

No. 21R PRICE 25 CENTS

SPALDING'S

"Red Cover Series" of Athletic Handbooks

JIU JITSU

POSES BY
A. MINAMI
K. KOYAMA



AMERICAN SPORTS PUBLISHING CO.
21 Warren Street, New York



A.G. SPALDING & BROS.
MAINTAIN THEIR OWN HOUSES
FOR DISTRIBUTING THE
SPALDING
COMPLETE LINE OF
ATHLETIC GOODS
IN THE FOLLOWING CITIES:

NEW YORK Devoes - 134-128 Nassau St. Clyne - 620 Fifth Avenue	CHICAGO 28-30 So. Wabash Ave.	SAN FRANCISCO 156-158 Geary Street
NEWARK, N. J. 889 Broad Street	INDIANAPOLIS, IND. 136 N. Pennsylvania St.	OAKLAND, CAL. 418 Fourteenth St.
PHILADELPHIA, PA. 1210 Chestnut Street	CINCINNATI, O. 119 East Fifth Avenue	SEATTLE, WASH. 711 Second Avenue
BOSTON, MASS. 74 Summer Street	CLEVELAND, O. 741 Euclid Avenue	LOS ANGELES, CAL. 426 South Spring St.
	COLUMBUS, O. 191 South High Street	PORTLAND, ORE. 345 Washington Street
		SALT LAKE CITY, UTAH 27 E. 2nd South St.
PITTSBURGH, PA. 608 Wood Street	DETROIT, MICH. 121 Woodward Ave.	ST. LOUIS, MO. 415 North Seventh St.
BUFFALO, N. Y. 611 Main Street	WASHINGTON, D. C. 613 14th Street, N.W.	KANSAS CITY, MO. 1120 Grand Avenue
SYRACUSE, N. Y. 357 So. Warren Street	LOUISVILLE, KY. 328 West Jefferson St.	MILWAUKEE, WIS. 378 East Water Street
ROCHESTER, N. Y. 40 Clinton Ave., North	ATLANTA, GA. 74 N. Broad Street	DENVER, COL. 622 Sixteenth Street
ALBANY, N. Y. 62 State Street	NEW ORLEANS, LA. 140 Carondelet Street	MINNEAPOLIS, MINN. 52 Seventh St., South
BALTIMORE, MD. 110 E. Baltimore St.	DALLAS, TEX. 1503 Commerce Street	ST. PAUL, MINN. 388 Minnesota Street
LONDON, ENGLAND 317-318, High Holborn, W. C. Three Stores 78, Cheapside, E. C. West End Branch 28, Haymarket, S.W.	MANCHESTER, ENG. 4, Oxford St. and 1, Lower Mosley St.	MONTREAL, CANADA 388-71 St. Catherine St., W.
LIVERPOOL, - 72, Lord Street	BRISTOL, ENG. 42, High Street	TORONTO, CANADA 207 Yonge Street
BIRMINGHAM, ENG. New Street House	EDINBURGH, SCOT. 3 So. Charlotte St. (Cor. Princes St.)	SYDNEY, AUSTRALIA 204 Clarence Street
	GLASGOW, SCOTLAND 68 Buchanan Street	PARIS, FRANCE 35 Boulevard des Capucines 27 Rue Trouchet

Communications directed to A. C. SPALDING & BROS., at any of the above addresses, will receive prompt attention.

THE SPALDING
TRADE MARK, QUALITY AND SELLING POLICY CONSTITUTE
THE SOLID FOUNDATION OF THE SPALDING BUSINESS

SPALDING ATHLETIC LIBRARY

SPALDING OFFICIAL ANNUALS

- No. 1. SPALDING'S OFFICIAL BASE BALL GUIDE. Price 10c.
No. 2. SPALDING'S OFFICIAL FOOT BALL GUIDE. Price 10c.
No. 6. SPALDING'S OFFICIAL ICE HOCKEY GUIDE. Price 10c.
No. 7. SPALDING'S OFFICIAL BASKET BALL GUIDE. Price 10c.
No. 7A. SPALDING'S OFFICIAL WOMEN'S BASKET BALL GUIDE. Price 10c.
No. 9. SPALDING'S OFFICIAL INDOOR BASE BALL GUIDE. . Price 10c.
No. 12A. SPALDING'S OFFICIAL ATHLETIC RULES. Price 10c.
No. 1R. SPALDING'S OFFICIAL ATHLETIC ALMANAC. Price 25c.
No. 3R. SPALDING'S OFFICIAL GOLF GUIDE. Price 25c.
No. 55R. SPALDING'S OFFICIAL SOCCER FOOT BALL GUIDE. . Price 25c.
No. 57R. SPALDING'S OFFICIAL LAWN TENNIS ANNUAL. . . Price 25c.
No. 59R. SPALDING'S OFFICIAL BASE BALL RECORD. . . . Price 25c.
SPALDING'S INTERNATIONAL POLO GUIDE. Price 50c.

Specially Bound Series of Athletic Handbooks

Flexible binding. Mailed postpaid on receipt of 50 cents each number.

- No. 501L. STROKES AND SCIENCE OF LAWN TENNIS
No. 502L. HOW TO PLAY GOLF
No. 503L. HOW TO PLAY FOOT BALL
No. 504L. ART OF SKATING
No. 505L. GET WELL—KEEP WELL
No. 506L. HOW TO LIVE 100 YEARS
No. 507L. HOW TO WRESTLE; TUMBLING FOR AMATEURS
No. 508L. PROFESSIONAL WRESTLING; JIU JITSU
No. 509L. BOXING; HOW TO PUNCH THE BAG
No. 510L. DUMB BELL EXERCISES
No. 511L. INDIAN CLUB EXERCISES; TENSING EXERCISES
No. 512L. SCIENTIFIC PHYSICAL TRAINING, CARE OF
BODY; 285 HEALTH ANSWERS
No. 513L. WINTER SPORTS
No. 514L. HOW TO BOWL
No. 515L. HOW TO SWIM AND COMPETITIVE DIVING.
No. 516L. SCHOOL TACTICS AND MAZE RUNNING; CHILDREN'S GAMES.
No. 517L. TEN AND TWENTY MINUTE EXERCISES
No. 518L. HINTS ON HEALTH; HEALTH BY MUSCULAR GYMNASTICS
No. 519L. SPALDING'S OFFICIAL BASE BALL GUIDE
No. 520L. SPALDING'S OFFICIAL FOOT BALL GUIDE
No. 521L. SPALDING'S OFFICIAL BASKET BALL GUIDE
No. 522L. HOW TO PLAY ICE HOCKEY; SPALDING'S OFFICIAL ICE HOCKEY GUIDE
No. 523L. HOW TO PLAY BASE BALL; HOW TO ORGANIZE A LEAGUE; HOW TO MANAGE A TEAM, ETC.
No. 524L. SPALDING'S OFFICIAL LAWN TENNIS ANNUAL

In addition to above, any 25 cent "Red Cover" book listed in Spalding's Athletic Library will be bound in flexible binding for 50 cents each; or any two 10 cent "Green Cover" or "Blue Cover" books in one volume for 50 cents.

(Continued on the next page.)

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF PRICE

SPALDING ATHLETIC LIBRARY

Group I. Base Ball

- "Blue Cover" Series, each number 10c.*
 No. 1 Spalding's Official Base Ball Guide
 No. 202 How to Play Base Ball
 No. 219 Ready Reckoner of Base Ball
 No. 223 How to Bat [Percentages
 No. 224 How to Play the Outfield
 No. 225 How to Play First Base
 No. 226 How to Play Second Base
 No. 227 How to Play Third Base
 No. 228 How to Play Shortstop
 No. 229 How to Catch
 No. 230 How to Pitch
 No. 231 { How to Organize a Base Ball League [Club
 How to Organize a Base Ball Club
 How to Manage a Base Ball Club
 How to Train a Base Ball Team
 How to Captain a Base Ball Team
 How to Umpire [Team
 Technical Base Ball Terms
 No. 232 How to Run Bases
 No. 350 How to Score
 No. 355 Minor League Base Ball Guide
 No. 356 Official Book National League of Prof. Base Ball Clubs
 No. 9 Spalding's Official Indoor Base Ball Guide

"Red Cover" Series, each number 25c.
 No. 59R. Official Base Ball Record (including College records)

Group II. Foot Ball

- "Blue Cover" Series, each number 10c.*
 No. 2 Spalding's Official Foot Ball Guide
 No. 335 How to Play Rugby
 No. 358 Official College Soccer Guide
"Red Cover" Series, each number 25c.
 No. 39R. How to Play Soccer
 No. 47R. How to Play Foot Ball
 No. 55R. Spalding's Official Soccer Foot Ball Guide

Group III. Tennis

- "Blue Cover" Series, each number 10c.*
 No. 157 How to Play Lawn Tennis
"Green Cover" Series, each number 10c.
 No. 1P. How to Play Tennis—For Beginners. By P. A. Vaile
"Red Cover" Series, each number 25c.
 No. 2R. Strokes and Science of Lawn Tennis
 No. 42R. Davis Cup Contests in Australasia
 No. 57R. Spalding's Official Lawn Tennis Annual

Group IV. Golf

- "Green Cover" Series, each number 10c.*
 No. 2P. How to Learn Golf
"Red Cover" Series, each number 25c.
 No. 3R. Spalding's Official Golf
 No. 4R. How to Play Golf [Guide
 No. 63R. Golf for Girls

Group V. Basket Ball

- "Blue Cover" Series, each number 10c.*
 No. 7 Spalding's Official Basket Ball Guide
 No. 7A Spalding's Official Women's Basket Ball Guide
 No. 193 How to Play Basket Ball

Group VI. Skating and Winter Sports

- "Blue Cover" Series, each number 10c.*
 No. 6 Spalding's Official Ice Hockey
 No. 14 Curling [Guide
 No. 209 How to Become a Skater
"Red Cover" Series, each number 25c.
 No. 8R. The Art of Skating
 No. 20R. How to Play Ice Hockey
 No. 28R. Winter Sports

Group VII. Field and Track Athletics

- "Blue Cover" Series, each number 10c.*
 No. 12A Spalding's Official Athletic Rules
 No. 27 College Athletics
 No. 55 Official Sporting Rules
 No. 87 Athletic Primer
 No. 156 Athletes' Guide
 No. 178 How to Train for Bicycling
 No. 182 All Around Athletics
 No. 255 How to Run 100 Yards
 No. 259 How to Become a Weight Thrower
 No. 302 Y. M. C. A. Official Handbook
 No. 317 Marathon Running
 No. 342 Walking for Health and Competition
"Green Cover" Series, each number 10c.
 No. 3P. How to Become an Athlete By James E. Sullivan
 No. 4P. How to Sprint
"Red Cover" Series, each number 25c.
 No. 1R. Spalding's Official Athletic Almanac [1912
 No. 17R. Olympic Games, Stockholm,
 No. 45R. Intercollegiate Official Handbook [Running
 No. 48R. Distance and Cross Country

(Continued on the next page.)

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF PRICE

SPALDING ATHLETIC LIBRARY

Group VIII. School Athletics

"Blue Cover" Series, each number 10c.

No. 246 Athletic Training for School-boys

No. 313 Public Schools Athletic League Official Handbook

No. 331 Schoolyard Athletics

"Red Cover" Series, each number 25c.

No. 32R. Physical Training for the School and Class Room

No. 61R. School Tactics and Maze Running; Children's Games

Group IX. Water Sports

"Blue Cover" Series, each number 10c.

No. 128 How to Row

No. 129 Water Polo [Guide

No. 361 Intercollegiate Swimming

"Red Cover" Series, each number 25c.

No. 36R. Speed Swimming

No. 37R. How to Swim and Competitive Diving

No. 60R. Canoeing and Camping

Group X. Athletic Games for Women and Girls

"Blue Cover" Series, each number 10c.

No. 314 Girls' Athletics

"Red Cover" Series, each number 25c.

No. 38R. Field Hockey

No. 41R. Newcomb

Group XI. Lawn and Field Games

"Blue Cover" Series, each number 10c.

No. 167 Quoits

No. 170 Push Ball

No. 180 Ring Hockey

No. 199 Equestrian Polo

No. 201 How to Play Lacrosse

No. 207 Lawn Bowls

"Red Cover" Series, each number, 25c.

No. 6R. Cricket, and How to Play It

Group XII. Miscellaneous Games

"Blue Cover" Series, each number 10c.

No. 13 Hand Ball

No. 282 Roller Skating Guide

"Red Cover" Series, each number 25c.

No. 43R. Archery, Roque, Croquet, English Croquet, Lawn Hockey,

Tether Ball, Clock Golf, Golf-Croquet,

Hand Tennis, Hand Polo, Wicket

Polo, Badminton, Drawing Room

Hockey, Garden Hockey, Basket

Goal, Volley Ball and Pin Ball

No. 49R. How to Bowl

No. 50R. Court Games

Group XIII. Manly Sports

"Blue Cover" Series, each number 10c.

No. 191 How to Punch the Bag

"Red Cover" Series, each number 25c.

No. 11R. Fencing Foil Work Illus-

No. 18R. Wrestling [treated

No. 19R. Professional Wrestling

No. 21R. Jiu Jitsu

No. 25R. Boxing

No. 30R. The Art of Fencing

No. 44R. How to Wrestle

Group XIV. Calisthenics

"Blue Cover" Series, each number 10c.

No. 214 Graded Calisthenics and Dumb Bell Drills

"Red Cover" Series, each number 25c.

No. 10R. Single Stick Drill

No. 16R. Team Wand Drill

No. 22R. Indian Clubs and Dumb Bells and Pulley Weights

No. 24R. Dumb Bell Exercises

No. 27R. Calisthenic Drills and Fancy Marching for Class Room

Group XV. Gymnastics

"Blue Cover" Series, each number 10c.

No. 124 How to Become a Gymnast

No. 254 Barnjum Bar Bell Drill

No. 287 Fancy Dumb Bell and Marching Drills

"Red Cover" Series, each number 25c.

No. 12R. Exercises on the Side Horse

No. 13R. Horizontal Bar Exercises

No. 14R. Trapeze, Long Horse and Rope Exercises [Rings.

