

This document is an attempt at a faithful transcription of the original document. Special effort has been made to ensure that original spelling, line-breaks, and vocabulary are left intact, and when possible, similar fonts have been used. However, it contains original formatting and image scans. All rights are reserved except those specifically granted herein.

You may distribute this document in whole, provided that you distribute the entire document including this disclaimer, attributions, transcriber forewords, etc., and also provided that you charge no money for the work excepting a nominal fee to cover the costs of the media on or in which it is distributed. You may not distribute this document in any for-pay or price-metered medium without permission.

Special dedication to my beautiful wife Mylinda who, though she does not really understand my interest in Western martial arts, accepts it anyway, to my enthusiastic and eager son Christopher, and my beautiful and perpetually happy daughter Allison.

-Kirk Lawson



RICHARD K. FOX

SCIENTIFIC BOXING

BY JAMES J. CORBETT



TOGETHER WITH HINTS
ON TRAINING AND THE
OFFICIAL RULES



RICHARD K. FOX PUBLISHING CO.
FRANKLING SQUARE, NEW YORK CITY

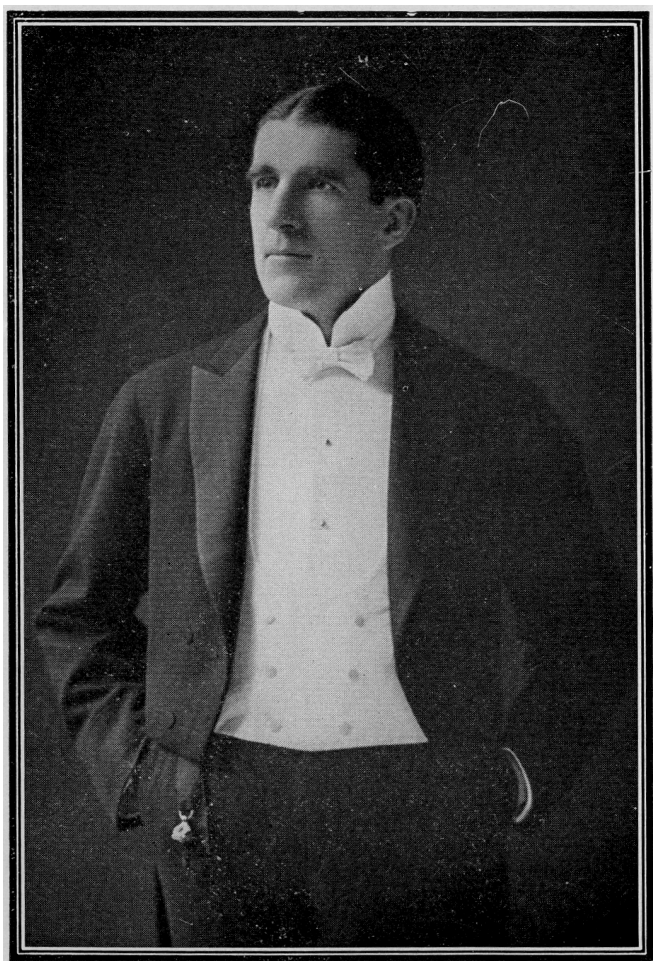
Copyright 1912
BY RICHARD K. FOX PUBLISHING COMPANY.

WARNING—The photographs illustrating the boxing lessons in this book have been specially posed, for and reproduction of them or the reading matter, is positively forbidden without the consent in writing of the Richard K. Fox Publishing Company.

The photograph of Corbeett on the Cover is copyrighted by Elmer Chickering, Boston.

INDEX

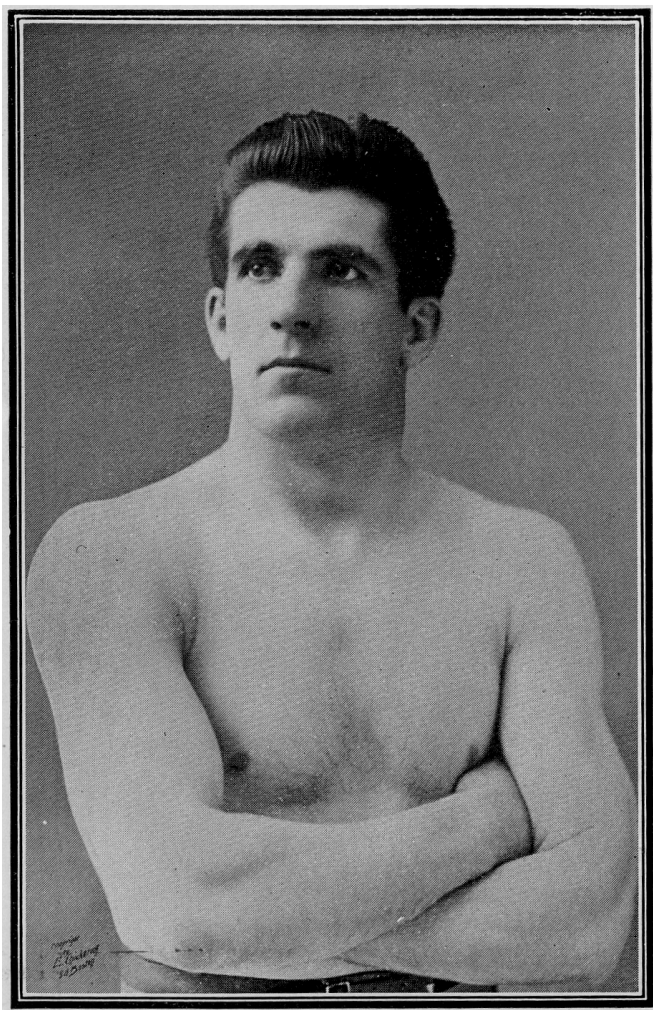
Introduction	
Boxing as a Science.....	11-23
How to Stand.....	25
A Good Position.....	27
Ready for Infighting.....	29
The Crouch.....	31
Blocking.....	33
Ducking.....	35
A Short Arm Punch.....	37
At the Call of Time.....	39
On Guard.....	41
The Left Lead.....	43
One Way to Block.....	45
Crossing on the Jaw.....	47
Ducking a Lead.....	49
Left Lead With Guard.....	51
Left Hook for the Body.....	53
Landing on the Solar Plexus.....	55
Side Stepping.....	57
Hook Blows.....	59
Infighting.....	61
Blocking a Swing.....	63
The Upper Cut.....	65
The Kidney Punch.....	67
A Stomach Punch.....	69
The Knockout Blow.....	71
FOULS.	
Holding.....	73
Using the Elbow.....	75
Hitting When Down.....	77
Misuse of the Glove.....	79
Butting.....	81
Another Foul.....	83
RULES FOR BOXING.	
Marquis of Queensberry.....	85-87
Police Gazette Revised Queensberry Rules.....	87-95
London Prize Ring Rules.....	95-106
Amateur Athletic Union Rules.....	106-110



JAMES J. CORBETT.
(Gentleman Jim.)

ILLUSTRATIONS

Richard K. Fox.....	2
James J. Corbett.....	6
James J. Corbett.....	8
James J. Jeffries.....	10
Fitzsimmons and Jeffries.....	12
John L. Sullivan.....	14
How to Land a Left Lead.....	16
The Proper Way to Land an Uppercut.....	18
How to Deliver a Left Hook.....	20
How to Hold the Fist for a Straight Right.....	22
How to Stand.....	24
A Good Position.....	26
Ready for Infighting.....	28
The Crouch.....	30
Blocking.....	32
Ducking.....	34
A Short Arm Punch.....	36
At the Call of Time.....	38
On Guard.....	40
The Left Lead.....	42
One Way to Block.....	44
Crossing on the Jaw.....	46
Ducking a Lead.....	48
Left Lead with Guard.....	50
Left Hook to the Body.....	52
Landing on the Solar Plexus.....	54
Side-Stepping.....	56
Hook Blows.....	58
Infighting.....	60
Blocking a Swing.....	62
The Upper-Cut.....	64
The Kidney Punch.....	66
The Stomach Punch.....	68
The Knockout Blow.....	70
Holding.....	72
Using the Elbow.....	74
Hitting When Down.....	76
Misuse of the Glove.....	78
Butting.....	80
Another Foul.....	82
Tommy Ryan.....	84
Joe Gans.....	86
Jack O'Brien.....	88
Aurelia Herrera.....	90
Tommy Murphy.....	92
Battling Nelson.....	94
Young Corbett.....	96
Terry McGovern.....	98
Kid McCoy.....	100



Copyright by Elmer Chickering, Boston, Mass.
JAMES J. CORBETT.
(Pompadour Jim)

PREFACE

There is no man in the world who is better qualified to write a boxing book for young men and boys than James J. Corbett. His style, speed and cleverness were a revelation to those followers of that old school where to take a blow in order to give one was considered the proper thing.

He was the ideal American boxer, scientific, elusive and accurate, mapping out a plan of battle with the care and foresight of an army general on the eve of an important engagement,

From the first he raised the sport to a higher plane and convinced the public that a man who fought championship battles was not necessarily uncouth, untaught nor unlettered.

His sobriquet of "Gentleman Jim" is an uncommon and unusual one, but those who know him personally understand how well he deserves it.

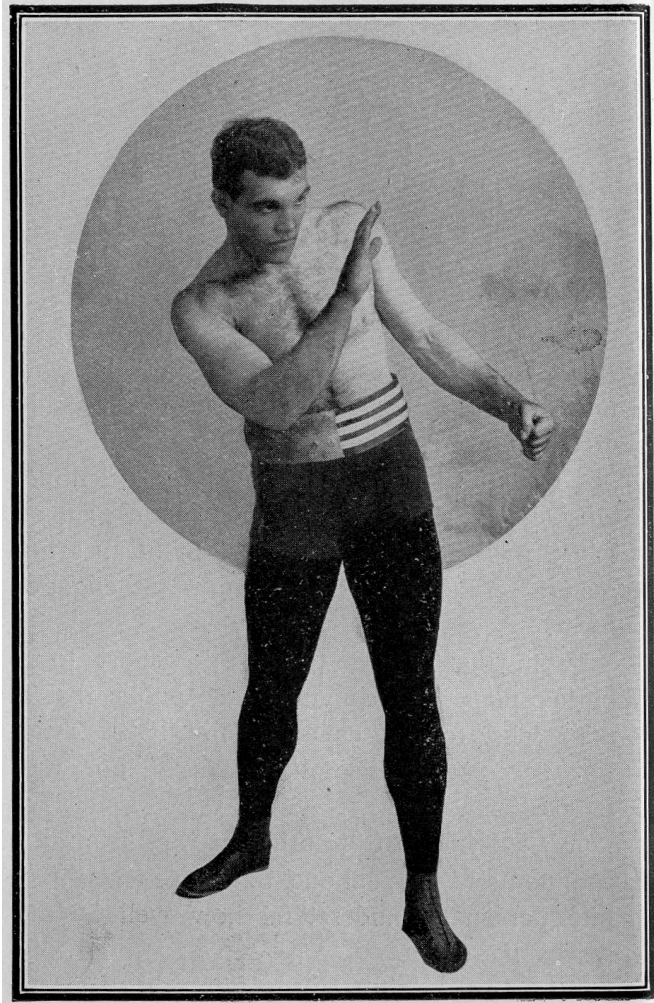


Photo by Bushnell, San Francisco.

JAMES J. JEFFRIES,
Ex-Champion of the World.

BOXING AS A SCIENCE

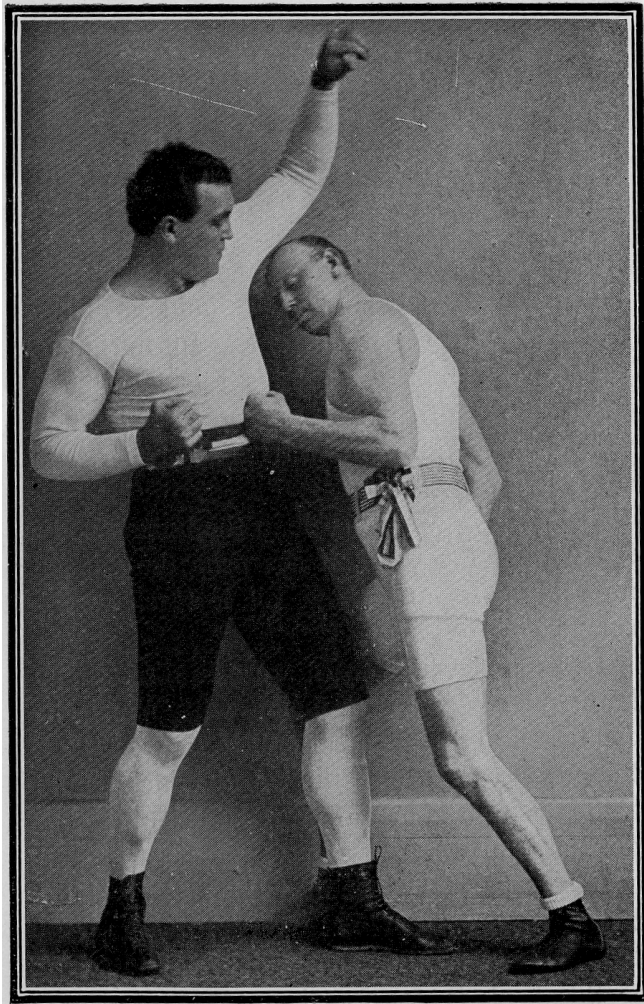
If every young man in America would take up boxing as a pastime we would have better men and better citizens. In my many years' experience in athletics I have come to the conclusion that there is more actual benefit to be derived from it than from any other form of exercise.

It develops every muscle in the human body, it quickens the brain, it sharpens the wits, it imparts force, and above all it teaches self-control.

If some clever scientist were to discover an herb, or concoct a medicine with which he could guarantee to accomplish half of that, there is no factory in the world which would be big enough to manufacture sufficient to supply the demand.

In this hurry—up age men think too little of their health and their physical welfare to bother about putting on a pair of gloves, and so this book is not for them.

It is for the boys and young men.



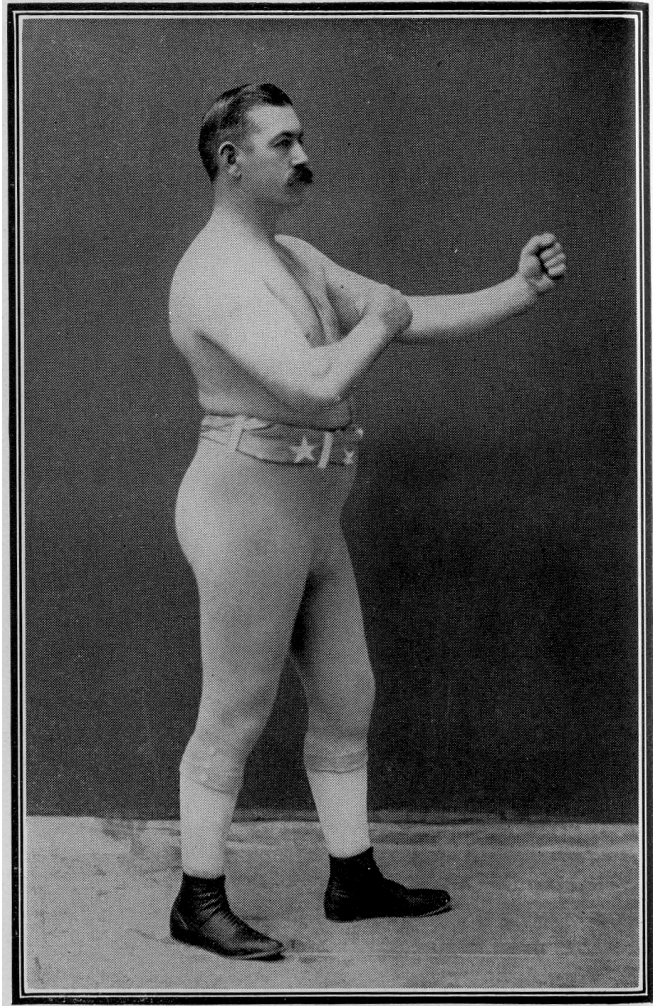
Copyright by Bushnell, San Francisco, Cal.
Fitzsimmons landing his solar plexus blow on Jeffries.

It is for Young America that I have written. I was just the same kind of a boy as any other boy is, fond of life and outdoor sport, but not too rugged. If it had not been for boxing I might be the most ordinary man to-day. I took up boxing simply as an exercise and instead of thinking it meant nothing more than putting on a pair of padded gloves and slamming wildly away at another fellow's head, I figured out that there was a lot to be learned about hitting, blocking and getting away.

So I made a study of it, and that study resulted in my gaining the title of heavyweight champion of the world, by beating a man who had held the title for twelve years.

Boxing is a good healthy exercise for any One, and when I say boxing I don't mean slugging. Don't try to be a hard hitter before you know what you are going to hit and how you are going to hit.

Think; use your brains; they figure in boxing just as much as do the gloves. Look your opponent squarely in the eye and try to discover his weak point. Find out if you can his line of attack, and then try to defeat it.



JOHN L. SULLIVAN.

The average amateur boxes with the same set series of movements. He leads high, then he leads low, then he swings, and so on through a routine, as if he was a mechanical toy, wound up to go through a certain set series of movements, and then stop.

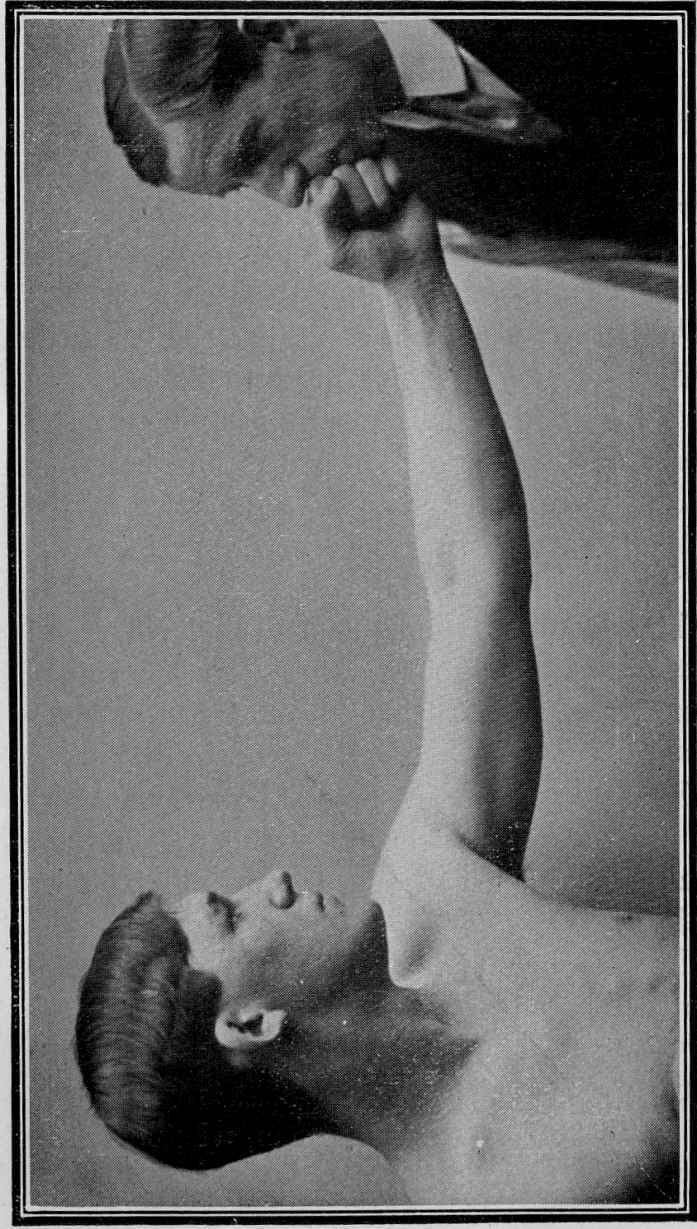
Whatever else you do, think, be versatile and clever. You don't need to be a ruffian or a loafer to be a boxer, and boxing doesn't lower a young man. It makes him better. If I were asked to advise the boys of the United States, in a few words I would say:

“Put on the gloves.”

The good boxer must lead a regular life, and that means good hours. Dissipation has ruined more great athletes than all other causes combined.

So if you want to be a good boxer, you must be in good physical health. And if you want health, strength and speed, you will have to train for it.

By training I don't mean to go through the regular and severe course that is preparatory and preliminary to a great contest, but I mean the sensible training that is within the capabilities of every young man, whether he is working; for a living or not.



