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MANUEL

DE LA

**BOXE FRANÇAISE**

ET ANGLAISE

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MÉTHODE LEBOUCHER



By DEVOST, professor in Paris  
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MANUAL OF SAVATE AND ENGLISH BOXING  
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**SAVATE'S HISTORY**

If boxing is the word of modern origin, the year it represents is as old as the hills. Not to mention the struggles he had, in principle, support against the elements and animals, man has daily with his fellow terrible strife, where the existence of people was involved, where brute force was often the above instructions, but had to yield, however in many circumstances to address, agility and cunning. At that time, to quote Hobbes, man is a wolf to man - homo homini lupus - it did help to expect from anyone, he had to protect himself; and the offensive and defensive weapons did not exist when he was forced to use the weapon the easiest and most natural, indeed the only one who was always at his disposal. Also, from the earliest times, we see him engaging in violent exercises that relax the muscles, the hardened to fatigue, and gave him the means to support benefit with the struggle for existence. And it is not about special rights, history teaches us that societies in the old gym was open to all, the woman went there at times, and it was sending the child, as the 'sends to school today.

That the Greeks show delivery for first time athletes, special class of people who only had to develop their physical strength. Wherever this tendency manifests itself, it is encouraged by the State which establishes public games devoted to physical exercises. The country, then powerless to protect his children, gave them an education that gave them gymnastics jumped a thriving, made it to the robust future warriors, and the arms of what she could rest without fear, because at this time when battles are waged meadows, so to say melee physical force for success.

Gymnastics produces good results hygienic-developing body, by strengthening the constitution, enabling respiration and blood making them faster breathing and digestion, but that's not all: it also has a highly beneficial influence on intellectual faculties. This is what the Greeks understood early, their famous

men. Plato and others who had one name to the width of his shoulders, spending much of their day. The Romans had done the same; who knows their famous axiom: *Mens sana in corpore sano*. And if we turn to modern times, we find the same idea expressed in Montaigne and J.J. Rousseau. The first director, in fact, in his Essays::

***“I want Propriety external and interpersonal skills and the provision of the person shape in body and in soul. Not a soul, not a body that stands; what does a man must not make two, and, as Plato says, to develop one without the area, but at the same pole.”***

And one reads in the Emile of Jean Jacques:

***“This is a pathetic mistake of thinking that hinders the formation of the mind to the body. That students unite one day because of a sage to the strength of an athlete! What develops the human spirit comes through the board of the senses. The hardware is the foundation of the intellectual, so he must exercise the senses and members as instruments of our intelligence, and precisely because of this it is necessary that the body is healthy and vigorous.”***

But our intention is not to dwell on are various exercises which consists of gymnastics, the dimensions of this little book does not allow digressions, we will stick to boxing only.

In ancient times it was called pugilism, was the fight with fists. The Greeks, by the perfectionment that they brought, raised it to the height of a real art, with its rules and its subtleties, taught by private tutors. The heroes and princes did not disdain to indulge: foreign travelers who ventured into states of Amicus, king of Bebryces, could leave them only after measures to fisticuffs with him, he had always triumphed when he finally found his master in the Argonaut Pollux, who defeated him and killed him. Eryx, son of small-Amycus and Épéus, builder of the famous wooden horse, which caused the loss of the Trojans, introduced boxing in Greece. It soon became honored in a nation, and thus, in the Iliad, we see among the games that took place at the funeral of Patroclus, and, in the Odyssey, including those aimed at the court of 'Alcinous. However, it appears only very late at the Summer Olympics for the first time to the XXIII Olympiad only, the athlete Onomastics, Smyrna, won over competitors price allocated to this exercise.

The Greeks admitted two kinds of boxing, the one they fought bare fists and heads in the other, they covered the hands of species of gauntlets lined with lead, called Gloucester, and the head of a cap amphotide named. The reading, curious to get details on this second kind of struggle, will find many interesting and in Virgil, the fifth song of the Aeneid.

It was Arcadia, Elis, Rhodes and Aegina, which furnished the Greece's best pugilists; parmieux, Glaucus and Mélancomas were especially famous.

Glaucus had never thought to make boxing his profession: he simply plowed fields of his father, who one day saw a press punch the plow of his plow. Astonished at this act of force, he takes to compete at the Olympics for the fight of ceste. There Glaucus meets an adversary more cunning, more exercise than he, who pressed on all sides and will do succumb, when his father shouted: --***Strike, my son, as the plow!***

At these words the young man revives, redoubling its efforts and wins.

As for Mélancomas, friend of the Emperor Titus, that tells us that Dio wrote his panegyric of the athlete before it a specialty to none. He stretched his arms in front of his opponent, and remained in that position for hours tiring - if necessary, for two days, they say - until this one, tired of having exhausted vain efforts to break the two steel bars that opposed him Mélancomas and get near to him, gave up the fight and

withdrew leaving the famous wrestler won the prize without having given or received a single punch.

After the extinction of ancient societies, we must go to England to find traces of the art of wrestling. Guillaumine Depping, in his book *The Wonders of strength and skill*, has rightly said:

***“Nothing less like Greece than England does nothing less than the Greek idea of an Englishman, and yet it is Britain that has continued in the way of boxing, the ancient tradition.”***

Indeed, this is England we came to the science of boxing. History shows boxing in honor at the court of King Alfred and mentions the hard fist of the Duke of Gloucester, who was later Richard III. Before him, Richard Coeur de Lion had acquired a celebrity like that. When he was a prisoner of the Emperor Leopold, Walter Scott tells us in his notes of *Ivanhoe*, he fought with fists with the son of his jailer had brought, and killed him by striking him on the ear. But it's Only hosts in the last century that organized amateur sales they offered as prizes to the boxers, and in 1743, Jack Broughton, a most skillful boxers of this era, composed of rules that was adopted by the world of sport.

At this Jack Broughton for the first time the crowd awarded the title of champion of England (Champion of England). The title then fell to Tom Johnson, which, muscle strength was remarkable, but never had the elegance of one of his successors, John Jackson, which was given the nickname of boxing gentleman (gentleman of boxing). Come to accept it received the best in the world, and the Prince of Wales attend sometimes even came to his assaults. Lord Byron, an avid boxing, often boasted of having in to master.

Today, England, boxing is a national art: cockney gentleman and practice, and it is truly an art, which, as such, is subject to re strict rules with the force of law. We give in the last chapter of this book describing a meeting of boxing which we witnessed, a few years ago, in Paddington: will there be morals English taken from life, and the rules, more curious of title, which is that art which compels our neighbors across the Channel call the art of self defense, and that the French set: ***“shortest path to go from one hand to another.”***

It now remains to say a few words of French boxing, whose origins are neither very noble nor very old: she was born, in fact, the shoe, there are about fifty years. At that time, the shoe became fashionable among men of the world, but they were forced to take lessons in some hovel in the back room of a wine merchant, and there were exposed to contacts unpleasant to compromising relationships, nowhere was there a suitable room where they could meet them away from this world of low floor which required a sovereign to Courtille.

Charles Lecour, who began to profess to 1830, I was twenty years, saw the need for special rooms, together, struck by the inadequacy of the shoe, he sought to develop with us the art of struggle in order to ensure her superiority on the boxing.

