body-lift and back throw* suddenly grip his right arm under your right arm-pit and lever your right leg outside his right leg as in Fig. 217. Smartly give him an outside leg stroke and hurl him on to his back by *outside leg throw*.

*Putti* (Block No. 1.)



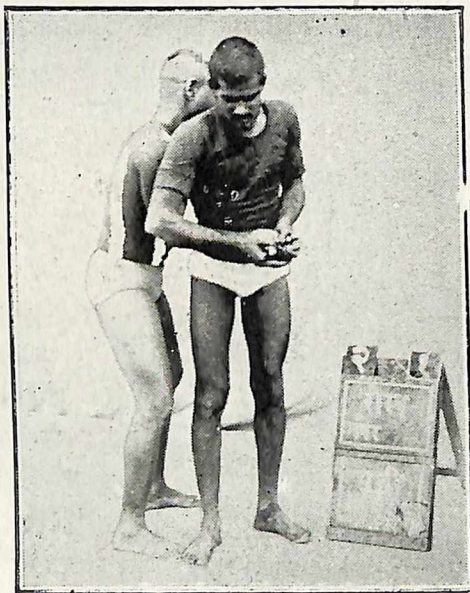
Hold no. 26

Fig. no. 218.

**Putti** (Block No. 1):-  
The moment your opponent secures you for *body-lift and back throw*, before he lifts you up, catch hold of his right elbow by your right hand and grasp his right palm by your left hand. Push up his elbow and press down his palm. (Fig. 218) Thus his right hand will be fairly trapped and his hold will be blocked.



*Putti* ( Block No. 2. )



Hold no. 26.

Fig. no. 219.

**Putti** ( Block No. 2 ) :—As soon as your adversary inserts his right hand from under your right arm-pit for *body-'if' and back throw*, grasp his right palm with both your hands and twist out his hand until his hold is completely blocked. ( Fig. 219. )

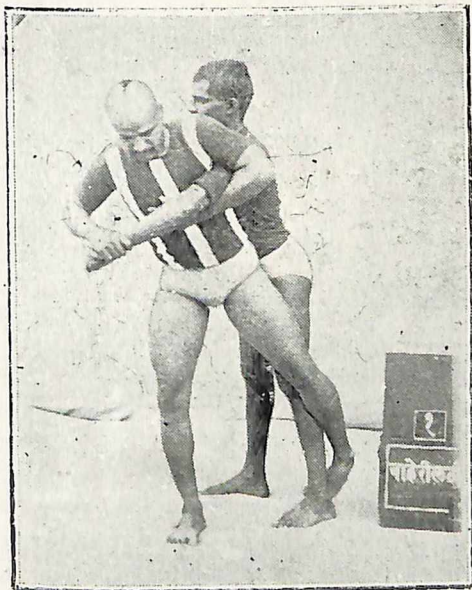


## PART III

### Standing Holds ( by the forward man. )

*N. B.* Here also it is pre-supposed that one of the wrestlers goes behind the other, by applying some artful designs.

#### *Baheril Tang* ( Outside Leg Throw. )

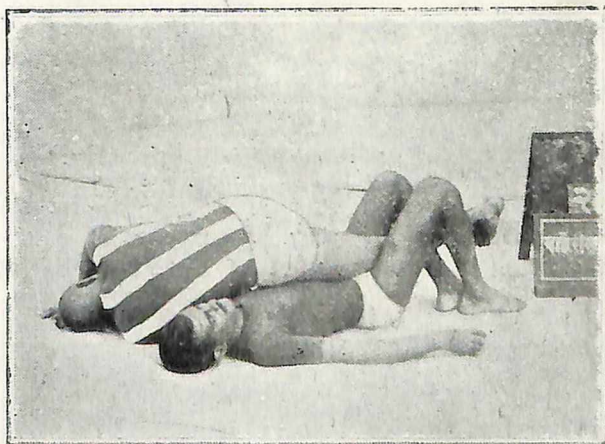


Hold no. 27

Fig. no. 221.

**Baheril Tang** ( Outside Leg Throw ) Hold No. 27:- While sparring for movements, grasp firmly the left wrist of your adversary by your right hand, grip his left arm under your left arm-pit and lever your left leg outside his left from the knee down to the ankle. ( Fig. 221 ) Then giving a twist to your body to your right and swinging his body forward by your left leg, fling him clean to the ground on his back. ( Fig. 221. )

#### *Baheril Tang* ( Outside Leg Throw. )



Hold no. 27.

Fig. No. 221.



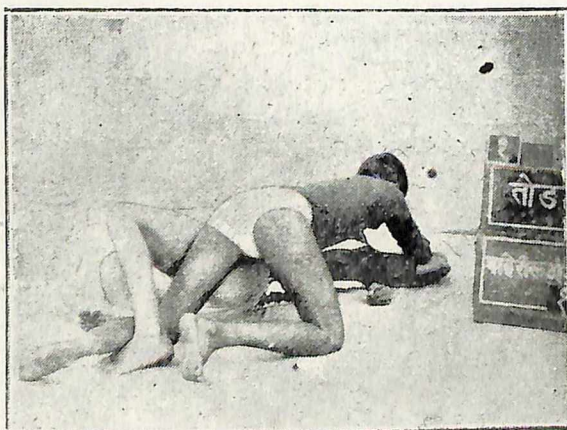
*Baheril Tang* ( Counter No. 1. )



Hold no. 27.

Fig. no. 222.

*Baheril Tang* ( Counter No. 1. ,

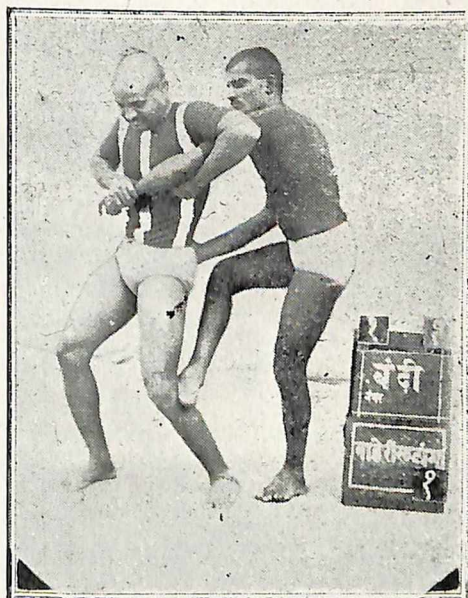


Hold no. 27.

Fig. no. 223.

**Baheril Tang** (Counter No. 1):—When you anticipate *outside leg throw* from your opponent jerk up your gripped left hand so much that your left fore-arm will be able to press his left shoulder and suddenly turn your face to your right. ( Fig. 222 ) Then sweep off his right leg by striking its root with your right leg from behind and throw him heavily on his shoulders to the floor. ( Fig. 223. )

*Baheril Tang* ( Parry No. 1. )

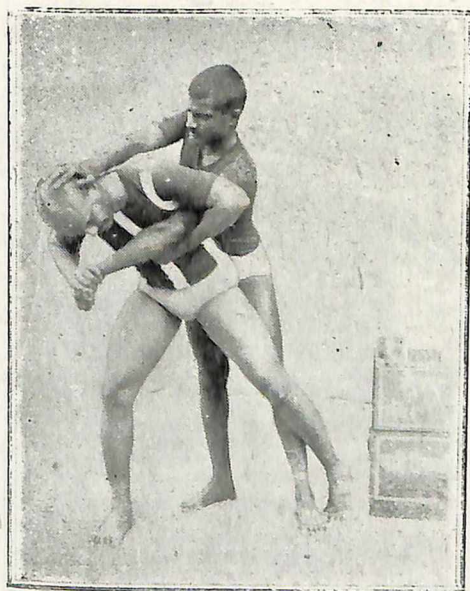


Hold n°. 27.

Fig. no. 224.

**Baheril Tang** ( Parry No. 1 ):-When your foe endeavours to fling you down by *outside leg throw* be alert to force him to bend at his left knee by pressing vigorously his left knee-joint from behind with your right leg and press off forward his left hip by your right hand to parry his hold. ( Fig. 224. )

*Baheril Tang* ( Block No. 1. )



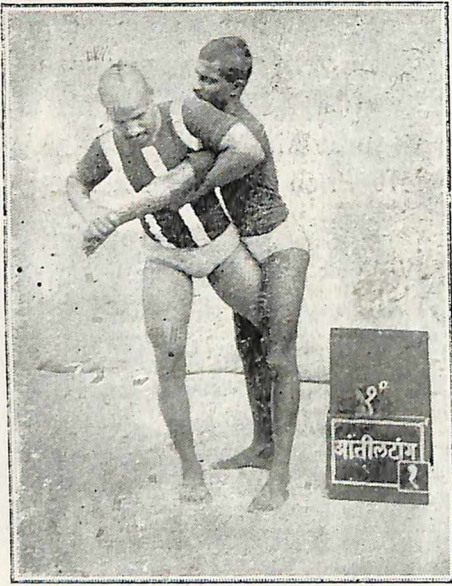
Hold no. 27.

Fig. no. 225.

**Baheril Tang** ( Block No. 1 ):-If your combatant secures the hold for *outside leg throw* on you, smartly press down and forward his head with a severe blow on it by your right hand in order to compel him to give up the attempt for his intended hold ( Fig. 225. )



*Atil Tang* ( Inside Leg Throw. )

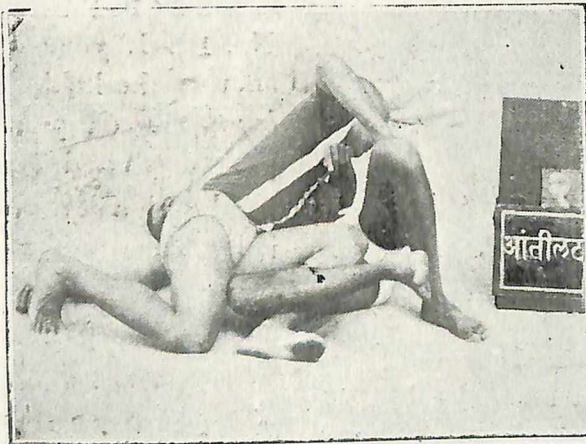


Hold no 28

Fig no. 226.

**Atil Tang** ( Inside Leg Throw ) Hold No. 28:—  
Clasp tightly the left wrist of your rival by your right hand, press his left arm under your left arm-pit and lever your left leg against his right from inside. ( Fig. 226 ) With a violent jerk bend down so as to rest your left shoulder on the ground beside your right foot, push up at the same time his right leg by your

*Atil Tang* ( Inside Leg Throw. )



Hold no. 29

Fig. no. 227

left and sling him flatly on his back. ( Fig. 227 ).

*Atil Tang* ( Counter No. 1. )



Hold no. 28.

Fig. no. 228.

*Atil Tang* ( Counter No. 1. )

**Atil Tang** ( Counter No. 1 ) :—If your combatant secures a preliminary hold for *inside leg throw*, press his left shoulder with your right hand and lean all your right side heavily on his left to shield your right side-lift ( Fig. 223. ) Allow him to execute *inside leg throw*, but while falling, suddenly drop down on your right side as in *arm-roll* by taking the support of the



Hold no. 23

Fig. no. 229

ground by your right hand. Your imprisoned hand will greatly aid you in fixing his back to the ground. ( Fig. 229 ) This is such a clever counter that the employer of the hold is all the while congratulating himself upon his success but in the end he is surprised to find the tables completely turned on himself.



# The Science of Wrestling

## *Atil Tang* ( Counter No. 2. )



Hold no. 23.

Fig. no. 230.

## *Atil Tang* ( Counter No. 2. )



Hold no. 28.

Fig. no. 231.

***Atil Tang* ( Counter No. 2 )** :—As soon as your contestant holds you for *inside leg throw*, before he throws you off your balance, press his right knee-joint from inside by your left foot. ( Fig. 230 ) Press with all your might his chest back by your left gripped hand, fall down on your right side and fix his shoulder to the floor. ( Fig. 231 )

*Atil Tang* ( Parry No. 1. )



Hold no. 23.

Fig. no. 2 2.

**Atil Tang** ( Parry No. 1 ) :—Before your rival locks your right leg for executing *inside leg throw*, suddenly stride your right leg backward and sideways, keep as much distance between as possible by pressing his left waist from without with a heavy blow by your right hand and stand firmly on *Pavitra* to parry his hold. ( Fig. 232. )

*Atil Tang* ( Block No. 1. )



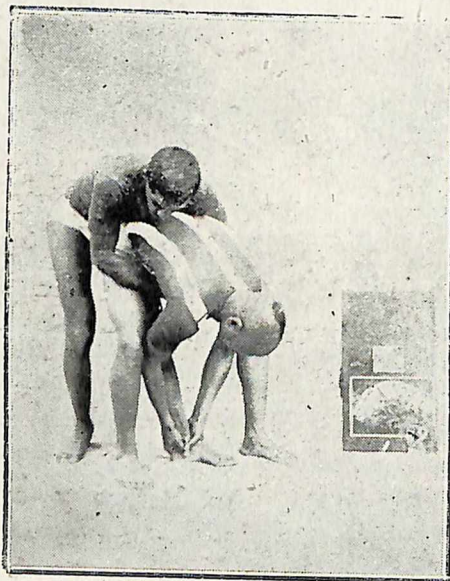
**Atil Tang** ( Block No. 1 ) :—When your assailant secures the preliminary position for *inside leg throw*, sharply press his head away and downwards by your right palm with so much dash and vigour that he will be forced to let go his endeavour. ( Fig. 233 )

Hold no. 28.

Fig. no. 233.



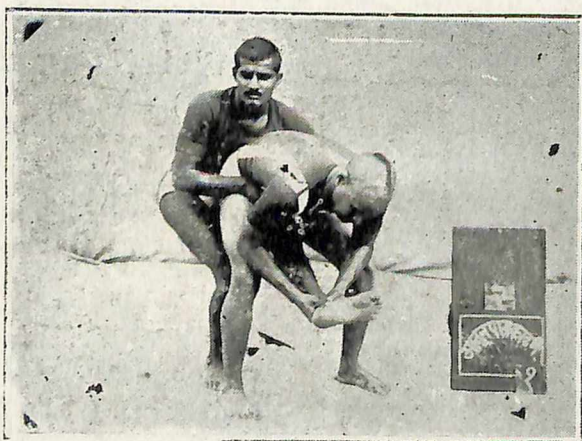
*Atun-Paya-Ka lhan.* ( Single Leg Pull from between legs )



Hold no. 29.

Fig. no. 231.

*Atun-Paya-Kadhane.* ( Single Leg Pull from between legs )

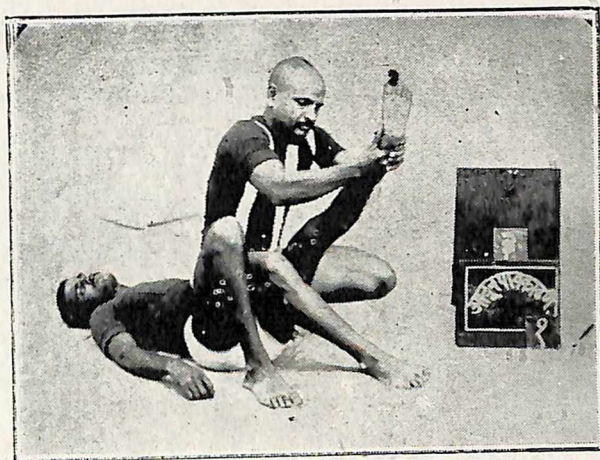


Hold no. 29.

Fig. no. 235.

**Atun-Paya-Kadhane** ( Single leg Pull from between legs ) Hold No. 29: —When your foe secures a waist hold from behind, bend down and suddenly grasp his left ankle by both your hands from between your legs. ( Fig. 234 ) Pull up vigorously to the front his left-leg. ( Fig. 235 ) and sit down

*Atun-Paya Kadhane* ( Single Leg Pull from between legs. )

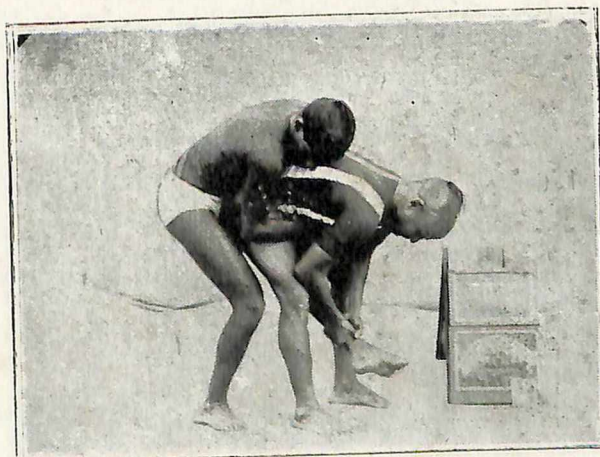


Hold no. 29.

Fig. no. 236.

on his left thigh-joint with so much weight and force that he will fall back. Continuing the press by your hips and raising his left leg still higher pitch his shoulders to the ground and ride on his stomach. ( Fig. 236 ).

*Atun-Paya-Kadhane* ( Counter No. 1. )



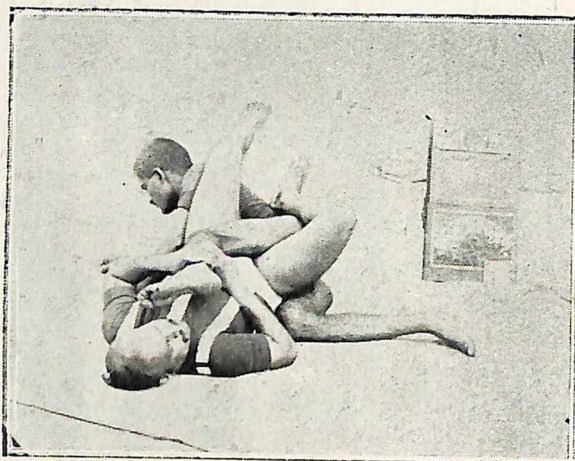
Hold no. 29.

Fig. no. 237.

**Atun-Paya-Kadhane** ( Counter No. 1 ) :—As soon as your foe grabs your left leg for *single leg pull from between legs* be quick to inflict pain on him by thrusting your right forearm and right elbow in the fleshy part of his right thigh in order to stop him from pulling up your left leg. ( Fig. 237 ) Instantly



*Atun-Paya-Kadhane* ( Counter No. 1. )

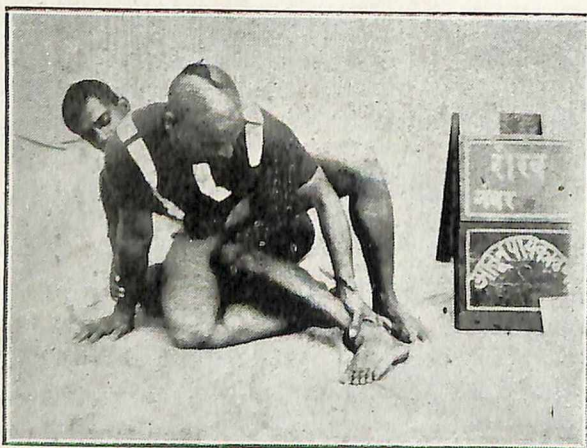


Hold no. 29.

Fig. no. 238.

jerk his waist to your right, fall at once on your right side and pin him to the ground. ( Fig. 238. )

*Atun-Paya-Kadhane* ( Block No. 1. )

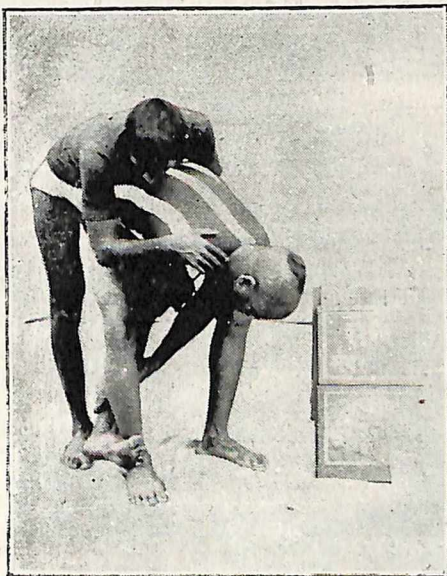


Hold no. 29.

Fig. no. 239.

**Atun-Paya-Kadhane** ( Block No. 1 ) :—The moment your antagonist tries to pull up your left leg from between his legs, smartly sit down on your right hip to stop his hold. ( Fig. 239. )

*Atun-Paya-Kadhane* ( Block No. 2. )

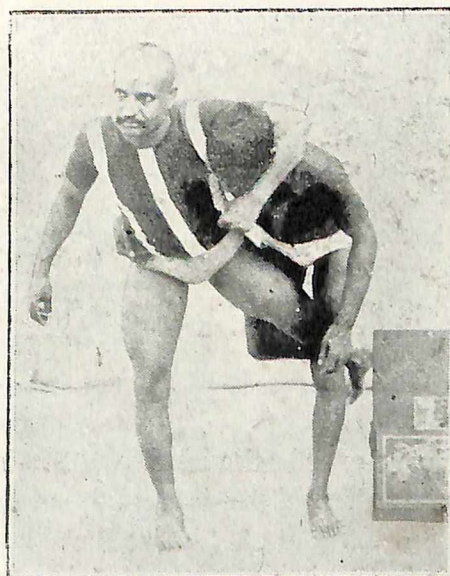


**Atun-Paya-Kadhane**  
( Block No. 2 ) :—No sooner does your adversary attempt to pull up your left leg from between his legs than turn it to your right, hook your left foot at his right ankle from without and press down at the same time his right shoulder by your right hand. ( Fig. 240 ) So that his hold will be completely blocked.

Hold no. 29.

Fig. no. 240.

*Manechi-Tang* ( Neck-hold and Inside Leg Throw.



Hold no. 30.

Fig. no. 241.

**Manechi-Tang** ( Neck-hold and Inside Leg Throw )  
Hold No. 30:-In the heat of applying moves hold his neck,



at once hook your left leg at his right lower thigh, press down his neck and push up his right leg to throw him off his balance and fling him on to his back by finishing *inside leg throw*. ( Fig. 241. )

*Manechi-Tang* ( Counter No. 1. )

**Manechi-Tang** ( Counter No. 1. ) :—This *neck-hold and inside leg throw* can be enchantingly countered by the same counter as explained in counter No. 1 for *inside leg throw* ( Hold No. 28. )

*Dhak* ( Throw over Back )



Hold no. 31.

Fig. no. 242.

**Dhak** ( Throw over back ) Hold No. 31 :—If your opponent gets behind you, catch hold of his left hand as described in *inside leg throw* ( Hold No. 28 ) in readiness to turn to your right from underneath his left arm-pit. ( Fig. 242 ) Turn and jerk to your right bending your body from the waist, pull down his hand and support his torso on your back. ( Fig. 243 ) Fall down suddenly on your left knee, vigorously pull his left hand,

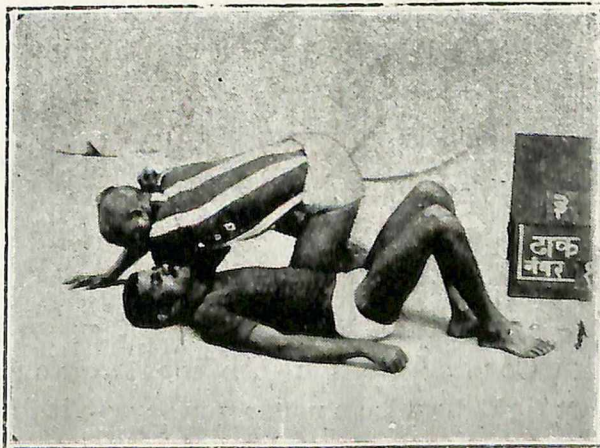
*Dhak* ( Throw over Back. )



Hold no. 31,

Fig. no. 243.

*Dhak* ( Throw over Back. )



Hold no. 1,

Fig. no. 244.

smartly rest your left shoulder on the floor, throwing him from over your back flat on his back. ( Fig. 244. )



*Dhak* ( Counter No. 1. )



Hold no. 31.

Fig. no. 245.

*Dhak* ( Counter No. 1. )



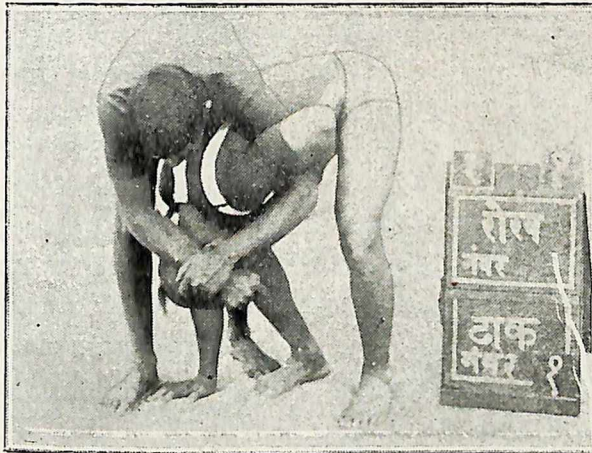
Hold no. 31.

Fig. no. 246.

**Dhak** ( Counter No. 1 ) :—As soon as your opponent takes a smart right turn from under your arm-pit for executing *throw over back*, at once press down his neck with so much pressure by your right fore-arm that he will himself let go your left hand and the grip under his left arm-pit will be loosened. Increase the pressure on his neck still more by holding the wrist of your left hand, thus locking his left hand at the same time. Lever your left knee against his right knee-joint. ( Fig. 245 ) Topple his equilibrium by dashing your left knee

against his right, drop yourself down on your right side and place his shoulders on the floor ( Fig. 246 ) keeping his left arm imprisoned up to his overthrow.

*Dhak* ( Block No. 1. )



Hold no. 31.

Fig. no. 247.

**Dhak** ( Block No. 1 ) :—The moment your opponent turns for *throw over back*, press violently his neck with your right fore-arm and aggravate the pressure by forcing your left hand on your right wrist to foil him in his endeavour.

*Dhak* ( Block No. 2. )



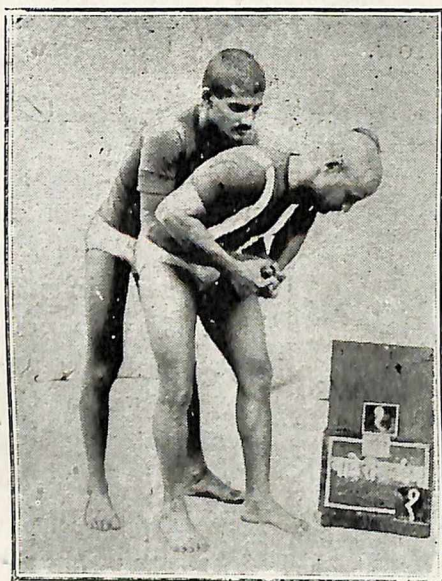
Hold no. 31.

Fig. no. 248.

**Dhak** ( Block No. 2 ) :—When your opponent is applying *throw over back* on you, at once press his back head by your right hand and hang down with all your weight to save yourself from your throw over his back. ( Fig. 249 )



*Sutti Baheril Tang* ( Simple Outside Leg Throw. )



Hold no. 32.

Fig. no. 249

**Sutti Baheril Tang**  
(Simple Outside Leg Throw)  
Hold No. 32:—If your opponent secures a waist-hold from behind with interlaced fingers tear off his fingers with both your hands. ( Fig. 249 ) Try a feint of breaking off and suddenly getting yourself to close quarters twist out his right fist by your right hand in order to shift his equipoise to his right. ( Fig. 250 ) Then overthrow him by striking him vigorously at

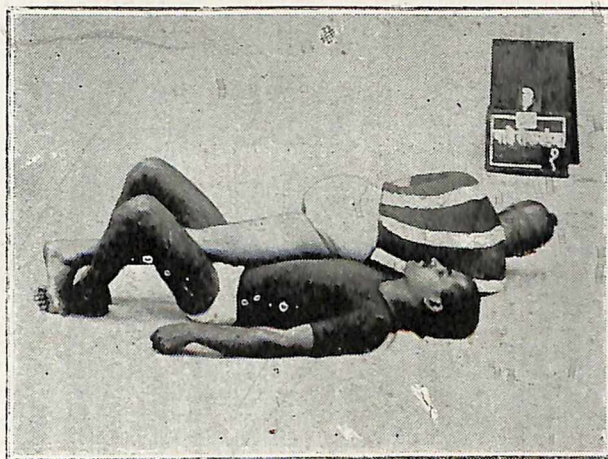
*Sutti Baheril Tang* ( Simple Outside Leg Throw )



Hold no. 32.

Fig. no. 250.

*Sutti Baheril Tang* ( Simple Outside Leg Throw. )

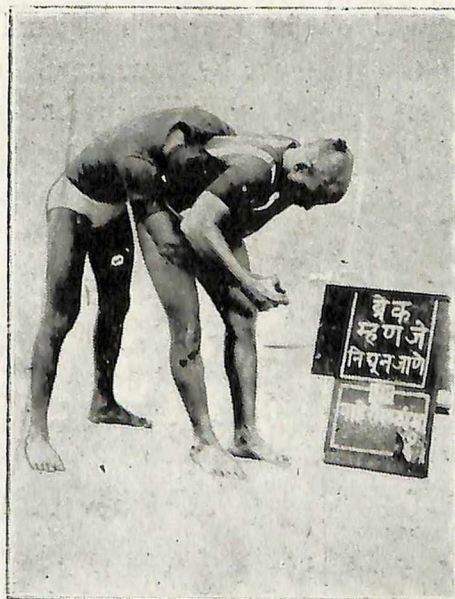


Hold no. 32.

Fig. no. 251.

his right ankle from without by your right as in *outside leg throw*. ( Fig. 251. )

*Sutti Baheril Tang* ( Break No. 1 )

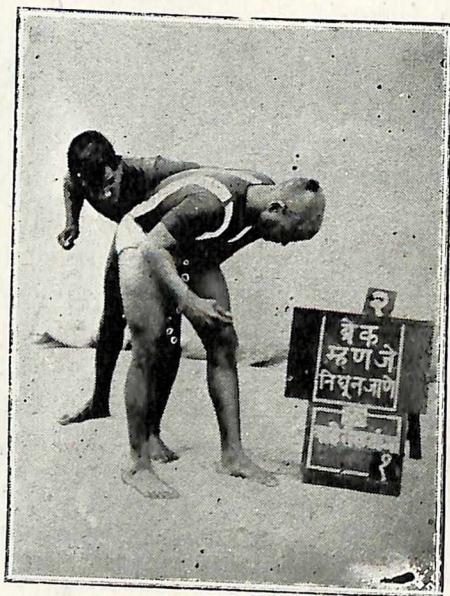


Hold no. 32.

Fig. no. 252.



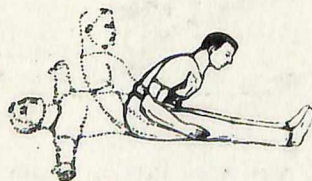
*Sutti Baheril Tang* ( Break No. 1. )



Hold no. 32.

Fig. no. 253.

**Sutti Baheril Tang** ( Break No. 1 ) :—If you anticipate that your adversary is employing *simple outside leg throw* on you by twisting your right fist, at once thrust your head with all possible dash and vigour in his right armpit ( Fig. 252 ) Exert so tremendous a pressure by your head that you will be able to wrest your right hand by pulling it back and break off as in Fig. 253.



## PART IV

### Standing Holds ( Sideways. )

*Ekalangi* ( Inside Hook and Leg Throw. )

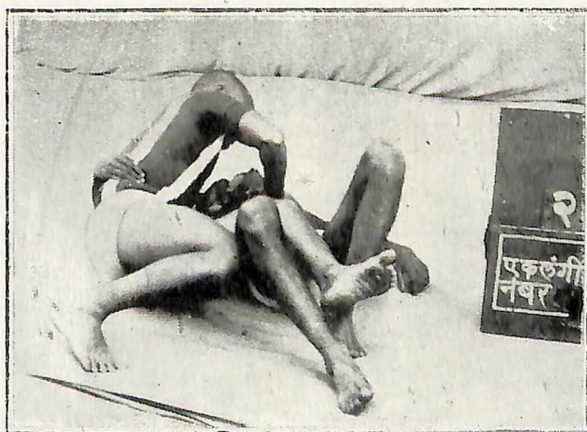


Hold no. 33.

Fig. no. 254.

*Ekalangi* ( Inside Hook and Leg Throw. )

**Ekalangi** ( Inside Hook and Leg Throw ) Hold No. 33:--While trying to apply one move or another insert your left hand from under his right arm-pit and twine your left leg on his right leg as in Fig. 254. With a sudden forward jerk drop your left shoulder on the ground and raise up his right leg by your left and smartly throw him heavily on his back. ( Fig. 255 ) In this hold you should go through the complete move-



Hold no 33.

Fig. no. 255

ment of a *somersault* before you fall on your left side. This is a very testing hold, for here your opponent might defeat you if he is quicker to fall on your chest. In brief, the quicker one—one who is trained to turn his side before he reaches the ground—is the winner.



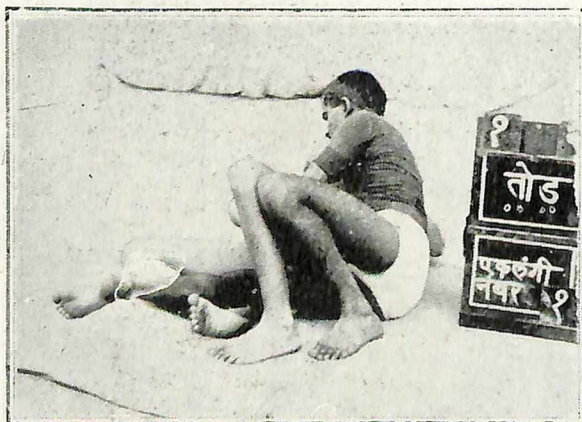
*Ekalangi* ( Counter No. 1. )



Hold no. 3३.

Fig. no. 256.

*Ekalangi* ( Counter No. 1. )

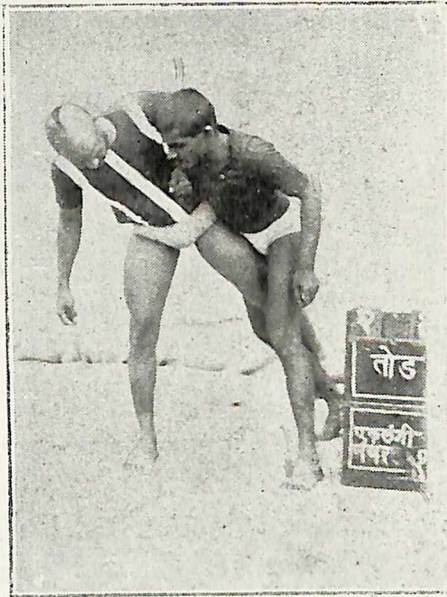


Hold no. 33.

Fig. no. 257

**Ekalangi** ( Counter No. 1 ):-If your assailant applies *inside hook and leg throw* on you, before he swings forward, turn your face and body to your right. ( Fig. 255 ) Permit him to take a *somersault* and he will be dumb-founded to see you on his chest. ( Fig. 257 ) This is really an intelligent counter.

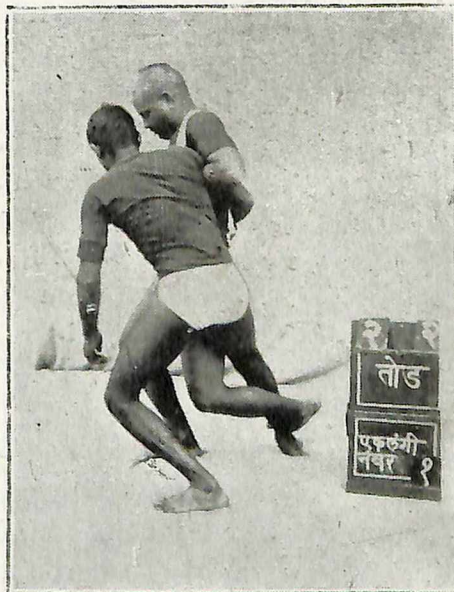
*Ekalangi* ( Counter No. 2. )



Hold no 33.

Fig. no 258.

*Ekalangi* ( Counter No. 2. )



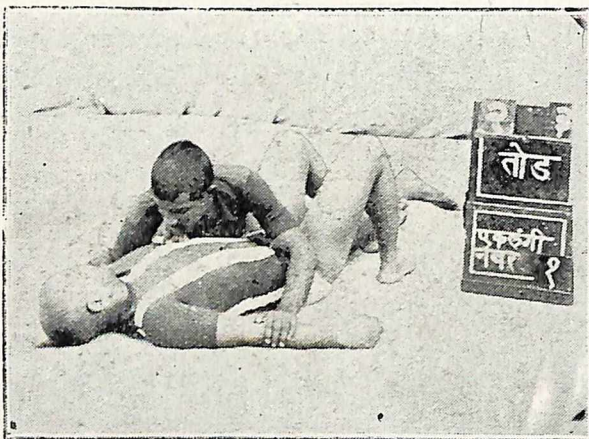
Hold no. 33.

Fig. no. 259.

**Ekalangi** ( Counter No. 2 ) :—As soon as your rival seizes you for *inside hook and leg throw*, put a slight weight



*Ekalangi* ( Counter No. 2. )



Hold no. 33.

Fig. No. 260.

of your right side on his left as in Fig. 258. Turn to your right and stride forward by your left leg and you will easily get the lever of your right leg against his left. ( Fig. 259 ) Swing vigorously to your right with an outside leg stroke. If all these moves be performed in quick succession, your adversary easily falls flat on his shoulders to the floor. ( Fig. 260. )

*Ekalangi* ( Counter No. 3. )

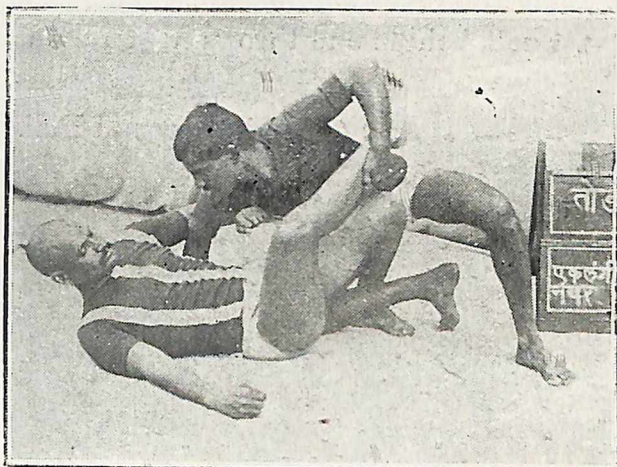


Hold no. 33.

Fig. no. 261.

**Ekalangi** ( Counter No. 3 ) :—When your antagonist secures *inside hock and leg throw* on you, pull him a little, suddenly bend down from your waist and grab tightly his right ankle. ( Fig. 261 ) Smartly pick up his right leg higher and higher and push his body back with your right shoulder until his back is pinned to the ground. ( Fig. 262 )

*Ekabangi* ( Counter No. 3. )



Hold no. 33.

Fig. no. 262.

*Ekabangi* ( Block No. 1. )



Hold no. 33.

Fig. no. 263.

*Ekabangi* ( Block No. 1 ):—As soon as your opponent secures the preliminary position for *inside hook and leg throw* on you, before his movement up in the air, press down and forward his head by both your hands with all your might to disappoint him in his intended hold. (Fig. 263)

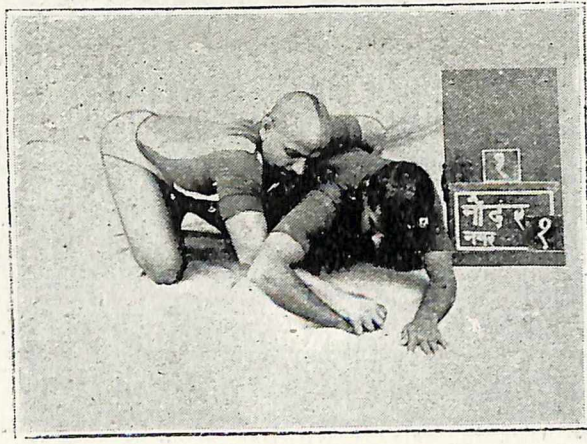


# PART V

## Ground-Holds ( from above )

*N. B.* In all the following holds it is implied that one of the combatants gets behind and throws his rival on all fours to the ground.

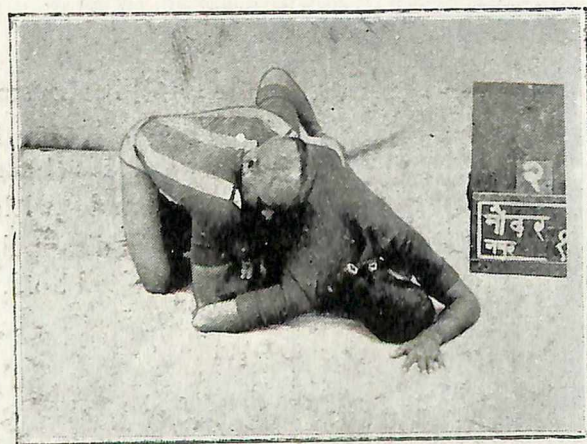
*Noundar-1 st Sort ( Hand-twist and Pull. )*



Hold no. 34.

Fig. no. 264.

*Noundar-1st Sort ( Hand twist and Pull. )*

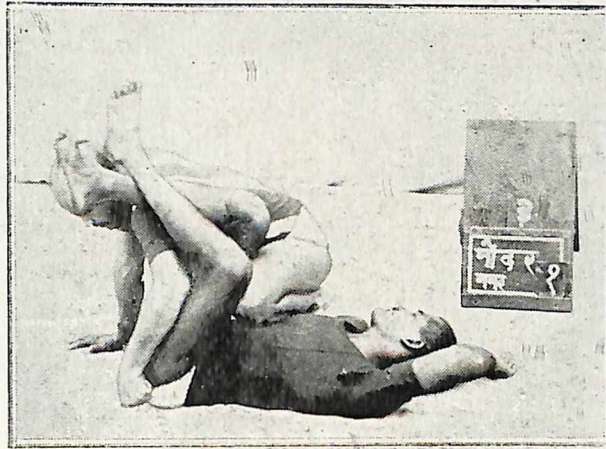


Hold no. 34.

Fig. no. 265.

**Noundar-1 st Sort ( Hand-twist and Pull )** Hold No. 34:—Bring your adversary on all fours, slide your right hand under his right arm and grasp his right hand fingers firmly and raise up his right elbow<sup>3</sup> by your right as in Fig. 264. Pull

*Noundar-1 st Sort ( Hand-twist and Pull. )*

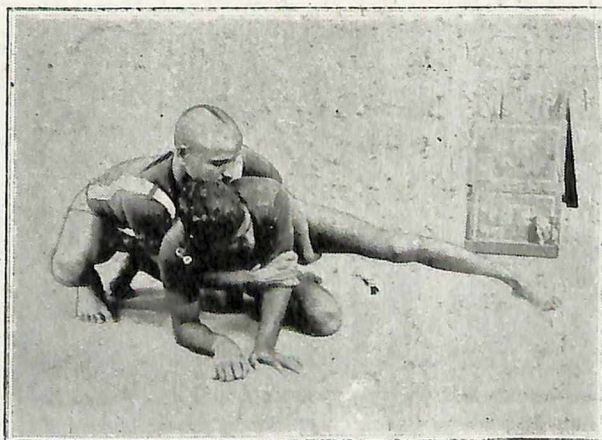


Hold no. 31.

