SELF DEFENSE

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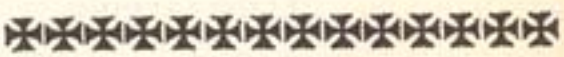
SELF DEFENSE



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Foreword

Both within and out of the Navy in recent years, I have been greatly impressed with the tremendous demand for training in the art of self defense and preservation.

During the World War II, this business was called hand-to-hand combat. However, following the return to peace, there existed no adversary such as an enemy. As a result, this matter came to be referred to as rough and tumble fighting or self defense.

Police departments have desired this type of training, for they are striving to subdue offenders and keep the law with a minimum of bloodshed. It is neither the desire nor the job of the police officer to kill. To best accomplish his job, every policeman must be thoroughly versed in the science of rough and tumble fighting.

Rough and tumble fighting also is becoming of grave interest to Mr. and Mrs. Average Citizen. As crimes against women increase, husbands have become desirous of learning proper methods of defending their wives and daughters. Even women are asking for lessons on how to defend themselves against attackers, rapists and petty thievery. Citizens also are asking for instructions for their sons and daughters for self protection.

My interest in rough and tumble fighting started in 1933 when working at the World's Fair in Chicago. I had just been graduated from Northwestern University where I had served as captain of the wrestling team. My first job was guide in the ballyhooed Streets of Paris.

One night I detected a rough character molesting one of the waitresses. My duties included stopping such acts. I shoved him away from the girl. He uttered a foul oath topped off with, "I'm going to blow your head off!" This was the first time this ever had occurred to me and I backed away really scared. He wrestled his coat back and finally produced a revolver. After brandishing it a bit to scare me worse, he left.

After recovering from my intense fright, I realized how long it had taken him to get the gun out of his pocket. It seemed there should be some

means of disarming someone who needed that long to get his weapon into action. I set about applying simple wrestling principles toward attaining this.

First, I figured out simple methods of disarming people with weapons —regardless of where the weapons were carried and first appeared. Brass knuckles, a gun from the hip or from a shoulder holster, knives, razors and most every other weapon were included. I sought everyone I could find who knew anything about self defense. By coordinating their contributions, I began to organize a repertoire.

Later at the World's Fair I applied a little scientific gesture of touching the right nerve to arouse a drunk who was passed out. Col. Isham Randolph, chief of Public Protection for the Century of Progress and head of Chicago's famed Secret Six, happened to be watching. He asked if I would be interested in working as a plain clothes investigator. Thus, I became interested in police work.

I joined the Evanston, Ill. force in 1934. Soon I was appointed wrestling coach at Northwestern University and combined both jobs. Then I began giving instructions in self defense for police officers to policemen throughout the Chicago area.

In 1936, Northwestern founded the Traffic Institute for advanced training of police officers and incorporated a thorough course in physical fitness for self defense. Four years later, I took a leave of absence from the police force to become assistant director of training at the Traffic Institute. My association with the Traffic Institute extended right down to the time I entered the Navy.

Like most young men of our generation, several years of my life have been devoted to our armed forces. However, even these years in the Navy have been devoted to developing and teaching my technique of self defense.

I originally was commissioned a lieutenant junior grade in the U. S. Naval Aviation Physical and Military training program. Our program trained the cadets of the Naval Air Corps. It was our duty to mold them into the finest of physical specimens and equip them with the best means of surviving each battle to fly again. To me went the duty of organizing a hand-to-hand combat program that was to become the greatest organization of its kind in history. The army and O.S.S. patterned programs after it.

During the time I was in charge of the hand-to-hand department at the Iowa Naval Pre-Flight School, I trained 10,000 naval air cadets and some 500 officers and enlisted men in hand-to-hand tactics. Later my work continued on the West Coast and in the Pacific Theater.

During this time, further assignments included producing a full length training film on hand-to-hand combat for the Bureau of Aeronautics and writing a book on the same subject. This book was adopted as the official instructional manual and served as the model for later manuals in other sports included in the Naval Aviation Physical and Military Training Program.

Following World War II, hand-to-hand combat was destined to become a science. A science which, stripped of its element to kill, was to remain an intricate part of the American way of life.

The following chapters will be presented as completely and simply as possible. Often, the photograph alone will show what can be accomplished.

Every items included here has been tested and actually can be applied. There are not trick maneuvers in these methods. This is not jiu jitsu. Nor is it judo. It is a solid means of rough and tumble fighting.

Any person who can become versatile in these rough and tumble tactics easily can overcome any adversary. These methods are practical and can be applied by anyone sufficiently interested to absorb the fundamental procedures presented in the following chapters.

Contents

CHAPTER		
	FOREWORD	v
	INTRODUCTION	ix
1	FUNDAMENTALS	1
2	THE UNARMED OPPONENT	16
3	THE ARMED OPPONENT	41
4	CLUB MANEUVERS FOR A POLICE OFFICER	61
5	CONTROL OVER AN ADVERSARY	70
6	THE LADIES' ANGLE	82
7	PROGRAM OF TRAINING	89
	INDEX	93

Introduction

This book is not designed merely as a defensive project. Actually, there is attack in defense. This attack, growing out of purely defensive tactics, can be applied in many degrees up to killing a person in self defense.

There are instances where a person needs to take the defensive as the most convenient means. In other cases, an individual may be relegated to the defense, but necessarily must switch to attack.

Let's say that a man pulls a deadly weapon on you. Thus, it becomes necessary for defense to turn to attack.

That leads to the question of "what is rough and tumble fighting?" Succinctly, it is a means of self defense—and not one meant to replace any known system of combat. Rather, it is a combination of all recognized forms of fighting, plus a few not recognized, such as alley fighting.

Many are the objectives and values to be derived from this mode of combat.

First, you are sure to develop courage, self assurance, poise and confidence in your own ability to look after yourself in a difficult or downright dangerous situation. It will teach you how to actually defend yourself against deadly or lethal weapons when your life is at stake.

You will become acquainted with the various forms and methods of close-in defense and attack, gaining a thorough knowledge of the vulnerable points of the human body.

It will offer you the knowledge of applying simple come-along holds—fundamental tactics enabling you to lead away minor disturbers without creating commotion.

If you should be a peace officer, it will furnish you with every type of defensive or aggressive physical maneuver necessary for proper performance of your job.

The average person is accustomed to living a placid life with little or no spontaneous physical outbursts. Thus, his mind is not adjusted to issuing spontaneous orders to the body for physical exertion. This should not

be the case, for there may be occasions when such mental and physical co-ordination will be needed badly.

Above all, remember physical exercise is the backbone of good health. It isn't necessary that you revert to extremes to achieve physical fitness in the later stages of life. Such hinders, rather than helps you.

However, remember self preservation is the first law of human nature. This will not be difficult to achieve if you remember just two elementary points: First, practice makes perfect, and, second, preparedness is the key to a successful defense.

Chapter 1

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Fundamentals

IN PURSUING THIS COURSE IN SELF DEFENSE, IT IS IMportant you exercise stringent safety precautions in practicing this material. These tactics are dangerous! If *full* force is applied in most any of these tactics, injury—whether slight or serious—is sure to result.

SAFETY PRECAUTIONS

Extreme caution especially must be exercised in striking the blows and applying the muscle-tearing or bone-breaking holds and throws.

Although it is necessary to practice all of these maneuvers at length in order to gain perfection, never lose sight of that important element CAUTION! Persons who resist these maneuvers are the ones who usually become injured. So, let me emphasize . . . *in practicing, the person having the tactics applied to him never should resist.*

As each new maneuver is introduced and experimented with it should be run through very slowly, and broken down into component parts. Practice it as though you were attempting to do it in slow motion.

First, apply only enough pressure to ascertain how far an arm may be twisted, or a leg locked. By this means you readily can determine to what extent pressure can be applied without incurring injury.

It will be discovered in carrying out many of these maneuvers that blows described here work more quickly against the weak points of the human body. We will go into the weaknesses of the human body at greater length later.

However, you quickly will discover there are regions of the body where the degree of resistance varies tremendously. This brings up another matter

in which to stress caution. When striking blows to vulnerable areas of the body, be sure to strike only lightly. Even the slightest blow to highly vulnerable areas creates extreme pain.

One means of exercising caution is by warming up, the same as football players before a game and trackmen before a meet. Run through a routine of light calisthenics and setting up exercises. Many of these routines are especially designed to apply to the lighter muscles. As a result, this preliminary workout makes these muscles more pliable and the possibility of suffering injury is greatly reduced.

As in any activity, there will be occasions when serious injuries are suffered. Then consult a doctor immediately! Do not attempt to treat the injury yourself.

The average person knows little about his own body—especially its weaknesses. As a result, we would like to point out just how vulnerable the human body is to an attack.

It isn't necessary to be an expert in anatomy to learn where the dangerous and vulnerable areas lie. However, this is an important phase of rough and tumble fighting, for many of these parts of the body will subjugate an adversary in a fraction of a second.

Study charts found in any good anatomy book intensively. Not only is it necessary you know the proper areas to attack, it is equally important you possess a thorough understanding to defend your own vital regions. Some of these areas are so vital, death may result almost immediately from a knife thrust or slice, blows from any club-like weapon or the hands or fists.

Some vital areas, when struck, are susceptible to extreme pain. As a result of this pain, a person is unable to react and protect himself. For example, if he is hit in the solar plexus, he doubles up. Or if he is hit in the Adam's Apple, he becomes speechless as well as motionless.

Upon gaining the knowledge of these regions, rough and tumble fighting becomes a science, the same as football, boxing or any other sports of skill.

The weapon with which you attack is not important. The importance lies in the attack to the proper vital area. For instance, whether you use a foot, knee, elbow or fist to the groin is not important. The result is derived from the fact it was the groin you attacked.

A study of the charts in any good book on anatomy indicates there are

certain areas where a sudden blow will paralyze and easily incapacitate a foe. Or, it can cause a violent nerve shock which will rend the victim unconscious.

When it becomes vital to defend one's self, it is not important to observe all the rules of fair play. It's every man for himself, you might say. It's a case of your overcoming your foe, quickly and easily, so as not to cause injury to yourself. Tactics must be applied that will be effective regardless of whether he is standing, sitting, reclining or crawling.

We will remind you of the many means you have of defending yourself by purely natural maneuvers. You never have associated most of these with defending yourself. Many of them are quite simple. Still, we will show you how effectual they can become when properly applied.

It is important you acquaint yourself with these fundamental maneuvers. They will form the basis for all tactics described in the following pages and numerous references will be made back to them from time to time.

