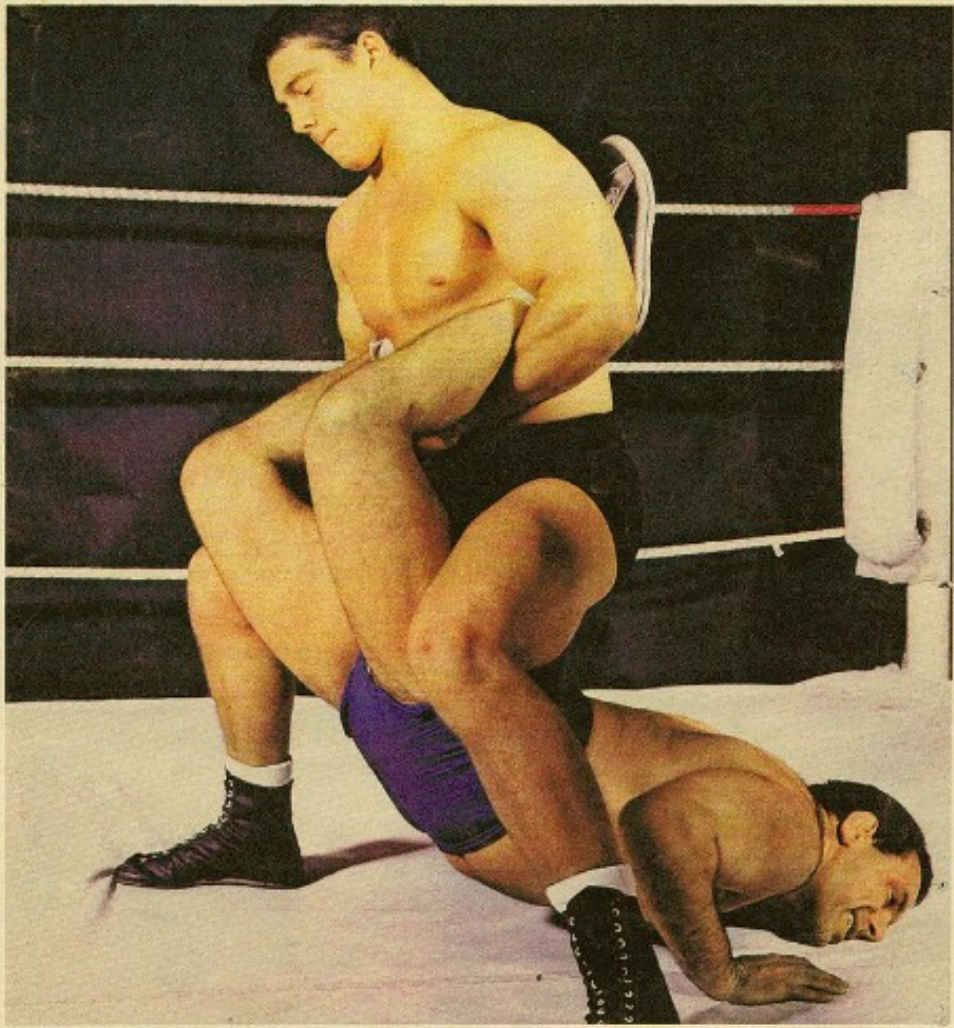




**TV WORLD** WEEKDAY PROGRAMMES  
MONDAY OCT 23 TO FRIDAY OCT 27



Professional Wrestling comes from Blackburn on Wednesday night, 11.15

**SPECIAL FOUR PAGE GUIDE TO**

**PROFESSIONAL WRESTLING**

For an easy-to-read supplement, detach these two leaves and refold, making this page the cover

# THE OPENING MOVES



As Dave Morgan and Clayton Thomson manoeuvre for an opening hold from which to make a standing throw . . .



. . . Morgan attacks with an arm drag, slips behind his opponent and . . .



. . . follows up with an outside ankle trip which . . .



. . . gives him the advantage on the canvas.



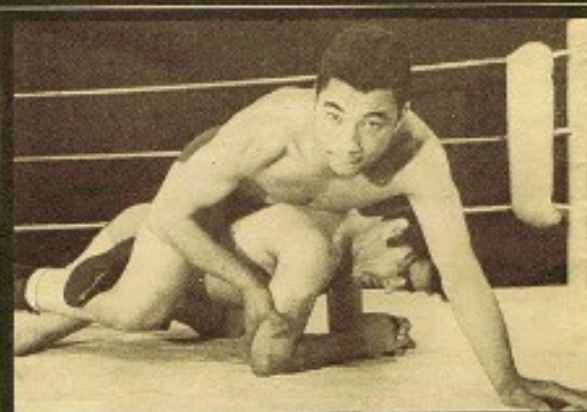
Though on the defence, Thomson retaliates, switches positions . . .



