

PRACTICAL
SELF-DEFENCE

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PRACTICAL SELF-DEFENCE

BY

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TO MY BEST FRIENDS,

MY PUPILS.

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INTRODUCTION.

SOME years ago a pupil said to me: "Boxing is a splendid exercise, and is no doubt of service as a means of defence after one becomes proficient, but it does take a long time to become good enough to offset the natural advantage of a rough fighter who ignores even the suspicion of rules. Would it not be possible to have a system of defence, easy to learn and adaptable to the tactics of the ordinary tough about town?"

The answer to this question is the method of defence fully outlined in this work, which is to enable one to defend himself against the tactics of the bully, the thug or the quarrelsome drunk.

Investigations have been made in this country, in Canada and in England of the various methods of attack made on the police, car conductors, waiters in quick-lunch restaurants and in bar rooms and of the various methods of the local street fighters, and a list has been carefully compiled from the information gathered. The most astonishing fact brought out by these investigations was the very limited and primitive nature of the attacks. Nearly all such attacks, with the exception of genuine hold-ups, started during an argument or immediately after. Therefore, to keep out of trouble do not argue, and when possible walk away. It is not always possible to do this, and the evidence shows that sometimes arguments are forced on people for a sinister purpose. Women are insulted, old people are jostled and otherwise maltreated and a bully having once "tasted blood" successfully becomes a seeker of trouble and a menace to society.

The course of self-defence here advocated is what it is called and nothing more—self-defence. There is not an

attack in the course, nor is it a plaything, and what is more, it is dangerous when used as such. All movements should be practised slowly, and at first without much resistance, until one becomes familiar with the object of the movement. The methods have had thorough trials, and pupils have reported very favorably of their successes.

To simplify the course the defence moves have been purposely cut down to as few as possible consistent with success. A large number of "moves" are not required. As a matter of fact, one or two good moves which may be learned quite easily and used with effect are all that is necessary.

For the methods of defence I am indebted to my old instructors, notably to Mr. Ito, the Japanese expert, with whom I spent so many interesting hours, and to Mr. G. P. Smith, instructor of wrestling at McGill University.

The following list is the result of investigations into the methods used by street fighters:

1. Grasping the throat with one or both hands.
2. Pressing forearm across the throat and attempting to strike at the face.
3. Striking for the face with either hand, usually the right hand.
4. Kicking at the stomach.
5. Running in and taking a front waist-hold and attempting to lift and throw opponent.
6. Throwing arm around neck and pulling opponent into the position of the side chancery.
7. Turning opponent and securing a back waist-hold and attempting to throw.
8. Turning victim and putting one or both arms around neck and pulling him over backward, or striking with fist or some weapon.
9. Attempting to strike at head with some weapon, such as a stick or bottle.
10. Attempting to stab or cut with a knife.
11. Hold-up with a revolver.
12. Attacked by a dog.

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PRACTICAL SELF-DEFENCE.

SUCCESS in defence work depends on your readiness to read the intention of your aggressor, and it is, fortunately, the custom of the greater number of would-be terrors to show their intentions. This is due, perhaps, partly to their desire to intimidate their victims and partly through ignorance. Eighty per cent. of all attacks are made after advancing in a threatening manner. When intention is clearly shown it is easy to handle with a defence move, but when "intention" is not clear it is best to use a "stop" and not to take any chances. We will therefore consider this the first part of defence work.

To simplify the course all round, (1) all stops are done by the *left* hand, and (2) all guards with the right hand, *except* when the opponent uses a weapon other than the fist.



FIG. 1

POSITION FOR DEFENCE.

FIG. 1.—Stand in an easy, natural position, hands hanging loosely by the side, and showing *no* intention of defence. This gives the aggressor confidence and you will be able to learn *his* intentions more readily. Never let your opponent come too close, for the moment he is close enough to kick or strike he becomes dangerous.