In many instances, by glancing at the pictures and the brief accompanying description, you can gain sufficient knowledge of the tactics. It may not even be necessary actually to practice it. Your main job is to retain the maneuver in your repertoire so you can call on it if the occasion requires it.

1-A

STANCE

Learn stance and retaining of balance whether on offense or defense. Note spreading of feet to a comfortable degree, slight bend to knees and crouched position.

1-B

To prevent a low kick to groin, knees should be brought together from original stance position, provides a quick means of preventing serious injury.

2-A

FALLS

When falling to side, extend body out full length, cushioning fall with side of body and entire length of arm. Shock of fall is taken up by a greater portion of body and not absorbed by arm or wrist.

2-B

A fall forward can be executed by extending body full length with legs and arms stretched out. By this means each part of body absorbs a portion of shock of fall.

2-C

When falling backward, legs are spread wide, bringing buttocks closer to ground to lessen drop. Roll self into a ball and let momentum carry over.

3-A

FINGER JAB

Finger jab is a severe and painful infliction which causes opponent to lose sight temporarily. Finger or fingers are jabbed forcefully into eyes or solar plexus.

4-A

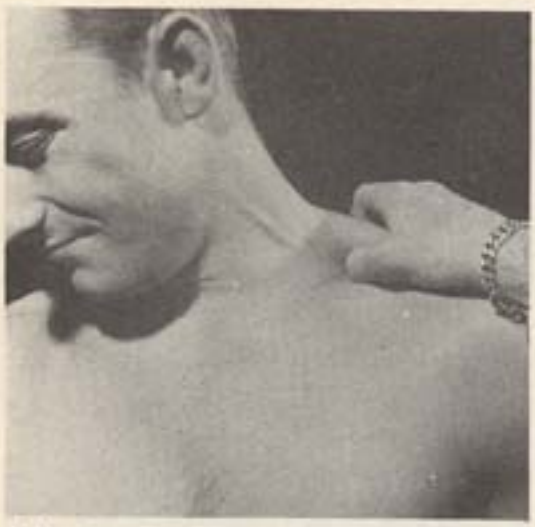
GRASPING

Grasping external jugular vein and internal carotid artery causes extreme pain. In this area also vagus nerve endings are painfully susceptible to pressure of squeezing fingers.

3-B

FINGER JAB OR GOUGE

The finger is stabbed into eye from rear with finger thrust against eyeball, or into nostrils with pressure upward.



4-B

Pinch this muscle, the brachial plexus. Pain generally causes foe to pull away, releasing you from any possibly serious situation.

4-C

Maneuver can be used only when hair is long enough to get a good grip. Snap head back sharply, opening neck and face to attack. No hair—grasp ears.

5

HEEL OF HAND

Bring heel of hand up sharply under nose or chin. Steady pressure upward will break many holds about waist or body.

6

6

EDGE OF HAND

Edge of hand—from base of little finger to wrist—is a weapon used effectively for many blows, up, down, forward, backward—palm up or down.

7

KNUCKLE JAB

Knuckles are extended and struck sharply into eyes. May be delivered to upper lip, Adam's Apple, solar plexus, or other vulnerable areas.

8-A

FIST

A properly formed fist, thumb lying close to fingers and tightly against them, is driven into solar plexus. Using fist against only soft or semi-soft vulnerable areas of body prevents hand injuries.

9

HEAD

FRONT OR REAR

Hard upper forehead area of skull snapped against opponent's nose, mouth or jaw is an effective means of breaking free from grasping or bodylocking holds.

8-B

Fist is properly formed and blow is struck as a modified edge of hand blow against jaw, downward.

10-A

ELBOW

UPWARD BLOW

The elbow is an excellent weapon for close-in contact and can be used effectively to a great degree. Here elbow is brought upward to chin.

10-B

FORWARD BLOW

An elbow blow to solar plexus can be delivered from close-in. It can be struck while at close quarters in crowded areas.

10-C

REAR BLOW

Arms are pinned to sides from rear. Jerk from side to side bending knees causing opponent's grasp to slip upward. Strike groin or solar plexus.

10-D

REAR BLOW

Adversary locks about waist, arms remain free; drive either or both elbows back into face, chin, nose, eyes or throat.

11-A

KNEES

KNEELIFTS

When adversary attacks with head down or in a crouched position, drive knee into face or solar plexus.

11-B

KNEEDROP

The blow is delivered with weight of body behind it to short ribs and liver.

12-A

TOE KICK

A kick to shin or knee cap causes a person to bend forward, forgetting for the moment to defend himself. Use caution if kicking to groin.

12-B

HEEL KICK

Kick downward to arch or ankle when assailant grasps from behind, or bring back to shin or knee cap.

12-C

HIGH TOE KICK

Toe kicks to chin, chest, solar plexus or groin come easily with practice. Savaté experts kick to chin when within a few feet of foe.

12-D

HEEL KICK

Turning away from opponent, foot is brought high and thrust sharply out into face, chin, throat, chest, solar plexus or groin.

12-E

Heel is brought into acute contact with jaw, chin or head. Remember, you can kill a man by kicking to head; don't use unless absolutely warranted.

13-A

FINGERLOCKS

FINGER SNAP

Always use greater force and leverage against lesser force and leverage. Here, two fingers grasp opponent's single finger. Three finger grasp two, etc. Apply pressure or snap back.

13-B

FINGER SPREAD

Three fingers against two gives preponderance of leverage. Pressure is always exerted back against joints, or fingers are forced apart with palm up or down.

14

HAMMERLOCK

REGULAR WITH WRIST TWIST

With arm pushed up back, wrist is twisted with fingers turned downward. Pressure is applied upward and inward to back of wrist.

15

NECKLOCKS

SINGLE ARM CLOSED STRANGLE

A simple strangle hold utilizing one arm about opponent's neck secured in bend of elbow. Free hand pushes elbow forward.

16

LOCKED STRANGLE ACROSS SIDE OF NECK OR OVER THROAT

Arm passed across side of neck exerts pressure and the hand passed behind exerts pressure on back of head. Note head is twisted sideways. Hold may also go over throat, head not twisted.

17-A

RELEASES

ONE HAND GRIP

Pull away from opponent's grasp by exerting pressure against his thumb, it is the weak point of any grip.

17-B

DOUBLE GRIP

When firmly grasped by two hands, thumbs up, reach between forearms and grasp own hand or fist. Snap up quickly against thumbs to free yourself. Reverse action when thumbs are down.

17-C

FOLDED FINGERS FROM REAR

When locked about waist, insert a forefinger between opponent's ring and little finger, applying pressure outward on little finger.

17-D

LOCKED HANDS FROM REAR

Grasp one or more fingers and pull sharply backward against the joint.

PRESSURE TO NERVES

The illustrations shown below reveal a variety of nerve shocks or pressures to nerves which cause discomfort or pain. Some are used simply to set up a diversion, gain a momentary advantage or facilitate a stronger attack.

Others are more severe, causing an adversary to lose consciousness. Still others, but not shown here, can cause instantaneous death.

In every case however, it should be remembered that when a person is rendered unconscious by a nerve shock he may suffer serious injury—especially if he has a weak heart. As a result, nerve shocks causing unconsciousness are to be used only when you need aid to get out of a precarious situation.

A boxer can knock a man out with a blow to the jaw, striking or pinching the mental foramen nerve, commonly known as the "button." In fact, you can knock a man unconscious without hurting him if you know how.

18-A

PRESSURE TO NERVES

BASE OF THUMB AND FOREFINGER

A simple pressure on a nerve at base of thumb and forefinger. Pressure can be applied with knuckle or thumb.

18-B

KNUCKLES TO BACK OF HAND

Knuckles rubbed firmly across back of hand is painful. Strike to same area. Either causes person to release grip.

18-C

TO BACK OF HAND BETWEEN SECOND AND THIRD KNUCKLES

Pressure is applied downward with thumb or thumbnail to back of hand between second and third knuckles, directed toward the ring rather than middle finger.

18-D

INSIDE WRIST

Pressure with thumb or thumbnail into inside of wrist, or rolling thumb across this area stimulates nerves and shocks opponent.

18-E

TO ELBOW

Pressure is applied with thumb or finger tips, between head of ulna and radius (funny bone).

18-F

TO ARMPITS

Thumb pressure to armpits is severe. Pressure can be applied from front or rear, preferably rear. Nerves are exposed when arms are raised.

18-G

TO THROAT ON EITHER SIDE OF SUPRA STERNAL NOTCH

Painful and upsetting pressure is created by forcing fingers down behind collar bone (clavicle) on either side of throat just outward of joining of collar bone to breast bone.

18-H

TO LOWER JAW BONE

Thumb pressure upward and forward to lower jaw, below socket where it connects to upper jaw at approximately ear lobe level, is extremely painful.

18-I

TO VAGUS NERVE

In some instances this thumb pressure to vagus nerve will almost instantaneously knock a person unconscious. A sharp blow with edge of hand will knock a man unconscious in practically every instance.

Chapter 2

The Unarmed Opponent

THE MOST COMMON FORM OF ROUGH AND TUMBLE fighting involves unarmed opponents. In order for a man to defend himself against an unarmed opponent, he must be able to offer maximum resistance against three types of attack: 1. From a frontal position; 2. From a rear position; 3. From a prone or supine position.

In the case of a person attacking you from the front or rear, it must be assumed he may be rushing you, pushing or attempting to strike you, grasping your clothing or limbs, strangling or body locking you.

A person lying prone (face down) or in a supine position (face upward) must consider his opponent will pounce upon him or attempt to strike or kick him.

On carrying through on defense, a maneuver often becomes an effective offensive tactic. It isn't necessary to retreat and go on defense entirely in all instances.

In any frontal attack, alertness is paramount, with the stance being most important. The hands, body and feet always should be in a position to react in the quickest time possible.

Never stand flat-footed with your arms at your sides. Be in a position of readiness—slightly crouched with legs slightly bent and hands active where they can be brought into immediate action for protection of the face, head and body.

On many occasions, you may be attacked from the rear. When thus attacked, a natural inclination is to become panicky, apprehensive and excited with a tendency to struggle wildly as well as futilely.

However, with a knowledge of rough and tumble techniques, your

chances of surviving an encounter without serious injury are excellent. Just keep your head and attempt to observe the following principles:

Immediately block any pressure to the throat.

Shift the weight, and with feinting movements, throw your opponent off guard and balance. At the same time, viciously attack any vital openings available.

In many cases where the attack is offset immediately by your clever use of the hands, your adversary will resort to bringing his feet and knees into action. Again, by using the maneuvers and tactics illustrated, you will find an excellent defense can be thrown up against such an assailant.

