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BOXING FOR BEGINNERS

WITH CHAPTER SHOWING ITS RELATIONSHIP
TO BAYONET FIGHTING

BY

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PREFACE.

The object of this book is to put before the youth of the country a simple method of instruction in boxing and to give the results of over twenty-five years of experience as a teacher of this excellent exercise and sport. There are many good boxers but few good teachers. The reasons being, I believe, first, because boxers are too well off to wish to make teaching a profession, and second, lack of method. I am the last man in the world to wish to tie anyone to a method, but in boxing as in fencing there are certain blows and guards that are standardized through use and which have been found necessary to all boxers. I have arranged these simple fundamental movements in the order of a lesson as given in my classes in McGill University, St. John's School, and Lower Canada College. This method has been successful and has resulted in the development of many good boxers, local and intercollegiate champions, and at least one champion of his country. So that it is effective as well as simple. It is difficult to learn boxing from a book, but I believe that if two pupils carefully studied the illustrations, read the text, and then went back to the illustrations, the two working together, practising the movements slowly at first and gradually increasing the pace, correcting each other as they went along, they would improve with every practice
and, in a few months would learn enough to defend themselves should the occasion arise.

I take this opportunity to thank the following, who have so kindly given me their assistance: The C. O. and officers of the C. O. T. C., for their courtesy in supplying suitable material; the two young amateur boxers and the non-commissioned officers, who so willingly undertook and cheerfully carried out their thankless task of posing for the illustrations; Major Percy E. Nobbs for his kindly advice and encouragement; also Mr. W. Chandler, the photographer, who did so much work in so little time with such untiring good nature.
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BOXING FOR BEGINNERS.

POSITION.

Body well balanced, weight slightly forward, left foot advanced about fourteen to eighteen inches, according to the length of the leg, right arm resting across the body, forearm inclined slightly upward, hand about the height of left nipple. Left hand advanced toward opponent, fist slightly lower than shoulder, modified to height of opponent, eyes looking straight at opponent's face. Do not contract the muscles of the face or look at any particular part of your opponent but look in a general way at the face. This gives a good focus. If you were walking along looking ahead, and two or three friends came along, you would see them all; but if you focussed your eyes on one, you would not see the others. So it is in boxing. Look in a general way at your opponent's face and you will find that you are able to see any movement of his feet or hands. This position may feel unnatural at first, but after a few practices it will become more or less modified to suit the individual, and the pupil will feel perfectly at ease.
This position should be one of alert eagerness, all one's attention on one's opponent, looking for and taking advantage of every opening.

Do not stand still, move around, always well balanced, weight on the front part of the feet, all muscles loose and ready for instant action.
LEFT FOR HEAD.

The first blow taught is the left for the head. Without any preliminary movements, lead the left hand straight for opponent’s face, let the weight of the body go with the blow, straighten the right leg at the same time, to get the kick into the blow, back of the hand nearly uppermost, large knuckles of hand striking opponent.

Blow must be started without the slightest preliminary
movement. The pupil must learn to deliver all blows from the position. Any drawing back, lifting or lowering of the fist gives your opponent information of your intention and is called "telegraphing." It is easy to deal with an opponent who has this habit by timing or countering his first movement.

**Right for Head.**

Right for face is delivered almost exactly like the left, except that the right shoulder is thrown forward with the blow. Do not change the position of the feet.
LEFT FOR BODY.

Send left to body, fast and hard, letting blow land just above the belt, looking at opponent's face.
RIGHT FOR BODY.

Send right for body, letting right shoulder come forward and getting the swing of the body into the blow. Do not take eyes off opponent.
GUARDING.

Right inside guard for left blow for face. Advance hand, turning palm toward opponent’s arm, and elbow slightly bent, allowing blow to glance off.
GUARDING.

Left inside guard for right blow to face. Turn palm of left hand toward opponent's arm, keep weight forward and eyes on opponent.
OUTSIDE GUARD.

On opponent's left lead for head, guard on the outside with right, as illustrated, palm toward opponent's arm. You are now in a good position to return with left hook for head.
BLOCKING.

This block gives an opening for a right smash to the left short ribs. Press forward a little with left hand in order to turn opponent's right out of distance.
Blocking.

A simple method of guarding is to block, which means to put the open glove in the way of the blow, catching it. Press slightly upward and little resistance will be given. Two blocks are shown, one to give an inside opening, the other an opening outside.
THE CHOP.

Illustration shows the chop. This is sometimes a useful blow. Use the fist as the head of a hammer, the forearm as the handle. Especially effective against opponent who rushes in with head down.
Ducking.

Illustration shows a duck outside from a left for the head. As opponent’s blow is delivered, throw head to the side out of the way of advancing blow. Do not lose sight of your opponent.
Covering for Body Blow.

Lower left hand and forearm across body, left elbow just below right hand. Draw in lower part of body, catching the blow, not offering resistance.
METHODS OF DEALING WITH OPPONENT'S ATTACKS.

It is a simple matter to parry a blow or to step out of the way of it, but this gets you nowhere. The best method is to counter or time; another way is the return, which consists of simply hitting after eluding, parrying or receiving opponent's blow. The time attack is an effective way to handle an aggressive fighter. Corbett was a good demonstrator of this method, as was Gans also. It requires great skill and judgment and a special sense of perception in order to know, almost before your opponent does, just what he is going to do. It consists of hitting just as your opponent is going to hit. The left jab is used extensively for this purpose, though I have seen a right for short ribs and followed with left used very effectively. The counter is a blow delivered at the same moment as your opponent's attack, and is the best blow for a beginner. The moment you see your opponent's blow coming, guard or duck and deliver the desired counter. The illustrations which follow show some of the most commonly used and easily learned of these blows.
Counters.