Here the terms in which Alexandre Dumas father speaks of the beginnings of Charles Lecour, creator of the French boxing, in her book *Girls, Loreto and Courtesans*:

*“Charles Lecour began by studying savate, and reached a higher power, a schoolboy he became master while agreeing, however - which is rare among teachers - the shoe, even as he taught, art was incomplete.*

*He then dreamed day and night how to perfect the art. As he was plunged deep in his theoretical calculations, he heard talk of boxing.*

*The Englishman, in boxing - boxing is the shoe of England - has perfected the use of arms and fists, while he has seen the legs and feet that like springs for closer or away from the boxer's opponent.*



*On the contrary, in savate, which is the boxing of France, the Parisian had leg and foot main agents, only considering the hands as defensive weapons.*

*It follows that the English lost any resource that can draw feet, while the French lost all the help he could expect hands.*

*Charles Lecour dreamed this big undertaking this wonderful utopia, lies melt together the boxing and savate.*

*He left for England, and, without telling them who he was, he took as a regular saver, the lessons of Swift and Adams, the first two boxers in London.*

*Then, when the student felt master, he returned master, he returned to Paris, and put his theories into practice."*

It's by Charles Lecour combination of boxing and savate was born, French boxing, which we give in the following pages, the complete and rational theory, according Leboucher, De Rouen, Professor province who came to settle in Paris shortly after entering the room Lecour.

LA

## BOXE FRANÇAISE

### (French Boxing)

#### I. The GUARD

It exists in French boxing, two guards: one false alert.

You can never pose as true or false custody after considering the position of his opponent decided.

They say true guard, when the champions are placed towards one another, both having the right leg or left leg forward.

The false call is so named when one of the combatants the right leg forward and one leg left. (See Figures No. 1 and 2.)

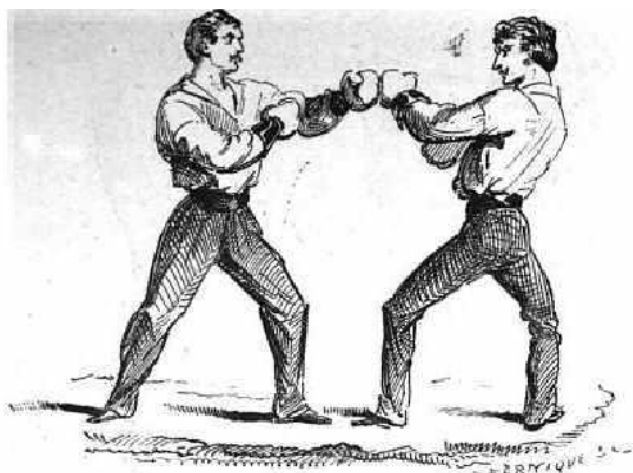


FIG. 1.



FIG. 2.

#### II. WALKING

It exists in French boxing two ways of walking on enemy, as there are also two to break. The first is

by changing the guard before walking on the man to break while we load lunge.

To change the custody before admitting that one is in custody right, we will advance the left leg forward, pivoting on the right leg back to left guard position.

To break back, the front leg passes behind, will resume the position of the forefoot, which will change custody.

In the new method, the second way forward or break is more favorable in use.

It is replacing the foreleg by the hind legs, holding the position of the body directly. This precept is the opposite of the principle weapons.

To break the leg to replace the leg from behind, observing the distance between two soles.

Using this method we can, living circumstances, expand or restrict the march to arrive within reach of his opponent.

### **III. REASON WHY THEY SAY REAL GRAUD**

The right leg forward, the man who wants to remain on the defensive much less advantageous to choose the false alert.

Being placed in real storage, has little to fear from the hind leg of his opponent, whereas the low kick started by the latter almost always do portrait on the fleshy part, the calf.

Where champions are close to each other, beyond the prescribed distance for care, it sometimes happens that the blow up no hits on the lateral malleolus, sensitive part which could cause the shutdown of battle, while being false in custody, even kicking the can down the tibia above the kneecap. Worn either right or left, this time is called low kick.

### **IV. FALSE GAURD**

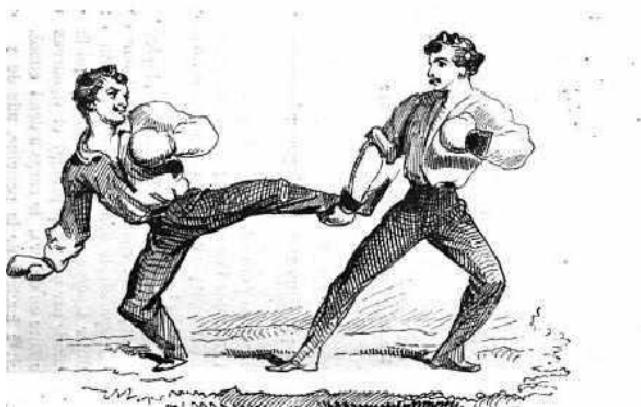
Placed in custody false, either right or left, kicking formidable are carried by the hind leg, as they arrive at will in all the vulnerable parts of the body.

The low kick will focus on the medial malleolus, the tibia. This move is very serious, he often are broken.

Directed above, it will reach the virile parts, the abdomen or chest, usually limit the shooters, but he is often met men in tongues and legs slender, the tall men who come easily to hit the figure.

In this false guard, kick the front leg could have deleterious effects if it was struck in the ribs.

We reported earlier the danger of bearing blows outside. (See Figure No. 3)



**FIG. 3**

## **V. DESCRIPTION AND HOW TO BRING ALL THE SHOTS**

There are several handles to carry the punches.

The way to wear the fist walking is that it teaches students first. The only principle to bring these shots is to be a false warning:

The left arm forward, bleeding bent, his hand nervously contracted up to ear height of the eye to see his opponent up and down, tilting slightly to the left means that facilitates the parry a shot by prompt and vigorous half deleted, the right arm at chest level, to deal with the vivacity kick the enemy directed at parties or manly chest.

## **VI. THE PRINCIPLE OF PUNCHING THE RIGHT ARM, WHILE WALKING**

To carry the punch of the right hand must be removed quickly elbow back, hold your fist up in the right breast, right leg forward at the distance of two soles, pivoting on the edge of the left foot for be in custody right.

Observe that the points of the feet should always be slightly turned inwards.

At the same time as this movement occurs, it must develop the right arm with quickness and strength to strike the opponent's chest or face.

The relaxation of the right arm should be supported by the united forces of the shoulder, kidneys, legs, to make the most terrible shock.

Although the shock inflicted on the body is violent, always keep the composure necessary to resist the parade.

This punch is given by walking door also attack and response.

## **VII. PUNCH RAISED HIS LEFT ARM WHILE WALKING**

To ensure students are well impressed with our theoretical explanation, we reiterate the principle to strike the punch with his left arm, though analysis of soil as to bring the punch strikes the right arm, being careful false left.

Being placed in custody wrong to right, right arm placed at eye level, the hand bent to the right of way to see his opponent up in arms, the left bias towards the pit of the stomach.

It will remove the left elbow back, his fist up and near the left nipple, move the left leg with two shoes, developed with the arm strength left to carry either, the chest or face, a strong blow to his opponent.

Do not neglect the observation of the exact distance that separates you from him.