In rough and tumble fighting it often is difficult to stay on your feet. Consequently, it is well to know how to defend yourself when being down. When knocked to the ground, always keep your feet toward your assailant. Thus, if the legs are kept in this position, they may be used to ward off blows and kicks—offering a maximum in defense. Also, they can be used offensively if your foe approaches within range.

Blows raining upon the legs and feet also are less severe than upon some vulnerable part of the body, such as the arms or head.

As you study these picture series, recall the fundamentals and how many of them would apply in each instance. Such items as hand blows, elbow blows, kicks, etc. could be used frequently in many of these situations.

Now let us get into the meat of the subject.

19-A

THE ARM DRAG

APPLICABLE WHEN AN ASSAILANT IS RUSHING, PUSHING, STRIKING OR GRASPING

Grasp adversary's arm at wrist. Simultaneously, grasp his upper arm and pull toward you throwing your near leg in front of his legs.

19-B

Fall backward and slightly to side, pulling hard on arm, tripping him over your extended leg.

19-C

Adversary falls face down at side, you retaining hold. Note grasp on wrist and upper arm.

20-A

THE SWITCH

APPLICABLE WHEN OPPONENT IS RUSHING, GRASPING, PUSHING, STRIKING OR ATTEMPTING TO BODYLOCK LEGS AND GENERALLY CAN BE USED AGAINST ANY CROUCHED ATTACK

Grasp opponent's wrist, inserting other arm into crotch over held arm, placing a foot between his legs. Lean backward, upper arm exerting pressure against his upper arm.

19-D

Retaining grasps shown in 19-C, come over his back and shove secured arm into a hammerlock—breaking arm if necessary.

20-B

This forces him face down to ground. Hold should be retained until balance is recovered, coming up on his back for further attack.

21-A

THE HEAD CHANCERY

APPLICABLE WHEN OPPONENT IS IN A CROUCHED POSITION RUSHING, GRASPING, PUSHING, STRIKING OR ATTEMPTING TO LOCK LEGS IN HIS ARMS

Force of opponent's forward rush should be retarded by stiff arms to head and shoulders, one arm encircles his throat while other arm remains on his shoulder.

21-B

Arm encircling throat or side of neck should be secured over arm in place at shoulder. Quick snap upward will severely injure neck or throat.

22-A

THE BACK FLIP

APPLICABLE WHEN FOE IS RUSHING, GRASPING, PUSHING OR STRIKING, USUALLY IN AN UPRIGHT POSITION

As opponent rushes, grasp clothing at shoulder. If clothing is sparce, grasp upper arms. Place foot, either one, in stomach, starting fall backward.

SELF DEFENSE

24-A

THE REGULAR HIPLOCK

APPLICABLE WHEN OPPONENT RUSHES, GRASPS, STRANGLES, PUSHES, STRIKES OR BODYLOCKS

Ability to tie up opponent's arms is all important. Apply single elbowlock tightly on an arm, bringing your hand up between chests. Secure his other arm at elbow.

24-B

Step across front of his body shoving hip completely through. Retain arm hold though back is turned. Bend forward quickly snapping him over hip, arms still secured tightly.

25-A

THE REVERSE HIPLOCK

APPLICABLE UNDER SAME CONDITIONS AS REGULAR HIPLOCK

Grasp opponent passing an arm under his arm and across back while other arm secures his elbow. Step behind his leg, pushing hip through and bend forward.

24-C

Opponent strikes ground heavily on back with you on top. Arms held securely, landing heavily on his chest usually knocks him out.

25-B
Continuing bend throws him over hip so he strikes flat on ground.

25-C
Use these methods of further attack. Arm originally secured at elbow is locked painfully between legs. Free hand attacks face.

26-A

THE STRANGLE HIPLOCK

APPLICABLE UNDER SAME CONDITIONS AS PREVIOUSLY DISCUSSED HIPLOCKS

Arms are raised high to prevent opponent's action and to gain firm grasp. One arm goes over his shoulder, other arm over his upper arm.

26-B
Arm passes around his neck, while other hand pulls him across front of you by a grip on his arm just above elbow.

26-C
Hip is shoved through by stepping across in front of him, turning back. Bend forward.

26-D
Complete bend, hip fulcrum throws him to ground on head, face, chest or stomach.

27-A

THE WRISTLOCK I

APPLICABLE WHEN OPPONENT IS RUSHING, GRASPING, PUSHING OR STRIKING

Grasp opponent's outstretched hand, passing near hand over thumb side and far hand over little finger side, your fingers to inside of wrist and thumbs to back of hand.

27-B
With hold secured exert outward twist toward thumb, pull forward and step back throwing opponent to ground. Strike with foot to vulnerable areas.

28-A

THE WRISTLOCK II

APPLICABLE WHEN OPPONENT IS RUSHING, GRASPING, PUSHING OR STRIKING

Grasp wristlock as described in 27-A —peeling hands off throat or clothing with outward twist, placing your fingers in proper positions.

28-B

Counter any inward twist by going with his effort, pulling arm forward across front of your body. This causes him to step forward. Now reverse twist.

28-C

This surprise reverse throws foe off guard and balance. With retension of outward, upward twisting leverage over his shoulder, you can take him to ground.

28-D

Drive his elbow into ground or knee into his neck or other vulnerable areas.

29-A

THE REVERSE WRISTLOCK

APPLICABLE UNDER SAME CONDITIONS AS WRISTLOCKS IN SERIES 27 AND 28

Whereas a wristlock twist is outward, reverse wristlock is inward. Grasp opponent's hand over little finger side, fingers to inside of wrist, thumbs to back of hand.

29-B

Place far arm at his elbow locking it, turning his palm up and step between his arm and body keeping elbow extended.

30

THE REVERSE WRISTLOCK II

APPLICABLE IN SITUATIONS SIMILAR TO OTHER WRISTLOCKS

Secure reverse wristlock by reaching over opponent's hand to little finger side, your fingers to inside of wrist, thumb on knuckles. Twist inward, turning palm upward. Your far hand takes position beside other hand over thumb side. Kick!

31

LOCKING THE ELBOW

APPLICABLE WHEN A FOE IS RUSHING, GRASPING, PUSHING, STRIKING OR ATTEMPTING TO BODYLOCK

Encircle opponent's outstretched arm with own. Attack with hand blows, knee lifts or kicks. Opponent's arm is bent with inward leverage.

32-A

THE LEG TRIP

APPLICABLE WHEN OPPONENT IS CLOSE ENOUGH TO SECURE HIS ARM. HE MAY BE GRASPING, PUSHING, STRIKING OR ATTEMPTING A BODY-LOCK

One arm encircles opponent's outstretched arm. Other hand is placed on his shoulder. Lock hand over wrist of hand on shoulder, locking his elbow.

32-B

Use a powerful swinging kick back against his legs, throwing him violently to ground. The elbowlock may be retained for further control.

33-A

LEG PICKUP

APPLICABLE WHEN ATTACK IS CARRIED TO OPPONENT

From crouched position, knock opponent's arms up and outward; encircle upper legs with arms and raise him off his feet with shoulder.

33-B

Straighten up, shifting arm on side where shoulder supports his weight, across to his back, other arm retaining grasp on his legs.

33-C
Bend forward quickly, dropping him to ground on his head or neck with his body weight behind fall. Dangerous!

34-A

LOCKING THE HAND

APPLICABLE WHEN AN OPPONENT IS PUSHING OR GRASPING

One hand secures foe's wrist from underside, other being placed over back of his hand to hold it firmly against chest.

35-A

FINGERLOCKS

APPLICABLE WHEN OPPONENT IS GRASPING, PUSHING OR STRIKING

When opponent grasps hair or clothing, apply a fingerlock. Note that two fingers grasp opponent's one, opposite hand secures wrists, underside.

34-B
Retaining grasp, bend forward quickly. Chest pressure forward against his palm and fingers will drop him to knees.

35-B

Pressure on finger back against joint will bring foe to knees. Grip should be maintained on wrist with your opposite hand.

36-A

DEFENSES AGAINST BODYLOCKING

Frontal bodylocking is risky business. Knee lifts to groin, kicks to toes, arches, shins or knees are all effective releases.

36-B

Grasping hair and snapping head back, combining hair grasp with fist blow to Adam's Apple or edge of hand to sides of neck or throat all settle the issue.

37

BEAR HUG DEFENSIVE TRIP

As foe encircles waist tightly, resist action and throw leg behind his leg. Striking under chin forces him backward. Use other knee to groin.

38-A

STANDING ARM WEDGE WITH VARIATIONS

APPLICABLE WHEN OPPONENT ATTEMPTS TO STRANGLE FROM FRONT IN A STANDING POSITION

Form arm wedge by cupping hands together at waist. Tighten neck muscles, driving clasped hands and arms upward between his arms, breaking hands loose from throat.

38-B

Bring clasped hands down on bridge of nose or other vulnerable facial areas. Use knees or feet, jab fingers into eyes, use edge of hand blows to neck or liver.

39-A

RECLINING ARM WEDGE WITH VARIATION

APPLICABLE WHEN A FOE ATTEMPTS TO STRANGLE WHEN GROUNDED ON BACK

An adversary astride you attempts to strangle, form arm wedge by grasping hands.

39-B

Bring arm wedge up between his arms, breaking grip on throat.

39-C

This causes him to fall forward catching himself on his palms. Immediately turn over on stomach and scoot out backward between his legs. Come up behind for attack.

40-A

SIDESTEP, CATCH AND TRIP WITH VARIATION

APPLICABLE WHEN AN ADVERSARY IS KICKING

Note stance. (See Fundamentals) Opponent starts his kick.

40-B

As kick comes up aimed at legs or groin, shift one leg back, turning sideways. One arm is lowered.

40-C

Under arm then comes up under his kicking leg, grasping it firmly in bend of elbow while top arm comes over leg.

40-D
Leg is raised high as you step behind his supporting leg, tripping him heavily to ground. If need arises, drop with knee into groin.

41
SIDESTEP, CATCH AND TRIP II
APPLICABLE WHEN AN OPPONENT KICKS AT YOU
As foe kicks, step back to side, grasping kicking leg with both arms under, raising it high using far leg to trip.

42
SIDESTEP, CATCH AND TRIP III
APPLICABLE WHEN A FOE IS KICKING
As foe kicks, step back, turn to side grasping his leg under arm and securing it to side. Stepping behind supporting leg, using heel of hand under his chin, forces man to ground.