A counter is a blow delivered at the same time as your opponent's attack.

Guard with right and counter with left. As opponent leads left for head, parry with right and at the same time drive left for face, left shoulder well forward. If successful, follow with right for head or body.
Duck to Right and Counter with Left.

As opponent sends his left for face, throw the head to the right, letting his blow go over your left shoulder, and send left to his face at the same moment. This is a very disconcerting counter.
RIGHT CROSS-COUNTER.

On opponent's left for head, duck to left, allowing his arm to go over your right shoulder, at the same time deliver your right as in illustration, this is a most effective blow and responsible for many knock-outs. All cross-counters may be delivered ducking outside, but this requires more accurate timing and long practice.
CROSS-COUNTER FOR BODY ON OPPONENT'S LEFT LEAD.

On opponent's left for head, duck to left, opponent's blow going over your right shoulder, and drive right for short ribs, just above the belt. If successful, follow with left hook for jaw stepping forward to the right with left foot.
LEFT HOOK.

Showing the follow with left hook after successful right counter to ribs.
COUNTER OR STOP FOR BODY BLOW.

When opponent delivers straight for body, draw back left foot, taking lower part of body out of reach, at the same time send left or right for face, weight well forward.
Duck to Right and Cross-counter on Body with Right.

As opponent leads his left for head, duck to right and counter with right on short ribs, just above the belt. This is a punishing blow if delivered quickly and hard.

If successful with right counter, follow with left hook for head, stepping over to right with left foot and follow up with left and right.
Counters for Right Lead.

When opponent leads his right for head, duck to left and counter with right on face. On the lips is a good place for this counter. Throw head well to left and bring right shoulder forward to put power into the blow.
CROSS-COUNTER WITH LEFT.

On opponent's right lead, duck to right and cross-counter with left. Rise up a little on the toes as blow is delivered, to keep clear of opponent's shoulder.
DUCK TO RIGHT AND COUNTER ON BODY.

On opponent's right for head, duck to right and counter on body.
DUCK TO LEFT AND COUNTER ON BODY.

On opponent's right for head, duck to left and counter with right to stomach.
RETURN BLOW AFTER SUCCESSFUL BODY-GUARD.

Illustration shows delivery of right hook for chin after guarding body blow.
Swings.

Left swing for head. Swing the left for opponent's right jaw, stepping slightly to right with left foot, blow striking opponent just before weight falls on left foot in order that weight may fall full on opponent, let shoulder come well round bringing every effort into blow, let large knuckles of hand strike opponent, tucking thumb out of the way. Right swing shows position of hand better.
RIGHT SWING FOR HEAD.

Swing right for head. This is a terribly effective blow when successful. Try to deliver it at left point of chin, step slightly to left with left foot and let full weight of body go into the blow.
Elbow Guard for Swing.

On opponent’s left swing, raise right elbow as high as temple, completely covering right side of face. Sometimes one may judge the swing accurately enough to catch opponent’s wrist or forearm with the elbow, causing him great inconvenience.
LEFT SWING FOR BODY.

Deliver the blow at opponent's short ribs, just above the hip, putting plenty of power into it.
RIGHT SWING TO BODY.

Swing for left side of opponent. All body blows should be delivered at the section immediately above the hips and below the ninth rib.
Elbow Guard for Body Swing.

On opponent's swing for body, hold the body tightly with the forearm, advancing the elbow slightly, catching opponent's wrist or glove on the elbow.
Hand Stop for Opponent’s Swing to Head.

As opponent starts his swing advance right hand, glove open and meet his upper arm firmly. Make no effort to knock or push the blow off to the side. Meet the upper arm with a shock. This is very effective and puts the defender in a good position for a return hook to the jaw or blow to the body.
Ducking from a Swing.

This duck is difficult to illustrate in a picture. If you look at the illustration you will see that the defender has ducked under and outside opponent’s arm and is in a good position to deliver a return blow. He is in a comparatively safe position for a fraction of time, having ducked away from both hands. The first movement of the duck is to lower the head and the body slightly, letting the head move to the left and under the swinging arm. This should be practised slowly at first, gradually increasing speed of the.
delivery and the duck until the movement becomes perfectly smooth and continuous. Illustration shows duck from right swing; in ducking from left swing the head moves to the right.

**Ducking Forward on Opponent's Swing.**

Some boxers have been successful with this style of duck; a short, stocky fighter uses it to advantage. Boxing with a tall, weedy opponent it is sometimes very effective. As
opponent's swing comes round, lower the head and dive straight in with right and left to body, following up vigorously, driving opponent backward.

**Sidestep.**

This is useful when opposed to a heavy opponent. As opponent rushes or delivers blow, step to the right with right foot. You are now in position to deliver right for body.
SIDESTEP OR SLIP.

As opponent delivers attack, step forward to the side with left foot and deliver left uppercut for body.
IN-FIGHTING.

In-fighting calls for rapid thinking and action, the blows must be delivered with plenty of power and drive behind them, the swing of the body and kick of the legs going into every punch. The opportunities for the short-arm work comes on the attempt of one’s opponent to follow up his attacks or to clinch. It is somewhat difficult to illustrate except in action. The following illustrations show some examples of this very useful and punishing style of fighting.
Short armed, stocky men are advised to study and practice in-fighting, so that once inside their opponent's longer reach they may use their hitting power and offset the natural advantage a longer armed or taller man possesses.