A slot miscalculated you to deliver the response without having retained the composure required.

### **Observation on the repeated blows walking**

It is an immutable principle for punching above described.

Always remove the arm before the opponent with the arm that was in front, so that the arm is behind day to grow unhindered to carry his punch.

In case you did not have this prudence, the opponent could stop you in your walk, stiffening spontaneously bleeding from his arm in front.

The blow was all the more terrible that it will be presented in front of parade without objection.

This approach will ensure the gap is called the arm front.

## **VIII. HOW TO PARRY THE BLOW OF THE OPPONENT PLACED FALSE LEFT GUARD**

The enemy in faux left guard should strike with his right arm, always trying to remove the left arm with his right fist threatening figure.

For parade carried punch in the face by an opponent, he must move his right leg back, observing the distance that we had before changing custody, and at the same time, sharply raising the arm left above and on the left side of the head, for parade.

We call this parade taking change of custody, since it is in custody at left guard to right as we were before.

It would be even if the opponent is placed on false right guard, wearing his fist with his left arm, then seek to take away with his right arm. It would then cross the left leg back and lift the right arm with force to drive the left arm that wants to hit. (See Figure No. 4.)



**FIG. 4**

The parade would change if the blow was directed at the chest.

It should in this case, hitting hard on the forearm, to deal the blow downwards, whereas for the Parade punch directed at the figure, the arm that strikes below the barrier before arm. To make the shock more violent, we must bend the knees at the same time that the barrier arm; crashing this way facilitates all responses in general.

## **IX. HOW TO MOVE THE LEG, STRIKING A BLOW AFTER THE PARADE TAKING BLOW DEALT BY THE ENEMY WALKING**

The enemy, walking, carrying his right arm punch to the face, will parade on the left arm, holding the discount arm, then we remove the right elbow back, to respond forcefully to FIG.

At the same time. it will quickly right leg behind the right knee of the opponent.

The punch set back the man behind, and the opposing leg back to his, forcing him to fall. (See Figure No. 5.)



Fig. 5.

For once, he must gather the strength of the arm that strikes at the face of the leg which switches so that these two movements combined well determine the fall.

Perform this move both legs. The way to avoid passing the leg is the same as for parry the blow by walking: just change custody.

## **X. WAY TO DODGE THE ARM AND RETALIATE IN PLACE WITHOUT CHANGE OF GUARD**

A man placed in a false guard, left, does he remove his left arm with your right arm to strike with his right fist? Simply remove the right arm back with speed, together they raised abruptly left arm above his head to take parade.

The enemy, who advanced the right leg originally placed back in wearing easily once you've trimmed, is suitable distance to receive your response, your choice, chest or the pit of the stomach.

The response of the right arm requires that the shot be developed vigorously, arguing the shoulder to give more power to trigger bleeding.

The duck is also the left arm.

When the opponent, placed in custody false right, carries the punch of the left arm must be removed quickly left arm back on parade taking the right arm, and respond vigorously to a punch with his left arm. This shot is taken from boxing. (See Figure No. 6.)



FIG. 6.

## **XI. HOW TO RESPOND TO A PUNCH ON SITE**

To hit this shot, the hind leg did not move.

Placed true left guard if the opponent by walking door flew his fist right arm (contrary to our principle, since we are defending the blows apart), the slightest opposition of the left arm will get parade and will be able to respond right arm.

This response would double power by lengthening the walking, that would be the opponent, rushing to meet his fist.

If the opponent hit his fist with his left arm, being real careful right, he would parry right arm and left fist.

The men exercised should never strike out, but it almost always happens that. Kept our inexperienced believe doubling the force of the blow by raising his arm above his head, to let fall heavily like a hammer on an anvil. During this awkward movement, the upper being discovered, the enemy takes advantage of the fault to ensure its advantage.

## **XII. DOWNTIME TAKEN WITH A FIST**

The opponent is placed at right guard false, will use his left arm to bring the punch in walking, he will throw the left leg forward on the left side on the leg body weight with confidence, then strike with his right arm when it comes to you the blow gap forming the bracket has deceived the true purpose that is proposed by your opponent before knocking in the direct and full face, the body will fail, deceived by the movement apart.

This stroke is also two arms: the opponent being placed in custody false left, we throw the right leg on the right side, to splitting of the left leg angled in on the shot then do fist of the left arm. It also uses this move when an opponent wants to pounce on you.

## **XIII. THE BRING THE KICK WAS LOW FALSE-GUARD TO THE RIGHT OR LEFT**

With faux guard left or right, the body upright on two legs also bent, it will be necessary to strike the kick down, relax the leg forcefully taken before the toes turned outwards so for the stroke is increased with the wide part of the fore-foot on the shin of the opponent.

By wearing this kick, we must reduce the weight on the leg before for the running leg to return to its starting point without being shaken in one's balance. This retreat should be made more promptly there to fear making the leg followed by a fall. These kicks are worn down indiscriminately on both legs. Brought in response, they gain strength in the double blow dealt to bargain.

This change in guard for the parade took the punch required to be seated on the knees, to keep the composure necessary to escape when the kick down. Without this precaution, it would be brought back, so he must always keep a leg elasticity that allows to restrict or extend at will the development of stroke. (See Figure No. 7.)

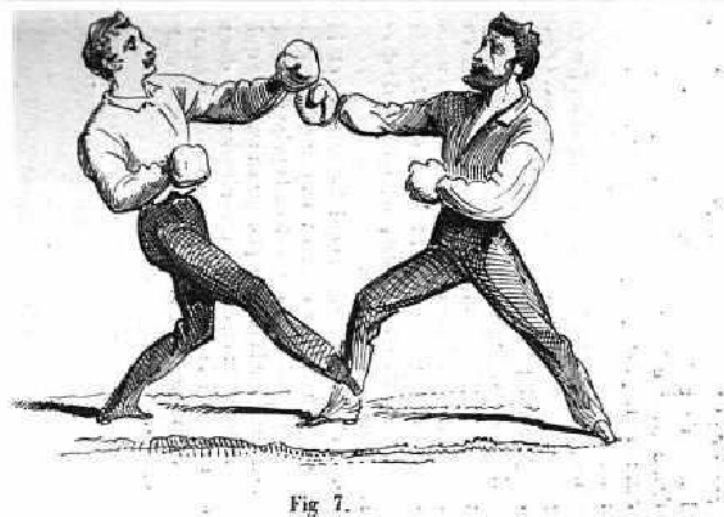


Fig. 7.

#### **XIV. HOW TO PICK THE LOW KICK IS WRONG IN CUSTODY**

The enemy placed false left guard needs to reach the shin, hit the kick of the hind leg, which is right.

Faux care must be right to pick up his foot when it comes to hitting, strong lower right arm placed in front, escape the same! Time the left leg back and grab heel before the blow was struck. It takes away that the left hand seconds to remove the funny leg of the enemy, high enough for it to fall without other means.

This decision leg is also false left guard and right guard opponent. (See Figure No. 8.)



Fig. 8.

As in real storage, if the enemy, contrary to our principles, struck the kick off, it is enough to turn the palm of the hand outside to grab the heel and as soon as this decision, responding to a punch arm behind to hasten the fall.