43
CROSS ARM CATCH AND THROW
Block opponent's kick with crossed arms. Grasp leg, raise high and kick his supporting leg or raise it high throwing him to ground.

44-A

DUCK AND TURN

APPLICABLE WHEN A FOE GRASPS OR STRANGLES AT ARM'S LENGTH IN A REAR ATTACK

Opponent grasps neck or shoulders from rear. Immediately spread legs, duck down turning into him, keeping arms in front of you.

44-B

Complete turn, ducking under his arms. In attempting to retain grip, his arms cross and leverage is lost. Straighten up to break grip.

45-A

THE LOCKED ELBOW

APPLICABLE WHEN AN OPPONENT GRASPS AT ARM'S LENGTH FROM REAR

Opponent grasps collar or throat from rear. On side grasped, reach up with hand and secure his hand over thumb side.

45-B

Pull grip loose, backing close or pulling him to you with secured hand, turning palm upward. Using both hands, snap his arm down over shoulder against elbow joint.

46-A

FLYING MARE WITH LOCKED ELBOWS

APPLICABLE WHEN ASSAILANT ATTACKS FROM REAR WITH A CLOSED STRANGLE

Opponent throws both arms about neck from rear. (A practice commonly called "mugging"). Reach up with crossed arms, both hands grasping thumbs.

46-B

Jerk his arms from throat with thumb pressure, turning both his palms upward, locking his elbows over shoulders. Drive buttocks into him pulling down hard on thumbs.

46-C

Bend forward quickly, snapping down on his arms. This causes him to fly over head in a flying mare hitting ground on back.

47-A

FLYING MARE—DOUBLE ARM

APPLICABLE WHEN OPPONENT ATTACKS FROM REAR WITH A CLOSED STRANGLE

Opponent throws both arms about neck. Reach up with both arms grasping forearms with hands, pulling on arms so you can breath.

47-B
Throw buttocks back into his groin, forcing him backward. Pulling continuously down on his arms at throat, bend forward.

47-C
Complete forward bend, duck head under. Opponent will fly over head with ever-increasing momentum.

47-D
The throw makes it impossible to retain his hold. Opponent falls flat where he may be struck with hands, knees or feet.

48-A
FLYING MARE—SINGLE ARM
APPLICABLE WHEN OPPONENT ATTACKS FROM REAR WITH A CLOSED STRANGLE
Opponent throws arm around neck from rear. Reach up and secure his arm with both of hands. Throw buttocks back to gain balance and leverage.

48-B
Quickly bend forward, throwing him over shoulder to ground. His arms will slip off neck and throat as he strikes on back.

49-A

TWIST, SIDESTEP AND LIFT

APPLICABLE WHEN FOE APPLIES A CLOSED STRANGLE FROM REAR

Opponent throws arms about throat locking his hands. Reach up quickly with both hands pulling down strangling arm to get breath.

49-B
Bend forward, quickly stepping to his side, shifting his arm to side of neck. Go behind grasping his far arm at elbow.

49-C
Insert your near arm between his legs lifting him off ground, other hand retaining hold on elbow.

49-D
Raise him high and by altering leverage drop him on his head. His arm will come off your neck.

50-A
DOUBLE WRISTLOCK
APPLICABLE WHEN OPPONENT BODYLOCKS FROM REAR AND LEAVES ARMS FREE. (SEE OTHER DOUBLE WRISTLOCKS FOR A VARIETY OF ACTION)
Reach across waist grasping his wrist, other arm going back and over his upper arm to encircle it. Encircling arm, pass your arm under his forearm and grasp own wrist.

50-B
After inserting leg, butt him, breaking grip around waist. Fall back kicking inserted leg up his crotch and jerking secured arm up back.

51-A
LOCKED ARM ESCAPE WITH INSIDE BAR HAMMERLOCK
APPLICABLE WHEN ARMS ARE PINNED TO SIDES BY OPPONENT BODYLOCKING FROM REAR
Opponent bodylocks from rear, pinning arms to sides. Bend your knees and get forearms up.

51-B

Drop or squat quickly, throwing both arms up forcefully. Despite strength of opponent's grasp, this will throw locked arms up to neck.

51-C

Immediately step to side, slightly to rear. Near arm comes up over his forearm as head is pulled out of grasp to rear.

51-D

Opponent's forearm is now encircled in a hammerlock, locked arm held against your chest. Use other hand for additional pressure on shoulder.

52-A

THE DOUBLE LEG PICKUP

APPLICABLE WHEN FOE BODYLOCKS FROM REAR; ARMS FREE

Opponent grasps about waist from rear, arms free. Execute quick half turn, throwing leg to side and slightly behind. Bend forward, arms out.

52-B

Grasp legs just behind knees from outside, raising opponent off the ground. Fall backward on his chest, still retaining hold on legs.

53-B

Straighten up, raising his leg high. Shift your leg behind his supporting leg tripping him heavily backward, pushing on upraised leg.

53-A

SINGLE LEG PICKUP

APPLICABLE WHEN ASSAILANT BODYLOCKS FROM REAR; ARMS FREE

Opponent bodylocks from rear; bend forward quickly making a half turn into him. Place one leg between his, grasping his leg pulling forward and up.

54

SINGLE LEG PICKUP BETWEEN LEGS

APPLICABLE WHEN OPPONENT IS BODYLOCKING FROM REAR; ARMS FREE

Bend forward, spreading legs wide. Grasp leg at ankle. Snap up on leg as your buttocks is secured against his upper leg. Dangerous!

57-B
Then turn back to him and come up on hands and knees as if to get up and run away.

57-C
Come up, kicking out with both feet to face, chest, solar plexus or groin. Here, kick has been delivered and opponent is driven backward.

Chapter 3

The Armed Opponent

AN ENTIRE BOOK COULD BE WRITTEN ON THIS SUBJECT of subduing an armed opponent. However, included are only those tactics and maneuvers tried and proved equal to the task they are put to.

It is always dangerous to learn a complicated disarming maneuver, because it is so easy to ignore one or more of the fundamental movements that could accomplish the same means more easily. As a result, there will not be included here any "tricky" maneuvers.

This chapter is divided into two sections, explaining the proper methods for disarming an opponent of the type of weapon which he may have.

1. The pistol or revolver. This includes every type of hand firearm.
2. The knife. This includes defenses against the dagger, razor, broken bottle, splinter of glass, or any other pointed or sharp-edged instrument.

In dealing with an armed opponent, your mistake may cost you your life. Consequently, you must spend more time practicing to perfect the maneuvers and tactics required in dealing with an armed opponent.

The need is vital for not only constant practice in disarming tactics, but also the ability to act quickly under such circumstances.

The term reaction time generally is not understood. In order for a person to react to anything you do, he must first SEE you make some movement. The eyes transmit a message to the brain. The brain signals the muscles and the muscles react. The period this function requires is called reaction time.

Reaction time of an average person is anywhere from one-half to three-quarters of a second. Thus, the man who acts first gains a distinct advantage because he is acting while his opponent must react. Action is quicker than reaction, and here is a simple little illustration to prove it.

Give a partner an unloaded gun and tell him you can knock the weapon from his hand before he can pull the trigger. Have him watch you, and at your first motion, attempt to pull the trigger.

With a quick motion of your hand, you can easily knock the revolver from his grasp before he can pull the trigger. The answer can be found in that it takes less than a half second for you to act, while the man with the gun requires longer to react from your original motion.

Thus, you can see the need for acting first and quickly when confronted by a man with a lethal weapon. If you can do this, you have made the most important move possible in disarming an armed opponent. In acting first, also be sure to close in quickly on your adversary so you can limit his range of action.

One of the first essentials in pistol-disarming maneuvers is the ability, upon striking an arm holding the weapon or the weapon itself, to twist the body sideways away from the line of fire. It can be proved a person can move out of a line of fire before the weapon is fired.

To illustrate this we once loaded shells with cotton wads. We put on leather gloves and protective glasses. In the demonstrations, the person was given the weapon and told to fire when he saw the opponent move in a variety of positions.

The person with the gun knew his opponent was going to move and alerted himself for it. Of course, this actually decreased the reaction time. Still, in every case where the weapon was fired at the unarmed attacker, the flaming cotton wads traveled across the room with the man definitely OUT of the line of fire. In some instances, the margin of safety was not more than inches, but on many occasions, it was a matter of a foot or more.

On many occasions, when a blow is struck with a weapon or the weapon arm, the weapon will fly from the grasp of the assailant. However, there always are instances where this may not be true. Consequently, every disarming tactic illustrated is carried through to where you secure the weapon in your own grasp.

In all cases where the weapon is knocked from the grasp of your adver-

sary, the variety of tactics employed in subduing an unarmed opponent also can be brought into action.

When your assailant uses a knife or a club against you, it also is necessary to act quickly. Naturally, it is advisable under such circumstances to use feinting movements, such as a boxer or wrestler would call upon, to draw out your opponent.

Remember the closer you are to your opponent, the more you can restrict the effectiveness of a club blow or a knife thrust. For example, it is easier to ward off a club blow just beginning than when it has reached its maximum degree. As long as you don't make contact with your adversary to limit his movements, he is free to thrust and strike again and again.

The meanest type of fighter is a knife-user. Show him no mercy! At the first sign of a knife coming into action, kick to the groin and kick hard! Kick to any other vulnerable areas of the body if the groin is unexposed, including the shin bone, the knee, or even to the arm or wrist of the hand holding the weapon.

In disarming an armed opponent it also is important to know something about small firearms. Did you know Colt automatics, 38 and 45 caliber, German Luger automatic pistols, Japanese automatics, and other weapons of similar character become inoperative when pressure is exerted against the muzzle? This is caused by a slight displacement of the slide in the barrel of the gun.

Some of the smaller automatics may or may not be affected by this pressure on the muzzle. Still, they can be rendered inoperative by grasping the slide firmly and pushing it back slightly. If the smaller automatic is fired once, it cannot be fired again because the pressure on the slide prevents the pistol from reloading.

Uncocked revolvers with visible hammers can be prevented from being fired by grasping the cylinder firmly with one or both hands. However, *this should never be tried on HAMMERLESS revolvers!*

The proper means of combating an opponent when you are armed with a club are discussed in the next chapter.

REVOLVER, PISTOL AND OTHER HAND ARMS

Remember that the maneuvers shown in this chapter are to be used under circumstances where your life may depend on quick accurate action.

Therefore, practice of these tactics is paramount until they become automatic.

The element of surprise is in your favor. Actually, in disarming tactics illustrated here, the initial shock of your primary blow or movement will knock the pistol from an opponent's grasp. But in dangerous circumstances every eventuality must be considered and each maneuver carried through until you have gained complete control or the weapon is in your grasp.