Stopping an opponent with right hook for jaw as he rushes in to clinch. Almost a certain knock-out; let the body swing from the hip and get the kick of the right leg into it.

Illustration shows figure on right driving left to ribs on opponent's attempt to clinch.
Delivering short arm jolts to body as opponent clinches.
FOOT-WORK.

Foot-work can hardly be taught by book. The secret of good foot-work is always to be balanced and in good position for attack and for defence, or, as one of my old teachers used to say, "to get where you're safe and he isn't." As a rule the relative position of the feet remains the same, left foot in front. Advancing is usually done by moving left foot forward, followed by the right, retiring right foot first; stepping to right or left usually with the left foot first, but not always. It depends upon the position of your opponent. Corbett and McCoy give good examples of one style of foot-work; Leonard's foot-work is of the same order. Fitzsimmons was a slow mover, but very accurate, and Jack Johnson was very much the same, flat-footed and dangerous. Watching good boxers and moving pictures of fighters is good for this study, and the practice of shadow boxing is the best exercise for it. Shadow boxing is sparring with an imaginary opponent, advance, follow-up, retire, sidestep and slip to right and left, varying the pace and always imagining you have a deadly opponent against you. Go entirely on the defensive and let someone try to hit you, using only your feet to elude him, and then change about and get him to elude you. Balance is the thing. Always feel that you are poised to deliver effectively or to get away at will.

CONCLUSION.

A great deal more might be said about boxing, especially the attack, ring generalship, etc., but this is a book for beginners only. Pupils should take advantage of opportunities to see the moving pictures of clever boxers. I remember one of my old pupils telling me that he had seen the pictures of the Johnson-Ketchel fight eight times. At first he could hardly follow what happened, but after four or five times he could not only see the blows but could actually see the openings before the blows were struck. Boxing is a great game and develops many qualities: a
quick eye, good judgment of distance, confidence and ability to put up a fight against strong opposition and to stand on one's own feet. It also develops a keen sense of humor. Learning to box is a gradual process and takes time and application, but improvement is sure and noticeable after each lesson. A pupil of mine, a Scotchman, once said at the end of his fifth lesson, "Weel, I may not know much about boxing, but I'm beginning to know what's happening while I'm being licked."
BOXING APPLIED TO BAYONET FIGHTING.

It has long been recognized in the army that good boxers make good bayonet fighters. Many illustrations could be given of this. A noticeable instance is that of a guardsman who killed with his bayonet eleven of the enemy in one charge. He was the champion boxer of his regiment. Other boxers have done as well. The position of a boxer is identical with that of a bayonet fighter, and the illustrations that follow show how closely related these two exercises are. The armies of England and this country now have instruction on boxing as an indirect method of instruction in bayonet fighting. In the summer of 1916 I was appointed instructor on the Bayonet Fighting and Physical Training Staff of the Canadian Army to teach my method of instruction of boxing to a number of picked men, so that they would, in turn, act as instructors throughout different regiments in the Canadian Army. These men were of splendid physique, and were chosen, when possible, from those who had had previous experience as boxers. They were the most interested pupils I have ever had, loved the work and developed splendidly. I took them in classes of twenty, lined them up, sized, numbered them, and led the odd numbers step forward two paces, making two ranks. They were then put through the positions of the different blows. After that the front rank faced about and the guards, counters, etc., were then gone through in pairs. The course lasted twenty-one days. The object of the boxing was twofold. It must be remembered that our armies are new armies, composed of every class and every kind of man. Many had never fought in their lives and never wanted to. Thousands had never received any form of physical preparation. Many qualities had to be developed and developed quickly. Physical courage is perhaps the most common of virtues, but the
courage needed in the soldier, and especially in the bayonet fighter, is a courage born of confidence and ability to fight and to defend himself. I do not believe there is any other form of exercise which develops this as quickly as the practice of boxing. Secondly, and fortunately, bayonet fighting is so near akin to boxing that the practice of boxing develops skill in bayonet fighting in less time, with less expense, and with fewer casualties. The official 1916 copy of Bayonet Training tells us that the spirit of the bayonet must be inculcated into all ranks so that they will go forward with that aggressive determination and confidence in superiority born of continual practice, without which a bayonet assault will not be effective. Major Percy E. Nobbs, of the Canadian Forces, says in the Infantry Journal for August:

"I have seen youngsters in khaki turn pale lilac with orange blotches on being told to put on the gloves, and give up cheerily at the end of the first round, notwithstanding the fact that they were daily going over the jumps and hitting the bags about; and I have seen the same boys six weeks later, in the strength of their youth and fitness, come up against skilled boxers in the regimental boxing finals, get a fourth round ordered and come up with a grin for a certain knock-out. A fight to a finish with the gloves is an excellent experience for anyone. I do not mean a ten-round heart-destroyer, but a short, hard fight. Such a fight is in my opinion an essential part of any infantryman's training. Whether he wins or loses he learns a lot. Bayonet training does the 10 per cent. that is not spiritual in the making of a fighter, and boxing can do the other 90 per cent. That is the make-up of the first-class fighting man."