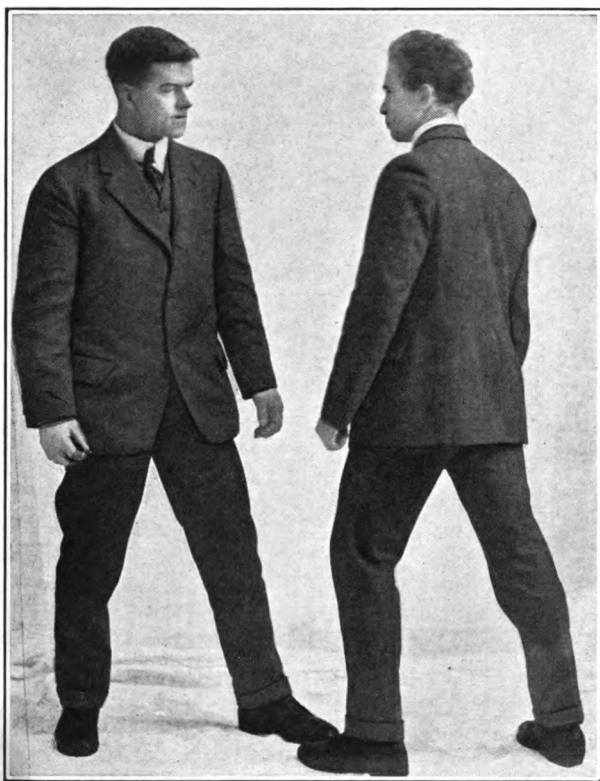


FIG. 2

The position shown in Fig. 2 is a little too close for safety and the "stop" should be used just before this position is reached. Look your opponent in the face and use "stop" just when his extremities are becoming out of focus, as shown in Fig. 3.

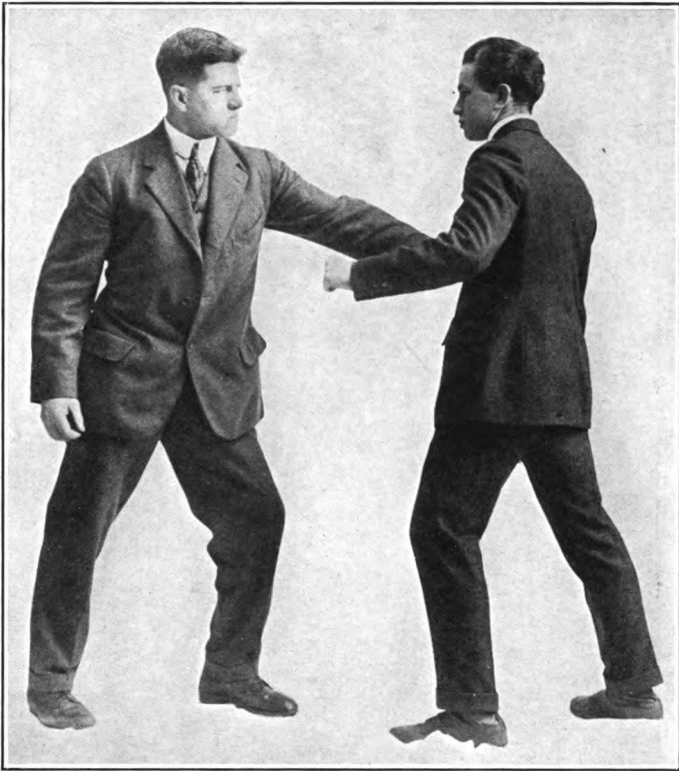


FIG. 3

STOP ON THE BODY.

This "stop" is used just before the opponent is within striking distance and when *your* intention is to injure him. It will be noticed that whenever this stop is used it will bring up an opponent's advance with a shock and that his hands will come to the front, as shown in the illustration. The "stop" must be delivered with the arm nearly straight, straightening it on impact, the rear leg assisting by straightening it at the same moment, body braced against opponent, but elastic and ready to move. The "stop" *must* be a sudden stop, *not* a push. The object in view is *not* to push him away but to stop him where he is so that *you* may handle him from that position.

