



THE OUTSIDE STROKE.

## STANDING ATTACKS

The wrestler who takes up the position indicated above is practically immune from all attack, save such as may be initiated by a trip or an arm pull. I propose to touch upon the latter form of attack generally later on, but as tripping is just now a sadly neglected art among British wrestlers, it is more deserving of immediate attention.

Certainly the best and safest trip to employ in up-standing wrestling is

### THE OUTSIDE-STROKE,

which is superior to the back-heel, simply because, while being even more efficacious in bringing about a fall, it is, on the majority of occasions, a far safer chip to attempt.

You *must* be fairly close to your man in order to make a back-heel at all effective, and unless he be unsteady at the moment, or you have him in a waist-hold, with a sure under-grip, you are laying yourself terribly open to getting caught in that hold yourself.

In short, openings for the back-heel have to *occur*, whereas openings for the outside-stroke are always presenting themselves. Need any further argument be offered?

Say that you are in head-holds, pushing and pulling each other about. Your opponent is pushing you and you have your left hand on his right shoulder outside, or hanging loose. Now as his right leg comes forward in his advance, sweep the foot away with your left foot, striking him on the ankle, simultaneously grasping his right upper-arm, neck, or shoulder and pulling him clean off his balance. Swing your weight as you strike and pull, and down he must come.

It is important to remember that the most suitable moment for the stroke *and* pull is exactly when his weight has just been shifted, that is to say, after his weight has been taken *off* his left leg, and he is bringing his right foot down. Provided that you make certain of playing your chip at this exact instant, you may be satisfied that your opponent will not only come down, but come down heavily. But you must look after your own balance as well. You will have made up your mind as to whether you are going to apply the outside-stroke to his right or to his left leg, will be watching for its advance and practised in shifting your own weight to your right leg, supposing you to design making the sweep with your left.

This is one of the numerous points in which you will find Ju-jutsu practice, previously recommended, of such extreme value.

#### ANOTHER OPENING.

The above description illustrates an opening for the outside-stroke, which you have anticipated, that is to say, for the presentation of which you have prepared. Now for one which you can make for yourself.

Pull at your man's head several times, not successively of course, and ascertain which foot he brings forward most readily to restore his balance. Then play for the outside-stroke and pull sharply, in which case his balance will be shifted more forcibly on to the advancing leg than it would be were he advancing of his own volition, and the resultant fall will, in consequence, be proportionately heavier.

The above are only two instances in which the outside-stroke may be advantageously employed. There are, of course, almost innumerable others, but these are the two most likely to occur during the opening stages of a wrestling bout.

In order to avoid being brought down yourself by the outside-stroke, keep your legs wide apart and avoid taking lengthy strides either back or forward, while, as being, perhaps, the quickest method of perfecting the maintenance of your balance, so desirable in every style of wrestling, secure some practice at a Ju-jutsu school, where the outside-stroke is brought into practice in an infinity of ways.