Major Nobbs has had a great deal of experience as an athlete, boxed in the semifinals at his university, was a good cross-country runner and a champion swordsman. When the war broke out he was professor of architecture at McGill University and went to England to join the Imperial Army. His work was of such high order that he was sent out to the Canadian Forces to take charge of bayonet fighting and physical training. He is a worker and a fighter.
Showing similarity between the "on guard" position of the boxers and the "on guard" position of the bayonet fighters. The officer has merely opened his hands and allowed his rifle to drop. A motion picture made for the War Department Commission on Training Camp Activities.
by the Community Motion Picture Bureau.—From *Boxing and Bayonet Fighting*.

Showing similarity between the boxer's left hand lead and the bayonet fighter's long point thrust. A motion picture made for the War Department Commission on Training Camp Activities by the Community Motion Picture Bureau. —From *Boxing and Bayonet Fighting*. 
Showing similarity between the boxer's right upper cut to jaw and the bayonet fighter's jab to chin. A motion picture made for the War Department Commission on Training Camp Activities by the Community Motion Picture Bureau. —From Boxing and Bayonet Fighting.
The boxer starting a left-hand swing for the head and the similar position of the bayonet fighter as he starts his slash for the neck. A motion picture made for the War Department Commission on Training Camp Activities by the Community Motion Picture Bureau.—From Boxing and Bayonet Fighting.
The butt stroke here illustrated is almost identical with the right cross-counter, except that the right foot has been brought forward.
Close work with the bayonet is like the in-fighting of the boxer.
Illustration shows method of class work. Front rank leading left for head, rear rank ducking to right.
Illustration shows the movable ring used at Camp Borden. A length of rope, fifty to sixty feet long, is tied at the ends. Four men hold the corners, forming the boxing ring. After each pair of boxers has finished their round they relieve two of the men holding the corners.
FORMATION FOR CLASSES IN BOXING VARIED
ACCORDING TO THE WORK IN HAND.

For ordinary class work, a class consisting of not more than twenty men, they were lined up in single rank, each man with his gloves on. They were then numbered. Odd numbers were then ordered “three paces forward, march. Even numbers, cover.” This brought them in two ranks facing the instructor. The blows and method of advancing and retiring were taught in this position. Every blow, guard or counter, etc., was first demonstrated by the instructor and an assistant.

After a few minutes’ practice and correction of delivery of blows the class was called to Attention, and the command “Front rank, about turn,” was given. This brought the men facing each other as opponents. In this position they were put through the guard, counter, etc., front rank being turned about again to face the instructor during demonstrations of new work or correction.

When the space was limited the men were lined up in two ranks. On the command “In two ranks, fall in,” the men fall in in two ranks, on the double. One man falls in two paces in front of and facing the instructor; another falls in two paces in the rear of the first man, all others lining up on the left of the men already in position, going around by the rear, rear rank covering as front rank men get into line. This should be practised frequently until the men line up on the run, quickly and smoothly. When they are lined up they must be numbered in twos, both ranks numbering. On the word, “Open ranks, march,” the number ones of the front rank advance two paces to the front. As the second pace is taken the even numbers take one side pace to their right to cover. The even numbers of the rear rank take two paces backward and one to their right, commencing with their right foot, the whole movement complete in the count of one, two, three, four. With twenty men this gives a depth of four. Number ones turn about on the command, “Number ones about turn,” thus facing the even numbers,
For shadow boxing when plenty of "elbow room" is required and when a large number of men are engaged, an open formation as nearly square as possible is the best. The men should have plenty of room. Much depends on the number engaged and the space available.

For a number less than one hundred, and when practice in marching tactics is desirable, line the squads up in two ranks and number by fours.

On the command "Open ranks, march," number ones march straight to the front. When number ones have gone four paces forward, number twos march forward, covering number ones, then number threes and fours in like manner. When number fours are four paces from the rear rank, number ones of the rear rank move forward, covering their front rank four, number twos, threes and fours moving forward in their turn, covering to the front and in line by right or left. When number four of the rear rank starts to march the command "Halt" is given. With a class of sixty-four this gives a square—eight in front and eight deep.

A simple method is to line the men up in a number of ranks, two, three or four paces distant, according to the depth required, and extend from the center. On the word "March" the center men stand fast while those on the right and left of the center men side-pace away from them looking and dressing to the center. As each man gets his distance he extends his arms sideways in line with his shoulders, fingers extended and halts as he gets his interval, finger-tips one inch from those of the man on his right, if he is on the left half, or from his left if he is on the right half.

When the left- and right-hand men have corrected their intervals the word "Eyes front" is given, and hands are dropped to the sides and head and eyes turned to the front. The last is a simple method and gives plenty of room. When less room is available the men raise the arm nearest the center only. With both arms extended the men occupy on an average of nearly six feet front; with only one arm a little less than four feet.

The first five lessons were devoted entirely to learning the
blows, guards, counters, etc., under the direction of the instructor, lessons lasting for about forty-five minutes. The sixth lesson, after the class had run through the blows up to the swings, was devoted to mutual instruction, front-rank man teaching rear rank and vice versa. From then on this was varied by work in the ring. Each pair boxed thirty seconds at a time, No. 1 attacking, No. 2 defending, practising, ducking, etc. When each pair in the class had gone through once they were started around again, No. 2 attacking; then thirty seconds sparring for each pair and back to class formation for class instruction, going on with the swings, etc. After the tenth day the class was split up into three classes while different members of the class gave instruction under the direction and the criticisms of the instructor. The thirty-second rounds were extended to forty-five seconds and finally to one minute. These may appear short sparring periods, but it must be remembered that we were going to teach boxing to develop skill and courage in men who have had little or no experience in fighting. After a thirty-second round a pupil is still fresh and probably uninjured or may be unhurt, and boxing is discovered to be “not so bad after all,” and gradually confidence grows and with it endurance, interest and ambition to excel. It is better at first to stop them when they want to continue than to make them go on when they want to quit. Pupils should not always box with the same opponent; each pupil should box with everyone in the class.
BOXING EXERCISES IN MASS FORMATION.