Then the right leg must hit, and the left hand seizes, we must escape the hind leg when making heel to prevent the head before diving in, which would Hazardous in case of failure, because in this stance foot would come in the face, so the hand that rains should not be before the face.

#### **XV. HOW TO STOP THE LOW KICK**

The enemy placed false left guard will rap with his hind leg that is right, your right leg and it will be necessary to prohibit the kick down, present the right foot with the sole opposition to the leg bringing the

coup.

This time out, with the sharp angle of the sole, is often very dangerous for one who struck his shin with violence, on the kick.

You can use this way to avert all read kicking low, outside or inside. (See Figure No. 9.)

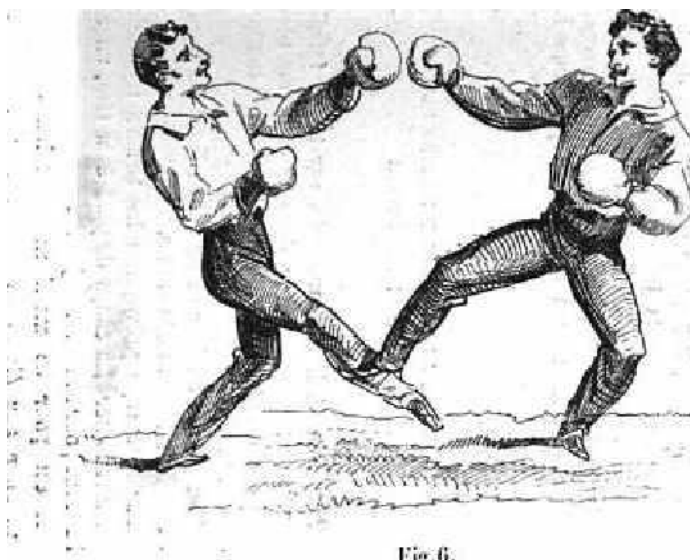


Fig. 9.

### **COMMENT ON ALL THE LOW KICKS**

We have forbidden all kicked down worn outside.

The rule exists for the opponents, starting from the guard, will be mutually recognized practice address, but it is important to note united except for inexperienced men, who are considered as the first blow clumsily.

To these men, he will attempt the kick low rounded leg to wrap the heel, shake the balance, make yourself lose composure and determine the fall, which is almost always a man with some surprise in his bad care.

### **Observation on the low kick in the former Savate**

Once the address named shoe was mainly observed in the low kick which led to making the leg to knock the opponent.

The rule of the old masters forbade kicks above the kneecap.

By this wise provision shooters did not have to fear the kicking to the head, stooping to pick up the leg.

It is for this reason essential to expose students to the danger they expose themselves to raise the leg by hitting the bottom.

Professors of the old practice called these moves: kick chased, kicked mottled; they were pretended they did not develop in trims and whose purpose was to respond by such dirty tricks to make their classic making leg, sometimes determining the fall.

Called the blow Pick Bottom.

## **XVI. LOW KICK HIT GUARD**

This move is especially favorable against an opponent of superior strength that will keep you at his disposal in a location narrowed to abuse his advantage in hand to hand.

With faux guard left or right, so as to strike the kick on the shin, it will have to calculate the side that



offers as much space remains free, for volt easily. Assuming that one is placed at left guard, to guard the opponent's right, we will step briskly forward on the left side, then hit the kick from the right leg of the enemy that is placed in before. The blow struck, it will jump back strongly to detain right.

By this reversal of movement, the opponent is trapped in the place you occupier before.

This kick can also be worn on the chest.

## **XVII. HOW TO BRING UP THE HIGH KICK**

There are several ways to bring the kick up being false in custody right or left.

The body in good position at left guard if the opponent was bent forward, an attitude often taken by men little it carefully to the essential law of the upright, he would lift the right foot with warmth, wear body weight on the left leg and relax in a direct line right knee, so that the toe can describe, plunging into the chest of his opponent, a movement so dry and so fast that the foot is able to bounce back in some so at its original place.

This time draws all its power in the calf, which must remain master of striking a body or a vacuum, without being shaken to its equilibrium.

When an opponent is held in low custody, sole custody chosen and favored by the old masters, it is urgent to use the kick high and straight.

We will meet some of the belly, stomach or head. Struck from the bottom up, the shot will be violent enough to knock out.

This coup is worn on both legs.

## **XVIII. HOW TO STRIKE THE KICK HIGH IN DIRECT LINE WITH THE RIGHT LEG TO REACH THE CHEST OR FACE BEING REAL CAREFUL RIGHT**

As for wearing a high kick, it is too far away from his opponent to the front leg can reach it without the help of the hind leg, we will feint a punch in the face with the arm front, we will use the concern of opponents to bring the left leg right leg, he will quickly rise to whip the kick to the chest or face.

Immediately the shot fired, remove the leg quickly to regain custody at left guard opposite to what we had before, which is able to reiterate the left foot by the aforementioned means, the enemy being true left guard. This move must be direct. If the opponent is leaning forward, you must point the pit of the stomach, location sensitive, deeply touched, can put out of action, or at least losing breath, which is sufficient to determine the benefit.

## **XIX. WAY TO BRING THE KICK UP, SIDEWAYS, WITH THE RIGHT LEG, BEING REAL CAREFUL RIGHT**

If the opponent is held in custody according to the principles adopted today, it will be necessary to bring the high kick, round the leg to hit either corner or at the chest.

To kick acquires strength, you must operate away from the left leg on the left side, by proceeding with confidence on the shank, and submit the shoulder and right hip forward

This movement allows the leg to ease to describe a horizontal circle and do away with the relaxing effect of the hock; to strike the toe of the upper body those kicks must be stopped by a violent blow on the

shin, operating a retreat from the body.

The shooters are able to take a second kick, the first who had no result.

This time running in the opposite guard observing the means mentioned herein. (See Figure No. 10.)

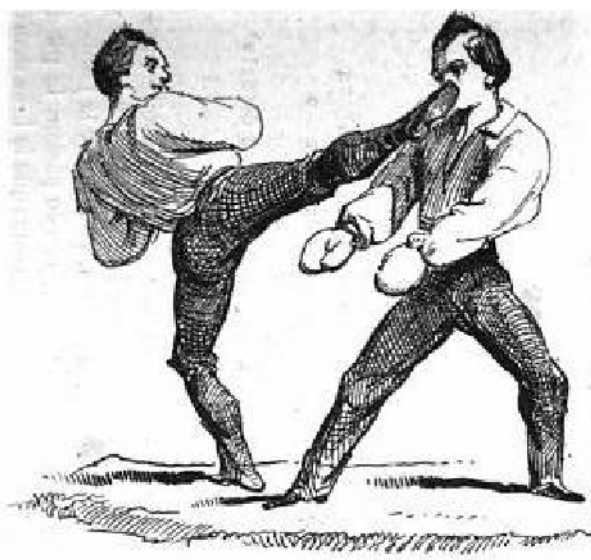


Fig 10

## XX. HOW TO PICK THE LEG MEDIALY WHEN THE KICKS ARE DIRECT WORN HIGH

The enemy placed false left guard will strike with his right foot placed backward.

Changing of guard behind to grasp the leg inward, it will turn the palm of his left hand was out to seize the heel, and we will develop immediately after a strong blow to the chest or face.