Literally there are hundreds of disarming holds, tactics and maneuvers, the greater percentage being substandard. You will find here only those which have proved themselves under actual conditions.

Often it has been asked of me, what should be done if an armed assailant keeps out of your reach? Now actually, can an armed assailant keep out of your reach in a stickup or robbery? And, unless armed with a gun, can he keep out of your reach if he wishes to do you bodily harm?

Experience tells us the man with the gun always is overconfident. He loves to prod you with it, wave it in your face for the effect and satisfaction of so doing. If you are in a position whereby your adversary will not approach near you, you must plead and use every method in your power to get near enough to strike out. Especially is this the case when your life depends on it. Plead, beg, get down on your knees, but get near him!

58-A SCISSOR SWING
GUN IN FACE

Assailant thrusts gun into face and arms are raised. Remember now, you *act!* Your assailant must *react!*

58-B

Action from here to illustration 58-C required approximately 1/8 of a second to perform. Hands strike, the *inside* of *wrist* and *outside* of *pistol* form target.

58-C

PISTOL OR OTHER HAND ARM

Pistol is struck from grip through hand opening on inside, falling to ground. This scissor swing, with palms striking, is executed with great force and speed.

58-D

If assailant tries to retrieve weapon—which is highly probable—use knee lift to face or kick with your feet, never retrieving weapon yourself.

59

SCISSOR SWING

GUN IN STOMACH

Opponent thrusts weapon into midsection, arms are raised or at sides. Scissor action is again executed. Strike to *inside* of wrist and *outside* of weapon.

60-A

INSIDE TURN AND STRIKE

Assailant points weapon, arms at sides. Twist body inward sideways, simultaneously striking back of assailant's gun hand, which may dislodge weapon. Carry on nevertheless.

60-B

Grasp weapon from side with other hand, palm upward, forcing weapon away from body toward him with a continuing twist inward until muzzle points at his chest.

60-C

Snap weapon out of his hand through opening between thumb and fingers. Step back, placing weapon in hand ready for firing.

61-A

OUTSIDE TURN AND STRIKE

Assailant points weapon, arms at sides. Simultaneously turn outward, striking inside of wrist of gun hand, palm of other hand is turned upward ready to grasp.

61-B

Grasp inside of weapon with free hand, forcing trigger guard over trigger finger. Assailant's finger now is locked in trigger guard.

61-C

Break finger with pressure if you wish, or snap weapon off of his finger and step back, with weapon ready to fire.

62-A

VERTICAL SCISSOR GRASP

As assailant draws gun from holster, to fire, move forward. Your hands move upward to meet weapon as it comes to position.

62-B

Turning slightly to side, grasp or strike upward to underside of wrist with one hand and downward and outward to top of weapon with other hand.

62-C

Vertical scissor action (up with far hand, down with near hand) causes arm to raise and weapon to point down and out.

62-D

Continued action forces weapon out of grasp. Step back immediately possessing firearm. Quick vertical scissor action is executed so rapidly the eye cannot follow movement.

63-A

SIDE HOLSTER DRAW

OUTSIDE BAR HAMMERLOCK

Assailant draws from side hip holster or hip pocket. Step in quickly securing arm at bend of elbow, your palm turned up, thumb outward.

63-B

Other hand grasps shoulder applying pressure with forearm down against his forearm. Pull forward with hand grasped at shoulder.

63-C

With further forearm pressure, turn into him locking his arm with an outside bar hammerlock in bend of your elbow and up his back.

64-A

DOUBLE WRISTLOCK

Quickly grasp assailant's wrist as he attempts draw from side holster or hip pocket, step in and pass other arm over his upper arm.

64-B

Grasp own wrist inside of his forearm. This secured his wrist and completes double wristlock. Snap his arm up with sharp jerk.

64-C

Snap will often throw weapon from grasp. If not, drop immediately to far knee and force arm up back, outward to break arm.

65-A

SHOULDER HOLSTER DRAW

REVERSE WRISTLOCK

As assailant attempts draw from shoulder holster, reach across striking his elbow sharply. (Also applicable when drawn crosswaist from a hip holster)

65-B
After striking, secure wrist from inside by reaching in with other hand. Striking hand comes up taking position beside other hand on opposite side of wrist.

65-C
After securing hold, snap his arm downward—gun never pointing at you—between your body and his.

65-D
Snap creates arc with arm bringing it up his back in straightened position. Retaining reverse wristlock, take weapon away, strike him with muzzle.

66

FACE SNAP

As assailant draws from shoulder holster, strike elbow sharply forward with palm of hand. Bring other hand up under his wrist forcefully, driving arm and weapon into face.

67-A

WEAPON IN BACK

INSIDE TURN

When adversary thrusts weapon into back, raise hands and determine hand holding weapon. Turn quickly inside stepping back with far leg.

67-B

Bring arm down over his arm just above elbow securing it against side. Drive fingers into eyes, heel of hand up under chin, or knees to groin.

68

GUN IN BACK

INSIDE TURN—ELBOW LOCK

(Similar to Series 67) Turn inside, stepping back and avoiding line of fire. As turn is completed bring arm closest to weapon down and around weapon arm locking it. Hand blows, kneelifts, kicks are used.

69-A

GUN IN BACK

OUTSIDE TURN—ELBOW TWIST

Assailant thrusts weapon in back, your hands raised in surrender. Determine hand holding weapon. Step back turning quickly outward, striking weapon arm with elbow.

69-B

Pass forearm, under weapon arm then up into bend of elbow, catching forearm against your upper arm. Note illustration closely.

69-C

Bend forward with pressure against his arm using free hand to twist weapon away by barrel. Forward bend twists and locks arm so weapon cannot be used.

70

WRIST STRIKE FROM REAR

Approach opponent from rear. Strike forcefully upward to underside of wrist with palm, other hand securing his elbow. Blow knocks weapon from grasp.

71-A

THE RIFLE

RIFLE TWIST AND THE RIFLE JERK

Assailant thrusts rifle (shotgun, tommy gun, carbine, etc.) at midsection. Action is rapid. Throw arm down, outer edge of hand striking side of rifle.

71-B

Step in instantly turning slightly sideways getting out of line of fire. Turn palm up, grasping barrel, other hand immediately secures rifle at breech or stock.

71-C

The rifle is sharply swung muzzle upward. Generally assailant will resist this action.

71-D

So reverse swing bringing muzzle of rifle in arc forward and down. Bend quickly forward snapping rifle from grasp. Snap butt into face.

72

RIFLE SNAP

Rifle is struck to side and secured at muzzle or breech, (series 71). If assailant doesn't resist, step across in front of him and snap rifle from his grasp.

73-A

RIFLE IN BACK

OUTSIDE TURN

Assailant places weapon in back between shoulder blades. Step back, turn quickly, striking side of muzzle with descending elbow.

73-B

Striking arm immediately goes under barrel coming up on inside, securing barrel in bend of elbow. Other hand secures stock (or breech) as turn is completed.

73-C

Raise barrel, pulling rifle toward you. Retain hold on rifle, lean back, pulling assailant forward. Kick in groin.

74-A

OUTSIDE TURN AND TRIP

Assailant thrusts rifle in back. Quickly turn outward, striking barrel with descending arm, which immediately encircles barrel, locking it in bend of elbow. Grasp stock of rifle with other hand.

74-B

Push stock up into his arm pit as you step behind. Force him backward over leg with pressure forward into his arm pit.

75-A

INSIDE TURN

Assailant thrusts rifle in back. Indicate surrender, raising arms. Step back, turning into foe out of line of fire.

75-B

Complete turn and lock rifle to side grasping barrel at breech. Drive free hand into face and/or kneelift to groin.

KNIFE

All knife-thrusting assailants must be approached with caution. Naturally, for defensive alertness, a proper defensive stance must be assumed. Bob and weave, making foe commit himself with a thrust at you.

Kicks are always an excellent defense, especially when a foe is caught off guard in the act of obtaining his weapon for action. An assailant who attacks with a razor must approach quite closely to harm you, therefore, kicks are apropos under such circumstances. Remember, never give the knife wielder an even break. Any attack you use before he gets set to attack you is always effective.

There are certain maneuvers for use against an assailant armed with a club. For the sake of uniformity and space, defenses and attacks against a club-wielding adversary are included in the next chapter, "Club Maneuvers for a Police Officer." Those shown are the best for the unarmed person to use in such combat and rough and tumble fighting. Also illustrated will be club defences against knife attacks.

76-A

STEP IN WITH EDGE OF HAND STRIKE FOR DOWNWARD THRUST

Knife wielder attempts downward thrust. Caution dictates you must be in an alerted position, crouched and with arms ready for defense.

76-B

As knife comes downward, step in front of foe turning sideways out of arc of thrust. Bring inner arm up to strike.

76-C

Strike hard with edge of hand blow to forward moving arm at wrist or slightly above. Force of blow will jar knife from grasp.

77-A

REVERSE DOUBLE WRISTLOCK FOR DOWNWARD THRUST

Assailant attacks with downward thrust. Step in from crouched, ready position, near arm raised over head bent at elbow, forearm blocking assailant's forearm.

77-B

Other arm comes up under and behind assailant's upper arm immediately. Secure hand over inside of his upraised wrist.

77-C

Your arms and hands apply pressure backward and downward against striking arm. Break arm with a pressure back and toward his head.

78-A

HAMMERLOCK WITH WRIST TWIST

FOR UPWARD AND SIDE THRUSTS

Assailant attacks with an upward or side thrust. Form a "V" with hands, protecting thumbs, and catch wrist in "V" block. Body is bent forward with vulnerable areas pulled back.

78-B

As his arm drives into "V" hand block, grasp wrist and throw arm over your head with a sharp jerk. Step under arm.

78-C

Turn away from him, maintaining wrist hold. Keep body clear as you jerk his arm down preparatory to snapping up back.

78-D

Snap his arm up back securing elbow with far hand. Apply downward pressure on twisted wrist, as arm is forced into hammerlock.

79

LOCKED ELBOW FOR
UPWARD AND SIDE THRUST

As arm is raised over head turn in to assailant (opposite direction of illustration 78-B). Snap arm down (palm up) over either shoulder.

80

DOUBLE WRISTLOCK FOR
SIDE OR UPWARD THRUST

As assailant thrusts knife from side (or swings upward), block forward momentum of blow with hands forming "V." Seize wrist and proceed as illustrated in 78 series.