Illustration shows Sergeant-Major Armstrong leading his class through a series of boxing positions. He is now at one of the camps in this country, and is, I am sure, making many new friends. He has taught thousands to box, has developed many good boxers, champions among them, and all who have come under his instruction and influence have profited from his genial personality and love of good sport.

CONCLUSION.

Every man who is going to carry a rifle and bayonet should learn to box to help him use his bayonet. He should be taught by men who have had experience in boxing. His bayonet fighting must be taught by a teacher of that subject. If the instructor is good at both, so much the better.

The pupil must always be taught that the point of his bayonet is the best end of his weapon.

My thanks are due to J. E. Raycroft, Chairman of the War Department Commission on Training Camp Activities, for his courteous assistance in supplying four of the illustrations showing position of boxer and bayonet fighter. Also for the Boxing Rules of the United States Army and permission to quote from his very forceful and clear introduction "The Value of Boxing in Military Training." The rules are ideal for the purpose and it would be well to have those or similar rules used in all boxing contests. The introduction to the Army Rules is so much to the point that the whole of it is included.
RULES FOR BOXING

ISSUED BY THE WAR DEPARTMENT COMMISSION
ON TRAINING CAMP ACTIVITIES.

THE VALUE OF BOXING IN MILITARY TRAINING.

The object of teaching boxing in the army is to make "head up and eyes open" two-fisted, fighting men rather than expert boxers and ring fighters. Therefore the instruction of the mass—and not of a few individuals—is of prime importance. Work for the largest number of men in the shortest possible time. Eliminate the "frills" and fancy work and do your best to get the men to fight aggressively and effectively. Six standard blows are sufficient. A straight left, well delivered and backed up by aggressive American determination, is a Boche eliminant in nine cases out of ten.

The big contribution of boxing to military training is to develop in men the willingness and ability to fight at close range. Its purpose is to teach soldiers to give and take punishment. There is a close relation in the qualities required for boxing and bayonet fighting. Both require agility of body, quickness of eye, good balance and control in giving a punch or thrust, and an aggressive fighting spirit that breaks down or weakens defence and makes openings for an effective "finish."

An efficient fighting soldier must not only be trained in the technic of offence and defence, but must be "charged" with the proper fighting spirit. We are dealing with men who are strangers in the main to personal combats of any nature,
and it is toward this class of soldiers that the major portion of athletic and boxing activities should be directed. Forward action and aggressiveness in bayonet fighting is essential. Aggressive action in boxing tends to the same end and should be given due credit in the judging of contests.

Boxing practice will build up "the habit of consecutive action," i.e., the ability to sense an opening and take immediate advantage of it without thinking and without hesitation. The practical application of this faculty to the exigencies of hand-to-hand conflict and trench attacks is obvious. "Open" rather than "inside" fighting should be encouraged.

The importance of systematic boxing bouts throughout the camps should not be underestimated, and contests of this sort should be encouraged to a rational extent. Bear in mind always that the success of your work is gauged by the number of men who engage in this direct competition and who thus develop, through practice, that confidence and fighting spirit that will become so much a part of them that they will be found available in the excitement of actual combat.

Boxing rules throughout the country vary in accordance with the professional or amateur viewpoint. Those commonly in use in civil life are so formulated as to permit or put a premium upon "covering up," clinching to avoid punishment, hanging on, stalling and like evasions of punishment. These features in the generally accepted codes are handicaps in the work of developing cleverness and fast aggressive work.

Boxing instructors in various camps have modified the commonly accepted rules of boxing contests in an attempt to correct these deficiencies. These modifications have been along the right line and have had a good effect, but, in view of the still existing differences, it has seemed wise to draw up a set of regulations which will standardize the practice in boxing and will emphasize those points that are most valuable in the development of military qualities.

The following code is formulated to encourage the type of fighting that is most valuable as a preparation for a serious fight and to prevent the development of habits that are not
only useless, from a boxing stand-point, but are a source of positive danger in a real hand-to-hand contest.

Physical aggressiveness, to be effective, must be based upon intelligent thought and practice. The sensing of an opening and the following blows must come close together. Habit is the result of repeated efforts, physical or mental. Hence the necessity of a simple, intensive schedule of instruction. Such a program, to produce mass uniformity, must be simple and graded so that it can be readily grasped by the least efficient members of your unit.

Supervise your boxing contests so that a stinging blow or defeat may be used as a stimulus for self-betterment. Keep in mind constantly that all of this is for one purpose alone—namely, to make a first-class fighting man.

JOSEPH E. RAYCROFT,
Chairman of Athletic Division of War Department
Commission on Training Camp Activities.

The commission wishes to give formal expression of its hearty appreciation of the valuable services rendered by the boxing instructors in the camps.

They have done a very valuable piece of work, and they have shown a fine spirit of unselfishness in placing their knowledge and experience at the disposal of the soldier in training.

These boxing rules owe much to their advice and cooperation.