No. 15R. Exercises on the Flying

No. 34R. Grading of Gym. Exercises

No. 35R. Exercises on Parallel Bars

No. 40R. Indoor and Outdoor Gymnastic Games

No. 52R. Pyramid Building, with Wands, Chairs and Ladders

No. 56R. Tumbling for Amateurs and Ground Tumbling

Group XVI. Home Exercising

"Blue Cover" Series, each number 10c.

No. 161 Ten Minutes' Exercise for

No. 185 Hints on Health [Busy Men

No. 238 Muscle Building [nastics

No. 285 Health by Muscular Gym-

No. 325 Twenty-Minute Exercises

"Red Cover" Series, each number 25c.

No. 7R. Physical Training Simplified

No. 9R. How to Live 100 Years

No. 23R. Get Well; Keep Well

No. 33R. Tensing Exercises

No. 51R. 285 Health Answers

No. 54R. Medicine Ball Exercises, Indigestion Treated by Gymnastics, Physical Education and Hygiene

No. 62R. The Care of the Body

INTERNATIONAL POLO GUIDE. . 50c.

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF PRICE



KATSUGUMA HIGASHI,

SPALDING "RED COVER" SERIES OF
ATHLETIC HANDBOOKS
No. 21R.

JIU JITSU

THE EFFECTIVE
JAPANESE MODE
OF SELF-DEFENSE

ILLUSTRATED BY SNAPSHOTS OF
K. KOYAMA AND A. MINAMI
WELL KNOWN NATIVE EXPERTS

PUBLISHED BY
AMERICAN SPORTS PUBLISHING
COMPANY

21 WARREN STREET, NEW YORK

GV475

.J6

COPYRIGHT, 1916

BY

AMERICAN SPORTS PUBLISHING COMPANY

NEW YORK

\$0.25

MAY 27 1916

© Cl. A 434475

no. 1.

JIU JITSU

ITS ANCIENT ORIGIN—THE JAPANESE SYSTEM OF SELF-DEFENSE DESCRIBED



Jiu jitsu, the much-talked-of Japanese system of self-defense, has attracted so much attention throughout the English-speaking world that its acceptation in this country as a meritorious branch of combative athletics causes not the slightest surprise among broad-minded people.

Like all innovations, especially foreign ones, jiu jitsu was at first disparaged by scores of people. Some of them still hold to their original opinions, but many have delved deep into the subject, with the result that they now admit the science contains much of striking value.

Jiu jitsu is one of the oldest known branches of self-defense. Authentic records of its existence before the Christian era are now in possession of the Mikado of Japan. History relates that so far back as 200 years before Christ the supporters of the Japanese emperor of that time fought unarmed against hostile tribes and, aided by jiu jitsu, completely defeated them. The tribes in question carried the arms of the day, but this advantage availed them nothing against the disconcerting and often deadly tricks of the jiu jitsu experts.

Since that early period the art has advanced considerably, although the principal tricks have been kept secret. There are some jiu jitsu manœuvres that have never been explained to Europeans or Americans—and probably they never will be. Especially reticent are the "Japs" regarding the dozen or so of death-producing grips and blows. Several of them have been described in detail by them at various times, but others are only hinted at.

Dec. 26. 16

CS 7 R

1916

These death blows are remarkable. Some are delivered on the spine, others on the neck and head, and two on the face. There are almost numberless manœuvres that temporarily paralyze nerves and nerve-centers, and others that stop the circulation of the blood in various part of the body. A large proportion of the tricks and holds introduces the twisting of hands, arms, legs, ankles, and the neck, and many more depend for success on the obtaining of powerful leverage on arms and legs, and on various joints.

Thus it will readily be seen that jiu jitsu is different from boxing and wrestling, although many wrestling manœuvres are used in it, either entirely or in part, or in combination. For instance, all jiu jitsu experts use forms of the arm lock, the full Nelson, half Nelson, chancery holds, cross buttocks, arm and leg grapevines, waist holds, leg holds, and strangles. There is absolutely nothing in common, however, between boxing and jiu jitsu. Boxing is not indulged in to any noticeable extent by "Japs." They prefer fencing and wrestling.

Still, jiu jitsu experts execute a trick that might well be termed a first cousin to the boxer's solar plexus punch. It consists of a blow in the solar plexus delivered with the fingers straightened and stiffened, the forefinger (or pointer) and the middle finger. These fingers are projected violently into the solar plexus and twisted in a peculiar manner, completely paralyzing this nerve center. (The solar plexus is a center of various nerves of the so-called sympathetic system, which has largely to do with the organs of nutrition). The blow also produces breathlessness, and, in cases of poorly trained men, nausea.

Jiu jitsu comprises three different systems or branches and upward of 250 manœuvres. One branch, the most familiar, calls for the use of the hands, another needs a piece of rope, and the other a club. However, only the first-named is considered in this book, for it is the one most frequently used. "Jap" experts are, of course, proficient in all three branches.

The knowledge of jiu jitsu has only recently been made general in Japan. Every soldier, sailor and policeman was taught it as a matter of course, but the upper classes, jealous lest their influence

over the populace should wane, tried to keep it to themselves. Of this tendency we have an interesting example in "The Darling of the Gods," when a small band of sumurai refuses to obey the imperial edict and disarm. So well recognized was it by the "Jap" that he could not learn jiu jitsu, and likely children were trained to be wrestlers instead. The wrestler is usually ten or twelve inches taller than his brother "Jap," and he is splendidly developed for wrestling, but when some years ago a tall wrestler was publicly defeated at Tokio by an exponent of jiu jitsu within a few seconds of the start the thousands of spectators were astonished. Japanese fashion, they said little, but since then, though wrestling is still popular, it no longer holds the first place. Mr. Hancock, author of a book on jiu jitsu, is of the opinion that a skilled exponent of jiu jitsu would defeat a champion American boxer, using his own methods.

Every jiu jitsu system is based on diet and the healthy state of the body. Every muscle is brought into development and hardened by the system, which means "muscle breaking"—a term that does not express the fact. Four years are needed for the full development of the system, years of regular, patient practice, and gradually the pupil begins to feel its influence.

Twice a day he will bathe if he would imitate his Japanese teacher. A gallon of pure water will be consumed during the twenty-four hours, and he will eat no meat. Rice comes first in importance as an element of diet. Next come vegetables, fish and fruit, meat being scarcely ever used. Fresh air, naturally, is absolutely essential not only to jiu jitsu, but to good health and vigor in Japan, as elsewhere, and a special study is made of the influence of deep breathing upon the students.

But what will surprise most people is that something most needed beyond all these—equanimity of temper—is essential. The reason of this is that there are too many tricks, which are dangerous to life and limb, to be entrusted to a person whose passions might overpower his judgment. Several of the feats would break bones if carried to extremes.

The secret of jiu jitsu consists of a knowledge of how to grasp

an opponent in such a manner that he must submit to be thrown or have the limb which is grasped ruthlessly broken. Once this terrible Japanese clutches his adversary by the arm he must fall in the direction the Japanese wishes or have his limb broken. An expert jiu jitsu wrestler can practically throw his opponent in any direction he wishes.

As a means of physical culture, jiu jitsu is superior to most methods. It gives a very fine all-round development, and the peculiarity of the Japanese system is that the muscles never become hard like those of an ordinary athlete, but remain perfectly soft and pliable to the touch and are apparently coated with a layer of fat, just as the muscles of the Greek athletes were said to have been in the days of the Olympian games.

When exhibitions of jiu jitsu are given by Japanese players the ground is always covered with a thick native carpet, and when the men are thrown they fall despite this protection with resounding thuds.

Numerous Englishmen have acquired this art, chief of whom are Apollo, the well-known strong man, and Mr. Roger Nowell, a celebrated amateur exponent of various systems of self-defense.

Pressure on muscles and ligaments is the idea of jiu jitsu, and detailed knowledge of the parts of the human body thus vulnerable is essential to expert practice of the system. Then the hand must be toughened by at least six months' exercise, so that with the edge a blow may be struck to break the arm or neck.

On the stomach all depends. Then comes training of the heart and lungs by deep breathing, which begins and ends at every lesson in jiu jitsu. Special exercises of the simplest nature develop the heart, lungs and arms, and the lower half of the body also receives special attention.

Fasting, copious draughts of water and hot water drinking are regular features of Japanese life, and in winter the Japanese will jump out of his hot bath and roll in the snow. Extremes of leanness and of obesity are rare, and the women are versed in athletics as well as the men. Fresh air is a *sine qua non*.

Owing to the widespread eagerness for information regarding

jiu jitsu, many erroneous ideas have been formed regarding it. Scores of holds and tricks, purporting to be jiu jitsu manoeuvres, have been exploited by people palpably ignorant of the subject. In this book the "Jap" experts have illustrated only such holds, etc., as are included in jiu jitsu, omitting unauthoritative holds and those that are not considered practical. The so-called "Adam's apple blow" is one which the "Japs" omitted, simply because in its execution the victim has one hand free, which a clever man would use in effectually blocking the movement.



No. 1

FIGURE NO. 1.

Position at the Opening of a Bout.



At the beginning of a contest jiu jitsu performers stand facing each other in the position shown in the opposite illustration. Each keeps his feet spread well apart, toes pointing outward, and grasps the canvas sleeves of his opponent's jacket above the elbow. From this position the contestants work to obtain various holds and grips.

Observe that the "Japs" stand upright, as opposed to the crouching attitude of wrestlers at the start of a match.



No. 2

FIGURE NO. 2.

Fall, Advantage of Disablement Secured From the Preliminary Position Shown in Figure 1.

A point or a fall in a jiu jitsu contest does not necessarily mean a fall in the strict sense of the word, as understood in wrestling. The object is to place a man entirely at your mercy or to disable him temporarily or otherwise. Oftentimes, however these results are secured much after the manner of falls in wrestling. On the opposite page is shown a fall obtained from the preliminary pose shown in Figure No. 1.

To secure this fall, proceed as follows:

After facing your opponent and grasping his sleeves, step forward and place your right leg outward behind his right leg. Pull your antagonist quickly toward you and force him back over your right leg. Slip your right hand from his right arm to the front of his jacket, a few inches below his throat, to assist in pushing him back. Throw your opponent on his back in the position shown in Figure No. 2 and to disable him to press your right knee in his stomach.



No. 3

FIGURE NO. 3.

**First Position Leading Up to a Combination Fall, Neck Twist
and Arm Breaker.**

The opposite illustration (No. 3) shows another preliminary position frequently used in jiu jitsu. This photo and the three following, Nos. 4, 5 and 6, show a series of manœuvres that result in a violent fall, and which place a man completely in an opponent's power, so much so that the breaking of the victim's right arm will be a comparatively easy matter.

The man at the right in the illustration is, in this case, the attacking party. He is A. Minami. His opponent is K. Koyama.

Notice the manner in which the "Japs" grasp the sleeve of the canvas jackets. They place the thumb under the canvas, and hold the four fingers outside, thus enabling them to secure the firmest possible hold. It will be found almost impossible to twist or break this hold loose under ordinary circumstances.



No. 4

FIGURE NO. 4.**A Jiu Jitsu Arm Lock, a Development of Figure No. 3.**

The second movement in the execution of a combination fall, neck twist, and arm breaker, which combined hold was begun in Figure No. 3, is shown in Figure No. 4, on the opposite page. From the position shown in Figure No. 3, the man on the right (the attacking party), steps in, and toward his left, turning his back to his opponent. Simultaneously and as swift as a lightning flash, he reaches over the extended right arm of his adversary and secures, with his free right arm, an arm lock, similar to the hold in wrestling. In wrestling, however, the man who leads the attack generally stands outside the arm he intends to lock. The attacking party in jiu jitsu should stand after the lock so that his opponent's right knee comes between his (the attacking man's) legs, as shown in the photo opposite. The attacking man must also bend forward, drawing his intended victim over on his back (see Figure No. 5).



No. 5

FIGURE NO. 5.

**Third Movement in Securing a Combination Fall, Neck Twist
and Arm Breaker.**



When the defensive competitor is secured by the hold shown in Figure No. 4, the attacker bends forward sharply, drawing his victim's right arm under his (the attacker's) stomach, which at the same time lifts the defensive man off the floor, and onto the attacker's back, as shown in illustration No. 5.

Notice that the man about to be thrown has his left hand free, but that is powerless to block or stop his opponent's attack. The former has grasped the attacker's left shoulder with his left hand, but he cannot now save himself. The arm lock holds him, without hope of escape.

This manoeuvre is somewhat like the back heave in wrestling. (See Figure No. 6.)



No. 6

FIGURE NO. 6.

Completion of the Combination Fall, Neck Twist and Arm Breaker.

Opposite we see the end of the jiu jitsu trick begun in Figure No. 3. The attacker has thrown his victim by turning him completely over in a somersault toward the right from the position shown in Figure No. 5.

The defensive performer landed heavily on his back. The attacker drops to the former's right side, draws his opponent's right arm across his (the attacker's) right leg, between the knee and the hip, and presses it downward, by a hold on the wrist. The extended arm may easily be broken, as is readily seen, if desired. At the same time with the other arm the attacker twists his antagonist's neck sharply by pushing the latter's chin to the left.

The under man vainly endeavors to relieve the strain on his neck by pushing with his left hand against his opponent's elbow.



No. 7

FIGURE NO. 7

Preliminary Hold to Secure a Combination Neck Twist, and Arm and Wrist Twist (the Latter Behind Opponent's Back).

In the position shown on the opposite page the attacker (on the right) is obtaining a preliminary hold leading to a very effective combination. He grasps, with his left hand, his opponent's extended right arm above the elbow, and secures the hand of the same arm with his own right hand. Quick as a flash, the attacker steps forward, placing his right leg between the other man's legs, as shown in the next illustration. (See Figure No. 8.)



No. 8

FIGURE NO. 8.

Combination Neck Twist, Wrist and Arm Twist (Behind Opponent's Back) Secured.

After obtaining the hold shown in Figure No. 7, the attacker moves swiftly into the position shown opposite. While thrusting his right foot between his opponent's legs, he bends the latter's right arm behind his back, as shown, and, with his right hand, after assisting with it in the arm-bending process, he turns his opponent's head to the left, pressing the chin up and to one side, twisting the neck.

The attacker's left hand slips to his opponent's right wrist as the arm is bent back, and grasping it first with his (the attacker's) thumb under the victim's hand, the palm being turned upward, and the attacker's thumb is then upward, also, as shown in the photo.