81-A

LOCKED ELBOW FOR A
STRAIGHT THRUST FORWARD

Be extremely alert, use proper defensive stance, keep moving, force assailant to commit self, then turn to side striking outside of wrist with palm.

81-B

As thrust passes in front of body seize wrist from top with other hand. Step farther in passing striking arm over his upper arm—

81-C

then under his arm securing own wrist. Secure hold firmly locking elbow straight, forcing him to drop knife or suffer a broken elbow.

82

GROIN KICK FOR ALL THRUSTS

As assailant attacks with knife, dagger, dirk or other sharp, piercing weapon, kick to groin, turning and falling away from thrust.

83

FACE KICK FOR ALL THRUSTS

As assailant stabs with a sharp, piercing weapon, turn, step back, moving upper body away. Snap leg up kicking face or solar plexus.

84

TOE HOOK, KNEE KICK

FOR ANY THREAT

Turn feet to assailant's knife attack. Hook his ankle with toes from rear striking sharply with other foot to his knee. Blow will force him to ground.

Chapter 4

Club Maneuvers for a Police Officer

WHEN A MAN BECOMES A POLICE OFFICER HE IS GIVEN A uniform and a badge. Then he is armed with a pistol and a club. He knows the object of the pistol is to shoot, but too often he is given little or no training in use of the club.

Because of the apathy of some police officials to stress training, many rookie officers believe the club as obsolete as the bow and arrow. Still, place a baton—as it is known among officers—in the hands of an officer trained in its use and there is no more effective weapon. Especially is this so where firearms cannot be brought into action.

It is the job of the policeman to prevent killing. Only as a last resort is he ever to take a human life. The baton is his answer toward enforcing law and order without risking death to any parties involved.

Police administrators often are confronted with new officers—many veterans of World War II—who are apt to whip out their firearms under conditions when they never should be used. As a result, not only petty law breakers have been killed, but also other officers.

At least 75 per cent of all present-day officers believe a night-stick is primarily for cracking skulls. Many officers have been surprised that even repeated glancing blows to an opponent's scalp failed even to delay the assault. The skull—rounded as it is—causes blows to slip off and only daze the recipient unless a blow is struck firmly to the scalp in a very small area.

A club or club-like weapon is an excellent defensive weapon and can become equally effective on offense. It can be used to thrust, strike or poke

an opponent in vulnerable areas, each maneuver being executed deliberately by an alert individual who never swings wildly.

The police club becomes an excellent defensive weapon when striking against the blade or side of a knife, bayonet, razor or any sharp-piercing or slashing weapon. Usually it will break the weapon or render it useless for further attack.

An opponent thrusting with a knife can be struck on the inside or outside of the forearm, depending on the sweep of his thrust—downward, sideways or upward. This blow usually will cause the weapon to be dropped and often will fracture the radius or ulna of the forearm.

Officers or civilians need practice with a club only a short time before realizing its great possibilities. For instance, they soon discover blows delivered by the ends of the club (where there is a concentration of force in a small area) are more severe than those from the side of the club. This is due primarily to their greater penetrating effort. About the only exception occurs where the club is swung against the long bones of the arms, fracturing them, or to the side of the knees, kneecaps and shin-bones, causing excruciating pain.

A club used as a bar is excellent to ward off arm blows, kicks and knife strikes. Hold it with the hands a few inches from each end.

A word of caution in swing and developing club maneuvers: NEVER BECOME COMPLICATED! The simplest maneuvers can be executed much more quickly than can the complex ones.

To become proficient, club maneuvers must be practiced diligently. It isn't necessary to drill on every type club maneuver. Most everyone will soon discover certain tactics fit his needs better than others. If variations need be made due to your size, height or weight, don't hesitate to make them *just as long as the effectiveness of the tactic is not destroyed.*

To realize the best results from these club maneuvers, learn the vulnerable points and areas of the human body, previously described and illustrated. You then can attack these areas, hampering or completely incapacitating a foe so he can be subdued with a minimum of effort.

Overall length of the police baton ranges from 20 to 24 inches. Arm length of the individual carrying the club actually determines the measurement. Many concerns manufacture excellent police clubs. The best woods are hickory, walnut or hard ash. Some officers prefer the striking end bored

out and loaded with lead. However, this usually makes the club heavy, unwieldly and dangerous. A cord or thong should be inserted through the baton about six or seven inches above the gripping end.

Many police officers frequently carry a blackjack. They should check the Criminal Code of their individual states. For example, in Illinois, the carrying of a blackjack is illegal and unlawful for police as well as civilians, being considered a dangerous weapon usually concealed on the person.

In any case, the blackjack is quite inferior to a billy club.

85-A

PROPER GRIP ON THE POLICE CLUB

Improper way to hold a police club with a securing cord or thong. Irrespective of where thong or cord is located on club, do not put it around wrist.

85-B

Cord or thong is looped over thumb, palm downward. Swing club up in an inward arc over back of hand, so cord is wrapped over back of hand. Base of club is held firmly.

86-A

POSITIONS

AT REST

Arm is held normally at side. Note thong in position across back of hand, with club gripped firmly. A seized club may be released if necessary.

86-B

READY

Club is brought up diagonally across chest, gripping end held low and other end high. Note hand grasp—one over, one under.

88

USING SIDE OF CLUB FOR OFFENSE AND DEFENSE

SINGLE HAND GRIP

There are excellent swinging blows to be struck with side of club but never at the head. Strike inside (outside) of knee, or down to collarbone.

87

USING END OF CLUB FOR OFFENSE AND DEFENSE

SINGLE HAND GRASP

Snap club from ready position (86-B), poking end into adversary's face (eyes, mouth, throat) solar plexus or groin with force.

89-A

END OF CLUB BLOWS FOR OFFENSE AND DEFENSE

DOUBLE HAND GRIP

From ready position, snap club end upward under adversary's chin. Double hand grip adds greater force to blows. Blows are excellent when a foe is close in.

89-B

Cord end of club is brought with back-hand blow. Drive cord end of club into temple, neck, solar plexus or groin. Actually either end of club may be used.

89-C

Snap club back in eyes or face with two handed blow over shoulder, using either end of club, depending on side assailant places head.

90-B

SIDE BLOW

Thrust club across front of body, hand end held high, stepping back. Note delivered blow is deflected away from body.

93-A

CLUB DEFENSES AGAINST KNIFE THRUSTS

DOWNWARD THRUST

Strike inside of assailant's forearm hard when a thrust is downward, sideward or straight forward. May also step back and strike blade, breaking it.

93-B

UPWARD THRUST

Use club as a bar (grasp each end) against wrist for assailant's upward or backhanded strike. Bend forward getting vulnerable areas out of range.

94-A

CLUB ARM LOCK ON KNIFE FOR DOWNWARD THRUST

With club at ready, step forward thrusting grip end over assailant's upper arm as he strikes downward. Retain grasp on opposite end of club.

94-B

Side of club is brought up against inside of assailant's forearm. Apply forward pressure to upper arm, backward pressure to forearm to break.

95

USING CLUB AS BAR OVER HEAD

As assailant strikes downward blow, grasp ends of club, bring it over your head stepping into him, ducking head forward. Assailant will lose grip on weapon.

96

OUTWARD ARM PARRY

Step in quickly, thrusting arm, hand closed, inside of assailant's upraised arm as he swings. Exert outward pressure against arm and apply elbowlock (Series 32).

97

THE CROSS ARM BLOCK

Step in crossing arms above head, catching assailant's forearm in "V" formed by crossed arms as he swings. Knee or kick to groin.

98-A

CLUB TWIST

Maneuver very similar to Rifle Twist. (Series 71). Foe grasps club, hold firmly: Twist sharply to side, raising one arm, lowering other.

98-B

Adversary naturally resists your effort by reversing leverage. Turn quickly with this leverage, stepping across in front and reverse the arm twist.

99

CLUB TO CROTCH—COME-ALONG

Grasp club at middle, thrust between assailant's legs from rear. Turn parallel to ground, lift and pull back against his legs at crotch.

100-A

CROSSARM CLUB STRANGLE

A dangerous, effective hold for controlling. Grasp club with reverse grip. From rear, throw arm over shoulder, snapping club back against throat with force.

100-B

Cross your arm over other arm behind neck and seize other end of club. Pull back, subduing foe quickly by strangulation.

Chapter 5

Control Over an Adversary

CONTROL OVER AN ADVERSARY COVERS A MULTITUDE OF items. However, we will apply this to searching techniques, means of leading an opponent and completely subjecting an adversary to your will.

There is a variety of circumstances where the ability to lead and control an obstreperous individual is quite minor in nature. Consider persons who become intoxicated and must be taken home, put to bed, or both. You certainly would not wish to cause harmful injury to such a character.

Again, there are circumstances where pressure must be applied under serious conditions to prevent injury to others. Police officers always are faced with subduing an offender in public without bringing on ill-feeling among onlookers due to using wrong tactics.

Maneuvers discussed here will enable one to lead a belligerent person away quickly, quietly and easily with a minimum of confusion.

LEADS AND CONTROLS

All tactics for leads and controls must be applied with utmost speed as no man or woman is going to hold still for you to deliberately subdue him or her. When you are resisted and your opponent pulls away, he leaves himself open for another tactic. Consequently, learn more than one come-along hold.

Handling drunks and dope addicts is alone a full-time headache. Usually these characters are immune to pain and many tactics considered severe will not prove such with them. For instance, the average pressure holds on fingers, wrists and arms are not sufficient. Controls must be called on to incapacitate them to a greater degree.

SEARCHING

Proper techniques for searching and disarming armed or suspected armed opponents may mean the difference between your life and death. Never forget that! If methods shown here are used correctly—with a great degree of alertness—they will afford you, as the searcher, the maximum in protection.

Many police officers, and civilians too, have forfeited their lives because they made a feeble search of their prisoners. Even after a complete search has been made, never relax your concentration on your prisoner. The slightest lapse will furnish a momentary advantage to the suspect which you may not be able to regain. For example, your small arm never should be thrust out from the body. Hold it firmly to the side or hip and away from the prisoner.

A search never should be attempted, nor should you approach within arm's reach until you have your prisoner at a distinct disadvantage.

When you have the assistance of another person in making a search, keep out of the other's line of fire. One should do the searching, the other remaining far enough away to observe the prisoner's actions at all time.

Some of the techniques presented here apply to the disarming of several persons as easily as one.