IT IS STRONGLY RECOMMENDED THAT ALL BOXING CONTESTS AND EXHIBITIONS SHALL BE UNDER THE DIRECTION OF THE ATHLETIC DIRECTOR AND BOXING INSTRUCTOR AND THAT A MEDICAL OFFICER SHALL BE PRESENT.

OFFICIAL CAMP BOXING RULES AS RECOMMENDED BY THE COMMISSION ON TRAINING CAMP ACTIVITIES PRELIMINARY TO THE BOUTS.

The tone and spirit of a boxing contest or tournament depend a great deal upon the proper disposition of certain
preliminary preparations which are essential to the conduct and control of any athletic exhibition. A high grade of competition can never entirely compensate for the mismanagement of ring details. Boxing is too important a factor in the training of the soldier to be spoiled by failure to procure competent officials and to provide other essential details in ample time to ensure a smooth-running organization.

It is strongly recommended by the Commission on Training Camp Activities that the athletic director and boxing instructor follow a regular procedure which will automatically apply to all boxing bouts which may be held in the camps as follows:

1. Procure the necessary authority for the contest, date of meeting and place (not less than one week prior to contest).
2. Entries: Where made, when closed, classes, drawings.
3. Publicity: Camp and public.
5. Ring equipment: Watch, gong or whistle, buckets, dressing quarters, etc.; chairs, gloves, towels. Be sure everything is on hand.
   (a) Building assistants.
   (b) Policing—door-keepers, ushers.
   (c) Programs.
   (d) Sale of tickets.
   (e) Seating.

All the foregoing details can be handled with a minimum of difficulty, if they are considered in time.

Competent officials are essential. It is always a good plan to establish a representative corps of officials in each camp. The membership in such an organization of boxing officials should depend upon their past experience in boxing and their ability to officiate. An advisory body of officers could readily be assembled to pass on the merits of each novice official. The services of skilled officials ensures nonpartisan judgment and commands the confidence of the competitors and spectators.
RULE I. Equipment.

Section 1.—Dimensions of the Boxing Ring.—The boxing ring shall be not less than sixteen feet nor more than twenty feet square.

Section 2.—Extension of Ring.—The floor of the ring shall extend beyond the lower ropes for a distance of not less than two feet.

Section 3.—Posts.—There shall be at least four posts, properly padded.

Section 4.—Ropes.—The ring shall be enclosed by at least three rope rails, with cloth wrappings.

Section 5.—Padding.—The ring floor, if of wood or other hard substance, shall be padded at least one inch thick with corrugated paper, matting, felt or other soft material.

Note.—A very good padding for an outdoor ring is dampened sawdust covered with tight canvas.

RULE II.

Section 1.—Ring during Progress of Match.—During the progress of a contest the ring shall be cleared of all chairs, buckets, etc.

Section 2.—Clear Ring.—No person other than the contestants and the referee shall during the progress of the contest enter or be in the ring.

RULE III. Boxing Gloves.

Section 1.—Gloves.—Gloves are to be of the pattern issued by the commission and shall weigh not less than:

(a) Ten ounces in all “novice” contests.

(b) Eight ounces in all “trained men” bouts, except in divisional championship bouts, in which either six- or eight-ounce gloves may be used.

Section 2.—Bandages.—Bandages must not be worn on the hands except by direction of the medical officer. Any bandages permitted shall be of soft material and not heavy enough to add force to a blow.
RULE IV. SHOES.

SECTION 1.—Spikes and Cleats Barred.—Boxing shoes having spikes or cleats shall be barred.

RULE V.

SECTION 1.—Boxing contests or exhibitions shall be divided into classes:
   (a) Trained Men.—Matches between "trained men" who have won elimination company championships.
   (b) Novice Men.—Matches or contests between novice boxers.

NOTE.—All contestants who have not qualified in elimination company boxing championships shall be regarded as novice boxers.

RULE VI.

SECTION 1.—Number and Time Limit of Bouts and Rounds for Trained Men.—A boxing contest or exhibition, between trained men shall be limited to four rounds. A round shall be of two minutes' duration with an intermission of one minute between rounds for rest. If the judges disagree at the expiration of four rounds, the referee may at his discretion call for a fifth round, which shall also be limited to two minutes.

SECTION 2.—For Novice Men.—A boxing contest or exhibition between "novice boxers" shall be subject to the same rulings.

SECTION 3.—Divisional Championships.—The final bouts in divisional championships shall be six rounds, three minutes each, and no extra round can be ordered.

RULE VII. OFFICIALS AND DUTIES OF OFFICIALS.

SECTION 1.—Officials.—The officials shall be a referee, 2 judges, 2 clerks, 1 timekeeper and 1 medical officer.

NOTE.—It cannot be too strongly emphasized that the referee and judges of a contest should not be connected in
any way with either of the organizations represented, and that they should be thoroughly competent and impartial.

SECTION 2.—Duties of Referee.—The referee shall have general supervision over the match or contest, and shall take his position within the ring. The primary duty of the referee shall be the strict enforcement of the rules of boxing and of fair play.

Decision of Judges Final.—The referee shall, at the conclusion of the bout, abide by the decision of the judges in every case if both agree.

SECTION 3.—The referee shall have the power:

(a) Power of Referee to Give Deciding Vote.—To cast the deciding vote when the judges disagree.

(b) To Order Extra Round.—In competitions (not exhibitions) to order an extra round, limited to duration of preceding rounds, if the judges disagree and he himself is in doubt as to the decision.

(c) May Stop Contest.—To stop a bout or contest at any stage and make a decision if he considers it too one-sided.