When the victim is finally held in the position shown opposite, his right wrist can be twisted so that he suffers excruciating pain. The strain on his elbow, owing to the arm twist, is also very severe.

This hold is much like the hammer lock used by wrestlers, but the jiu jitsu grip, while answering the same purpose, is more punishing.

When a man is held by this jiu jitsu combination hold he is absolutely powerless to make any resistance. He can be thrown in almost any desired direction.



No. 9

FIGURE NO. 9.

Opening Hold of a Block and a Counter for An Attack, Resulting in a Novel and Startling Jiu Jitsu Fall.

In the opposite illustration, the "Jap" on the left, K. Koyama, has attacked A. Minami, extending his right hand, and grasping the latter's jacket. Minami instantly conceives a block and counter for Koyama's advance and grasps the latter's hand with his left.

For further developments, see illustrations No. 10 and 11.



No. 10

FIGURE NO. 10.

Second Movement in Counter for Attack Shown in Figure No. 9.



Minami, after grasping his opponent's right hand, as shown in Figure No. 9, to counter an attack, reinforces his own left hand with his right, twists the attacking wrist around, bends it back powerfully, as shown in the photo opposite, and, simultaneously, raises his right foot and thrusts it quickly into his opponent's stomach. Now he pulls his opponent forward, and pushes back with his foot, bringing severe pressure to bear on his opponent's stomach, which cannot be protected. The strain on the wrist is also very painful, placing the man so held completely within Minami's power.

For a fall from this position see Figure No. 11.



No. 11

FIGURE NO. 11.

**Fall and Punishment (by Wrist Twist) as a Development
From Figures No. 9 and 10.**

When the counter to the attack shown in Figure No. 9 has proceeded to the point shown in Figure No. 10, the man whose attack is countered is forced backward to his right. He is easily thrown on his back, as in the illustration opposite.

The present attacker retains his hold on the originally attacking right hand, twists the wrist strongly, as in Figure No. 11 (the elbow also receives severe strain) and he simultaneously places his right foot on the under man's chest. He thus holds him flat on the floor, without any possible chance for escape.



No. 12

FIGURE NO. 12.

A Jiu Jitsu Manœuvre Much Like the Flying Mare (in Wrestling). A Counter Shown in Figures No. 13 and 14.

At times jiu jitsu experts attempt to execute a fall from the position illustrated in Figure No. 12. They grasp an opponent's attacking (or possibly defensive) arm, turn, back to opponent, draw the arm down over either shoulder (in this case the right) and throw him violently forward, making him turn a complete somersault, or else falling sideways with him.

Notice in the opposite illustration the twist applied to the wrist of the attacked man. This twist is peculiar to jiu jitsu; it is never used by wrestlers.

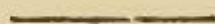
For a counter to this manœuvre see Figure No. 13. A fall from the counter is pictured in Figure No. 14.



No. 13

FIGURE NO. 13.

**First Hold Resulting From an Intended Counter of the Arm
Hold, Shown in Figure No. 12.**



As a man attempts to execute a throw from the position in Figure No. 12, the intended victim can quickly slip to one side (to the left in this case), encircle the near leg with his free arm, and lift it from the floor, as in Figure No. 13. Now, the man having the arm hold is at a great disadvantage.

See photo on next page for a fall from this position.



No. 14

FIGURE NO. 14.

**Fall and Punishment From a Counter to the Arm Hold in
Figure No. 12.**

When a jiu jitsu expert gets his opponent in the position shown in Figure No. 13, he lifts the leg he has grasped, and falls backward to the mat, carrying his victim with him. He also spreads out his legs so that his antagonist falls between them. He then reaches over with the leg encircling the arm and grasps the wrist of the arm originally secured by his opponent, in the arm hold previously referred to. Now he is able to draw up the encircled leg, cramping its muscles severely, and by pulling still more violently on the wrist of his other arm he places painful pressure on the neck of the thrown man.



No. 15

FIGURE NO. 15.

Another Effective Mode of Attack, Resulting in a Violent Fall.

When two men face each other, each having obtained the preliminary hold illustrated in Figure No. 3, a violent fall may be scored as follows:

Suddenly draw toward yourself the arm held (by grasping the sleeve of his jacket) and lunge forward, placing your head under the near armpit. Bend down, drawing your opponent down with the sleeve hold, and encircle his near leg with your free arm, in this case the right (see Figure No. 15). Now you are ready to carry him to the position shown in Figure No. 16.



No. 16

FIGURE NO. 16.

Ready to Throw an Opponent Heavily to the Floor, From Position Illustrated in Figure No. 15.

When a firm hold is obtained on the near leg of your opponent draw him well over on your back with the left arm (by means of the sleeve hold). Then raise yourself to a standing position (so far as the legs are concerned) carrying your foe on your shoulders. He will thus be held in the attitude shown opposite. You can throw him forward to the mat with force sufficient to stun him or to knock him breathless. Also, he can be thrown over the left shoulder, in almost any direction.



No. 17

FIGURE NO. 17

Blocking a Right Lead to the Face and Ready to Counter.

In the opposite illustration the man on the left has led at his opponent's face with his right hand. The latter, on the right, has blocked the lead with his right forearm, at the same time stepping forward with his right foot. He has made this step with his right foot in order to be in a more favorable position for executing an efficacious and strikingly forceful counter. This counter is shown in Figure No. 18.



No. 18

FIGURE NO. 18.**Shoulder and Arm Twist Developed From Figure No. 17 Combined with a Cross Buttock.**

After obtaining the position shown in Figure No. 17, the man on the right, who now attacks, as a counter to the right-hand lead to the face, proceeds as follows:

He grasps the extended arm with both hands and carries his right foot quickly over the right leg of his opponent. He now bends the attacking forearm sharply back and thrusts his right hip close into the small of his opponent's back. Next he releases his left hand, passes it under the bent elbow of his opponent and grasps his own right forearm. His right hand in the meantime he has used in pressing his opponent's wrist downward, as shown in the illustration No. 18. Pressure against the defensive man's wrist places a severe strain upon his wrist, elbow and shoulder. He is forced steadily backward over his opponent's buttock and it is only a matter of a few seconds before he is thrown backward to the floor. If the man does not give way his arm will be broken or his shoulder will be forced out of joint.



No. 19

FIGURE NO. 19.**An Arm Breaker and Wrist Twist, from the Rear.**

From a preliminary pose the attacker works to the rear or to the right side of his adversary. He then encircles the latter's right upper arm with his left arm, at the same time grasping his opponent's right fist with his right hand. The left hand, extending under the opponent's right elbow, grasps the attacker's wrist, as shown in the opposite picture. Now, by pressing down the defensive man's forearm, sufficient pressure can be exerted, aided by the leverage obtained, to break the victim's arm. Notice that the attacker's legs are spread quite far apart—the left from six to eight inches in advance of his foe's near leg—and that the last named man is held close against his opponent's body. If the attacker does not wish to break his man's arm he can throw him to the floor. The attacked man's left arm is free, but he can do no damage with it.



No. 20

FIGURE NO. 20.

Novel Manner in Which a Jiu Jitsu Expert Repels an Opponent's Rush by Dropping to the Floor and Using His Feet.

In Figures No. 20, 21 and 22 are shown manœuvres in which a jiu jitsu expert resists an opponent's rushing attack in an unexpected manner. The opposite photo (No. 20) shows the men in the first position, that of seeming uncertainty. The man on the right rushes at his opponent as the latter moves forward as though to attack. Figures No. 21 and 22 show how, by dropping to the floor on his side, the man at the right executes a really startling trick.



FIGURE NO. 21.

**The Attacker in Position to Break Opponent's Left Knee Cap
or to Throw Latter to Mat.**

A wrestler or a boxer would doubtless be greatly surprised to have an opponent drop voluntarily to the floor in front of him. Yet that is what the attacking man has done in the opposite illustration. Instead of seeking a hold on the upper part of his opponent's body he has fallen on his right side to the mat, hooked his right foot behind his foe's left ankle, and struck the left knee cap with his left foot. The knee cap can be struck so violently that the bone will be splintered, if desired. However, it is here the attacker's intention merely to throw his man, so he pulls the latter's left ankle forward by means of his right foot and, pushing against his foe's knee, forces him backward to the floor.



No. 22

FIGURE NO. 22.

**Fall, Ankle Twist and Knee Breaker Developed From Figure
No. 21.**

Here we have the culmination of the manœuvres shown in Figures No. 20 and 21. After throwing his opponent backward to the floor with the trick illustrated in Figure No. 21, the attacker moves forward, places his left foot on his opponent's stomach grasps the latter's left ankle with his left hand, the toes with the right, and twists the ankle forcibly, after raising the leg upward. This twist can be accentuated considerably by bending the leg to the left and pressing it over the attacker's left leg. Sufficient leverage may then be had to break the knee joint, if desired. However, for ordinary purposes the twist of the ankle is sufficient. Should the fallen man attempt to rise he can be pushed backward to the floor with the left foot, the heel of which digs into his stomach.



No. 23

FIGURE NO. 23.

The Full or Double Nelson (Well Known Wrestling Hold) and a Counter, Resulting in a Fall and Leg and Ankle Twist.

Opposite is shown a man held by the full or double Nelson familiar to all wrestlers. In Figures No. 24 and 25 the "Japs" illustrate a clever counter for this hold in which a knee and ankle are violently twisted, and which may be readily broken.



No. 24

FIGURE NO. 24.

**Second Movement in the Counter of the Full (or Double)
Nelson.**



Just as the attacker, the man in the rear, obtains the full Nelson, shown in Figure No. 23, the then defensive man brings his arms snugly to his own body, clinching the attacker's two arms above the elbows. He then bends sharply forward, carrying the attacker off his feet, as shown in the opposite picture. (Next see Figure No. 25.)



No. 25

FIGURE NO. 25.**Completion of Counter for the Full Nelson.**

The picture opposite illustrates the fall from the described counter for a full Nelson. It also shows that the man who countered has sat on his opponent's stomach and drawn the latter's right leg up close into his crotch. He has released both his own hands from the elbow holds and with his left pulls his opponent's right leg to one side against his (the countering man's) left leg. The leverage obtained on the under man's leg is quite evident. The pressure on his right ankle is applied by the upper man so as to twist his opponent's ankle and knee. A sharp pull would either dislocate or break the knee joint. Notice also that the upper man has grapevined his own feet so that he can squeeze his opponent's right leg firmly up in his crotch.



No. 26

FIGURE NO. 26.

**First Position, a Disconcerting Trick in Which an Opponent
Turns a Complete Somersault.**

As an opponent rushes toward a man the latter can throw him forcibly, and in an extremely sensational manner, by proceeding as follows:

As the man rushes forward his foe merely grasps the attacker's arms and thrusts his left or his right foot, as the case may be, into the pit of the attacker's stomach. Now the latter is in position to be thrown in the manner shown in the two following figures, No. 27 and 28.



No. 27

FIGURE NO. 27.

Second Position in the Somersault Trick.



The man who meets the onrush referred to in the description of photo No. 26, falls backward to the mat as he places his foot in his opponent's stomach and grasps the latter's arms or shoulders. While falling backward, drawing his opponent forward, he partially straightens the engaged leg, throwing his foe in the air, as shown on the opposite page. Nothing can then save the unfortunate victim. (See Figure 28.)



No. 28

FIGURE NO. 28.

Fall From the Somersault Trick.



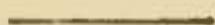
The result of the movements illustrated in Figures No. 26 and 27 is shown in photo No. 28. The man who originally attacked has been thrown heels over head, in the strictest sense of the word. He lies flat on his back and his opponent is in a position to inflict further punishment, if he so desires.



No. 29

FIGURE NO. 29.

A Clever Trick, Showing the Agility of the "Japs"—First Position.



The "Japs" have won world-wide fame for great agility. Their wiry bodies have rendered them seemingly unconquerable in many instances. In Figure No. 29 we see that a "Jap" has leaped from the ground, encircled an opponent's waist with his legs, and has begun to force the latter's head backward by means of his (the attacker's) forearm. To show how completely the attacker has placed his foe at his mercy see Figure No. 30.



No. 30

FIGURE NO. 30.

**Fall Imminent From the Jumping Trick, Shown in Figure
No. 29.**



After the "Jap" leaped and encircled his opponent's waist with his legs he brought first one wrist and then the other underneath the defensive man's chin, pressing them both against his throat. Of course the latter man was forced to bend backward, whereupon the attacker extended his feet on the floor. Now the under man has absolutely no means of escape, and if the attacker desires he can force his foe heavily to the floor.



No. 31

FIGURE NO. 31.**The Arm Breaker and Wrist Twist Over the Right Shoulder.**

When a man's left arm is caught at a disadvantage it can sometimes be pulled over the attacker's right shoulder. The extended arm's elbow rests on the offensive man's shoulder bone, thus giving considerable leverage. Downward pressure on the forearm will often result in a break. In Figure No. 31 the attacker is executing the arm breaker, and at the same time with his left hand he has grasped the fingers of the extended hand and is pulling them down and inward, placing a great strain on the wrist and finger bones. Notice that the man in the rear has grasped his opponent's belt with his free hand, to serve as a stop.



No. 32

FIGURE NO. 32.

Escape From the Arm Breaker, and a Counter.

The man attacked in Figure No. 31, if he is swift and strong, can escape as follows:

As his opponent obtains the arm hold the defensive man should jump to the right side, carrying his arm off his foe's shoulder bone. Next he seizes the opposing right arm under the elbow with his right hand, and at the wrist with his left. He then forces the elbow up, as shown in Figure No. 32, pushing his opponent back against his right knee, as also shown. Now it will be seen that the original attacker is in danger of a fall from this position. (See photo No. 33.)



No. 33

FIGURE NO. 33.

Fall and Punishment From the Counter to the Arm Breaking Hold, Shown in Figures No. 31 and 32.

On the page opposite we see the fall resulting from the counter of the arm breaker, previously described. The original attacker has been thrown heavily on his back and *his right forearm and wrist are turned under*, so that the back of his hand rests on the floor. His opponent's right knee presses strongly in his armpit and the under side of his upper arm, putting pressure upon the bent wrist and forearm, which results in excruciating pain if persisted in. The under man's left arm and hand are placed out of commission by the upper man's right hand.



