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*Founder of the Fastest Health, Strength and Physique Building System*

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## **TWENTY FAMOUS WRESTLING HOLDS**

### INTRODUCTION

The twenty famous wrestling holds that are clearly described for you here should be practiced, if at all possible, with someone else as in that manner you will more readily be able to use your knowledge of self-defense if the occasion should suddenly arise. Study each hold very carefully and master it completely before going on to the next lesson. When you are through start all over again with the first hold and then go through them continuing through the other nineteen.

Of course, to excel in wrestling one must be physically fit and it is suggested that you improve your strength before attempting these holds on any very formidable opponent.

#### **NO. 1 - ARM AND LEG HOLD**

By quickly rushing at your opponent and seizing him, as shown in the illustration #1, the body is raised by lifting the leg with your left hand and your opponent is thrown over your shoulder. Speed is very essential in this hold as well as in all successive holds.

#### **NO. 2 - THE TOE AND ANKLE HOLD**

This hold is sure to result in a fall because of the severe pain caused to the ankle. Your opponent is down on the mat when you grasp his ankle with one hand and force back his toes with your other hand as shown in the illustration.

#### **NO. 3 - THE ARM AND TOE HOLD**

First get the toe hold on your opponent and bend the leg back as shown. Then put your right hand under your opponent's right hand and apply pressure on both his arm and toe.

#### **NO. 4 - THE GRAPEVINE HOLD**

Grasp your opponent by his arm halfway up from his elbow pulling him close to you and at the same time interlocking your right leg around his left. Pull his leg towards you and he will fall down backwards.

#### **NO. 5 - THE SCISSORS HOLD**

While your opponent is down on the mat suddenly seize his head between your knees and crossing your ankles squeeze your knees together around his neck. When your opponent is thoroughly subdued swing over for the fall.

#### **NO. 6 - THE HALF NELSON**

Grasp your opponent's arm as shown and apply upward pressure at the same time pulling on his neck with your other hand.

#### **NO. 7 - HALF NELSON AND LEG GRAPEVINE**

Follow the illustration as carefully as possible and apply the scissor hold the same as in NO. 5 except the pressure around his stomach.

**NO. 8 - ANOTHER NELSON**

In this Nelson your opponent's head can be hit repeatedly on the mat resulting in a fall.

**NO. 9 - THE QUARTER NELSON AND CROTCH HOLD**

First secure a quarter Nelson. Then grab your opponent in the crotch raising him off the ground and then throwing him down on his back very quickly.

**NO. 10 - THROW OVER THE SHOULDERS**

Grabbing your opponent's head with both hands as shown and twisting to one side with great force so that your opponent is helpless and then throwing him over your shoulder.

**NO. 11 - THE TRIP ARM HOLD**

Secure the arm hold as shown in the illustration and holding the arm with your left hand force the arm back with your right hand and then quickly tripping your opponent with your feet.

**NO. 12 - CROTCH HOLD**

Suddenly grasping your opponent in the crotch from the rear and lifting him up backwards and pushing forward with your left hand on the back of his shoulder resulting in a fall if done very quickly.

**NO. 13 - THE BLOCK FOR BODY LIFTS**

If your opponent should attempt a body lift on you twist both your legs around his legs as illustrated.

**NO. 14 - THE BARLOCK**

Grasp your opponent's head in your left arm as the illustration shows and twist it at the same time forcing his left shoulder up with your right arm. This will weaken him and turn him over on his back for a fall.

**NO. 15- SIDE ROLL ARM LOCK**

With your left hand grasp your opponent's right wrist throwing your right arm over as shown. With a sudden downward movement of your right arm and twisting of your left hand on his wrist you will cause your opponent to roll over on his back.

**NO. 16. - LEG HOLD AND HAMMER LOCK**

While your opponent is on the mat grasp his right ankle in your left arm and his right wrist by your right hand. By a sudden lifting motion your opponent will be thrown as shown in the illustration.

**NO. 17 - HALF NELSON WITH ARM AND LEG HOLD**

Grasp your opponent in this half Nelson with, not only your right arm, but also your right leg giving much more power to the hold and resulting more easily in a fall.

**NO. 18 - THE FULL NELSON**

This very common but successful hold is obtained by slipping both your arms under your opponent's arms from the rear and clasping them from the back of his neck applying pressure forwards and downwards on the back of his head.

**NO. 19 - BREAKING THE FULL NELSON**

When your opponent has the full Nelson on you suddenly lurch him over your shoulders lifting with both your arms at the same time. This will result in breaking the hold.

**NO. 20 - THE ARM AND NECK HOLD**

Grasp your opponent as shown - your left arm around the back of his neck and your right arm underneath his arm clasping your hands firmly around him. By a sudden kick of your left foot against his left foot the fall will result.

CONCLUSION

Do not expect to master these holds the first time they are tried. It requires constant practice before they are finally achieved.

**A WORD OF CAUTION - MAKE SURE WHEN PRACTICING THESE WITH A FRIEND  
THAT NO DAMAGE IS REALLY DONE TO EACH OTHER BY ANY VIOLENT THROWS.**

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