A left lead or a Jab should be landed this way.

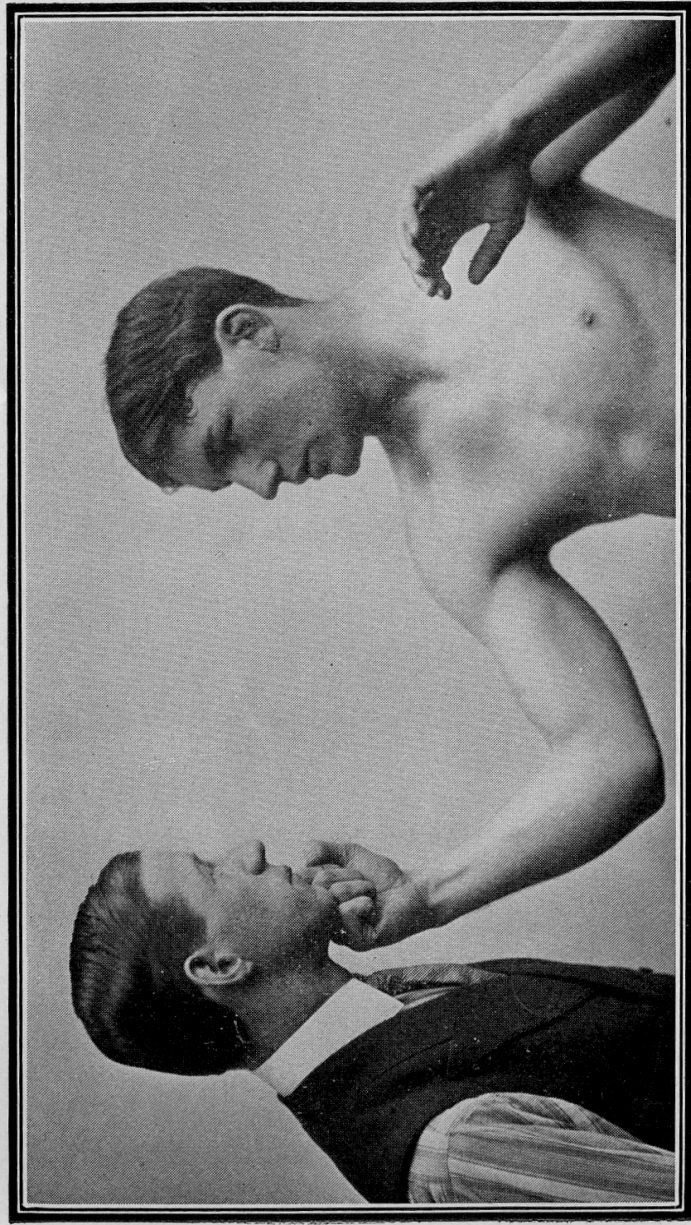
Assume, for the sake of argument, that a young fellow is employed during the day. Arising a half hour earlier in the morning would be no great hardship if he wanted to do so. The time so gained could be spent in road work one morning, and indoor exercise the next. It might, if his hours of business were long, come a little hard at first, but he would soon get used to it, and by that time he would so have improved his physical condition that it could stand many times the extra tax put upon it.

Bear in mind that thirty minutes a day will work wonders in three months, and in even shorter time than that if the work is mapped out properly and done conscientiously.

Don't cultivate big muscles, leave those to be weight lifters. The ideal boxer wants strength and muscle, but he don't want to be muscle bound; that is something I have always steered clear of.

Keep away from big weights. Dumb bells should not be heavier than two pounds each. Work with something that cultivates speed, and the necessary strength will come with it.

Footwork is a most important part of mod-



The proper way to land an uppercut.

ern boxing, and by modern I mean what the title of this book implies.

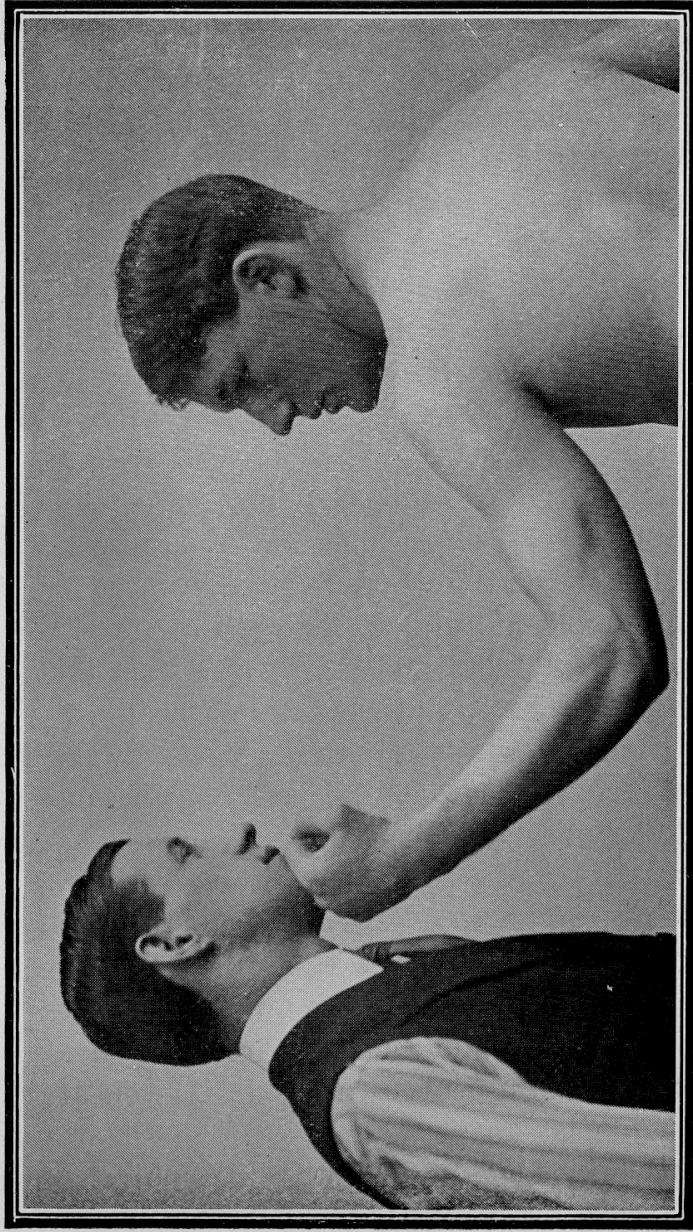
Footwork may be practiced without an opponent. just imagine you are boxing and put up your hands. Feint, step in, then back, then first to one side, then to the other, but work fast, all the while keeping up your feinting and your balance on your toes. No matter in what position you may be, bear in mind it must always be one in which you are prepared to attack, defend or retreat, So really it resolves itself into a question of headwork, and that is what you must cultivate most.

But whether training, or working, or at play, bear in mind one thing, and it is that fresh air is absolutely necessary to health.

I have advised road work, not only because it will strengthen the body, but because it will supply the lungs with fresh air.

Breathe deeply—when you breathe pure, fresh air—and you will breathe properly. Feed Your lungs as you would feed your stomach; they need it as much and even more, but don't cool off in fresh air after you have exercised and when you are overheated, unless you are well wrapped up.

This brings me naturally to the subject of



A left hook should be delivered in this manner.

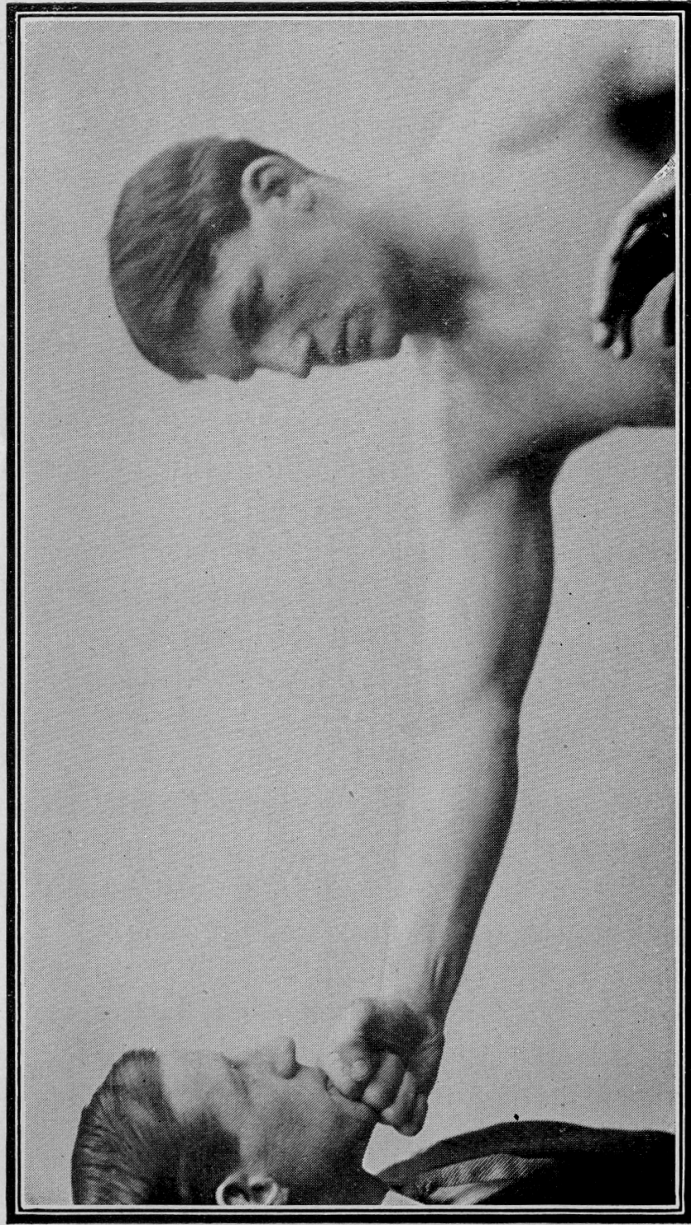
baths. The act of plunging suddenly into cold water is apt to produce a shock which is not good, so don't think simply because you have read about it somewhere that a cold plunge is essential, for it is not. A gradual cooling off and a good rub down will answer the purpose, and when you want a bath, take the chill off the water. Warm water soothes and refreshes, and after some great effort in which the strength has been taxed nothing will restore nature so quickly as a warm bath.

What I do consider good for any young man is a cold sponge in the morning, but that is quite different from the plunge.

If you are going to train you will have to stop smoking, for it is rank poison to the athlete. Inveterate smokers don't make champions in any class or any branch of athletics. If you smoke a great deal, cut it down one-half and you will notice within a short time a marked improvement in your condition.

Summed up in a few words I should say to the young amateur: Don't drink intoxicating liquors; Don't smoke; Exercise regularly; Breathe plenty of fresh air: Keep your temper when boxing.

In these few lines are condensed what might



Showing the position of the fist for a straight right.

make an entire book, but any story is well told if told simply, and, besides simplicity and brevity, it is more apt to make an impression which will be retained.

On the question of diet, many men have many ideas, but I consider regular meals the first step. Then study your own stomach and eat what agrees with you. but not to excess.

It would be an absurd proposition for me to attempt to dictate to a class of one hundred young men what they should and what they should not eat, because what agrees with one might not agree with another.

In the old days of the London prize ring there were hard and fast rules for training. To-day they are to be laughed at. They may have been all right for those men and those days, but they would not do now. They did not look for speed then, but rather developed a physique that was oak-like in its strength, and cultivated a blow that would fell an ox—if it landed.

Blows like that are too easily avoided nowadays, and the man who feints and sidesteps has to be reckoned with.

A handwritten signature in cursive script, likely reading "J. J. Corbett". The signature is written in dark ink and features a large, sweeping initial letter 'J' that loops back under the rest of the name. The name 'Corbett' is written in a more compact, cursive style.

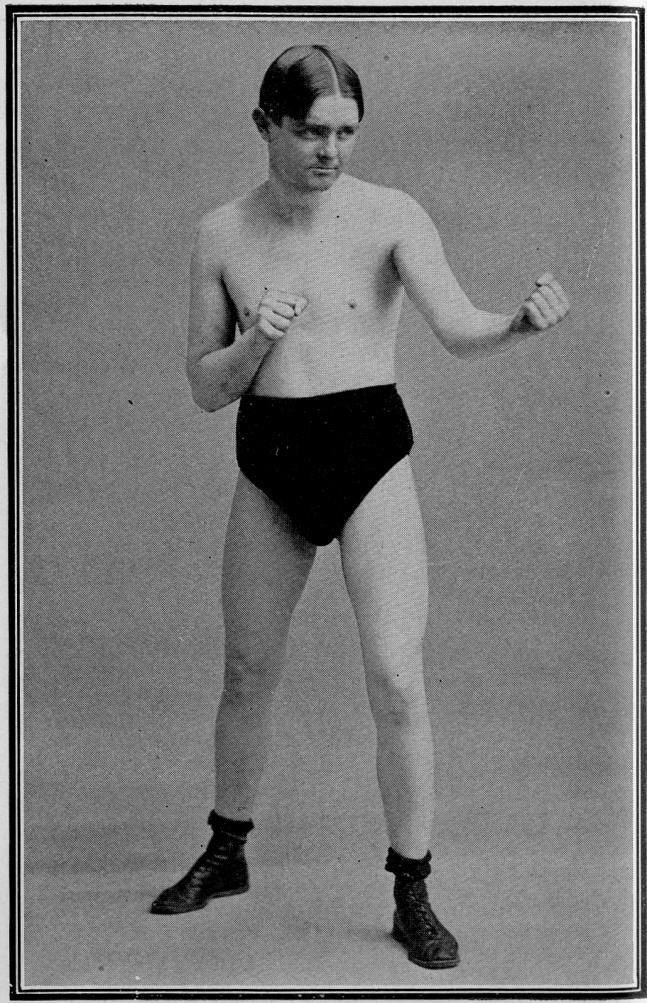


PLATE No. 1.

HOW TO STAND

Usually the first question the amateur boxer asks is:

“How shall I stand ?”

While he may be taught how to hold his hands in a manner which will best suit the purposes of offense and defense, yet the position he will eventually settle into is one which will come natural to him.

Plate No. 1, opposite, posed for by Billy Britt, once the amateur champion lightweight, is business-like as well as simple. It is well set, with the right ready for instant and effective action, but it is not really of the modern school, in which footwork plays a most important part. It is the position of a man who is there to hold his ground and swap punches.

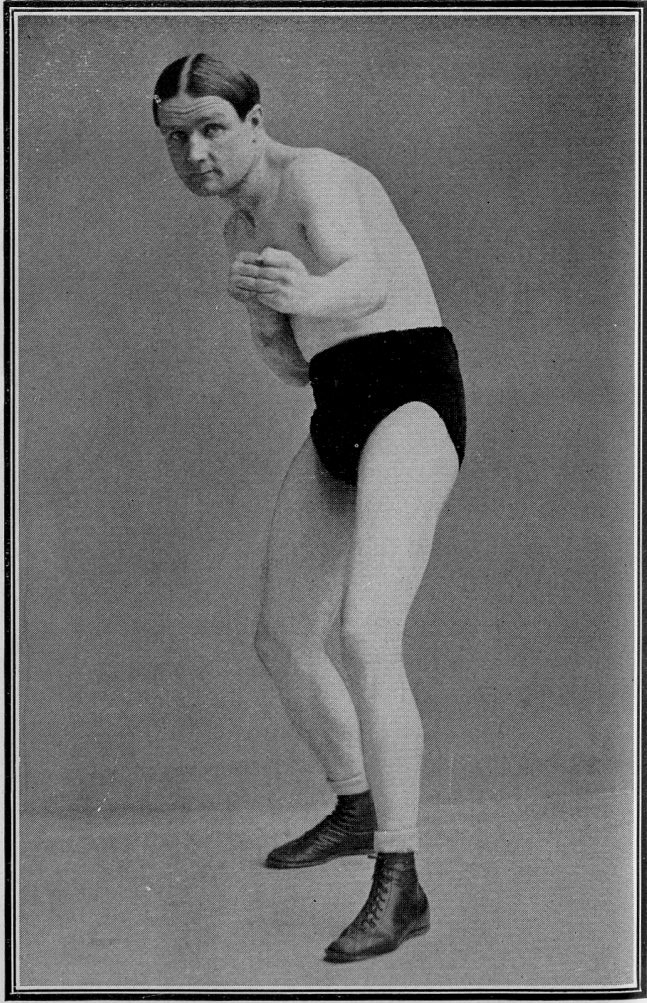


PLATE No. 2.

A GOOD POSITION

Here is the pose of the alert, resourceful boxer, both of whose hands are in readiness to deliver a blow at an instant's notice. It is well balanced and well protected. The stomach is partly covered, and the raising of the left shoulder will guard the jaw. It shows Jimmy Britt at his best. The left is in a position to do its most effective long range work, because it is in the best possible position for reach.

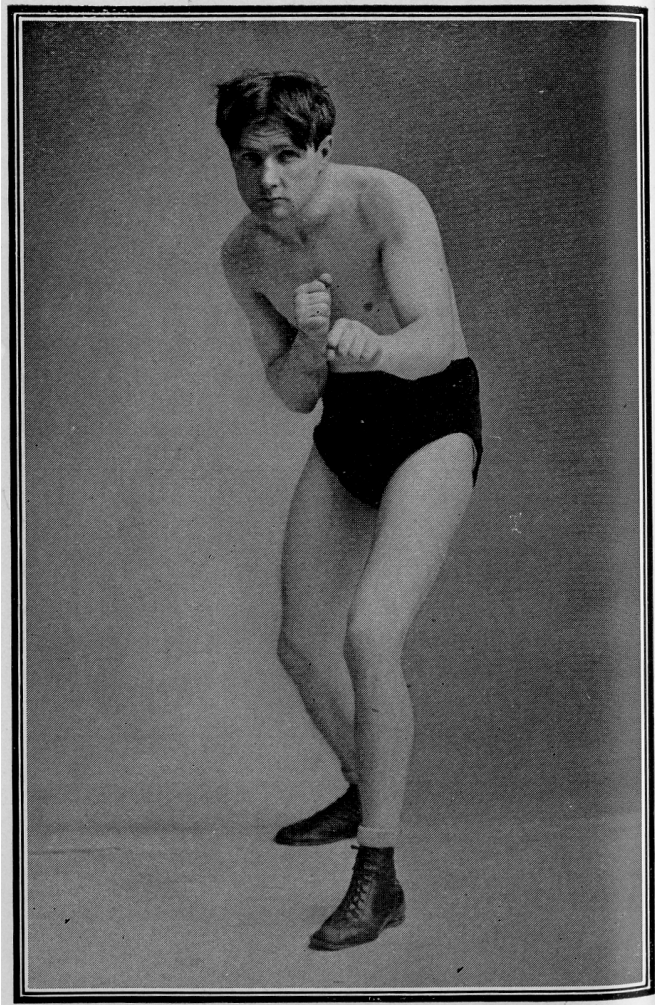


PLATE No. 3.

READY FOR INFIGHTING

Without changing the position of the feet, which are well braced for the body to receive the shock of an attack, the position shown on the opposite page can be assumed, and the boxer is prepared to cover up, counter, side-Step or break ground. He can feint rapidly, so as to confuse an opponent. He can also Step in so as to draw a lead.

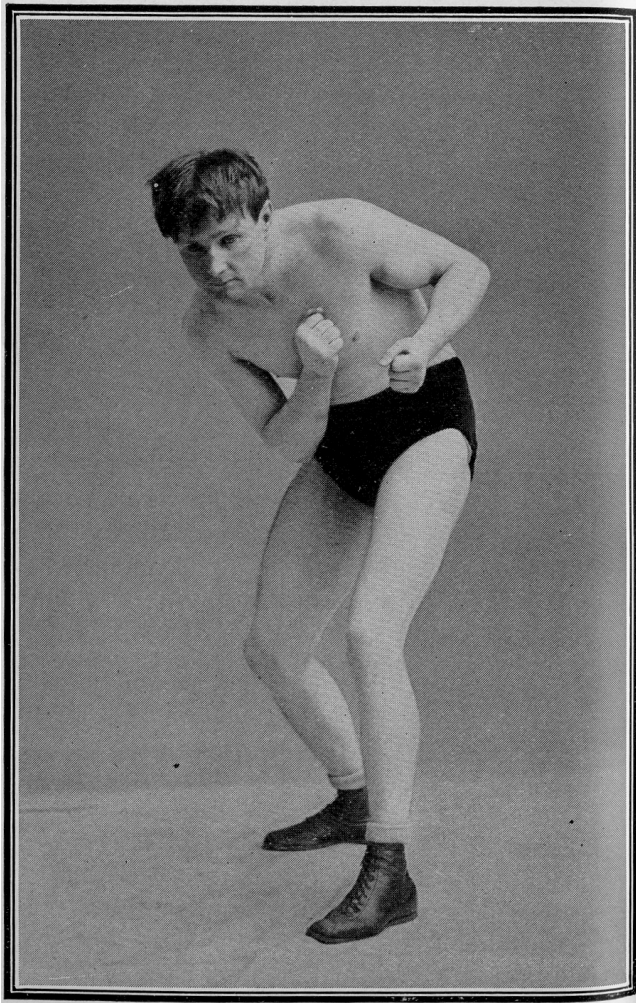


PLATE No. 4.