Fig. no. 266.

in his hand by twisting his fingers, hold his *chaddi* on his left hip by your left hand and exert great pressure on his right hand by your right elbow. ( Fig. 265 ) Lift him by your left hand, continuing the twist by your right hand and throw him on to his back to your right, forcing your left knee on his chest. ( Fig. 266 )

*Noundar-1 st Sort ( Feint No. 1. )*



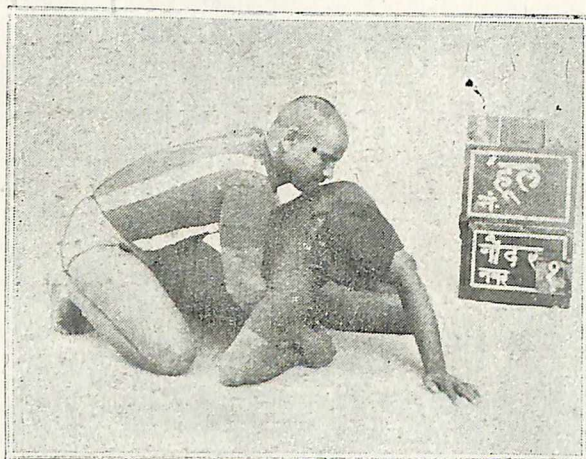
Hold no. 34.

Fig. no. 267.

**Noundar-1 st Sort ( Feint No. 1 ):**—If you desire to apply *hand-twist and pull* on your combatant, suddenly insert your right hand from below his right arm-pit and pull his left



*Noundar 1 st Sort ( Feint No. 1. )*

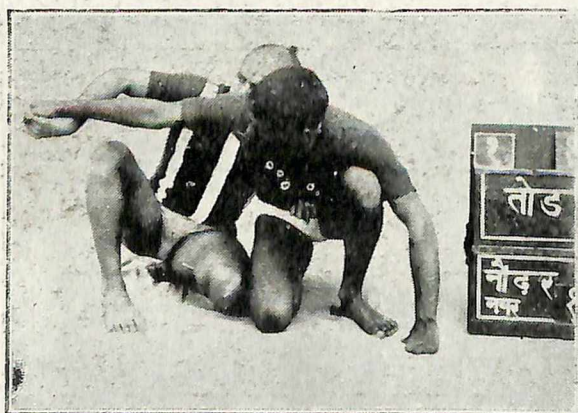


Hold no. 34.

Fig. ro. 268.

elbow towards you. ( Fig. 257 ) When he tries to liberate his left hand by his right hand, at once give up the left elbow-grip and seize his right hand fingers. ( Fig. 268 ) Without losing time execute the *hand-twist and pull* and defeat him. This very feint holds good in all other varieties of *Noundar*.

*Noundar-1 st Sort ( Counter No. 1. )*

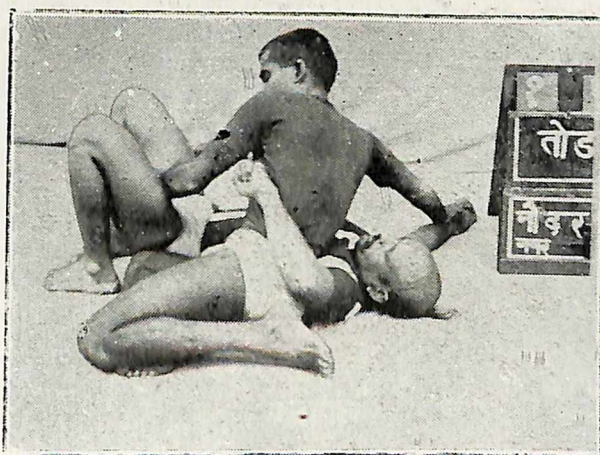


Hold no. 34.

Fig. ro. 269.

**Noundar-1 st Sort ( Counter No. 1 )** :—When your opponent attempts to twist your right hand fingers for executing *hand-twist and pull*, jerk your right hand to your right and sit on your right knee. ( Fig. 269 ) Swing very vigorously

*Noundar-1 st Sort ( Counter No. 1. )*

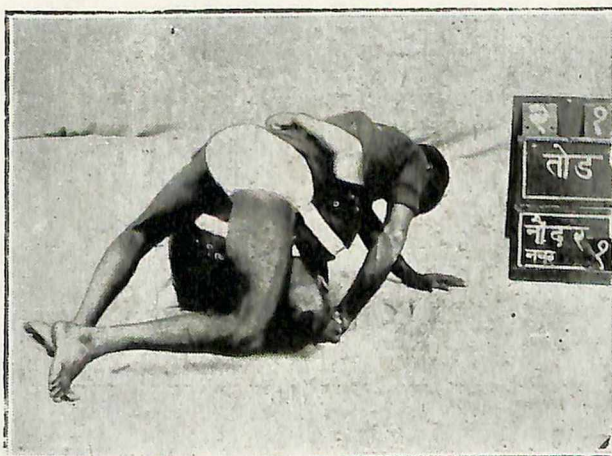


Hold no. 31.

Fig. no. 270.

your neck and chest to your right, twist his hand to the same direction from over his head and force him to lie on his back. ( Fig. 270 ) This counter becomes very effective if all the processes be done in one sudden jerk.

*Noundar-1 st Sort ( Counter No. 2. )*



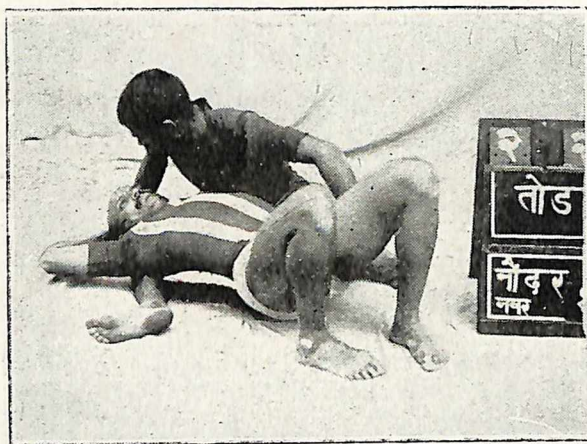
Hold no. 34.

Fig. no. 271.

**Noundar-1st Sort ( Counter No. 2 ):**—As soon as your foe employs *hand-twist and pull* on you as in Fig. 264. and begins to pull you to your right, jerk your body on his back as in *arm-roll* so that his hand will be fairly trapped



*Noundar—1 st Sort ( Counter No. 2. )*

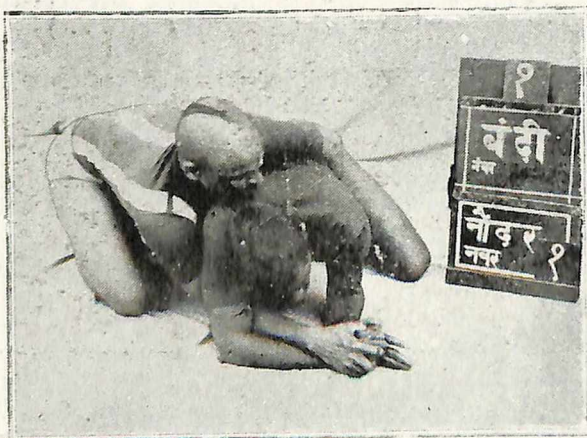


Hold no. 31.

Fig. no. 272.

as in Fig. 271. With a further vigorous turn and pull fix his back to the floor. ( Fig. 272 )

*Noundar—1 st Sort ( Parry No. 1. )*

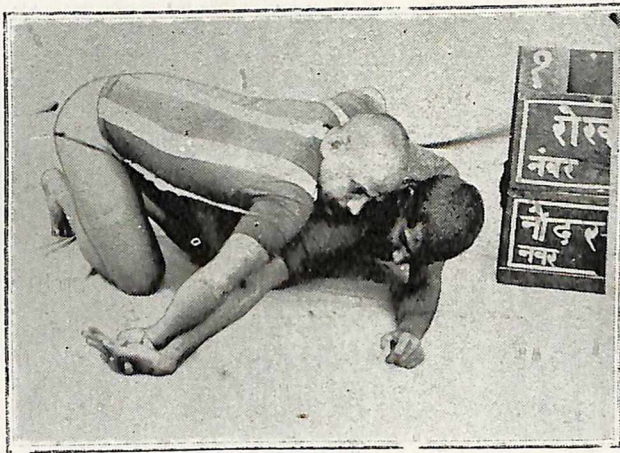


Hold no. 34.

Fig. no. 273.

**Noundar—1 st Sort ( Parry No. 1 ):**—As soon as your assailant seizes your right hand for *hand-twist and pull*, hinder his right hand from pulling in yours by pushing it in the opposite direction by your left palm and take force by pitching your right elbow in earth. ( Fig. 273 ) His hold will thus be parried

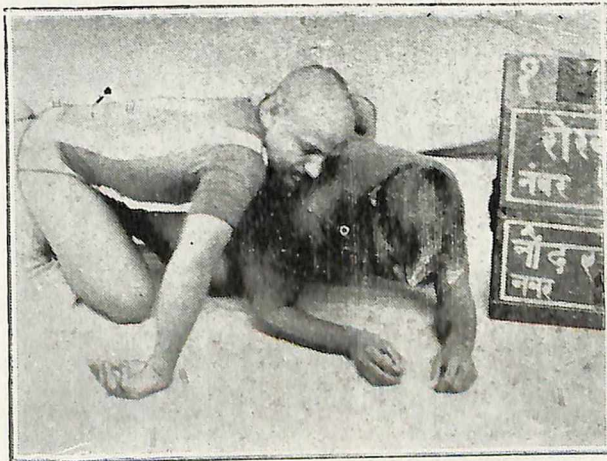
*Noundar-1 st Sort* ( Block No. 1. )



Hold no. 34.

Fig. no. 274.

*Noundar-1 st Sort* ( Block No. 1. )



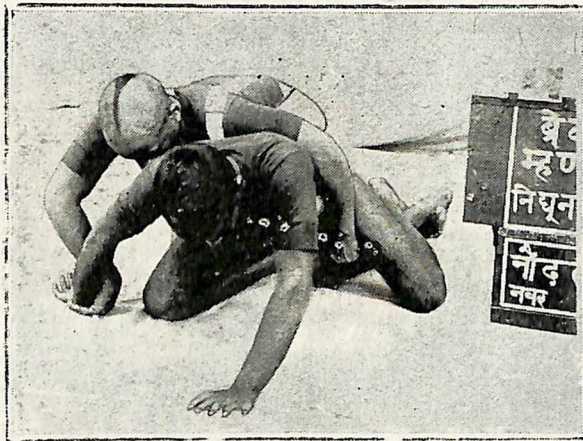
Hold no. 34.

Fig. no. 275.

**Noundar-1 st Sort** ( Block No. 1 ) :—If your combatant endeavours to practise on you *hand-twist and pull*, before he twists your right hand fingers, give a sudden outside circular jerk to your right hand as in Fig. 274. When your right hand becomes straight his grip practically becomes useless and you can safely withdraw your right hand as in Fig. 275.



*Noundar-1 st Sort ( Break No. I. )*



Hold no. 34.

Fig. no. 276.

*Noundar-2 st Sort ( Break No. 1. )*

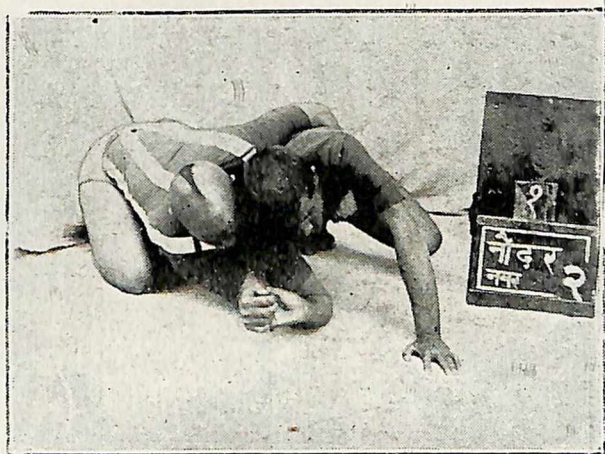


Hold no. 34.

Fig. no. 277.

**Noundar**—1 st Sort ( Break No. 1 ) :—When your opponent attempts *hand-twist and pull* on you, press his left leg by your left as in Fig. 276. Extricate your right hand from his grasp, smartly turn to your left, pressing his left knee by your right foot and take a support of your right hand. (Fig. 277) With a greater pressure and push on his left knee and a sharp swing to your left by your right hand, get behind your adversary.

*Noundar-2<sup>nd</sup> Sort* ( Hand-twist and pull. )



Hold no. 35.

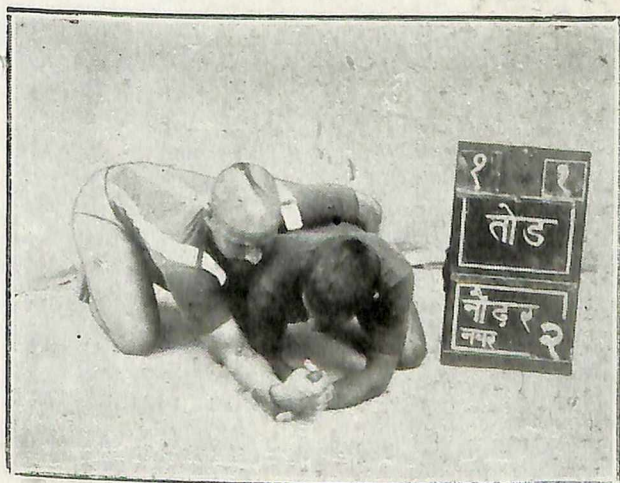
Fig. no. 278.

**Noundar-2<sup>nd</sup> Sort** (Hand-twist and pull) Hold No. 35:- Grip your adversary's right palm by your right hand from without and press his right elbow sharply by your right. ( Fig. 278 ) Pull him to your right as in *hand-twist and pull 1<sup>st</sup> Sort* and compel him to lie down on his back as in Fig. 266.

*Noundar-2<sup>nd</sup> Sort* ( Feint No. 1. )

**Noundar-2<sup>nd</sup> Sort** ( Feint No. I ):-The same feint as described in feint No. 1 for *hand-twist and pull 1<sup>st</sup> Sort* ( Hold No. 34 ) is applicable here.

*Noundar-2<sup>nd</sup> Sort* ( Counter No. 1. )



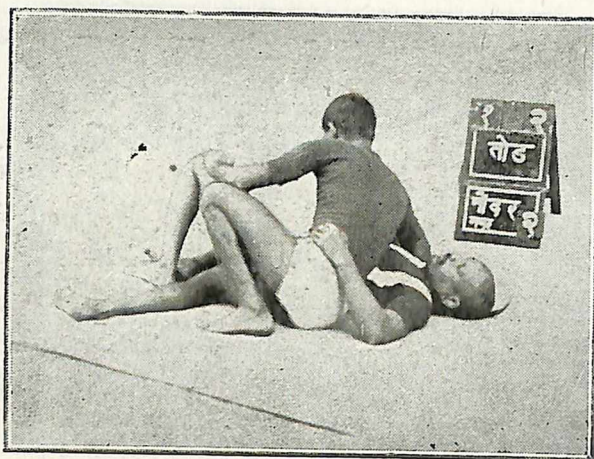
Hold no. 35.

Fig. no. 279.

**Noundar-2<sup>nd</sup> Sort** ( Counter No. 1 ):-As soon as your antagonist twists your right hand for *hand-twist and pull 2<sup>nd</sup> Sort* lean your right shoulder against the ground, ( Fig. 279 ) smartly throw your body high up in the



*Noundar-2 nd Sort ( Counter No. 1. )*



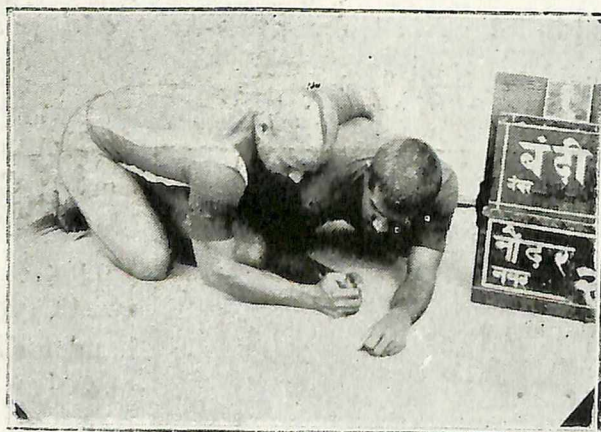
**Hold no. 35.**

**Fig. no. 280**

air and fall on your right hip beyond his body. In this act his body will undergo a left turn and in the end he will lie on his back as in Fig. 280.

*N. B.* Other Counters on *Noundar 1 st Sort* can also be applied in this hold with the same advantage.

*Noundar-2 nd Sort ( Parry No. 1 )*

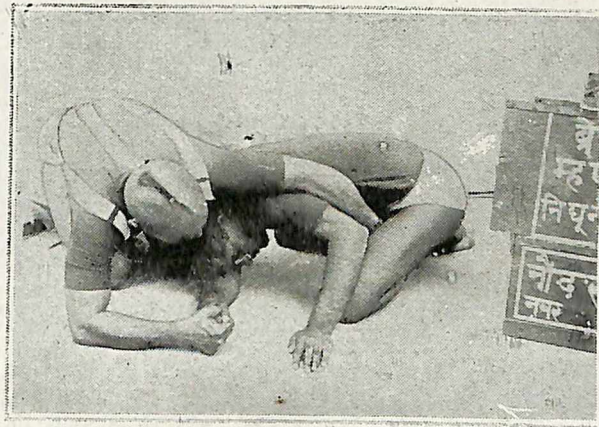


**Hold no. 35.**

**Fig. no. 281.**

**Noundar-2 nd Sort ( Parry No. 1 )** :— The moment your antagonist tries to twist your right hand for *hand-twist and pull 2 nd Sort*, suddenly pull your trapped hand inward between your knees, so that his endeavour will be futile. ( Fig. 281 )

*Noundar-2 nd Sort ( Break No. 1. )*



Hold no. 35.

Fig. no. 282.

*Noundar-2 nd Sort ( Break No. 1. )*



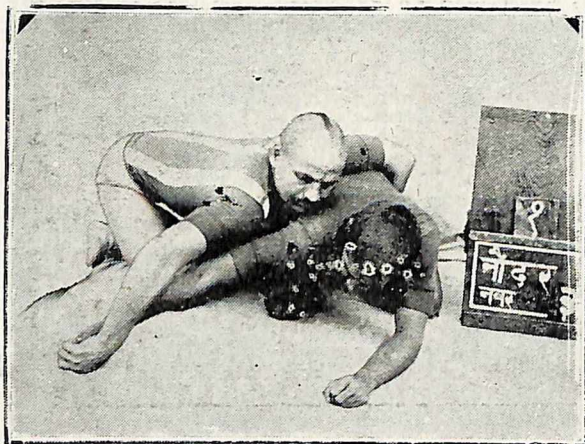
Hold no 35.

Fig. no. 233.

**Noundar-2 nd Sort ( Break No. 1 )** :—When your contestant grabs you for *Noundar-2 nd Sort*, be very nimble to turn to your right briskly from beneath his left arm-pit. ( Fig. 282 ) Suddenly get behind by extricating your right hand with force. ( Fig. 283 ) This sudden brisk turn for break is really ingenious.



*Noundar-3 rd Sort ( Hand-twist and Pull. )*



Hold no. 36.

Fig. no. 284.

*Noundar-3 rd Sort ( Hand-twist and Pull. )*



Hold no. 36.

Fig. no. 285.

**Noundar-3rd Sort ( Hand-twist and pull )** Hold No. 36:— Twist your adversary's right wrist from without and straighten it as in Fig. 284. At once pull it towards you backward ( Fig. 285 ) and throw his body to your right as in the previous hold.



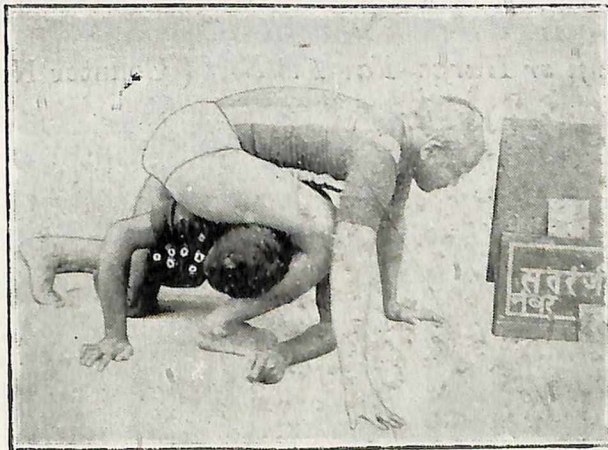
*Sataranji or Haran-Fas-1 st Sort ( Neck-leg-hook and Pull. )*



Hold no. 37.

Fig. no. 286.

*Sataranji or Haran-Fas-1 st Sort ( Neck-leg-hook and Pull. )*



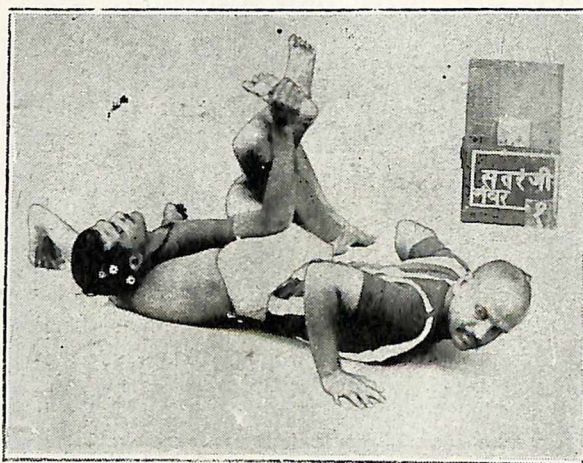
Hold no. 3

Fig. no. 287.

**Sataranji or Haran-Fas-1st Sort ( Neck-leg-hook and pull )** Hold No. 37:—Thrust and hook your left leg at his right lower thigh from within and exert a great pressure on his back head by your right palm to force it down. ( Fig. 286 ) When the head is sufficiently pressed down, with a sudden left turn hook your right leg at his neck securing a fair grip, and support your hands on the floor beyond his body as in Fig. 287.



*Sataranji or Haran-Fas-1 st Sort ( Neck-leg-hook and Pull. )*

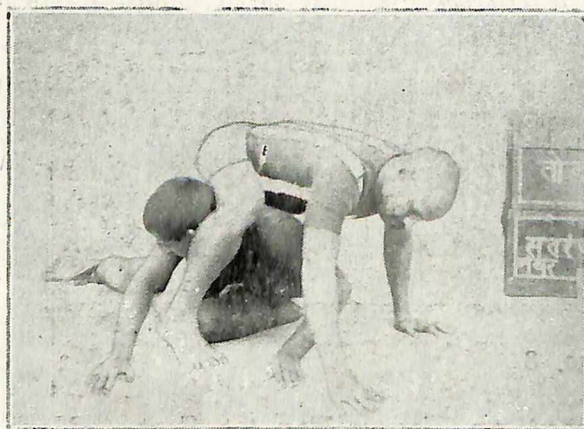


Hold no. 37.

Fig. no. 288.

Now roll yourself vigorously forward quite flat on the ground pulling your hooks up in order to force him on to his shoulders. ( Fig. 288 )

*Sataranji or Haran-Fas-1 st Sort ( Counter No. 1. )*



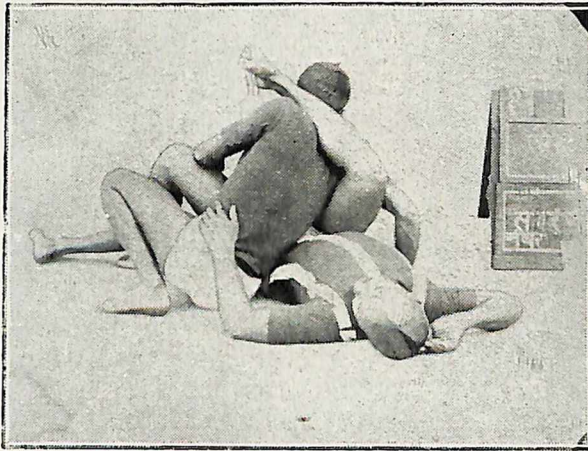
Hold no. 37.

Fig. no. 289.

**Sataranji or Haran-Fas-1st Sort ( Counter No. 1 ):**—The moment your head and right leg are hooked for applying the above hold, take a brisk turn to your right and at once sit down on your left thigh, perfectly maintaining your



*Sataranji or Haran-Fas-1 st Sort ( Counter No. 1. )*

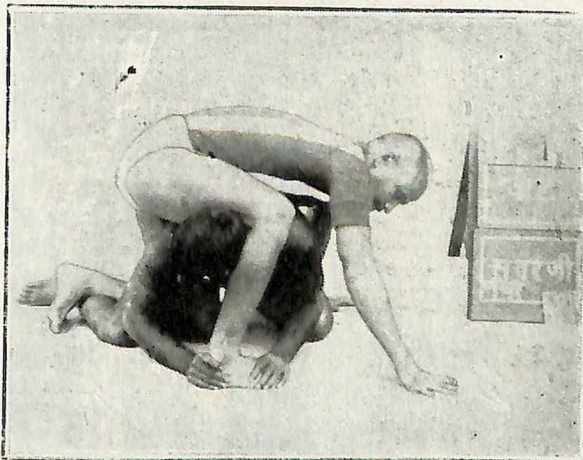


Hold no. 37.

Fig. no. 290.

equipoise by your hands on the ground. ( Fig. 289 ) With a further right turn and a jerk of your head to your right fix his back to the floor ( Fig. 290 )

*Sataranji or Haran-Fas-1 st Sort ( Counter No. 2. )*



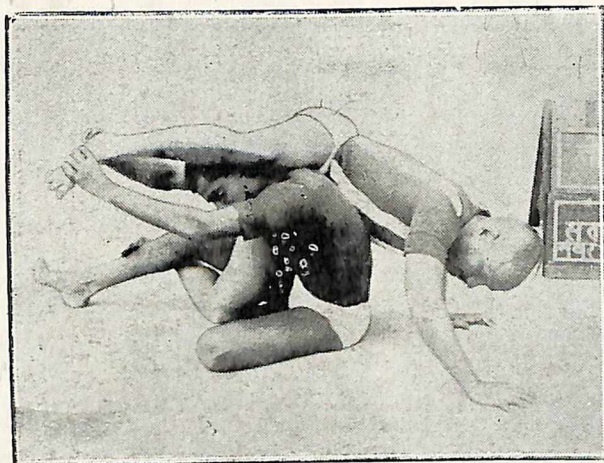
Hold no 37.

Fig. no. 291.

**Sataranji or Haran-Fas—1 st Sort ( Counter No. 2 ):-**  
When your assailant secures the preliminary position for neck-



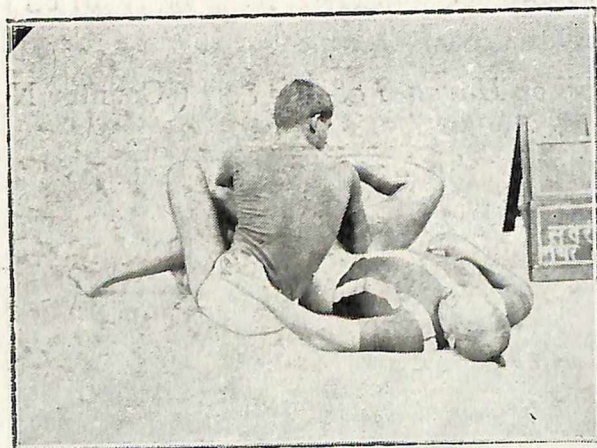
*Sataranji or Haran-Fas-1 st Sort ( Counter No. 2. )*



Hold no. 37.

Fig. no. 292.

*Sataranji or Haran-Fas-1 st Sort ( Counter No. 2. )*

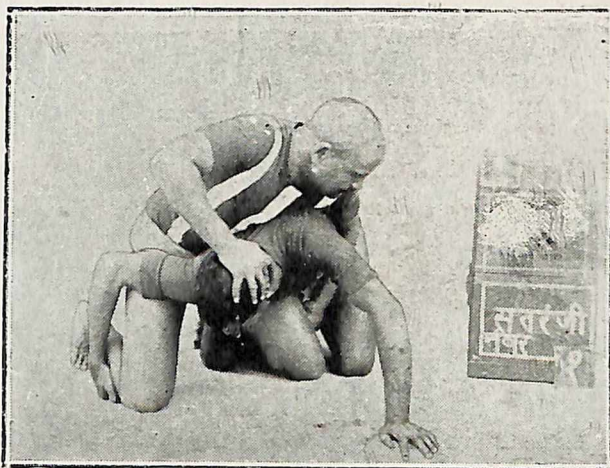


Hold no. 37.

Fig. no. 293.

*leg-hook and pull*, before he rolls flatly, catch his right heel by your right hand and right toes by your left hand. ( Fig. 291 ) With a sudden right turn, sit on your left thigh and raise high up his right leg. ( Fig. 292 ) Pull his right leg over your head to your right and with a brisk swing to your right turn on until you pitch his back to the ground. ( Fig. 293. )

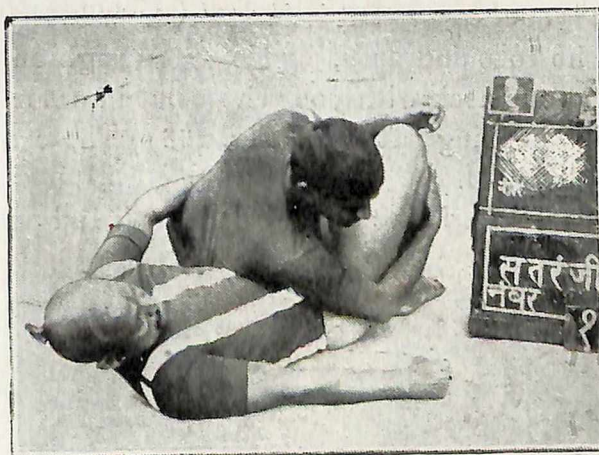
*Sataranji or Haran-Fas-1 st Sort ( Counter No. 3. )*



Hold no. 37.

Fig. no. 294.

*Sataranji or Haran-Fas-1 st Sort ( Counter No. 3. )*



Hold no. 37.

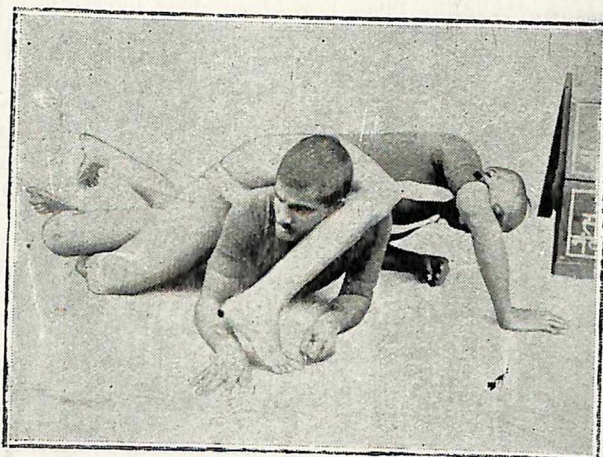
Fig. no. 295.

**Sataranji or Haran-Fas—1 st Sort ( Counter No. 3 ):-**

Your adversary hooks his left leg at your left lower thigh from within for *neck-leg-hook and pull* and presses your head for further action. Before he lifts his right leg to hook your neck, seize his right knee or thigh from without by your right hand. ( Fig. 294. ) Briskly throw your body high up in the air to your right over his body and fall on the ground on your right side. Your sudden force will be quite adequate in pinning his shoulders to the ground as in Fig. 295.



*Sataranji or Haran-Fas-st Sort ( Block No. 1. )*



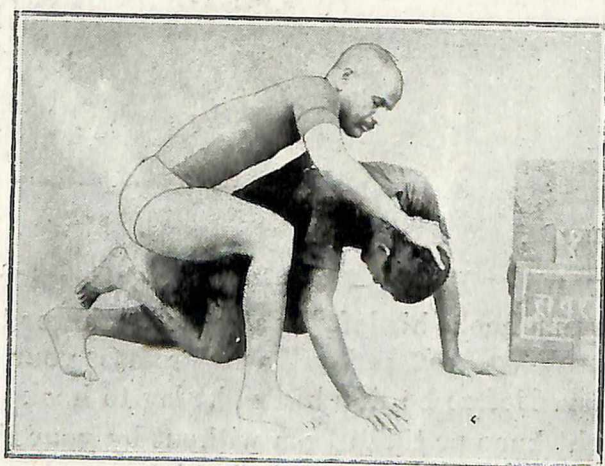
Hold no. 37.

Fig. no. 296.

**Sataranji or Haran-Fas—1 st Sort ( Block No. 1 ) :—**

As soon as your contestant holds you for *neck-leg-hook and pull*, before he rolls and pulls, suddenly straighten your left leg, raise up your neck with your chest out in order to exert tention on his hooking left leg. ( Fig. 296. ) These actions will surely block his hold.

*Sataranji—2 nd Sort ( neck-leg-hook and pull. )*



Hold no. 38.

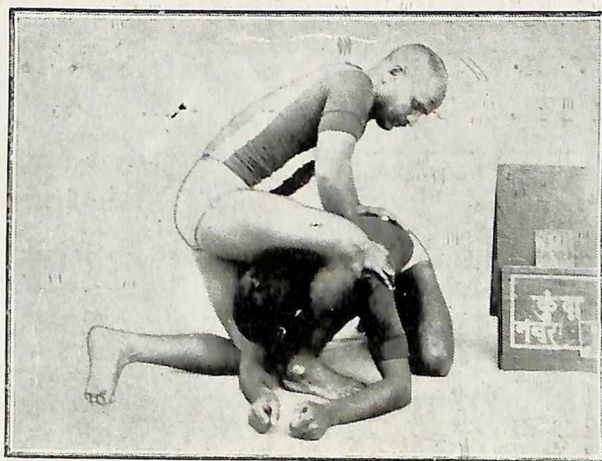
Fig. no. 297

**Sataranji—2 nd Sort ( neck-leg-hook and pull )** Hold No. 38:--Hook his right leg from without instead of from

within as in the first sort, by your left leg. :( Fig. 297 ) and following similar further process pull him briskly on his back.

*N. B.* This second Sort of *Satara vii* can be effectively countered by the counters of the first sort and can be also blocked by the same block as in the first sort.

*Kunda or Gal-Khoda-1 st Sort ( Neck-arm-lock. )*



Hold no. 39.

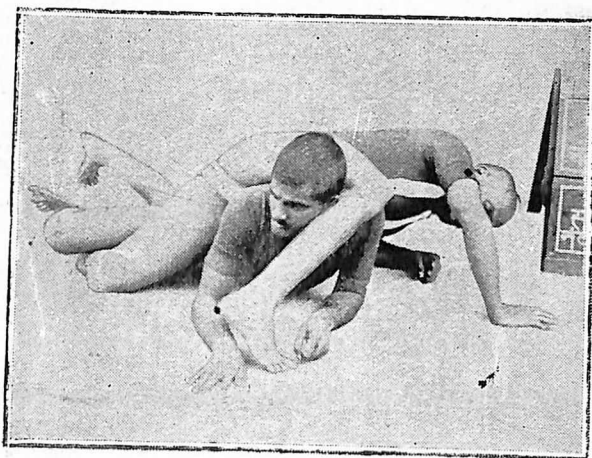
Fig. no. 288.

**Kunda or Gal-Khoda-1 st Sort ( Neck-arm-lock )**

**Hold No. 39:**—Get yourself behind by hook or crook, forcing your rival to the ground on all fours. Press him down by your hands, quickly raise your right leg, pass it over his neck ( Fig. 288 ) and slide it further out from underneath his right arm-pit. Grab suddenly your own right foot by your left hook and turn to your right. ( Fig. 299 ) laying the whole weight of your body on his neck. His neck and arm will thus be finely



*Sataranji or Haran-Fas-st Sort ( Block No. 1. )*



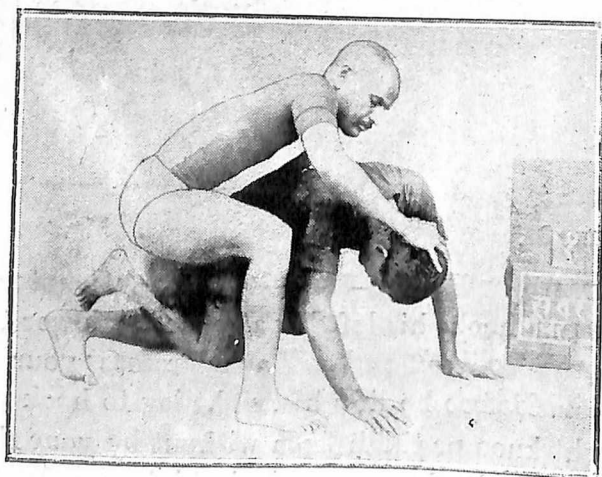
Hold no. 37.

Fig. no. 296.

**Sataranji or Haran-Fas—1 st Sort ( Block No. 1 ) :—**

As soon as your contestant holds you for *neck-leg-hook and pull*, before he rolls and pulls, suddenly straighten your left leg, raise up your neck with your chest out in order to exert tension on his hooking left leg. ( Fig. 296. ) These actions will surely block his hold.

*Sataranji—2 nd Sort ( neck-leg-hook and pull. )*



Hold no. 38.

Fig. no. 297

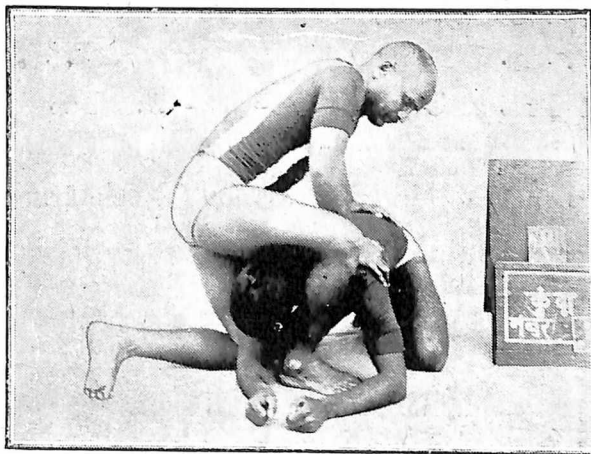
**Sataranji—2 nd Sort ( neck-leg-hook and pull ) Hold**

No. 38 :—Hook his right leg from without instead of from

within as in the first sort, by your left leg. :( Fig. 297 ) and following similar further process pull him briskly on his back.

*N. B.* This second Sort of *Satara vii* can be effectively countered by the counters of the first sort and can be also blocked by the same block as in the first sort.

*Kunda or Gal-Khoda-1 st Sort ( Neck-arm-lock. )*



Hold no. 39.

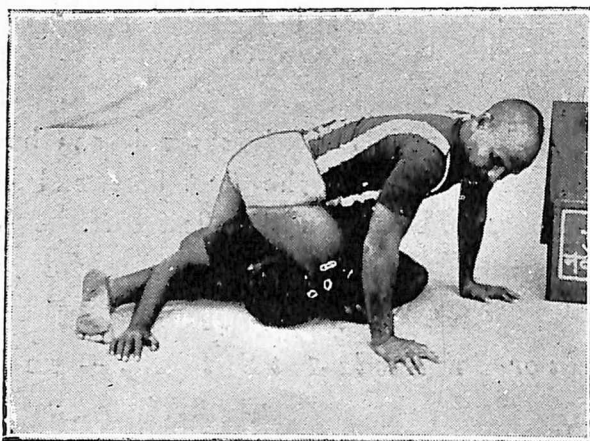
Fig. no. 28.

**Kunda or Gal-Khoda-1 st Sort ( Neck-arm-lock )**

**Hold No. 39:**—Get yourself behind by hook or crook, forcing your rival to the ground on all fours. Press him down by your hands, quickly raise your right leg, pass it over his neck ( Fig. 28 ) and slide it further out from underneath his right arm-pit. Grab suddenly your own right foot by your left hook and turn to your right. ( Fig. 299 ) laying the whole weight of your body on his neck. His neck and arm will thus be finely  
20.



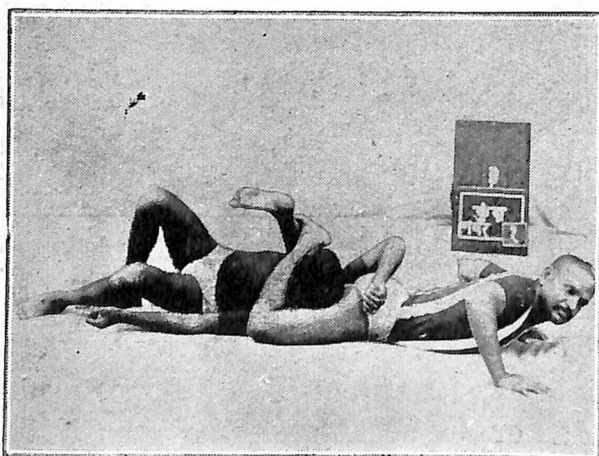
*Kunda or Gal-Khoda—1 st Sort ( Neck-arm-lock. )*



Hold no. 39.

Fig. no. 299.

*Kunda or Gal-Khoda—1 st Sort ( Neck-arm-lock. )*

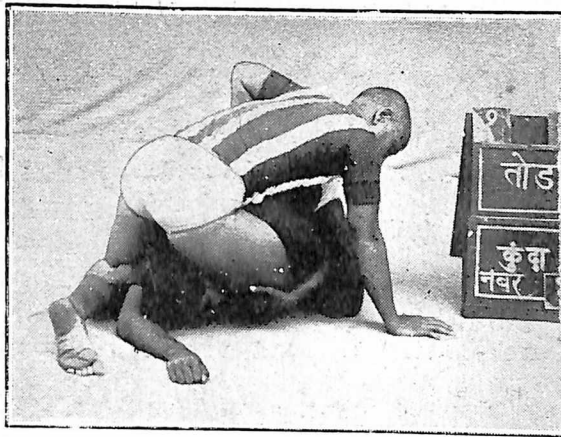


Hold no. 39.

Fig. no. 300.

locked. Turn to your right further, pull and roll on flatly on the ground until his back is pinned to the floor. ( Fig. 300 ) When the lock becomes firm, this hold becomes a punishing hold.

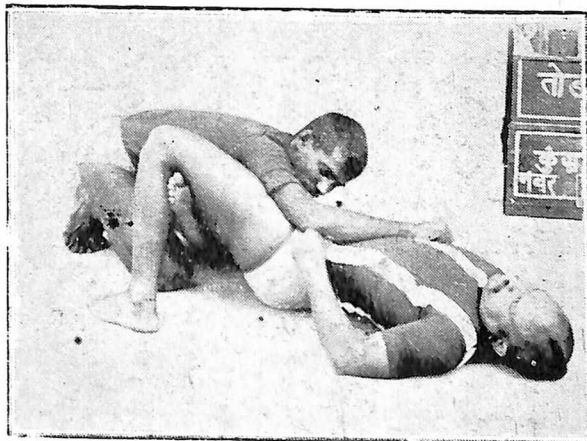
*Kunda or Gal-Khoda-1 st Sort ( Counter No. 1. )*



Hold no. 29.

Fig. no. 301.

*Kunda or Gal-Khoda-1 st Sort ( Counter No. 1. )*



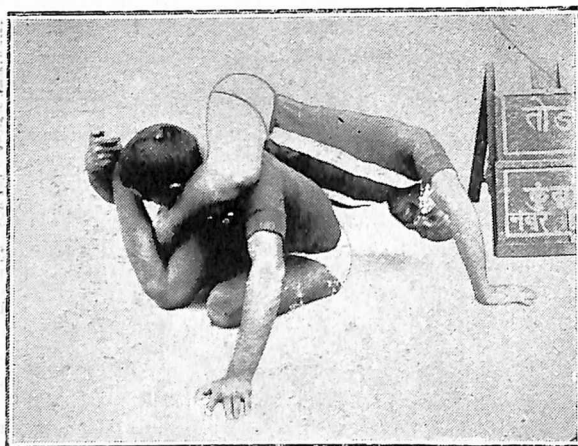
Hold no. 39.