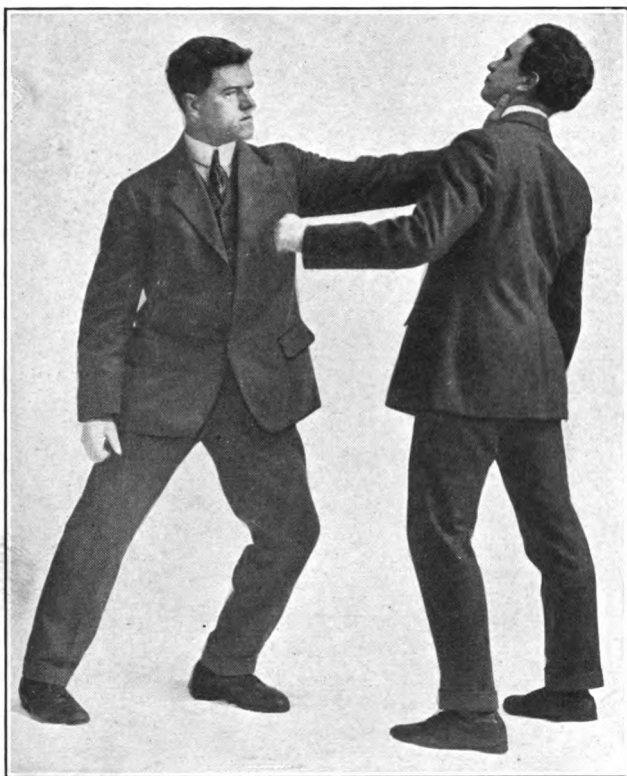


FIG. 4

STOP ON THE THROAT.

Use this when you do not wish to injure your opponent seriously. For example, you would not wish to injure a person who was slightly objectionable but who had no very evil intention, such as a person who was slightly under the influence of drink or one who imagined himself insulted, etc.

This *throat clip* is a very effective stop. The hand is brought up from the side quickly, the full weight of the body and kick of the leg going into the movement and a slight "follow through." The hand strikes the opponent on the "Adam's apple." The usual result is either your opponent goes down or you send him staggering back several steps.

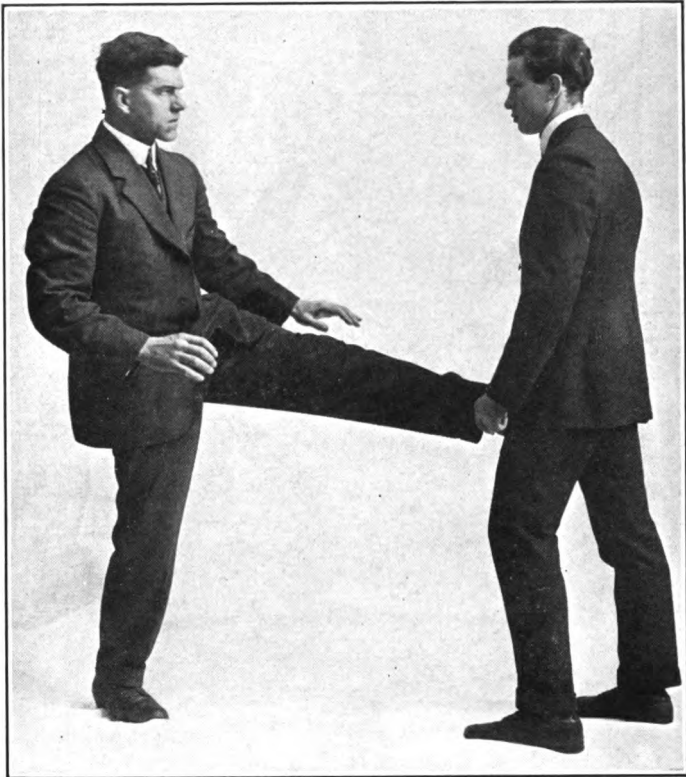


FIG. 5

THE FOOT STOP.

