

### Combative Activities

The activities listed under this title consist of individual and group contests of a rough and strenuous nature. They are valuable in developing the ability to react instantly with a maximum of energy for the purpose of overcoming an opponent.

#### Objectives

1. To develop aggressiveness in personal combat.
2. To develop initiative in personal combat.
3. To develop resourcefulness in personal combat.

#### Activities: Hand to hand.

In hand to hand combat in war, victory if achieved, usually comes in the first few seconds. Defeats suffered in early practice will be compensated for by habits of aggressiveness and by the quick and adaptive thinking which will grow from such practices. The activities described below are developmental and not the ones of actual warfare.

#### Formation: Arrange the class in pairs, according to size.

1. Hand Pull. Contestants grasp hands (one or both) and attempt to pull the opponent over to one's own position. In grasping hands, each individual should grasp the wrist of the opponent so that there is a double grasp with heels of hands in contact and with each hand grasping the other's wrist. This can be varied by hopping.

2. Neck Pull. Grasp the back of opponent's neck with one hand; for example, each contestant grasps the back of opponent's neck with right hand. In this case the right foot would be forward. Attempt to pull opponent out of position.

3. Rooster Fight. Hop on left foot with arms folded across the chest. Use the right shoulder and right side of chest to butt opponent. The object is to make the opponent lose his balance and fall, or to unfold his arms or to touch his free foot to the ground.

4. Hand Wrestling. Opponents grasp right (or left) hands. Right foot is forward, and each attempts by pulling, pushing, by a sideward movement or other maneuvering to force opponent to move one or both feet from original position. Change hands after each bout.

5. Mounted Wrestling. Men fight in pairs. The "rider" sits astride the neck of the "horse" with his lower legs under the "horse's" arms and his feet clasped behind the "horse's" back. Two pairs of such horses and riders then wrestle, the object being to unseat the rider or to cause the rider to touch the ground anyway. If both pairs fall at the same time, the rider touching the ground first is the loser.

6. Indian Wrestling. Contestants lie on the ground, side by side, with hands in opposite directions. Link right elbows. Upon signal of instructor or by mutual agreement, raise right leg far enough to engage the heel of the