No. 34

FIGURE NO. 34.**Another Mode of Resisting and Countering a Right Hand Blow
at the Face.**

Early in this book an efficacious mode of countering a pugilistic attack with the right hand was explained. We will now consider another method, as begun in Figure No. 34. Here the man on the left has attempted to deliver a right-hand blow to his opponent's face. The latter has side-stepped to the left, striking the extended arm with his forearm. Quick as a flash he then crouches in back of his foe, seizes his collar with his left hand and his left leg with his right hand. He then drops down on one knee, pulls his opponent down and draws him across his shoulders, for which see Figure No. 35.



FIGURE NO. 35.

Ready to Secure a Fall From a Counter to a Right Hand Lead.

In the above picture we see the original aggressor high across his opponent's shoulders. He can be thrown forward, flat on his back, or to either side with equal facility.

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING Gymnasium and Athletic Equipment

*Made of Best Materials
Durable
Comfortable
Correct in Design
Carefully Made*

ATHLETIC UNIFORMS differ in construction from ordinary clothes in that they must be especially strengthened in the parts bearing the strain. Only long years of practical experience in making athletic uniforms can determine the weak spots.

Spalding has had this experience and puts it into practice in their own factory, where these goods are made.

Those who wear them have told us they are durable and comfortable.

SPALDING GYMNASIUM UNIFORMS have been used for years by colleges, schools, Y. M. C. A.'s, clubs, etc.

Why? Because the leaders of such organizations and institutions have discovered they meet the approval of those using them, thus eliminating friction between the director and his pupils or members.

Why? Because the wearer is perfectly satisfied.

WRITE FOR

SPALDING CATALOGUE

*CONTAINS A FULL LINE OF
Shirts, Tights, Trunks, Shoes, etc.*

Suitable for Gymnasium and Athletic Use

FREE ON REQUEST

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

Spalding Knee Tights



No. 10B

No. 10B. Best quality worsted. Stock colors: Gray, White, Navy Blue, Maroon, Black. Pair, \$2.00

★ \$21.66 Doz.

No. 604. Good quality worsted. Stock colors: Gray, White, Navy Blue, Maroon, and Black. Pair, \$1.50

★ \$15.00 Doz.

No. 4B. Sanitary cotton. Bleached White, Navy Blue, Black, Maroon or Gray. Pair, 50c. ★ \$5.40 Doz.



No. 1A

Spalding Full Length Tights

No. 1A. Best worsted, full fashioned. Stock colors: Black, Navy, Maroon. Other colors on special order at no extra charge. Sizes: 28 to 42 inch waist. Pair, \$5.00

No. WA. Special wrestling full tights. Specially reinforced. Supplied on special order only. Pair, \$6.00

No. 605. Good quality worsted. Stock colors: Gray, White, Navy, Maroon, Black. Other colors on special order at no extra charge. Sizes: 28 to 42 inch waist. Pair, \$3.00

No. 3A. Cotton, full quality. White, Black, and Flesh. Pair, \$1.00 ★ \$10.80 Doz.

Spalding Y. M. C. A. Trousers

No. 2. Men's Leaders. Blue or Gray flannel, stripe down side. Pair, \$3.50

No. 3. Flannel, of good quality. " 3.00

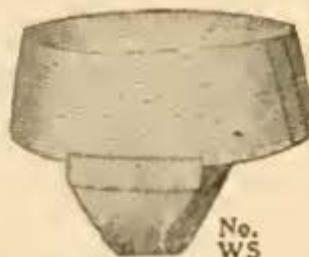
No. 4. Flannel. Pair, \$1.75 ★ \$18.90 Doz.



No. 2

Spalding Special Combined Wrestling Supporter and Belt

No. WS. Mercerized silk elastic, strong and durable. Each, \$2.00



No. WS

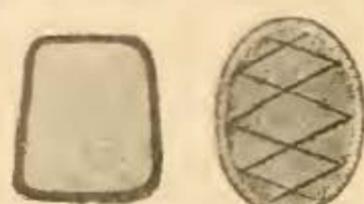
Spalding Special Pads for Wrestling

To be Sewn on Wrestling Tights

No. B. Soft tanned horse hide cover, hair felt padding. Pair, 75c.

No. 62. Tan leather, padded. " 50c.

No. 61. Cloth covered, padded. " 25c.



No. B

Nos. 61 and 62

Spalding Running Pants—Fly Front, Laced Back

Specify Size and Color When Ordering

No. 4D. White Drill. Specially recommended for indoor or Y. M. C. A. work. Pair, \$.75 ★ \$8.10 Doz.

No. 1. White or Black Sateen. 1.25 ★ 13.50 "

No. 2. White or Black Sateen. 1.00 ★ 10.80 "

No. 3. White or Black Sateen.75 ★ 8.10 "

No. 4. White, Black or Gray Twill. " .50 ★ 5.40 "

No. 6. White Muslin. Pair, 25c.

No. 44. Same quality as No. 4, but in juvenile sizes only, not over 26 inch waist. Pair, 45c.

Silk Ribbon Stripes down sides of any of these running pants. Pair, extra. 25c. ★ \$2.70 Doz.

Silk Ribbon Stripe around waist on any of these running pants. Pair, extra, 25c. ★ \$2.70 Doz.



No. 1 Running Pants

Spalding Worsted Trunks

No. 1. Best worsted. Carried in stock in Black, Maroon or Navy. Other colors on special order at no extra charge. . Pair, \$2.25

★ \$21.00 Doz.

No. 2. Good quality worsted; carried in stock in Navy or Black. Other colors on special order at no extra charge. Pair, \$1.00 ★ \$10.80 Doz.



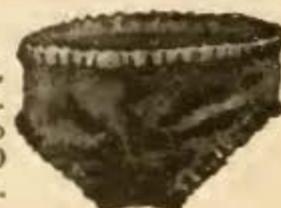
No. 1

Velvet Trunks

No. 3. Fine velvet; Black, Navy, Royal Blue, Maroon. Special colors to order, no extra charge. Pair, \$1.00

★ \$10.80 Doz.

No. 4. Sateen; Black, White. Pair, 50c. ★ \$5.40 Doz.



No. 3

Boys' Knee Pants

No. 2B. Blue Flannel. Y. M. C. A. Knee Pants, stripe down side. . Pair, \$2.50

No. 14B. Boys' Knee Pants, same quality as No. 4 Y. M. C. A. trousers, stripe down side. Pair, \$1.00

★ \$10.80 Doz.



No. 2B

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more.

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1916. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE

THE SPALDING

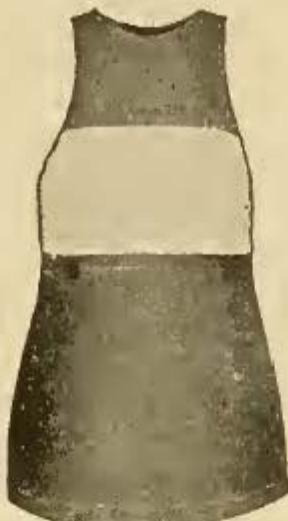


TRADE-MARK

GUARANTEES
QUALITY



**SPALDING
KNIT
ATHLETIC
SHIRTS**



STOCK SIZES:
26 to 46 inch chest.

**SPECIAL
ORDERS**

All shirts listed on this page (except where noted) we furnish in any colors on special order, at no extra charge. No more than two colors in any striped garment.



No. 10E. Each, \$2.00

Spalding Sleeveless Shirts

No. 10E. Sleeveless. Best quality worsted. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. Each, \$2.00 ★ \$21.60 Doz.

No. 600. Worsted. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. Each, \$1.50 ★ \$15.00 Doz.

No. 700. Sleeveless. Worsted. Light weight. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. No special orders. Each, \$1.00 ★ \$10.80 Doz.

No. 75. Best quality cotton. White only. . . Each, \$1.00 ★ \$10.80 Doz.

No. 6E. Sanitary cotton. Bleached White, Navy Blue, Black, Maroon or Gray. . . . Each, 50c. ★ \$5.40 Doz.

No. 0. Cotton. Colors same as supplied in No. 6E. . . . Each, 25c.

Woven Necklace on Shirts

Nos. 600, 601 or 600S Shirts, on special orders only, with necklace stitched on of different color to body of shirt, for an extra charge of \$1.00 per garment.

No. 600S. Each, \$1.75

Spalding Sleeveless Shirts

No. 600S. Worsted, with 6-inch-stripe around chest, carried in stock in following combinations of colors: Navy with White stripe, Black with Orange stripe, Maroon with White stripe, Black with Red stripe, Gray with Cardinal stripe. Each, \$1.75 ★ \$18.00 Doz.

No. 700S. Worsted, light weight. Six inch stripe around chest. Stock color. combinations similar to No. 600S. Special order only. Each, \$1.25 ★ \$13.50 Doz.

No. 6ES. Sanitary cotton, solid color body, with 6-inch stripe around chest, in same combinations of colors as No. 600S. . . . Each, 75c. ★ \$8.10 Doz.

Spalding Quarter Sleeve Shirts

No. 601. Worsted. Carried in stock in Gray, White, Navy Blue, Maroon, Black. Each, \$1.75 ★ \$18.00 Doz.

No. 76. Best quality cotton. White only. . . Each, \$1.00 ★ \$10.80 Doz.

No. 6F. Sanitary cotton. Bleached White, Navy Blue, Black, Maroon or Gray. . . Each, 50c. ★ \$5.40 Doz.

No. 600D. Each, \$2.00

Spalding Shirts, with Sash

No. 600D. Worsted, sleeveless, with woven sash of any color. Not carried in stock. . . Each, \$2.00 ★ \$21.60 Doz.

No. 6WD. Sanitary cotton, sleeveless, with woven sash. Same combinations of colors as No. 600S. Not carried in stock. . . Each, \$1.25 ★ \$13.50 Doz.

No. 6ED. Sanitary cotton, sleeveless, solid color body, with sash stitched on. Same combinations of colors as No. 600S. . . . Each, 75c. ★ \$8.10 Doz.

Spalding Full Sleeve Shirts

No. 602. Good quality worsted. Solid colors. Special order only. Not carried in stock. . . Each, \$2.25 ★ \$21.00 Doz.

No. 3D. Cotton. Flesh, White, Black. Each, \$1.00 ★ \$10.80 Doz.

Spalding Rowing Shirt

No. YR. Sanitary Cotton. Quarter sleeve. Supplied in White with any color silk binding around neck and sleeves and down front. On special order only. Each, \$1.25 ★ \$13.50 Doz.



PRICES
SUBJECT
TO
CHANGE
WITHOUT
NOTICE



The prices
printed in
italics
opposite items
marked
with ★ will
be quoted only
on orders for
one-half dozen
or more at
one time.



No. 600V. Each, \$1.50

No. 600V. Worsted. Sleeveless. V-neck. Supplied on special orders only, any color. . . Each, \$1.50 ★ \$15.00 Doz.

No. 600NV. Same as No. 600V, but any two colors, striping around neck. Special orders only. Each, \$1.75 ★ \$18.00 Doz.

No. 600N. Same as No. 600NV, but round instead of V-neck. Special orders only. . . Each, \$1.75 ★ \$18.00 Doz.

No. 601NV. Each, \$2.00

No. 601NV. Worsted. Quarter sleeves. V-neck. With stripes around neck and sleeves. Supplied on special orders only, one color body, two colors striping (any colors). Each, \$2.00 ★ \$21.60 Doz.

No. 601N. Same as No. 601NV, but round instead of V-neck. Special orders only. . . Each, \$2.00 ★ \$21.60 Doz.

No. 1L. Each, \$5.00

Spalding Leotards

For Gymnasium Use, Wrestling, etc. No. 1L. Combining athletic shirt and trunks. Best quality worsted. Any color. Supplied on special order only. Ea., \$5.00 No. 10L. Good quality worsted, any color. Supplied on special order only. Ea., \$4.00 No. 12L. Worsted. Supplied on special orders only in any color. Ea., \$3.00

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

ACCEPT NO
SUBSTITUTE

THE SPALDING

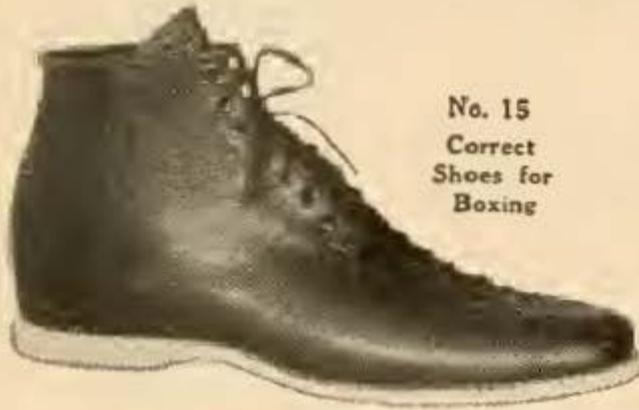


TRADE-MARK

GUARANTEES
QUALITY

SPALDING GYMNASIUM SHOES.

Gymnasium Shoes must be comfortable and easy, yet fit snugly and give the wearer a sure footing—they must also be durable. Spalding Gymnasium Shoes possess all of these good qualities and, in addition, are reasonable in price.