The process is the same as faux left guard, the opponent keeps false right: it's the genuine right hand grasps the leg and the left fist is that in FIG.

As soon as the arm behind strikes, we must abandon the leg before by the hand placed in front of so I do not remember the man when he fell. (See Figure No. 3.)

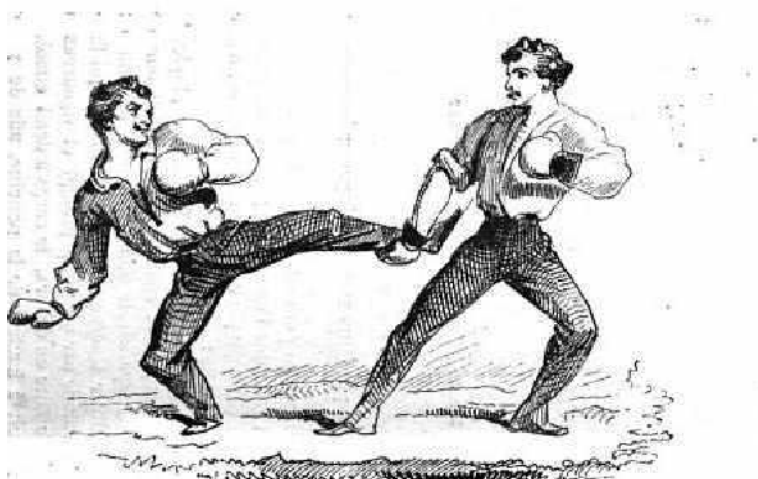


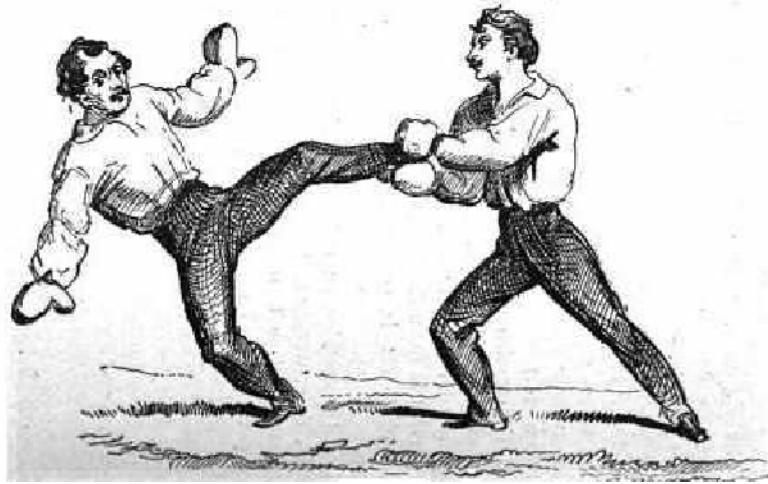
FIG. 3

## **XXI. HOW TO PICK THE LEG BEING PLACED OUTSIDE FAUX LEFT GUARD** **WHEN THE KICKS ARE BROUGHT INTO DIRECT**

The enemy placed faux right guard will kick left leg to the chest or face, it will be necessary to grasp the leg, a change of custody from the left foot back together right arm following the leg of the enemy to capture high heel with the right hand was turning the palm of the hand in the air.

The left hand grasp quickly tiptoe, so that both hands containing foot vigorously all efforts to reach will be fruitless.

But if, in a desperate effort, the enemy tried to hug you in his arms remained free to stand a chance of hand to hand, we would, to escape this desire, only to raise the heel and back the leg on the body of the enemy, who would be forced to retreat to find a foothold. (See Figure No. 11.)



**Fig. 11**

If the opponent placed false left guard struck his right foot, we would use the same means to grasp the heel of the left hand touching the right toe.

Decay is the inevitable consequence of this move.

It is necessary, when making this change of guard, tilt his head back to avoid being hit in the chin by the high kick, purl by a tall man.

## **XXII. HOW TO STRIKE THE KICK FORM SIDE TO REACH THE FACE OR CHEST**

Because false left guard, he will occupy the opponent pure feigned binding his left arm, to launch boldly read more punch.

It will pose beside the left leg by a quick leap, the toes turned out, this angular difference is called premeditated.

Together we will work to change this place, we will raise the right leg so the heel is on a horizontal line with the knee and then, carrying the weight on the left knee slightly bent, one will describe a curve early in the leg with the right shoulder and hip forward.

Then relax in the calf, like a wave of the hand, whip the toe in the chest or face, arms without objection.

The blow, right leg, resting on shore, will bring the left leg to the original custody.

It would be the same if it was wrong to right guard, to hit the left leg, it veered right instead of left

oblique.

Do not overlook the fake arm to precept rigor to support all the high kicks.

### **XXIII. HOW TO PREVENT AND RESPOND TO THE KICK BEING BROUGHT UP IN FALSE CUSTODY**

With faux right guard if the opponent is left guard, he should direct his high kick with its hind leg that is right.

It will use the right arm to parry the blow with a vigorous blow struck on the shin, enough to drive the leg without being hit, then immediately hit back left foot, which is behind a kick down the left leg of the enemy remained in front, only support the body while the right foot trying to hit in the chest or the face.

This response is terrible, the opponent did not have enough quickness to stand down the leg with which he wanted to strike, and to raise the foreleg was alone in making and maintaining balance of the body. This position staggering double the strength of the response, which can carry either one or the other leg.

We can, using the same means to counter, hit back earlier still with the leg behind.

There is another response on this one:

We must, by advancing the left leg, developing a strong punch with his left arm in Fig.

This time is called back a punch on a kick parried.

Located in talking to the right, the opponent left guard, can still respond successfully to the kick high, after a punch prevented the development of the right leg will be strongly behind the left leg the left leg of the enemy at the same time we will retaliate with a punch in the face.

This violent shaking will suffice for the fall.

On that same kick parried it is yet another response that a tall man can easily practice:

Without your leg forward, it will take a strong punch in the face with his arm from behind, after having agreed with the arm before the kick high. The same is true if the shield blow with his arm from behind you can then respond with his arm in front. These parades and responses are drawn from boxing.

A small man is obliged the latter response to an earlier leg before to hit the same punch in the face.

These blows are two arms and two legs.

### **XXIV. COMMENT ON ALL HIGH KICKS AND TRUE LOW HIT IN CUSTODY**

As in real storage, the kick hit the bottom of the hind leg will cover the calf, the outside of the femur, but they will have deleterious effects that launched earlier in the ribs.

At this height, the opponent can grab the leg by a rapid movement of the hand outwards, palm completely reversed.

General rule: it must never be kicked out to the motives mentioned herein.

Placed under full custody to the right or left, kicking formidable are carried by the front leg, as they can reach the manly talk, the pit of the stomach and even my face.

In a serious fight should never be kicked out.

It is generally more favorable to choose the true left guard for protection, men are generally more likely to use the right leg than the left leg to be kicking briskly and forcefully.

## **XXV. HOW TO STOP A KICK IN THE LEG BEFORE THE MAN WHO CARRIES A PUNCH IN WALKING**

The opponent is wrong in custody hay, and keep you right, it will prohibit the arrival of punch without taking parade with his arm.