THE CROUCH

Here it is assumed he is meeting the onward rush of an opponent. He blocks the first blow or two and then makes that attack with both hands on the stomach, for which Jimmy Britt, Terry McGovern and Frankie Neil are famous, and which has invariably proven terribly effective, even against the most clever opponents.

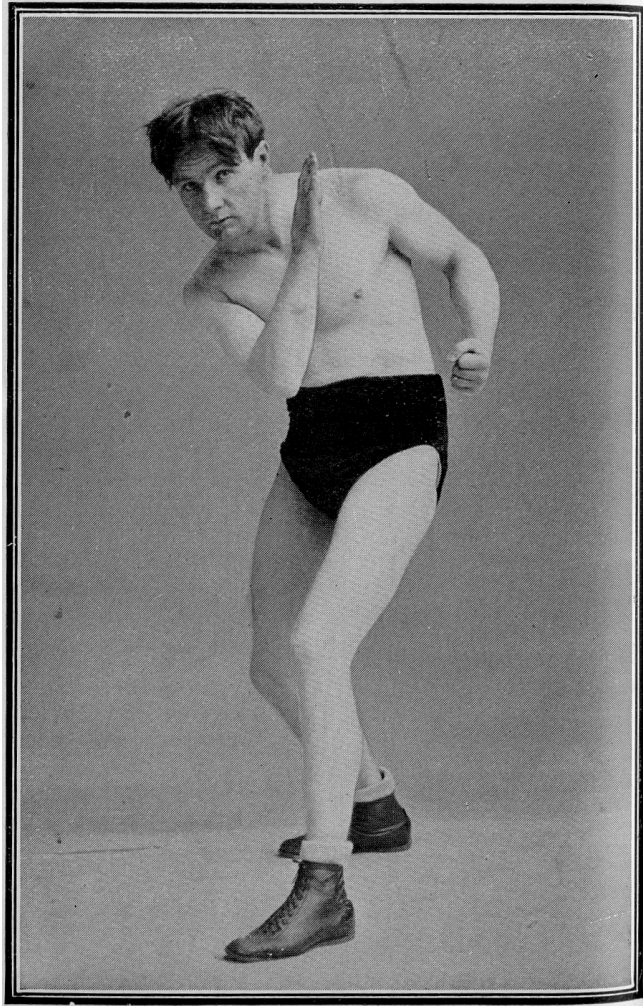


PLATE No. 5.

BLOCKING

Never block with the closed hand, as the open hand furnishes as much protection again as the clenched fist, and the proportion is even greater when the gloves are on. The illustration on the opposite page shows how to block a lead or a swing for the jaw, and the left hand is drawn back ready for a counter or a drive to the stomach.

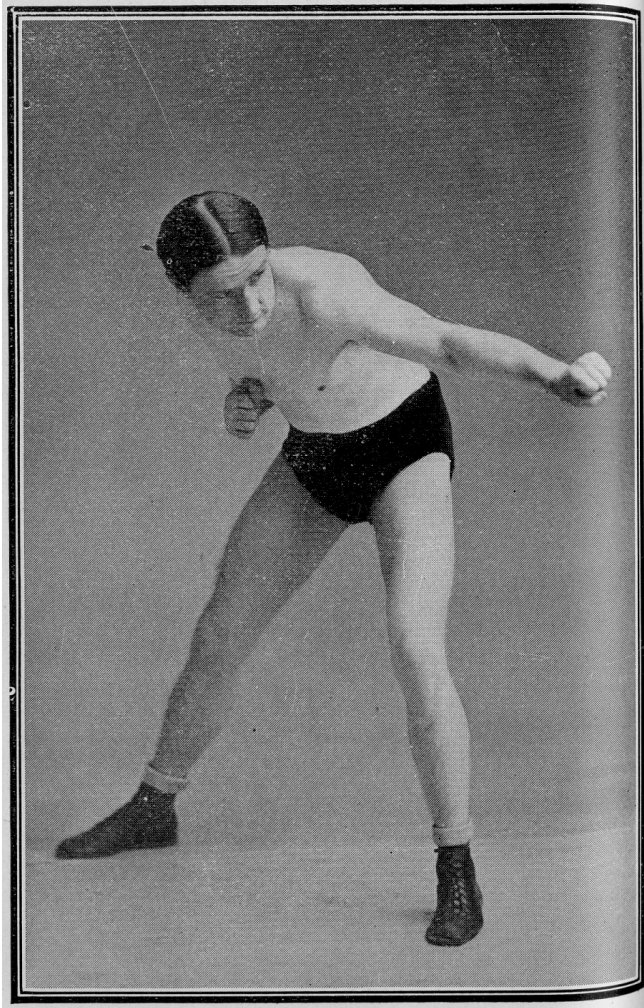


PLATE No. 6

DUCKING

There are many cases where it is advisable to duck a lead for the head, and it is illustrated here. It also shows the boxer, while the blow intended for him has gone harmlessly over his head, reaching his opponent's stomach with a straight left, except that in this instance the knuckles of his hand are thrown too far back. The result of a blow of this kind, if properly delivered, cannot be underestimated.

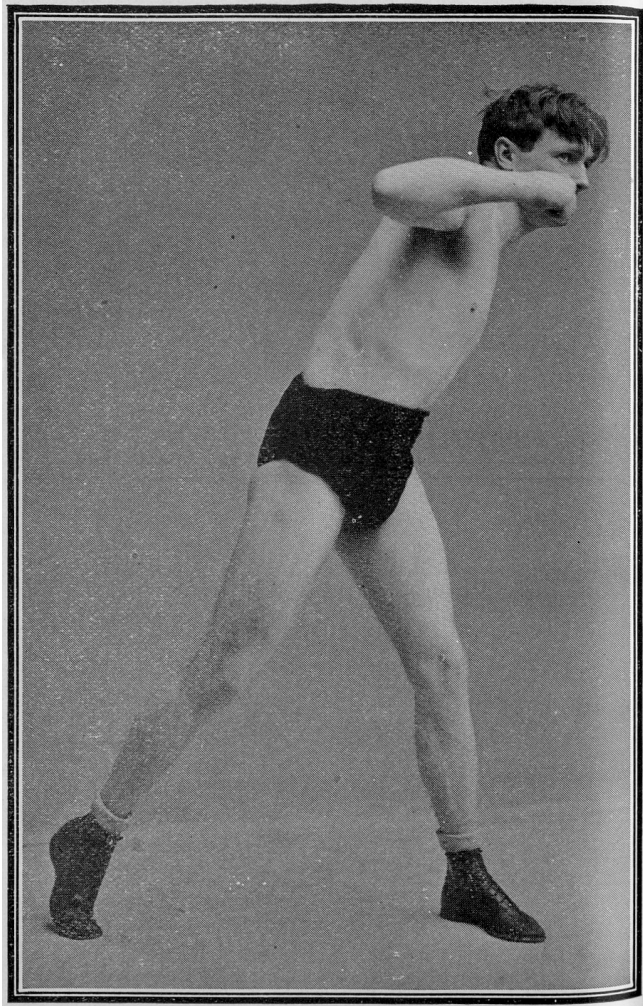


PLATE No. 7

A SHORT ARM PUNCH

You will notice that the position of the feet in all of these illustrations is practically the same, and the man who stands right can attack and defend at will. Personally I believe in foot work—the more rapid the better. On the opposite page the boxer is shown lunging forward to deliver a right jab. The action of but one arm is shown, as it is intended to demonstrate that particular move. The left should be held well forward, with the palm out, so as to block the more readily. But the young boxer will soon have a style of his own after he has become familiar with the gloves,

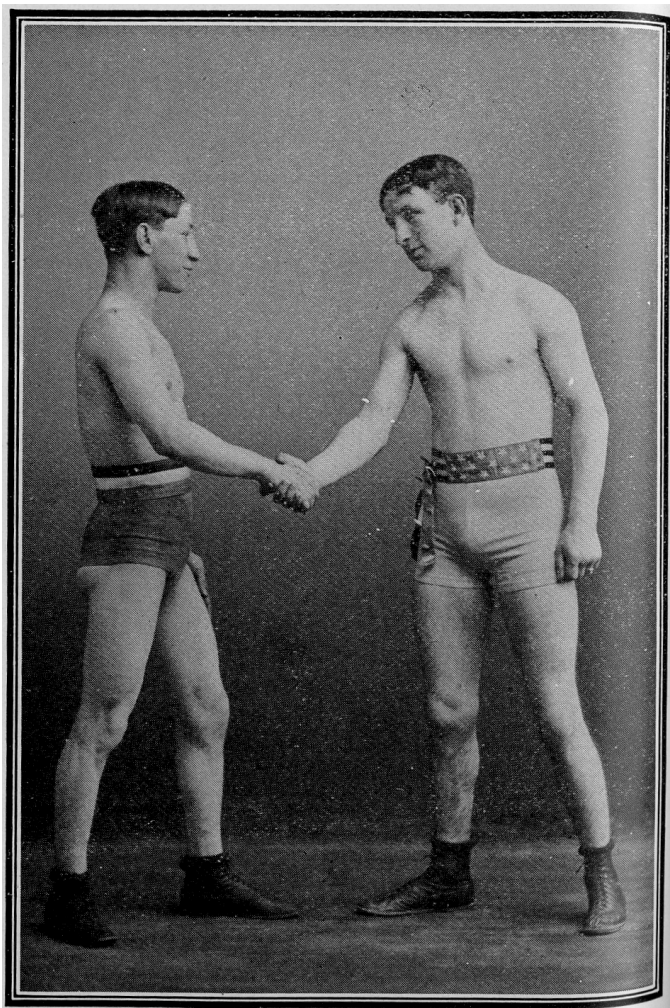


PLATE No. 8.

AT THE CALL OF TIME

The preliminary to all bouts is the handshake, and should never be omitted. Bear in mind that you are not going to engage in a mortal combat. Boxing should train the mind as it develops the body, and the young man who loses his head or temper should indulge in some other branch of sport. A clear, quick brain is as necessary in a boxing contest as gloves are.

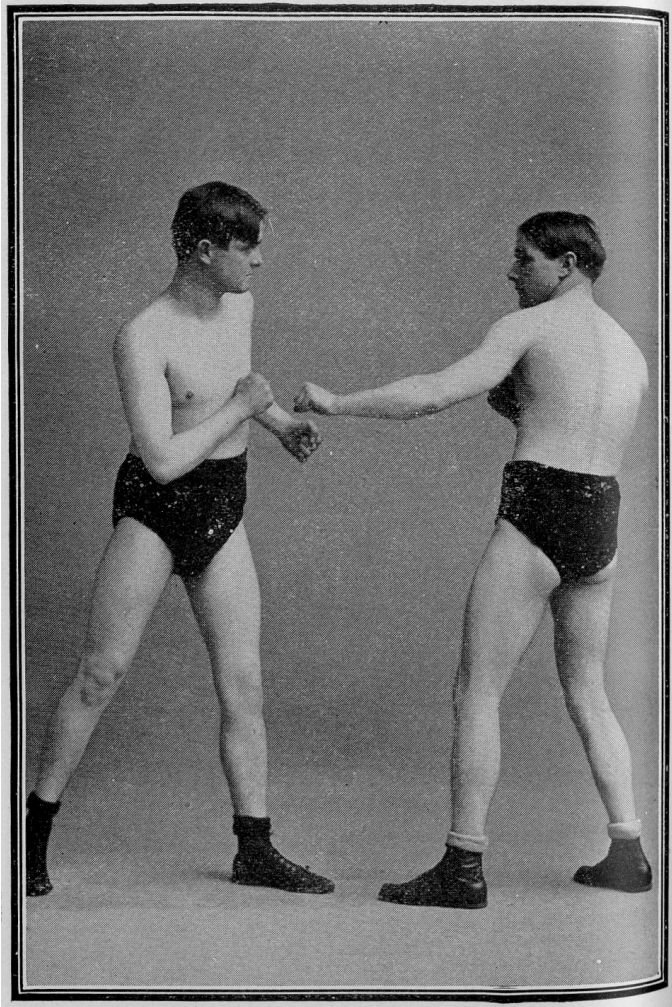


PLATE No. 9.

ON GUARD

And now on guard. Don't think you have got to land the first punch, although it is policy to do so, if you can, without leaving yourself open for a damaging counter. Study your opponent carefully; note the position of his feet and how he holds his hands. Study out and discover, if you can, his weak points and plan out your mode of attack. If he guards high, lead low, and vice versa, as he will usually guard his most tender spot. A clever boxer can cause a man to shift his guard at will.

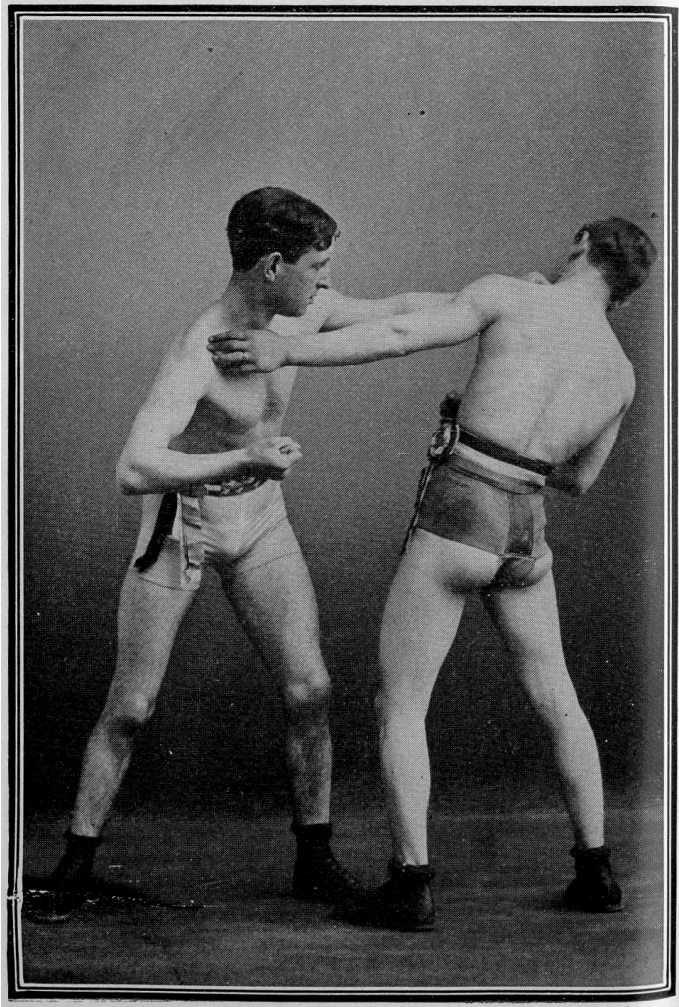


PLATE No. 10.

THE LEFT LEAD

This shows the first punch usually taught by all instructors—the left lead, but it doesn't show the guard for a counter, for the reason that a fast two-handed boxer is usually inclined to take chances, and instead of using his free hand for a block, punches with it as soon as his lead lands, In these days of scientific boxing it is usually the fast, scientific man who wins out, so from the first the amateur is encouraged to develop speed and precision.

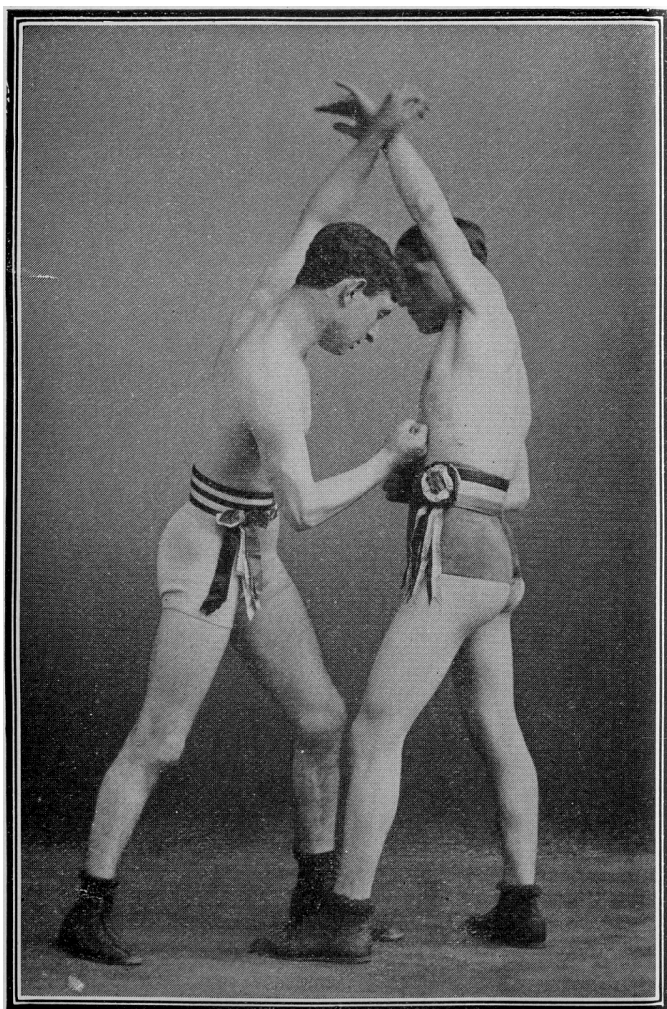


PLATE No. 11.

ONE WAY TO BLOCK

This is one way to block, or throw off, a left lead. The incoming arm is caught at the wrist—not held—and thrown violently upward. Step in quickly, at the same time driving the right to the stomach. If the body and the arm work together in harmony the power of the blow will be immeasurably increased.

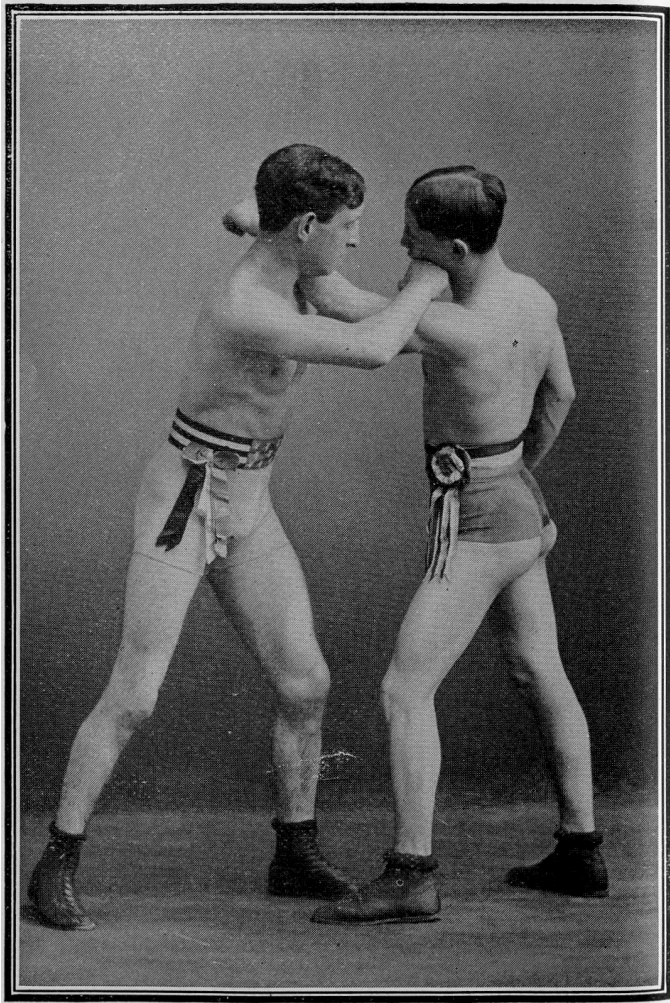


PLATE No. 12.

CROSSING ON THE JAW

This left lead has been side-stepped just enough to allow the hand to go over the shoulder. It can, when necessary, be thrown off in the same manner with the open hand, but side-stepping a punch has the advantage of leaving both hands free for attack. The right is then crossed—as shown—to the jaw, but it must be done quickly and accurately to be effective.