. . . and Morgan spreads arms and legs for better balance . . .



. . . but Thomson breaks Morgan's balance and keeps the advantage.



## FIGURE FOUR SCISSORS

All wrestling is based on balance and leverage. Len Hurst applies a weakening Figure Four Scissors to Alan Miquet and uses a hand for balance. His left foot locked behind the right knee provides leverage.

**LEG LOCK**



Clayton Thomson starts his speciality leg lock by snatching Dave Morgan's leg to take him to the floor . . .



. . . with his opponent flat on his back Thomson starts the lock-up . . .



. . . with the manoeuvre complete and pressure exerted on both legs, a submission is the usual outcome.

**HALCH**

Bill Torontoes applies the Halch, a combination headlock and arm-lock. Seconds later his opponent will be taken to the ground.



**WRESTLER'S BRIDGE**

This is the bolt-hole, the last resort for the wrestler on the defensive to escape being pinned. The bridge should be as high as possible. Ideally almost the whole face, not just the head, should be on the mat.

**DOUBLE WRIST LOCK**

Efficient, painful, even dangerous—that's the double wrist lock as applied by Terry Rudge to Dave Morgan. It's a hold that's barred to amateur wrestlers because of the potential danger to the shoulder.



**THROW OFF THE ROPES**

This one won't necessarily lead anywhere, but it's spectacular and tiring—at least—for the wrestler who's thrown. It's Clayton Thomson who is about to go head first to the canvas.



**FLYING DROP KICK**

Aerial tactics were introduced from America by Jumping Joe Savoldi in the 1930's. Delivering this flying drop kick: Alan Miquet. Facing up to it: Len Hurst.

### BOSTON CRAB



Having got a grip on both legs, Terry Rudge starts to turn his opponent over. Aim: to complete the Boston Crab, one of the deadliest submission holds and named after Boston wrestler Paul Bowsel . . .



. . . Still turning, but Rudge hasn't yet succeeded in stepping over his opponent's body with his right foot . . .



. . . Completed Crab. Now the pressure is applied to the back.



### FLYING HEAD SCISSORS

Only fast and athletic wrestlers try the Flying Head Scissors; it's not in the repertoire of the real heavyweights. Aim, as Alan Miquet demonstrates on Clayton Thomson, is to lock both feet round the opponent's neck—then spin him.

### OVERARM LOCK AND OFFENSIVE BRIDGE



Ignatius Borg (left) attacks by overhooking the left arm of twin brother Tony . . .



. . . arches backwards in an offensive bridge . . . which takes Tony to the mat. From this position Ignatius can spin towards his opponent and cover him for a pinfall.



### SHORT ARM SCISSORS

Clayton Thomson hooks Len Hurst with the Short Arm Scissors. When applied correctly it restricts the circulation in forearm and hand.



## Wrestling Holds

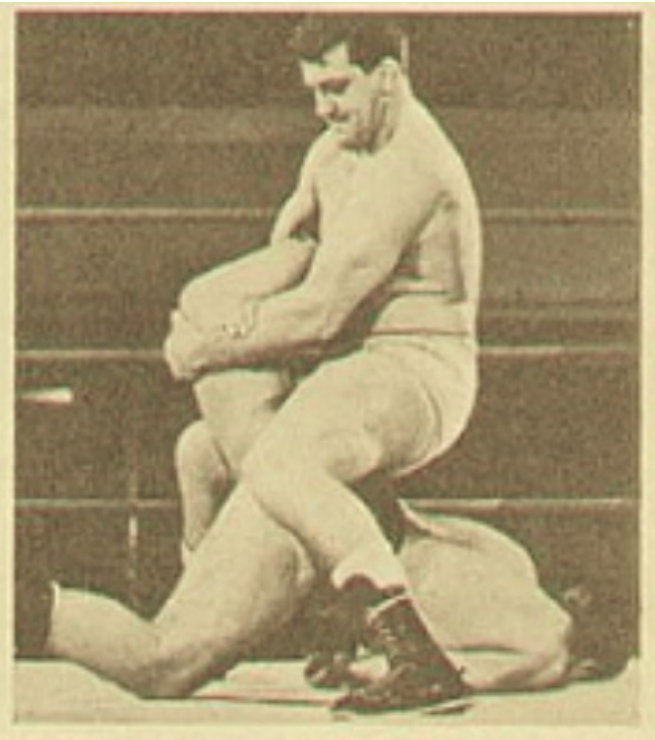
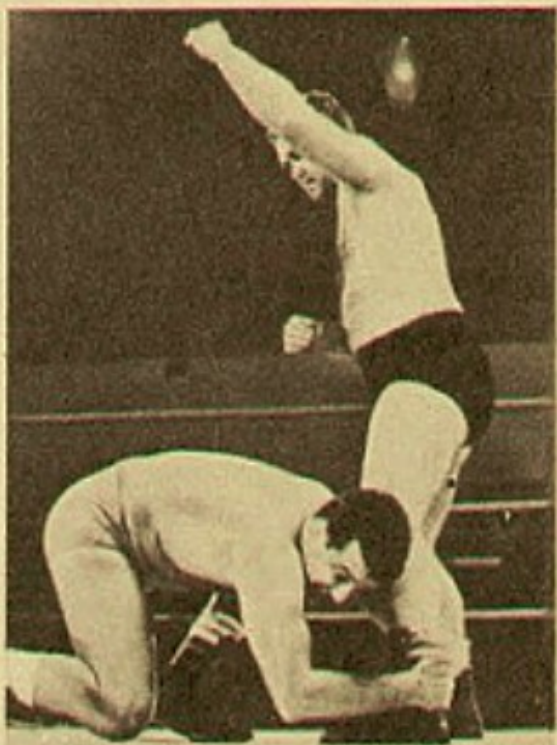
## THE DOUBLE WRISTLOCK