Fig. no. 302.

**Kunda or Gal-Khoda-1 st Sort ( Counter No. 1 ) :—**As soon as your adversary secures your neck-arm-lock, hold his right knee by your left hand ( Fig. 301 ) and pull it in with as much force as possible so as to loosen his lock. Press hard his knee towards you, push him forward with a sudden forward jerk, extricate out your neck from his lock and at once force him to lie down on his back. ( Fig. 302 )



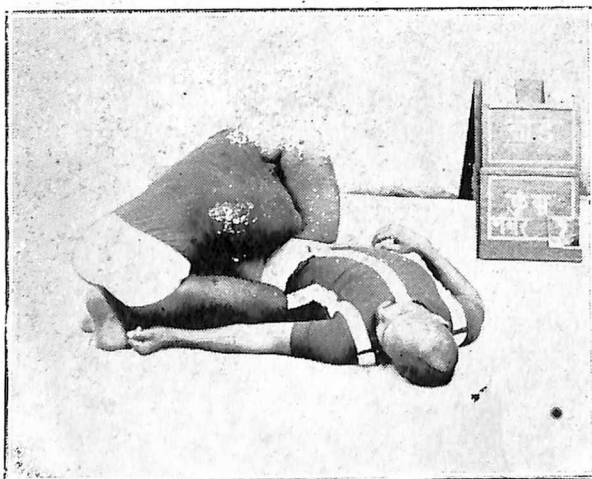
*Kunda or Gal-Khoda-1 st Sort (Counter No. 2.)*



Hold no. 39.

Fig. no. 303.

*Kunda or Gal-Khoda-1 st Sort (Counter No. 2.)*



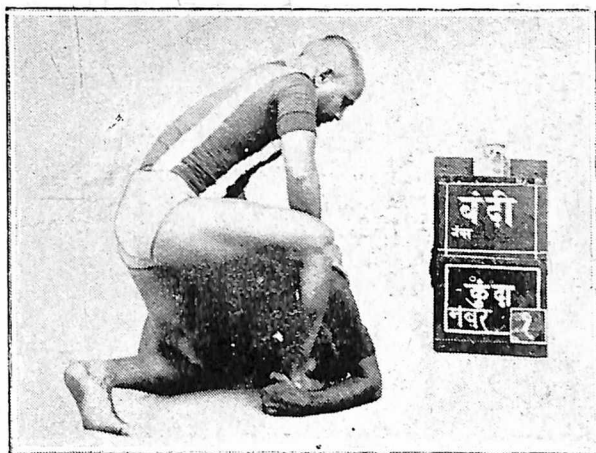
Hold no. 39.

Fig. no. 304.

**Kunda or Gal-Khoda—1 st Sort (Counter No. 2):—**

The moment your opponent locks your neck and arm, finely grip his left foot by your right hand after passing your hand over it from without and press and twist it hard. (Fig. 303.) His lock will thus be loosened. Vigorously jerk your body to your right and press him down on his back. (Fig. 304.)

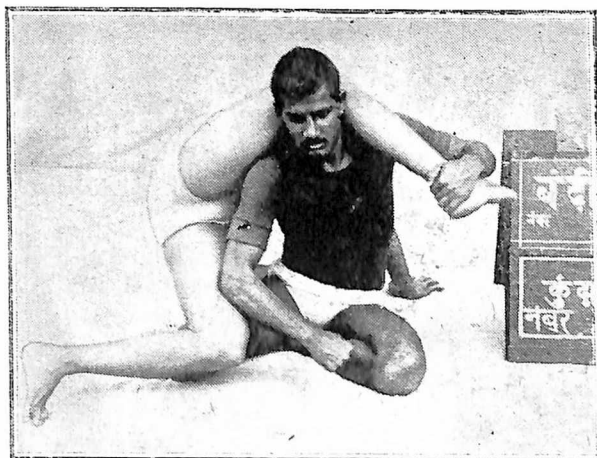
*Kunda or Gal-Khoda-1 st Sort ( Parry No. 1. )*



Hold no. 39.

Fig. no. 305.

*Kunda or Gal-Khoda-1 st Sort ( Parry No. 1. )*



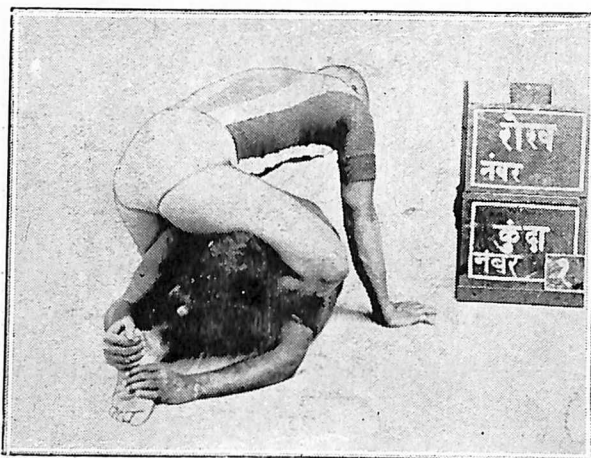
Hold no. 39.

Fig. no. 306.

**Kunda or Gal-Khoda,—1 st Sort ( Parry No. 1 ) :—**If your foe endeavours to lock your neck by throwing his right leg over your neck, clasp firmly his heel. ( Fig. 305 ) Thrust your right elbow hard into the fleshy part of his left lower thigh in order to inflict pain on him, get up smartly and produce tension at his hip-joint by seating yourself as straight as possible ( Fig. 306 ) to parry his hold.



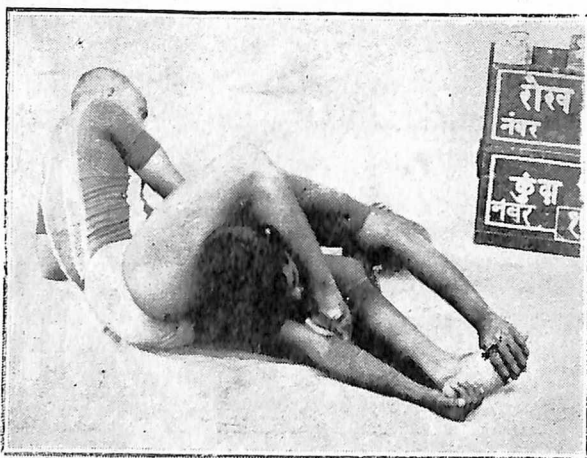
*Kunda or Gal-Khoda-1 st Sort ( Block No. 1. )*



Hold no. 39.

Fig. no. 307.

*Kunda or Gal-Khoda-1 st Sort ( Block No. 1. )*



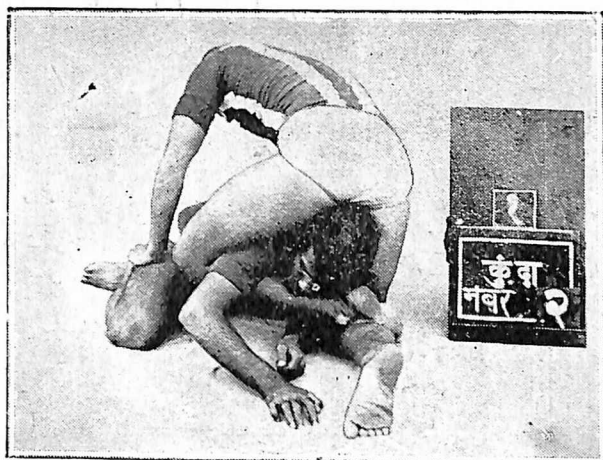
Hold no. 39.

Fig. no. 308.

**Kunda or Gal-Khoda-1 st Sort ( Block No. 1 ) :—**

As soon as your contestant secures your neck-arm-lock, hold fast his left foot by both your hands. ( Fig. 307 ) Twist and push it forcibly to your left away from you in order to lessen the rigidity of his lock. (Fig. 308) Thus he will be disappointed in his attempt.

*Kunda-2 nd Sort ( Neck-arm-lock. )*



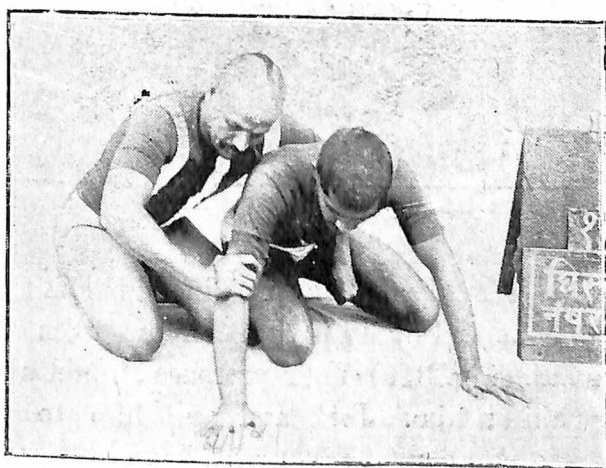
Hold no. 40.

Fig. no. 309.

**Kunda-2 nd Sort ( neck-arm-lock )** Hold No. 40:—In this sort the procedure and the last move are the same; the only difference lies in tightening the lock by holding your left foot in your right hock below his neck after sliding your left leg from below his right armpit.

*N. B.* The Counters, the parry and the block on *Kunda 1 st Sort*, hold equally good here too.

*Ghissa-Sadha ( Simple Pull over. )*



Hold no. 41.

Fig. no. 310.

**Ghissa-Sadha ( Simple Pull over )** Hold No. 41:—Get behind and secure a waist-hold on your assailant. Insert your



*Ghissa-Sadha* ( Simple Pull over. )



Hold no. 41.

Fig. no. 311.

*Ghissa Sadha* ( Simple Pull over. )

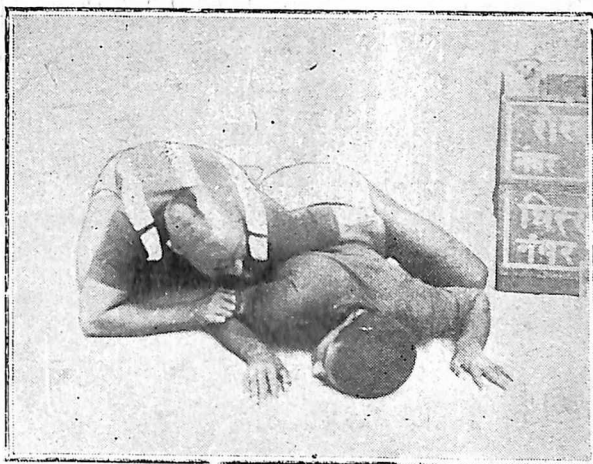


Hold no. 41.

Fig. no. 312.

left hand on his left thigh down pressing his left ribs by your left fore-arm-bone and hold his right elbow from without by your right hand. (Fig. 310) Your pressure should unnerve him by inflicting pain on him. Jerk and pull him to your right, pressing his right elbow to your left and bring him on his right side. Fig. 311 ) Continuing the same pull and pressure in the same direction with dash and vigour fix his back to the ground as in Fig. 312.

*Ghissa-Sadha*-1 st Sort ( Block No. 1 )

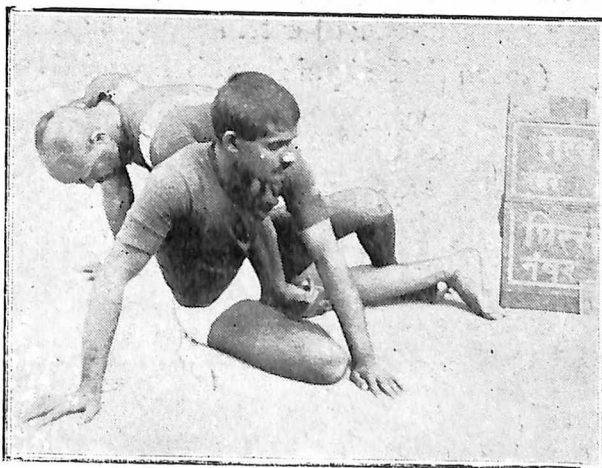


Hold no. 41.

Fig. no. 313.

**Ghissa-Sadha**—1 st Sort ( Block No. 1 ) :—If your opponent seizes you for *simple pull over* you are simply to straighten your right leg and lie flat on the ground to block his endeavour. ( Fig. 313. )

*Ghissa-Sadha*-1 st Sort ( Block No. 2. )



Hold no. 41.

Fig. no. 314

**Ghissa-Sadha**—1 st Sort ( Block No. 2 ) :—When your adversary holds you for executing *simple pull over* on you, smartly liberate your right elbow, turn to your left, sit on your right thigh and pull out his left leg by hooking your left foot just above the ankle in order to nullify his pull. ( Fig. 314. )



*Ghissa-Sadha*-1 st Sort ( Break No. 1. )



Hold no. 41.

Fig. No. 315.

*Ghissa-Sadha*-1 st Sort ( Break No. 1. )

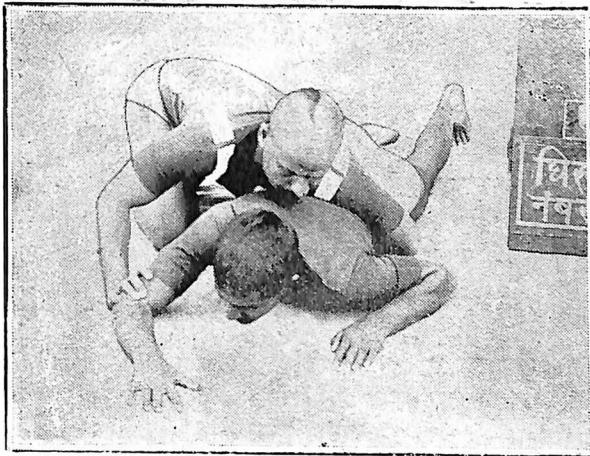


Hold no. 41.

Fig. no. 316

***Ghissa-Sadha***—1 st Sort ( Break No. 1 ) :—As soon as your assailant begins to pull you for *simple pull over* turn to your right ( Fig. 315 ) from beneath his body and left arm-pit, until you break out as in Fig. 316. With a sudden jerk to your right get behind your enemy for applying further ground moves.

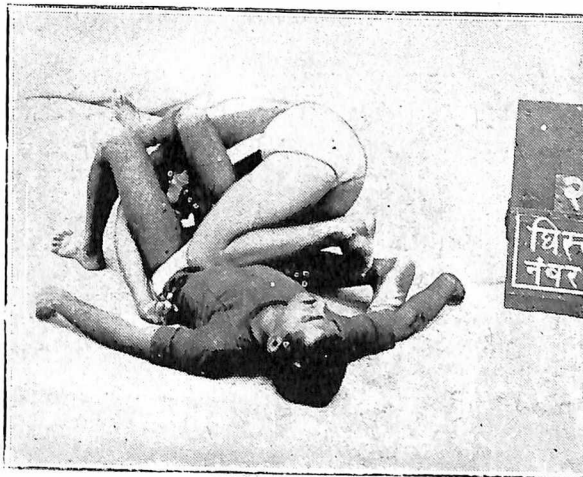
*Ghissa*-2 nd Sort ( Hard Pull over. )



Hold no. 42.

Fig. no. 317.

*Ghissa*-2 nd Sort ( Hard Pull over. )



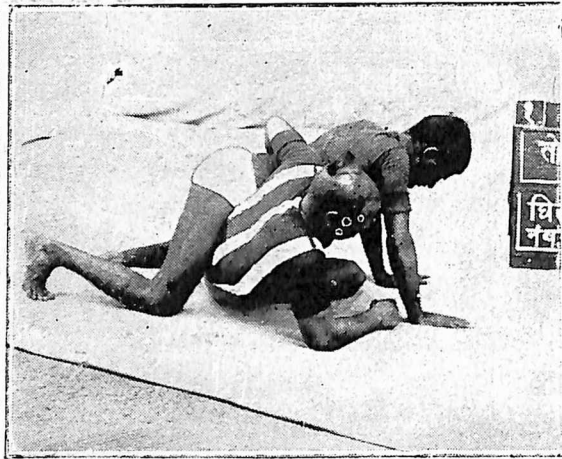
Hold no. 42.

Fig. no. 318.

***Ghissa*-2 nd Sort ( Hard Pull over )** Hold No. 42:— Get behind and bring your enemy on all fours. With a great dash force him to lie down flatly. Insert your left hand and grasp firmly his *chaddi* from within, pressing hard his left ribs by your left fore-arm-bone and support your right hand with force on his right elbow. ( Fig. 317 ) Pull hard his body to your right and press his elbow to your left until you bring him on his back as in Fig. 318.



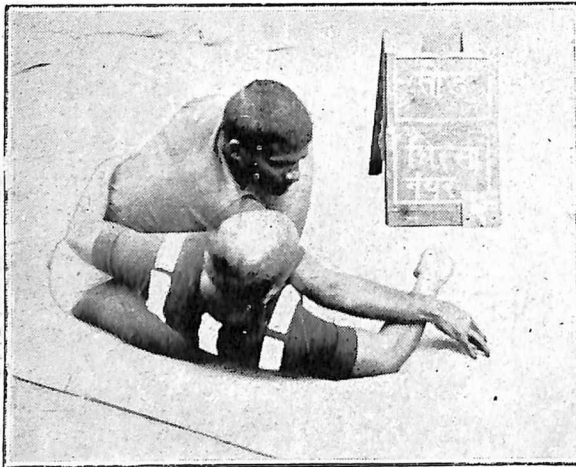
*Ghissa-2 nd Sort ( Counter No. 1. )*



Hold no. 42.

Fig. no. 319.

*Ghissa-2 nd Sort ( Counter No. 1. )*

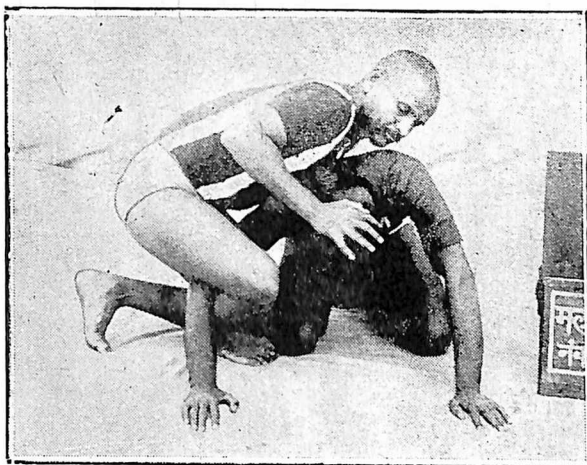


Hold no. 42.

Fig. no. 320.

**Ghissa-2 nd Sort ( Counter No. 1 ):**—If your combatant applies *hard pull over* on you by forcing you flat on the ground, suddenly throw your body high up towards and on his back. ( Fig. 319 ) The greater he pulls you to pin you, the greater force you should employ on his back to weaken him and suddenly sit down on the ground to turn the tables on him as in Fig. 320.

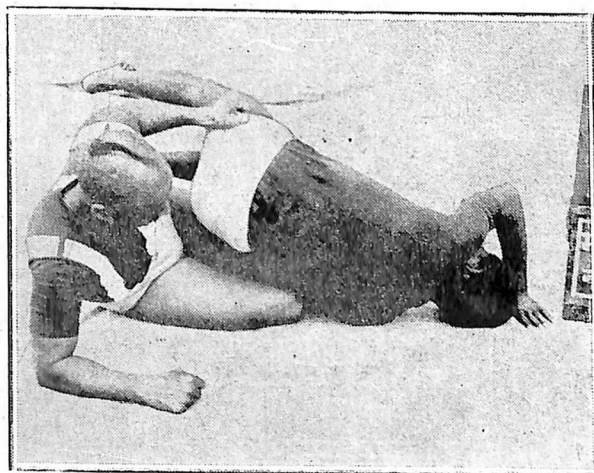
*Ghissa-Mclaidar-3 rd Sort ( Arm-hook and Pull over. )*



Hold no. 43.

Fig. no. 321.

*Ghissa-Malaidar-3 rd Sort ( Arm-hook and Pull over. )*



Hold no. 43

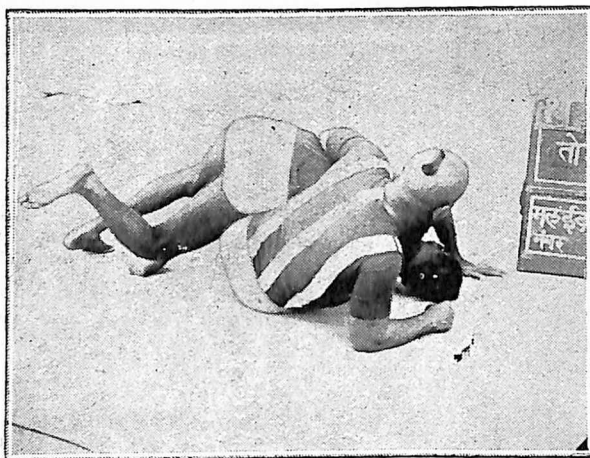
Fig. no. 322.

**Ghissa-Malaidar-3rd Sort ( Arm-hook and pull over )**

Hold No. 43:—When your contestant is brought on all fours, hold his *chuddi* on his left hip by your left hand, suddenly hook his right hand by your right leg from without and press his back head down by your right hand. ( Fig. 321 ) Pull his right hand down and backward and commence pulling him to your right ( Fig. 322 ) until you fix his back to the ground.



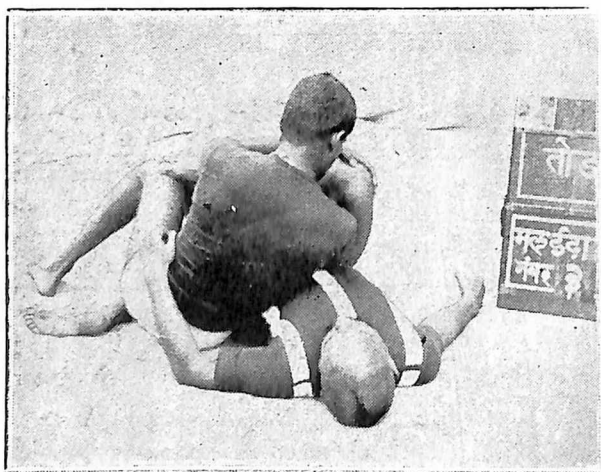
*Ghissa-Malaidar*-3 rd Sort ( Counter No. 1. )



Hold no. 3.

Fig. no. 323.

*Ghissa-Malaidar*-3 rd Sort ( Counter No. 1. )



Hold no 43

Fig. no. 324

**Ghissa-Malaidar**-3 rd Sort ( Counter No. 1 ):- As soon as your contestant hooks your right hand for instituting *arm-hook* and *pull over* throw up your body as in *arm-roll* over his body. ( Fig. 323 ) Lift up his right leg by your right hand which is freed without any special effort on your part and deposit his shoulders on the floor. ( Fig. 324 ) This throwing up of your body over his is technically called “ Danki. ” It is the best effective Counter to many ground-holds.



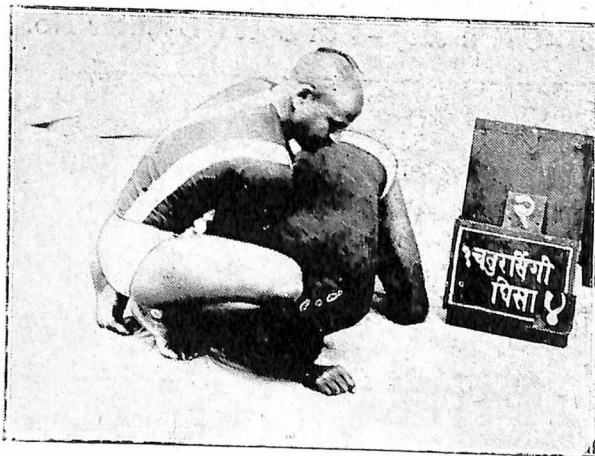
*Ghissa-Chatursingi-4 th Sort ( Neck-press and Pull over. )*



Hold no. 44.

Fig. no. 325.

*Ghissa-Chatursingi-4 th Sort ( Neck-press and Pull over. )*



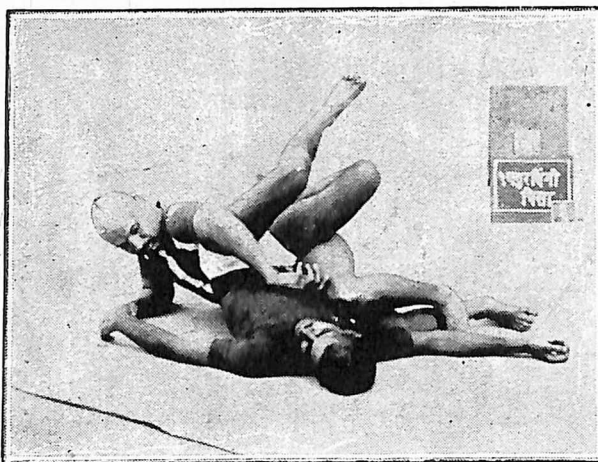
Hold no. 44.

Fig. no. 326.

**Ghissa Chatursingi-4 th Sort ( Neck-press and Pull over )** Hold No. 44:—Briskly seize his left hand by your right hand and pull it out from below his right arm-pit and hold his *chadli* by your left hand. ( Fig. 325 ) Exert hard pressure



*Ghissa-Chatursingi-4 th Sort ( Neck-press and Pull over. )*

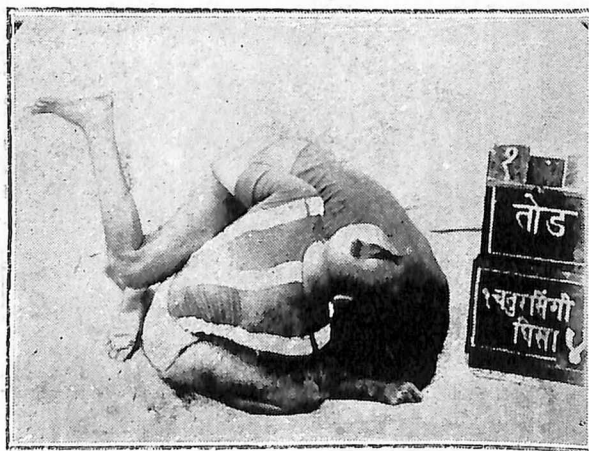


Hold no. 44.

Fig. no. 327.

on his neck by your right knee, pull him over to your right ( Fig. 326 ) and put his shoulders on the floor. ( Fig. 327. )

*Ghissa-Chaursingi-4 th Sort ( Counter No. 1. )*

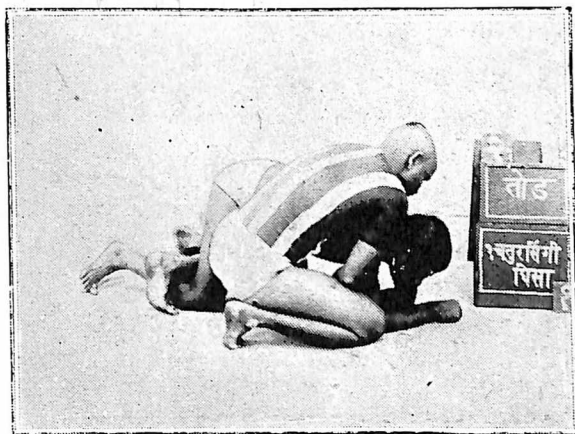


Hold no. 44.

Fig. no. 328

**Ghissa-Chatursingi-4 th Sort (Counter No. 1):**—The moment your combatant secures you for *neck press and pull over*, briskly take the patent effective *Danki* ( Fig. 328 ) and pitch his back down to the ground in a short time.

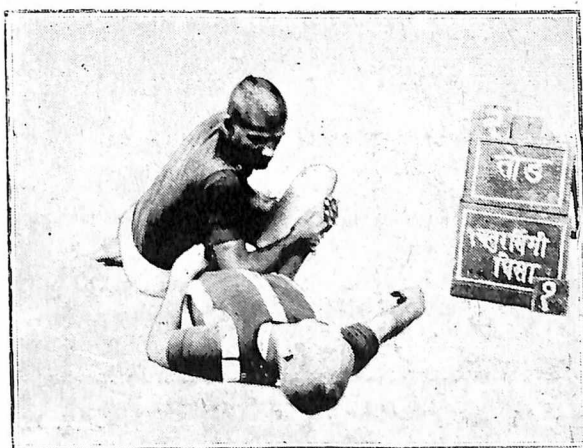
*Ghissa-Chatursingi-4 th Sort ( Counter No. 2. )*



Hold no. 44.

Fig. no. 329.

*Ghissa-Chatursingi-4 th Sort ( Counter No. 2. )*



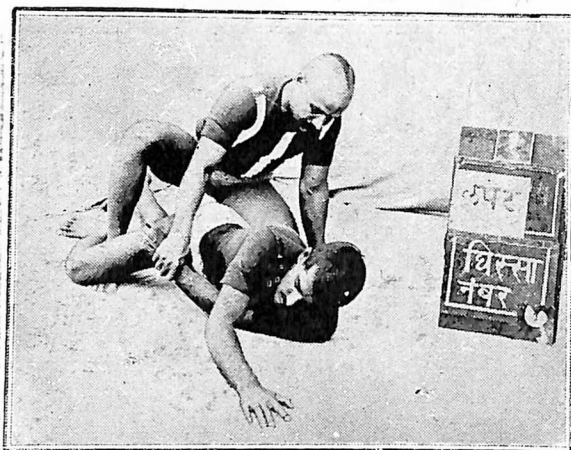
Hold no. 44.

Fig. no. 330.

**Ghissa-Chatursingi-4 th Sort ( Counter No. 2 ) :—**As soon as your opponent holds you to execute *neck-press* and *pull over* on you, imprison his left leg by your right from without as in Fig. 329. Pull it out further and further, force down his body more and more by yours to your right until he falls down on his back. ( Fig. 330 ).



*Ghissa-Lapet-5 th Sort, Roll and Pull over.)*



Hold no. 45.

Fig. no. 331.

*Ghissa-Lapet-5 th Sort ( Roll and Pull over. )*

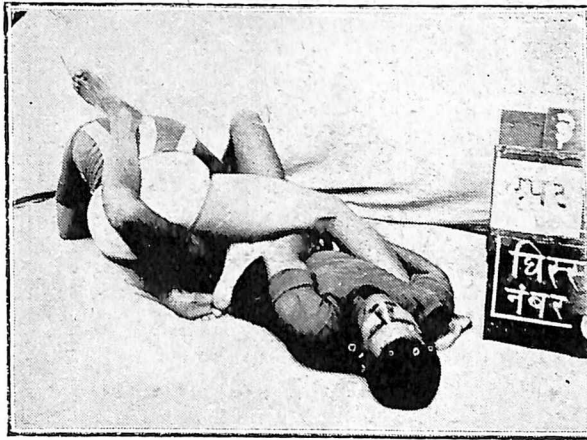


Hold no. 45.

Fig. no. 332.

**Ghissa-Lapet-5 th Sort ( Roll and Pull over )** Hold No. 45:— As soon as you bring your enemy on all fours to the ground, dive in your right hand and pull his left hand out from under his right arm-pit and thrust your right foot under his right lower thigh. ( Fig. 331 ) Pull violently his hand to your left and smartly sit down on your left thigh, sliding off your right leg further reaching up to and over his right hand. ( Fig. 332 ) Continue to pull him to your left and take a vigorous circle by your right leg over his body on the fulcrum

*Ghissa-Lapet-5 th Sort ( Roll and Pull over. )*

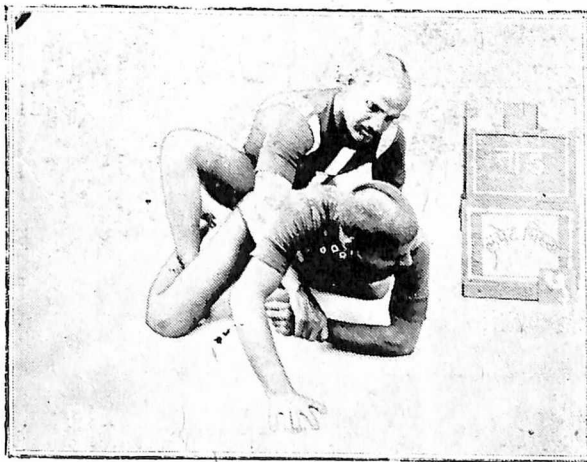


Hold no. 45.

Fig. no. 333.

of your left hip and send him clean on to his back as in Fig. 333

*Ghissa-Lapet-5 th Sort ( Counter No. 1 )*



Hold no 45.

Fig. no. 334.

**Ghissa-Lapet-5 th Sort ( Counter No. 1 )** :—As soon as your rival secures the opening position for *roll and pull over*, jerk your neck to your left, ( Fig. 334 ) and very quickly sit down on your right thigh, turning your body to your left. Pull vigorously his right hand to your left and force him on to his shoulders. ( Fig. 335 )



*Ghissa-Lapet-5 th Sort ( Counter No. 1 )*



Hold no. 45.

Fig. no. 335.

*Ghissa-Lapet-5 th Sort ( Counter No. 2 )*

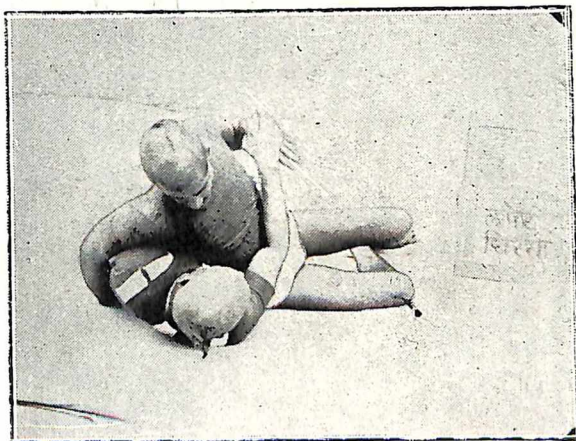


Hold no. 45.

Fig. no. 336

**Ghissa-Lapet**— 5 th Sort ( Counter No. 2 ) :—If your adversary gains the preliminary posture for *roll and pull over* jerk your neck to your left and at once sit down on your right thigh as in Fig. 336. Pull down his right hand by your left and when his neck is sufficiently down, capture his neck by your right hand and go on forcing his body down until you fix his shoulders to the floor. ( Fig. 337 )

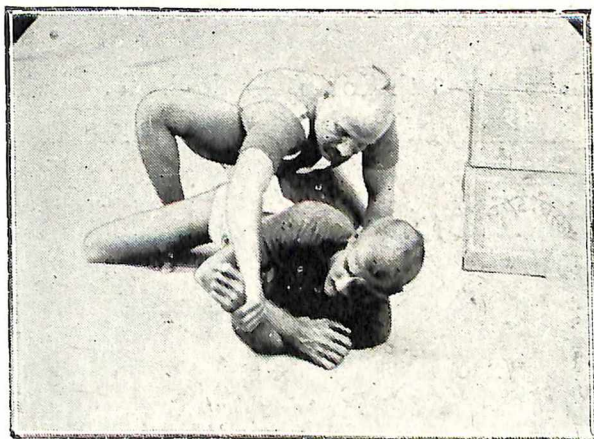
*Ghissa-Lapet-5 th Sort ( Counter No. 2. )*



Hold no. 45,

Fig. no. 337.

*Ghissa-Lapet-5 th Sort ( Block No. 1. )*



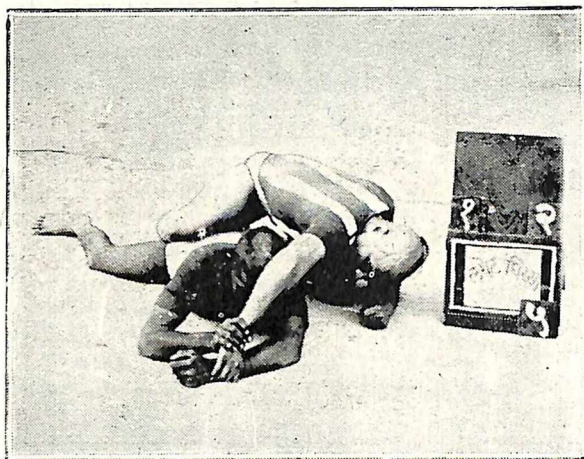
Hold no. 45.

Fig. no. 338.

**Ghissa-Lapet—5 th Sort ( Block No. 1 ):**—As soon as your enemy secures the first position for executing *roll and pull over* on you, stop his pulling your left hand by pressing down your own hand by your right fore-arm and his right hand by your right elbow. ( Fig 338 ) Smartly grasp his right wrist by your right hand and force it to your left from over your head. Exert pressure on his right elbow by your head



*Ghissa-Lapet-5 th Sort ( Block No. 1. )*

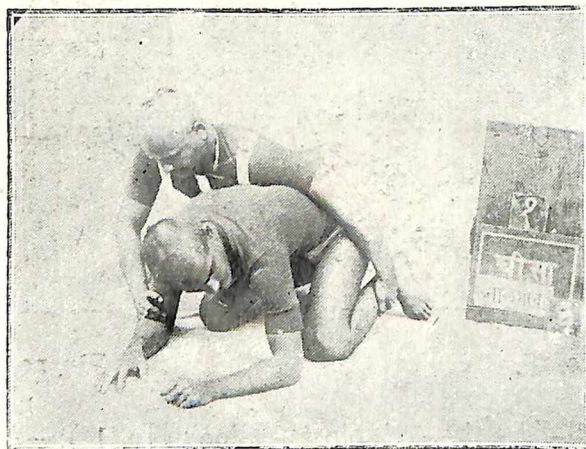


Hold no. 45.

Fig. no. 339.

from without and twist his wrist by your right hand (Fig. 339) in order to block his hold completely.

*Ghissa-Nalmocha-6 th Sort ( Ankle-hold and Pull over. )*



Hold no. 43.

Fig. no 341

**Ghissa-Nalmocha-6th Sort ( Ankle-hold and Pull over )** Hold No. 46:—Grab your enemy's left leg just near his ankle by your left hand and his right lower-arm by your right hand. ( Fig. 340 ). Pull his leg vigorously to your right,

*Ghissa-Nalmocha*-6 th Sort ( Ankle-hold and Pull over. )

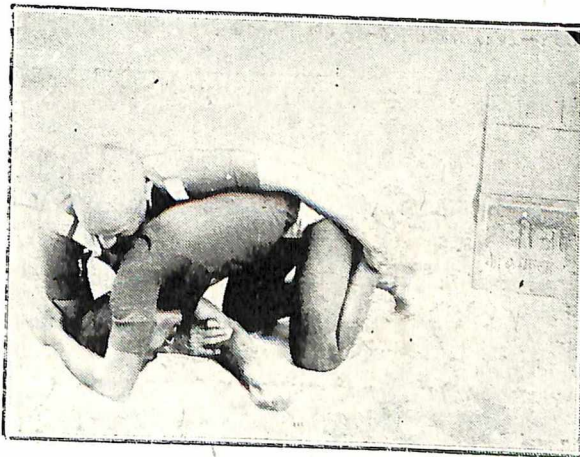


Hold no. 4.

Fig. no. 341.

push his arm forcibly to your left and pin his back to the floor.  
( Fig. 341. )

*Ghissa-Nalmocha*-6 th Sort ( Counter No. 1. )



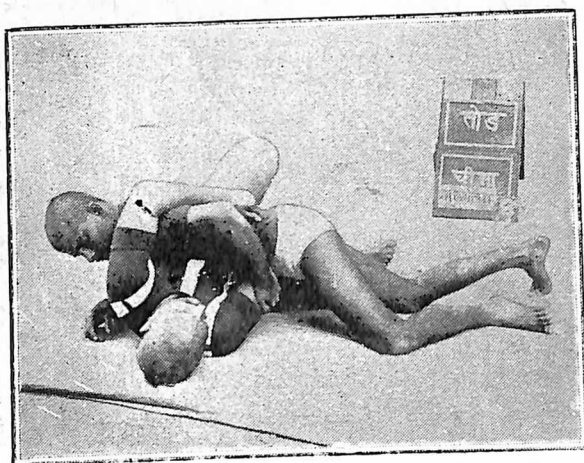
Hold no. 46.

Fig. no. 342.

**Ghissa -Nalmocha**—6 th Sort ( Counter No. 1 ) :—When your rival secures the preliminary position for *ankle-hold and pull over* grasp his right elbow by your left hand and pull it down, turning to your right from under his body. ( Fig. 342. ) Continue the right turn until you duck out your head and



*Ghissa-Nalmocha-6 th Sort ( Counter No. 1. )*

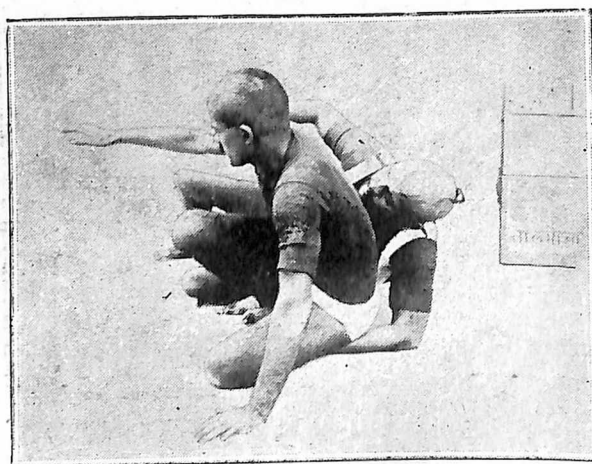


Hold no. 46.

Fig. no. 343.

then roll on his body in order to place him on his back to the ground. ( Fig. 343. )

*Ghissa-Nalmocha-6 th Sort ( Counter No. 2. )*

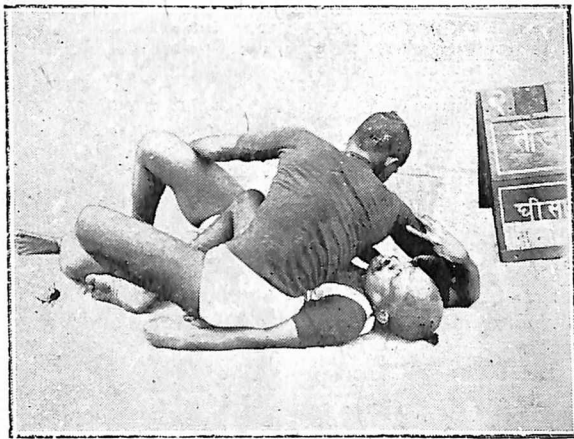


Hold no. 43.

Fig. no. 344.

**Ghissa-Nalmocha-6 th Sort ( Counter No. 2 ):**—The moment your opponent grabs you to pin you down by *ankle-hold and pull over*, sit down suddenly on your left thigh and give a brisk jerk to your right hand to your right from without. ( Fig. 344 ) Instantly move to your right until you send him

*Ghissa-Nalmocha*-6 th Sort ( Counter No. 2. )

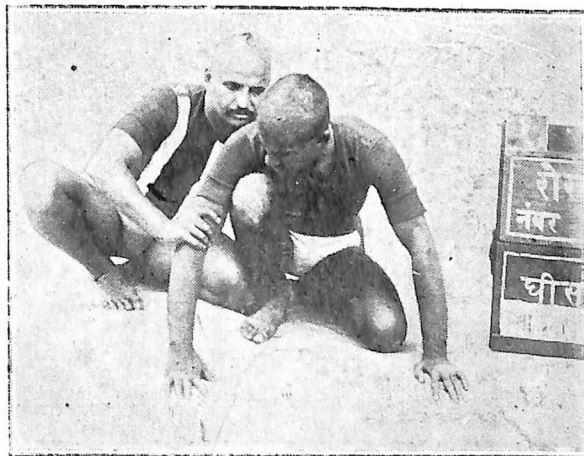


Hold no. 43.

Fig. no. 345.

on to his back as in Fig. 345. In this counter you are to move vigorously round like a top.