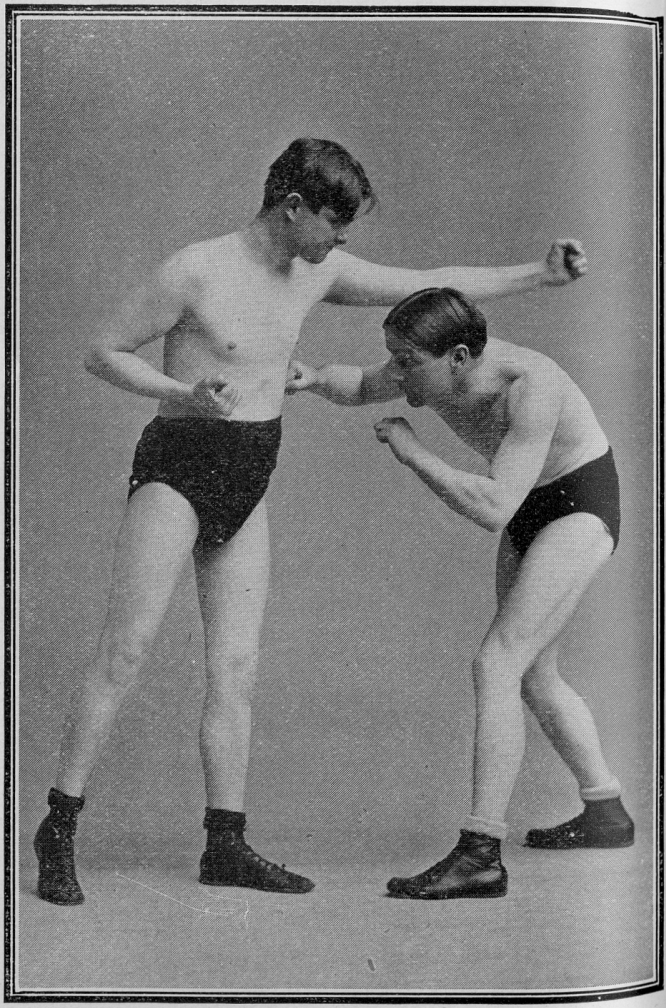


PLATE No. 13.

DUCKING A LEAD

The art of ducking to guard a blow is one that must be thoroughly practiced. Avoiding a lead by ducking is one thing and running into an uppercut is another, and it takes a good man to get away with it. In the illustration opposite the boxer (Jimmy Britt), who has assumed a crouching position, has taken advantage of his move to land a right to the body. It would be just as well to figure this out in advance and try it at the first left lead.

But look out for the uppercut.

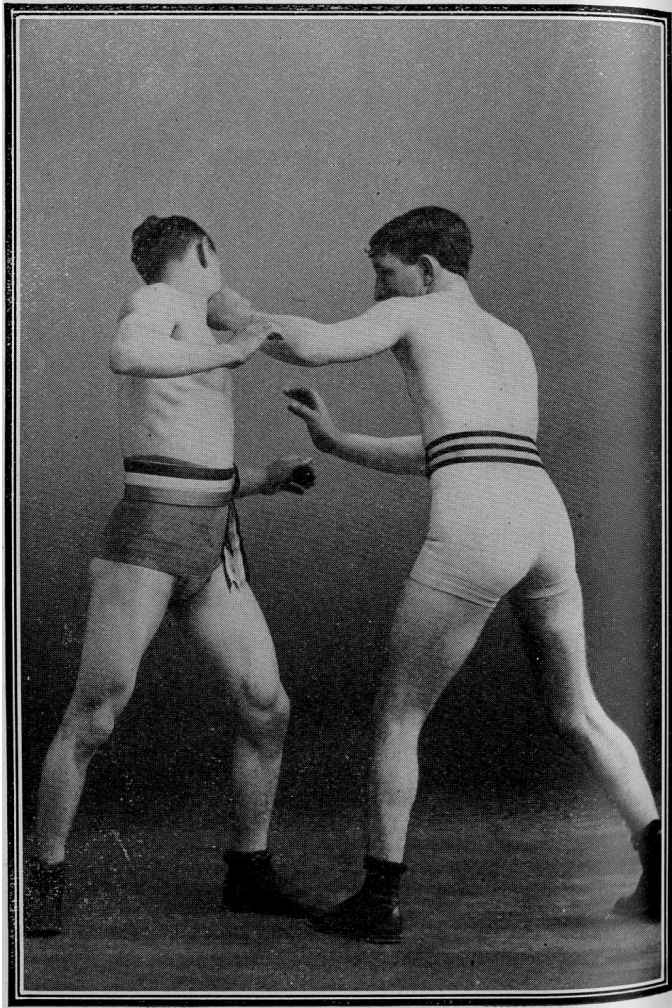


PLATE No. 14.

LEFT LEAD WITH GUARD

Here is a left hand punch well delivered at close quarters, with the left shoulder preventing a possible counter on the jaw. The right is ready to stop a return, or it can be hooked sharply to the body. Young boxers cannot pay too much attention to the development of the left hand, as it is always half way there, and frequent jabs with it are bound to disconcert the most aggressive and coolest opponent.

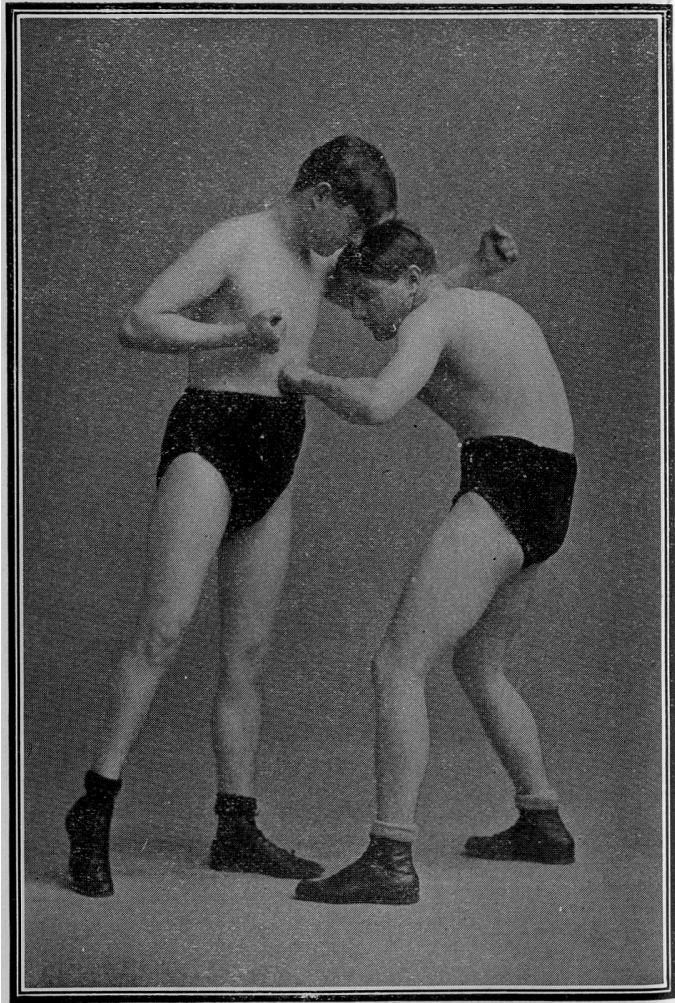


PLATE No. 15.

LEFT HOOK TO THE BODY

Technically this is known as infighting, and is usually disastrous to an opponent, particularly when both hands are used. As mentioned before, the safest way is to step inside a lead. The body should work with the arms, so as to give more force to the blows. A punch with the force of the body behind it, and driving it home, is much more punishing, naturally, than it would be if only the arm supplied the power.

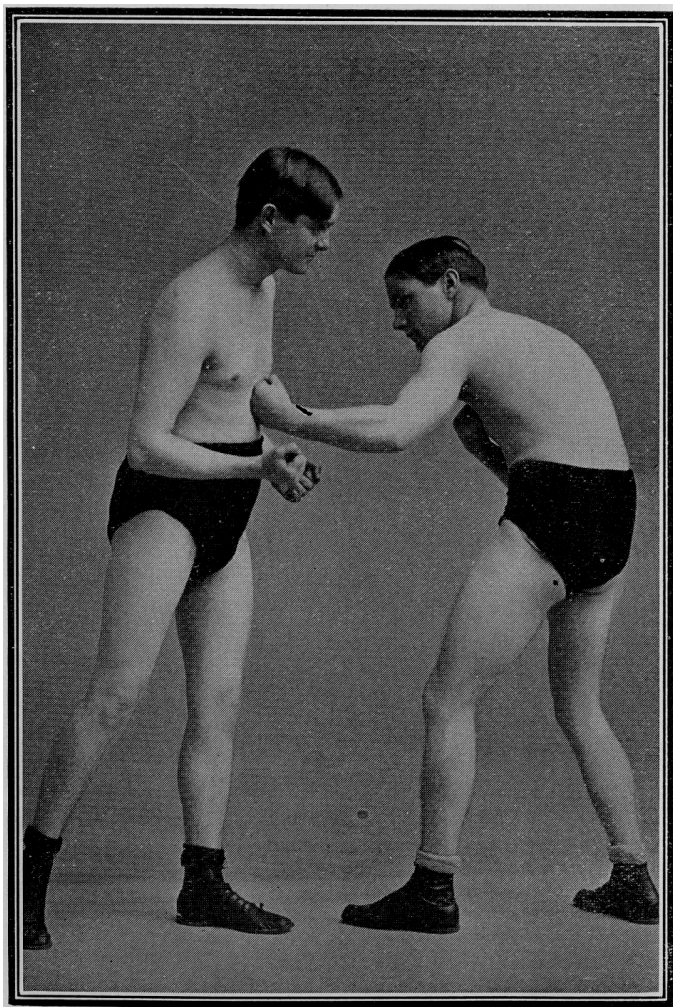


PLATE No. 16.

LANDING ON THE SOLAR PLEXUS

The solar plexus is that part of the body which is situated directly below the front chest cavity, and is a nerve center. A blow which lands fairly, while it does not produce a knock-out, usually paralyzes the recipient and renders him incapable of further effort for the time being. It is usually delivered in the form of a half arm punched with the full weight of the body behind it.

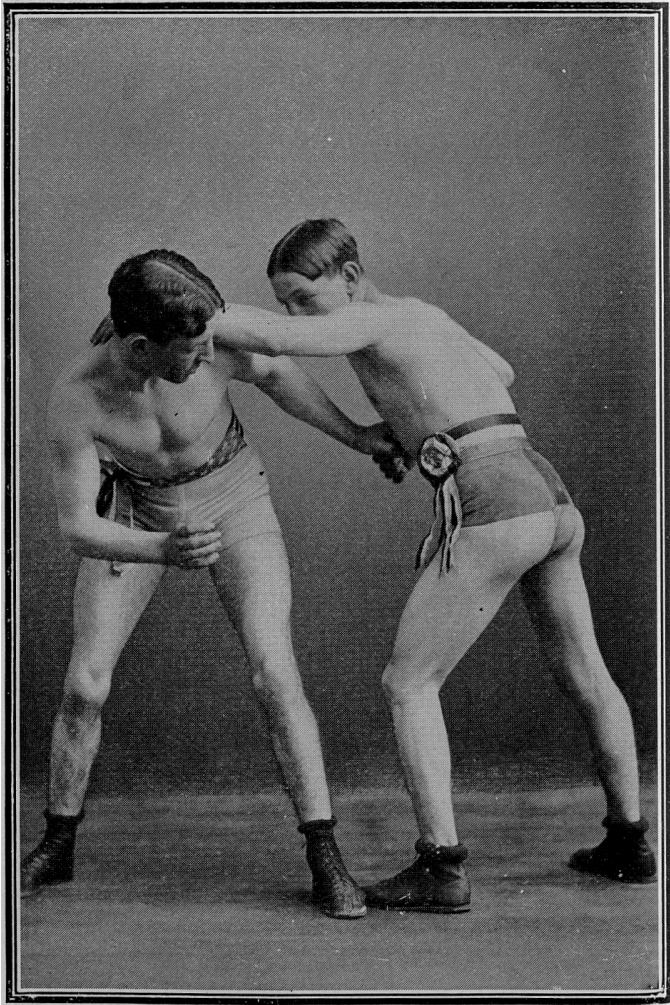


PLATE No. 17.

SIDE STEPPING

A good way to avoid a blow is to side-step, which, as the word implies, means to step from in front of an opponent making a lead to one side of him, To be effective and successful it must be done smartly and decisively, without any suggestion of feinting, which will defeat its ultimate object. In side-stepping a punch intended for the head, the cool boxer will usually find an opening for the body, where a swinging or half arm left can very readily be placed.

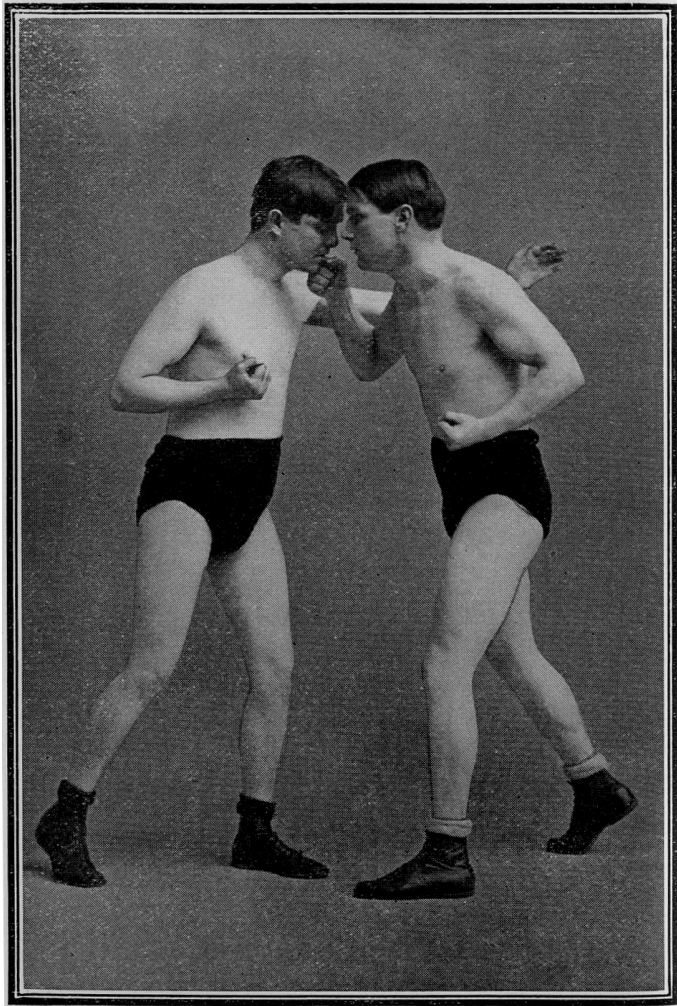


PLATE No. 18.

HOOK BLOWS

A hook is, as its name implies, a short, sharp jolt delivered with either hand, and it is only used at close quarters. The illustration opposite shows a right hook to the jaw, which was made possible by stepping inside a left lead. To be effective the full force of the upper part of the body should be behind a hook. Being a short arm blow it does not call for the same amount of accuracy or judgment of distance as a swing or a straight lead, but it can be perfected with practice.

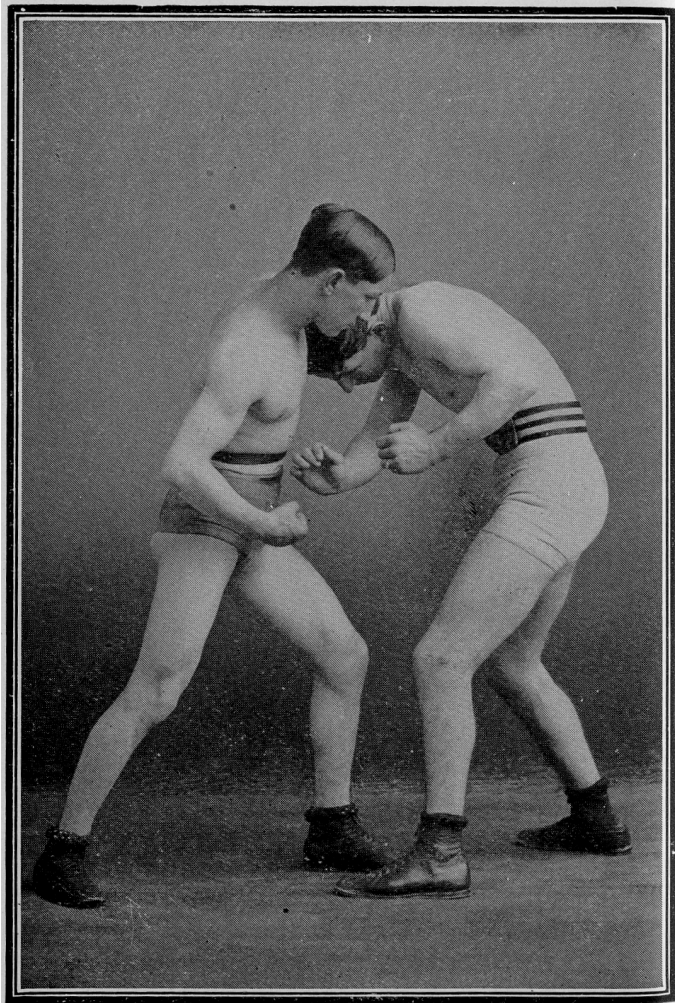


PLATE No. 19.

INFIGHTING

On the opposite page Frankie Neil demonstrates that series of blows which has come to be known as infighting, in which both hands are used against the body of an opponent, usually with telling effect. The best way in which to deliver these blows is to work close in and set a fast pace. Wait for a lead and step inside of it, and then stay there. But never attempt it unless you are inside the other fellow's guard.

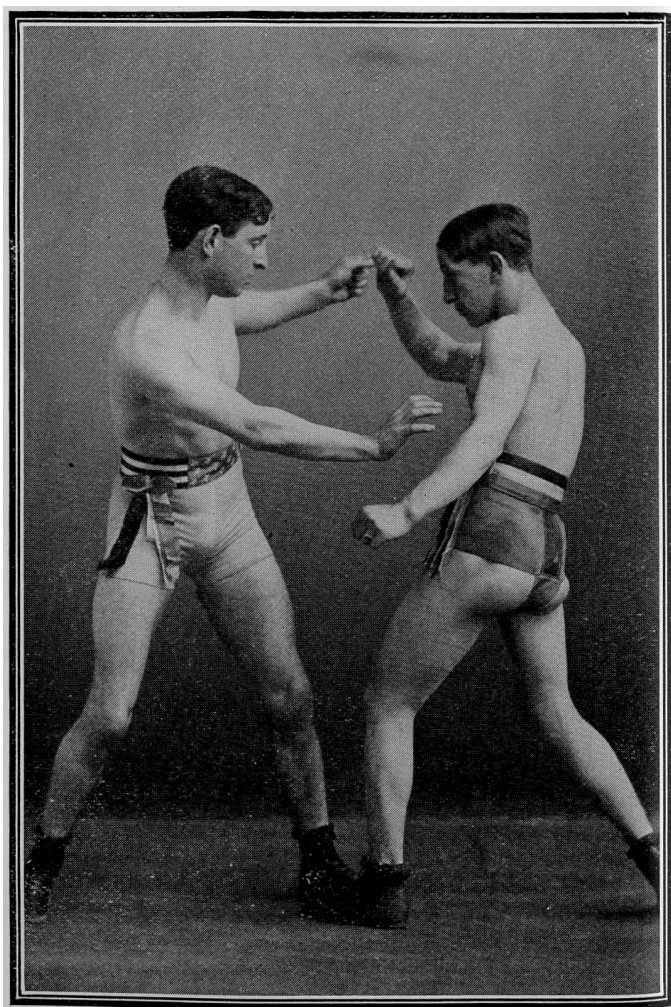


PLATE No. 20.

BLOCKING A SWING

When you see your opponent is about to swing there are several things to do, but they must be done quickly. In the first place it can be stopped just after it starts, as shown on the opposite page; it can be blocked by the glove just before it lands; it can be ducked, or you can step in and let it go around your neck. In the latter case, you can usually land a stiff body punch as you step in. If it is stopped before it is well under way—and only a quick boxer can do that—it usually throws the man who starts it off his balance, and a speedy boxer can smother him with blows before he has a chance to set himself.