(d) To Disqualify.—To stop a bout or contest if he considers the competitors are not in earnest. In this case he will disqualify one or both contestants.

Note.—He may first give one warning to the contestants, deducting from the round the time lost in so doing. Not more than one warning shall be given.

(e) Disqualification without Warning.—To disqualify a contestant with or without previous warning for committing any one of the fouls noted in Rule XIV.

SECTION 4.—Shall not Touch Contesting Boxers.—The referee shall not touch the contesting boxers except in special cases, such as:

(a) Failure of one or both contestants to obey "break" command.

(b) To assist injured contestant.

SECTION 5.—Introduction, Handshaking.—The referee shall insist on all boxers shaking hands at the commencement of the first and last round. No other demonstration shall be allowed.
NOTE.—Announcer.—The referee may be assisted by an announcer whose duty shall be to announce the names of all contestants and act as a go-between between the referee and the judges.

SECTION 6.—Position of Judges.—The two judges shall be stationed at opposite sides of the ring, preferably on a level with the boxers.

SECTION 7.—Duty of Judges.—It shall be the duty of the judges to watch every phase of the bout and to make a decision.

SECTION 8.—Method of Scoring.—The judges shall keep count of the rounds, time out and "downs," and generally cooperate with the referee.

SECTION 9.—Clerk Assistants to Judges.—Each judge shall be assisted by a clerk of his own choice.

SECTION 10.—Duty of Clerk.—It shall be the duty of each clerk to keep a clerical count of the score of both contestants throughout the round and bout, as dictated to him by the judge during the progress of the bout.

(a) The clerk shall submit to the judge the point summary immediately at the conclusion of each round.

(b) He shall notify the judge at any stage of the round if one contestant leads an opponent by the maximum of twenty points.

NOTE.—This service by a clerk will enable each judge to give his undivided attention to the progress of the bout.

SECTION 11.—Duties of Timekeeper.—The timekeeper must be seated close to and outside of the ring.

NOTE.—It is advisable for a timekeeper to have two watches at his disposal.

SECTION 12.—Commencement and Termination of Rounds.—He shall indicate the beginning and end of each round.

NOTE.—Timer's Equipment.—It is recommended that the timekeeper have at his disposal a bell, gong or whistle, with which to indicate these periods.

SECTION 13.—Duties of Medical Officer.—The medical officer shall always be in attendance at each meeting held under these rules.
(a) It shall be his duty to decide whether hand bandages are necessary, and to inspect same.
(b) To supervise the physical condition of contestants.

Rule VIII.

Section 1.—Medical Examination.—Contestants shall present themselves promptly to the camp boxing instructor or proper person appointed by him at the time appointed for medical examination and weighing-in.

Note.—Weighing-in.—Weighing-in shall take place within an hour of bout.

Section 2.—Drawing.—Tournaments having a large number of entries shall be governed by the Bagnall-Wilde system of drawing.

Note.—For further information see attached memorandum.

Rule IX.

Section 1.—Seconds.—Each contestant shall be assisted by two seconds.

Section 2.—Warning to Seconds.—The seconds must not speak, signal or in any way coach their principals during the progress of a round, nor may they claim time, or indicate in any way decisions for them.

Section 3.—Limitations of Seconds.—Any violation of the above provisions may render a principal liable to disqualification by the referee.

Section 4.—The seconds must remain seated during the contests, and shall not enter the ring until the timer indicates the termination of a round. They shall leave the ring promptly when time is called at the beginning of a round.

Rule X. Scoring.

Section 1.—Maximum of Twenty Points.—A maximum of twenty points shall be allotted to each round of the contest.
NOTE.—This maximum should not be exceeded, in any case, for in the ordinary course of events if one boxer leads by a greater number of points than allotted for the round, it usually means that the fight is one-sided and should be stopped.

RULE XI. POINT ALLOTMENT.

SECTION 1.—Point Allotment.—Fourteen points shall be given for attack and defence.

SECTION 2.—Attack shall cover the following points:

(a) Clean hits.
(b) Aggressive action.
(c) Well-delivered partial hits.

SECTION 3.—Defence shall cover:

(a) Blocking.
(b) Making opponent miss.
(c) Balance and readiness to counter-attack.

SECTION 4.—Points for Generalship.—Four points shall be given for generalship.

NOTE.—When the points are otherwise equal, the decision should be in favor of the boxer who displays the best aggressive generalship and style. The term “generalship” shall indicate the development of natural advantages, coupled with intuition and the ability to grasp quickly the advantage of any opening given by an opponent.

SECTION 5.—Points for Aggressiveness.—Two points shall be given for “aggressiveness.”

NOTE.—Indicating willingness of contestant to consistently press aggressively forward in the face of punishment.

SECTION 6.—Points Deducted for All Infractions of Rules.—Points or fractions of points shall be deducted for all infractions of rules. Note Rule XII.

NOTE.—It is essential that the allotting of points shall be dictated to the clerk immediately. The system of mentally allotting points will leave an opening for indefinite decision and is generally unsatisfactory.

SECTION 7.—Method of Naming Winner.—At the end of each contest the judges’ clerks shall write or otherwise indicate to their judge the score of each contestant.
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RULE XII.

SECTION 1.—Points will be deducted for:
(a) Stalling, i.e., prolonging contests, lack of earnestness or going down without being hit.
(b) Covering up with hands so that contestant is not in a position to hit.
(c) Clinching.
(d) Hitting while holding opponent.
(e) For all infractions of rules, minor or major (whether indicated or overlooked by the referee).

