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active, and interesting to watch. Several new holds have been evolved in the last few years and old ones have become known by new names, so that even those listeners who are conversant with some old style of wrestling may fail to understand just what is meant by certain terms used.

THE REFEREE'S HOLD is the one into which the men often go in the centre of the ring when manoeuvring for a throw or another hold. It merely consists of facing each other with their fingers interlaced behind each other's neck, in which position they



This is Scotty Mac. using the Short Arm Scissors on his opponent.

circle round and press down.

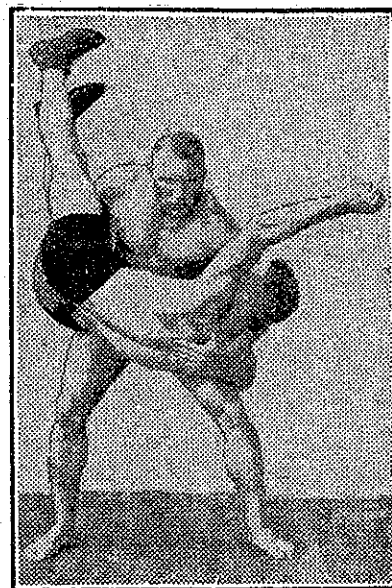
2. **THE BODY SCISSORS** is applied by getting your opponent's body between your legs, locking your feet together, and squeezing. By stretching out your legs in this position a tremendous pressure can be applied. **THE HEAD SCISSORS** is similar to the body scissors, except that it is applied to the head.

THE SHORT ARM SCISSORS is applied by putting your arm through the crook of your opponent's arm, acting as a pin, which prevents him withdrawing his own. To use this hold correctly your right arm should be linked through his right, or your left through his left, although the hold can be applied by right arm to left and vice versa.

4. **THE HAMMERLOCK** consists of seizing an opponent's wrist and elbow and forcing his arm up his back.

5. **THE FLYING MARE** is applied by turning your back to your opponent's face, reach your hands back over your shoulder, catching him at the back of his head, drop your body down low, at the same time pulling down on his head with both hands. This should throw him right over your shoulder, he landing on the broad of his back,

What oh for a bump. Scotty is holding his opponent the Crutch Hold ready for a Slam.



6. **CRUCIFIX.** Out of this hold there is little or no chance of escaping. It is applied by twisting the legs round the opponent's arms and head and forcing the arms back by wrist and leg. If the opponent rolls over, the position is referred to as the **REVERSE CRUCIFIX.** Of

course, the shoulders cannot be pressed to the ground from these positions, but a submission fall can be obtained. Such a fall is indicated by the contestant tapping the mat.

7. **BOSTON CRAB.**—Another hold from which there is little chance of escape. The opponent's legs are forced back over his back and you sit on his buttocks, holding him in that position until a submission fall is signalled. The opponent's back can be badly strained by this hold, and hospital cases have resulted. It has been known for the held man to throw his opponent forward, and so break the hold.

8. In the **CRUTCH HOLD** the opponent is lifted bodily and then thrown to the ground in a slam. The breath can easily be knocked out of the body in this manner.

There are a number of other common holds, such as the splits, face bar, toe hold, and so on, most of which explain themselves, and, of course, the wrestlers are often in positions which have no name.

The accompanying photos, by S. P. Andrew, illustrate the best known and most used holds. In all but the Arm Scissors and Crutch Hold, the demonstrators are Scotty MacDougal, the well-known wrestler, and Mr. Gordon Hutter, sports announcer at IYA.

This makes Gordon smile! Scotty is held down by the Boston Crab, and it appears that he will be there for a while.

