

opponent. In order to time the contest, individuals usually raise the leg three times rhythmically and the third time engage opponent's heel, attempting to roll him over backwards. After each three bouts, change legs.

Boxing. (See any standard boxing guide for detailed descriptions.)

The fundamentals of boxing are very valuable, especially the foot work and thrusts. Competitive boxing should not be encouraged, except under expert supervision and control. The following skills are of value and should be practiced:

1. On guard.
2. Footwork:
 - Advance and retreat
 - Side stepping
3. Straight right or left.
4. Hooks
 - Right or left

Wrestling. (See any standard wrestling guide for detailed description of wrestling holds.)

Wrestling is one of the most valuable forms of combative activity. It is particularly valuable in the present emergency in teaching boys how to secure bodily advantage over an adversary quickly. In all forms of wrestling, both during the training period and in matches, the emphasis should be upon overcoming one's opponent instantly. Competitive wrestling should not be encouraged except under expert supervision. Some of the wrestling positions lend themselves to hand to hand combat.

Sports and Games

Sports and games contribute to the development of endurance and skill and are of value in developing the combative spirit and the will to win. In order to derive the maximum benefits from the game program there must be more participation by more people, i.e., more games, longer periods, and more boys in the games.

Objectives

1. To develop cooperation (subordination of the individual for the good of the group).
2. To develop leadership and fellowship.
3. To develop aggressiveness.
4. To develop initiative.

Activities

Group Games. Many group games can be made more vigorous and rugged to meet the objectives of this program.

1. Broncho Tag. (Developed from Three Deep). The players are scattered about in pairs. The boy standing behind wraps his arms around the waist of the one in front. One chaser and one runner are selected. The chaser attempts to tag the runner. The runner may escape by clasping the waist of the rear boy of