This is one of the most damaging holds in the repertoire of top class professionals. It is not allowed in amateur ranks because of its potential danger. With the influx of the Americans and Canadians before the last war, British wrestlers had the opportunity to compete against world stars Berry Sherman, Jack Sherry, Mike Demitre, Karl Pojello, all of whom are expert in the wristlock. Consequently the ability of top British wrestlers with this hold, like Bill Robinson and Barry Douglas as illustrated, is greater than their continental contemporaries



## The Japanese Toe Hold



## Wrestling Holds

## THE CROSS BUTTOCK



The cross buttock is a perfect example of basic wrestling. Even two schoolboys struggling together will fall naturally into a position where they can push and struggle until one of them drags the other over his hip, holding him then in a form of head chancery.

The picture on the left shows how Bill Robinson, British Heavyweight Champion, with an upward thrust of his hips, helps to gain the height necessary to lift his opponent ready for the throw. On the right, the opponent is sent crashing to the mat. Robinson is on this afternoon's bill.



## Wrestling Holds

## The Abdominal Stretch



This hold can be used with great success by a long-legged wrestler. The picture on the left shows how Bill Robinson ducks under the arm and grapevines the near leg of Barry Douglas. The other picture demonstrates how the pressure is applied to the side muscles and why this submission hold is called "The Abdominal Stretch" by luckless victims. Watch for this move on tonight's bill—11.15.



**1 Irish Whip:** Steve Veidor starts this move by getting his opponent into a double-handed wrist lever, pushing him forward, then whipping him over like a hoop. Some wrestlers let go during the whip. The only effect then is to knock some of the wind out of their opponent. Veidor always makes one move lead into another. He will hold the wrist lever when his man hits the canvas and then apply a wide choice of movements on the ground. The rules say that if the wrestler lets go before the man touches the canvas, he must stand back and let him get up. If he holds on, he can continue the move as he wishes.

**2 Side Headlock:** This hold gives more wrestlers cauliflower ears than anything else. It's a stamina draining hold. You'll often see a wrestler do it at the start of a bout. He's wearing down his opponent. Here World Lightweight Champion George Kidd is really laying it on. Notice that his fingers are not interlocked — they could slip that way. He keeps his hands locked inside one another. Sometimes, wrestlers will hold the side headlock for a full 30 seconds, increasing the pressure all the time.

**3 Droppick:** This is a superb example. Johnny Williams' boot has made contact with the chin and Peter Szakacs is on his way to the canvas. Timing is the secret of this move. A split second too early and the boot lands on the chest or shoulders. A split second too late, and the wrestler mases completely. Ideally, the boot should land right on your opponent's chin, and then the ankle should deliver another sharp kick to add venom to the move. Properly timed, this can bring a certain knockout.

**4 Head butt:** Here, Prince Kumali has been flung against the ropes and is bouncing straight into a vicious head-butt to the stomach from Mike Marino. Viewers might not realise the force with which the ropes hurl a wrestler back into the centre of the ring. In Prince Kumali's position he has no choice but to take what's coming. You can see that he has made a last minute attempt to raise his knees to Marino's chin—and failed.

**5 Flying Cross Buttock leading to a Body Slam:** This is done by pivoting your opponent on your right hip, heaving him over and crashing him hard on to the canvas. It's not a painful throw — though it would probably put you or me out of action for half an hour.

**FACTS:** There are 400 professional wrestlers in Britain and over 600 amateurs in 50 clubs. Minimum age for membership is 12. Wrestling as seen on TV is a liberal interpretation of what the Amateur Wrestling Association call Free Style. There are two other styles: Greco-Roman (no contact below the knee) and Cumberland and Westmorland (no holds barred). A top professional wrestler can earn £350 a week. Origins: probably the oldest of all sports. Dating back to ancient Egypt.