This stop (Fig. 5) is used when the attack is made by a very strong or aggressive assailant or when the hands are occupied. It is very effective and has a demoralizing effect on the ordinary thug, for it is entirely unexpected. Just as your assailant comes within striking distance, raise the knee slightly and advance the foot hard and fast at the fork. Smash the foot, flat-footed, at the attacker. This is not a kick with the toe but a hard, smashing drive that will certainly stop him. Retain your balance and hands ready for action.

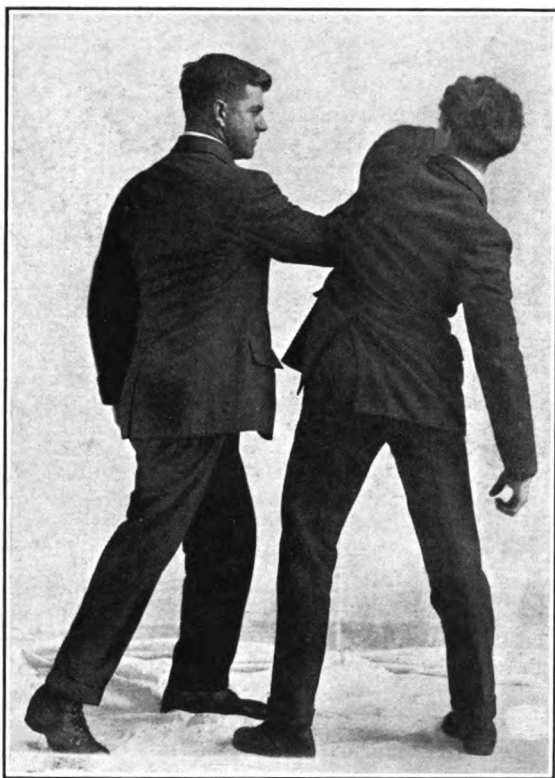


FIG. 6

THE TURN AND PUSH.

This is sometimes a useful defence against a person who persists and argues until he works himself up to the fighting point. The turn and push is more of a preventive measure. The kind of person referred to argues and bullies or uses abusive language anywhere, is no respecter of localities, and probably will not fight unless he is sure of an easy victory. He is an abominable nuisance, and it is best to get rid of him. He usually stands facing his victim, and as his temper rises he gradually gets nearer in order to be ready to use violence after the style shown in Fig. 2. Before he gets too close for your safety, take him by the left arm just above the elbow with your right hand and pull slightly toward you and turn his side to you (Fig. 6) and proceed as in Fig. 7.