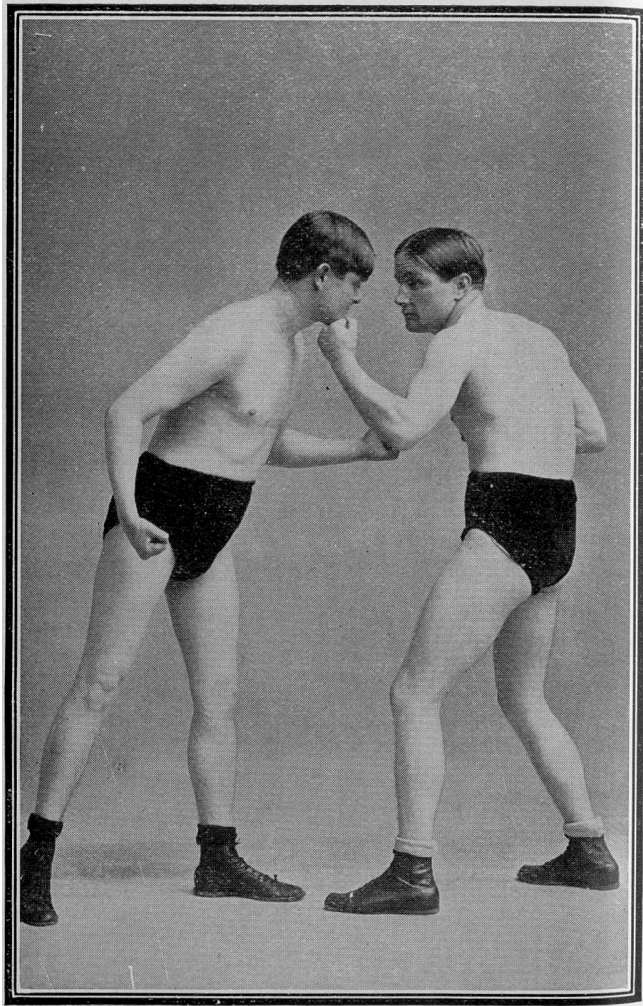


PLATE No. 20.

THE UPPER CUT

The upper cut is always delivered at short range, and is a short, sharp, snappy punch, which lands on the point of the jaw unless your opponent is ducking at the time when it lands full on the face. When well delivered, and with force behind it, it is a most damaging blow. Many young boxers have a habit of rushing in head downward. In cases of this kind a well-directed upper cut will usually straighten them up.

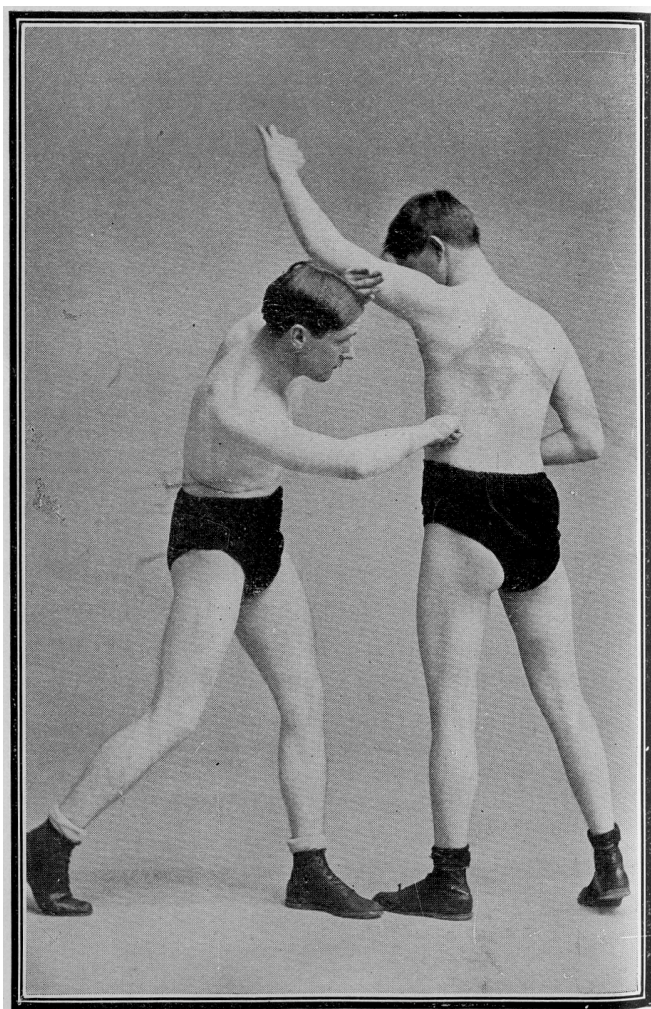


PLATE No. 22.

THE KIDNEY PUNCH

The kidneys are a particularly vulnerable spot, and repeated blows over them are bound to take the steam out of a man. There are several ways of landing it, but the simplest is during a clinch. They can also be reached by side-stepping a left, throwing the arm up, as shown in the accompanying illustration when a speedy man can usually land two or more blows.

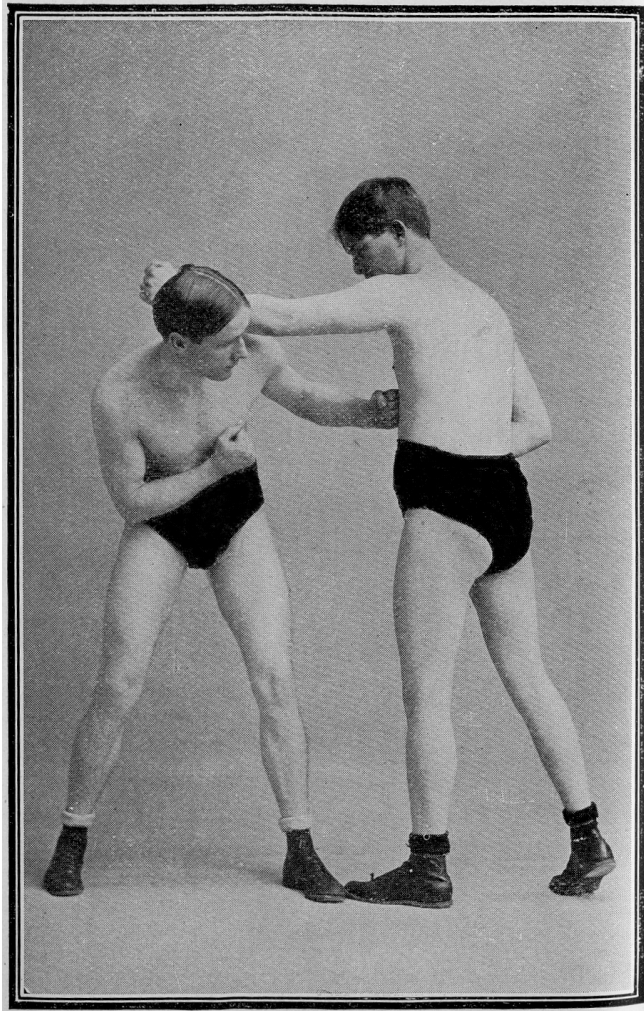


PLATE No. 23.

SIDE STEPPING

Too much cannot be said of the value of side-stepping, and it is here exemplified again. But simple side-stepping to avoid punishment is like a job half done. The man who uses his head as well as his hands and feet will usually figure it out so as to deliver a blow at the same time he avoids one. That is shown in this instance, where a short arm jolt reaches the stomach.

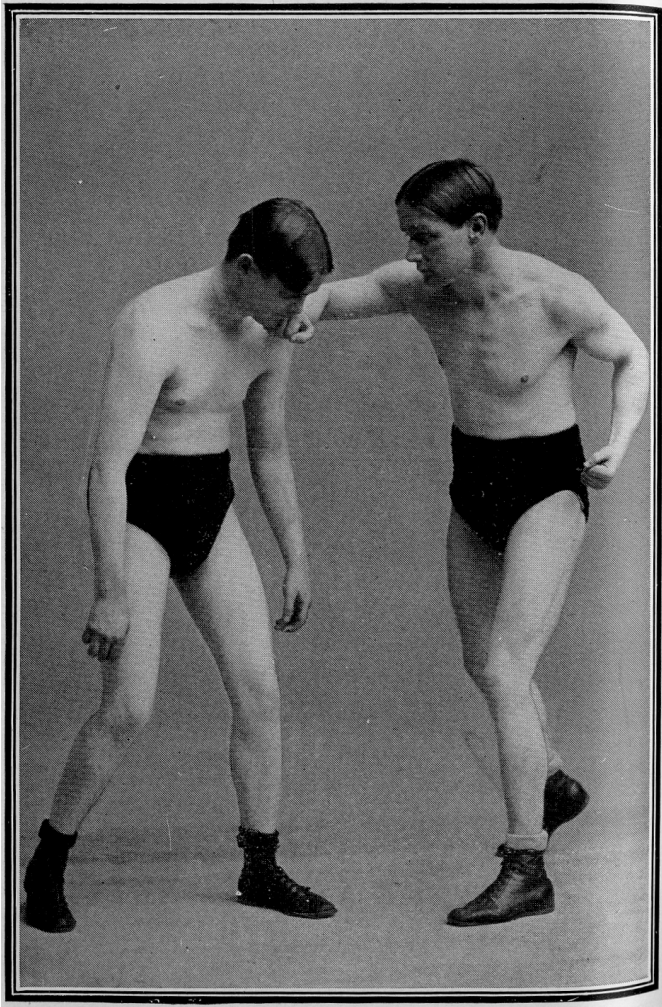


PLATE No. 24.

THE KNOCKOUT BLOW

What is known as the knockout punch is landed on the jaw usually on the side. It can be delivered from the side or in front. The force of the blow necessary to produce unconsciousness depends upon two things—the jaw that is hit and the power of the blow. A comparatively light punch will be sufficient for the average untrained man, while there are some professional boxers whom it is almost impossible to knock out, because of the strength and formation of their jaws. If you are boxing for amusement and exercise, don't try the knockout.

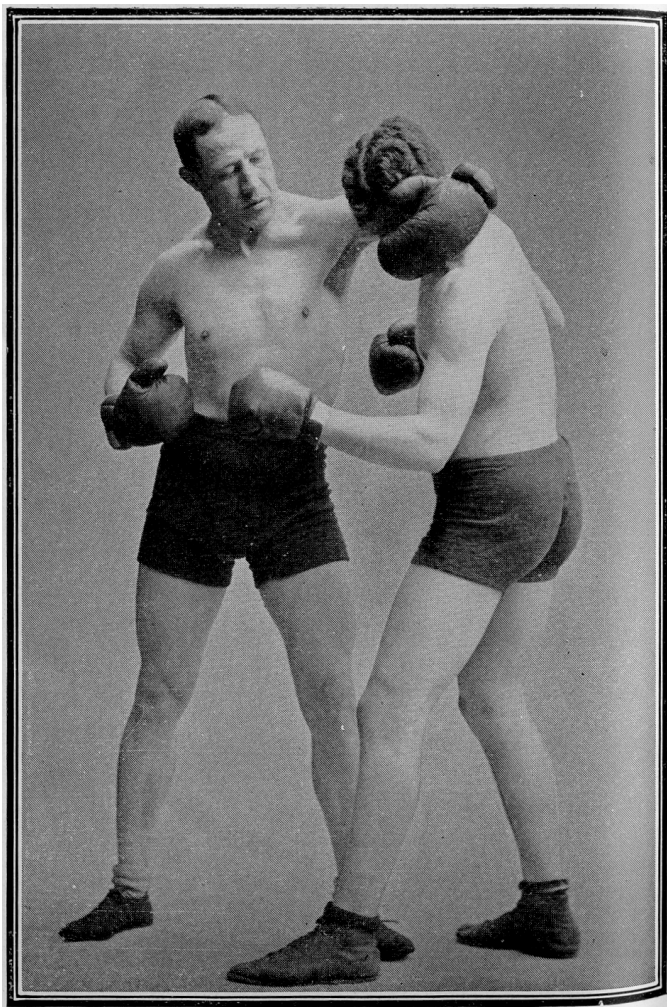


PLATE No. 25.

HOLDING

When you do box, box clean. Don't hold or take an unfair advantage. The placing of your hand around your opponent's neck, as shown on the opposite page, constitutes holding, and is a foul. When you get in a clinch break clean. Read the rules and abide by them, and bear in mind that boxing is not fighting. Learn the science of the game. The inflicting of needless punishment upon an inferior opponent doesn't add anything to your laurels, and it tends to lower the high status of the game.

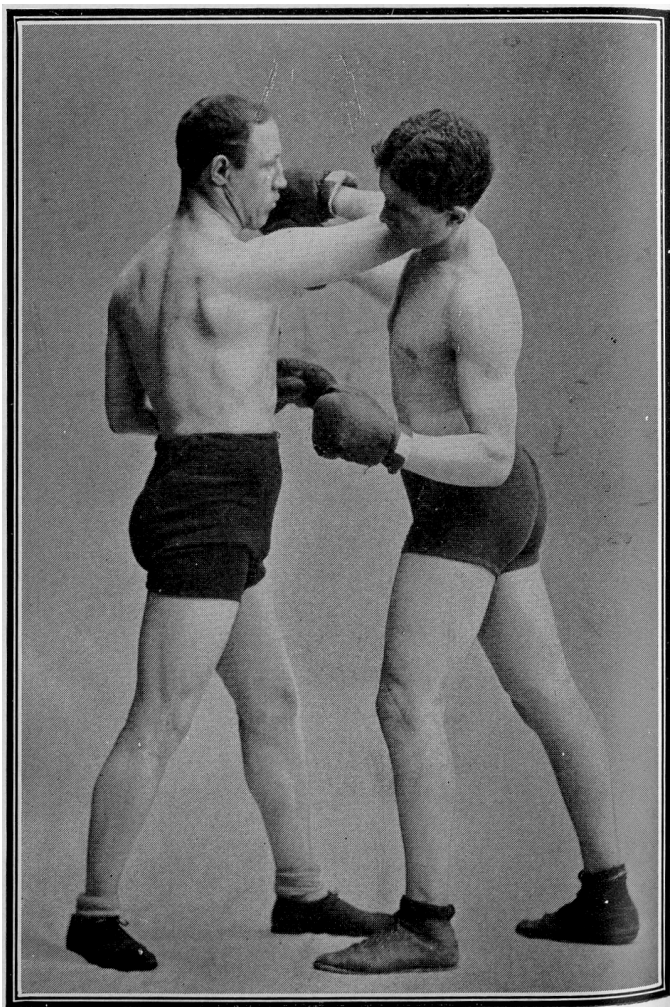


PLATE No. 26.

USING THE ELBOW

This is a very unfair blow, and when it is done it is done deliberately. The foul is a most flagrant one. The right is led so it will go past your opponent's head, and in bringing the arm back, the elbow is used against the jaw.

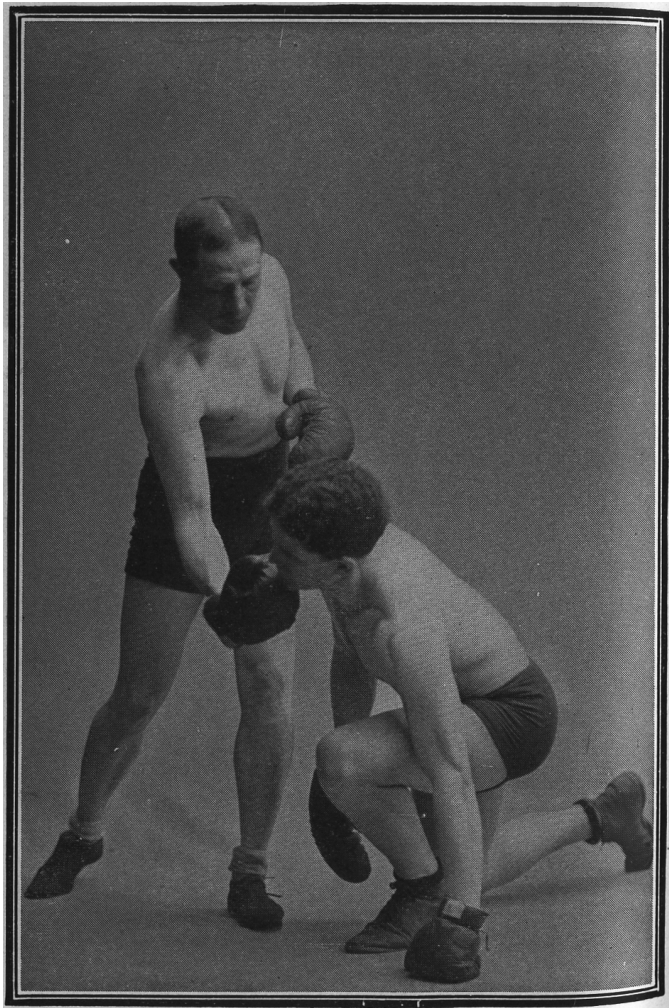


PLATE No. 27.

HITTING WHEN DOWN

To hit a man when he is down means to strike him when any part of his body except his feet touches the floor. A man on one knee is down,. When your opponent is down, step back and give him ai chance to get up. Don't lose your head and rush at him wildly. Be calm and take your time.

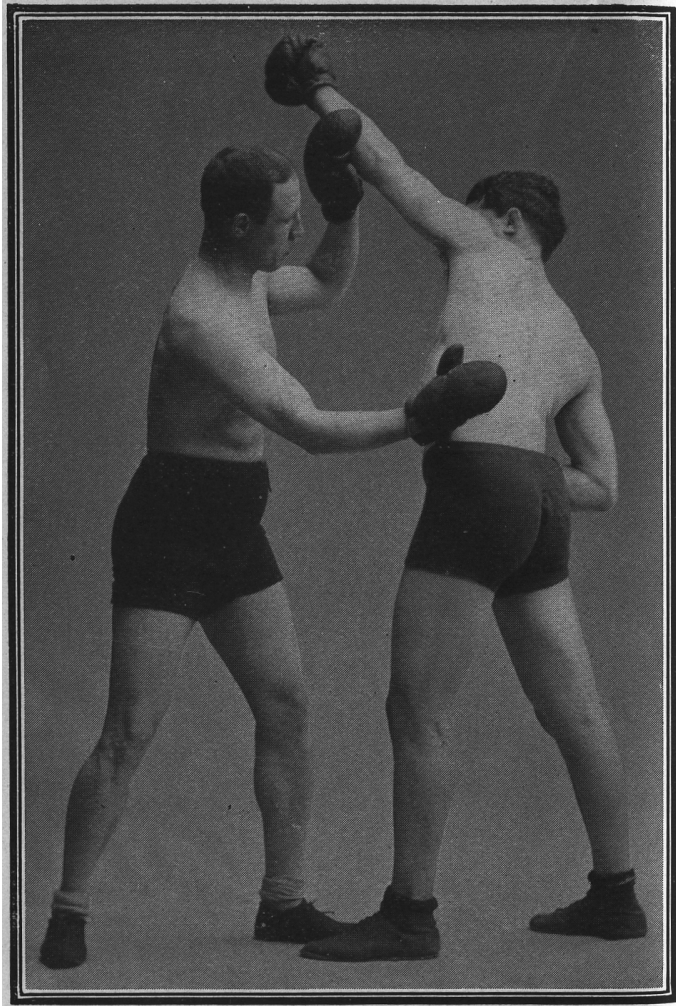


PLATE No. 28.

MISUSE OF THE GLOVE

The blow which is shown here is foul, because the heel of the glove is used, but it is not always a deliberate one, as many young boxers, in the excitement of a bout, will do things which they know are wrong. So in striking a blow be careful to strike with the fist clenched, as that is the way it is intended it should be used.