RULE XIII. WEIGHTS.

SECTION 1.—Competitions in all championships will be held in the following weights and classes:
Bantamweight, 115 pounds.
Featherweight, 125 pounds.
Lightweight, 135 pounds.
Welterweight, 145 pounds.
Middleweight, 160 pounds.
Light heavyweight, 175 pounds.
Heavy, all over, 175 pounds.

SECTION 2.—No contestant shall give or take more than 5 pounds when contestants weigh less than 135 pounds.

SECTION 3.—Weight Rule Governing All Bouts.—No contestant shall give or take more than 10 pounds when contestants weigh in excess of 135 pounds, except when both contestants weight over 175 pounds.

NOTE.—The above rule shall apply to all boxing contests and exhibitions.

RULE XIV. FOULS.

SECTION 1.—Hitting below the belt.
SECTION 2.—Hitting an opponent who is down, or who is getting up after being down.
SECTION 3.—Holding an opponent or deliberately maintaining a clinch.
SECTION 4.—Holding an opponent with one hand and hitting with the other hand.

SECTION 5.—Pushing or butting with the head or shoulder, or using the knee.

SECTION 6.—Hitting with the inside or butt of the hand, the wrist or elbow.

SECTION 7.—Hitting or "flicking" with the open glove.

SECTION 8.—Wrestling or roughing at the ropes.

SECTION 9.—Going down without being hit.

SECTION 10.—Striking deliberately at the part of the body over the kidneys.

SECTION 11.—The use of abusive or insulting language.

SECTION 12.—Added Fouls.—The failure to obey the referee, or any physical actions which may injure a contestant, except by fair sportsman-like boxing, shall also be adjudged as fouls.

NOTE.—(a) It is recommended that the referee shall immediately disqualify a contestant who is guilty of a deliberate and wilful foul, and award the decision to his opponent. It is also recommended that a referee shall not give more than one warning for a foul, which although committed unintentionally is likely to incapacitate an opponent, i. e., butting or hitting below the belt; and shall disqualify offender without warning in case of actual injury. In cases of minor fouls, such as hitting with open glove, clinching or prolonging contest after fair warning has been given by the referee, he shall have the option of awarding the decision to the opponent.

NOTE (b).—Point Penalties.—Judges shall penalize contestants in points for infraction of all rules—major or minor.

RULE XV. "Down."

SECTION 1.—A contestant shall be deemed "down" when:
(a) Any part of his body other than his feet is on the ring floor.
(b) He is hanging helplessly over the ropes.
(c) Rising from "down" position.
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NOTE (a).—A contestant may go down through accident or weakness but must rise instantly unless sent down by a blow, in which case he may remain down until the count of "nine" without being disqualified.

NOTE (b).—A boxer hanging on the ropes is not officially "down" until so pronounced by the referee, who can either stop the bout or count the boxer out on ropes or floor.

SECTION 2.—Rule for Contestant when Opponent is Down.—When a contestant is "down" his opponent shall retire out of striking distance, and shall not resume boxing until ordered to do so by the referee.

RULE XVI.

SECTION 1.—Bout Over.—The round and bout shall be terminated when "down" contestant fails to resume boxing at the expiration of ten seconds, and referee announces decision.

SECTION 2.—The ten seconds shall be counted aloud, and the expiration of each second shall be definitely indicated by the referee.

RULE XVII.

SECTION 1.—Other Questions Arising.—In the event of any question arising not provided for in these rules, the referee shall have full power to decide such questions, and his decision shall be final.

METHOD OF MAKING THE DRAW, ILLUSTRATING THE BAGNALL-WILD SYSTEM.

Difficulty sometimes arises in making the drawings for a large number of contestants in a boxing tournament. The following system known as the Bagnall-Wild has been used successfully for years, in tennis and golf tournaments and is adapted to boxing contests.

This system is designed to eliminate the byes in the second round and to bring the contestants together in a predetermined number of rounds and ultimately reduce them to one contestant by retiring the competitors beaten in each round.

When the number of competitors is not a power of 2
there shall be byes in the second round. The number of byes shall be equal to the difference between the number of competitors and the next higher power of 2, and the number of pairs that shall meet in the first round shall be equal to the difference between the number of competitors and the next lower power of 2. The byes, if even in number, shall be divided, as the names are drawn, in equal proportion at the top and bottom of the list above and below the pairs, the first at the bottom, next at the top and so on. The byes are drawn first. If uneven in number there shall be one more bye at the bottom than at the top.

In preparing to make the draw the number of entries are counted. If the total is 2 or a power of 2—4, 8, 16, 32 or 64—there are no byes and the names are entered on the draw sheet in the order in which they are drawn. If the total is not 2 or a power of 2 there are byes and the Bagnall-Wild method of drawing is resorted to, and this means nearly always, for the entries rarely total a power of 2.

The rules provide that the names of the competitors shall be placed in a bowl or hat and drawn out at random.

The drawing diagram below will illustrate the application of the Bagnall-Wild system to a boxing tournament entry list having an uneven number of entries. In this instance there are 23 entries. The next lower power of 2 is 16. The difference between 23 and 16 equals 7, which constitutes the number of bouts in the first round. The next higher power of 2 is 32. The difference between 32 and 23 (the number of entries) equals 9, constituting the number of byes. As 9 is an uneven number, 4 is placed above and 5 below. The scheme is bulletined as follows:

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First round  Second round  Third round  Semi-finals  Finals