*Ghissa Nalmocha*-6 th Sort ( Block No. 1. )



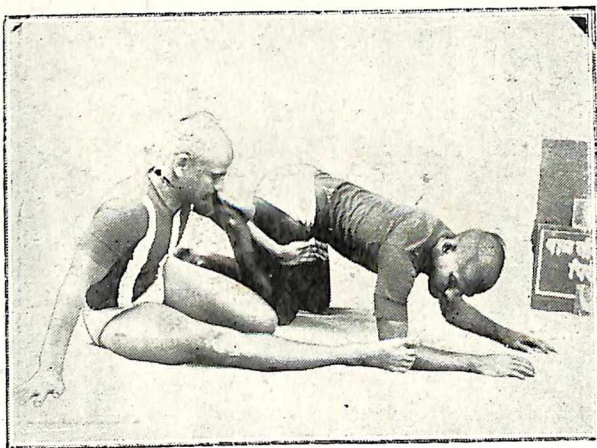
Hold no. 46.

Fig. no. 346.

**Ghissa-Nalmocha**—6 th Sort ( Block No. ):—If your contestant applies *ankle-hold and pull over* on you, raise your right knee and sit down as in Fig. 346 to block his hold, perfectly maintaining your own equilibrium.



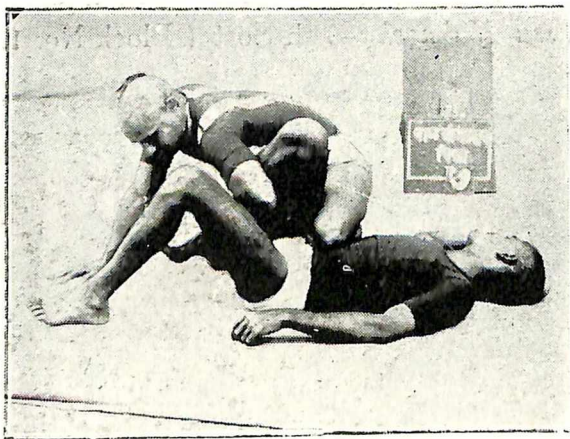
*Ghissa-7 th Sort ( Leg-lock and Pull over. )*



Hold no. 47.

Fig. no. 347.

*Ghissa-7 th Sort ( Leg-lock and Pull over. )*



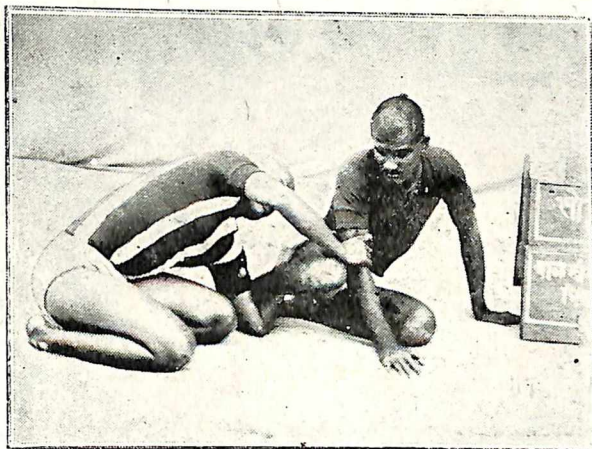
Hold no. 47.

Fig. no. 348.

**Ghissa-7th Sort (Leg-lock and Pull over) Hold No. 47:-**

Bring your foe down on all fours. Support your left hand on his right thigh after passing it over his right foot. Press his right foot forward by your left arm in order to give unbearable strain to his ankle-joint and press his right arm by your right sole. ( Fig. 347 ) Push his right arm violently to your left and pull him to your right until you pitch his shoulders to the floor. ( Fig. 348. )

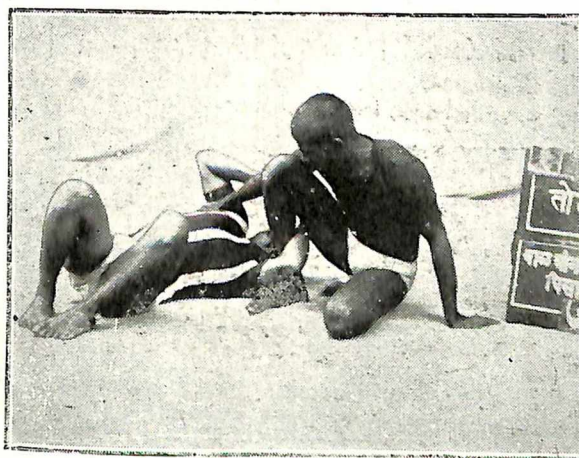
*Ghissa-7th Sort ( Counter No. 1. )*



Hold no. 47.

Fig. no. 349.

*Ghissa-7 th Sort ( Counter No. 1. )*



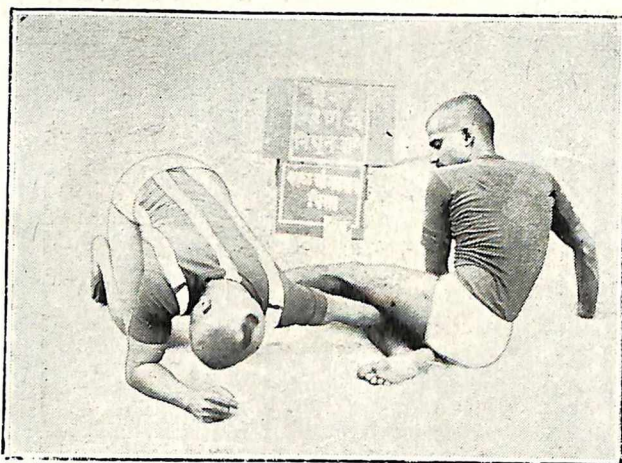
Hold no. 47.

Fig. no. 350.

**Ghissa**—7 th Sort ( Counter No. 1. ) :—When your opponent assails you by employing *leg-lock* and *pull over* on you, at once sit down on your left thigh, raise your right knee a little and turn smartly to your right. ( Fig. 349 ) This your action will create unbearable pain in the attacking hand of your foe and the moment you raise up your locked knee by turning suddenly to your right, he will helplessly fall on his back. ( Fig. 350. )



*Ghissa*—7th Sort ( Break No. 1. )

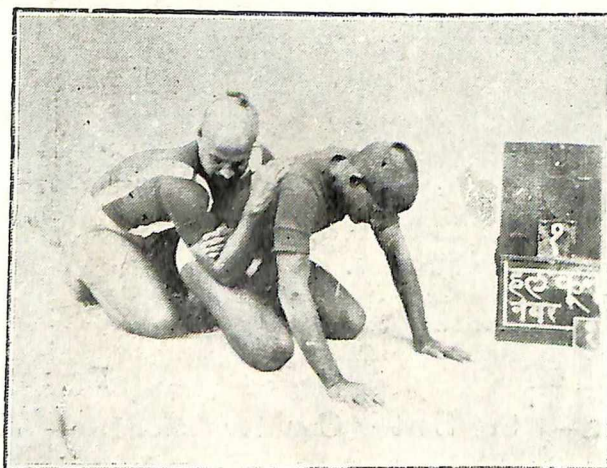


Hold no. 47.

Fig. no. 351.

**Ghissa**—7th Sort ( Break No. 1 ) :—If your foe secures *leg-lock and pull over* on you, take a sudden left turn, sit at once on your right thigh and straighten your right leg. Thus you can easily break off from his hold. ( Fig. 351. )

*Halkun* ( Rib-lock. )

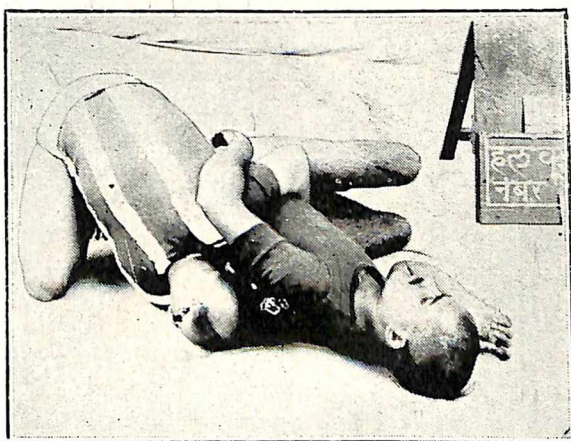


Hold no. 43.

Fig. n. 352.

**Halkun** ( rib-lock ) Hold No. 48 :—Get behind and bring your enemy down on all fours. Lock both his sides by passing your left hand from under his body and catching your own right lower-arm on the other side. Rest your right palm just below his shoulder to ensure the rib-lock. ( Fig. 352 )

*Halkun* ( Rib-lock. )

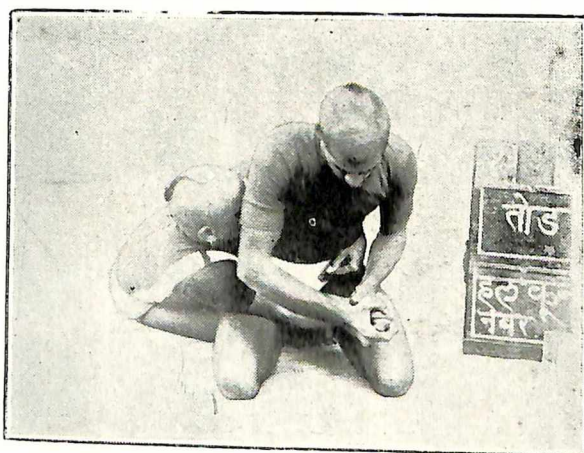


Hold no. 4<sup>2</sup>.

Fig. no. 353.

Drop down suddenly your right shoulder and pull him over to your right. ( Fig. 353 ) Continue the pull to your right and fix his shoulders to the earth by disengaging your right hand.

*Halkun* ( Counter No. 1 )

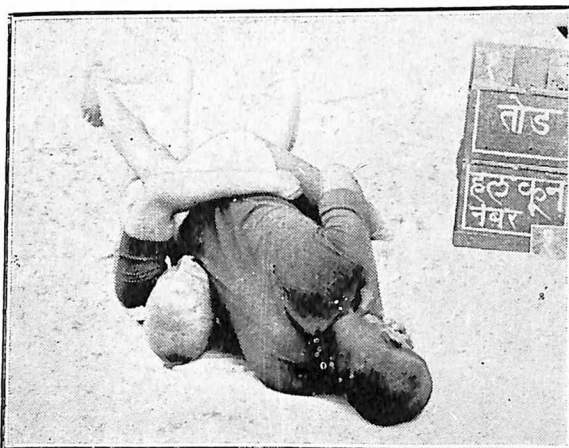


Hold no. 48.

Fig. no. 354

**Halkun** ( Counter No. 1 ):-As soon as your foe secures *rib-lock* on you, suddenly grasp his right hand by your left and pull it down. Twist it with both your hands. ( Fig. 354 ) Twist and jerk him to your right and force him down by throwing



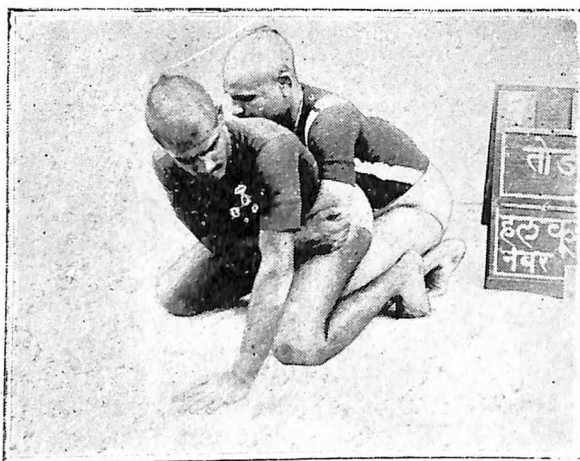


Hold no. 48.

Fig. no. 355.

your right leg over his body in order to pitch his back to the floor. ( Fig. 355. )

*Halkun* ( Counter No. 2. )

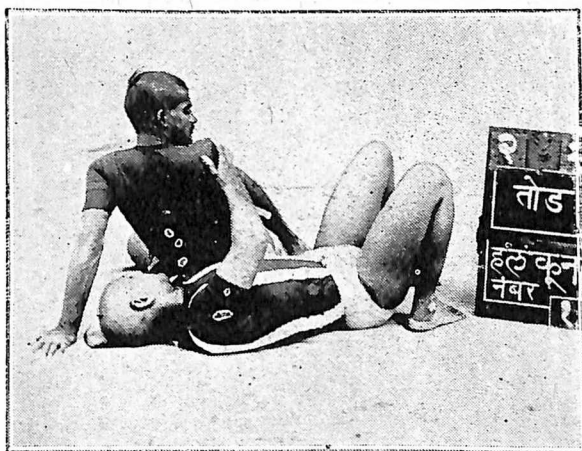


Hold no. 48.

Fig. no. 356.

**Halkun** ( Counter No. 1 ) :—As soon as your opponent attacks you by applying *rib-lock* on you, grab his left elbow by your right hand and lever your left foot against his left. ( Fig. 356 ) Swing him to your right and twist your body

*Halkun* ( Counter No. 2. )

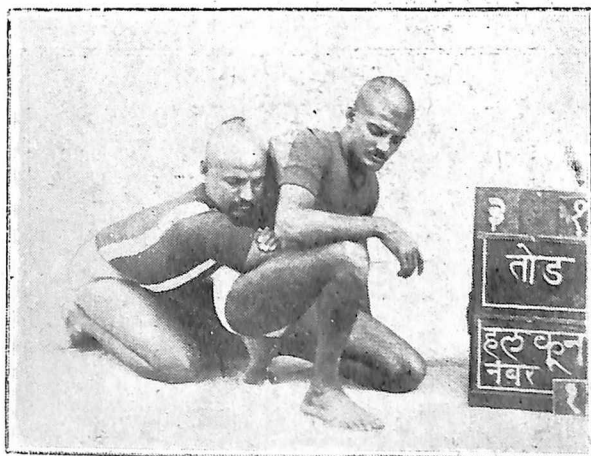


Hold no. 48.

Fig. no. 357.

suddenly by taking a right turn. His lock will thereby be broken and he will fall on his back as in Fig. 357.

*Halkun* ( Counter No. 3. )



Hold no. 48.

Fig. no. 358.

**Halkun-**( Counter No. 3 ):-The moment your adversary locks your ribs, at once pitch your right foot forward as in Fig. 358. Swing yourself suddenly to your left to break his



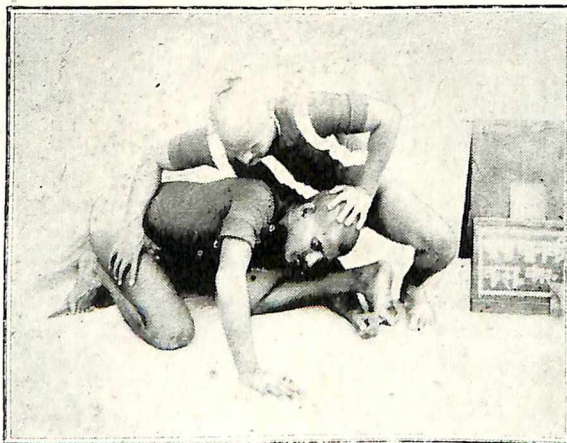


Hold no. 48.

Fig. no. 359

lock and lean heavily against his body. ( Fig. 359 ) Roll on his body further and pitch his shoulders to the ground.

*Payacha Nakikas* ( Leg Half-nelson. )

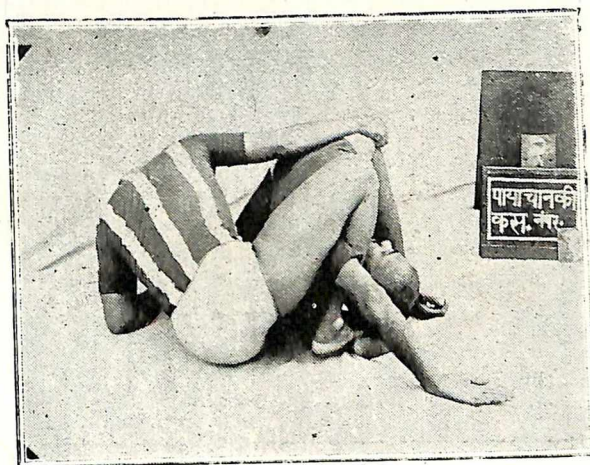


Hold no. 49.

Fig. no. 360.

**Payacha Nakikas** ( Leg Half-nelson ) Hold No. 49:—  
Thrust your right leg under his left arm-pit from without and

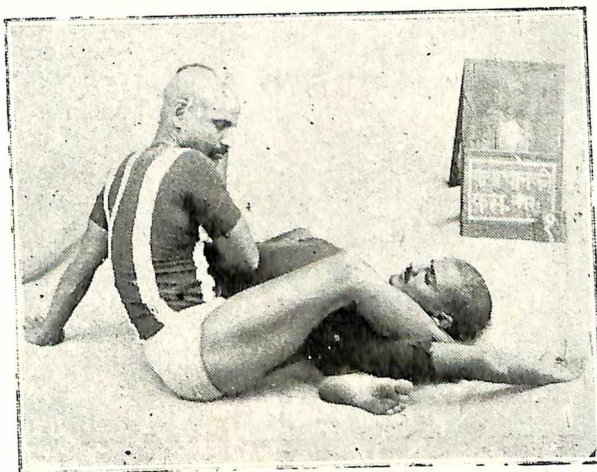
*Payacha Nakikas* ( Leg Half-nelson. )



Hold no. 49.

Fig. no. 361.

*Payacha Nakikas* ( Leg Half-nelson. )



Hold no. 49.

Fig. no. 362.

press his head with your left hand. ( Fig. 360 ) Slide your right foot round his neck behind, in very similar manner to the ordinary *half-nelson* position and stride your left leg beyond his body to his right side. Swing forward, twist and turn your body to your right and sit on your left thigh as in Fig. 361. Continue the neck-press by your right foot until his shoulders are dropped to the ground. ( Fig. 362. )



*Payacha Nakikas* ( Counter No. 1. )



Hold no. 49.

Fig. no. 363.

*Payacha Nakikas* ( Counter No. 1. )

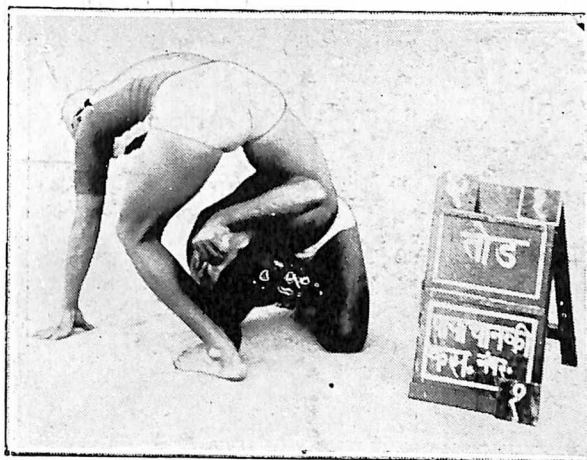


Hold no 49.

Fig. no. 364

**Payacha Nakikas** ( Counter No. 1 ) :—When your rival secures *leg ha'f-ne'son* on you, before he pulls you to pi ch you down, raise up a little your left hand, supporting it on your left lower-thigh and suddenly grab his left foot by your right hand. ( Fig. 363 , Twist and pull his left leg forward and pull down vigorously his right leg by your left hand until he is thrown before you on his back. ( Fig. 364. )

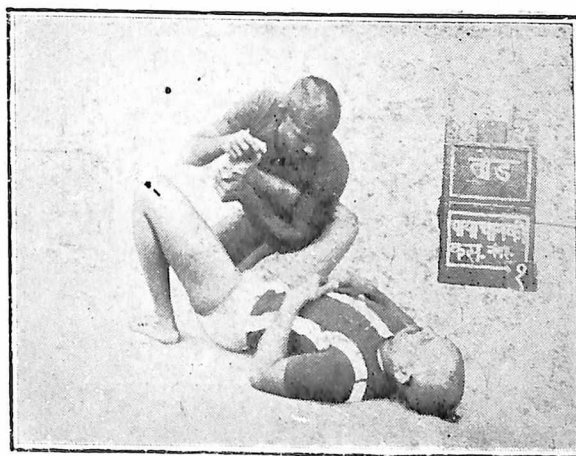
*Payacha Nakikas* ( Counter No. 2. )



Hold no. 49

Fig. no. 365.

*Payacha Nakikas* ( Counter No. 2. )



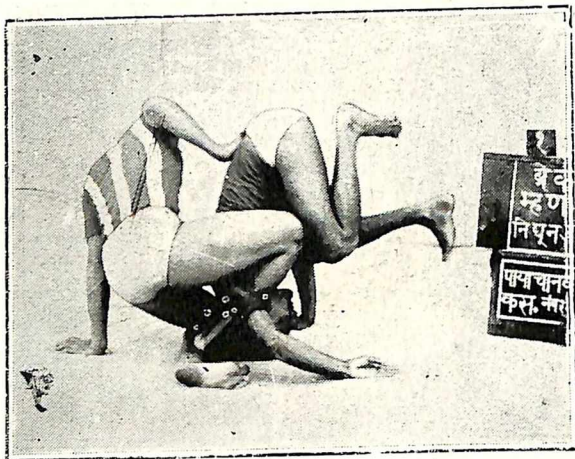
Hold no. 49.

Fig no. 366.

**Payacha Nakikas** ( Counter No. 2 ):-As soon as your opponent applies *leg half-nelson* on you, grip his right heel by your left hand and disengage it from over your back neck. ( Fig. 365 ) Grab his right toes by your right hand, twist his foot by both your hands and turn to your right with a smart swing until you drop him down on his back. ( Fig. 366. )



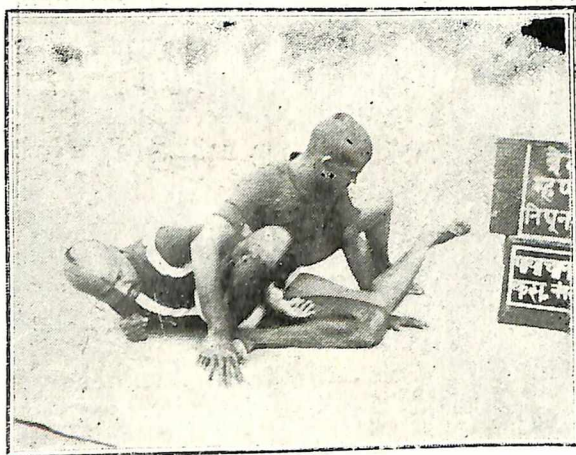
*Payacha Nakikas* ( Break No. 1. )



Hold no. 49.

Fig. no. 367.

*Payacha Nakikas* ( Break No. 1. )

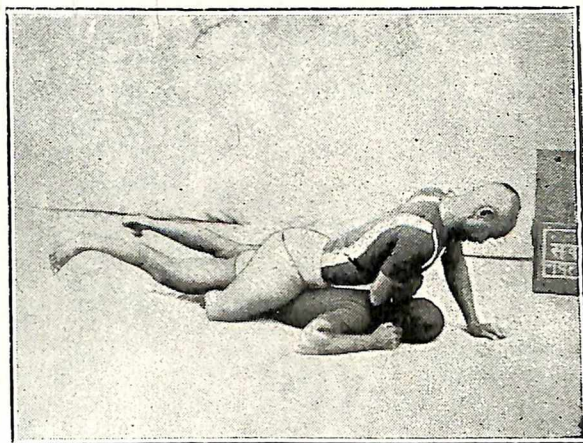


Hold no. 49.

Fig. no. 368.

**Payacha Nakikas** ( Break No. 1 ) :—As soon as your antagonist assails you by *leg half-nelson* take a vigorous *Danki* on your left side to your left. ( Fig. 367 ) In the act his right leg will be disengaged and you should sit on your left thigh. Now smartly break away from his hold. ( Fig. 368. )

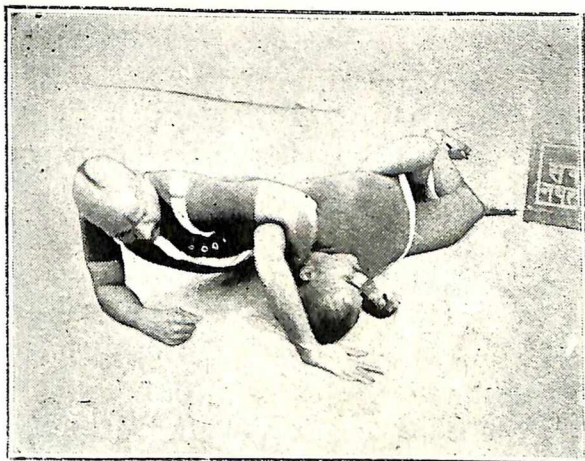
*Swari* ( Scissors-lock. )



Hold no. 50.

Fig. no. 369.

*Swari* ( Scissors-lock. )



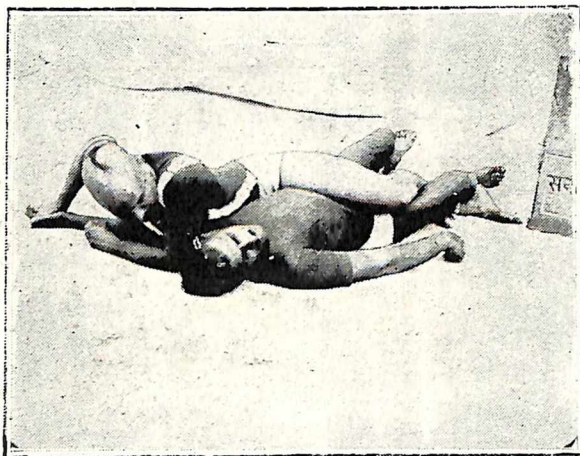
Hold no. 51.

Fig. no. 370.

**Swari** ( Scissors-lock ) Hold No. 50:- -When you bring your adversary down on all fours, suddenly fork him between your legs, try to squeeze his ribs between your thighs by tightening the waist-hold with your under-feet. ( Fig. 369. ) Plague him a little by pressing his neck down by your right hand. Suddenly apply *half-nelson* on him by your left hand and turn to your right. ( Fig. 370 ) Turn and pull him to your right gradually loosening your lock, keeping him at the same time under your complete control until he rolls on his back



*Swari* ( Scissors-lock. )

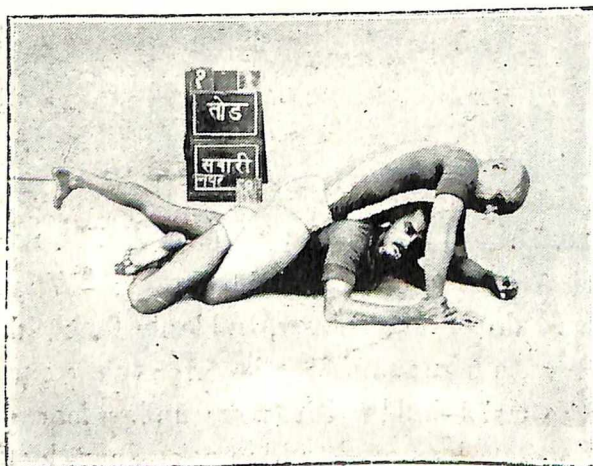


Hold no. 50.

Fig. no. 371.

between your legs. ( Fig. 371 ) This hold is a most punishing hold; not only does it seriously handicap the opponent's future moves through pain and exhaustion but at times it occasions his retirement altogether. Accordingly tightening the lock and swinging your body forward with a jerk are generally disallowed lest they might disable the poor adversary completely.

*Swari* ( Counter No. 1. )

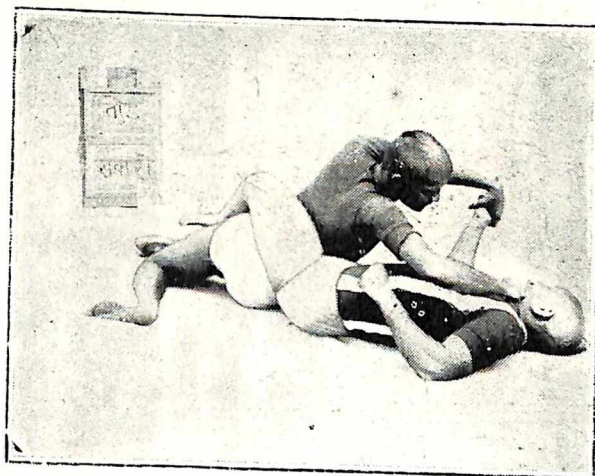


Hold no. 50.

Fig. no. 372.

**Swari** ( Counter No. 1 ) :—As soon as your assailant secures *scissors-lock* on you, slide your right foot below his

*Swari* ( Counter No. 1. )

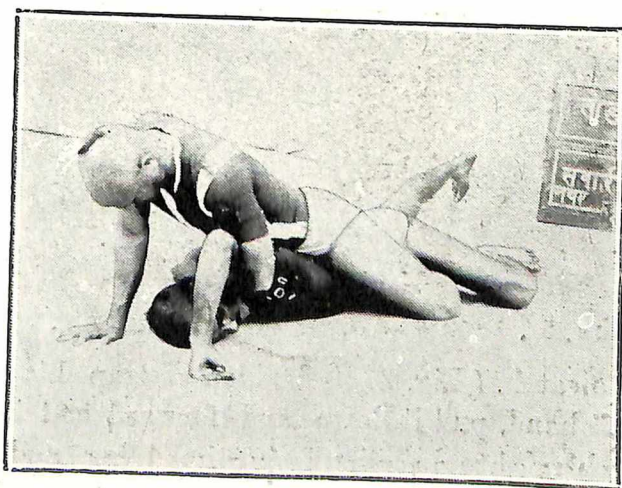


Hold no. 50.

Fig. no. 373.

under foot resting on the ground in order to stop him from further tightening, suddenly raise up your chest and head and grab his right wrist by your right hand. ( Fig. 372 ) smartly twist his right hand and roll yourself on your right side in order to force him to roll on his back. ( Fig. 373. )

*Swari* ( Counter No. 2. )



Hold no. 50.

Fig. no. 374

**Swari** ( Counter No. 2 ) :—When your adversary fastens *scissors-hold* on you, shorten your left leg provided his under-foot on the ground is a right one. Keep your left hand up in



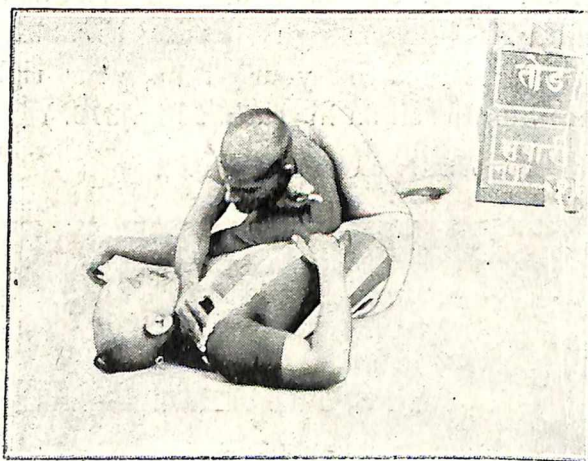
*Suari* ( Counter No. 2. )



Hold no. 50.

Fig. no. 375.

*Suari* ( Counter No. 2. )

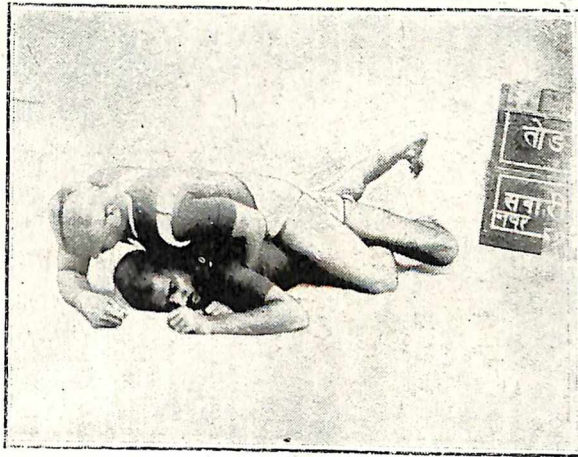


Hold no. 51.

Fig. no. 376.

readiness to catch. ( Fig. 374 ) Suddenly trap his left elbow by your left hand, pull it down and forward and bring off an arm roll by straightening your shortened leg and shortening your straight one. ( Fig. 375 ) Pull his trapped hand down and towards you, duck your head out as his lock will now practically be ineffective and force him on his back. ( Fig. 376 ) To effectively counter the application of *scissors-lock* these various moves should be smartly executed in quick succession.

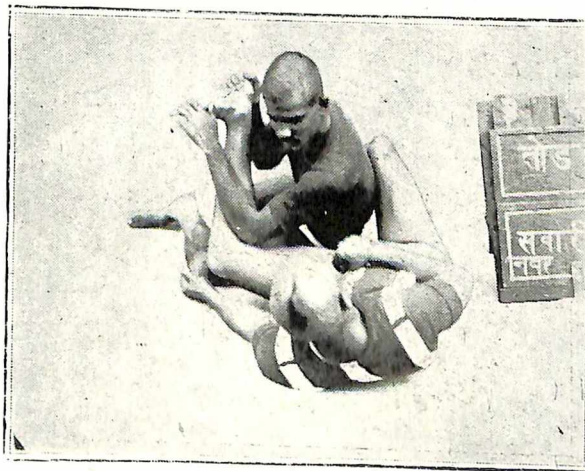
*Swari* ( Counter No. 3. )



Hold no. 50.

Fig. no. 377.

*Swari* ( Counter No. 3. )



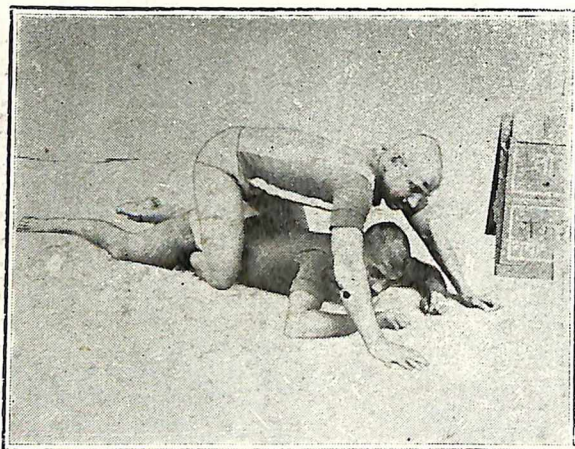
Hold no. 50.

Fig. no. 378.

**Swari** ( Counter No. 3 ) :—If your combatant assails you by applying *scis ors-ock* on you, shorten one of your legs and straighten the other. ( Fig. 377 ) In order to diminish the rigidity of the lock suddenly straighten the shortened leg and shorten the straightened one and give a vigorous swing of *Danki* on your left side to your left. ( This *Danki* will be effective only when the lock is loosened. ) At once fix his shoulders to the earth. ( Fig. 378 )



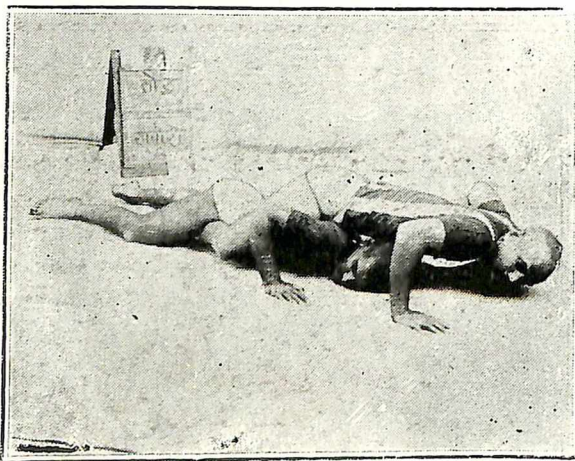
*Swari* ( Counter No. 4. )



Hold. no. 50.

Fig. no. 379.

*Swari* ( Counter No. 4. )

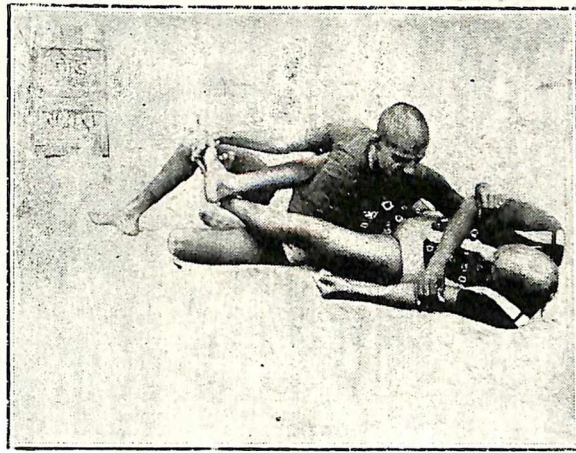


Hold no. 52.

Fig. no. 380.

**Swari** ( Counter No. 4 ) If your opponent forks your body between his legs for executing *scissors-lock* on you lie flat on the ground in an alert position. In order to squeeze you firmly he first secures his balance by throwing his body backward as in Fig. 379. The moment he jerks his body forward beyond your head in order to tighten the lock, ( Fig. 380 ) before the lock is fast, suddenly move to your right by the force of your right hand, at once fall on your left side and

*Swari* ( Counter No. 4 )

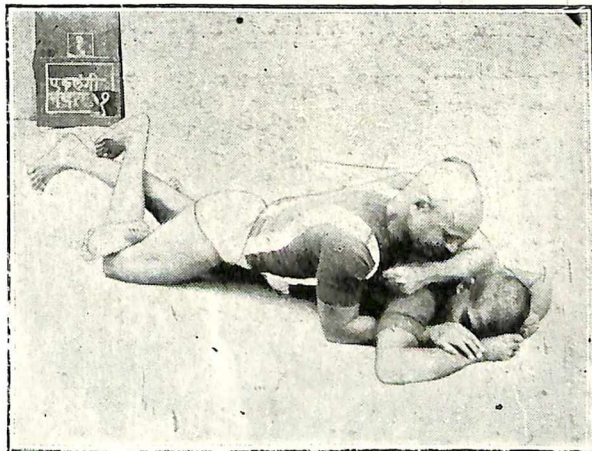


Hold no. 50.

Fig. no. 381.

ducking out your head from between his legs force him on his back as in Fig. 381.

*Ekalangi Swari* ( Single Leg lock )



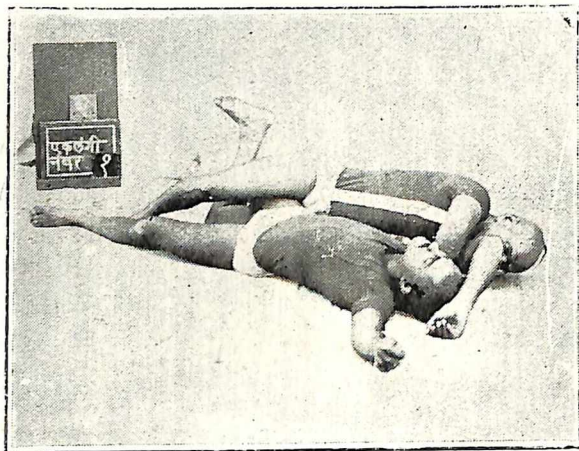
Hold no. 51.

Fig. no. 382.

**Ekalangi Swari** ( Single Leg-lock ) Hold No. 51:—Fork his right leg between your legs, hold your left foot firmly in your right hock, press his neck vigorously by your left forearm and slide your right hand on his right wrist from under his right arm ( Fig. 332 ) Now press his right leg by your right toes, sharply force your right hand on his neck for half-



*Ekalangi Swari* ( Single Leg-lock. )



Hold no. 51.

Fig. no. 383.

*nelson*, roll on your left side pulling him towards you and pitch him flatly on the ground as in Fig. 383. Take care to exert a little pressure on his leg otherwise his knee-joint will be dislocated.

*Ekalangi Swari* ( Counter No. 1. )

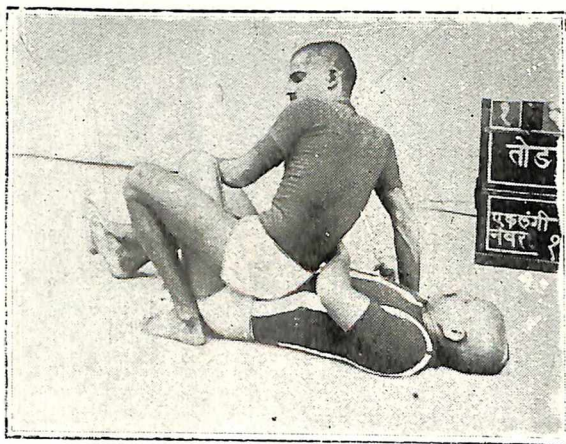


Hold no. 51.

Fig. no. 384.

**Ekalangi Swari** ( Counter No. 1 ) :—When your adversary secures your right leg between his legs for *single leg-lock* as in Fig. 382, push yourself back by the force of your left hand and rest the thigh of your locked leg on the

*Ekalangi Swari* ( Counter No. 1. )

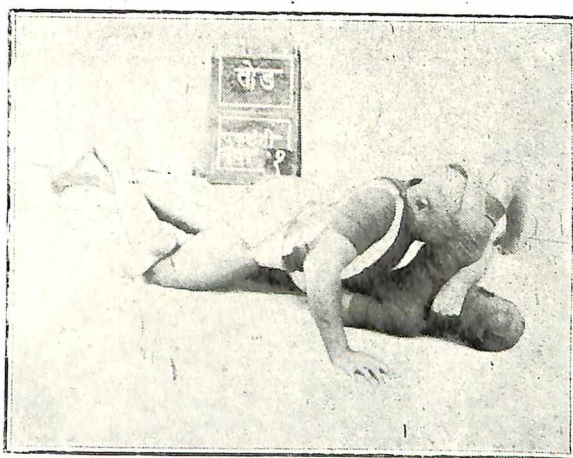


Hold n<sup>o</sup>. 51.

Fig. No. 335.

ground: ( Fig. 384 ) With a smart backward jerk to your left sit down and continue turning and pulling his body in the same direction until you will ride on his stomach ( Fig. 385 )

*Ekalangi Swari* ( Counter No. 2. )



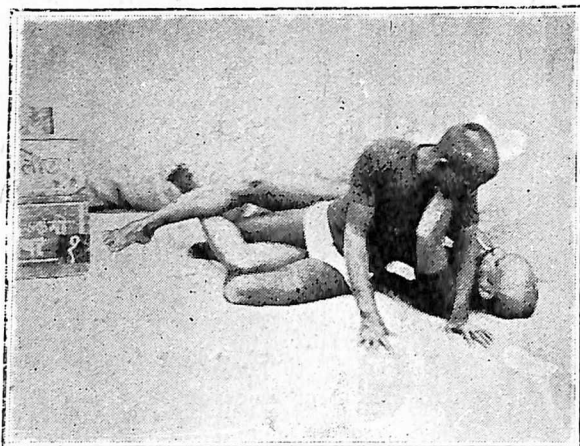
Hold no. 51.

Fig. no. 386

**Ekalangi Swari** ( Counter No. 2 ) :—If your enemy locks your right leg and secures *half-nelson* from below your left arm to pin you down, tempt and encourage him further in his attempt by raising your left hand. ( Fig. 386 ) Then with



*Ekalangi Swari* Counter No. 2.)

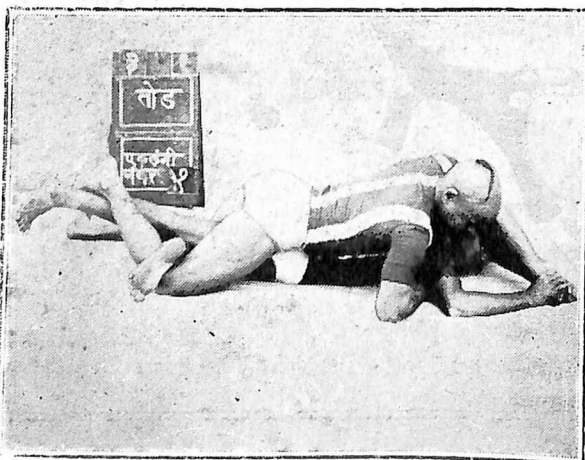


Hold no. 51.