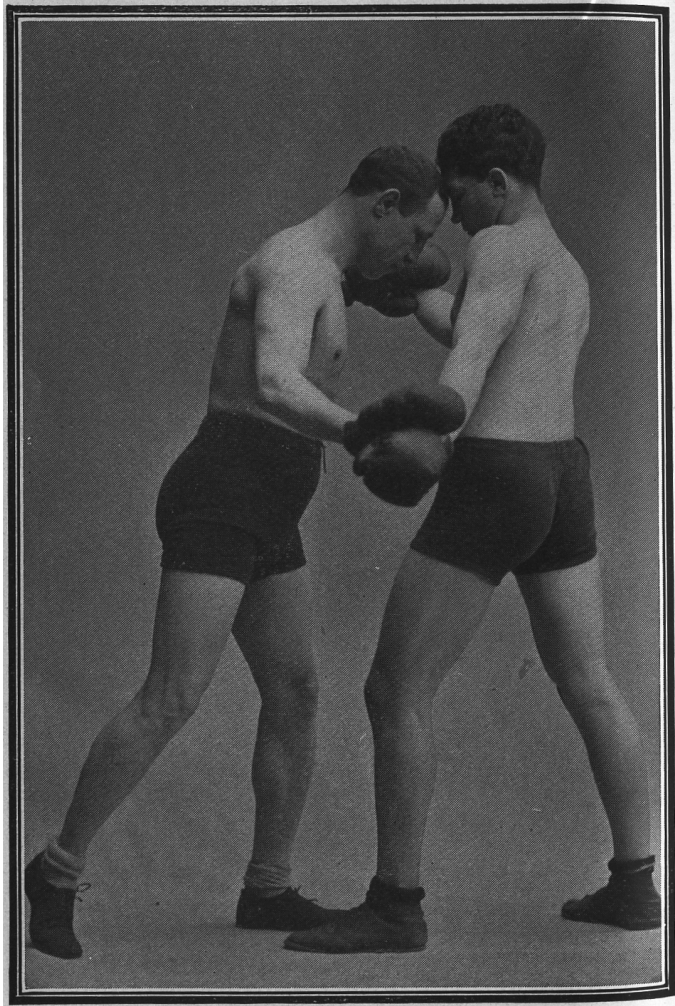


PLATE No. 29.

BUTTING

It quite frequently happens that during a bout one boxer's head will come in contact with the head of an opponent, and in many cases the foul was intended. There is an inclination, however, on the part of many boxers to butt, which ought to be discouraged. The man with a cool head never makes any mistakes like that, and the fellow who uses his head would do anything that was unfair.

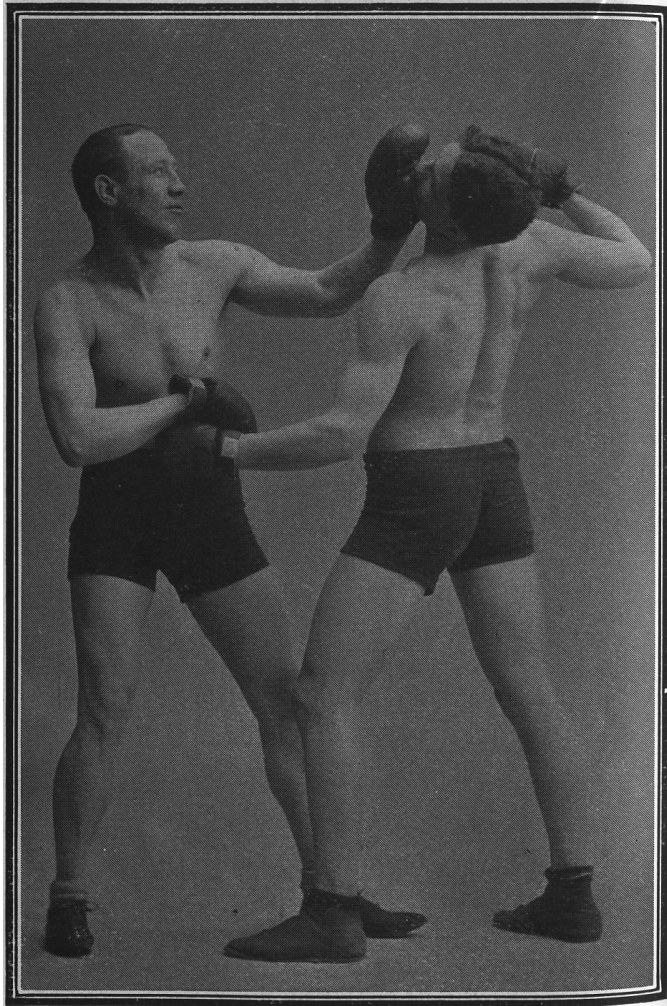
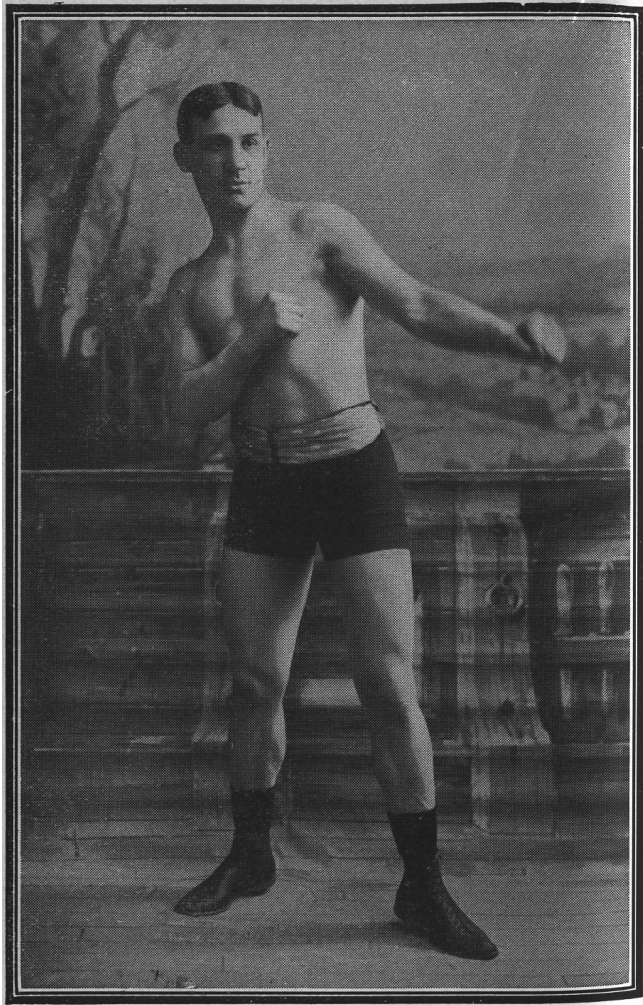


PLATE No. 30.

ANOTHER FOUL

Don't put the palm of your glove over an opponent's nose to stop his breathing, or don't use it to push his head back, as shown by the accompanying illustration, for both are foul. Remember that boxing gloves are made to punch with.



TOMMY RYAN,
Ex-middleweight Champion.

BOXING RULES
MARQUIS OF QUEENSBERRY RULES

1. To be a fair stand-up boxing match in a twenty-four-foot ring, or as near that size as practicable.

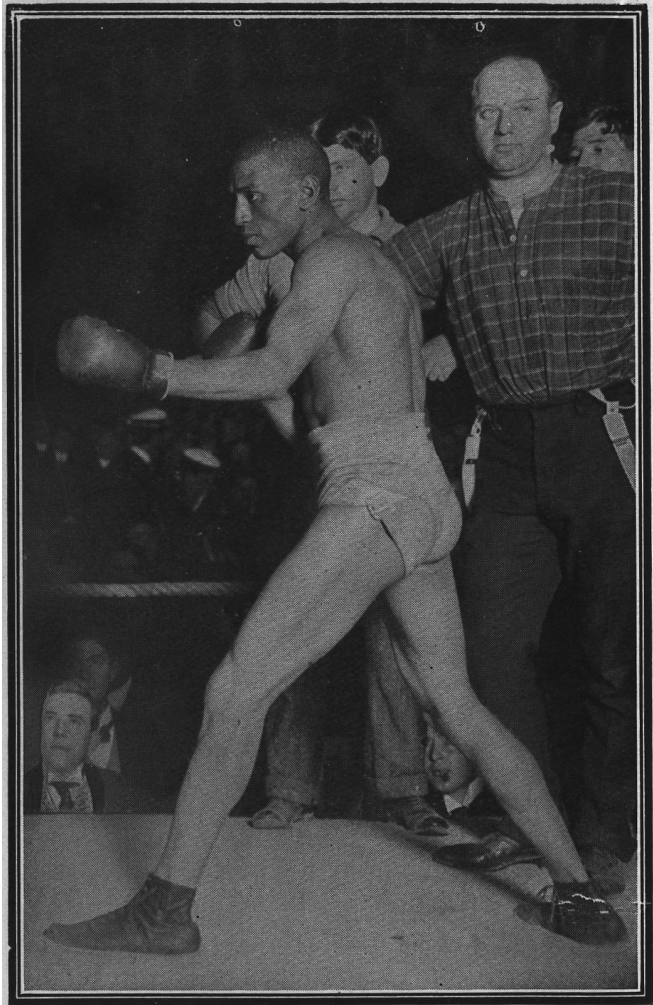
2. No wrestling or hugging allowed.

3. The rounds to be of three minutes' duration, and one minute time between rounds.

4. If either man fall, through weakness or otherwise, he must get up unassisted, ten seconds to be allowed him to do so, the other man meanwhile to return to his corner, and when the fallen man is on his legs the round is to be resumed and continued until the three minutes have expired. If one man fails to come to the scratch in the ten seconds allowed, it shall be in the power of the referee to give his award in favor of the other man.

5. A man hanging on the ropes in a helpless state, with his toes off the ground, shall be considered down.

6. No seconds or any other person to be allowed in the ring during the rounds.



JOE GANS,
Ex-lightweight Champion.

7. Should the contest be stopped by any unavoidable interference, the referee to name time and place, as soon as possible, for finishing the contest; so that the match must be won and lost, unless the backers of both men agree to draw the stakes.

8. The gloves to be fair-sized boxing-gloves of the best quality, and new.

9. Should a glove burst or come off, it must be replaced to the referee's satisfaction.

10. A man on one knee is considered down, and if struck is entitled to the stakes.

11. No shoes or boots with springs allowed.

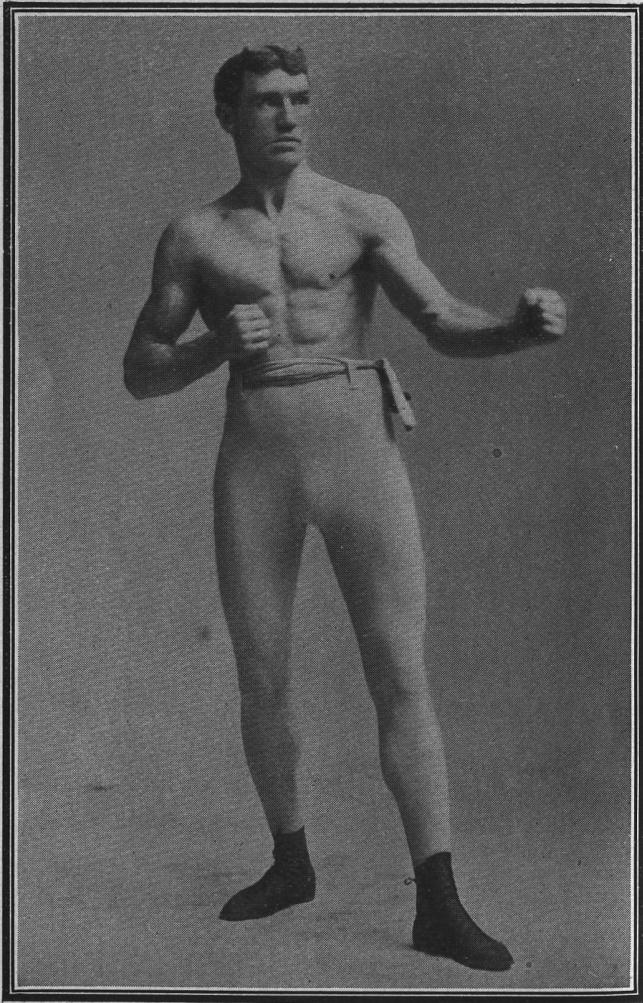
12. The contest in all other respects to be governed by revised rules of the London Prize Ring.

“POLICE GAZETTE”

REVISED QUEENSBERRY RULES

RULE 1—The weights for all pugilists who contend in glove contests, according to the “Police Gazette” boxing rules, shall be as follows :—For heavyweights, over 158 lbs., middle, under 158 lbs. and over 140 lbs.; light, under 140 lbs.

RULE 2—All contests to be decided in a twenty-four foot ring, which must be erected on the ground or stage.



PHILADELPHIA JACK O'BRIEN.

RULE 3—No wrestling or hugging allowed. The rounds to be of three minutes' duration and one minute time.

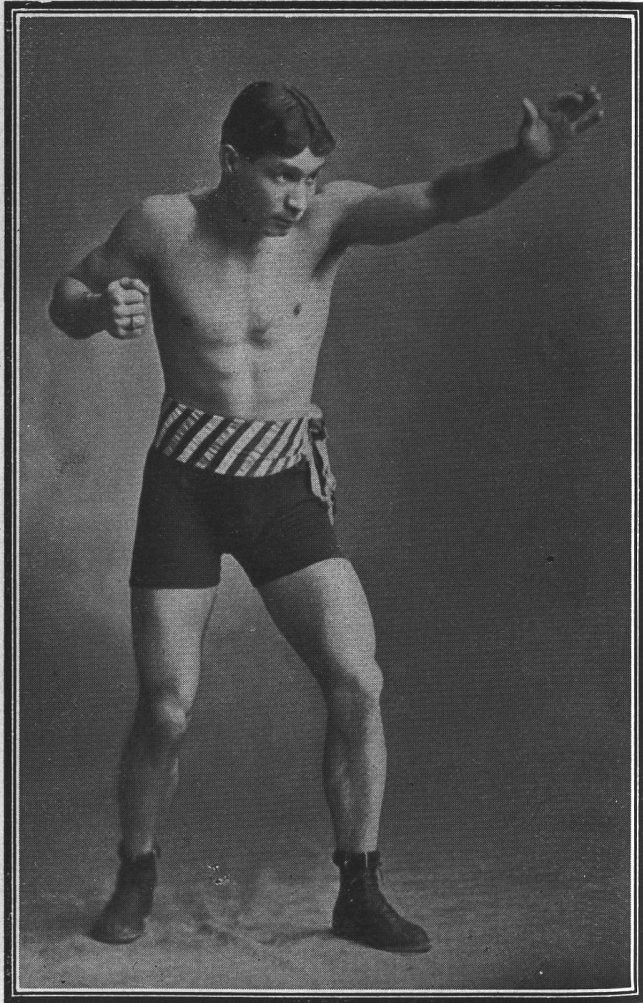
RULE 4—Each contestant shall select an umpire, and they shall appoint a referee.

RULE 5—In all contests two time-keepers shall be appointed, and the referee, under no circumstances, shall keep time.

RULE 6—During the contest, if either man fall, through weakness or otherwise, he must get up unassisted, ten seconds being allowed him to do so, the other man meanwhile to retire to his corner, and when the fallen man is on his legs the round is to be resumed and continued until the three minutes have expired; and if one man fails to come to the scratch in the ten seconds allowed, it shall be in the power of the referee to give his award in favor of the other man.

RULE 7—A contestant hanging on the ropes in a helpless state, with his toes off the ground, shall be considered down. No seconds, or any other person but the referee to be allowed in the ring.

RULE 8—Should the contest be stopped by any unavoidable interference, the referee, if appointed, or else the stakeholder, shall name



AURELIA HERRERA,
The Mexican.

the next time and place for finishing the contest, as soon as possible, so that the match must be either won or lost.

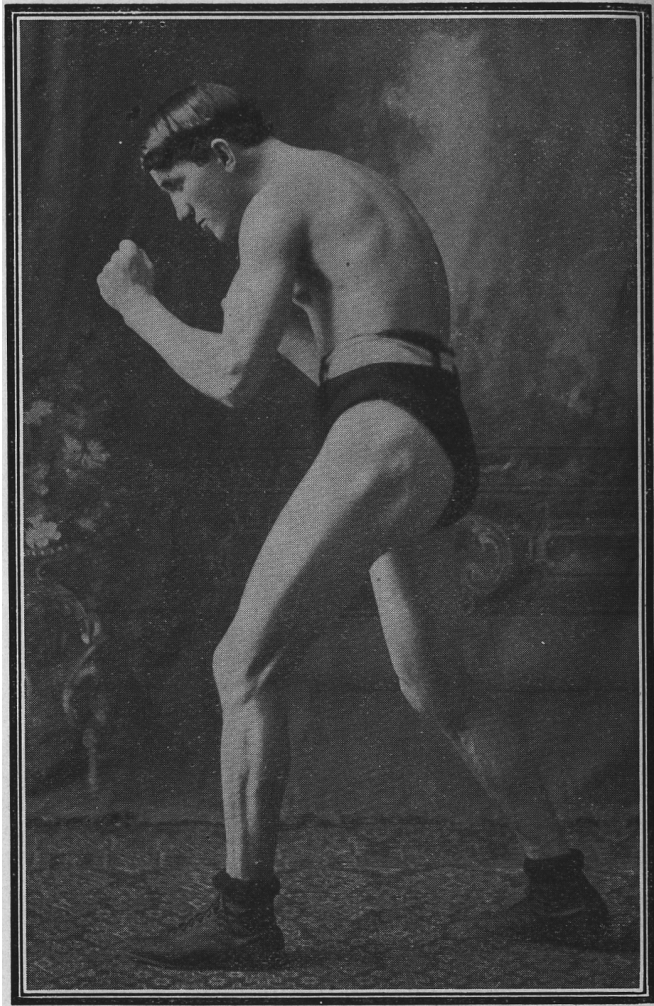
RULE 9—When either pugilist is knocked down within the allotted three minutes, he shall be allowed ten seconds to get on his feet again unassisted, except when this occurs in the last ten seconds.

RULE 10—One minute's rest shall be allowed between each round; and no wrestling, roughing or struggling on the ropes shall be permitted.

RULE 11—The gloves to be fair-sized boxing gloves, of the best quality and new. Should a glove burst or come off, it must be replaced to the referee's satisfaction. A man on one knee is considered down, and if struck, is entitled to the stakes. No shoes or boots with spikes allowed.

RULE 12—In all matches the stakes not to be given up until won or lost by a fight. That if a man leaves the ring, either to escape punishment or for any other purpose, without the permission of the referee, unless he is involuntarily forced out, shall forfeit the battle.

RULE 13—That any pugilist voluntarily quitting the ring, previous to the deliberate



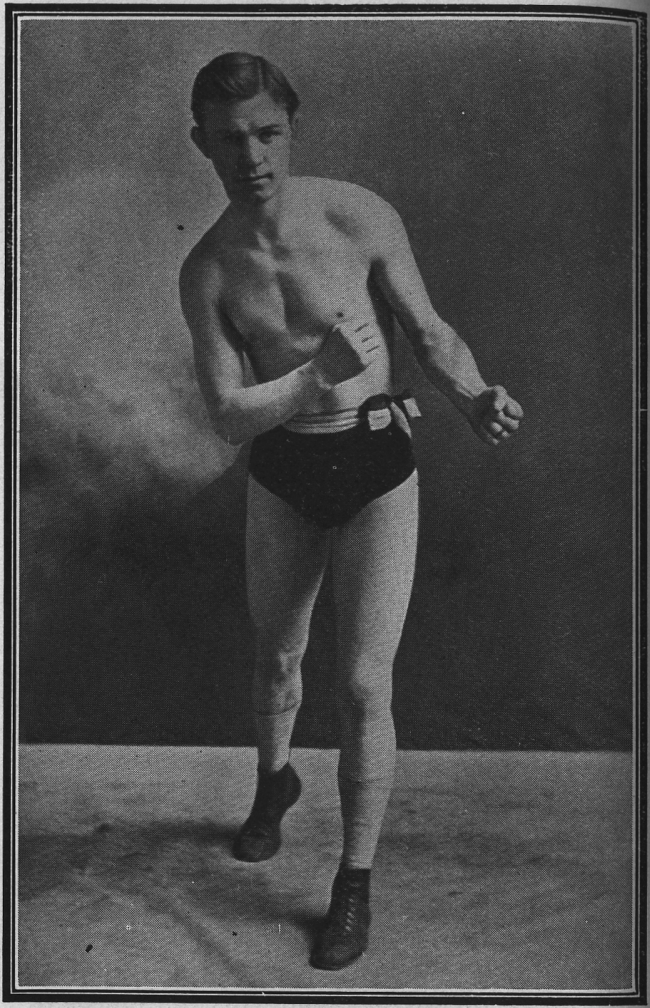
CLEVER TOMMY MURPHY.

judgment of the referee being obtained, shall be deemed to have lost the fight.

RULE 14—That the seconds shall not interfere, advise or direct the adversary of their principal, and shall refrain from all offensive and irritating expressions, in all respects conducting themselves with order and decorum, and co-niine themselves to the diligent and careful discharge of their duties to their principals.