We carry the weight on the left leg placed behind, once they raise the right knee so that it is a horizontal line with the thigh, then expand the scope of the hock to the tip of the whip up chest. This coup is infallible, since the opponent is forced to take away the right arm with his left arm for wear with the arms behind the punch that you stop quickly with the extended leg with force longer than arm became unable to develop. The two arms being occupied, the shot hit parade without objection.

The blow, or will put the leg back to be closer than reiterate the raised left leg forward.

A humble walking legs to capture fear being arrested exactly the same.

In both cases the kicks must be worn in a direct line.

A gunman who rushed with force to reverse the shock of his race, may also be arrested by the high kick, driven by rounding the leg side to avoid the violence of the encounter. In this case, an operator away from the hind leg to point with the front leg, according to the principle stated above. (See Figure No. 12.)



### **COMMENT ON A TIME TO STOP OPPOSITE OUR METHOD**

If we have thought carefully noted the mistakes of past practice, we also believe it useful to teach students how to protect themselves against some shots of the new method, dangerous shots in self defense.

On the verge of merging with an enemy force, they should stop bringing in the leg briskly back across leg before by presenting (contrary to our principles) side, which would not see his enemy in front, and force, lifting the leg side to bring the head and body side; year during the impact he would have the sole plate to mark a pause. Is it likely that a similar stroke, using a movement of more than our direct blows off described above, can happen quickly enough to come and hold a jerk?

We can not accept that in the twisted position directly above is equal to the upright position that gives direct. No, the kick hit flat never as much power as the tip of the foot whip forcefully in the pit of the stomach.

The blow could not, as everyone will understand, have some semblance of strength and resilience that so that it would hasten his enemy, but from afar. In this circumstance, a pause could succeed, but he no longer deserves the impromptu.

## **XXVI. SEVERAL WAYS TO RETALIATE AFTER THE PARADE TAKING A PUNCH CARRIED BY THE ENEMY WALKING.**

The parade obtained by a change in custody, is able to retaliate by low kicking the hind leg to the ankle or shin.

This response is either one or the other leg.

It may also, in the same case, responding earlier, either by direct kick, either by rounding the leg side.

You can still respond to a punch in the arm from behind, especially when one has the advantage of size, so you can easily reach the chest or face.

It is possible to respond fled with his arm in front without changing position, if one takes the parade with arms from behind. This move is borrowed from English boxing.

## **XXVII. HOW TO GET ON THE INSIDE AND MOVE ALONG THE INSIDE LEG.**

The enemy placed false left guard strike the right fist to the figure in advancing the right leg.

It should, being false to keep right along I will be a deviation from the right leg on the right side allowing themselves rapidentent to let the punch of the opponent over the allele. Hug the left hand with his right leg is the hock. We hold the right hand on the right shoulder of the opponent, so that the forearm is placed under the chin. Then we will move the left leg about two soles, to give ease to the right foot to go cross the left leg of the enemy who, yielding to force rapid sudden fall without resistance.

It must, when the collapse occurs, move the head between the arms and body of the opponent to avoid taking melee. (See Figure No. 13.)



FIG. 13

## **XXVIII. TAKEN LEG TO EARTH**

The former fencers, men accustomed to fighting had a way of taking the leg of the enemy, which often had a contrary result they tried to overthrow. Thus, when the leg was well contained in both hands, they rose and pushed forcefully to lose balance, but when the disproportion of power existed between the shooters, it sometimes happened that the enemy gave way on his enemy, embracing with: force his head under his arm, and that sustained compression, he managed to make him lose his breath, then changed the

benefit side. (See Figure No. 14.)

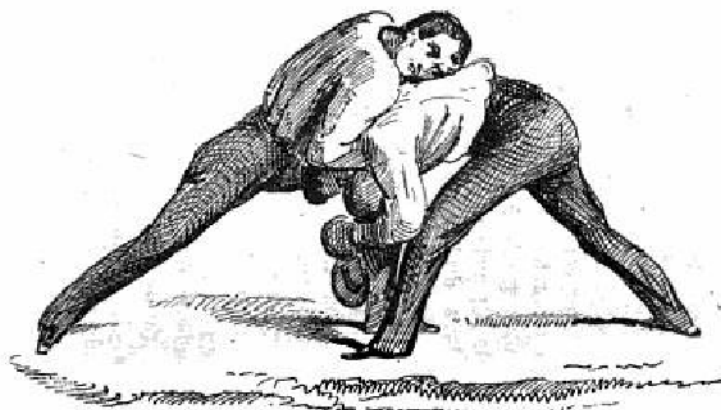


Fig. 14.

This time is called flow to the legs.

We have corrected a shot taken this particular leg, which is more dangerous for anyone who runs it.

This coup is practiced against a gunman wearing a punch in walking.

With faux right guard, the opponent false left guard will bring his punch right arm as he held out his right leg.

Then he will make a U-changing of the guard by bringing the left leg distance of a foot on the same line as the right leg placed forward distance of two soles, and then quickly escape this leg back, splitting as far as possible to avoid the blow which will pass over the head once you grasp its front leg with his left heel, and the line wrapped around the tibia by a quick jerk, then draw the right leg to force the upper body from behind. (See Figure No. 15.)



Fig. 15.

The movement to pull the leg will have developed the slot, thus upsetting the balance of the opponent which will extend to land without having had time to catch up to the head or shoulders to make a point of support.

At the time of the fall, he will depart promptly passing the left leg back, because if the leg was fully stretched in its original position, the body could break it falling over.

This coup is also in custody opposite; opponent faux custody right fist striking the left, it would then operate the demichangement care by bringing the right and outside left leg back, grasp the heel of the hand

right, wrap the tibia in his left hand by using the above-mentioned means to accomplish the fall.

## **XXIX. HOW TO REMOVE THE LEG OUTSIDE THE OPPONENT WHO CARRIES A PUNCH IN WALKING**

The enemy placed on hold to strike with his left arm to bring the right fist while walking.

It will, as right guard, when the punch is going to develop, is rapidly advancing down the left leg to let him pass over head, pivot on the tip of the right foot, so that the leg left behind the right leg of the enemy, to be this way compromised the leg between the two yours.

Be removed quickly with the right arm right leg to the hock, along with left arm extended strong support to the clavicles in tucking his chin to tilt the head back. (See Figure No. 16.)



**FIG. 16**

The movement that captures and removes the leg must be related to the forearm by rocking the upper body, to break the balance and determine the fall.

This move can also run in the opposite guard.

Being alert to the opponent and left guard to right, when it developed its punch, he would move his right leg, bending down to get the shot over his head and deliver the left leg opponent between the two yours, grasp the leg with the left arm on his right arm to the throat to keep the scope described above.

It must release the opponent when the fall not to be driven, causing a hand to hand on the ground.

## **XXX. WAY TO DODGE THE FRONT LEG ON A LOW KICK TO RESPOND**

The enemy wanted to strike with his right foot placed back on the right leg or put forward, it will raise it lightly in the leg from behind without asking for land.

The kick was saved by the duck, it is based strongly forward, but looking to gain ground, if there is a disproportion in size in order to respond vigorously with the left leg in the lower leg of opponent.

This time also runs two legs, always placing in the rear leg with which they struck.

