



Professor makes a point to interested class. Note sweat and dirt on backs in foreground.

WRESTLING AND RELATED COMBATIVES TEACH HAND-TO-HAND FIGHTING

Wrestling is a much used activity in the Navy physical fitness program because it serves as an excellent means of conditioning men and at the same time offers valuable skills for use in personal combat. It is a different type of body contact sport than most other sports. The maneuvers require that a man must overcome his opponent largely by strength and skill in which there is the closest type of body contact, yet quite distinct from boxing, football or other athletics. There should be no confusion between legitimate wrestling, conducted in accordance with accepted rules, and the "grunt and groan" variety sometimes seen in commercialized matches.

The sport of wrestling and other combatives illustrated here have these purposes: (1) The development of resourcefulness in personal combat; (2) the development of proper footwork and weight control; and (3) to learn to time the best moments for the attack in overcoming an opponent. Wrestling is a complicated sport when one gets into its advanced stages. The Navy program, however, includes the elementary phases of the sport for the reasons indicated above, as well as to give men a chance to improve their physical condition.

Head lock is vigorous, recommended wrestling hold. More wrestling holds are shown on next page.