Additional fundamentals to keep in mind while searching an individual:

1. If you are not thoroughly convinced your search has been complete, make the prisoner undress. Be alert for weapons hidden on soles of feet and in shoes. All clothing then should be thoroughly searched. Also check in the mouth, up the nose, in the ears, in the armpits and the crotch. In severe cases, the private organs need be checked also.
2. Look for poisons, hypodermic needles and drugs. Be on the lookout for any patches of adhesive tape on the body. If any are noted, determine if they cover an injury or are used to support the aforementioned items.
3. After unarming a prisoner, his coat collar may be jerked down to the elbows to keep him at a disadvantage and restrict him from reacting quickly.
4. His belt or suspenders may be cut or removed, dropping his pants to his ankles. This serves the same purpose of slowing him up.
5. When turning corners with your prisoner ahead of you, step well away from the sides of the buildings or walls so as to keep him continually in view.

101-A

SEARCHING

USE OF YOUR WEAPONS

Proper methods for holding rifle (shotgun etc.) in ready position. Never approach a prisoner until you have him at a disadvantage.

101-B

Hold pistol at hip in ready position. Approach prisoner from rear, only when he is under complete control. Keep weapon on side away from prisoner. Search with left hand.

101-C

Because an adversary tends to fire to his left, step to your left as you draw weapon turning sideways, offering adversary a smaller target.

102-A

SEARCHING TECHNIQUES

Line prisoner(s) up facing wall with hands close together or one over other against wall. Feet are pushed out to rear; weight is on hands.

102-B

Approach from prisoner's left side, inserting left foot in front of prisoner's feet, keeping weapon at hip on side away. Use left hand to search, feeling over entire body. It is not necessary to look at him while searching, your hand does job. Keep eyes on other prisoners for suspicious moves, stepping back to fire if required.

If prisoner makes any attempt to move or grasp you, knock his feet out from under him to rear by kicking sharply back with inserted foot. He will fall on face.

With a partner, one should do all searching while other stands alert in position where neither will be caught in the other's line of fire if an emergency arises.

After searching first prisoner, step back out of reach and make him change places with next man to be searched. Follow same technique until all prisoners are searched.

102-C

Prisoner lies on ground face downward, arms extended over head before approaching him. Make him keep nose in dirt. Place left knee in small of his back, searching, using left hand. If he moves, kick sharply in ribs or side.

102-D

Prisoner places hand behind back and kneels, bending forward until he reaches peak of balance. Step behind, inserting your left foot between his legs, knee at buttocks. Keep weapon on side away from him. Search with left hand. If he attempts any movement, thrust knee forward, knocking him flat on face. A variation is to have prisoner place hands, fingers interlocked, on back of head. Search is conducted as above described.

102-E

Before approaching prisoner, make him turn back to you, raising arms over head, interlocking fingers. Approach with an extended left arm and disarm, keeping your weapon back and on side away from him.

102-F

Approach prisoner from rear, kick sharply out with your foot to his spine, knocking him to the ground. Disarm him. To be used only in cases deserving such action.

103-A

LEG STEP-OVER WITH BAR

Approach wounded or supposedly dead enemy with caution and on blind side, opposite side from which his head is turned, with weapon ready. Step between his legs with left leg and grasp his far leg in left hand.

103-B

Pull leg up sitting rapidly forward. Foot is locked in your crotch, your leg acting as a bar behind knee, so he cannot turn.

103-C

Assailant may attempt to fire over his shoulder. Take weapon from grasp by twisting on barrel. Also strike skull with muzzle of your weapon as he tries to free weapon to shoot.

CONTROL

CROSS WRIST AND ARM PULLS

In less serious situations, control can be often obtained by very simple measures. An offender may desist from further activity as soon as he is secured from behind.

105

COAT DOWN TO ELBOWS

To prevent assailant from striking out unexpectedly, grasp coat by lapels pulling it down from his shoulders to elbows.

104

Reach across body grasping opponent's wrist (right hand to right wrist, left to left wrist) pulling sharply across front of your body. Step behind. Follow up with further counterattack.

106-A

ELBOWLOCK WITH WRIST TWIST

Seize opponent's outstretched arms, locking one arm with elbowlock. Immediately grasp other hand at thumb, turning palm upward and outward.

106-B

Reach under across back of his hand with your other hand, arm of which has secured his far arm with elbowlock.

THE HAMMERLOCK STRANGLE

The most effective come-along hold ever used is the hammerlock strangle shown below. There is no other hold by which so much pressure can be exerted on the throat, arm, or both.

107-A

Pass arm about opponent's neck from rear, catching throat at bend of elbow, hand over opposite shoulder. Seize his wrist with other hand pulling arm up back.

106-C

Firmly secure thumb twisting wrist outward. Free hand grasps foe's wrist of arm behind you. Move him off with twisting pressure on wrist.

107-B

Hammerlock arm letting hand pass under his forearm up back to grasp your other hand. Arm is locked securely in bend of your elbow. Keep close.

108

DOUBLE ARM SNAP UP BACK LEAD

Easy control: grasp wrists from rear pulling both arms up his back in an extended position, elbows locked, bending him forward off balance.

109-A

LOCKED FINGERS SPREAD,
ELBOW OVER LEAD

Grasp opponent's right forefinger, palm up with right hand (or left to left), bringing forearm across your chest. Other arm comes up under held arm behind elbow.

109-B

Raise hand high as little finger is grasped locking elbow in bend of own arm. Bring his forearm vertical to ground. Pressure is back against knuckles.

109-C

The fingers are either spread or bent back for additional leverage and control. Severe pain will stop resistance, for movement only increases discomfort.

110-A

HAMMERLOCK WITH WRIST TWIST

(See also Series 78)

Obtain arm hold as demonstrated in series 78 in order to gain control and lead prisoner.

110-B

Thrust arm up back into hammerlock, twisting wrist, palm down (See Picture 78-D). Apply pressure to wrist and elbow. Lead or push prisoner where desired.

111-A

OUTER BAR HAMMERLOCK LEAD

(See also Series 63)

To gain control over an adversary, leading him away, apply method demonstrated in Series 63. Note thumb position!

111-B

Grasp clothing at shoulder, pulling him forward while applying pressure against his forearm with your own. Retain grip at elbow.

111-C

Continue Series 63 method which forces forearm up back in a bar hammerlock lead. Note leverage created on arm with outer bar hammerlock.

112-A

ARM BLOCKS FOR FIST BLOWS

Check defensive stance. Arms are brought up to defend against fist blows thrown by adversary. Blows are blocked with forearms thrown inside, against striking arm.

113

HAIR GRIP (WOMAN)

Fingers are run through hair, then closed into a fist. Knuckles are pressed against scalp, pulling hair up creating painful pressure on scalp.

117-B

Reach across, gripping foe's little and ring fingers firmly from underside, thumb on back of hand. Free hand grips elbow pushing and locking it forward.

117-C

Seize little and forefinger in manner shown when *palm is up*. Apply forceful pressure down and back against joints as you lead.

117-D

Similar to 117-C except individual to be controlled has *palm down*. Secure fingers and apply pressure up and back against joints.

117-E

Firmly secure two fingers. Raise hand palm up, bending fingers back against joints, bending wrist outward. Grasp elbow with free hand to keep his arm steady.

Chapter 6

The Ladies' Angle

NORMALLY, THIS WOULD BE CONSIDERED A MAN'S BOOK. However, in this era of crimes against women, it seems proper to explain a few fundamentals of self protection for the ladies against purse-snatchers, robbers, mashers and rapists.

Many maneuvers previously discussed can be executed by a woman nearly as easily as a man. Size and strength are determining factors, naturally, in a woman's ability to execute these maneuvers. Yet, she will find many easier to accomplish than she might suppose.

Beyond the techniques already illustrated, there are a variety of maneuvers which a woman can rely upon even more readily than a man. For instance, do you ladies realize what a lethal weapon you have in a cigarette? There is a wealth of safety and security in the burning tip of a cigarette—especially if it is thrust close to the face of an attacker.

A cigarette waved between you and the obnoxious character will keep him at arm's length and a lighted cigarette thrust into the face or on the grasping hands will furnish you with a moment's respite to recover and act in a more lethal manner.

The best means of ridding an annoying masher while walking down the street? There is nothing more disconcerting to this person than to have the woman turn and curse him roundly in blistering terms she possibly never thought she could use. The masher usually will be shocked to the point of retreating.

The easiest means of getting rid of the masher riding in an automobile is for the lady to act like she is writing down his license number. Women all have good lungs and there is nothing more disconcerting to an attacker than a woman's screams.

In addition, there are many natural weapons carried by most women. For instance, an umbrella makes an excellent weapon. So does a purse or a high-heeled shoe, as you can see in the illustrations.

118

EDGE OF HAND BLOWS
(See Fundamentals Series 6)

For a woman to injure a larger, stronger assailant, she must attack vulnerable areas of his body with force. Strike Adam's Apple or side of throat.

119

USE OF FINGERS AND NAILS

Thrust fingers into eyes forcefully. The nails can do tremendous damage by raking across assailant's face again and again.

120

HEEL OF THE HAND

Strike or push forcefully upward with heel of hand to assailant's chin or nose. Heel of hand is a useful, valuable, strong weapon.

121

FINGERLOCKS
(See also Fingerlocks—Fundamentals Series 13)

Any fingerlocks may be used by a woman to defend herself. Here she grasps one of assailant's clutching fingers snapping quickly back against joint with force.

122-A

USE OF THE ELBOWS

(See Fundamentals Series 10)

ELBOW BLOW TO SHORT RIBS OR LIVER

When grasped from behind about neck, drive elbow back forcefully into assailant's short ribs, or to liver (right side).

122-B

ELBOW TO GROIN

When in position drive elbow back into groin with force.

122-C

ELBOW TO SOLAR PLEXUS

An elbow driven forcefully in an obnoxious character's solar plexus will usually alter his plan concerning you.

122-D

ELBOW TO THROAT

An elbow driven into throat with either a backward or forward blow is a painful and disconcerting blow. Your assailant will instantly lose all interest.

USE OF THE FEET

(See Fundamentals Series 12)

Most of the blows delivered with the feet, as previously demonstrated and discussed in this volume, are quite applicable for a lady's use. The two shown here will illustrate the value of foot action.

123-A

HEEL STAMP TO ARCH

There is no more painful blow than a sharp high heel down against the arch. It will disconcert any attacker, throwing him off balance so that a variety of tactics can be used against him.

123-B

TOE KICKS

Toe kick to knee cap, shin bone, or possibly the groin; all are effective and extremely painful. Deliver with force without regard for assailant's feelings.

124

USE OF THE KNEELIFT

(See also Kneelifts—Fundamentals Series 11)

Long skirts make it difficult but if assailant clasps you about waist from front, lift knee into groin to stop an assault. Bring knee up with force.