## **XXXI. WAY TO DODGE THE FRONT LEG ON A LOW KICK TO RESPOND TOP**

The opponent trying to knock her right foot behind your right leg in front, it will pass behind the left leg without asking for land.

The kick saved by this prompt retreat, she was back in front impinging on the shooter, to be



remotely adequate to give him the kick up directly in the chest or face.

This blow will work successfully against the shooters of the old method which brought down after the kick down after their assumption of principle that we should respond below. Wrong in their forecast, they will receive the response to the head. You can also kick avoided retaliate by high kicking, side, rounding read leg.

### **XXXII. KICKING DOUBLED!**

There are shooters who do not change custody to parry the LOW kick, they raise the leg when the coup comes, to respond on the spot.

To these opponents will be the feint kick down the leg from behind, leaving not cross the line up front.

The foot stopped in the middle of the race will go down soon, its starting point, grasp the elasticity force to start with the kick in the shin of the opponent when he rests his leg before to develop its response.

One can will take the blow to the chest or head.

### **XXXIII. FEINT LOW KICK TO SHOOTERS ACCUSTOMED TO CHANGE CUSTODY**

With faux left guard, the guard clever adversary, we simulate the kicking leg right to change the opponent's guard.

At the moment it will operate a change of custody, we ask the right leg to the ground just as if you wanted to change as day care before, it should be noted briskly left leg to hit the tibia of the foreleg remained engaged.

This coup is also in custody right and wrong opponent left guard

We can, using the same principle, develop much more upwards, chest or face.

### **XXXIV. FEINT KICK DOWN THE HIND LEG BEING REAL CAREFUL RIGHT TO STRIKE WITH THE RIGHT FOOT**

We simulate the kick from the left leg which we stop throwing up from the tip of the right foot so the heel form a square, then when the enemy deceived about the true purpose for coming pick up the leg down outside, we can put the left foot down, and we launch right foot a vigorous blow straight to the chest and head.

Immediately the shot done, we move the right leg back to find true left guard, which makes even the pretense I renew the right leg using the same method stated above.

### **XXXV. FEINT KICK, LOW TO HIT HIGH**

The opponent false left guard, he will pretend to kick down, being false to keep right and turn the tip of the right foot entirely outside, by tilting the body weight upon that leg, so that the transition of the hind leg is not hindered.

This move will give more balance in the body when it will promptly initiate the feint of kicking down the left leg of the enemy. Immediately after the coup marked, it will elevate the leg horizontally with hip and left shoulder forward, then hit, dropping a rapid relaxation of the hock.

Please take care to restrict the first part of the feint to keep all power for the shot that hit the face. Observe especially that this feint is good to use with the shooters who are used to grasp the leg is lowered.

This time also is doing the right leg being false to the left.

Right foot, we will simulate hitting the bottom of the right leg of the enemy to be false right guard to head forcefully blow to the upper body.

### **XXXVI. SEVERAL WAYS TO DISENGAGE THE CATCH IN MELEE**

When a gunman in a narrow space did not have time to get in defensive position, he was seized by the collar by an opponent of superior strength, it must also take his opponent by the collar, but taking the Above his arms immediately after escape a leg back, drawing to itself the enemy, compelled to resign, then pick up violently with the top of the head under the lower jaw of the opponent; this terrible blow, he loose the opponent does not prevent a certain fall. The tall men have an easier time this time.

You can still use the nod against an opponent about to hug you.

It will quickly bring your right hand behind the neck of the opponent, his left hand to the figure to ward off blows that would be then, holding strong tie, stretch the arm beyond the left leg backwards.

Caused by body movement and arm which attract the adversary will face, helpless, in the head when she falls for a nervous hock.

### **XXXVII. FOLLOWING THE PREVIOUS**

Often it happens that, unprepared to fight, we are suddenly seized the tie, strangled under that vigorous embrace and no hub resistance seems possible. It is a sure shot, but requires great quickness of execution.

We dive head first, bending his shoulders, to enable it to move inwards and under the outstretched arm of the opponent then straightening up strongly, it will force the fingers twisted to let go. The shock given to the shoulder and supported by the hip has worn the arm on the shoulder by a lever.

If the opponent does not stiffen the arm, if bent without resistance to follow the movements of the body without thereby abandoning the tie, he would raise his arms above his own, highly join hands, hugging the fingers into each other and smashing against the cutting of both hands at once on the elbow, the shock will force the head to come forward. Anticipating this movement, we pounded the top of the head face of the enemy who would come to meet at once to double the power.

### **XXXVIII. CONTINUED**

A shooter inferior force, about to be seized by both arms of his opponent, abandon any attempt to fight round the body.

He should put his left forearm under the chin of his opponent by forcing the head to turn back to avoid the butt in the face and affect the balance of the body, it will at the same time right hand between the two legs to quickly remove the left leg, while he will bring the left leg behind the right knee of the opponent.

We must work to put all these in three movements: the left forearm, throwing her head back, his right hand removing the left leg, leaving only the right leg placed on the ground, forcing the left leg it to

bend by acting strongly inwards by a rocking motion.

Immediately the fall, which is almost infallible, it moves away by a quick jump to avoid being brought ashore. This time is called is onto hand to hand combat.

### **XXXIX. CONTINUED**

It sometimes happens that, without means of retaliation to deter the adversary, it is seized him round the waist.

In this struggle, the physical superiority should necessarily have the advantage.

There is a way of paralyzing grip and prevent the fall:

It will lay flat with both hands around the neck of the opponent, raising both thumbs by plunging the first two phalanges in the tonsils with force to compress the air path and no power could prevent the effect of this momentary strangulation which necessitates the moment of letting go.

The enemy could reverse inches apart to achieve this necklace of human strength, so he should be getting the thumbs nervously inside, to make this attempt powerless.

### **XL. CONTINUED**

It happens sometimes that the shots described above, or by demoralization, or by the suddenness of the attack could be executed.

Realizing that the time of the fall came, he must avoid becoming the first not to have to suffer the violence of the enemy, who could dispose at will of his defeated enemy under him.

In turn, feeling it will pass the left hand behind the head of the opponent, take a strong ear or the hair of his left temporal, push with the palm of his right hand the right side of his chin, so that head, forced to turn, communicates the same movement to the body, when it rolls ashore. In this way, instead of being compromised by falling below it will force the opponent to touch the ground first, and we will take advantage of falling over.

If this is the right hand operates the coup, it will also go behind the head of the opponent, to capture the right ear or hair it will draw back, and it is the left hand which will apply strong chin to complete the twist.

### **COMMENT**

Other shots in hand-to-hand fight could be attached to those listed above, but we are reluctant to introduce readers to the dangerous and evil knowledge, these shots will be practically demonstrated that the demand of students.

# BOXE ANGLAISE

## (ENGLISH BOXING)

The position of the guard in boxing this with ours following differences:

The left shoulder forward, left arm shortcut in the left breast, the hand turned inwards, to strike stiffening bleeding with the flat of the hand that presents the first phalanx.

The right shoulder half cleared, the right fist to chin height to achieve secure blows to the head, legs spread distance of a foot and a half.

The English, in this position in boxing, obviate the blow dealt to the figure by a sudden movement of the arm from behind by a retreat of the body to respond to the arm.