Fig. no. 387

a tremendous downward jerk with your trapped hand swing him down to your left until you lie on your left side supporting your equipoise on your hands; force him back and deposit his shoulders on the ground. ( Fig. 387 ).

*Ekalangi Swari* ( Counter No. 3. )

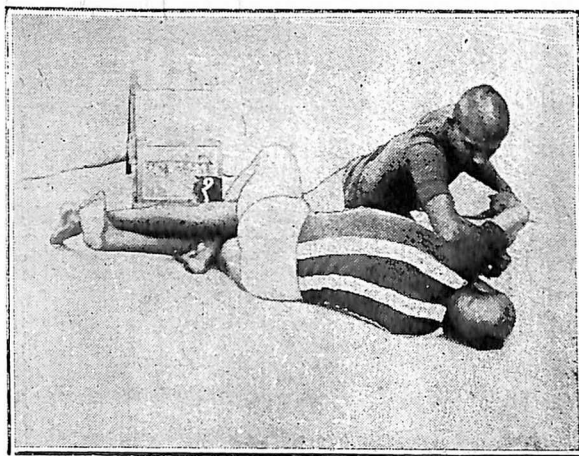


Hold no. 51.

Fig. no. 388.

**Ekalangi Swari** ( Counter No. 3 ) :—As soon as your antagonist institutes *single leg-lock* on you, pull down his left hand from over your neck and twist it with both your hands to your right. ( Fig. 388 ) When the hand is twisted the

*Ekalangi Swari* ( Counter No. 3. )

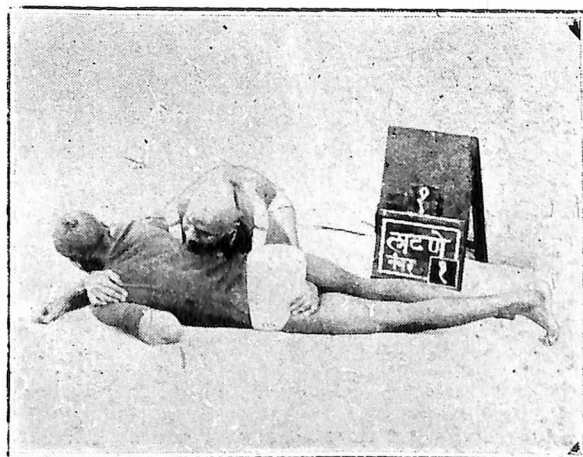


Hold no. 51.

Fig. no. 389.

opponent naturally turns to your right. Try to rise up continuing the twist and press his left arm-pit by your right elbow. ( Fig. 38 ) Continue the action vigorously further until you secure his downfall.

*Latne* ( Rolling. )



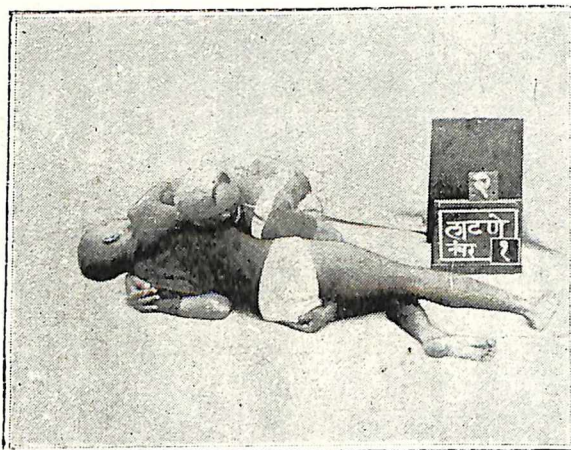
Hold no. 52.

Fig. no. 390.

**Latne** ( Rolling ) Hold No. 52:—Force your foe to lie flatly on the ground. At once insert your left hand from below his right leg and press with it his left thigh-joint thus securing



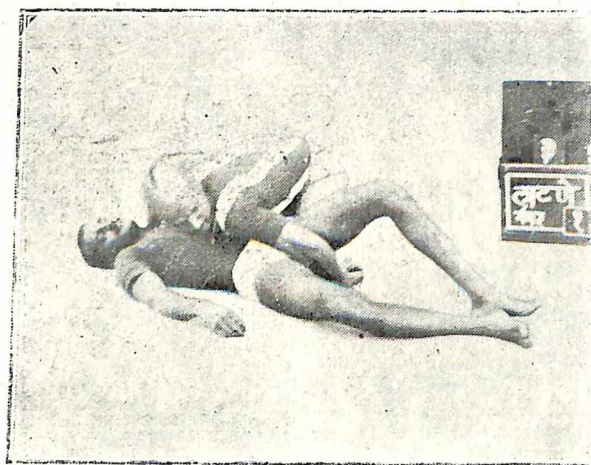
*Latne ( Rolling. )*



Hold no. 57.

Fig. no. 391.

*Latne ( Rolling. )*



Hold no. 52.

Fig. no. 392.

a firm crotch-hold. Thrust your right hand under his right arm-pit and bring it from below his neck out on his left shou'der-joint. ( Fig. 390. ) Push his right ribs forward by the force of your chest and pull him towards you. ( Fig. 391 ) Continue to roll yourself further with pressure and pull until you pin his shoulders to the floor. ( Fig. 392. )

*Latne* ( Counter No. 1. )



Hold no. 52.

Fig. no. 393.

*Latne* ( Counter No. 1. )



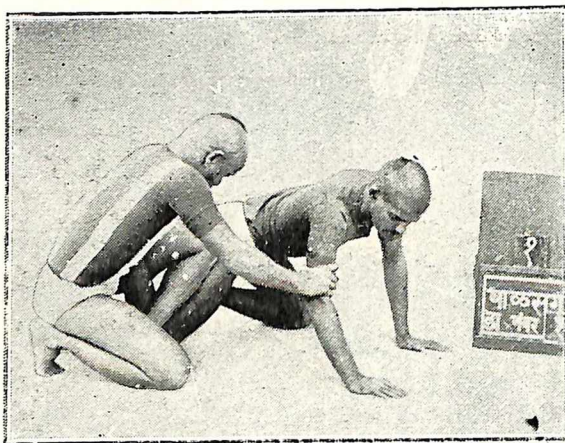
Hold no 52.

Fig. no. 394.

**Latne** ( Counter No. 1 ) :— As soon as your rival grabs you for *rolling*, before he pushes you, take a backward swing to your right with the force of your left hand so vigorously that it will enable you to sit down on your right knee and thus entrap his left hand therein. ( Fig. 393 ) Continue to turn to your right, pressing him down with the force of your weight and pitch his back to the ground. ( Fig. 394. )



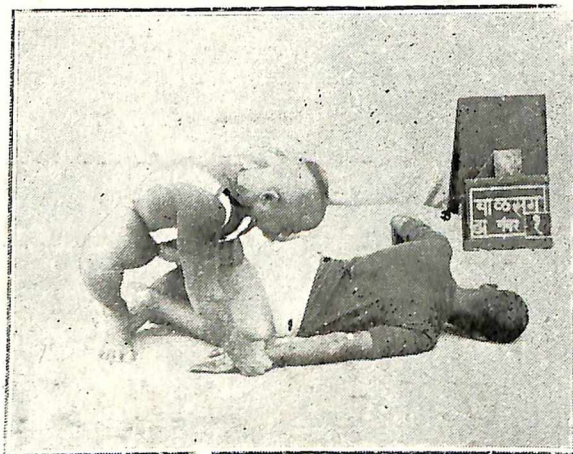
*Balsangada* ( Leg-hook and Turn. )



Hold no. 53.

Fig. no. 395.

*Balsangada* ( Leg-look and Turn. )

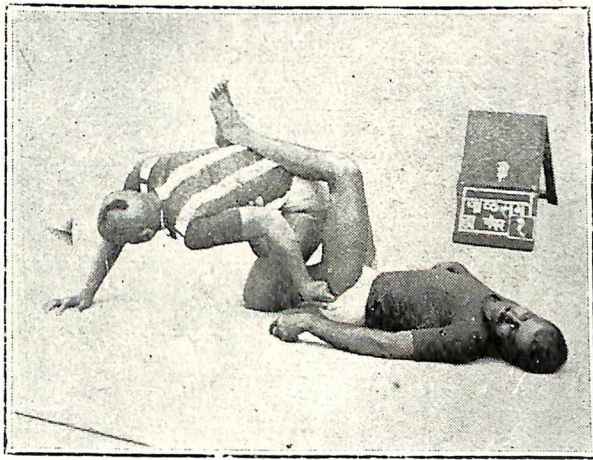


Hold no. 53.

Fig. no. 396

**Balsangada** ( Leg-hook and Turn ) Hold No. 53:—  
Hook his right leg by your left from without, press his right ankle-joint by your left thigh-joint, grab his right arm by your right hand and hold his *chaddi* by your left hand. ( Fig. 395 ) With a sudden jerk to your right drop yourself down on your left knee, pull his right hand to your right and

*Balsangada* ( Leg-hook and Turn. )

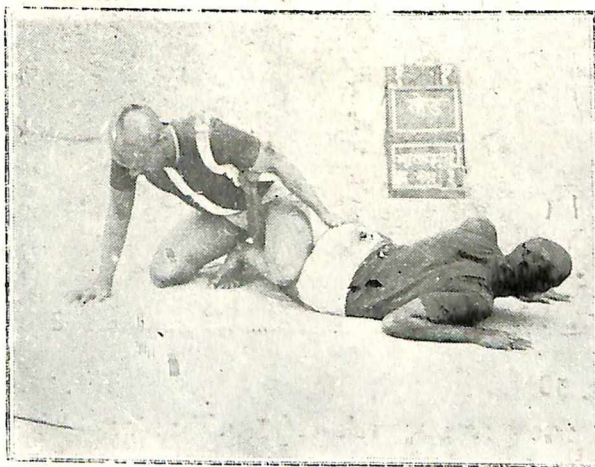


Hold no. 53.

Fig. no. 397.

twist his right wrist. ( Fig. 396. ) Pull, twist and turn him to your right to bring him on his back. ( Fig. 397. )

*Balsangada* ( Counter No. 1. )



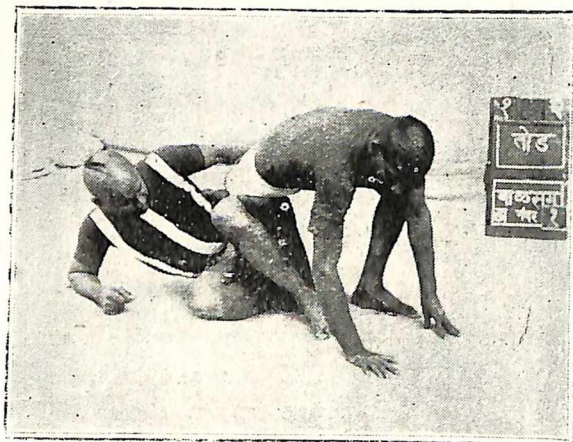
Hold no. 53.

Fig. no. 398.

**Balsangada** ( Counter No. 1 ) :—As soon as your contestant secures the preliminary position for *leg-hook and turn* on you, suddenly turn on your right ribs to lessen the



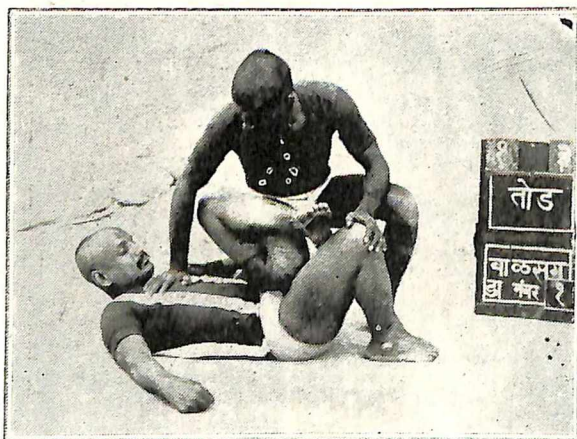
*Balsangada* ( Counter No. 1. )



Hold no. 53.

Fig. no. 399.

*Balsangada* ( Counter No. 1. )

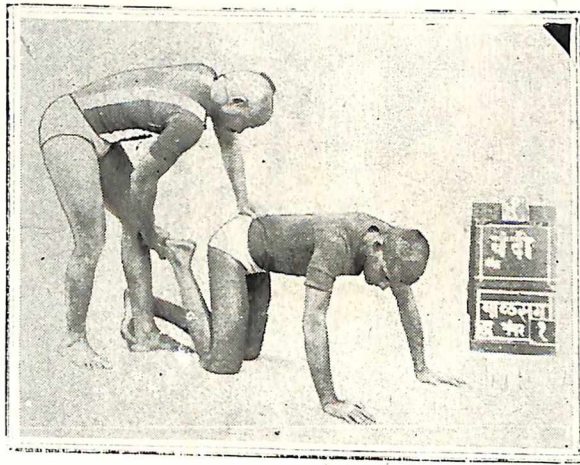


Hold no. 53.

Fig. no. 400.

pressure on your right knee. ( Fig. 398 ) Kick him back by your hooked leg and rise up backward, all of a sudden, with the force of your hands, leaning against him with the whole weight of your body. ( Fig. 399 ) Give a sudden jerk to his trapping leg to your right and fix his back to the ground with the force of your right hand. ( Fig. 400 )

*Balsangada* ( Parry No. 1. )



Hold no. 53.

Fig. no. 401.

*Balsangada* ( Parry No. 1. )



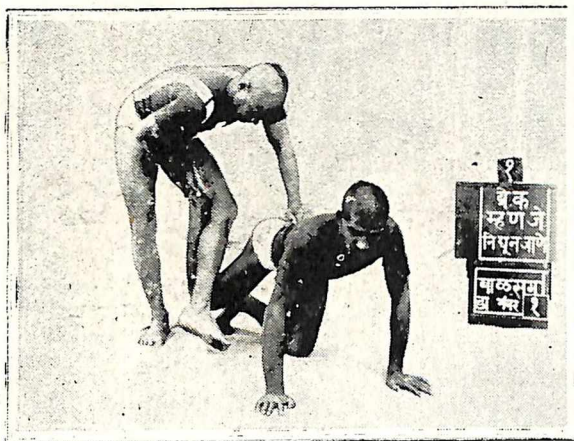
Hold no. 53.

Fig. no. 402.

**Balsangada** ( Parry No. 1 ) :—As soon as you anticipate leg-hook and turn from your opponent, hook his left ankle-joint by your left foot keeping your body in perfect control. ( Fig. 401. ) Instantly pull forward his left leg by your left, kick him back by striking him at his left knee-joint and parry his hold as in Fig. 402.



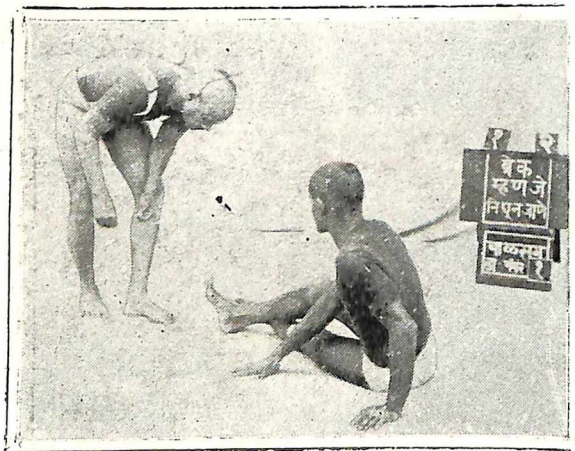
*Balsangada* ( Break No. 1. )



Hold no. 53.

Fig. no. 403.

*Balsangada* ( Break No. 1. )

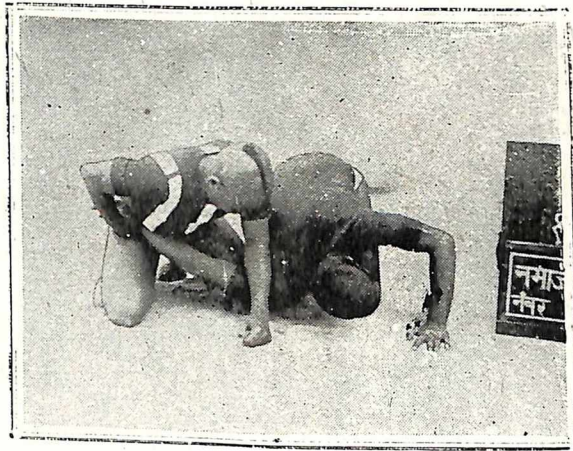


Hold no. 53.

Fig. no. 404.

**Balsangada** ( Break No. 1 ):—The moment your adversary holds your right leg and tries to hook it by his left leg for executing *leg-hook and turn* on you, (Fig. 403.) smartly turn to your right, kick off suddenly to liberate your right leg and break away as in Fig. 404.

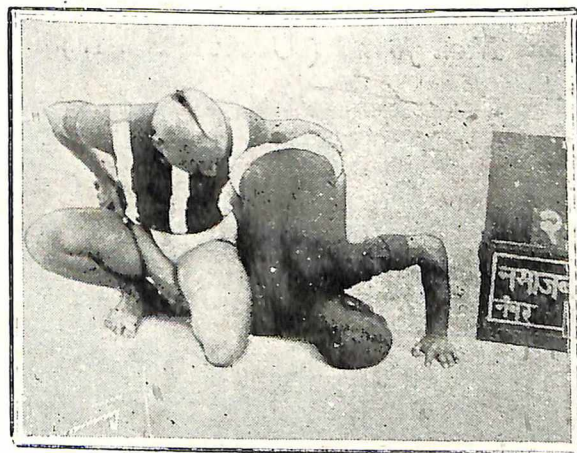
*Namajband* ( Hand-lock and Turn. )



Hold no. 54.

Fig. no. 405.

*Namajband* ( Hand-lock and Turn. )



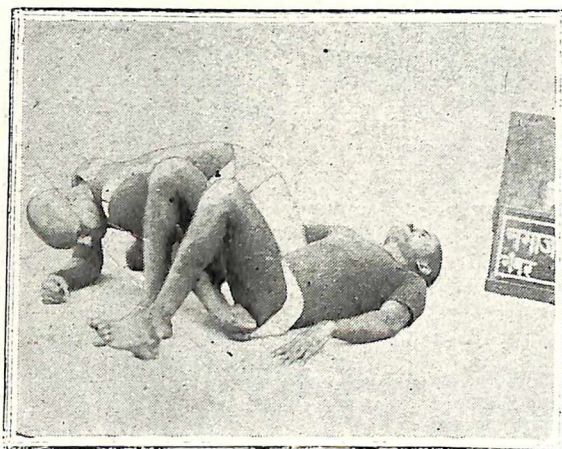
Hold no. 54.

Fig. no. 406

**Namajband** ( Hand-lock and Turn ) Hold No. 54:—  
Bring your assailant down on all fours. Suddenly grasp his right hand by yours and press it on your right thigh-joint. ( Fig. 405. ) Quickly pitch your left knee on the ground after passing it over his right hand and hold his *chaddi* by your



*Namajband* ( Hand-lock and Turn. )



Hold no 54.

Fig. no. 407.

left hand. ( Fig. 406. ) Slightly press his right hand lest it might be broken ) and pull him to his right until he comes down to the ground on his back as in Fig. 407.

*Namajband* ( Counter No. 1. )

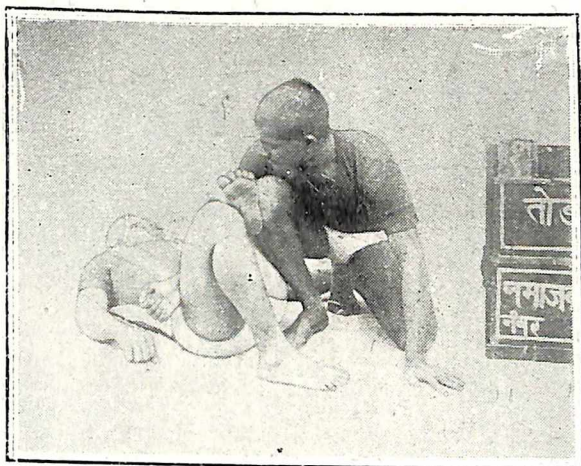


Hold no. 54.

Fig. no. 408.

**Namajband** ( Counter No. 1 ) :—If your foe secures the preliminary position for instituting *hand-lock and turn* on you, suddenly rise on your knees, keeping your balance forward in order to diminish the pressure on your right hand and thereby to enable it to take the offensive on your opponent. (Fig. 408)

*Namajband* Counter No. 2. )



Hold no. 54.

Fig. no. 409.

Push him back by your right hand and take the force by your left hand. With this double force, press him backward until he falls down on his back. ( Fig. 409. )

*Namajband* ( Parry No. 1 )



Hold no. 54.

Fig. no. 410.

**Namajband** ( Parry No. 1 ):-The moment your enemy grasps your right hand for *hand-lock* and turn and presses it on his right thigh-joint ( before he locks it by his left knee ) rest your head on the ground and take a *Dunki* on his body.



*Namajband* ( Parry No. 1. )



Hold no. 54.

Fig. no. 411.

to your right as in Fig. 410. Get behind him after thus parrying his hold. ( Fig. 411. )

*Ultakhappa* ( Neck-lock from behind. )

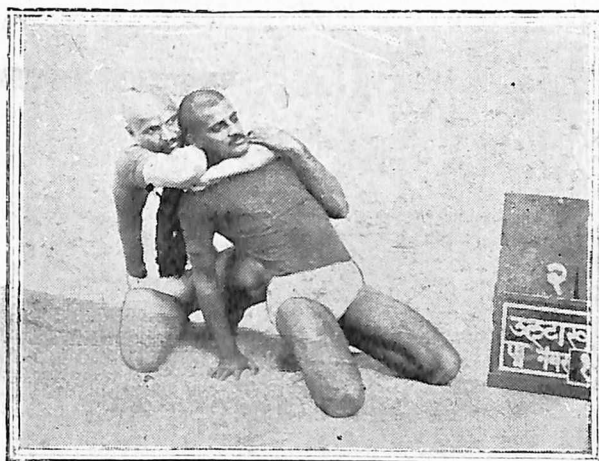


Hold no. 55.

Fig. no. 412.

**Ultakhappa** ( Neck-lock from behind ) Hold No. 55:—  
When both of you are sitting on your knees on the floor, you being behind, at once surround his neck by your left hand and catch your left wrist by your right-hand-hock, sliding your right hand on his back neck at the same time. ( Fig. 412. )

*Ultakhappa* ( Neck-lock from behind. )



Hold no. 55.

Fig. no. 413.

*Ultakhappa* ( Neck-lock from behind. )



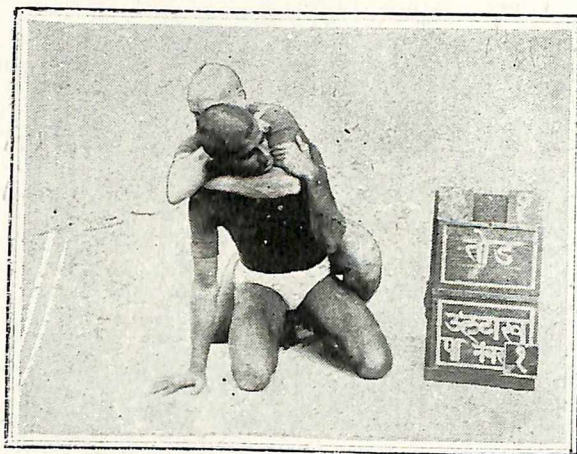
Hold no. 55.

Fig. no. 414.

Exert as much pressure as is needed is disturbing his balance to your right, a little backward. ( Fig. 413. ) Force him down suddenly on his back to the floor. ( Fig. 414 ) Such holds are generally forbidden in ordinary wrestling as the opponent perhaps will be strangled even to death.



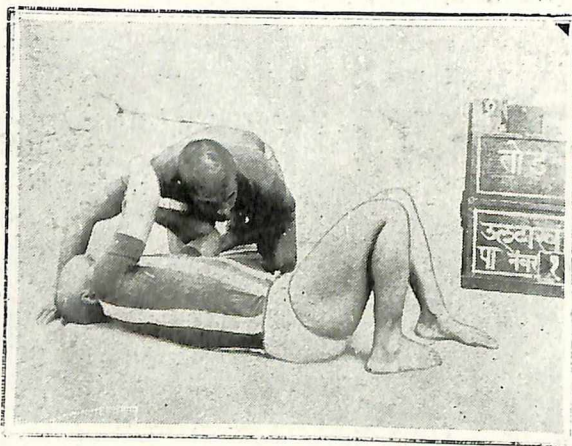
*Ultakhappa* ( Counter No. 1. )



Hold no. 53.

Fig. no. 415

*Ultakhappa* ( Counter No. 1. )

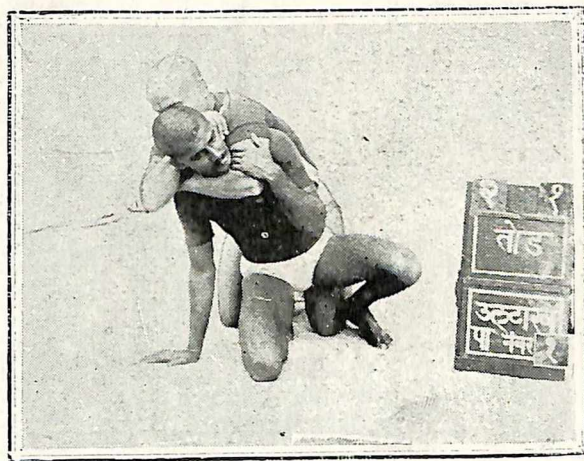


Hold no. 55.

Fig. no. 416.

**Ultakhappa** ( Counter No. 1 ) :-- As soon as your antagonist secures neck-lock on you, before he exerts pressure smartly, jerk your chin to your left towards his left elbow-joint and loosen his lock by holding his left elbow by your left hand. ( Fig. 415 ) Pull down his hand with a sudden jerk to your right and fling him clean on his back by applying *flying mare* ( Hold No 2 ) on him. ( Fig. 416. )

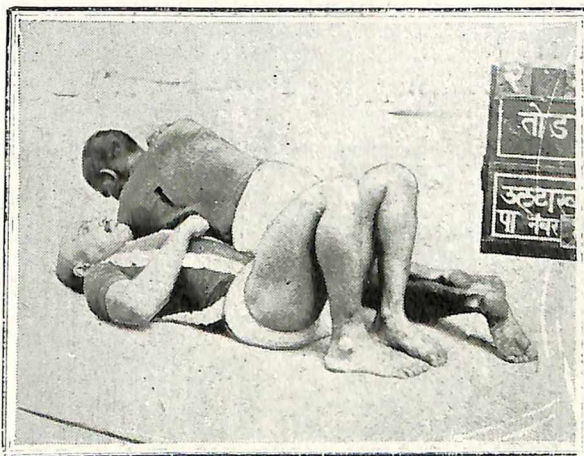
*Uttakhappa* ( Counter No. 2. )



Hold no. 55.

Fig. no. 417.

*Uttakhappa* ( Counter No. 2. )



Hold no. 55.

Fig. no. 418.

**Uttakhappa** ( Counter No. 2 ):—The moment your adversary locks your neck, before he applies pressure, stop his fastening the lock by turning your chin to your left and grasping his left elbow by your left hand and lever your left leg against his left knee. ( Fig. 417 ) Jerk his gripped elbow to your right, at once institute *outside leg throw* ( hold no. 27 ) on him and sling him heavily on his shoulders to the floor. ( Fig. 418 ).



*Ultakhappa* ( Parry No. 1. )

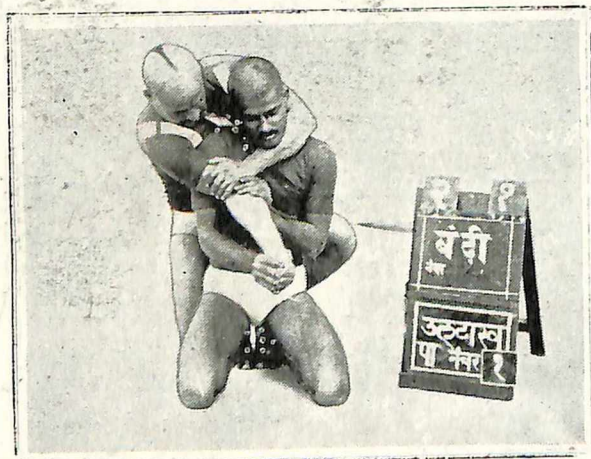


Hold no. 55.

Fig. n . 419.

**Ultakhappa** ( Parry No. 1 ) :—As soon as you anticipate *neck-lock from behind* from your foe, suddenly grab his offensive left hand with both your hands and twist it so as to parry his hold. ( Fig. 419 ).

*Ultakhappa* ( Parry No. 2. )

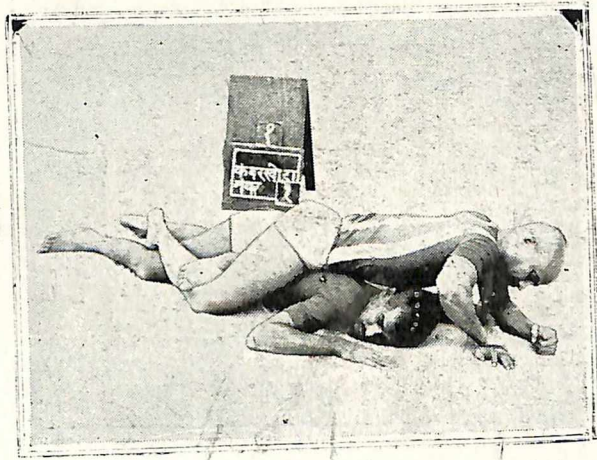


Hold no. 55.

Fig. no. 420.

**Ultakhappa** ( Parry No. 2 ) :—As soon as you expect *neck-lock from behind* from your opponent's movements, sharply clasp his right wrist by your right hand and press his right elbow-joint by your left hand in order to parry his action. ( Fig. 420 )

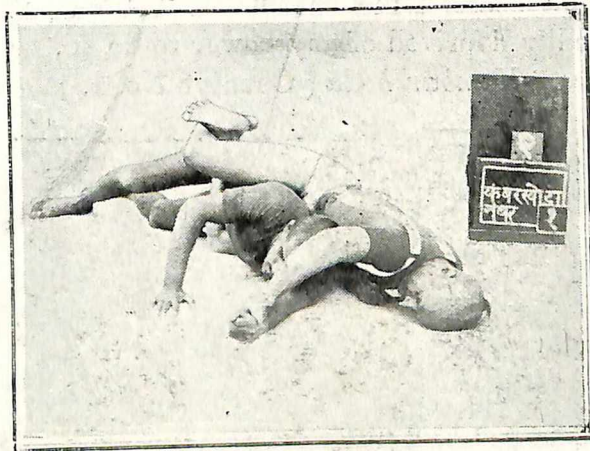
*Kambarkhoda* ( Waist-lock. )



Hold no. 53.

Fig. no. 421.

*Kambarkhoda* ( Waist-lock. )



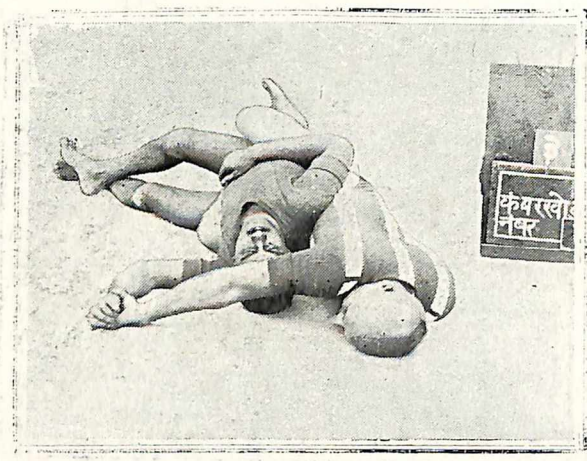
Hold no. 56.

Fig. no. 422.

**Kambarkhoda** ( Waist-lock ) Hold No. 56:—When you bring your antagonist down on all fours insert your left leg from below his stomach and hold fast your left foot at the ankle-joint in your right hook in order to lock his waist. ( Fig. 421 ) Pull his left wrist to your right by your right hand and drop down on your left side. ( Fig. 422 ) Force him to turn to your right by giving a jerk with your body, twist his left wrist and gradually loosening your lock turn him on



*Kambarkhoda* ( Waist-lock. )

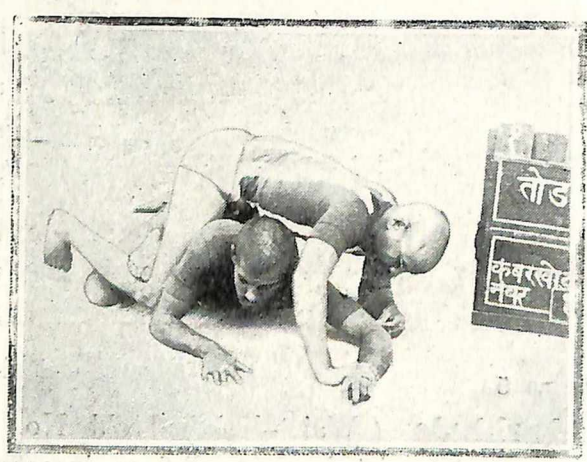


Hold ro. 56

Fig. ro. 423.

his back to the ground. ( Fig. 423 ) It is one of the firmest and tightest holds a man can be taken in and is, moreover, so painful and punishing a hold that unless you escape at once, you will be speedily deprived of any power to do so.

*Kambarkhoda* ( Counter No. 1. )

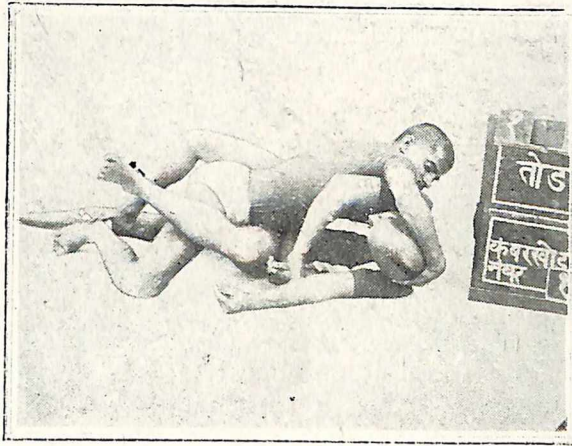


Hold ro. 53.

Fig. ro. 424.

**Kambarkhoda** ( Counter No. 1 ) :—As soon as your combatant locks your waist at once draw your right knee towards your stomach in readiness to clasp his neck with both your hands from above and raise up your chest and head. ( Fig. 424 ) Your movement will force his body a little

*Kambarkhoda* ( Counter No. 1. )

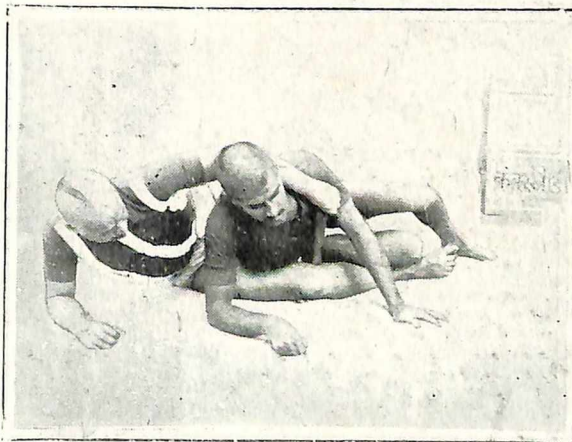


Hold no. 53.

Fig. no. 425.

forward. At once grab his neck and pull his neck down and towards you with all force until his lock is broken. Continue the neck-pull and he will be on his back to the floor. ( Fig. 425 ).

*Kambarkhoda* ( Counter No. 2. )



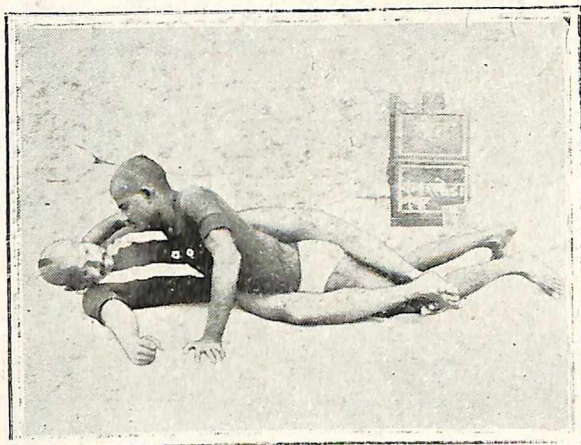
Hold no. 53.

Fig. no. 426.

**Kambarkhoda** ( Counter No. 2 ) :—As soon as your contestant secures waist-lock on you, sit down on your right thigh. ( Fig. 426. ) This your act not only loosens the lock but



*Kambarkhoda* ( Counter No. 2. )

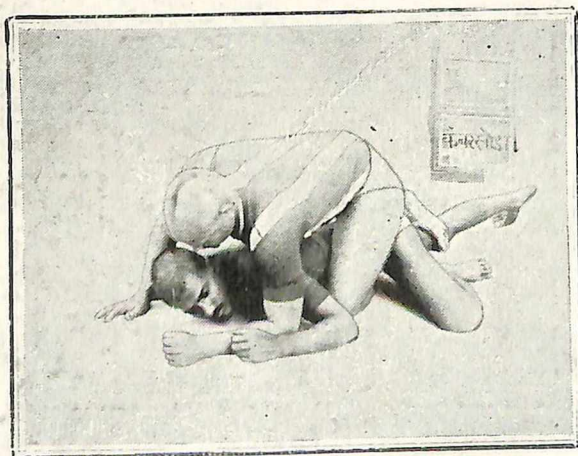


Hold no. 56.

Fig. no. 427.

its force also disturbs his equilibrium to your right. Take a vigorous right turn from without, breaking his lock and lie down on his body fixing his back to the floor. ( Fig. 427. )

*Kambarkhoda* ( Counter No. 3. )

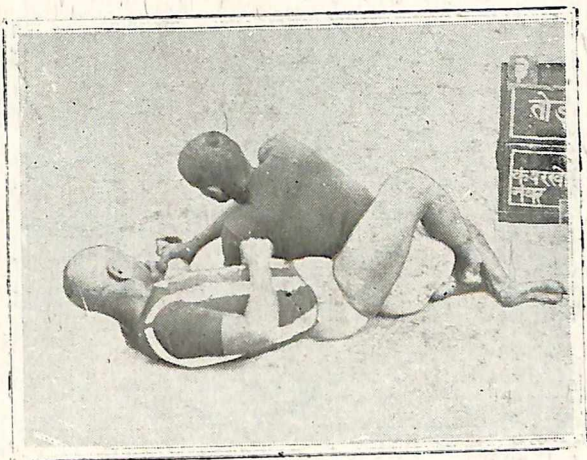


Hold no. 56.

Fig. no. 428.

**Kambarkhoda** ( Counter No. 3 ) :— If your adversary holds you for *waist-lock*, ward him off his tightening it by shortening your left leg as in Fig. 428. With a sudden jerk

*Kambarkhoda* ( Counter No. 3. )

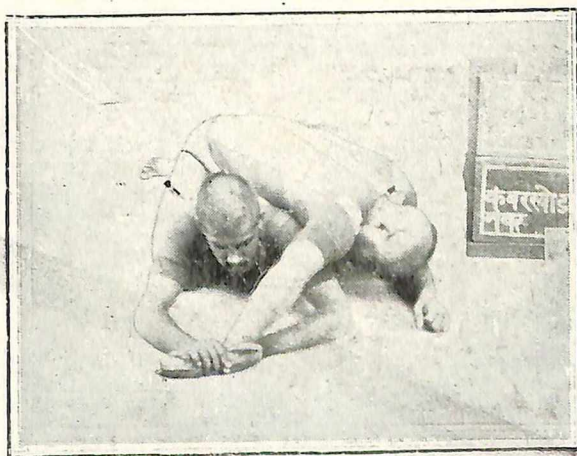


Hold no. 56.

Fig. no. 429.

to your left straighten the shortened leg and briskly sit on your left thigh. Grasp his left arm by your left hand and pull him down vigorously to your left until you fix his shoulders to the ground. ( Fig. 429. )

*Kambarkhoda* ( Block No. 1. )



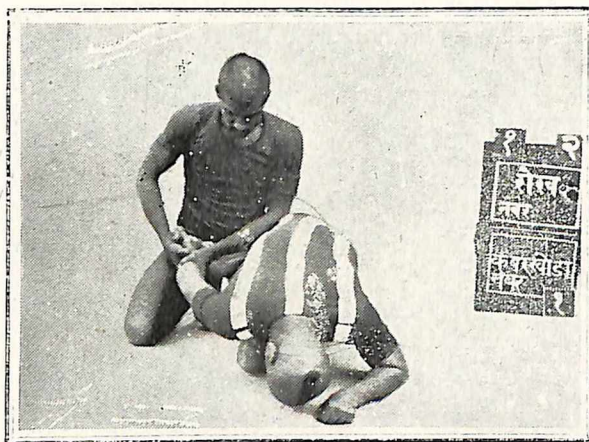
Hold no. 53.

Fig. no. 430.

**Kambarkhoda** ( Block No. 1 ) :—The moment your enemy endeavours to fasten the *wrist-lock* on you grab his right wrist with both your hands in front of you. (Fig. 430.) At once begin to twist it until he gives up his attempt, giving you



*Kambarkhoda* ( Block No. 1. )

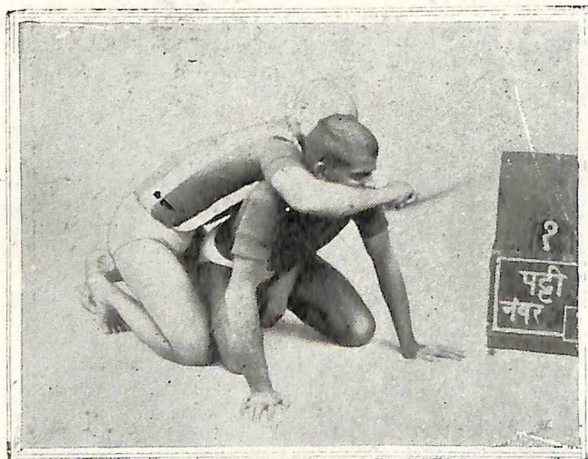


Hold no. 56.

Fig. no. 431.

way to be free to rise up. ( Fig. 431. ) This twist not only blocks his hold but also gives you a secure position for further attack.

*Patti* ( Nose—press. )



Hold no. 57.

Fig. no. 432.

**Patti** ( Nose—press ) Hold No. 57:—Get behind, at once dash the upper lip of your opponent with your right wrist and press on until it passes over the nostrils. ( Fig. 432. ) Press

*Patti* ( Nose-press. )



Hold no. 57.

Fig. No. 433.

*Patti* ( Nose-press. )



Hold no. 57.

Fig. no. 434

his nose so as to make it difficult for him to inhale and exhale. When breathing is stopped he gets suffocated and loses his balance. Catch this opportunity by the forelock and press him back giving a jerk to his neck to your left. (Fig. 433.) Continue the backward pressure until you throw him on his back to the ground. ( Fig. 434. ) This hold should be done in one jerk. In ordinary wrestling *nose-press* is generally forbidden.