RULE 15-If either man shall wilfully throw himself down without receiving a blow, whether blows shall have been previously exchanged or not, he shall be deemed to have lost the battle; but that this rule shall not apply to a man who, in a close, slips down from the grasp of an opponent to avoid punishment or from obvious accident or weakness. The battle-money shall remain in the hands of the stakeholder until fairly won or lost by a fight, unless a draw be mutually agreed upon, or in case of a postponement one of the principals shall be absent, when the man in the ring shall be awarded the stakes.

RULE 16—In contests in which contestants agree to box four, six or a stipulated number of rounds, the referee shall have full power to



BAATTLING NELSON
of Chicago.

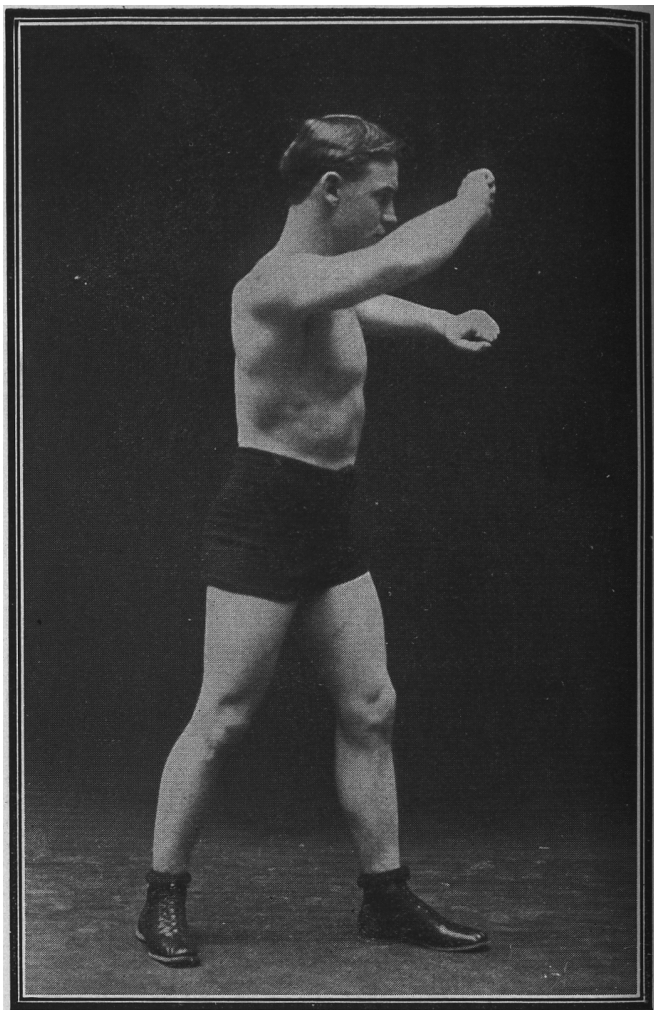
order the men to continue, if it has not been decided during the four, six or number of rounds stipulated by one or the other of the pugilists stopping, losing by a foul or being beaten.

LONDON PRIZE-RING RULES

RULE 1.—That the ring shall be made on turf, and shall be four-and-twenty feet square, formed of eight stakes and ropes, the latter extending in double lines, the uppermost line being four feet from the ground, and the lower two feet from the ground. That in the centre of the ring a mark be formed, to be termed a “Scratch.”

2.—That each man shall be attended to the ring by two seconds and a bottle-holder. That the combatants, on shaking hands, shall retire until the seconds of each have tossed for choice of position, which adjusted, the winner shall choose his corner according to the state of the wind or sun, and conduct his man thereto; the loser taking the opposite diagonal corner.

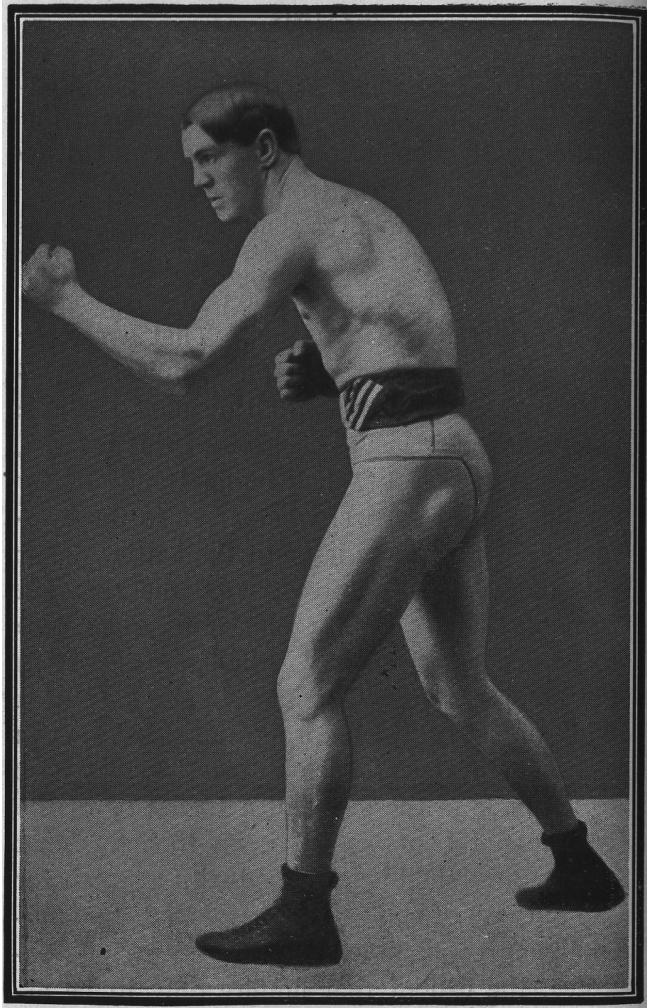
3.—That each man shall be provided with a handkerchief of a color suitable to his own fancy, and that the seconds shall entwine these handkerchiefs at the upper end of one of the



YOUNG CORBETT.
(Wm. H. Rothwell.)

centre stakes. That these handkerchiefs shall be called "Colors," and that the winner of the battle at its conclusion shall be entitled to their possession as the trophy of victory.

4.—That two umpires shall be chosen by the seconds or backers to watch the progress of the battle, and take exception to any breach of the rules hereafter stated. That a referee shall be chosen by the umpires, unless otherwise agreed on, to whom all disputes shall be referred; and that the decision of this referee, whatever it may be, shall be final and strictly binding on all parties, whether as to the matter in dispute or the issue of the battle. That this official shall receive out of the stakes a sum of 5 per cent. for officiating, such sum to be deducted by the stakeholder either from the amount of the winnings, in the case of a win, or in equitable proportions from each stake in the event of a draw. No payment to be made in the event of a forfeit or of the referee not being called upon to act. That the umpires shall be provided with a watch for the purpose of calling time; and that they mutually agree upon which this duty shall devolve, the call of that umpire only to be attended to, and no other person whatever, ex-



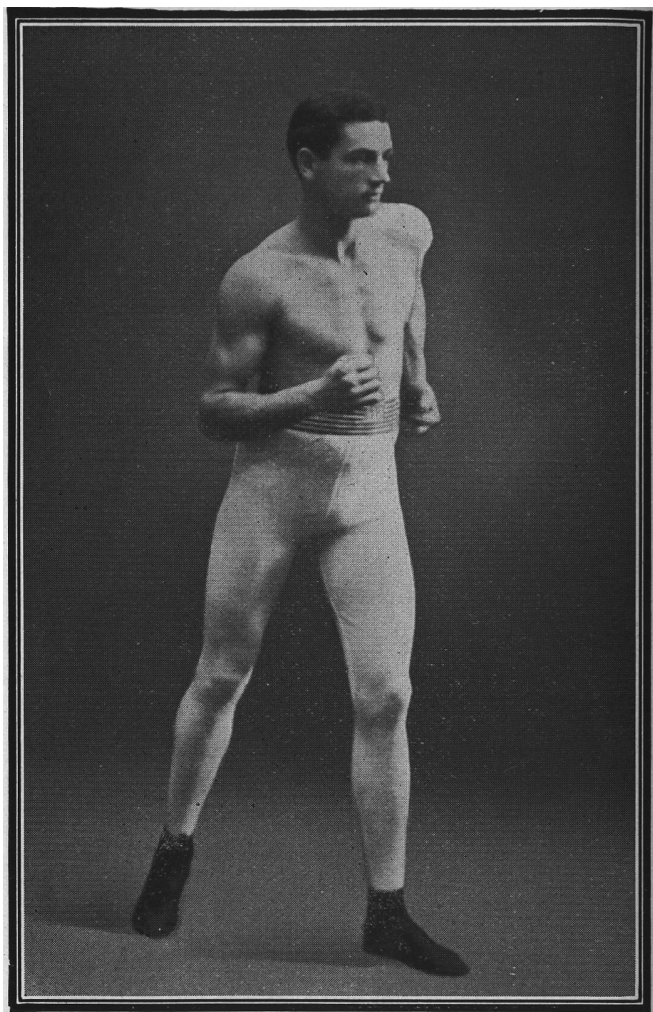
TERRY McGOVERN.
(Terrible Terry.)

cept the referee when appealed to, shall interfere in calling time. That the referee shall withhold all opinion till appealed to by the umpires, and that the umpires strictly abide by his decision without dispute,

5.—That on the men being stripped, it shall be the duty of the seconds to examine their drawers, and if any objection arises as to insertion of improper substances therein, they shall appeal to their umpires, who, with the concurrence of the referee, shall direct what alterations shall be made.

6.—That the spikes in the lighting boots shall be confined to three in number, which shall not exceed three-eighths of an inch from the sole of the boot, and shall not be less than one-eighth of an inch broad at the point; two to be placed in the broadest part of the sole and one in the heel; and that in the event of a man wearing any other spikes either in the toes or elsewhere, he shall be compelled either to remove them or provide other boots properly spiked, the penalty for refusal to be a loss of the stakes.

7.—That both men being ready, each shall be conducted to that side of the scratch next his corner previously chosen; and the sec-



KID McCOY.
(One of the cleverest.)

onds on the one side, and the men on the other, having shaken hands, the former shall immediately leave the ring and there remain till the round be finished, on no pretense whatever approaching their principals during the round, without permission from the referee. The penalty to be the loss of the battle to the offending parties.

8.—That at the conclusion of the round, when one or both of the men shall be down, the seconds shall step into the ring and carry or conduct their principal to his corner, there affording him the necessary assistance, and that no person whatever be permitted to interfere in his duty.

9.—That on the expiration of thirty seconds the umpire appointed shall cry "Time," upon which each man shall rise from the knee of his second and walk to his own side of the scratch unaided; the seconds immediately leaving the ring. The penalty for either of them remaining eight seconds after the call of time to be the loss of the battle to his principal; and that either man failing to be at the scratch within eight seconds shall be deemed to have lost the battle.

10.—That on no consideration whatever

shall any person, except the seconds or the referee, be permitted to enter the ring during the battle, nor till it shall have been concluded; and that in the event of such unfair practice, or the ropes or stakes being disturbed or removed, it shall be in the power of the referee to award the victory to that man who, in his honest opinion, shall have the best of the contest.

11.—That the seconds shall not interfere, advise, or direct the adversary of their principal, and shall refrain from all offensive and irritating expressions, in all respects conducting themselves with order and decorum, and confine themselves to the diligent and careful discharge of their duties to their principals.

12.—That in picking up their men, should the seconds willfully injure the antagonist of their principal, the latter shall be deemed to have forfeited the battle on the decision of the referee.

13.—That it shall be a fair “stand up fight” and if either man shall willfully throw himself down without receiving a blow, *whether blows shall have previously been exchanged or not*, he shall be deemed to have lost the battle; but that this rule shall not apply to a man who in

a close slips down from the grasp of his opponent to avoid punishment, or from obvious accident or weakness.

14.—That butting with the head shall be deemed foul, and the party resorting to this practice shall be deemed to have lost the battle.

15.—That a blow struck when a man is thrown or down shall be deemed foul. That a man with one knee and one hand on the ground, or with both knees on the ground, shall be deemed down; and a blow given in either of those positions shall be considered foul, providing always that, when in such position, the man so down shall not himself strike or attempt to strike.

16.—That a blow struck below the waistband shall be deemed foul, and that, in a close, seizing an antagonist below the waist, by the thigh or otherwise shall be deemed foul.

17.—That all attempts to inflict injury by gouging, or tearing the flesh with the fingers or nails, and biting, shall be deemed foul.

18.—That kicking, or deliberately falling on an antagonist with the knees or otherwise when down shall be deemed foul.

19.—That all bets shall be paid as the battle money, after a fight, is awarded.

20.—The referee and umpires shall take their positions in front of the center stake outside the ropes.

21.—That due notice shall be given by the stakeholder of the day and place where the battle money is to be given up, and that he be exonerated from all responsibility upon obeying the direction of the referee; that all parties be strictly bound by these rules; and that in future all articles of agreement for a contest be entered into with a strict and willing adherence to the letter and spirit of these rules.

22.—That in the event of magisterial or other interference, or in case of darkness coming on, the referee [or stakeholder in case no referee has been chosen] shall have the power to name the time and place for the next meeting, if possible on the same day, or as soon after as may be. In naming the second or third place, the nearest spot shall be selected to the original place of fighting where there is a chance of its being fought out.

23.—That should the light not be decided on the day all bets shall be drawn, unless the fight

shall be resumed the same week, between Sunday and Sunday, in which case the referee's duties shall continue, and the bets shall stand and be decided by the event. The battle money shall remain in the hands of the stakeholder until fairly won or lost by a fight, unless a draw be mutually agreed upon, or, in case of a postponement, one of the principals shall be absent, when the man in the ring shall be awarded the stakes.

24.—That any pugilist voluntarily quitting the ring, previous to the deliberate judgment of the referee being obtained, shall be deemed to have lost the fight.

25.—That on an objection being made by the seconds or umpire the men shall retire to their corners, and there remain until the decision of the appointed authorities shall be obtained; that if pronounced "foul," the battle shall be at an end; but if "fair," "time" shall be called by the party appointed, and the man absent from the scratch in eight seconds after shall be deemed to have lost the fight. The decision in all cases to be given promptly and irrevocably, for which purpose the umpires and the referee should be invariably close together.

26.—That if a man leaves the ring, either

to escape punishment or for any other purpose, without the permission of the referee, unless he is involuntarily forced out, shall forfeit the battle.

27.—That the use of hard substances, such as stones, or sticks or of resin in the hand during the battle, shall be deemed foul, and that on the requisition of the seconds of either man the accused shall open his hands for the examination of the referee.

28.—That hugging on the ropes shall be deemed foul. That a man held by the neck against the stakes, or upon or against the ropes, shall be considered down, and all interference with him in that position shall be foul. That if a man in any way makes use of the ropes or stakes to aid him in squeezing his adversary, he shall be deemed the loser of the battle; and that if a man in a close reaches the ground with his knees, his adversary shall immediately loose him or lose the battle.

29.—That all glove or room fights be as nearly as possible in conformity with the foregoing rules.

AMATEUR ATHLETIC UNION RULES

1.—In all open competitions the ring shall not be less than 16 feet or more than 24 feet

square, and shall be formed of 8 stakes and ropes, the latter extending in double lines, the uppermost line four feet from the floor and the lower line two feet from the floor.

2.—Competitors to box in regulation athletic costume, in shoes without spikes, or in socks, and to use boxing gloves of not more than 8 ounces in weight.

3.—Weights to be: Bantam, 105 lbs. and under; Feather, 115 lbs. and under; Light, 135 lbs. and under; Middle, 158 lbs. and under; Heavy Weight, 158 lbs. and over.

4.—Any athlete who weighs in and then fails to compete, without an excuse satisfactory to the Games Committee, shall be suspended for six months.

5.—In all open competitions the result shall be decided by two judges with a referee. A time-keeper shall be appointed.

6.—In all competitions the number of rounds to be contested shall be three., The duration of rounds in the trial bout shall be limited to three minutes each. In the “finals,” the first two rounds will be three minutes each, and the final round four minutes. The interval between each round shall be one minute.

7.—In all competitions, any competitor fail-

ing to come up when_ time is called shall lose the bout.

8.—Immediately before the competition each competitor shall draw his number and compete as follows: To have a preliminary round of as many contests as the total number of contestants exceeds 2, 4, 8, 16, or 32 and drop the losers. This leaves in 2, 4, 8, 16 or 32 contestants, and the rounds then proceed regularly, with no byes or uneven contests.

9.—Each competitor shall be entitled to the assistance of one second only, and no advice or coaching shall be given to any competitor by his second, or by any other person during the progress of any round.

10.—The manner of judging shall be as follows: The two judges and referee shall be stationed apart. At the end of each bout, each judge shall write the name of the competitor who in his opinion has won and shall hand the same to the announcer (or master of ceremonies). In case the judges agree, the master of ceremonies shall announce the name of the winner, but in cases where the judges disagree, the master of ceremonies shall so inform the referee, who shall thereupon himself decide.

11.—The referee shall have power to give

his casting vote when the judges disagree to caution or disqualify a competitor for infringing rules, or to stop a round in the event of either man being knocked down, providing that the stopping of either of the first two rounds shall not disqualify any competitor from competing in the final round; to decide the competition in the event of either man showing so marked a superiority over the other that a continuation of the contest would serve only to show the loser's ability to take punishment. And the referee can order a further round, limited to two minutes, in the event of the judges disagreeing.

12.—The decision of the judges or referee, as the case may be, shall be final.

13.—In all competitions the decision shall be given in favor of the competitor who displays the best style, and obtains the greatest number of points. The points shall be: For attack, direct clean hits with the *knuckles* of either hand, on any part of the front or sides of the head, or body above the belt; defense, guarding, slipping, ducking, counter-hitting or getting away. Where points are otherwise equal, consideration to be given the man who does most of the leading off.

14.—The referee may disqualify a competitor who is boxing unfairly, by flicking or hitting with the open glove, by hitting with the inside or butt of the hand, the wrist or elbow, hitting or catching hold below the waist, or hitting when down (one knee and one hand or both knees on the floor), butting with the head or shoulder, wrestling or roughing at the ropes, using offensive and scurrilous language, or not obeying the orders of the referee.

15.—All competitors who have been beaten by the winner shall be entitled to compete for second place, and all who have been beaten by the winners of either first or second place shall be entitled to compete for third place.

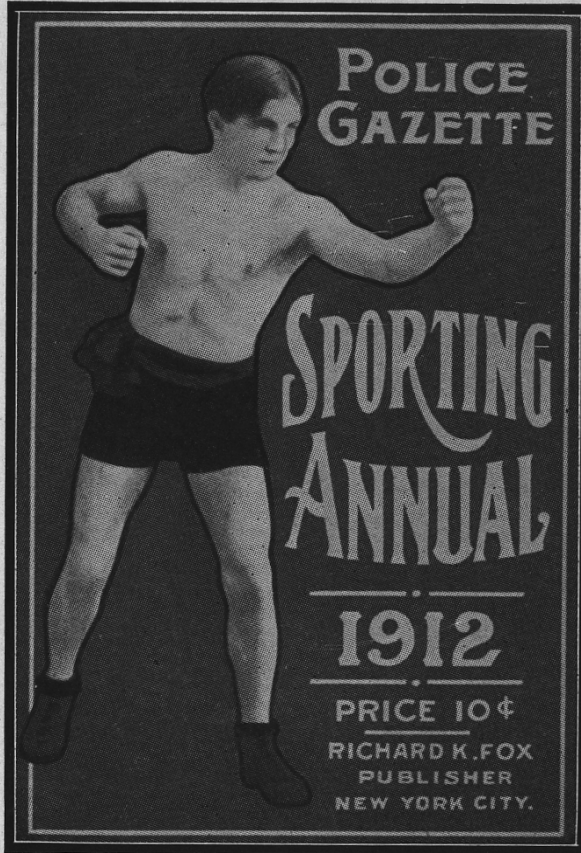
16.—Any athlete who competes in a boxing contest of more than four rounds shall be suspended for such, stated period as may be determined by the Board of Managers of the association of the A. A. U. in whose territory the offense was committed.,

17.—In the event of any question arising not provided for in these rules, the referee to have full power to decide such question or interpretation of rule.

ALL SPORTING RECORDS

GREATEST OF REFERENCE BOOKS

IT EASILY FITS IN THE VEST POCKET



CONTAINS ALL THE SPORTING RECORDS

ACTUAL SIZE OF BOOK 3x4½ INCHES.

Mailed for Six 2-cent Stamps.