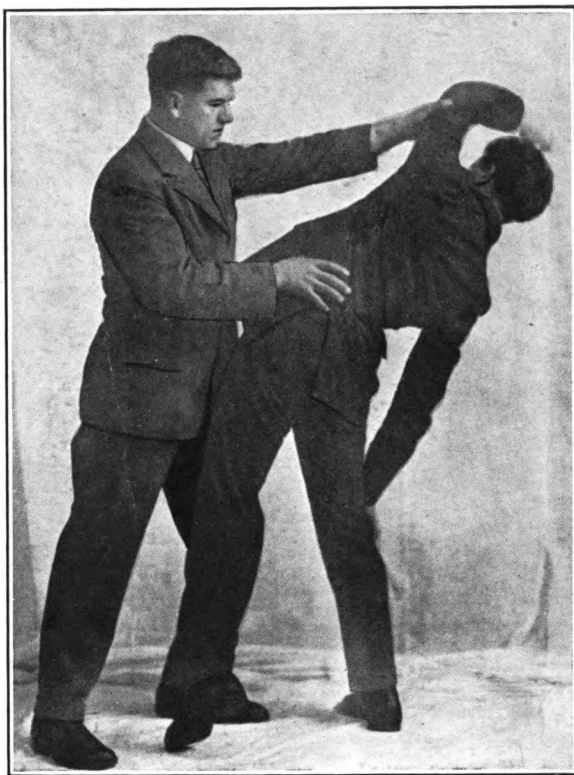


FIG. 7

Immediately take hold of his arm with your other hand (Fig. 7), putting your right hand just above his hip, and he will be turned sideways; use his arm as a lever, give a vigorous push and follow through. He will stagger several paces or fall, according to circumstances. If he returns to attack, which is unlikely with that kind of person, use one of the defence methods.

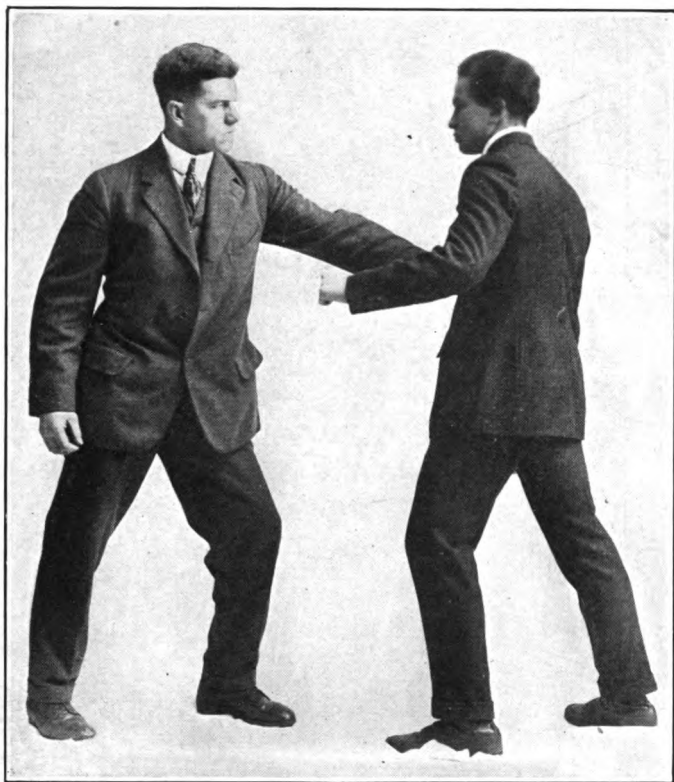


FIG. 8

FIRST METHOD AGAINST A THREATENING ASSAILANT.

The first method to adopt against an assailant advancing in a threatening manner is a *stop* followed by a defence move. It is to be understood that it is not desirable to injure a person seriously unless it be absolutely necessary for your own safety. You must learn to size up the attacker. If he looks determined and shows by his actions that he is "out for blood," he must be handled quickly and hard. It is better to put him out in three seconds, and have done with it, than to delay action and prolong the agony.

As your assailant assumes a threatening attitude and comes within reach, use stop (Fig. 8).