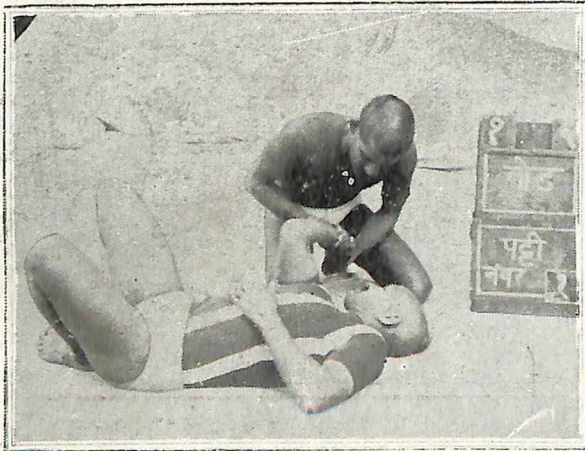
*Patti* ( Counter No. 1. )



Hold no. 57.

Fig. no. 435.

*Patti* ( Counter No. 1. )

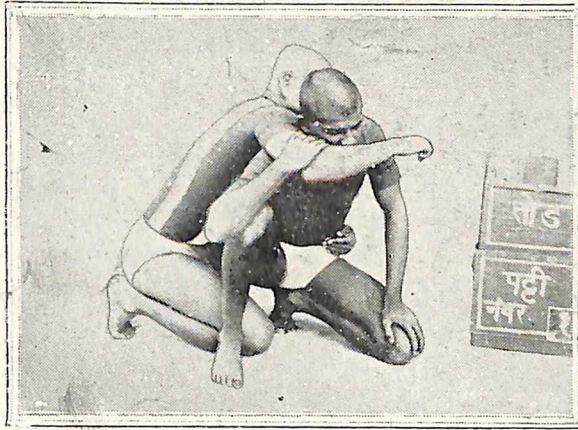


Hold no. 57.

Fig. no. 436.

**Patti** ( Counter No. 1 ) :—This *nos.-press* can be very easily countered by the application of a twist. As soon as your adversary begins to press your nose, suddenly grasp his right wrist by both your hands. ( Fig. 435 ) Twist it until he becomes helpless and falls on his back before you. ( Fig. 436. )

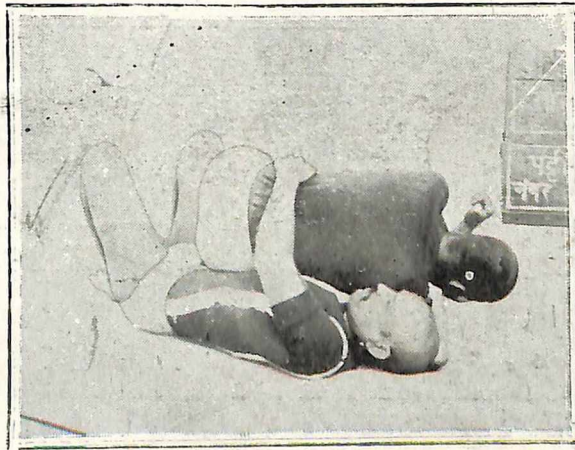
*Patti* ( Counter No. 2. )



Hold no. 57.

Fig. no 437

*Patti* ( Counter No. 2. )



Hold no. 57.

Fig. no. 438.

**Patti** ( Counter No. 2 ):-If your antagonist endeavours to defeat you by *nose-press*, stop his act by pulling down his right arm with your right hand and lever your right leg by pitching it before his right knee. ( Fig. 437 ) Quickly institute *outside leg throw* ( Hold No. 27 ) on him and hurl him heavily on his back as in Fig. 438.



*Patti* ( Block No. 1. )



Hold no 57.

Fig. no. 439.

*Patti* ( Block No. 1. )

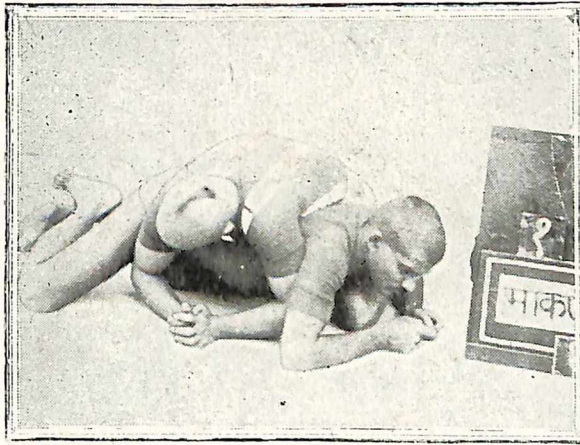


Hold no. 57.

Fig. no. 440.

**Patti** ( Block No. 1 ) :—As soon as your foe attempts *nose-press* on you suddenly plant your right foot with the knee raised up and sit on your left knee in readiness to turn. ( Fig. 439 ) With a sudden jerk to your left, turn smartly from below his right armpit and get yourself behind him for assailing him with some other move. ( Fig. 440. )

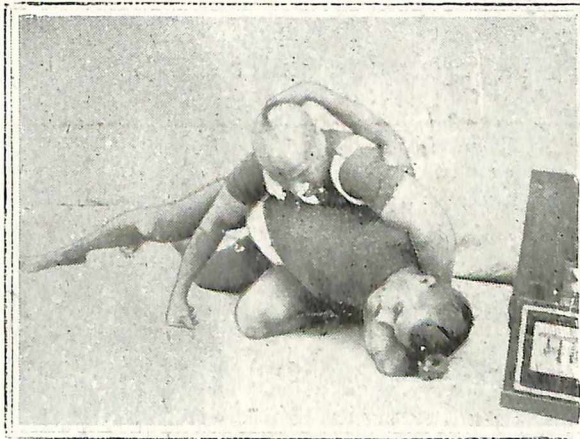
*Makan* ( Cradle Hold. )



Hold no. 58.

Fig. no. 441.

*Makan* ( Cradle Hold. )



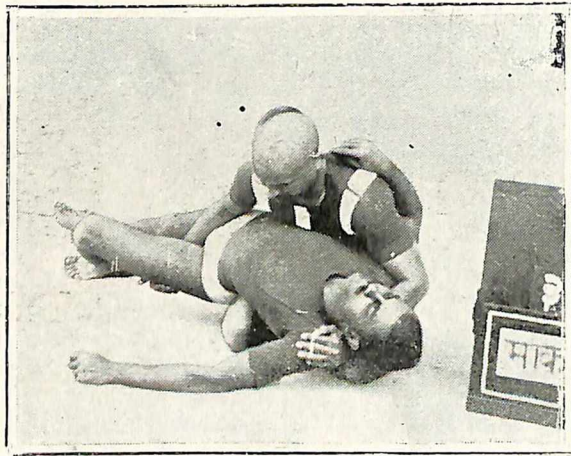
Hold no. 58.

Fig. no. 442.

**Makan** ( Cradle Hold ) Hold No. 58:—Insert both your knees below the left side of your foe, slide your left elbow under his right armpit and your right elbow under his right thigh. ( Fig. 441 ) At once extend your arms, secure his neck—hold by your left hand by sliding it on and thus trap his right hand. ( Fig. 442 ) Suddenly thrust your right hand from below



*Makan* ( Cradle Hold. )

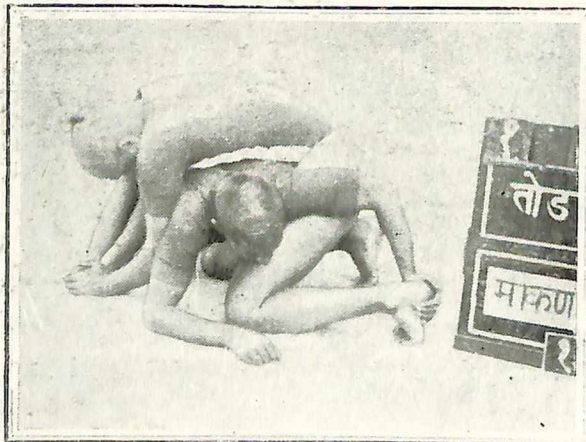


Hold no. 58.

Fig. no. 443.

his left thigh and thus secure a firm clutch-hold. Pull him towards you and on your lap until his shoulders are fixed to your lap as in Fig. 443.

*Makan* ( Counter No. 1. )

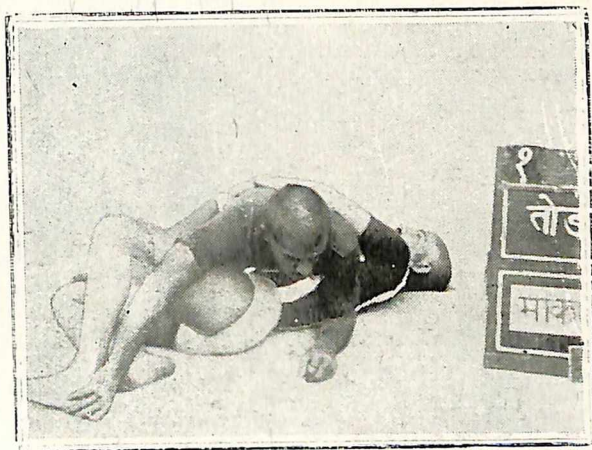


Hold no. 58.

Fig. no. 444.

**Makan** ( Counter No. 1 ) :—If your contestant endeavours to fasten *cradle-hold* on you, be wary to grab his left heel by your left hand and commence twisting his leg to your right. ( Fig. 444 ) Your violent twist will force him to fall

*Makan* ( Counter No. 1. )



Hold no. 53.

Fig. no. 445.

back. When he is sufficiently back, press him down by throwing the whole weight of your body on him and pin his shoulders to the ground. ( Fig. 445 )

*Makan* ( Counter No. 2. )



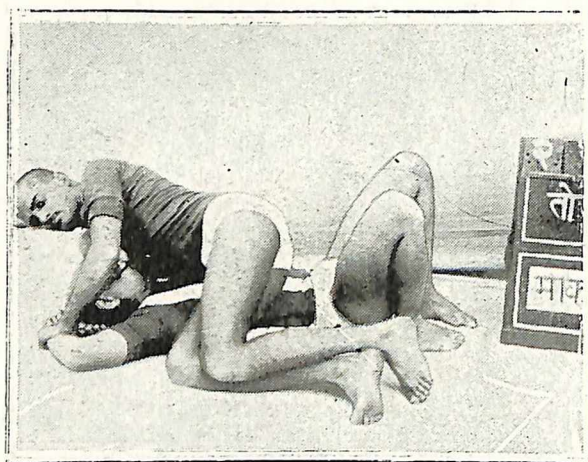
Hold no. 58.

Fig. no. 446.

**Makan** ( Counter No. 2 ) :—When your opponent secures the preliminary position for executing *cradle hold* on you, fix your attention on his neck. The moment it is sufficiently down trap it by firmly grasping it by your right hand. ( Fig. 446 ) Pull it down with a sudden jerk and at the same



*Makan* ( Counter No. 2. )

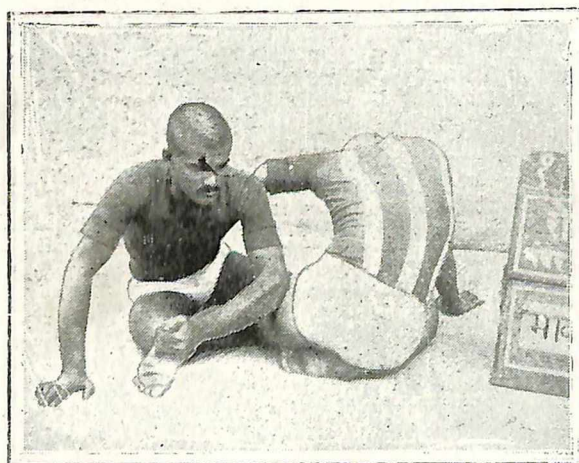


Hold no 58.

Fig. no. 447.

time suddenly rise on your knees. Now pull him down and get up until you force his back to the floor. ( Fig. 447 )

*Makan* ( Block No. 1. )

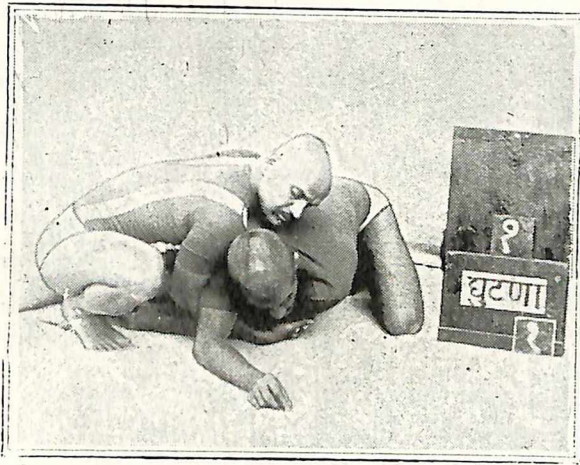


Hold no. 53.

Fig. no. 448.

**Makan** ( Block No. 1 ) :—As soon as your antagonist secures a *cradle hold* on you, seize his left heel by your left hand and pull it out towards you. He naturally gives up his attempt to take care of his gripped leg and you should turn outside at the same time. ( Fig. 448 ).

*Ghutna* ( Hand-pull and Neck-press. )



Hold no. 59.

Fig. no. 449

*Ghutna* ( Hand-pull and Neck press. )



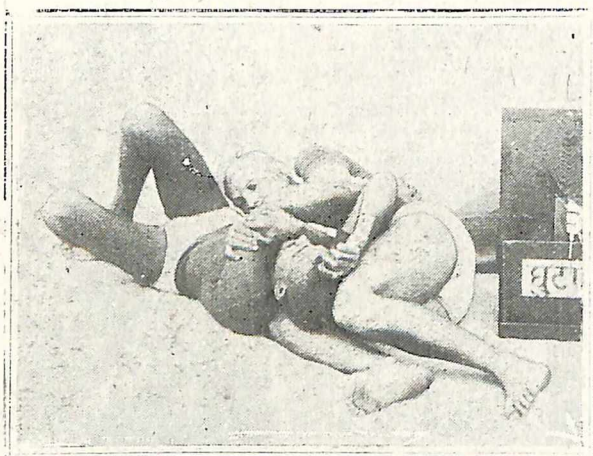
Hold no. 59.

Fig. no. 450.

**Ghutna** ( Hand-pull and Neck-press ) Hold No. 59:—  
While sparring for moves suddenly slide both your hands from below his right arm-pit, grab his left arm and pull it towards you. ( Fig. 449. ) At once press his neck down with the force of your right fore-leg-bone. ( Fig. 450. ) Continue to pull his left arm and twist him to your right until you deposit his shoulders on the ground. ( Fig. 451. ) This is one of the most



*Ghutna* ( Hand-pull and Neck-press. )

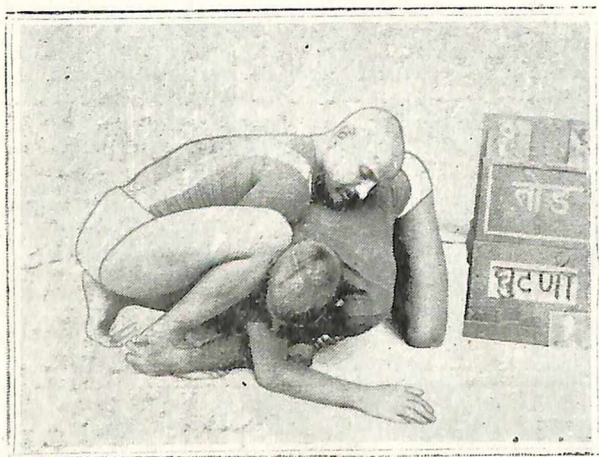


Hold no. 59.

Fig. no. 451.

effective holds that are generally employed in vanquishing the contestant superior in height, weight and strength.

*Ghutna* ( Counter No. 1. )

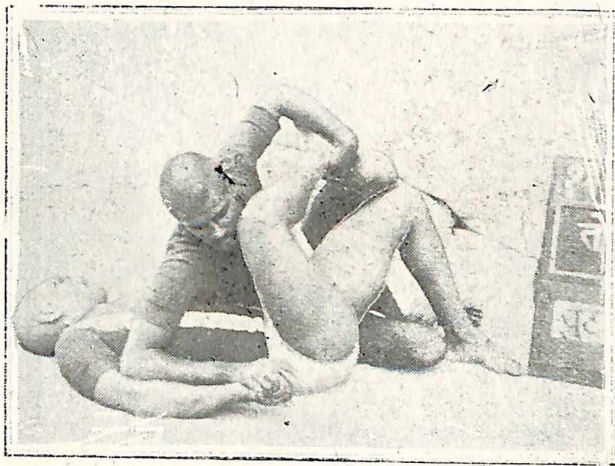


Hold no. 5 .

Fig. no. 452

**Ghutna** ( Counter No. 1 ):-If your opponent grasps your left arm to execute *hand-pull and neck-press* on you, suddenly grip his right heel by your left hand and take the force of your right elbow. ( Fig. 452 ) Pull his right leg towards you, rise up with the force of your right hand and lean your body over his

*Ghutna* ( Counter No. 1. )

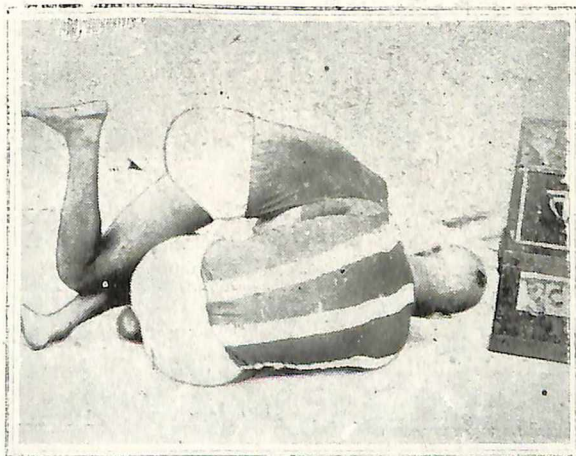


Hold no. 59.

Fig. no. 453.

to your right. Vigorously pull, rise and lean until his shoulders touch the ground.-( Fig. 453. )

*Ghutna* ( Counter No. 2. )



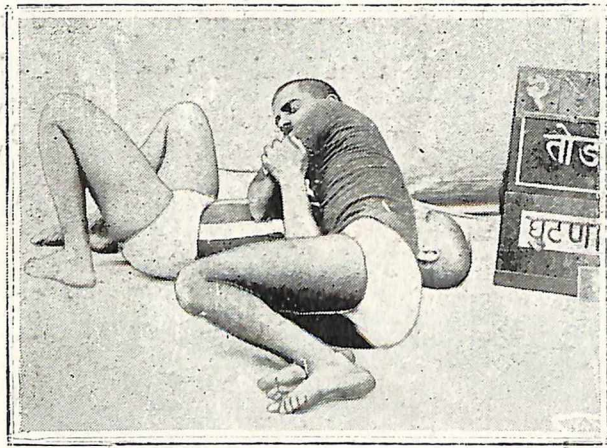
Hold no. 59.

Fig. no. 454.

**Ghutna** ( Counter No. 2 ):-The moment your adversary pulls your left arm to secure *hand-pull* and *neck-press* on you, jerk your neck to your right and suddenly take a *Danki* over



*Ghutna* ( Counter No. 2. )



Hold no. 59.

Fig. no. 455.

his body on your right side. ( Fig. 454. ) Pull him towards you and pitch his back to the floor. ( Fig. 455. )

*Ghutna* ( Block No. 1. )

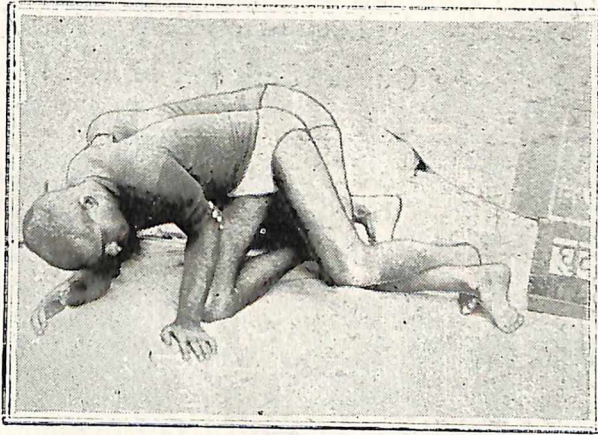


Hold no. 50

Fig. no. 456.

**Ghutna** ( Block No. 1 ) :—As soon as your adversary endeavours to pull your left arm with an intention of pinning you down by *hand-pull and neck-press*, at once straighten your left leg planting it in earth and brace up your chest in order to put a stop to his hold. ( Fig. 456. )

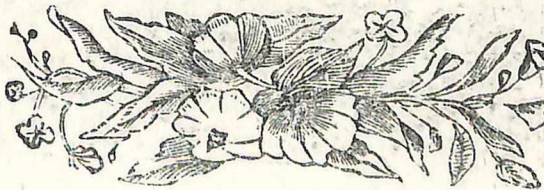
*Ghutna* ( Break No. 1. )



Hold no. 59.

Fig. no. 457.

**Ghutna** ( Break No. 1 ) :-- If your antagonist secures the preliminary position for *hand-pull and neck-press* on you, hook his left leg by your left foot and pull it towards you. Press your right foot on his left knee-joint on the outside ( Fig. 457 ) and taking a sharp force thereby break off from his hold.



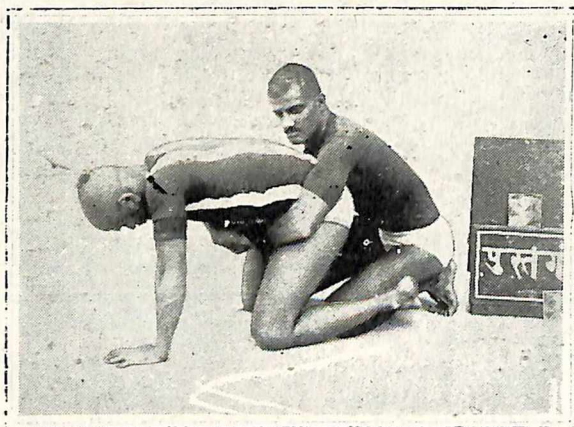


## PART VI

### Ground-Holds ( From Below. )

*N. B.* In the following holds your opponent is supposed to have got behind you by hook or crook.

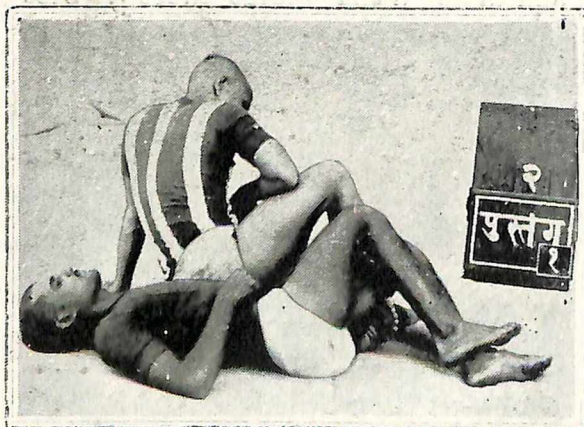
*Pustang* ( Outside Jerk and Throw. )



Hold no. 60.

Fig. no. 458.

*Pustang* ( Outside Jerk and Throw. )

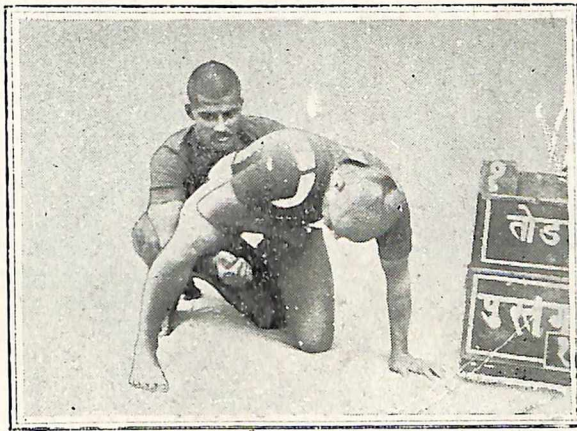


Hold no. 60.

Fig. no. 459.

**Pustang** ( Outside Jerk and Throw ) Hold No. 60:—  
Seize your rival's left wrist by your right hand and lever your left foot against his left calf. ( Fig. 458 ) Give an outside jerk to your right hand, twist and swing your body to your right and force him to lie on his back as in Fig. 459.

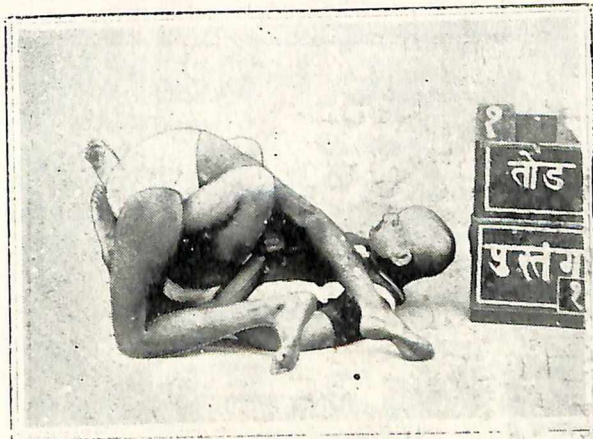
*Pustang* ( Counter No. 1. )



Hold no. 60.

Fig. no. 460.

*Pustang* ( Counter No. 1. )



Hold no. 60.

Fig. no. 461.

**Pustang** ( Counter No. 1 ) :—If your antagonist clasps your left wrist for *outside jerk and throw* insert your right hand from below his right knee-joint as in Fig. 460. Keep your equipoise in tact and let him jerk his body to his right with a view to defeat you. This jerk will be advantageous to you in picking up his right leg. Lift and push him back to your left in order to throw him on his back. ( Fig. 461 )



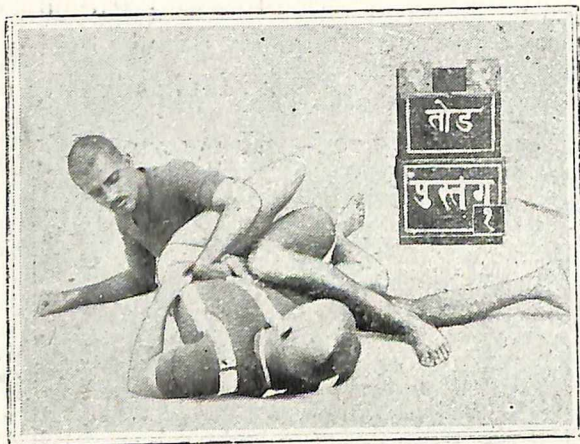
*Pustang* ( Counter No. 2. )



Hold no. 60.

Fig. no. 462.

*Pustang* ( Counter No. 2. )

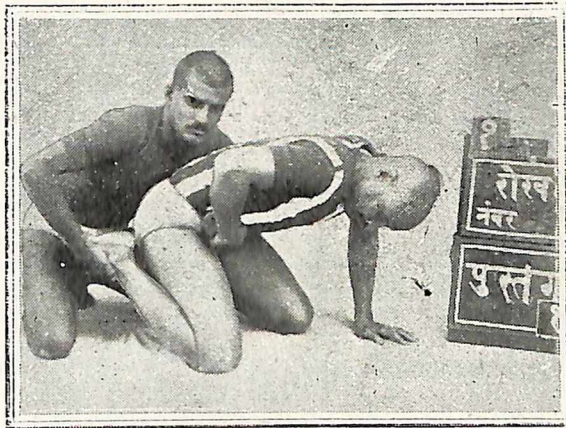


Hold no. 60.

Fig. no. 463

**Pustang** ( Counter No. 2 ) :—When your assailant attempts *outside jerk and throw* on you, vigorously jerk your neck to your left. ( Fig. 462. ) Swing your right hand round to your left, giving as much twist to your body to your left as possible and supporting your right hand on the ground suddenly take a *Danki* over his body on your right side and dash his shoulders to the ground as in Fig. 463.

*Pustang* ( Block No. 1. )

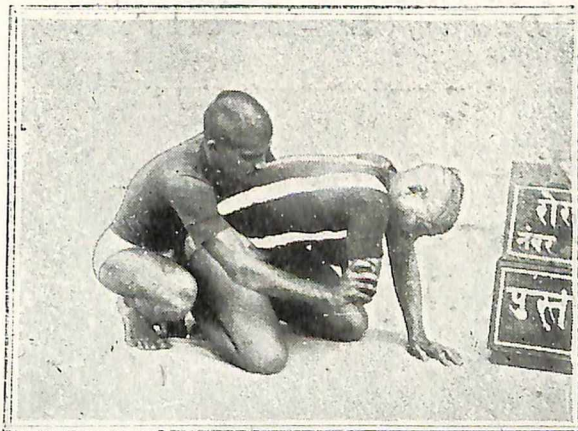


Hold no. 60.

Fig. no. 464.

**Pustang** ( Block No. 1 ) :—As soon as your foe practises *outside jerk and throw* on you parry his hold by picking up his right ankle-joint by your right hand. ( Fig. 464. )

*Pustang* ( Block No. 2. )

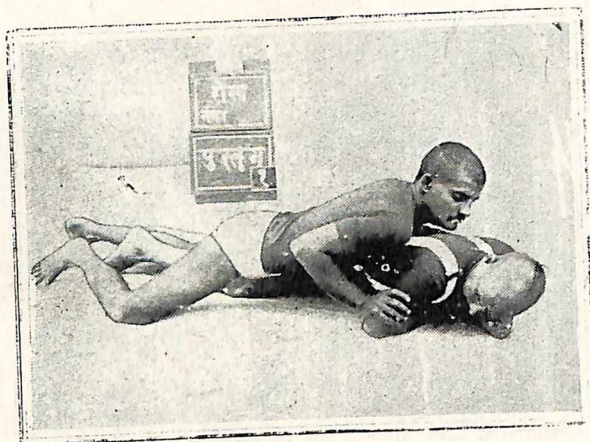


Hold no. 60

Fig. no. 465.

**Pustang** ( Block No. 2 ) :—The moment your contestant secures left-hand-grip for *outside jerk and throw* push forward his right elbow by your right hand and pull out your gripped hand in order to block his hold. ( Fig. 465. )



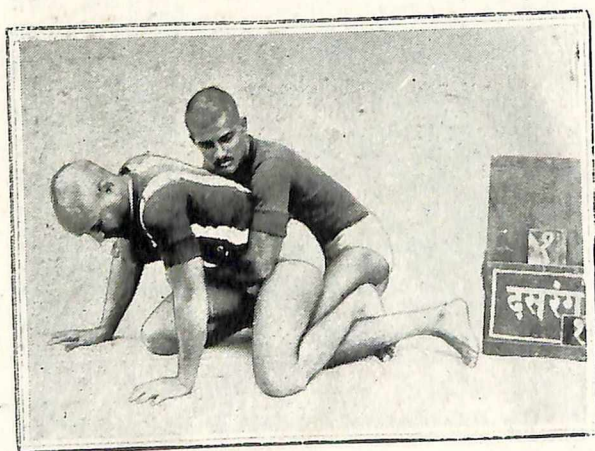


Hold no. 60.

Fig. no. 466

**Pustang** ( Block No. 3 ):- As soon as your foe employs *outside jerk and throw* on you, push forward his right elbow by your right hand and at the same time exert downward pressure on his body by your chest so forcibly that he falls flat on the ground as in Fig. 466.

*Dasarang* ( Leg-hook and Press. )

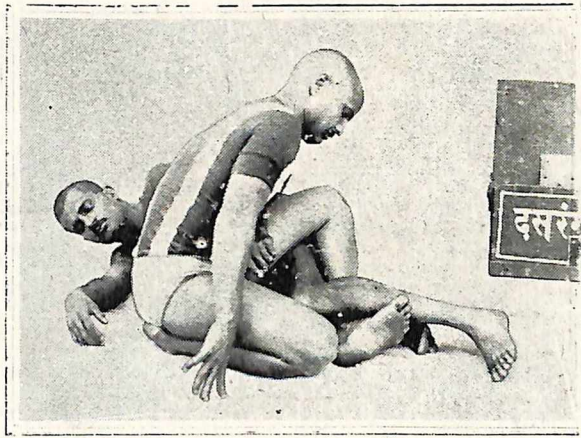


Hold no. 61.

Fig. no. 467.

**Dasarang** ( Leg-hook and Press ) Hold No. 61:—Hook your adversary's left leg at the calf by your left leg from out-

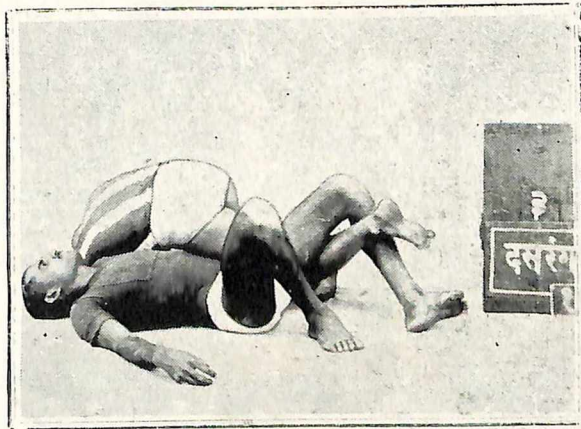
*Dasarang* ( Leg-hook and Press. )



Hold no. 61.

Fig. no. 468.

*Dasarang* ( Leg-hook and Press. )



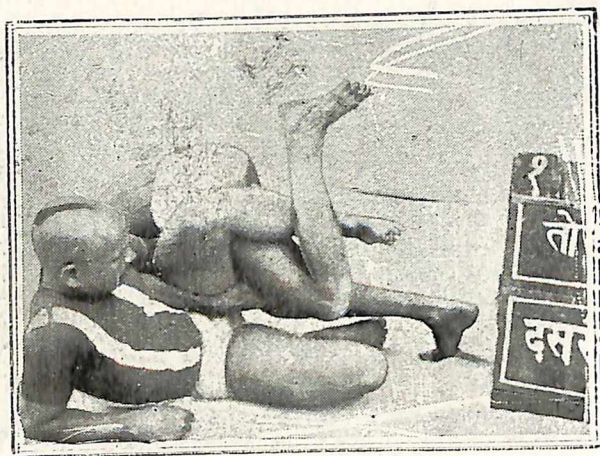
Hold no. 61.

Fig. no. 469.

side. ( Fig. 467 ) Turn vigorously to your left, exerting strain over his left leg by your left and straightening it at the same time sit on your right knee at once. ( Fig. 468 ) Continue the left turn and press him down until you place his shoulders on the ground. ( Fig. 469 ) This hold becomes effective when it is done briskly in one jerk.



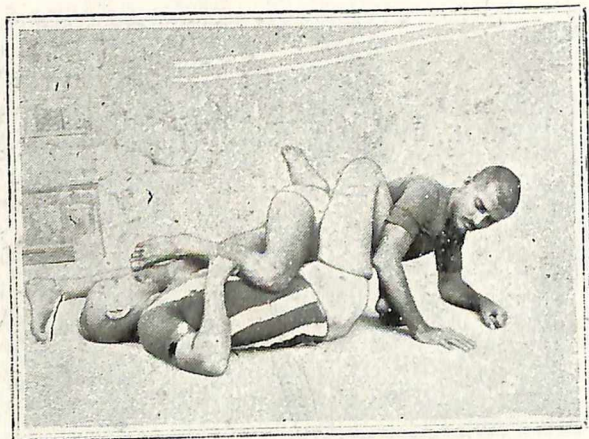
*Das rang* ( Counter No. 1. )



Hold no. 61.

Fig. no. 470.

*Dasarang* ( Counter No. 1. )

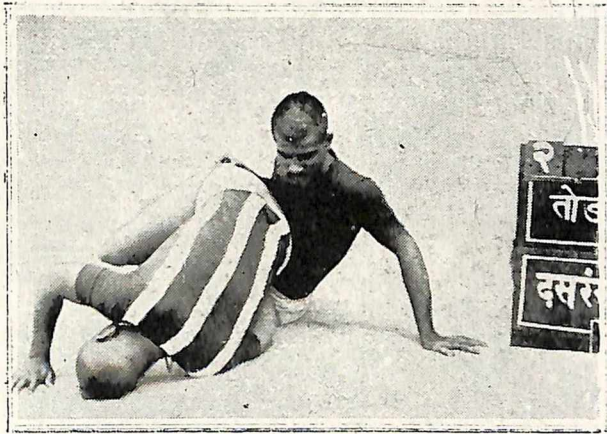


Hold no. 61.

Fig. no. 471

**Dasarang** ( Counter No. 1 :—When your contestant secures the initial position for *leg-hook and press*, before he smartly turns, rest your head on the ground and take a jerk of *Danki* so that he will lie nearly flat on his back. ( Fig. 470 ) Now suddenly turn to your right, forcing his left leg on the ground by your hooking leg and fix his shoulders clean to the ground. ( Fig. 471 )

*Dasarang* ( Counter No. 2. )



Hold no. 61.

Fig. no. 472.

*Dasarang* ( Counter No. 2. )



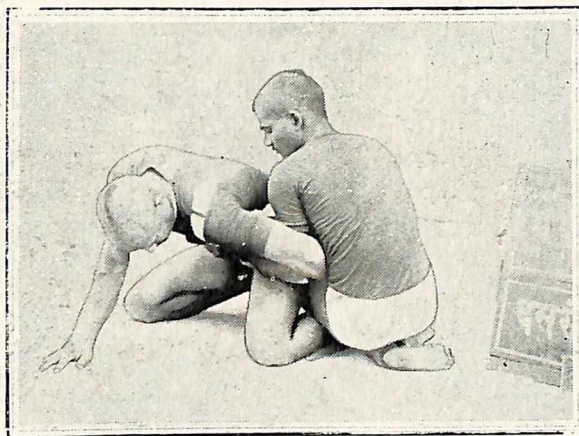
Hold no. 61.

Fig. no. 473.

**Dasarang** ( Counter No. 2 ) :—When your opponent gains the first position on you for executing *leg-hook and press*, before he turns, suddenly sit on your left thigh so that he lies helpless before you. You should preserve your balance on your left hand. ( Fig. 472 ) At once grasp his *chaddi* by your right hand, turn smartly to your left and throw him on his back to the ground. ( Fig. 473. )



*Dasarang* ( Parry No. 1. )

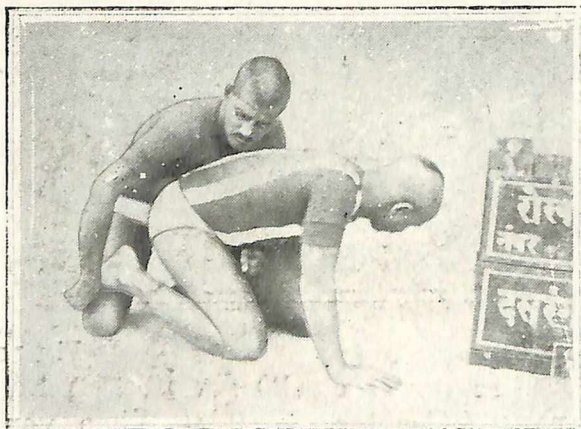


Hold no. 61.

Fig. no. 474.

**Dasarang** ( Parry No. 1 ):-The moment your adversary turns for executing *leg-hook and press* on you, suddenly rest your left ankle on the ground and sit down to nip his hold in the bud. ( Fig. 474. )

*Dasarang* ( Block No. 1. )



Hold no. 61.

Fig. no. 475.

**Dasarang** ( Block No. 1 ):-As soon as your combatant holds you for employing *leg-hook and press* on you sharply grab his right toes by your right hand and lift his leg up to make his attempt null and void. ( Fig. 475. )

*Dasarang* ( Block No. 2. )

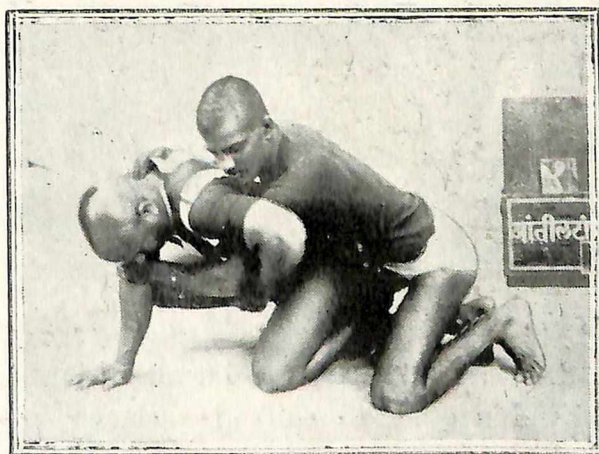


Hold no. 61.

Fig. No. 476.

**Dasarang** ( Block No. 2 ):-The moment your adversary endeavours to press you down by leg-hook, clasp his right hand and twist it on his back; at the same time force his body forward in order to check his further action. ( Fig. 476. )

*Atil Tang* ( Inside Leg Throw from the ground. )



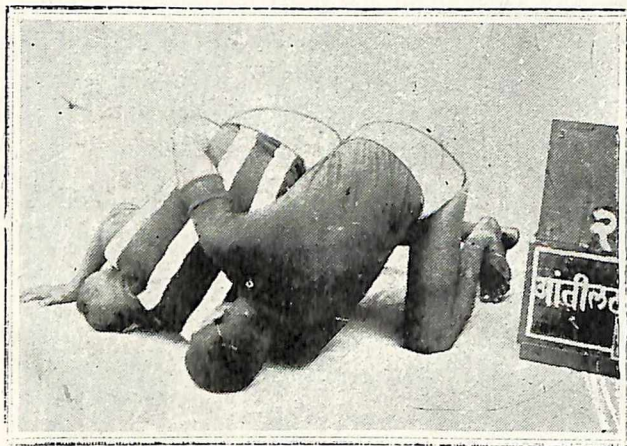
Hold no. 62.

Fig. no. 477

**Atil Tang** ( Inside Leg Throw from the ground. ) Hold No 62:—Thrust your left leg between his legs, hold his left arm firmly under your left armpit catching his left elbow by



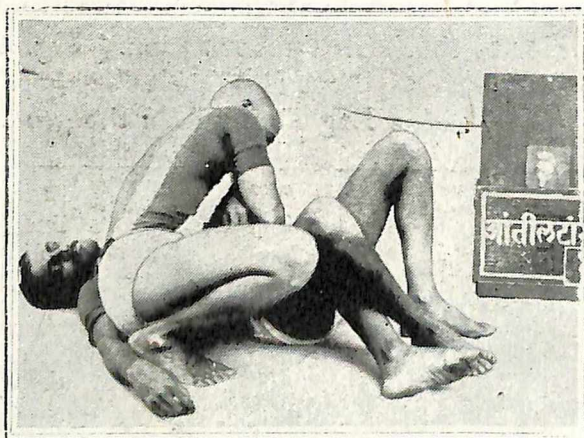
*Atil Tang* ( Inside Leg Throw from the ground. )



Hold no. 62.

Fig. no. 478.

*Atil Tang* ( Inside Leg Throw from the ground. )



Hold no. 62

Fig. no. 479.

your left hand. ( Fig. 477. ) Give a downward jerk to his body by your left hand in order to shift his balance to your left. ( Fig. 478. ) Pick up his right leg by your left and throw your body over his as in a *Danki* and seat yourself on your left thigh pitching his shoulders to the ground as in Fig. 479. This hold is to be practised within the winking of an eye for its successful execution. The illustrations only show the stages through which wrestlers quickly pass.

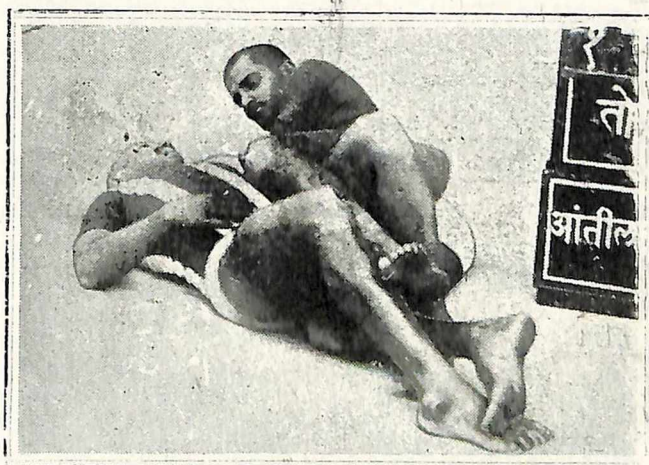
*Atil Tang* ( Counter No. 1. )



Hold. no. 2.