It is rare to see the English take custody right. If a boxer stood right arm forward, he attacked it with the arm to counter the left.

The English have a rule of boxing to use the arm more agile to deal, and employ the less skilled and less hard to bear the blows of attack and response, the boxers who have the right arm forward are left.

Although generally in boxing, the left guard was taken to retaliate and attack the left arm, the English do not neglect the need to use the right arm, but is usually in the hand-to-HAND fighting's is to say when the animated boxers have not maintained the distance observed in boxing.

The English are always act both arms in opposite directions: one is used to counter the other to knock the legs swinging continuously to gain strength on the leg before to bring the punch and get the 'upright on the hind leg during the retreat of the body during the attack.

To break the English, carry the weight on the leg placed behind, lifting the front leg, this decline is in small leaps.

Is used in boxing several feints by movement of the upper body, it simulates hitting to cast doubt in the mind of the adversary, so we took advantage of his indecision to throw the punch with his left arm. It also uses this false attack to draw the opponent is struck at the same time as you pare, which confirms the rule to ensure the face with his right arm, while the left fist strikes, it way to avoid the blow for blow.

The punches directed at the pit of the stomach is the parent of a punch right arm that stuns by collapsing the forearm, while the relaxation response of the left arm to face the dexterity in these shots down to about the address of boxing, much simpler method than our Paris address.

But in boxing, as in French boxing, it is essential to always have their eyes fixed on his opponent to guess some of the blows he intends to carry you, and to deal accordingly. More vivid is your look, be your strongest moves.

However the look is not enough, three other qualities are also of primary importance: the composure, agility and address.

The coolness can not always be acquired through practice, but agility is achieved by infallibly exercises whose address is the result.

The British, who quickly realized the importance of agility, were quick to recognize that the most nimble shooters are those that measure 1 m 65 to 1 m. 70 and weighing 70 to 75 kilograms. Also boxers from across the Channel they are subject to prior preparations, special education. They made diet which not only aims to develop their physical qualities but also their moral qualities.

Encyclopedia of nineteenth century introduces us to the details of the scheme reminiscent in some respects that which is followed by the jockeys. First purgatives, sweat and diet to rid the body fat and too much liquid drench that the cellular system. Thus, purging of about five or six times, two days apart, and then other days, vigorous sweat by use of steam baths, hot drinks and stimulants, friction, massage members, etc..

In this first part of the plan that debilitate the strongest man, followed by another which aims to develop the muscles and give more business to the nutritive functions; beyond a gradual and regular exercise combined with a suitable system power. Then comes the turn of the moral: the man who prepares for boxing is always accompanied by a responsible person to amuse, to interest in stories gay and pleasant, in short, to maintain equal to his mood. Thus he comes to possess the composure, that precious quality we 'say just can not always be acquired through practice. However, the coolness is the principle of true boxer "*as he smiled, says the English proverb, the boxer did not lose.*"

This proverb reminds me a representation of boxing when I witnessed a few years ago, I think not better conclude this study in which the reader the description of this meeting which was moving at the time, such a high profile.

I was a few days with friends, near Paddington, when suddenly a rumor spread that a brilliant boxing match would soon take place between two young people, foreign countries, but family affairs it had temporarily brought, everyone in the place, still on his lips the names of Tom Short and John Smaller.

I had not seen any attack on boxing, and I wanted more strongly to witness the spectacle that I had previously announced followed by a very remarkable constant data sessions in Paris in the room and Montesquieu Hall of Vauxhall by Leboucher, Vigneron, Lecour Ducros and Charlemont. So I would ask my host to satisfy my desire when they themselves warned me, and, on the appointed day, a beautiful May morning, we entered all in a great plain where they had established a six square meters in all meaning. Oddly enough! fighters, not fighters by profession, had neglected to inform the public and the newspapers of the assault they would undertake, and yet, four days before the Standard announced in glowing terms in his columns And the news had been feeling so rapidly that day and hour fixed several thousand spectators were on the field of battle, and that Paris already amounted to about 160 pounds (4000 fr.).

Arriving early, we sat near the wall, and, pending the entry of two champions in the arena, we listened to the public, from minute to minute, more crowded around us it was a love affair, claimed the most, who led fighters in the field. Other versions circulated: they spoke of Lords in disguise, but quietly, somewhat shyly, and words were often drowned by the voices of the punters, happy to find this day a matter of speculation.

The only statement about general I have heard that occur on the two opponents is that one was in Kent County, one of the principalities of Wales, their parents and friends have only been able to information categorically in this regard, but they contained the most complete silence.

Suddenly a great silence fell: Tom Short John Smaller e just entered the lists, followed by several friends carrying bottles of fresh water, lemons and vinegar. Both had blond hair and a few favorites

reddish; both looked the same age and were small, however, John Small, despite its name, seemed to have two or three inches taller than his opponent. But all these details offered me little interest in the presence of a feature that quickly absorbed my attention: John was a serious, serious as a man about to perform an act of high importance, while on the face Tom read a hint of recklessness and his lips were parted by a perpetual smile.

In an instant, our two young men shed their hair and put themselves naked to the waist and then, fate had decided that Tom will be opposite the sun, the judge gives the signal for battle. You might have seen when our boxers, followed respectfully of their witnesses, advance into the arena holding hands, the first two witnesses do the same, all four form the cross, and finally each of the two champions alight, caution, observing his opponent and try to strike him. For several minutes, were feints, attacks, parries, responses, with agility and skill which excited the audience?

But now a murmur was heard in the crowd: Tom is reversed and the sun was unable to parry a punch to the side that John sent her left arm. I lean more to see just useless! Already witnesses noted the unfortunate wrestler and have him sit down on their knees on their side, his assistants are drinking water and fresh lemon juice, wash with a sponge while encouraging and In less than a minute he is on his feet, ready to fight again, a little pale but still smiling. But the blow was hard, John had dislocated the joints of the hand in carrying him, and he had some wax holding it between his fingers closed for support, only substance, however, whose 'use is permitted.

The fiercest fight again, two minutes passed, and Tom takes his revenge by using his formidable opponent a blow between the eyebrows. Immediately there is swelling on the eyelids that John threatened to cause blindness: I think out of action. It was, I confess, very little about the constitution of this powerful man in seconds, witnesses have charged him with a cut eye with a penknife, have soaked in vinegar, and it falls warning to his opponent who is still waiting with a smile.

But fortune, which at first seemed favorable to John, abandoned altogether. Shortly after the third round of the fight, her Tom is a blow, staggering blow, the angle between the left jaw and neck, behind the ear. Poor John soon loses knowledge, while the blood flows copiously ear, nose and mouth. Then one of witnesses took the towel and threw it in the air: is the signal of defeat, which is immediately greeted by three cheers for the winner, smiling more than ever.

The meeting had lasted twenty-five minutes.

The same evening I left Paddington and returned to Paris to take my usual occupation since then I have not seen our two boxers, but a few months ago, I had news of them, John, I thought I dislocated forever is as robust as ever, and serves as a miller at his uncle established in Scotland. As for his former opponent, has increased his rotundity, he returned to his native land and became a farmer and family man.

Poor Tom! How unfortunate it had earlier waived if the art of boxing! He was one of the glories: I was told that he was still smiling.

END

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