No. 15
Correct
Shoes for
Boxing

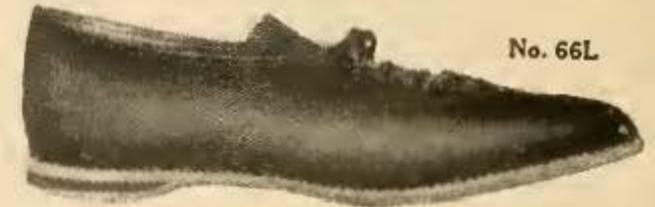
No. 15. High cut, kangaroo uppers, genuine elk-skin soles. Will not slip on floor; extra light. The correct shoes to wear for boxing. Pair, \$5.00



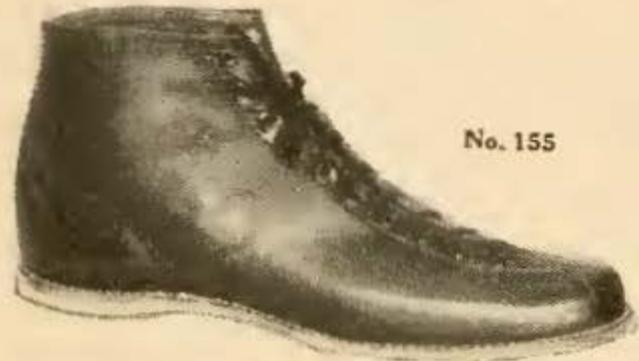
No. 166

No. 155. High cut, elk-skin soles, and will not slip on floor; soft and flexible. Pair, \$4.50

No. 166. Low cut, selected leather, extra light and electric soles; men's sizes only. Pair, \$3.00



No. 66L



No. 155

No. 66L. Women's. Low cut, extra light, selected leather uppers. Electric soles. Pair, \$3.00

No. 90L. Women's. Low cut, black leather, electric soles and corrugated rubber heels. Pair, \$2.50



No. 90L



No. 21

No. 21. High cut, black leather, electric soles. Sewed and turned, which makes shoes extremely light and flexible. Pair, \$2.50

No. 20. Low cut. Otherwise as No. 21. Sewed and turned shoes. Pair, \$2.00



No. 20

No. 20L. Women's. Otherwise as No. 20. Sewed and turned shoes. Pair, \$2.00



No. 133

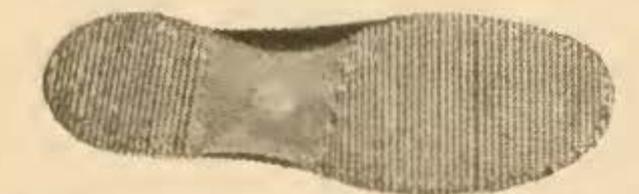
No. 133. Best selected black kid uppers, soles with flexible shank. Very satisfactory for general gymnasium and camping use. Pair, \$4.50

Spalding Special Bowling Shoes

No. 148. For bowling and general gymnasium use. Light drab chrome tanned leather uppers with electric soles. Laces extremely low down. Pair, \$3.50



No. 148
Bowling
Shoe



No. NB. For bowling and gymnasium wear. Selected black leather uppers, electric soles. Pair, \$2.50



No. NB

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1916. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

RECEIPT NO. SUBSTITUTE

THE SPALDING



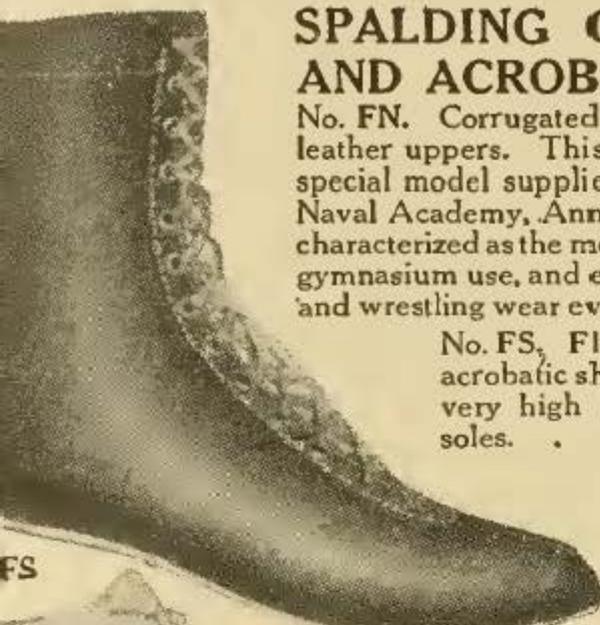
TRADE-MARK

GUARANTEES QUALITY

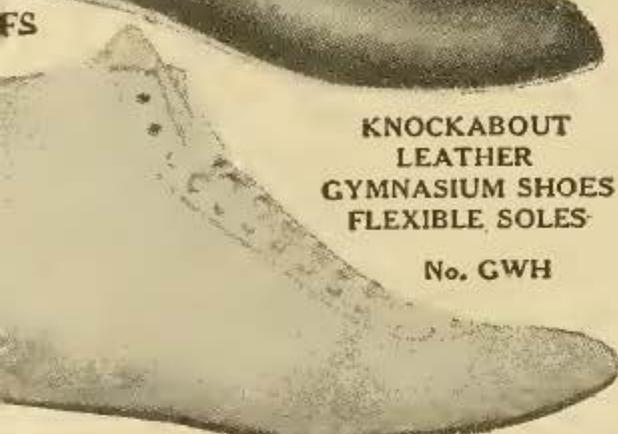
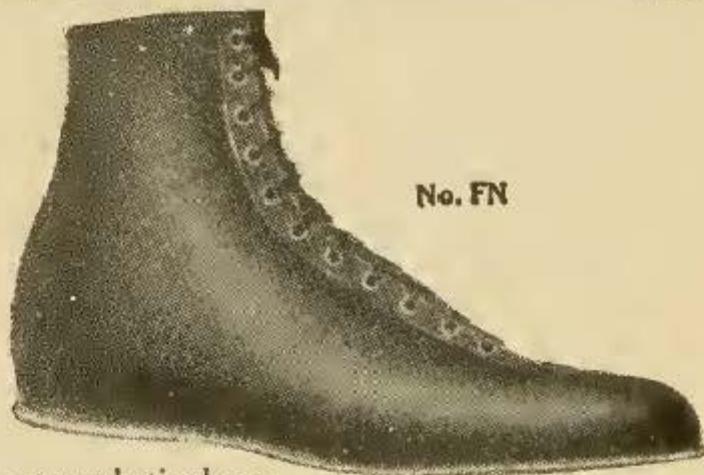
SPALDING GYMNASIUM AND ACROBATIC SHOES

No. FN. Corrugated rubber sole, special leather uppers. This shoe is made after a special model supplied by us to the U. S. Naval Academy, Annapolis, and has been characterized as the most satisfactory shoe for gymnasium use, and especially for acrobatic and wrestling wear ever made. Pair, \$4.50

No. FS. Flexible Soles. Special acrobatic shoes. Leather uppers, very high cut, and soft leather soles. . . . Pair, \$3.00



No. FN



KNOCKABOUT LEATHER GYMNASIUM SHOES FLEXIBLE SOLES

No. GWH

No. FL. Extra high cut acrobatic shoes. (Patented Aug. 17, 1915.) Special leather soles, will not harden. Shoes are reinforced where upper and sole are attached. . . . Pair, \$1.50

No. FE. Extra high cut, best quality canvas shoes with leather soles. Especially for acrobatic work.

Pair, \$1.25 ★ \$13.50 Doz.

No. E. Low cut canvas, canvas soles.

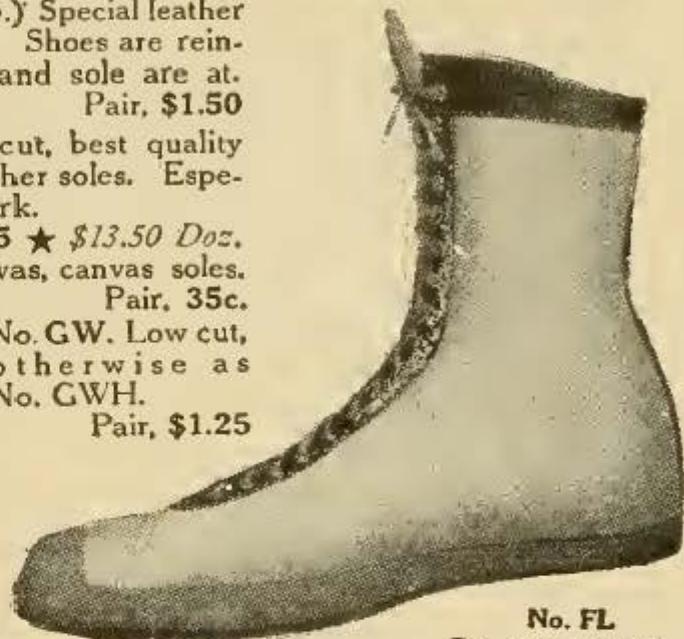
Pair, 35c.

No. GWH. High cut. Special pearl colored leather. Flexible soles. Well made.

Pair, \$1.50

No. GW. Low cut, otherwise as No. GWH.

Pair, \$1.25



No. FL
Pat. Aug. 17, 1915

SPALDING CANVAS TOP GYMNASIUM AND BASKET BALL SHOES

No. HH. High cut, white canvas uppers. Sole surface is similar to our regular gymnasium shoes, but of white, best quality rubber, twice as thick as on rubber sole canvas gymnasium shoes. Men's sizes, 2, inclusive. . . . Pair, \$2.25 ★ \$24.30 Doz.

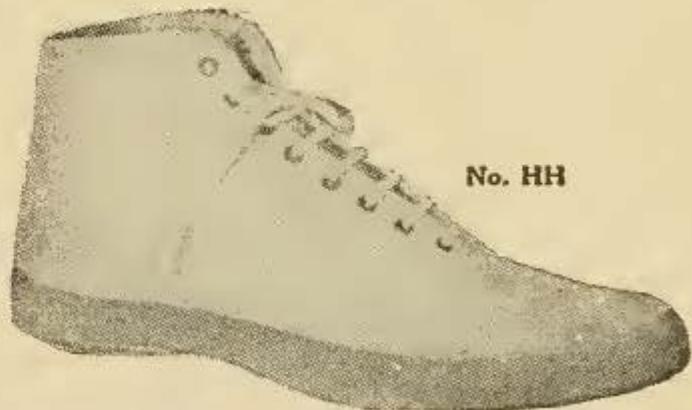
No. IHB. Boys', 2½ to 5½, inclusive. Otherwise same as No. HH. . . . Pair, \$2.00 ★ \$21.60 Doz.

No. IHX. Youths', 11 to 2, inclusive. Otherwise same as No. HH. . . . Pair, \$1.75 ★ \$18.90 Doz.

No. H. Men's, same as No. HH, but low cut. Sizes, 6 to 12, inclusive. . . . Pair, \$2.00 ★ \$21.60 Doz.

No. IHB. Boys', 2½ to 5½, inclusive. Otherwise as No. H. . . . Pair, \$1.75 ★ \$18.90 Doz.

No. IHX. Youths', 11 to 2, inclusive. Otherwise as No. H. . . . Pair, \$1.60 ★ \$17.28 Doz.



No. HH

Spalding High Grade Canvas Shoes, with Rubber Soles

MEN'S—Sizes, 6 to 12, inclusive.

No. IH. High cut, best quality white rubber soles. White canvas.

Pair, \$1.75 ★ \$18.90 Doz.

Low cut. Otherwise as No. IH.

Pair, \$1.50 ★ \$16.20 Doz.

High cut. Pr., .90 ★ 9.72 "

Low cut. " .75 ★ 8.10 "

YOUTHS'—Sizes, 11 to 2, inclusive.

No. IIX. High cut, best quality white rubber soles. White canvas.

Pair, \$1.40 ★ \$14.10 Doz.

No. IX. Low cut. Otherwise same as No. IIX.

Pair, \$1.25 ★ \$13.50 Doz.

No. MX. High cut. .80 ★ 8.64 "

No. KX. Low cut. .70 ★ 7.56 "

BOYS'—Sizes, 2½ to 5½, inclusive.

No. IHB. High cut, best quality white rubber soles. White canvas.

Pair, \$1.60 ★ \$17.28 Doz.

No. IB. Low cut. Otherwise same as No. IHB.

Pair, \$1.50 ★ \$16.20 Doz.

No. MS. High cut. Pr., .85 ★ 9.18 "

No. KB. Low cut. " .75 ★ 8.10 "

Spalding Women's High Grade Canvas Shoes, White Rubber Soles—All Sizes

No. IL. Similar to No. IH, narrow lasts. Pr., \$1.50 ★ \$16.20 Doz. No. IIL. Similar to No. I, narrow lasts. Pr., \$1.25 ★ \$13.50 Doz.

Spalding Special Grade Canvas Shoes, White Rubber Soles

MEN'S—Sizes, 6 to 12, inclusive.

No. WM. High cut. Pr., \$1.00 ★ \$10.56 Doz.

No. WK. Low cut. " .85 ★ 8.76 "

YOUTHS'—Sizes, 11 to 2, inclusive.

No. WMX. High cut. Pr., 90c. ★ \$9.36 Doz.

No. WKX. Low cut. " 80c. ★ 8.28 "

BOYS'—Sizes, 2½ to 5½, inclusive.

No. WMB. High cut. Pr., 95c. ★ \$9.96 Doz.