Fig. no. 480.

*Atil Tang* ( Counter No. 1. )

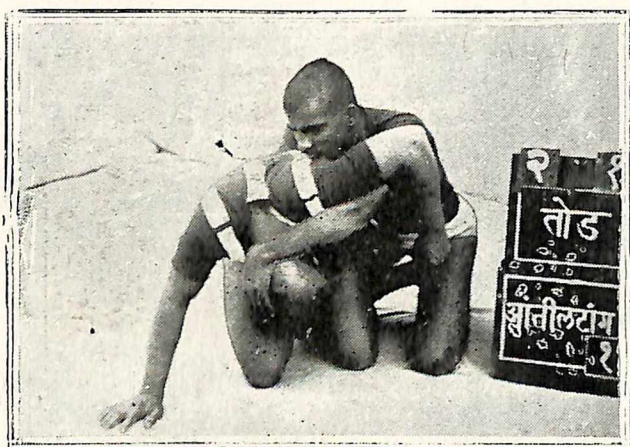


Hold no. 62.

Fig. no. 481.

**Atil Tang** ( Counter No. 1 ) :—As soon as your contestant holds you for *inside leg throw*, jerk your neck to your left and rest your right hand on his left shoulder. ( Fig. 480. ) Turn his jerk to your account and at once take a *Danki* over his body on your right side and fling him clean on to his shoulders. ( Fig. 481. )

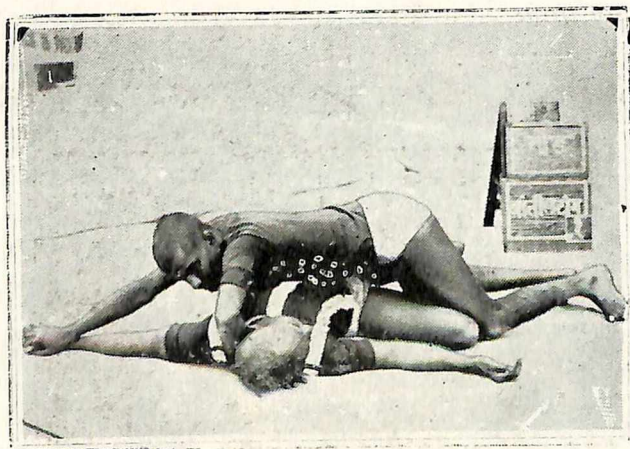




Hold no. 62.

Fig. no. 432

*Atil Tang* ( Counter No. 2. )

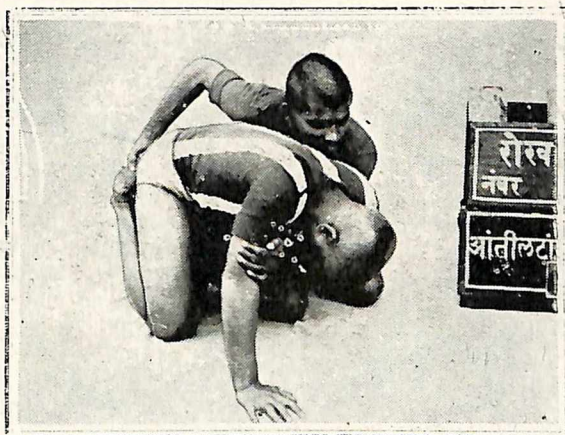


Hold no. 62.

Fig. no. 493.

**Atil Tang** ( Counter No. 2 ) :—When your adversary secures *inside leg throw* on you ( while both of you are on the ground ) slide your imprisoned hand on his neck so that his hand-trap will be nullified and you will secure his **neck-hold**. ( Fig. 482. ) Press down his neck as forcibly as possible, push him forward with the force of your chest until he lies flatly on the ground. ( Fig. 483. )

*Atil Tang* ( Block No. 1. )

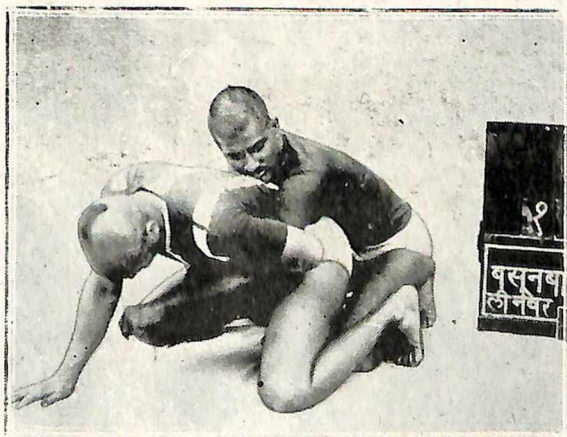


Hold no. 62.

Fig. no. 484.

**Atil Tang** ( Block No. 1 ) :—If your antagonist applies *inside leg throw* on you from the ground, instantly grab his right toes by your right hand and pick his leg up to make his attempt fruitless. ( Fig. 484. )

*Baheril Tang* ( Outside Leg Throw from the ground. )



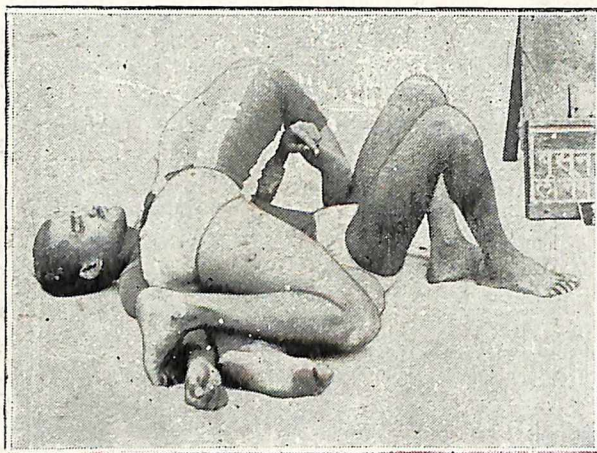
Hold no. 63.

Fig. no. 485.

**Baheril Tang** ( Outside Leg Throw from the ground )  
Hold No. 63 :—While sparring for various moves on the ground, lever your left leg against his left leg beside the knee and fairly trap his left hand under your left arm-pit. ( Fig. 485. )  
With a downward jerk to your left swing him off his balance.



*Baheril Tang* ( Outside Leg Throw from the ground. )



Hold no. 63.

Fig. no. 486.

The moment his body is jerked downward throw your body over his as in a *Danki* and sit on your left thigh fixing his shoulders to the ground. ( Fig. 486. )

*Baheril Tang* ( Parry No. 1. )



Hold no. 63.

Fig. no. 487.

**Baheril Tang** ( Parry No. 1 ) :—As soon as your adversary moves to apply *outside leg throw* on you from the ground, be cautious to suddenly plant your left leg ( that leg on which side he is ready to jerk you ) on the ground to root out his attempt in the very beginning. ( Fig. 487. )

*Baheril Tang* ( Block No. 1. )



Hold no. 63.

Fig. nr. 488.

**Baheril Tang** ( Block No. 1 ) :—When your adversary secures the preliminary posture for instituting *outside leg throw* on you from the ground, suddenly press his right ankle-joint against his own right hip by your right knee, slide your right knee further, picking up his right foot a little until you hold his right foot at your right thigh-joint. ( Fig. 488 ). He will give up his hold as he will feel keen pain in his right leg.



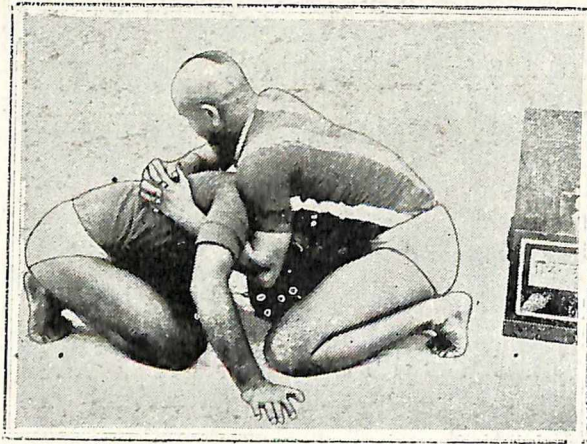


## PART VII

### Ground-Holds ( from the Front. )

*N. B.* In the following holds both the contestants come to the ground on their knees, opposite each other.

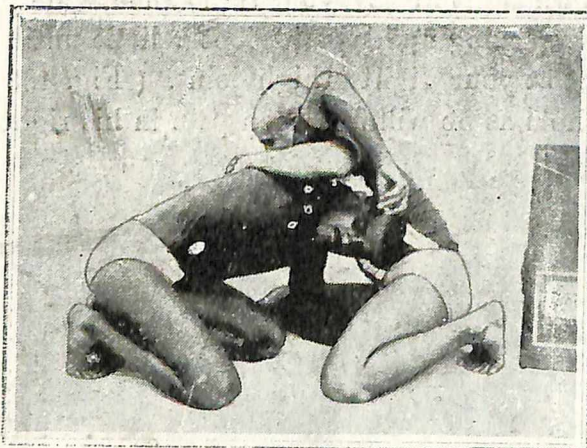
*Ekeru Hulkas* ( Single Head Chancery. )



Hold no. 64.

Fig. no. 489.

*Ekeru Hulkas* ( Single Head Chancery. )

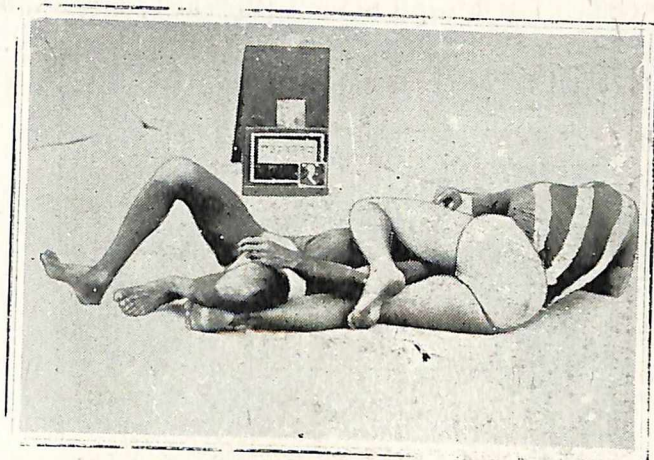


Hold no. 64.

Fig. no. 490.

**Ekeru Hulkas** ( Single Head Chancery ) Hold No. 64:—Dive your left hand from under his right arm-pit and clasp his body tightly with interlaced fingers as in Fig. 489. At once lever your right knee against his left

*Ekerā Hulkas* ( Single Head Chancery. )

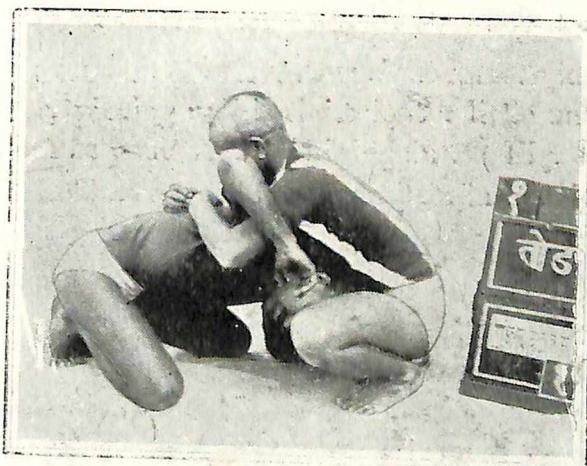


Hold no. 64.

Fig. no. 491.

and go on twisting his body to your right ( Fig. 490 ) until he will be rolled on his shoulders to the ground. ( Fig. 491. )

*Ekerā Hulkas* ( Counter No. 1. )



Hold no. 64.

Fig. no. 492.

***Ekerā Hulkas*** ( Counter No. 1 ) :—If your adversary secures *single head chancery* on you, tempt him to proceed in his endeavour by raising up your right hand a little in order to take a sharp swing. ( Fig. 492. ) Swing your right hand down with a tremendous jerk so that his body drops down to your right, his balance being shifted in that direction.



*Ehera Hulkas* ( Counter No. 1. )

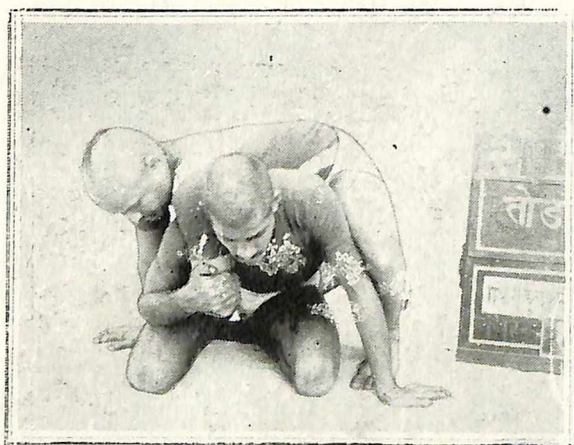


Hold no. 64.

Fig. no. 493.

( Fig. 493. ) Now at once press and push him forward until you pin him to the ground.

*Ehera Hulkas* ( Counter No. 2. )



Hold no. 64.

Fig. no 494.

**Ehera Hulkas** ( Counter No. 2 ) :—As soon as your contestant gets the opening position for *single head chancery* on you, before he traps you with interlaced fingers, grab his left elbow by your right hand and instantly turn to your right from under his left armpit, bringing him thus on your

*Ekerā Hulkas* ( Counter No. 2. )

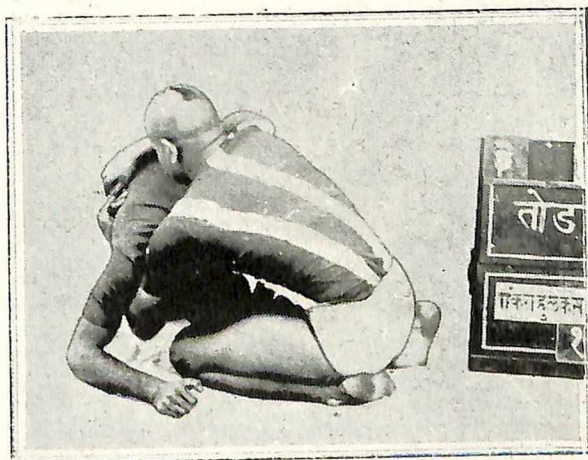


Hold no. 64.

Fig. no. 495.

back. ( Fig. 494. ) : suddenly institute *flying mare* (Hold No. 2) on him and dash his back to the ground. ( Fig. 495. )

*Ekerā Hulkas* ( Counter No. 3. )



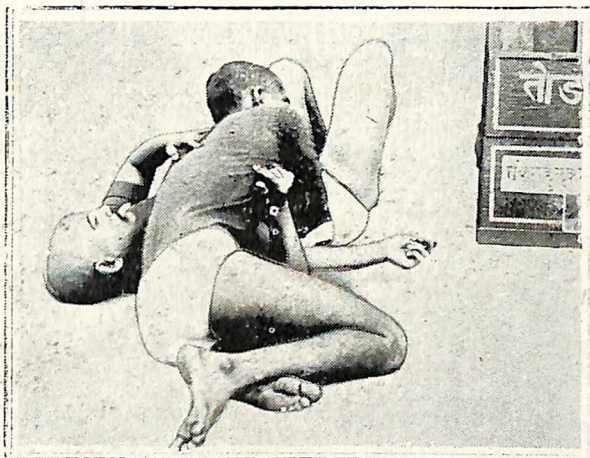
Hold no. 64.

Fig. no. 496.

**Ekerā Hulkas** ( Counter No. 3 ) :—When your assailant employs *single head chancery* on you, rest your head on his left thigh and take a *Danki* over his body on your left side.



*Ekerā Hulkas* ( Counter No. 3. )

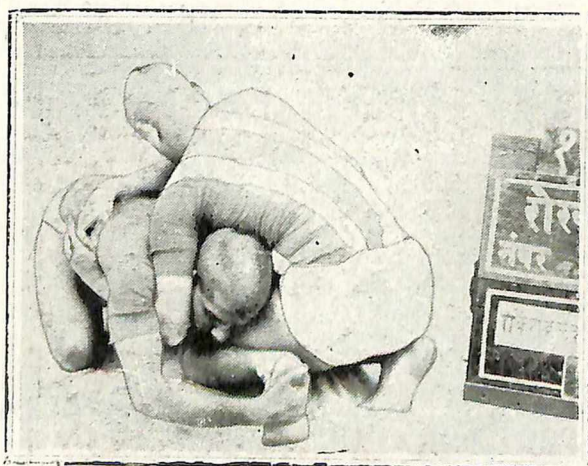


Hold no. 64.

Fig. no. 497:

( Fig. 496. ) Continue to pull and press him until you deposit his shoulders on the ground. ( Fig. 497. )

*Ekerā Hulkas* ( Block No. 1. )

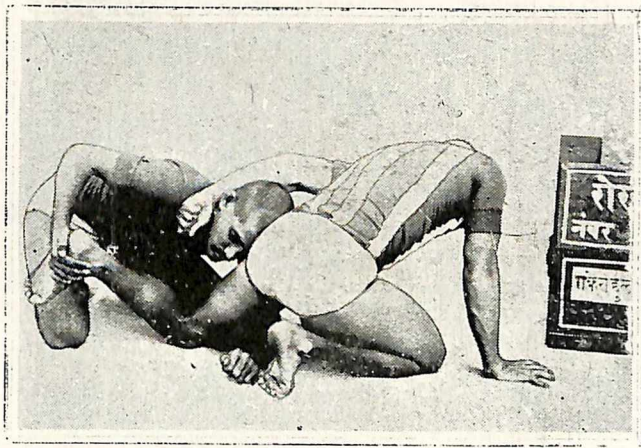


Hold no. 64.

Fig. no. 498

**Ekerā Hulkas** ( Block No. 1 ):—The moment your combatant holds you with interlaced fingers for *single head chancery*, before he twists, grab his left heel by your right hand. ( Fig. 498. ) At once pull it vigorously towards you so

*Ekerā Hulkaḥ* ( Block No. 1. )

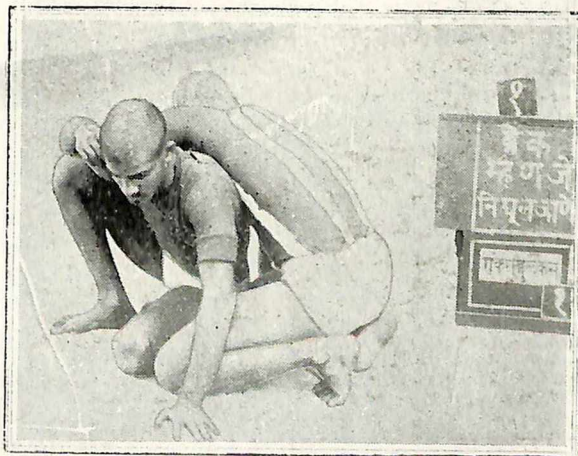


Hold no. 64.

Fig. no. 499.

that he will be forced to let go his clasp in order to save himself from further attack. ( Fig. 499. )

*Ekerā Hulkaḥ* ( Break No. 1. )



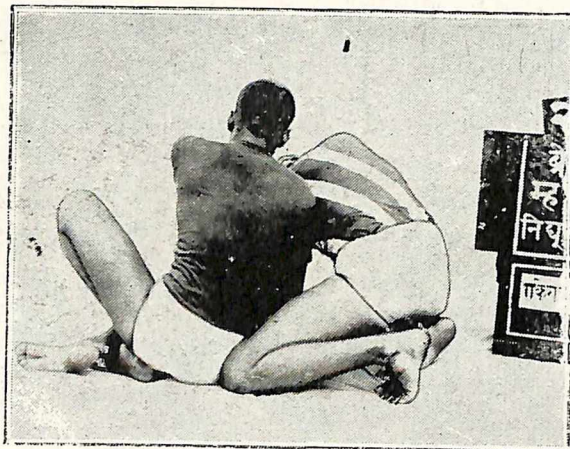
Hold no. 64.

Fig. no. 500.

**Ekerā Hulkaḥ** ( Break No. 1 ):—As soon as your rival endeavours to fasten *single head chancery* on you, turn smartly to your right below his left arm-pit. ( Fig. 500 ) Continue the



*Ekerā Hulkas* ( Break No. 1. )

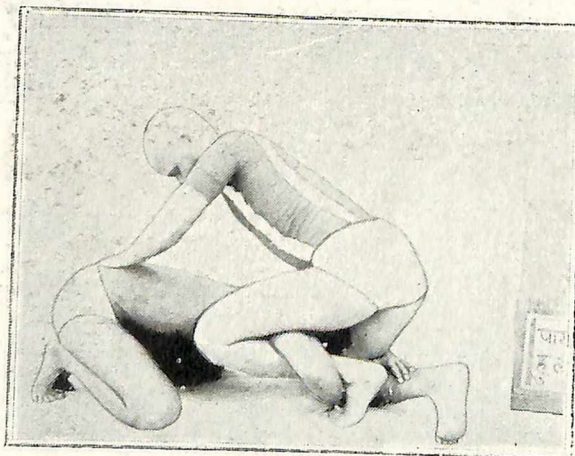


Hold no. 64.

Fig. no. 501.

turn vigorously until you get yourself out for breaking off.  
 ( Fig. 501. )

*Payacha Hulkas* ( Head Chancery by Leg. )

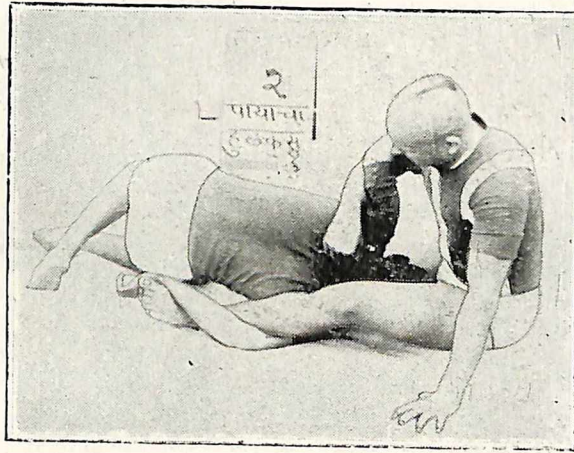


Hold no. 65.

Fig. no. 502.

**Payacha Hulkas** ( Head Chancery by Leg ) Hold No. 65:—When your enemy is sparring for single leg hold, close to the ground, at once trap his right hand with your

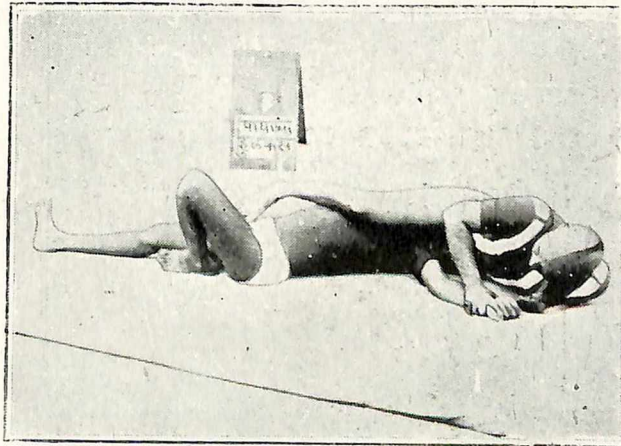
*Payacha Hulkas* ( Head Chancery by Leg. )



Hold no. 65.

Fig. no. 503.

*Payas Hulkas* ( Head Chancery by Leg )



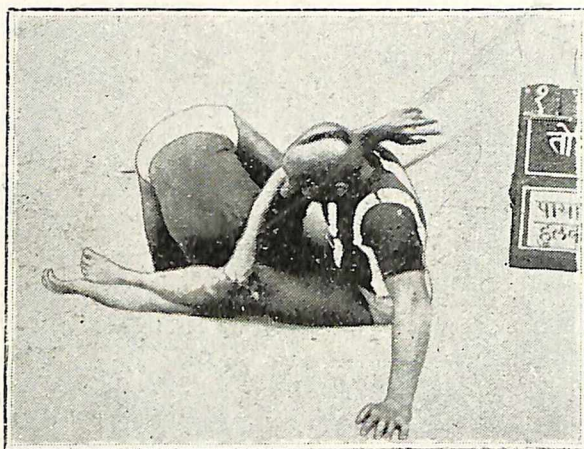
Hold no. 65.

Fig. nr. 504.

left leg from within as in Fig. 5 2. Thrust your right hand from under his left arm-pit, twist his body to your left and straighten your trapping leg. ( Fig. 503. ) Take care that his hand may not be broken. Continue the twist to your left, push down his trapped hand to your right and fix his back to the ground by forcing your right leg over his body as in Fig. 504.



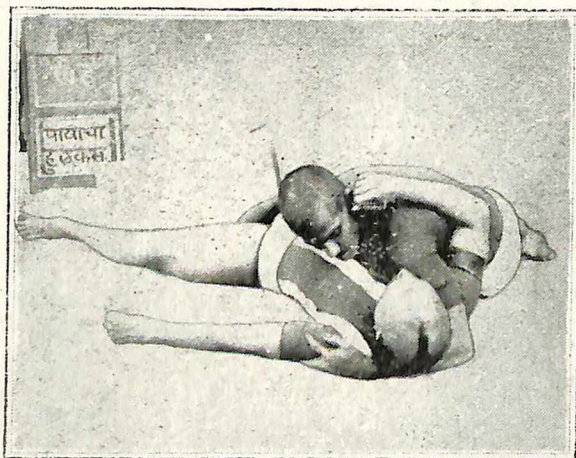
*Payacha Hulkas* ( Counter No. 1. )



Hold no. 65.

Fig. no. 505.

*Payacha Hulkas* ( Counter No. 1. )

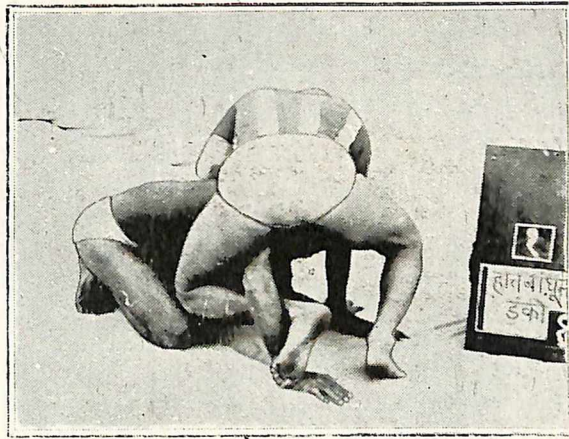


Hold no. 65.

Fig. n°. 506.

**Payacha Hulkas** ( Counter No. 1 ) :—When your foe succeeds in applying *head chancery by leg* on you, turn here and there within in order to loosen your arm-lock, undergoing a severe twist to your body. ( Fig. 505 ) As soon as you can take force either by your head or by your hand, take a *Danki* over his body on your left side and surprise him by pitching his shoulders to the floor. ( Fig. 506. )

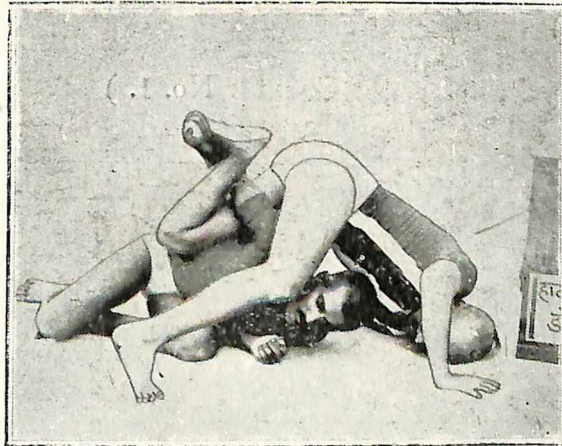
*Danki* ( Hand-hold and Roll. )



Hold no. 66.

Fig. no. 507.

*Danki* ( Hand-hold and Roll. )



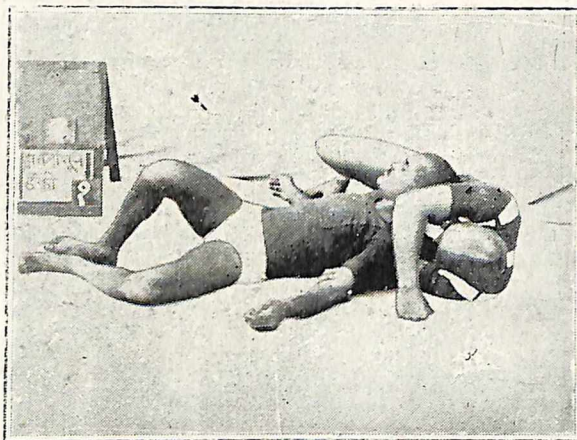
Hold no. 66.

Fig. no. 508.

**Danki** ( Hand-hold and Roll ) Hold No. 66:—While endeavouring for applying certain moves hook his right hand by your left leg from without and hold it fast in the left leg hock. ( Fig. 507 ) Drop yourself suddenly beyond his head and resting your head on the ground throw up your body maintaining the hand-hold. ( Fig. 508. ) Fall on the ground



*Danki* ( Hand-hold and Roll. )

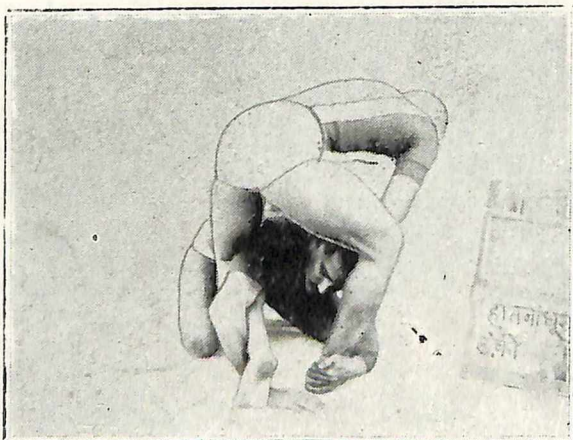


Hold no. 66.

Fig. no. 509.

on your left side so that he lies flat'y on his back to the ground.  
( Fig. 509. )

*Danki* ( Counter No. 1, )



Hold no. 66.

Fig. no. 510.

**Danki** ( Counter No. 1 ):-As soon as your foe traps your right hand for instituting *hand-hold and roll* on you, grab his

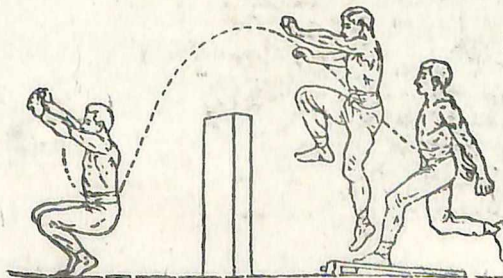
*Danki* ( Counter No. 1. )



Hold no. 66.

Fig. no. 511.

right heel by your left hand. (Fig. 510 Push him forward with the dash of your head and suddenly pull his right leg inward towards you so that he falls in front of you on his shoulders touching the ground. ( Fig. 511. .

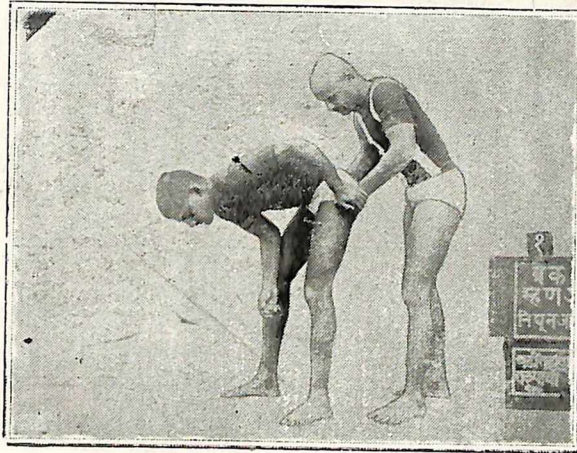




# PART VIII

## Breaks.

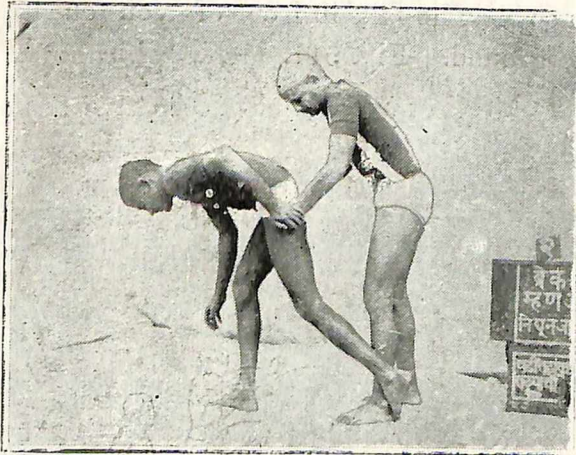
Slip from the hold of *Chaddi* ( Break No 1. )



Trick no. 1.

Fig. no. 512.

Slip from the hold of *Chaddi* ( Break No. 1. )



Trick no. 1.

Fig. no. 513.

**Slip from the hold of *chaddi* ( Break No. 1 )** Trick No 1: --When your opponent gets behind you and holds your *chaddi* by both his hands from behind to block all your stratagems, ( Fig. 512 ) lever your left foot against his left ankle from without and disturb his balance to your left by

Slip from the hold of *Chaddi* ( Break No. 1.)

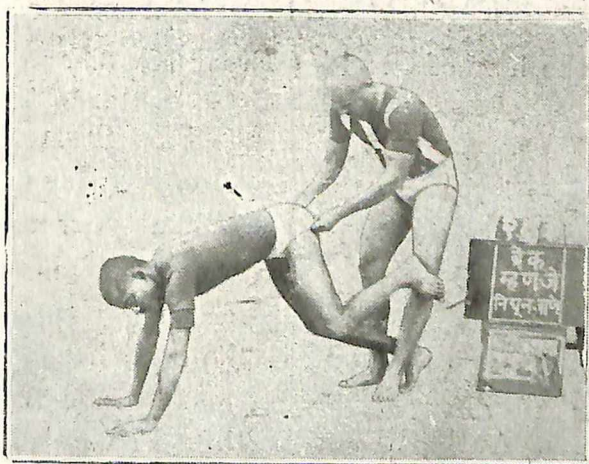


Trick no. .

Fig. no. 514.

giving him a violent outside stroke. ( Fig. 513. ) With a vigorous outside jerk to your right force him to leave his hold and break off. ( Fig. 514. )

Slip from the hold of *Chaddi* ( Break No. 2. )



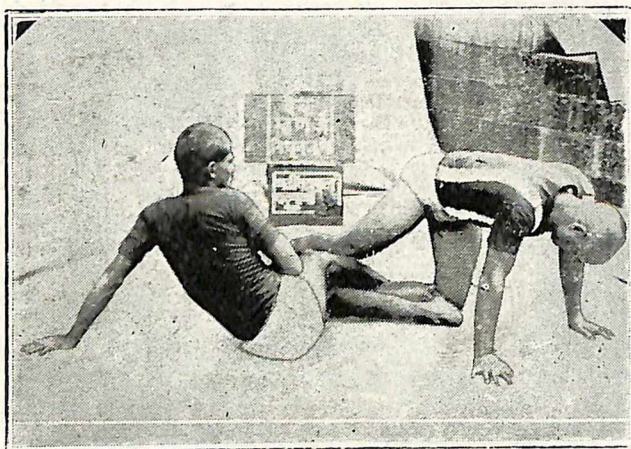
Trick no. 1

Fig. no. 515

**Slip from the hold of *chaddi* ( Break No. 2. )**—If your adversary prevents you from applying any move by holding your *chaddi* with both his hands from behind, hook his left ankle-joint by your right foot and pull his left leg forward towards you. At the same time push back his left knee-cap



Slip from the hold of *Chaddi* ( Break No. 2. )

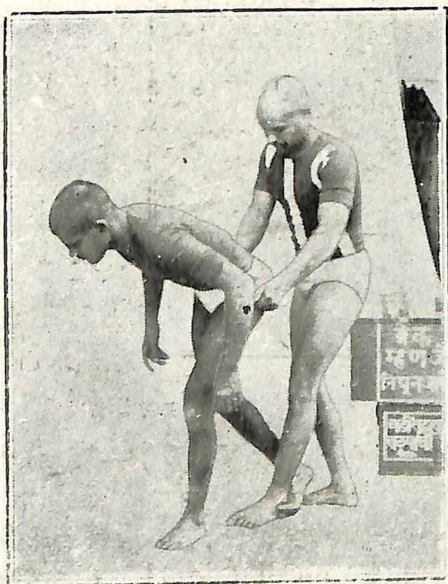


Trick no. 1.

Fig. no. 516.

with your left foot. ( Fig. 515 ) Your foe will be unable to sustain this pressure and as a result he will give up his hold. With a sudden jerk to your right you should break away as in Fig. 516.

Slip from the hold of *Chaddi* ( Break No. 3. )

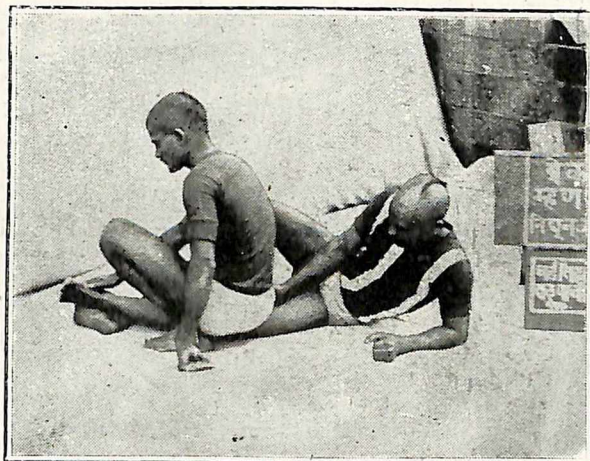


Trick no. 1.

Fig. no. 517.

**Slip from the hold of *chaddi* ( Break No. 3 :--**  
When your assailant bars all your movements by clasping your *chaddi* with both his hands from behind, hook his left ankle-joint by your right foot. ( Fig. 517. ) Pull his left leg towards you and at once sit down on it. ( Fig. 518. ) The opponent falls heavily on the ground and is forced

Slip from the hold of *Chaddi* ( Break No. 3. )

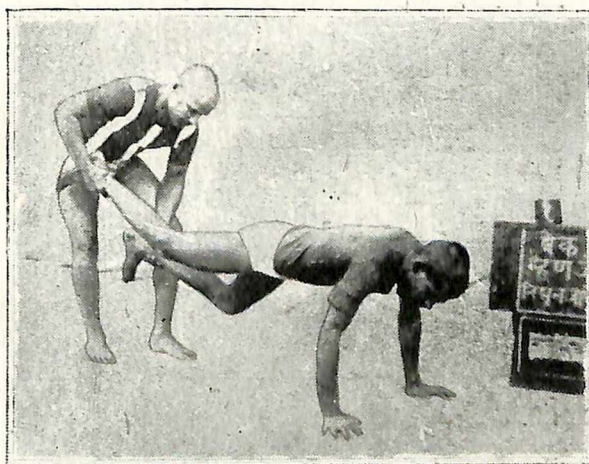


**Trick no. 2.**

**Fig. no. 518.**

to let go his hold and you will get a chance of breaking away.

*Slip from the ankle-joint-grip from behind* ( Break No. 1. )



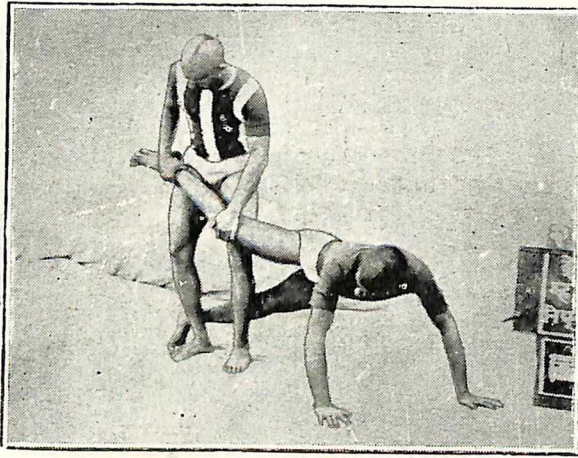
**Trick no. 2.**

**Fig. no. 519.**

**Slip from the ankle-joint-grip from behind**  
( Break No. 1 ) Trick No. 2:—If your enemy hinders you from utilising any manœuvres by grasping your legs beside the ankles with his hands, tug him forward and backward ( Fig. 519 ) until you liberate your left leg. Lever your left foot against his left ankle-joint from behind and rest your right foot on his



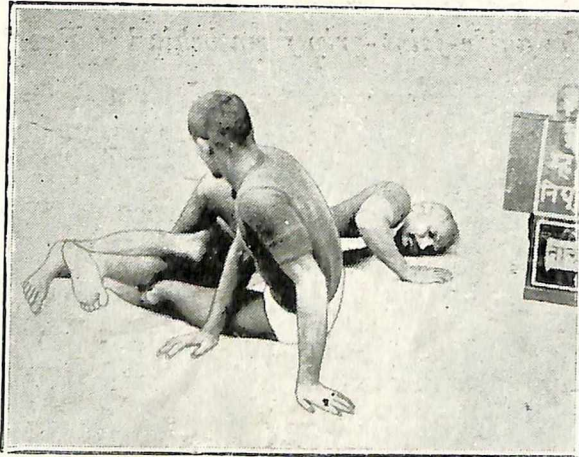
*Slip from the ankle-joint-grip from behind ( Break No. 1. )*



Trick no. 2.

Fig. no. 520.

*Slip from the ankle-joint-grip from behind ( Break No. 1. )*



Trick no. 2.

Fig. no. 521.

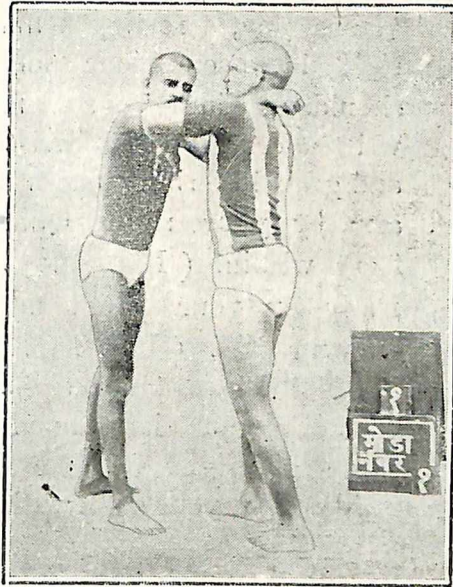
waist maintaining perfectly your own balance. ( Fig. 520 )  
 Sweep off his legs forward by your left leg and press him  
 back by your right-leg so that he falls heavily on the ground.  
 With a sudden jerk to your right sit-down and break away  
 from his grasp. ( Fig. 521 )



# PART IX

## Moves to get behind.

*Moda* ( Arm-jerk. )



Move no. 1.

Fig. no. 522.

**Moda** ( Arm-jerk ) Move No. 1:— While sparring for head-hold, hold your left hand below his right arm which is resting on your neck. ( Fig. 522 Jerk up his right arm by your left hand to your right and pull his neck to your right by your right hand: Suddenly bend down a little, stride your left foot towards his back and dive behind him from below his right armpit for attacking him with some other move. (Fig. 523)

*Moda* ( Arm-jerk. )

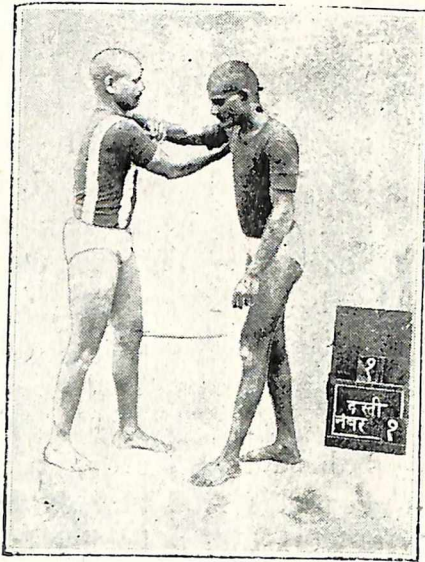


Move no. 1.