THE STANDARD SPORTING AUTHORITY

PUBLISHED EVERY YEAR

OFFICIAL BASEBALL GUIDE

BY JOHN J. MCGRAW

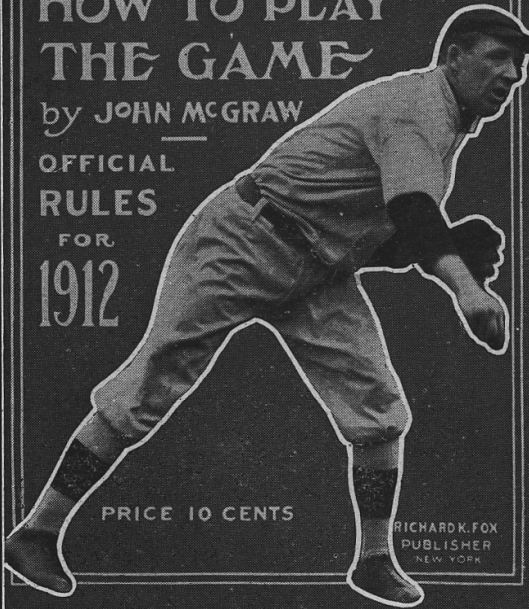
NO. 29 - FOX'S ATHLETIC LIBRARY

BASEBALL

HOW TO PLAY
THE GAME

by JOHN MCGRAW

OFFICIAL
RULES
FOR
1912



PRICE 10 CENTS

RICHARD K. FOX
PUBLISHER
NEW YORK

BATTING AVERAGES
PITCHING AVERAGES

HOW TO PITCH
HOW TO CATCH

BOTH LEAGUE SCHEDULES

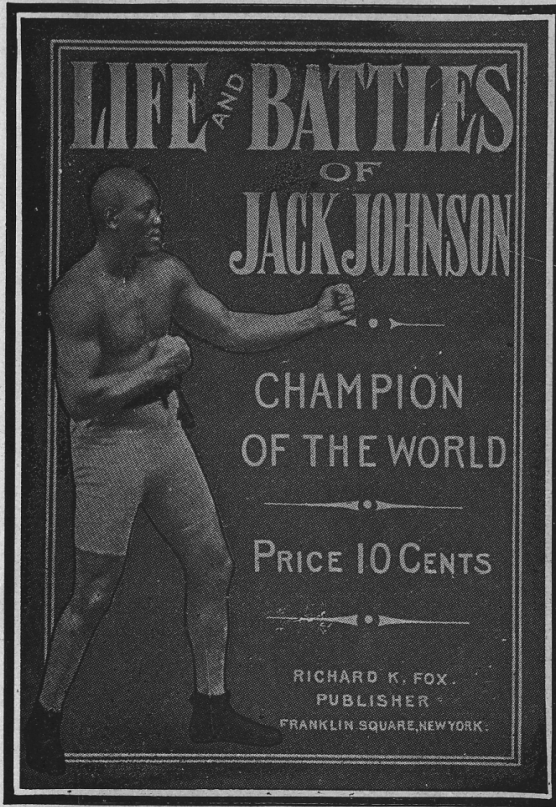
Statistics, Averages and General Standing of the Leagues

RICHARD K. FOX PUBLISHING COMPANY, FRANKLIN SQ., N. Y. CITY

SENT BY MAIL FOR SEVEN 2-CENT STAMPS

LIFE AND BATTLES OF JACK JOHNSON

CHAMPION OF THE WORLD, and HOLDER OF
THE POLICE GAZETTE DIAMOND BELT



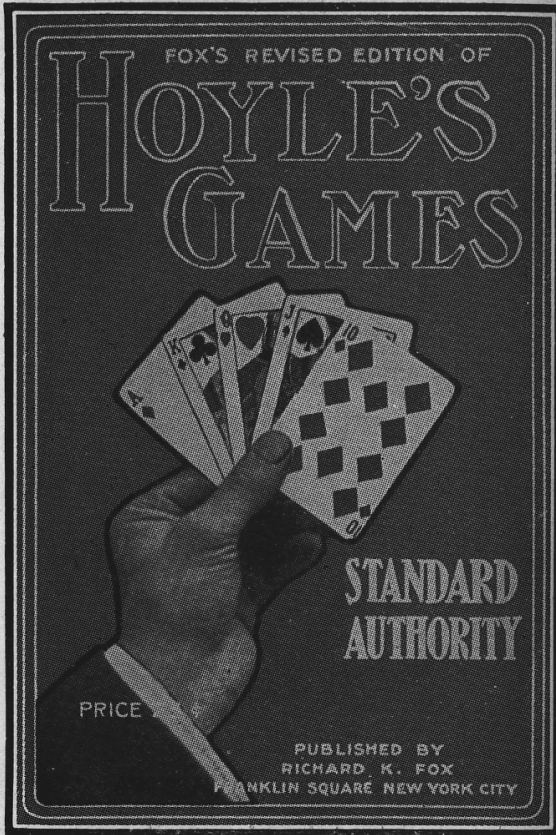
ILLUSTRATED WITH PHOTOGRAPHS
A Great Book about a Great Boxer
THE FIRST OF HIS RACE TO ATTAIN THIS HIGH POSITION
Contains Full Record, and his Fight by Rounds with Tommy Burns

RICHARD K. FOX PUBLISHING CO., NEW YORK CITY

SENT BY MAIL FOR 7 TWO-CENT STAMPS

THE AUTHORITY ON CARDS

When You Get This Book You Get The Best.



Mailed for Fifteen 2-cent Stamps.

In this book are Rules on Card Games which are official, and recognized as such all over the world.

How To Play Whist

BRIDGE AND WHIST

BY "ACE"

PRICE
10 CENTS

RICHARD K. FOX Publisher
FRANKLIN SQUARE
NEW YORK

**SHOWS THE PLAYER HOW TO PLAY
THE GAME SCIENTIFICALLY.**

Sent on Receipt of Six 2 Cent Stamps.

Do You Play Poker?

GET THIS BOOK

POKER

HOW TO WIN

**OFFICIAL
RULES**



**PRICE
10 CENTS**

**RICHARD K. FOX, Publisher,
FRANKLIN SQUARE,
NEW YORK**

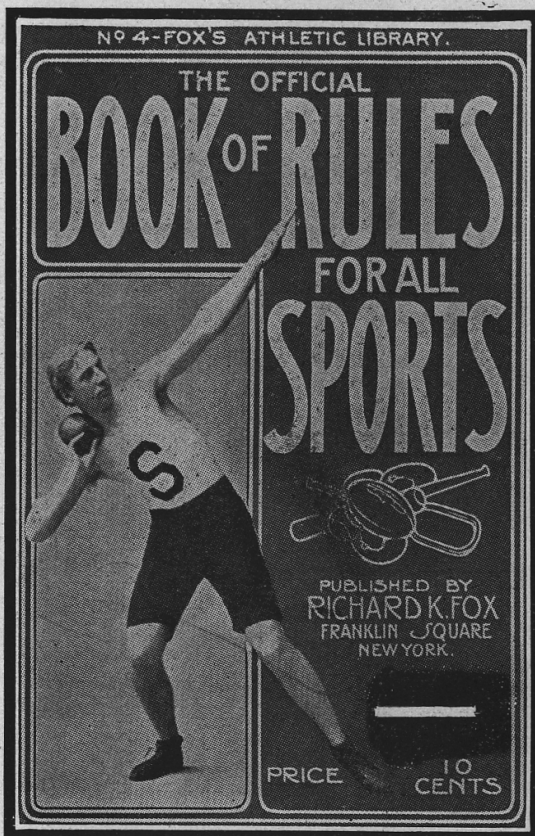
It Will Show You How To Win Legitimately

HANDY VEST POCKET SIZE

SENT BY MAIL FOR SIX 2 CENT STAMPS

HERE'S A STANDARD AUTHORITY

**The Official Book of
Rules For All Sports**



No One Should Be Without a Copy

SENT BY MAIL FOR SEVEN 2-CENT STAMPS

RICHARD K. FOX PUBLISHING COMPANY, FRANKLIN SQ., N. Y. CITY

THE BEST BOOK ON
BAG PUNCHING

—BY—
Champion Harry Seeback

No. 12—FOX'S ATHLETIC LIBRARY.

SCIENTIFIC
BAG PUNCHING

BY
CHAMPION
HARRY
SEEBACK

PRICE 10 CENTS

PUBLISHED BY
RICHARD K. FOX
FRANKLIN SQUARE
NEW YORK



Holder of the Police Gazette Medal

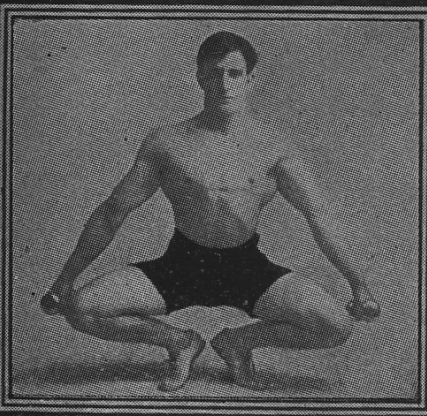
SENT BY MAIL FOR SEVEN 2 CENT STAMPS

THE GREATEST SERIES OF
Physical Culture Movements
KNOWN!

NO 1 - FOX'S ATHLETIC LIBRARY.

2ND EDITION, IMPROVED & ENLARGED.

PROF. ATTILA'S
FIVE POUND
DUMB-BELL EXERCISE



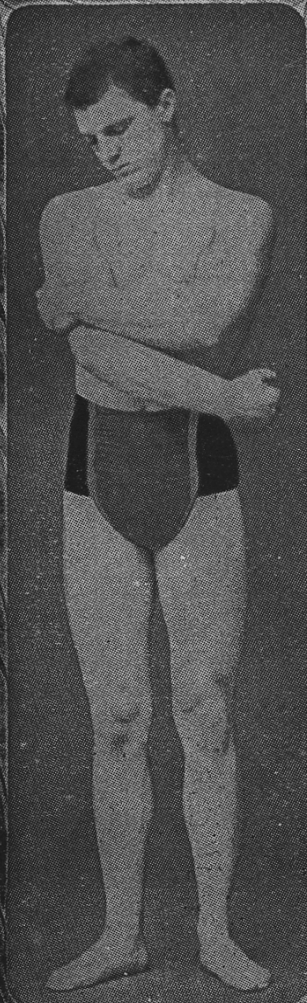
ILLUSTRATED WITH 30 HALFTONE PLATES

RICHARD K. FOX, PUBLISHER,
FRANKLIN SQUARE
NEW YORK CITY.

10 CENTS

Sent on Receipt of Seven 2-cent Stamps.

HOW ARE YOUR LUNGS ?



**PHYSICAL
CULTURE**
BY MEANS OF
**MUSCULAR RESISTANCE
AND
BREATHING
EXERCISES**
BY
PROF. EDWARD ITTMANN
ILLUSTRATED WITH
POSES BY THE AUTHOR
RICHARD K. FOX
PUBLISHER
FRANKLIN ST., NEW YORK
PRICE
10 CENTS

Sent on Receipt of Seven 2-cent Stamps.

NO APPARATUS NECESSARY

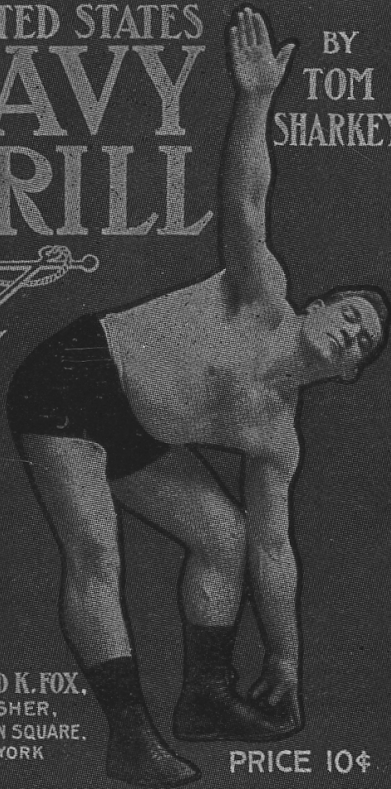
The **Fountainhead of Strength**

Endorsed by the United States Navy

No. 11—FOX'S ATHLETIC LIBRARY.

UNITED STATES
**NAVY
DRILL**

BY
TOM
SHARKEY



RICHARD K. FOX,
PUBLISHER,
FRANKLIN SQUARE,
NEW YORK

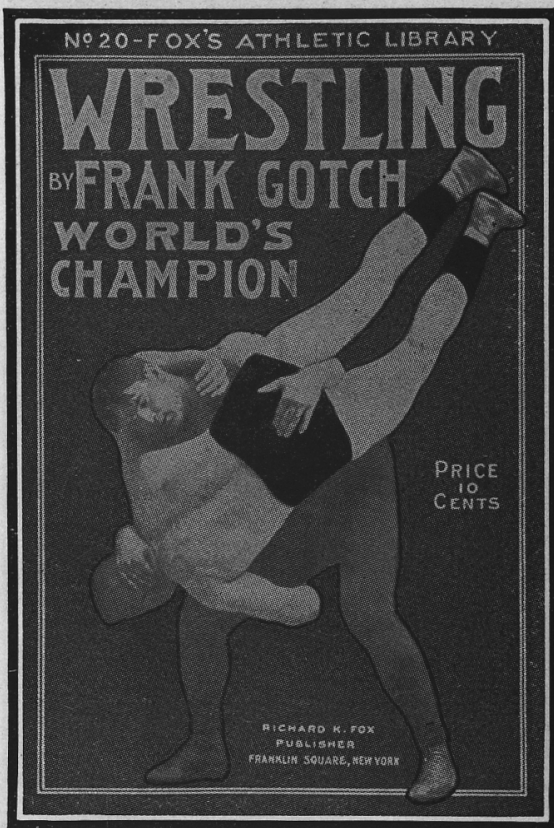
PRICE 10¢

**A Great Series of Exercises Without
Apparatus**

SENT BY MAIL FOR SEVEN 2 CENT STAMPS

NEW BOOK ON
WRESTLING

By **FRANK GOTCH**
The World's Champion



*An indispensable book for those who
wish to learn the art of **WRESTLING**.*

SENT ON RECEIPT OF SEVEN 2-CENT STAMPS

**Positively the Most Reliable Book
on the Subject Ever Published ❁ ❁**


NO. 7 - FOX'S ATHLETIC LIBRARY.

CLUB SWINGING

By
Gus Hill
And
Tom Burrows
×
**WORLD'S
CHAMPIONS**
×
**FULLY
ILLUSTRATED**

PRICE
10 CENTS.

PUBLISHED BY
RICHARD K. FOX
FRANKLIN SQUARE.
NEW YORK.



COMPILED BY THE CHAMPIONS

❁ BETTER THAN THE BEST ❁

Sent on Receipt of Seven 2-cent Stamps.

Japanese Physical Culture!

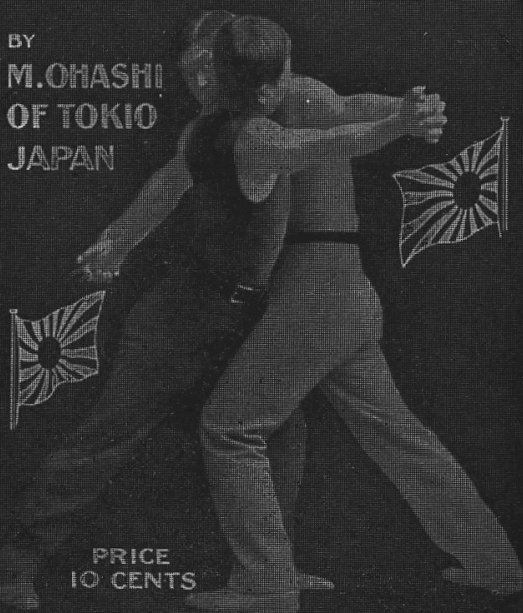
A WONDERFUL SYSTEM.

NO. 8 - FOX'S ATHLETIC LIBRARY.

JUDO JITSU

THE JAPANESE SYSTEM OF PHYSICAL CULTURE

BY
M. OHASHI
OF TOKIO
JAPAN



PRICE
10 CENTS

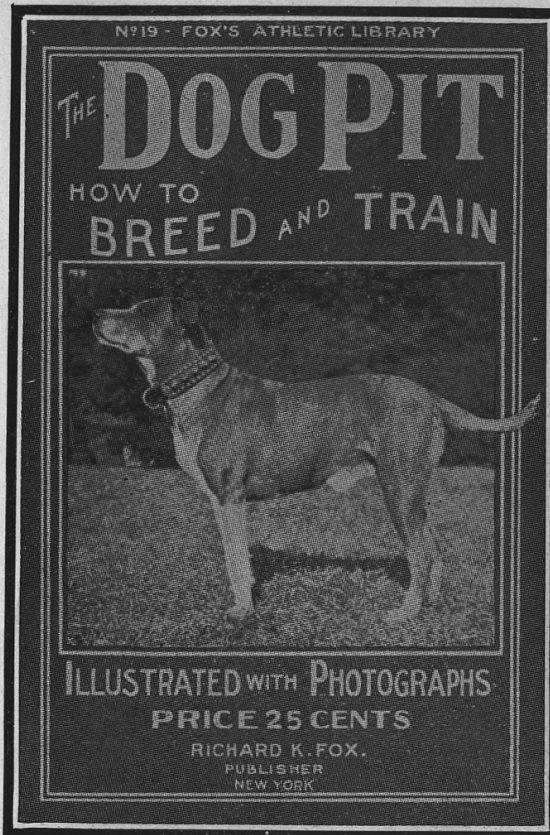
RICHARD K. FOX, PUBLISHER,
FRANKLIN SQUARE, NEW YORK.

NO RACE IN THE WORLD CAN EQUAL THE JAPS
FOR PHYSICAL CULTURE. ✻ ✻ ✻ ✻

Sent on Receipt of Seven 2-cent Stamps.

THE DOG PIT

An Illustrated Treatise on the Breeding, Training
and Handling of Fighting Dogs.



It Also Contains The Latest
POLICE GAZETTE RULES.

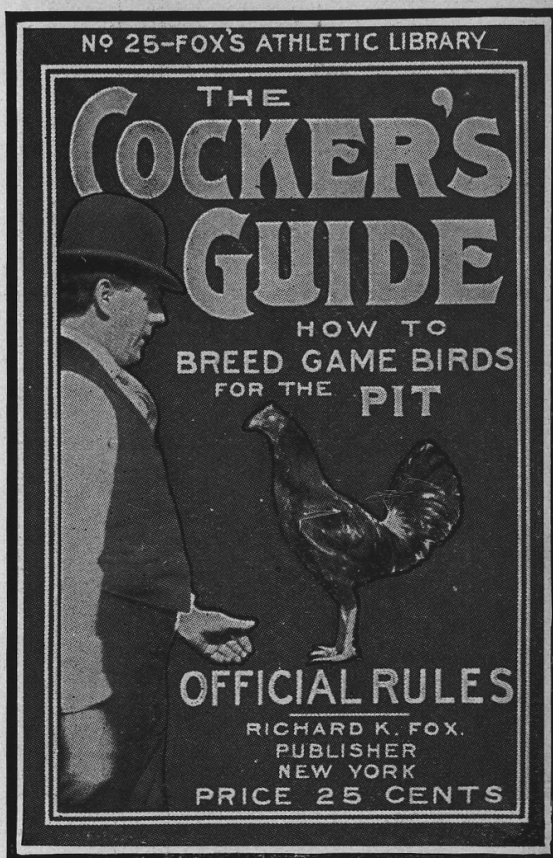
Mailed for Fourteen 2-cent Stamps.

RICHARD K. FOX PUBLISHING CO., NEW YORK CITY

**HAVE YOU THIS BOOK?
THE COCKER'S GUIDE**

THE BEST PUBLISHED

*How to Train, Feed and Breed Game
Cocks, Together with Complete Pit Rules.*



**This is a Standard Book, and Should be in Every Sporting Library.
It is Full of Information.**

RICHARD K. FOX PUBLISHING CO., NEW YORK CITY


Mailed for Fourteen 2-cent Stamps.

**NO BARTENDER SHOULD BE
WITHOUT IT.**

A Complete and Reliable Manual for the Man
Behind the Bar.

It Contains a Great Many New Drinks, besides all of
the Recipes for the Most Popular Beverages.

THE NEW
BARTENDERS'
GUIDE
BY CHARLEY MAHONEY



HEAD BARTENDER
HOFFMAN HOUSE CAFE
NEW YORK

**REVISED
AND
ENLARGED**

RICHARD K. FOX,
PUBLISHER
FRANKLIN SQ. NEW YORK.

PROFUSELY ILLUSTRATED
PRICE 25 CENTS

You don't have to "think it over" when you have
this Book handy.

Mailed for Fifteen 2-cent Stamps.