No. WKB. Low cut. " 85c. ★ 8.76 "

Prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen pairs or more at one time. Quantity prices NOT allowed on items NOT marked with ★

ATTENTION GIVEN TO ALL COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

ACCEPT NO
SUBSTITUTE

THE SPALDING

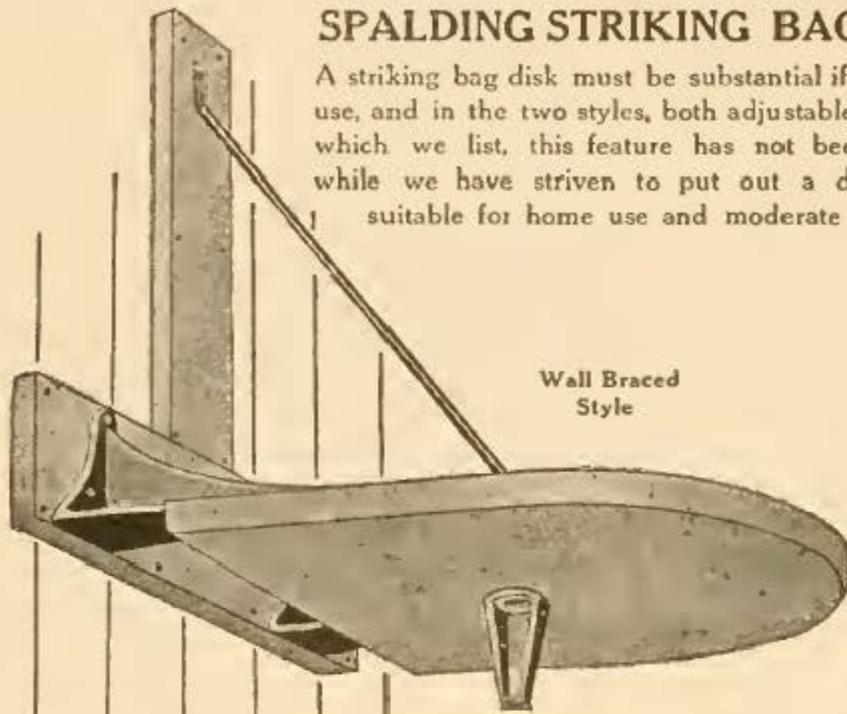


TRADE-MARK

GUARANTEES
QUALITY

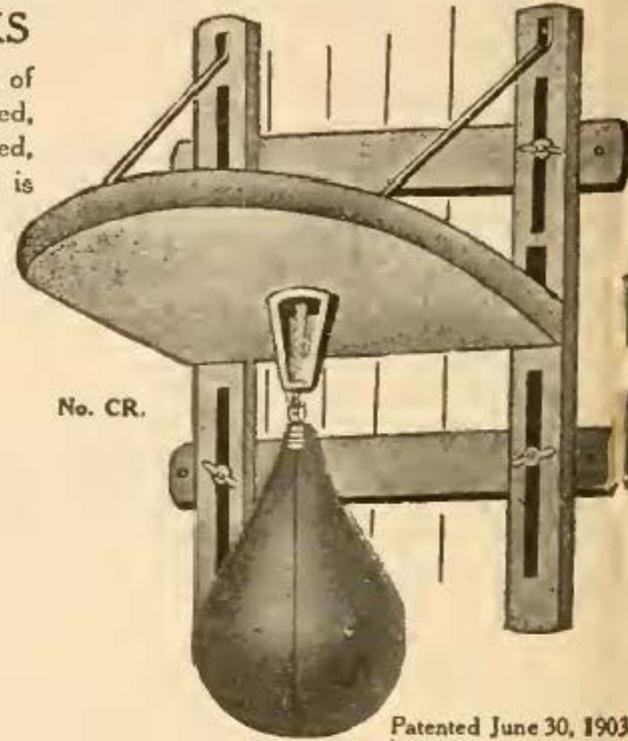
SPALDING STRIKING BAG DISKS

A striking bag disk must be substantial if it is to be of use, and in the two styles, both adjustable and braced, which we list, this feature has not been neglected, while we have striven to put out a disk which is suitable for home use and moderate in price.



Wall Braced
Style

No. FR. Wall braced style.
Complete, without Bag. Each, \$5.00

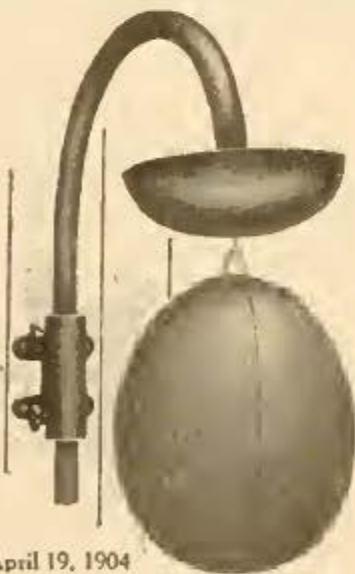


No. CR.

No. CR. Patent adjustable style. Complete, without Bag. Each, \$7.50

Patented June 30, 1903.

SPALDING DISK PLATFORM



No. PR

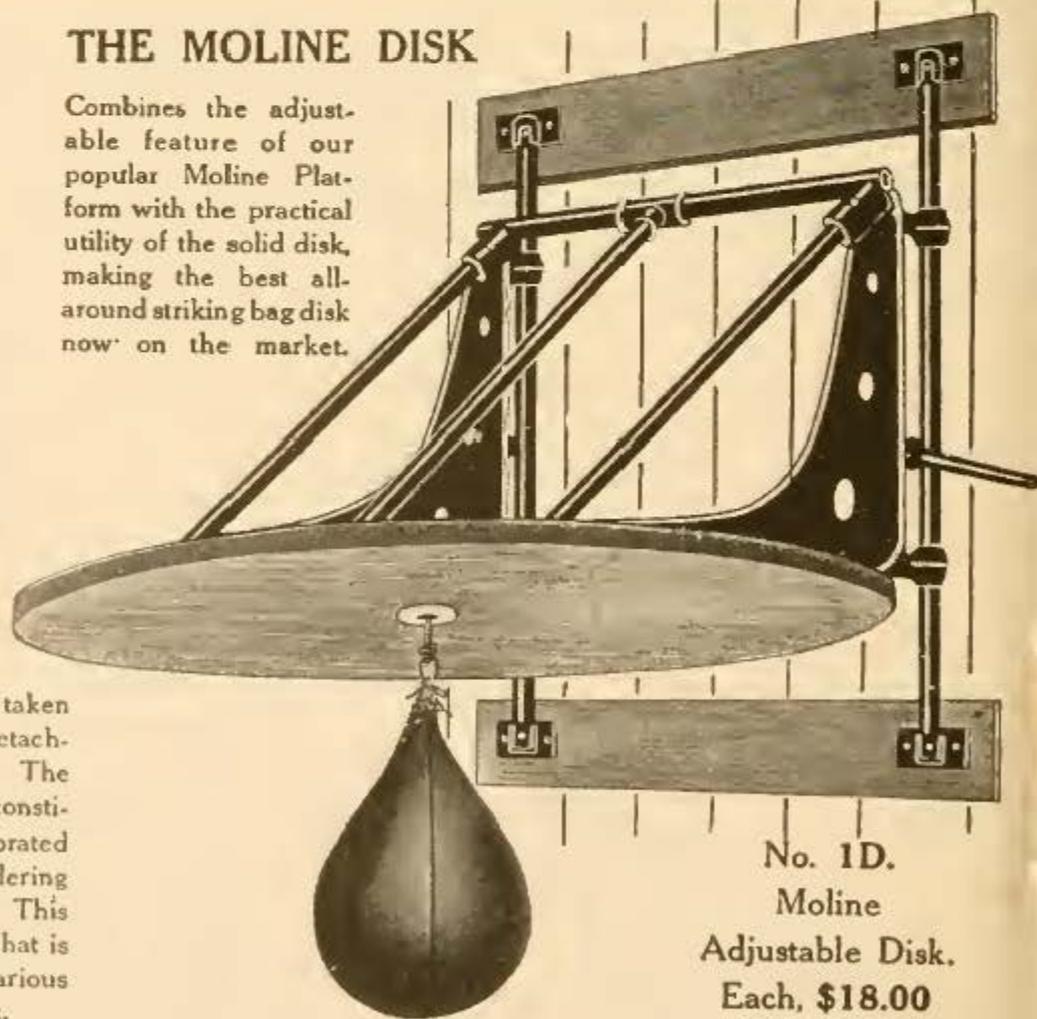
Patented April 19, 1904

Can be put up in a very small space and taken down quickly when not in use by simply detaching the pipe fixture from the wall plate. The metal disk against which the bag strikes constitutes one of the best features ever incorporated in an arrangement of this character, rendering it almost noiseless and very quick in action. This disk also combines an adjustable feature that is simple to operate and makes it possible for various members of the family to use the same disk.

No. PR. Spalding Adjustable Disk Platform.
Complete, with bag. Each, \$7.50

THE MOLINE DISK

Combines the adjustable feature of our popular Moline Platform with the practical utility of the solid disk, making the best all-around striking bag disk now on the market.



No. 1D.
Moline

Adjustable Disk.
Each, \$18.00

Bag is not included in
above price.

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1916. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

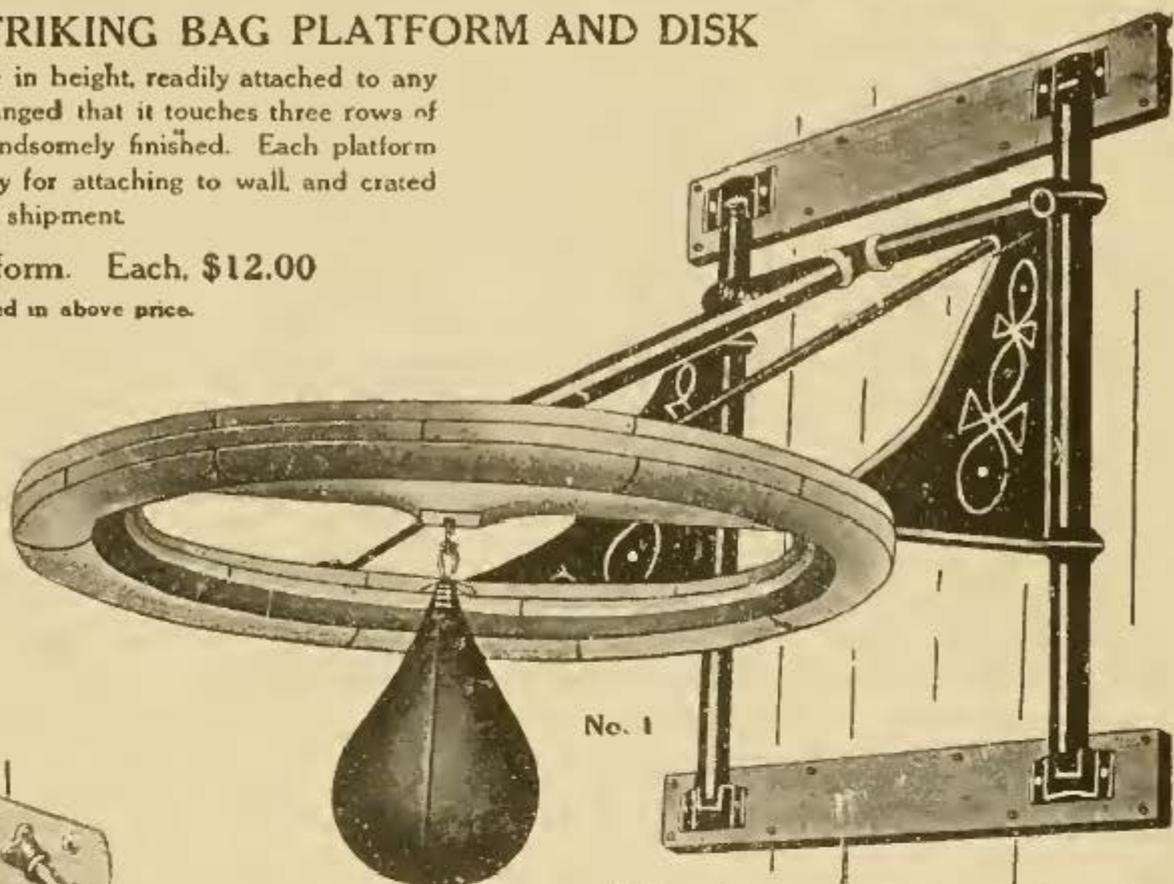
GUARANTEES
QUALITY

SPALDING "MOLINE" STRIKING BAG PLATFORM AND DISK

Our Moline Platform is adjustable in height, readily attached to any wall, and the side brackets so arranged that it touches three rows of studding. Neat in design and handsomely finished. Each platform supplied with everything necessary for attaching to wall, and crated ready for shipment.

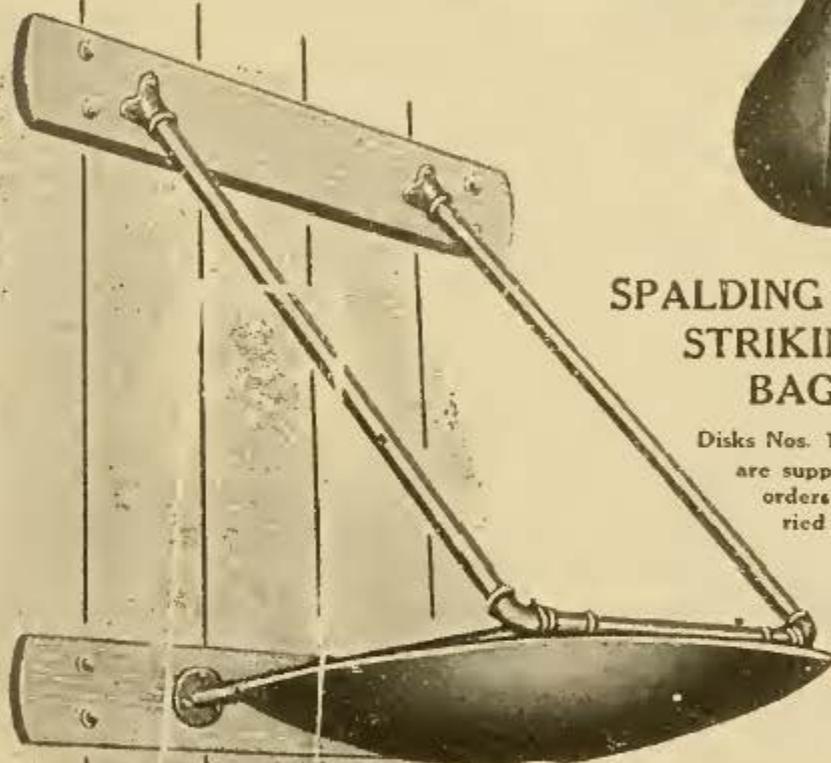
No. 1. Moline Platform. Each, \$12.00

Bag is not included in above price.



No. 1

Patented February 18, 1896



SPALDING STRIKING BAG DISK

Disks Nos. 1181 and 1182 are supplied on special orders only. Not carried in stock.

No. 1181

Made of iron, cast in convex form. Wall braces of steel pipe, with malleable fittings. Handsomely finished in black enamel. Nickel-plated removable swivel for attaching bag. Can be supplied with pipe hangers for attaching to low ceiling or under gallery if desired. When ordering Disk for attachment to ceiling it is necessary to give ceiling height.

No. 1181 Spalding Striking Bag Disk, with wall braces. Each, \$25.00

No. 1182. Spalding Striking Bag Disk, with ceiling hangers. Each, \$25.00



No. 82F

SPALDING ADJUSTABLE FLOOR DISK

This style is what is generally called a "Floor Disk," because the heavy japanned pipe uprights and the steel guys are attached to the floor, but this one is superior to any similar style now on the market in that it combines with absolute rigidity the adjustable features so necessary in an article that is for home use, to make it suitable for various members of the family. Capable of three adjustments of two inches each for a total of six inches. Floor space required: 9 feet by 6 feet; height, 7 feet. Uprights placed 6 feet apart, allowing plenty of foot room.