Fig. no. 523.



*Dasti* ( Shoulder-jerk forward. )



Move no. 2.

Fig. no. 524.

**Dasti** ( Shoulder-jerk forward ) Move No. 2:—While your adversary is standing before you, resting his right hand on your left shoulder slide your left wrist under his right wrist and grab his right upper-arm by your right hand from within. ( Fig. 524 ) Raise up your left hand to your left. ( Fig. 525. ) Suddenly hold his right wrist by your left hand, swing his right hand forward and to your right with

*Dasti* ( Shoulder-jerk forward. )



Move no. 2.

Fig. no. 525.

such a force that his whole body moves forward. When he is sufficiently forward let go his wrist, stride your left foot towards his back, smartly get behind and hold his waist by your left hand. ( Fig. 526. ) This is a very artful design to get yourself behind your opponent if it is executed quickly in a single jerk.

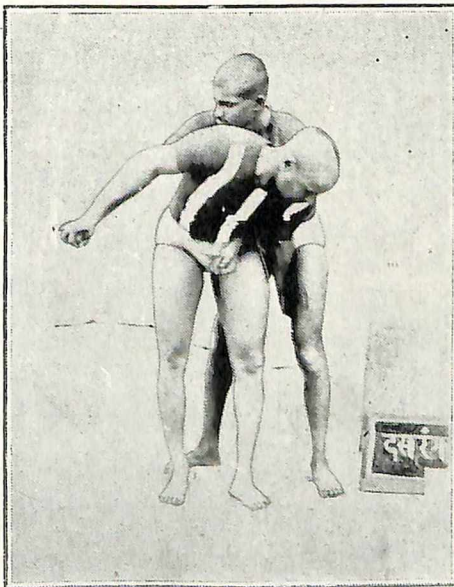
*Das'i* ( Shoulder-jerk forward. )



Move no. 2.

Fig. no. 526.

*Ubhyane Dasarang* ( Shoulder-jerk Backward. )



Move no. 3.

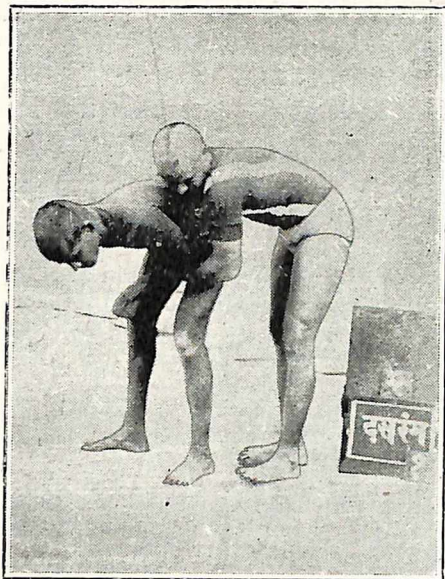
Fig. no. 527.

**Ubhyane Dasarang**  
( Shoulder-jerk Backward )

Move No. 3:—When your opponent secures a waist-hold while standing, tear off his interlaced fingers by your hands, catch his right hand by your right and seize his left thigh by your left hand from within so that his left hand is trapped below your left hand. ( Fig. 527 ) Give a violent backward jerk to his left shoulder by your left, turn swiftly to



*Ubhyane Dasarang* ( Shoulder-jerk Backward. )

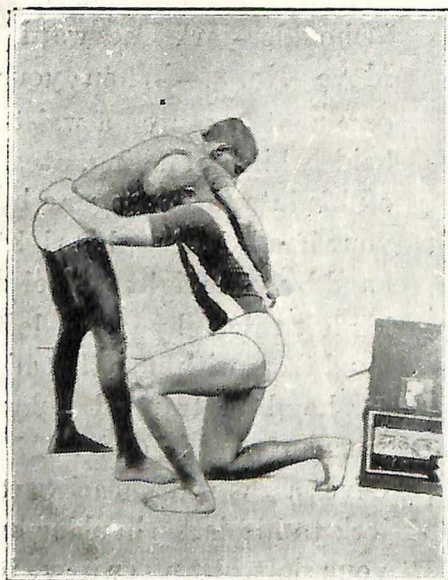


your left, let go his right hand-grip, striding by your right leg towards his back get behind him and secure a waist-hold. ( Fig. 528. )

Move no. 3.

Fig. no. 523.

*Bagadub* ( Dive from below armpit. )

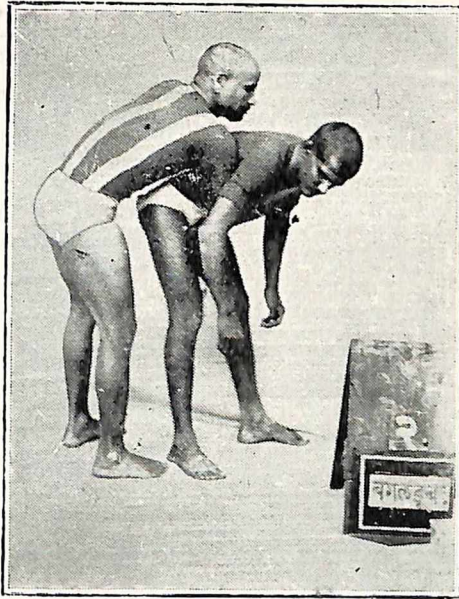


**Bagaldub** ( Dive from below armpit ) Move No. 4: - While both of you are slapping each other to secure any advantageous position, when he stretches forth his right hand to give a blow on your neck, suddenly bend down and dive from under his right armpit as in Fig. 529. At the same time push him forward by your right hand resting on his neck, vigorously turn to

Move no. 4.

Fig. no. 529.

*Bagaldub* ( Dive from below armpit. )

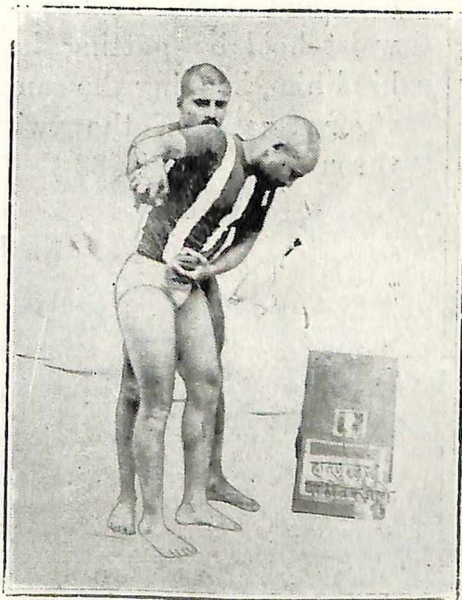


your right, step towards his back and get behind him. ( Fig 530. )

Move no. 4.

Fig. no. 530.

*Hat-Murad* ( Hand-twist. )



**Hat-Murad** ( Hand-twist ) Move No. 5:—If your adversary secures a waist-hold on you, tear off his interlaced fingers by your hands as in the previous move and hold his hands by your hands. Twist his right hand by your right as in Fig. 531. Raise it over your head without stopping the twist and bend down a little. Do not let go his left hand. ( Fig. 532 ) Bring down his right hand

Move no. 5.

Fig. no. 531.



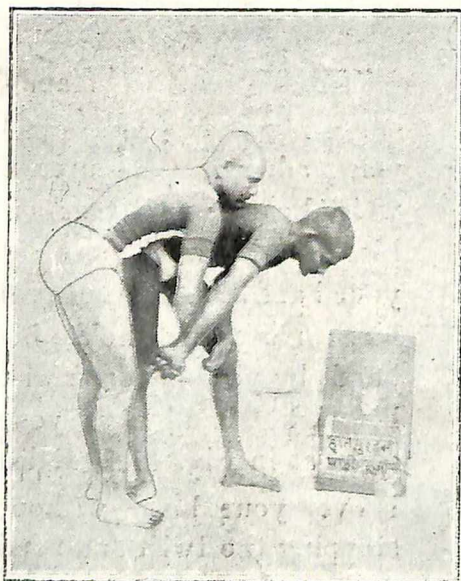
*Hat-Mural* ( Hand-twist. )



Move no. 5.

Fig. no. 532.

*Hat-Mural* ( Hand-twist. )



and when he is sufficiently bent down, leave off his left hand and smartly secure his waist-hold by getting behind him, keeping the same vigorousness of the twist throughout. ( Fig. 533 )

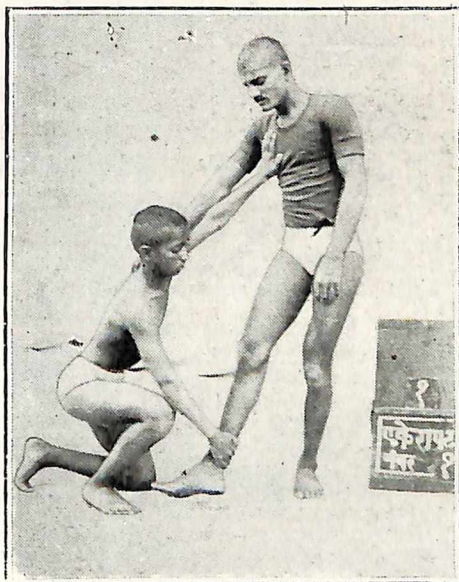
Move no. 5. Fig. no. 533.

# PART X

CSL

Variations of a hold according to height and strength.

*Ekerapat* ( Single Leg Hold. )

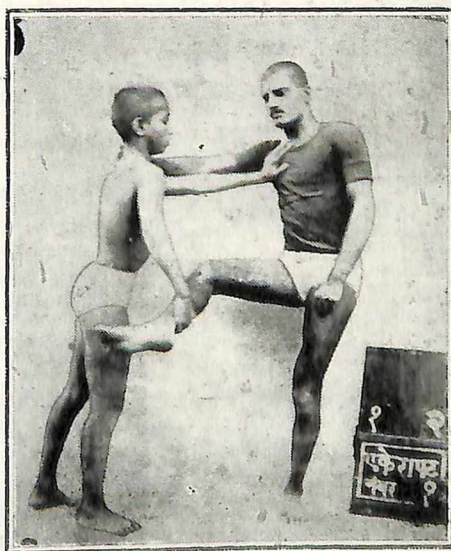


1 st Sort.

Fig. no. 534.

**Ekerapat** ( Single Leg Hold ) 1 st Sort ( To pick up the leg of the taller opponent by a shorter one):- In order to secure *single leg ho'd* on the taller contestant, sit down on your left knee, seize the right ankle-joint of the opponent by your right hand and press his chest back by your left hand. ( Fig. 534. ) At once pick up his right leg, continuing the pressure on his chest. ( Fig. 535. )

*Ekerapat* ( Single Leg Hold. )

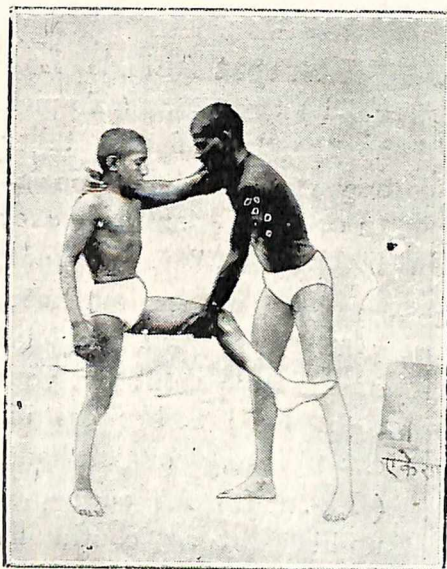


1 st Sort.

Fig. no. 535



*Ekerapat-2 nd Sort.*

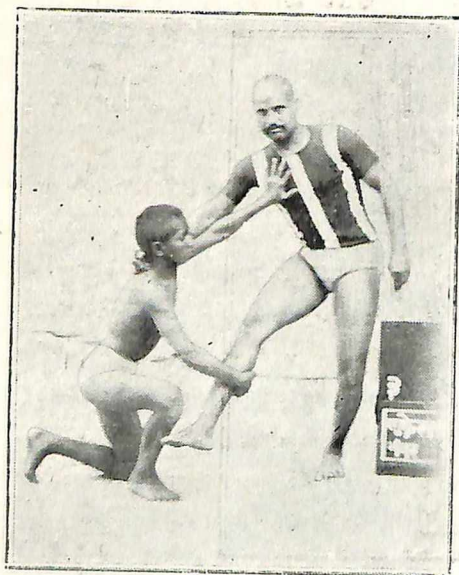


**Ekerapat 2 nd Sort** (To apply *single leg hold* on a shorter opponent ) :—Seize the neck of your opponent by your right hand, grab his left knee from below by your left hand and pick it up. ( Fig. 536. )

2 nd Sort.

Fig. no. 536.

*Ekerapat-3 rd Sort.*



**Ekerapat 3 rd Sort** ( To apply *single leg hold* on the opponent superior in height and strength):—Drop yourself down suddenly on your left knee, grab his right calf by your right hand, press back his chest by your left hand and lift his leg up as in ( Fig. 537. )

3 rd Sort

Fig. no. 537.

*Ekerapat--4 th Sort.*



4 th Sort.

Fig. no. 538.

**Ekerapat 4 th Sort** ( To apply *single leg hold* on the opponent inferior in height and strength. ):-Catch hold of his neck by your right hand and lift his left leg up by holding his lower thigh by your left hand. (Fig. 538.)

*Ekerapat--5 th Sort.*



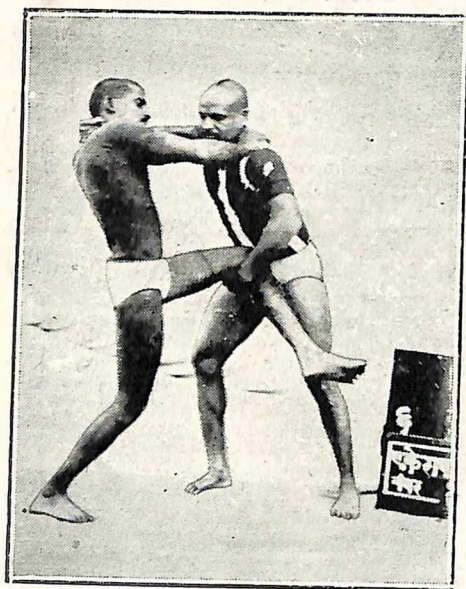
5 th Sort.

Fig. no. 539.

**Ekerapat 5 th Sort** ( To apply *single leg hold* on the opponent equal in height but superior in strength ):- Press back the chest of your adversary vigorously by your left hand and pick up his right leg by holding it as low as the length of your hand will allow ( say, a little below his right calf ) as in ( Fig. 539. )



*Ekerapat-6 th Sort.*

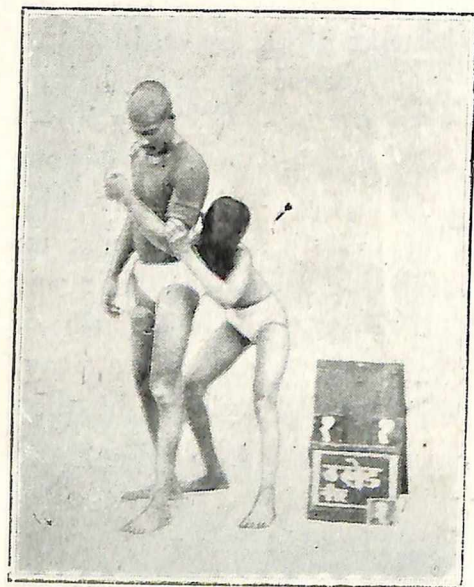


6 th Sort.

Fig. n°. 540.

**Ekerapat 6 th Sort** ( To apply *single leg hold* on the opponent equal in height but inferior in strength. ):— Pick up his left leg by grasping the back of the left knee from within by your left hand. ( Fig. 540. )

*Ukhed-1 st Sort.*

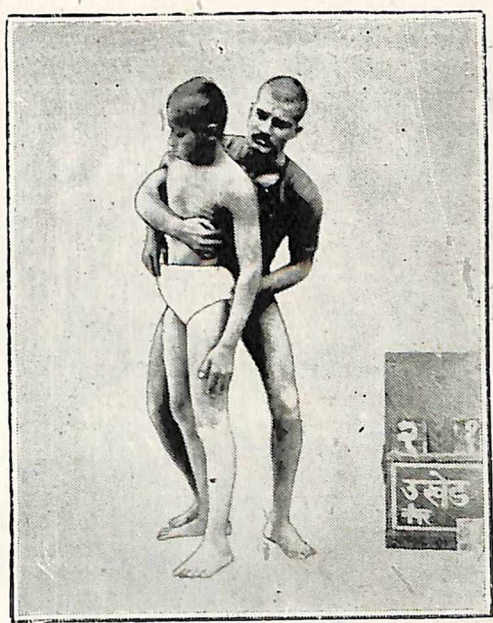


1 st Sort.

Fig. no. 541.

**Ukhed** ( Body-lift and throw ) 1 st Sort ( To apply *body-lift and throw* on the taller opponent. ):— Bend down so low as to touch the opponent's back-waist with your chest ( Fig. 541 ) and lift up his body in order to dash him clean to the ground.

*Ukhed-2 nd Sort.*



2 nd Sort.

Fig. no. 542.

**Ukhed** 2 nd Sort ( To apply *body-lift* and throw on the shorter opponent ):-Bend down so as to touch your adversary's back with your chest as in Fig. 542. and pick up his body to sling him clean on to his shoulders to the ground.

*N. B.* Some such similar variations should be made in applying holds on the opponents varying in height, weight and strength.





# PART XI

## Chain Holds.

*Hand-twist and pull.*

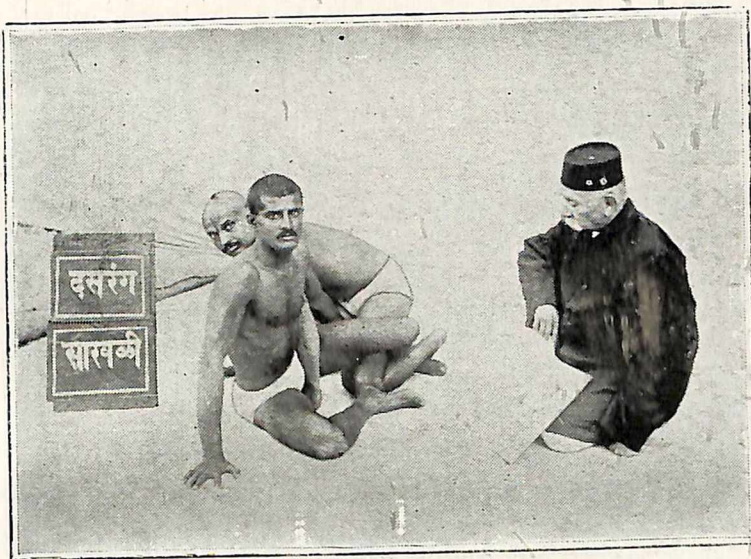


Chain no 1.

Fig. no. 543.

**Chain No. 1:-** ( Hand-twist and pull, Leg-hook and press, Pull over, Leg-hook and press, Throw up body as in arm-roll, and Throw over back :—Get yourself behind your opponent and force him down on his knees. Twist his right hand by your right and endeavour to apply *hand-twist and pull* on him. ( Fig. 543 ) Your adversary will extricate his hand with a violent pull and hooking your left leg by his left, will try to turn to his left for executing *leg-hook and press* on you. ( Fig. 544 ) In the act of his turning to his left, lever your right leg against his hips and pull on for *pull over*. ( Fig. 545 ) When you are pulling him to your right, your foe will vigorously continue his left turn to press you down as in *leg-hook and press*. ( Fig. 546 ) As soon as he is attempting to press down your shoulders to the ground, you can easily throw up your body over his as in a *Dunki* to save yourself from the critical position. ( Fig. 547 ) If your opponent be ingenious enough to grab you for *throw over back* ( Fig. 548 ), you are

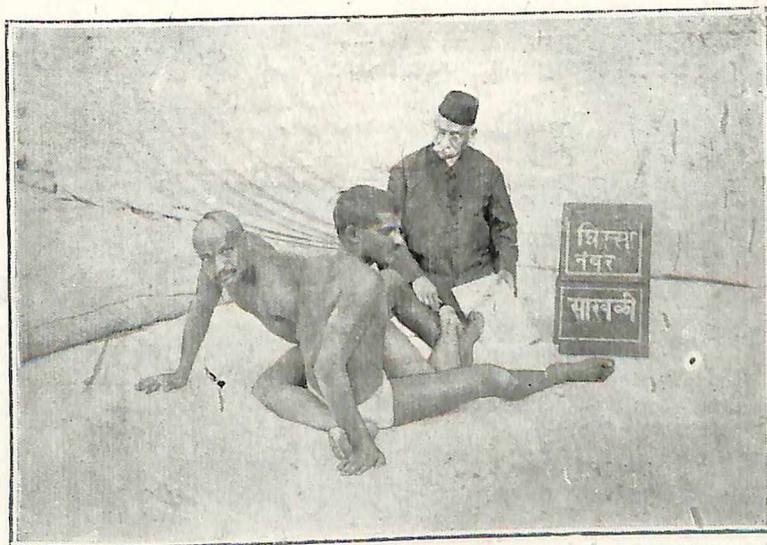
*Leg-hook and press.*



Chain no. 1.

Fig. no. 544.

*Pull over.*



Chain no. 1.

Fig. no 545.

in an utterly helpless condition as your legs are in air and consequently you have no support; and you will be easily dashed down to the ground on your back. Such chain holds



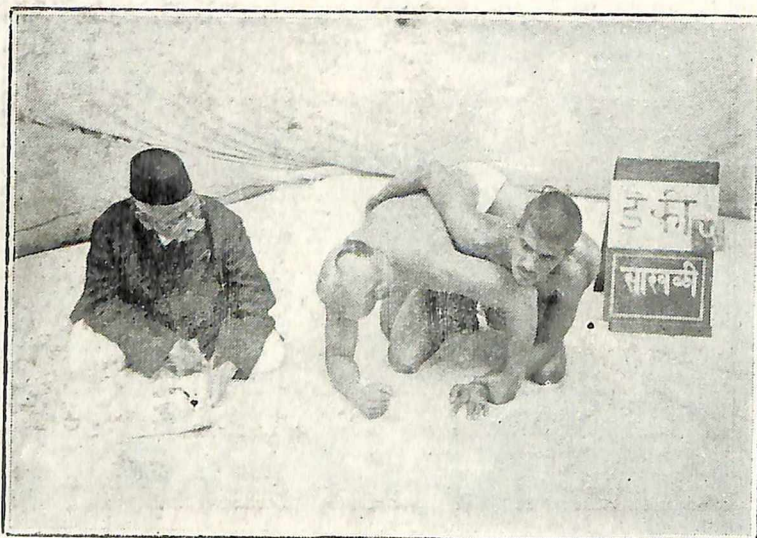
*Leg-hook and press.*



Chain no. 1.

Fig. no. 54 .

*Throw up body as in arm-roll.*



Chain no. 1.

Fig. no. 54/.

appear very graceful to be looked at and the spectators get highly pleased thereby. In these chain-holds a man of inferior stamina is sure to be beaten down.

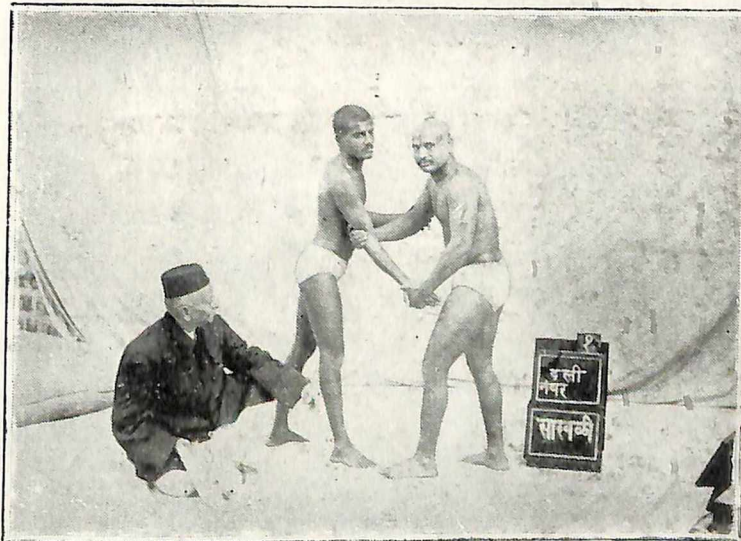
*Throw over back.*



Chain no: 1.

*Shoulder-jerk forward.*

Fig. no. 548.



Chain no. 2.

Fig. no. 549

**Chain No 2.** ( Shoulder-jerk forward, Inside leg hook, Flying mare and Outside leg throw. ):- If your opponent blocks your *shoulder-jerk forward* by holding your right hand by his left as in Fig. 549, at once hook his right leg by your right from within and employ *inside leg hook* on him. (Fig. 5 0) If he is still clever enough to nullify your attempt, do not be



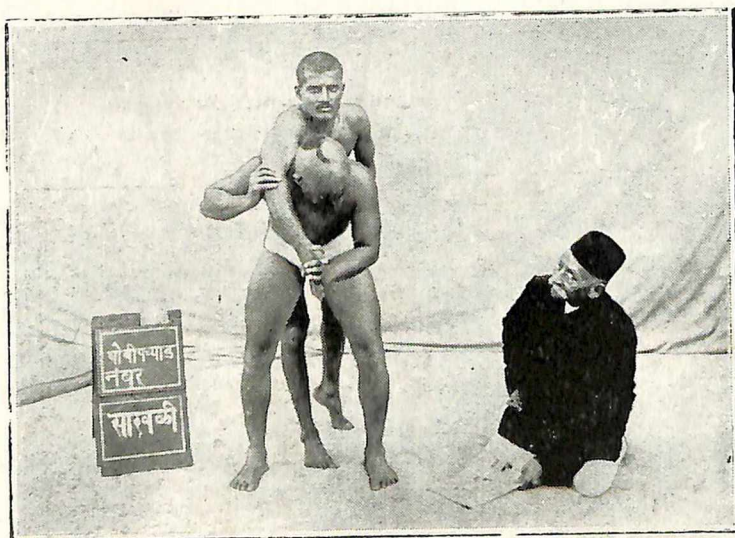
*Inside Leg hook.*



Chair no. 2.

Fig. no. 550.

*Flying mare.*

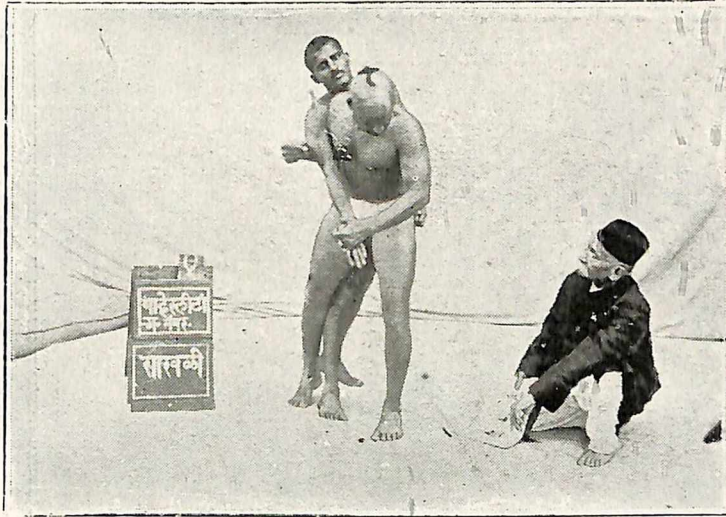


Chair no. 2.

Fig. no. 551

nervous and downcast; suddenly pull his right hand down from over your right shoulder for instituting *flying mare* on him. (Fig. 551.) If your adversary shows himself to be more than a match for you by not giving way even to this, tax your brains once more. In a moment apply *outside leg throw* on him (Fig. 552.) and hurl him heavily on his back to the ground.

*Outside leg throw.*

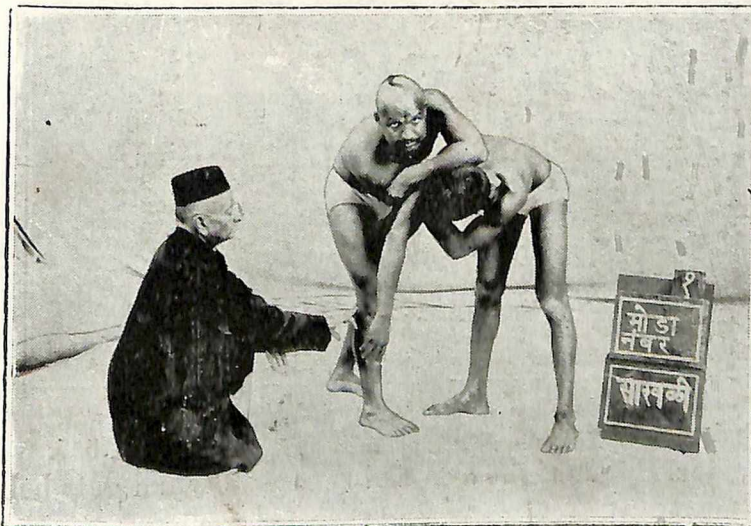


Chain no. 2.

Fig. no. 552.

This chain of holds is quite different from the previous one. Here one is taking the offensive while the opponent defensive. One is employing one hold, if that is stopped, he employs another and so on until he beats the opponent down.

*Arm-jerk.*



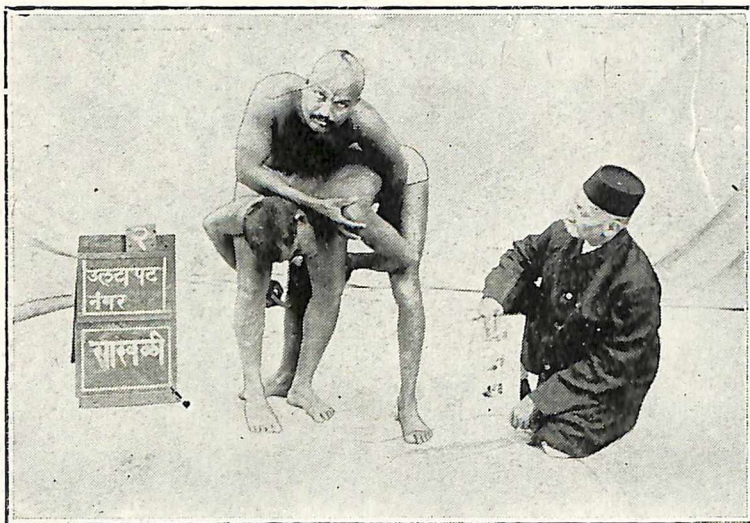
Chain no. 3.

Fig. no. 553.

**Chain No. 3** ( Arm-jerk, Double leg hold from behind, Inside leg throw and Pick up legs side-ways ) :—If your



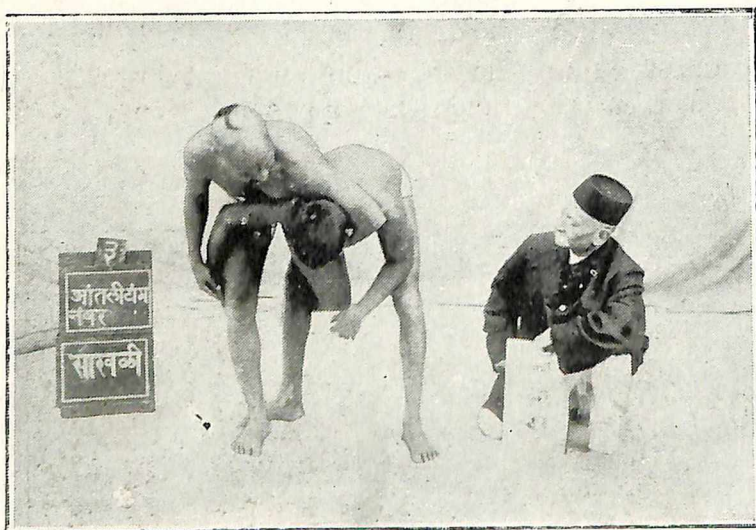
*Double leg hold from behind.*



Chain no. 3.

Fig. no. 554.

*Inside leg throw.*

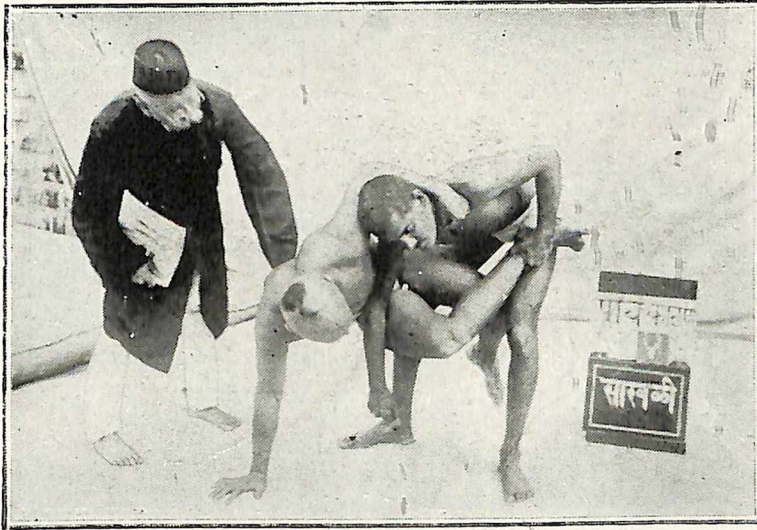


Chain no. 3.

Fig. no. 555.

opponent jerks your right arm as in *arm-jerk* and gets behind you, ( Fig. 553 ) bend down and thrust your hands for *double leg hold from behind*. ( Fig. 554. ) He will at once hook your right leg by his left for *inside leg throw* as in Fig. 555. Now do not lose the fine opportunity to surprise your opponent.

*Pick up legs sideways.*

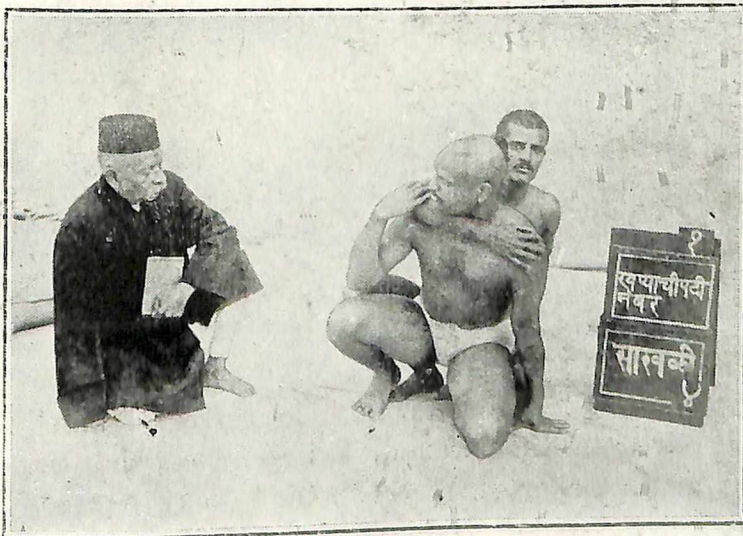


Chair no. 3.

Fig. no. 556.

Suddenly pick up his right leg in order to make him supportless. ( Fig. 556. ) You can now easily pin his shoulders to the ground by pushing and pressing him down. Here in this chain one applies a certain hold, the opponent replies to him by another and so on.

*Neck-lock from behind.*



Chain no. 4.

Fig. no. 557.



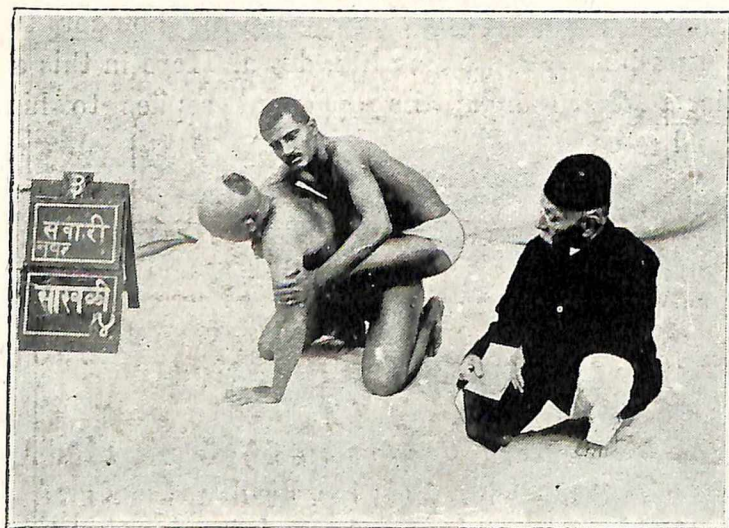
*Outside leg throw from the ground.*



Chain no. 4.

Fig. no. 553.

*Scissors-lock.*



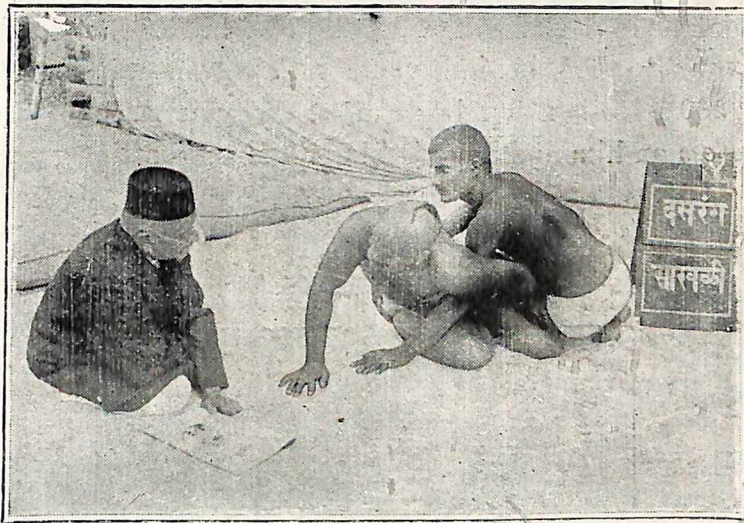
Chain no. 4.

Fig. no. 559

**Chain No. 4.** ( Move for neck-lock from behind, Outside leg throw from the ground, Scissors-lock, shoulder-jerk backward and nose-press. ) Get behind your opponent by using some artful design and endeavour to lock his neck by your right hand for instituting *neck-lock from behind* on



*Shoulder-jerk backward.*



Chair no. 4.

Fig. 1c. 560.

*Nose-press.*



Chair no 4.

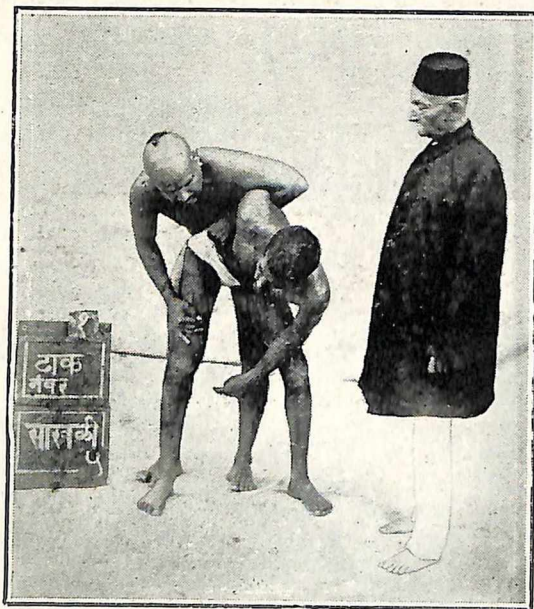
Fig. no. 561.

him. (Fig. 557.) He will suddenly stop your lock by pulling down your right elbow by his right hand and will lever his right leg against your right for applying *outside leg throw* on you. ( Fig. 558. ) Under these circumstances at once try to insert



your left leg under his body for forking it between your legs as in *Scissors-lock*. ( Fig. 559 ) While you are doing so he will take a support of your left thigh by his left hand and will endeavour to get behind you by *shoulder-jerk backward*. ( Fig. 560 ) He is now fairly caught by you. At once employ *nose-press* on him and deposit his shoulders on the ground as in Fig. 561.

*Throw over back.*

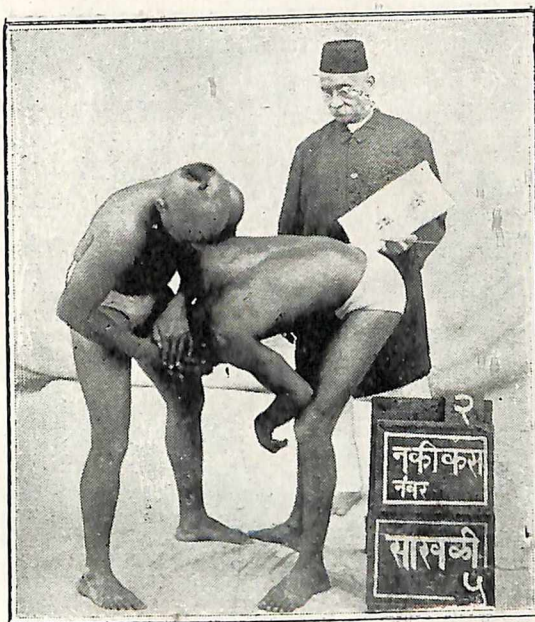


Chain no. 5.

Fig. no. 562.

**Chain No. 5** ( Throw over back, Half-nelson from the front, Arm and leg throw and Neck-hold and throw ) :—If your assailant holds your left hand under his right arm-pit and tries to turn to fling you down by *throw over back*, ( Fig. 562 ) block his hold by suddenly turning to your right in order to come before him and at once slide your left hand further on his neck to secure *half-nelson from the front* on him. ( Fig. 563. ) Your adversary will further turn to his right and sit down on his left knee in order to pitch you down by employing *arm and*

*Half-nelson from the front.*



Chain no. 5.

Fig. No. 533.

*Arm and leg throw.*



Chain no. 5.

Fig. no. 534.



*Neck-hold and throw.*

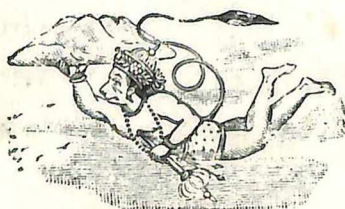


Chain no. 5.

Fig. no. 535

*leg throw on you. ( Fig. 534. )* Your opponent thus involves himself in a trap as you can easily fix his shoulders to the floor by executing *neck-hold and throw* on him ( Fig. 565. )

Similar chains can be formed specially for show even, from the holds described in this volume. If the contestants belong to different institutions fixed chains can never be possible. At that time the chain will depend upon the clever applications used by them on the spur of the moment. If a man, however, is well initiated into and taught the chains of holds, he will never be easily taken in, in competitive wrestling bouts.



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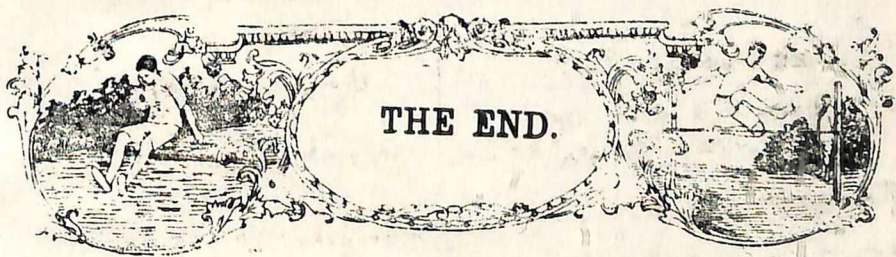
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