125-A

Assailant grasps intended victim about throat from rear, both arms encircling neck. Reach up immediately with both hands, palms inward, pulling down on arms to gain a breath.

125-B

Drive buttocks back into his groin and bend forward quickly, retaining grip on his arms with a downward pull.

FLYING MARE

(See Variety of Similar Tactics—Unarmed Rough and Tumble)

Just to prove a woman wighing 115 pounds can throw a 190 pound man over her head, we have included this demonstrative series.

125-C

Continuing forward bend from hips with a quick motion, and using stronger leg and back muscles, assailant is thrown over head.

125-D

His arms cannot maintain hold about neck when he strikes ground. Intended victim, turned attacker, drives heel of shoe into his neck, face or kicks to any vulnerable area.

In some instances when a woman is assaulted from behind, she is held so closely or pulled back so far she cannot bend forward. Consequently, she must drive her elbows back into his sides or strike to his groin with backward blows of her fist. This will cause him to give way and loosen hold. She will have room to move her body into position for the throw illustrated above.

When bending forward from hips, she ducks head down against chest to alleviate assailant's shifting his weight to her head as he comes over.

126

USING THE UMBRELLA AS A DEFENSIVE WEAPON

(Study Club Maneuvers)

The end of an umbrella thrust quickly and sharply into an attacker's solar plexus is a most efficient, excellent and shocking defensive weapon. The umbrella—closed, of course—should be held by the handle with one hand and gripped halfway up with other.

127

USING A MAGAZINE OR NEWSPAPER FOR DEFENSIVE BLOWS OR THRUSTS

An effective maneuver usable by man or woman. If an attack is forthcoming, roll magazine or newspaper up *tightly* and grasp it around the middle or at one end.

Strike upward to foe's chin, face or throat.

128

DEFENSE WITH A CIGARETTE

A lighted cigarette between you and some pest will deter him. Pressing the lighted end into the hand of a masher in crowded areas will bring about a quick reaction. In serious cases, the lighted end of cigarette is thrust into face.

129

HIGH HEELS AS DEFENSIVE WEAPONS

Have you ever thought of your high-heel shoe as a striking weapon? Well, it's one of the best! Swinging shoe into face of assailant usually inflicts deep lacerations.

130

HOW TO CARRY A PURSE

Finally, ladies, I guess you are wondering what a man knows about carrying a woman's purse. When with friends, carry it any way you wish. However, when alone on street or in crowded places, carry it as shown. If you don't, you are inviting a purse snatcher. One hand grips an end of purse while other end rests snugly in bend of the elbow.

Chapter 7

Program of Training

IF YOU INTEND TO MASTER ROUGH AND TUMBLE FIGHTing, training and practice are musts. Some tactics and maneuvers can be learned simply by viewing the illustrations and learning the material accompanying them. However, you then must obtain a partner to actually execute the maneuvers. The correct system is to alternate on offense and defense on each tactic.

Class programs should be planned to simulate the real action as nearly as possible. The instructor should lecture the group, describing and illustrating the tactics and techniques he wants put across to his group.

Practice and indoor classes must be conducted on padded mats; when weather permits, practice on grass in your backyard or sand at the nearest beach.

Space never should be slighted. At least 10 square feet is needed for each pair of students. Injuries in organized classes generally are due to one pair of pupils falling on others. As a result, classes should be supervised thoroughly. Those practicing maneuvers and tactics without supervision always should keep safety precautions in mind and remember *never to resist actively.*

Students should wear old clothes or gym gear with regular rubber soled shoes.

Some special equipment is necessary, such as:

Real or dummy pistol, preferably old discarded weapons, with one for each two students.

Night-stick, police baton or billy club. A two foot length of broom handle will suffice, one for each student.

Dummy rifle, regular rifle, or shot gun—old weapons are especially good.

Pliable plastic, rubber or leather knife or dagger.

Padding for those parts of body (arms, legs, face) susceptible to attack.

Metal supporter. Extreme caution is necessary in practice of blows and kicks to the groin.

Some regular class procedures can include:

Pairing off men in equal weight sizes. Later unequal weights can be matched, with more proficient individuals.

Before going into techniques and tactics, a short period of warmup should take place. The most logical is general calisthenics to loosen up the muscles. The class first should work each maneuver in slow motion procedure, or at least informally, and then it can be increased in speed to such tempo as the individuals are capable.

Do not try to teach or learn too much in any single day. Take your time. Be thorough. Confusion is the surest retarder of progress.

A thorough lesson plan for class instruction in rough and tumble fighting follows. These lessons are listed in the order which the student should learn.

LESSON PLAN

Lesson 1. Fundamentals—Stance through necklocks.

Lesson 2. Fundamentals—Hiplocks through clothing strangles.

Lesson 3. Unarmed Rough and Tumble—Frontal attack.
Head twist chancery through regular hiplock.

Lesson 4. Unarmed Rough and Tumble—Frontal attack.
Reverse hiplock through leg trip.

Lesson 5. Unarmed Rough and Tumble—Frontal attack and ground maneuvers.
Avoiding kicks through the low body block.

Lesson 6. Unarmed Rough and Tumble—Ground maneuvers and rear attack.
Mule kick through twist, sidestep and lift.

Lesson 7. Unarmed Rough and Tumble—Rear attack.
Reverse wristlock through leg swing trip.

Lesson 8. Armed Rough and Tumble—Pistol or Revolver.
Basic rules through gun drawn (hands-up) scissors swing.

Lesson 9. Armed Rough and Tumble—Pistol or revolver.
Gun drawn (hands-down) up-down scissors through pistol in back and inside turn.

Lesson 10. Armed Rough and Tumble—Rifle, etc.
Facing to end.

Lesson 11. Armed Rough and Tumble—Knife, etc.
Complete section.

Lesson 12. Armed Rough and Tumble—Club.
How to hold through club parries for knife (double bar over upper arm to forearm).

Lesson 13. Armed Rough and Tumble—Club.
Maneuvers to end of section.

Lesson 14. Control over adversary—Leads and controls.
Fingerlock through arm across chest from rear, hand and upper arm.

Lesson 15. Control over adversary—Leads and controls.
Woman (hand in hair through doorway).

Lesson 16. Control over adversary.
Search—Complete section.

Maneuvers in the Ladies' Angle chapter can be practiced as a separate lesson or series of lessons, including material from the 16th lesson listed above. The lady should pick out those maneuvers best suited for her, as determined by her strength, size and ability.

Index

A

Arm blocks, 79
Arm Drag, 17
Arm wedges, 29
Armlock and chin grasp lead, 80
Automatic pistols, 43
Avoiding kicks, 39

B

Back Flip, 19
Bar Hammerlocks, 37, 48, 58, 76, 78
Bear Hug, 28
Billy (See club)
Body blocks, 39
Brachial plexus, 6

C

Chancery (head), 19
Club Defenses, 67, 68
Club uses, 63–69
Coat down to elbows, 75
Control Maneuvers, 75–81
Counter kicks, 39
Cross arm catch, 31
Cross arm club strangle, 69
Cross wrist and arm pull, 75

D

Disarming, 41–60
Double arm snap, 77
Double hand V, 58
Double leg pickup, 37
Double wristlock, 20, 36, 49, 57, 59
Downward thrust (knife), 56, 57
Drunk awakener, 80
Duck and turn, 32

E

Edge of hand blows, 6, 83
Elbow
  Blows, 8, 84
  Locked, 25, 32, 33, 59, 75
  Pressure to, 14, 59
Ejecting person from auto, etc., 80
Equipment needed, 89
Escapes from strangles, 29, 30, 32–36, 86

F

Face snap, 50
Falls, 4, 5
Finger
  Gouge, 5
  Grasping, 5, 6
  Jab, 5
  Nails, 83
  Stimulation, 80
  Thumb pressure, 80
Fingerlocks, 10, 11, 12, 27, 28, 77, 79, 80, 81, 83
Fist, 7
Flying Mares, 33, 34, 86
Foot as weapon, 9, 10, 85
Fundamentals, 1–15

G

Grasping, 5, 6
Gun, 43–55

H

Hair Grasp, 6
Hammerlocks, 37, 48, 58, 76, 78
Hand, use of, 5–7, 27
Head, use of, 7
Heel kicks, 9
Heel of hand, 6
Hints in searching prisoners, 71
Hiplocks, 21–23
Holsters, 48, 49

I

Inside turn (disarming), 45, 55

K

Kicking defenses, 30–32
Kicks, 9, 10, 26, 30, 31, 39
Knee as weapon, 9, 85
Kneeling method of search, 73
Knife defenses, 56–60
Knuckle jabs, 7, 13

L

Leads, 75–81
Leg pickups, 26, 27, 37, 38
Leg stepover with bar (searching), 74
Leg trip, 9, 10, 19, 26
Leglocks, 74
Lesson plan, 90
Locked strangles, 11, 19, 33
Locks, 25
Low body block, 39

M

Mental Foramen nerve, 11
Methods of search, 70–74
Mule kick, 39

N

Necklocks, 11

Nerve shocks, 13–15, 80
Night stick (See club)

O

On stomach (searching), 73
Outer edge of fist, 7
Outside turn (disarming), 46, 51, 54

P

Pickups, 26
Pistol Disarming, 41–52
Pressure points, 13–15
Prisoners, searching, 70–74
  Leading, 75–79
Proper use of pistols, 70–72

R

Reaction time, 42
Regular hiplock, 21
Releases, 12
Reverse hiplock, 21, 22
Revolvers, 43–52
Rifles, disarming, 52–55
Riot stick (See club)

S

Safety precaution, searching, prisoners, 70–74
Safety precautions, 1
Scissor swings (disarming), 44, 45
Searching methods, 71–75
Shoulder holster draw, 49
Side holster draw, 48
Sideward thrust (knife), 58–60
Stance, 4
Stimulation holds, 80
Strangle hammerlock, 76
Strangle hiplock, 22
Strangles, 29, 32, 33, 35, 69, 76
Switch, 18

T

Thrusts, knife, 56–60
Thumb press, 80
Toe hook, knee kick, 39–60
Toe kicks, 9, 54, 60
Turn and strike, disarming, 45–46

U

Upright arms, searching, 74
Upward thrust, knife, 58–60
Use of high heels, 88
Use of rolled magazine, 87
Use of umbrella, 87

V

Vagas nerve, 15
Vertical scissor grasp, 47
Vital areas, 2

W

Wall method of search, 72, 73
Weapons in back, 51, 54, 55
Wristlocks, 23–25