No. 82F. Spalding Adjustable Floor Disk, without bag or bag swivel. Each, \$25.00

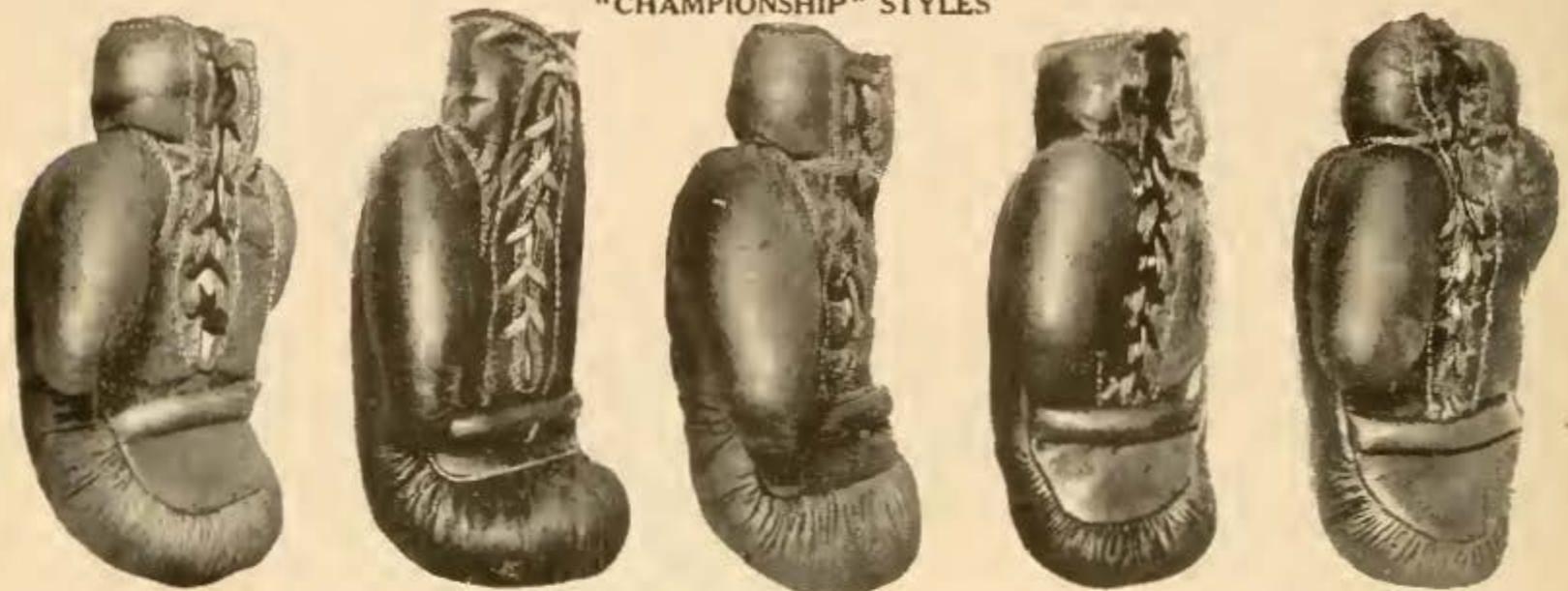
PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1916. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

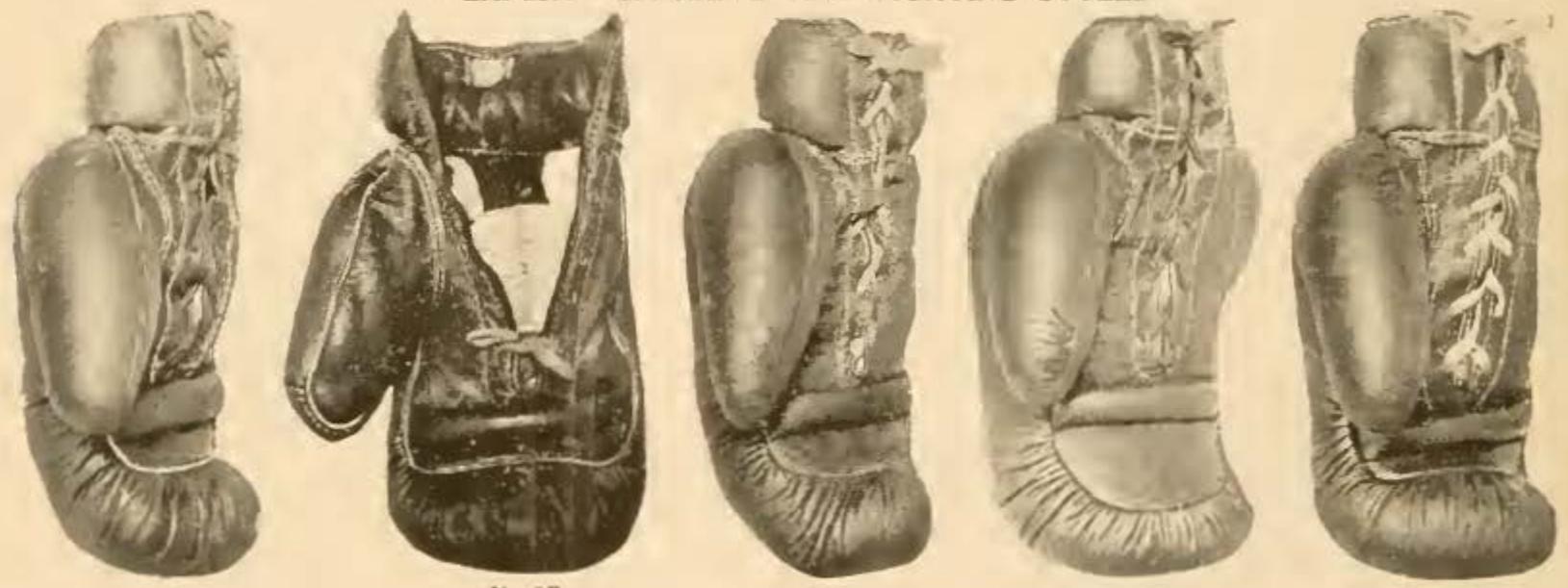
SPALDING BOXING GLOVES
"CHAMPIONSHIP" STYLES



No. 118 No. 106 No. 115 No. 116 No. 18N

No. 118. 8-ounce Highest grade made. Set of four gloves, \$7.50
 No. 106. Spalding 6-ounce "Battling" Glove. For limited round contests. Light tan colored glove leather, very soft and smooth. plain laced wristband; patent palm lacing and patent palm grip. Set of four gloves, \$6.00
 No. 115. 5-ounce. Set of four gloves, \$6.00
 No. 116. 6-ounce. Set of four gloves, 6.50
 No. 18N. Spalding "Navy Special" Championship Glove., Used by champions of the navy Special "Sea Green" leather, furnished in 8-oz only; padded laced wristband; patent palm lacing, patent palm grip Set of four gloves, \$6.00

"EXPERT" SPARRING AND FIGHTING STYLES



No. 11 No. 9E No. 9 No. 218 No. 12

No. 11. Corbett Pattern. Large 7-oz. model Brown leather. Padded wristband, patent palm lacing; patent palm grip. Set of four gloves, \$6.00
 No. 9E. 5-oz. Regulation. Brown glove leather Regular and large sizes. Patent elastic hand protector, padded wristband and thumb, patent palm lacing, patent palm grip Set of four gloves, \$6.00
 No. 9. Same as No. 9E, except without patented elastic hand protector Set of four gloves, \$5.00
 No. 218. Spalding "Club Special" Gloves. 8-ounce "Championship" model, full size Good glove leather Padded wrist, patent palm lacing, patent palm grip. Set of four gloves, \$5.00
 No. 12. Spalding "Member Special" Gloves. 8-ounce Corbett pattern, good size. Black glove leather trimmed with red leather. Padded wrist; special padded thumb, patent palm lacing, patent palm grip Set of four gloves, \$5.00

<p>PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US</p>	<p>A. G. SPALDING & BROS. STORES IN ALL LARGE CITIES</p>	<p>FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK</p>
---	---	--

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING BOXING GLOVES



No. 110

No. 110. Pupil's Double Wrist Pad. Large model. Best grade brown glove leather, additionally padded on the forearm and over the wrist to prevent that soreness which is one of the most discouraging features following a brisk lesson in the art of "blocking." Made after the suggestion of one of the most prominent athletic officials in this country. Patent palm grip and palm lacing. . . Set of four gloves, \$7.50
No. 200. Instructor's 10-ounce. Special thumb model. Best grade special treated boxing glove leather, extra heavily padded over the knuckles and with special large padded thumb to prevent injury to either instructor or pupil. The leather in this glove is particularly durable, and it does not get hard or ruff up when wet or subject to severe usage. Used by the instructor's in most of the large gymnasiums and



No. 200

boxing schools and by many prominent pugilists in training. Lace extra far down for ventilation. Patent palm grip Set of four gloves, \$7.00
No. 100 Same as No. 200, but of brown glove leather. Set of four gloves, 6.50

All Spalding Boxing Gloves are hair filled. No cotton or carpet flock is used.
STYLES FOR FRIENDLY BOUTS AND PRIVATE USE



No. 14



No. 15



No. 19



No. 21



No. 28

No. 14. 5-ounce Regulation. Brown glove leather. Special padded thumb, wrist and heel; patent palm lacing and palm grip. Used by some of the best organizations for their club contests. Set of four gloves \$4.00

No. 15. 8-ounce Corbett Pattern. Special olive tanned leather. padded wristband, patent palm lacing, patent palm grip. The proper glove for friendly bouts and use at home. Set of four gloves, \$4.00

No. 19. 7-ounce Corbett Pattern. Dark wine color leather. Patent palm lacing.

Set of four gloves, \$3.50

No. 21. 8-ounce Regular Pattern. Wine color leather. Patent palm lacing.

Set of four gloves, \$3.00

No. 28. 6-ounce Regulation Pattern. Red leather, oak color palm, special padded thumb, padded wrist; patent palm lacing. Supplied in regular and large sizes. Set of four gloves, \$3.00

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING BOXING GLOVES

MEN'S PRACTICE STYLES



No. 22

No. 22. Corbett Pattern. Men's practice model. Brown glove leather, with wine colored leather palm; special padded; patent palm lacing.

Set of four gloves, \$2.50

No. 23. New Style Turned End Pattern. Brown tanned leather, correctly padded, and patent palm lacing.

Set of four gloves, \$2.00

No. 23N. Black leather, specially padded, turned end pattern. Comfortable and practical. Patent palm lacing.

Set of four gloves, \$2.00

No. 24K. Style of No. 23, but slightly larger and made with khaki palm.

Set of four gloves, \$2.00



No. 23

SPALDING YOUTHS' BOXING GLOVES

Spalding Youths' Boxing Gloves are made in exactly the same manner and of similar material to the full size gloves of our manufacture, and are warranted to give satisfaction



No. 23N

No. 45. Youths' "Championship" Glove, Corbett Pattern. Best quality brown glove leather and extra well finished. Double stitched; patent palm lacing; patent palm grip.

Set of four gloves, \$3.50

No. 40. Youths' Size, Turned End Pattern. Wine colored leather, well padded. Patent palm grip; patent palm lacing.

Set of four gloves, \$2.50

No. 25. Youths' Size, Regular Pattern. Soft tanned leather, patent palm lacing.

Set of four gloves, \$1.50

No. 25K. Style of No. 23, but slightly larger and made with khaki palm.

Set of four gloves, \$1.50



No. 40

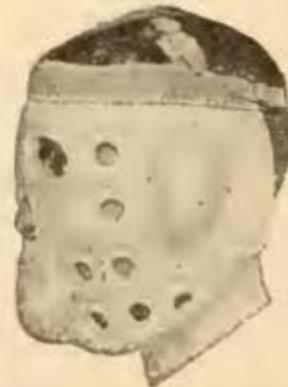
All Spalding Boxing Gloves are hair filled.

No cotton or carpet flock is used.

Spalding Boxing Helmet

Complete protection for ears, nose and eyes. Well ventilated.

Each, \$3.50



No. 25

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1916. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

SPALDING SINGLE END STRIKING BAGS



No. JJ



No. G



No. 19

- No. JJ. Special training bag. Same as used by Champions both here and abroad, to get into condition for important contests. Leather is a special selection of brown calfskin, very smooth and particularly durable. . . . Each, \$9.00
- No. G. This is a heavy, durable gymnasium bag, suitable for all around exercise work and the strongest bag made. The cover is of heavy English grain leather, same as used in our best grade foot balls and basket balls and made in the same way. It will outlast two or three bags of any other make. With loop top. . . . Each, \$8.00
- No. 19. Made of highest quality Patna kid, the lightest and strongest of leather. Sewed with linen thread, double stitched and red welted seams. Especially suited for exhibition work, and a very fast bag. . . . Each, \$8.00
- No. 19S. Same material as No. 19, but furnished with special light bladder and weighs only 7½ ounces complete. The fastest bag made, but very strong and durable. . . . Each, \$8.00

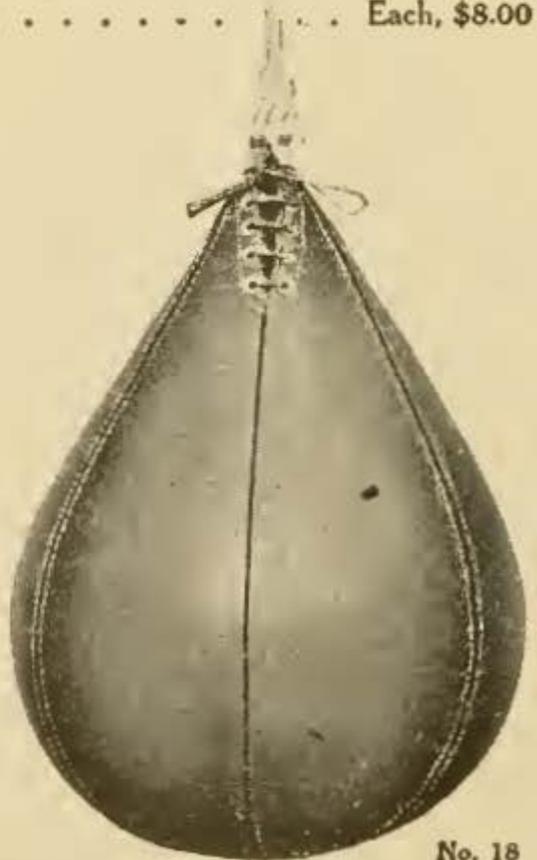


No. 20

No. 20. Made of finest selected brown calfskin, with red welted seams
A very fast and durable bag for all around use. . . . Each, \$7.00

No. 20G. Model of our popular No. 20 bag, but made of black Catalina goatskin leather. . . . Each, \$6.00

No. 18. The "Fitzsimmons Special."
Made of finest selected olive Napa tanned leather, extra well made, double stitched, red welted seams and reinforced throughout. For training purposes particularly this bag will be found extremely satisfactory in every respect. . . . Each, \$6.00



No. 18

The Bladders used in all our Striking Bags are fully guaranteed.

