

COMBAT ACTIVITIES

Combat activities aid in making the individual skillful. They develop a readiness to fight at short range. They will strengthen the weak and develop courage and determination.

The following may be used as individual contest; but it is better to run them in miniature tournament form or as group contests. A little thought on the part of the instructor can make such contests very helpful. In the tournament idea pair off your men rapidly, attempting to get equal sizes for the start. However do not sacrifice time to satisfy this element. After one contest which may be two out of three "falls" or but a single "fall". Arrange the winners of the first bouts of the main tournament in pairs and compete again. Have losers start another tournament which is the consolation. Continue this process forming as many tournaments as desired. Always have the winner stay in place and the loser moving down. After complete elimination in the main tournament and consolation, have the winners of the main and consolation tournament compete for championship. All matches start on signal by instructor.

1. AMERICAN WRESTLE: (Staley's "Games, Contests and Relays")

"Place two contestants so they stand facing each other with chests touching. Have each place his left arm over the opponent's shoulder, his right arm about the opponent's waist and clasp his two hands behind the opponent's back. At signal, each contestant attempts to get in back of his opponent with his arms encircling the opponent's waist. After the signal has been given the original hold may be broken. Either contestant, securing his opponent about the waist from behind, whether standing, sitting, lying, or kneeling, wins the bout."

2. BACK TO BACK LIFT: (Staley's "Games, Contests and Relays")

"Place two contestants standing back to back with elbows linked. At signal, each, by pulling and bending forward, attempts to lift the other off the floor. Either contestant lifted off the floor loses the bout."

3. BACK TO BACK PUSH: (Staley's "Games, Contests and Relays")

"Place two contestants standing back to back with elbows locked. Establish a line ten feet in front of each contestant. At signal each, by pushing backward, attempts to push the other over his (the opponent's) base line. The contestants are not allowed to lift and carry their opponents--pushing only is permitted. Either contestant pushed over his own base line loses the bout."

4. DRAKE FIGHT: (Staley's "Games, Contests, and Relays")

"Place two contestants facing each other at a distance of four feet. Have each contestant lean forward and grasp his ankles with both hands. At signal, each moves forward and by butting, shouldering and sidestepping attempts to compel the other to fall over or release his hands. Either contestant falling over or releasing either hand loses the bout. Three bouts constitute a match; the contestant successful in two wins."

5. GRECIAN WRESTLE: (Staley's "Games, Contests and Relays")

"Two teams of two players each take part in this contest. Place the two teams facing each other. Have one player of each team sit on the shoulders of the other player with his legs wound around the supporting player's back. At signal, the two "horses" move forward so the "riders" can reach each other. Each "rider" attempts to overthrow his opponent."