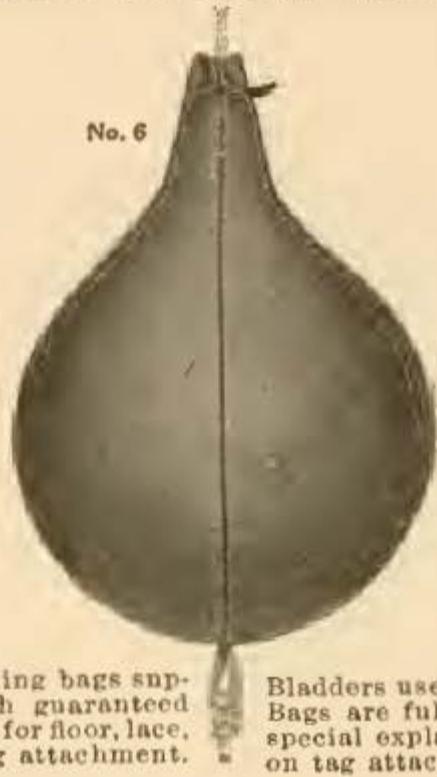
PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US **A. G. SPALDING & BROS.** STORES IN ALL LARGE CITIES FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

SPALDING DOUBLE END BAGS



No. 7

All double end striking bags supplied complete with guaranteed bladder, rubber cord for floor, lace, and rope for ceiling attachment.



No. 6

Bladders used in all our Striking Bags are fully guaranteed. Note special explanation of guarantee on tag attached to each bladder.



No. 5

No. 7. Finest selected olive Napa tanned leather, workmanship same as "Fitzsimmons" Special No. 18. Double stitched, red welted seams. Extremely durable and lively. . . Each, \$6.00

No. 6. Fine olive tanned leather cover, double stitched, red welted seams Extra well made throughout. . . Each, \$5.00

No. 5. Regulation size, specially tanned brown glove leather cover, red welted seams, double stitched and substantially made. Each, \$5.00

Elastic Floor Attachments for all Double End Bags
 No. D. Best elastic cord. Each, 30c
 No. E. Elastic cord. " 20c.



No. 4 1/2



No. 4



No. 3

No. 4 1/2. Regulation size, fine craven tanned leather, double stitched and red welted seams. Each, \$4.00
 No. 4. Regulation size, fine grain leather cover, well made throughout, double stitched. Each, \$3.50
 No. 3. Regulation size, substantial brown leather cover, reinforced and double stitched seams. Each, \$3.00

No. 3 1/2. Black leather regulation size, lined throughout, red welted seams Each, \$2.50
 No. 2 1/2. Regulation size, good quality dark olive tanned leather, lined throughout, red welted seams. Each, \$2.00
 No. 2. Medium size, good colored sheepskin, lined throughout. Each, \$1.50

<p>PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US</p>	<p>A. G. SPALDING & BROS. STORES IN ALL LARGE CITIES</p>	<p>FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK</p>
---	--	--

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING SINGLE END STRIKING BAGS

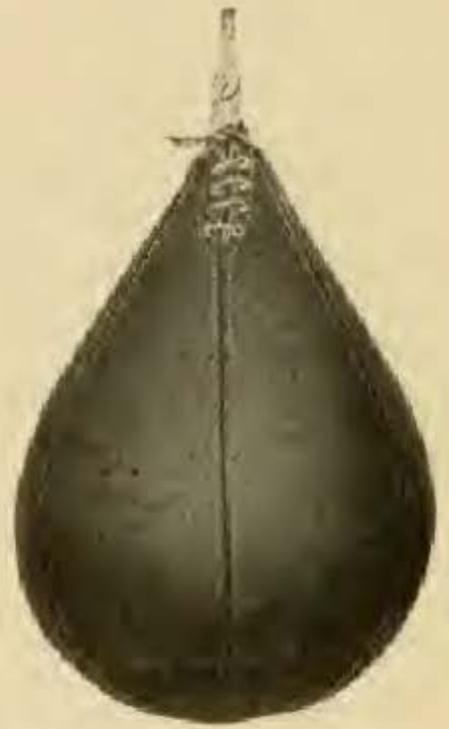


No. 12

Bag punching is really a fascinating diversion, capable of so many combinations, that it is interesting alike to the young boy and the seasoned athlete. When its healthful advantages are considered it is remarkable that there are not more bags in use, especially where there are boys and girls who would not otherwise take sufficient exercise to keep them in good physical condition. The same is true of many business men who really could use a punching bag with benefit and very conveniently, where in many cases sufficient outdoor exercise is simply impossible.

No. 12. Olive tanned leather, specially selected; double stitched, red welted seams and reinforced throughout. Excellent for quick work. Each \$5.00

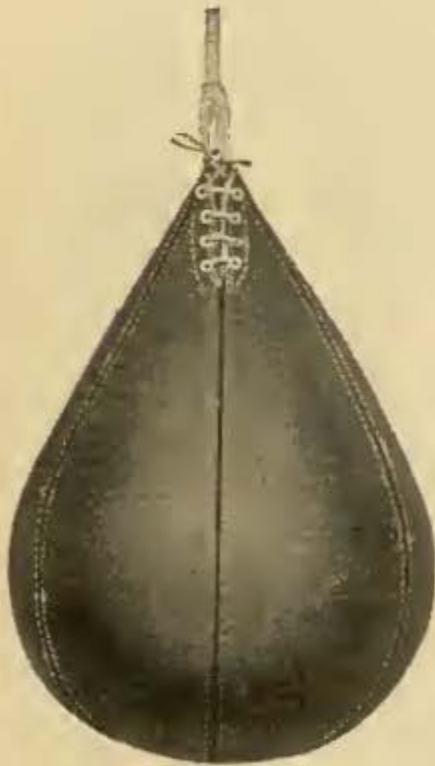
No. 10. Specially tanned brown glove leather; double stitched, red welted seams and reinforced throughout. Very well made. . . . Each, \$4.00



No. 10

Our single end striking bags are made with rope attachment carefully centered, making them the most certain in action of any. Laces on side at top, so that the bladder may be inflated without interfering with rope.

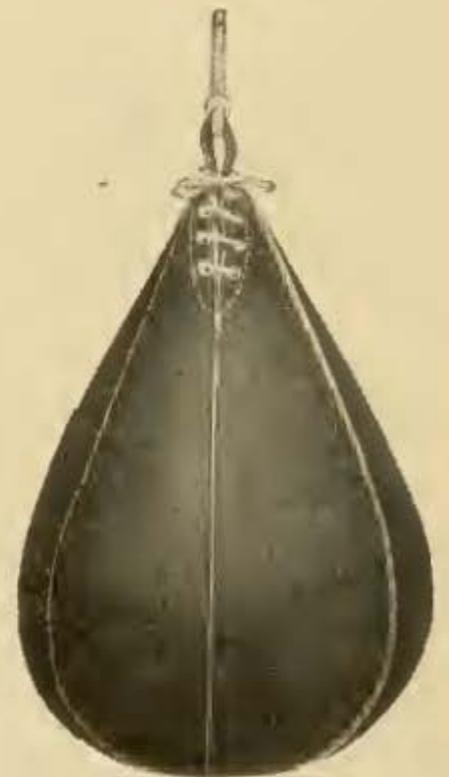
The Bladders used in all our Striking Bags, are fully guaranteed.



No. 17



No. 16



No. 15 1/2

No. 17. Fine craven tanned leather, well finished, double stitched, red welted seams, reinforced throughout. Each, \$3.50

No. 16. Extra fine grain leather, full size and lined throughout; welted seams, " 3.00

No. 15 1/2. Black leather, full size and lined throughout; red welted seams. " 2.50

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1916. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING SINGLE END STRIKING BAGS

Our single end bags are made with rope attachment carefully centered, making them the most certain in action of any. Laces on side at top, so that the bladder may be inflated without interfering with rope. Each bag is most carefully inspected and then packed complete in box with bladder, lace and rope.

No. 15. Made of olive tanned leather, full size and lined throughout; red welted seams. Each, \$2.00

No. 14. Good quality colored sheepskin; lined throughout. Each, \$1.50



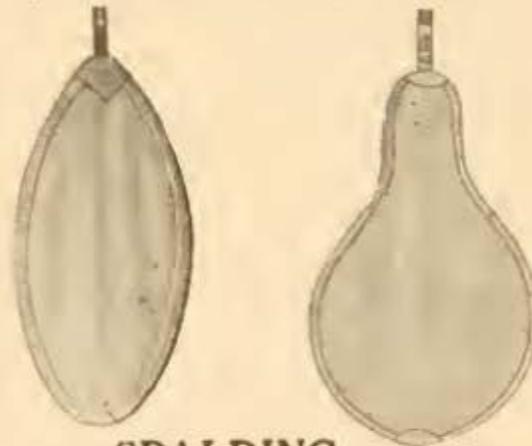
No. 15

No. 14

BLADDERS

- No. G. For No. G Bag. Each, \$1.50
- No. OS. For any full size top stem bag. Each, \$1.10
- No. 7. For No. 7 bag. " .90
- No. 7P. For Nos. 20, 20G, 19, 19S and 18. Each, 90c.

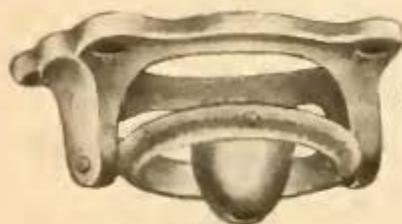
STRIKING BAG BLADDERS



BLADDERS

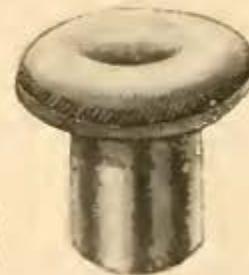
- No. 5. For Nos. 6, 5, 4 and 4½. Ea., 80c.
- No. 5P. For Nos. 17, 16, 12 and 10. Each, 80c.
- No. B. For Nos. 3½, 3, 2½ and 2 bags. Each, 65c.
- No. BP. For Nos. 15½, 15 and 14 bags. Each, 65c.

SPALDING STRIKING BAG SWIVELS

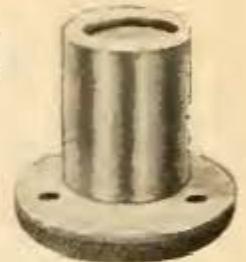


No. 4

No. 4. A special swivel, made according to suggestions of experienced bag punchers, with features that overcome disadvantages of ordinary style. Rope can be changed instantly without interfering with any other part of swivel. Each, \$1.50



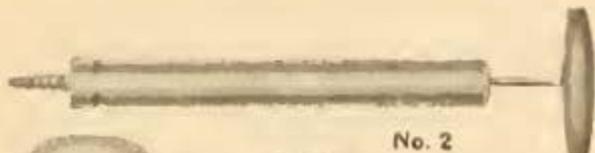
No. 5. Top View. Showing opening for rope, which is removable.



No. 5. Under View. Showing neck of swivel, which is fastened permanently.

- No. 5. Nickel-plated swivel with removable socket for quickly suspending or removing bag without readjusting. Each, 75c.
- No. 12. Ball and Socket Action. Fastens permanently to disk; nickel-plated. " 25c.

SPALDING BRASS INFLATERS



No. 2

- No. 2. Club size, cylinder 10½ inches. Each, 50c
- No. 3. Small size. Each, 25c.



No. 3

SPALDING STRIKING BAG MITTS

Will protect the hands and are recommended for use with all Striking Bags



No. 1

No. 4



No. 5

- No. 1. Made of olive Napa leather and extra well padded; ventilated palm and special elastic wrist in glove. Pair, \$2.00
- No. 2. Made of soft tanned leather, properly shaped and padded, substantially put together. Pair, \$1.50
- No. 3. Made of soft tanned leather, padded and well made; also made in women's size. Pair, 75c.
- No. 4. Knuckle Mitt, well padded. " 50c.
- No. 5. Knuckle Mitt, well padded. " 25c.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 17 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

"The Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair and legitimate profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

"The Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is "The Spalding Policy," which has already been in successful operation for the past 17 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

Standard Quality

An article that is universally given the appellation "Standard" is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for forty years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

SPALDING'S

ATHLETIC LIBRARY

A separate book covers every Athletic Sport
and is Official and Standard
Price 10 cents each

GRAND PRIZE



ST. LOUIS, 1904



GRAND PRIX



PARIS, 1900

SPALDING ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES

NEW YORK	CHICAGO	ST. LOUIS
BOSTON	MILWAUKEE	KANSAS CITY
PHILADELPHIA	DETROIT	SAN FRANCISCO
NEWARK	CINCINNATI	LOS ANGELES
ALBANY	CLEVELAND	SEATTLE
BUFFALO	COLUMBUS	SALT LAKE CITY
SYRACUSE	ROCHESTER	INDIANAPOLIS
BALTIMORE	WASHINGTON	PITTSBURGH
LONDON, ENGLAND		MINNEAPOLIS
LIVERPOOL, ENGLAND		ATLANTA
BIRMINGHAM, ENGLAND		ST. PAUL
MANCHESTER, ENGLAND		LOUISVILLE
BRISTOL, ENGLAND		DENVER
EDINBURGH, SCOTLAND		NEW ORLEANS
GLASGOW, SCOTLAND		DALLAS
		MONTREAL, CANADA
		TORONTO, CANADA
		PARIS, FRANCE
		SYDNEY, AUSTRALIA

Factories owned and operated by A.G. Spalding & Bros. and where all of Spalding's Trade-Marked Athletic Goods are made are located in the following cities:

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.