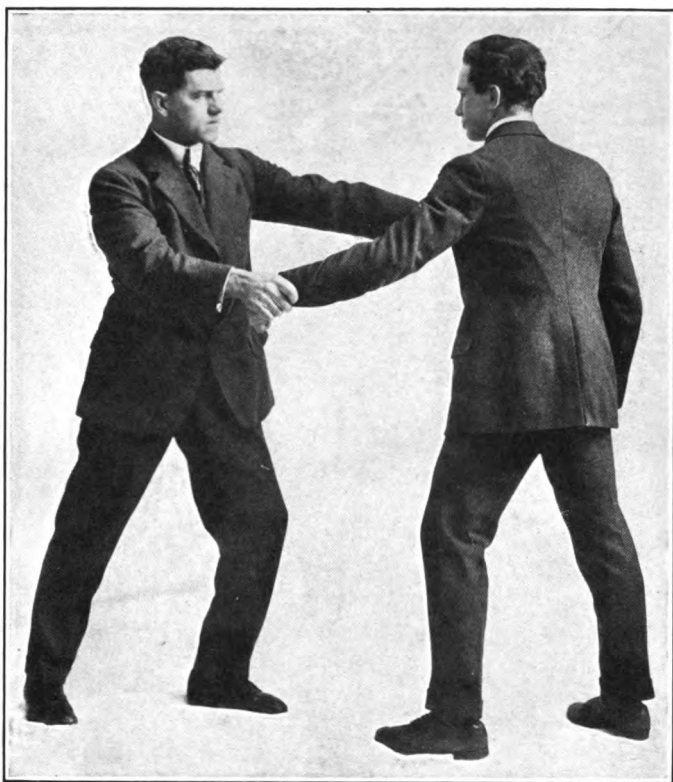


FIG. 9

Grasp *his* left hand with *your* right, pulling slightly toward you to turn *his* right side farther away (Fig. 9). This will prevent him from using his right hand. Grasp *his* hand tightly, holding it so that the back of his hand is in the palm of yours, thumb just below his wrist. This gives *you* a wrist-breaking hold, and this hold *must not be loosened* until you have finished your defence move.

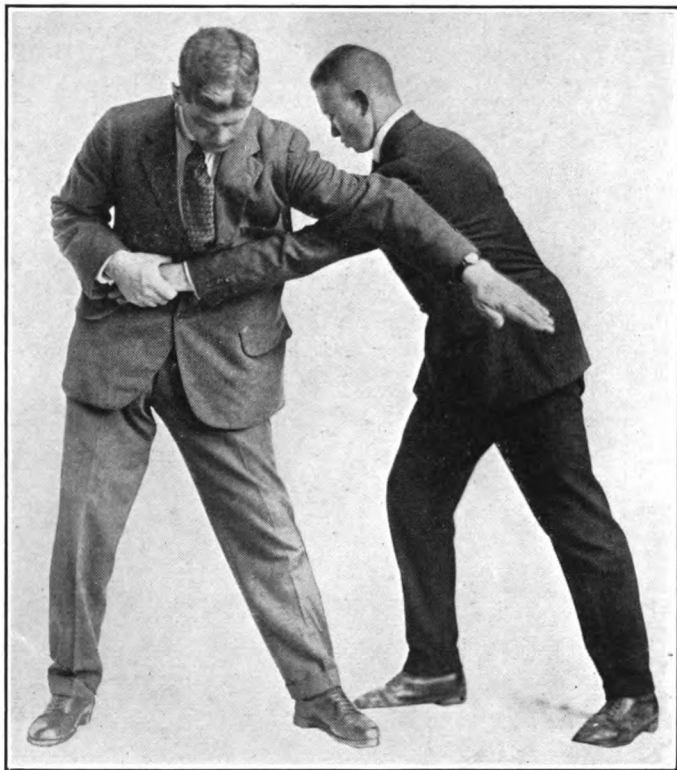


FIG. 10

Step forward to your right, pulling his hand into your body and let *your* left arm go over his, as illustrated in Fig. 10. If any difficulty arises, drive your elbow into his face as in Fig. 88 and proceed as in Fig. 11.

Turn to your right, placing your left arm over his, pulling his arm well around your body and locking it with your left arm (Fig. 11).



FIG. 11

Continue the turning movement to *your* right so that you twist your assailant around, and proceed as in Fig. 12.

Fall backward on your assailant as he loses his balance, throwing your legs out at right angles with his body. Smash your left elbow quickly and hard into the left side of his face (Fig. 13). Be sure to retain your hold on his left hand *throughout* the movement. The only thing he can do is to attempt to use his right hand. To prevent this, throw your left arm across his body and over his right arm, and at the same time place *his* left arm and wrist as shown in Fig. 14.

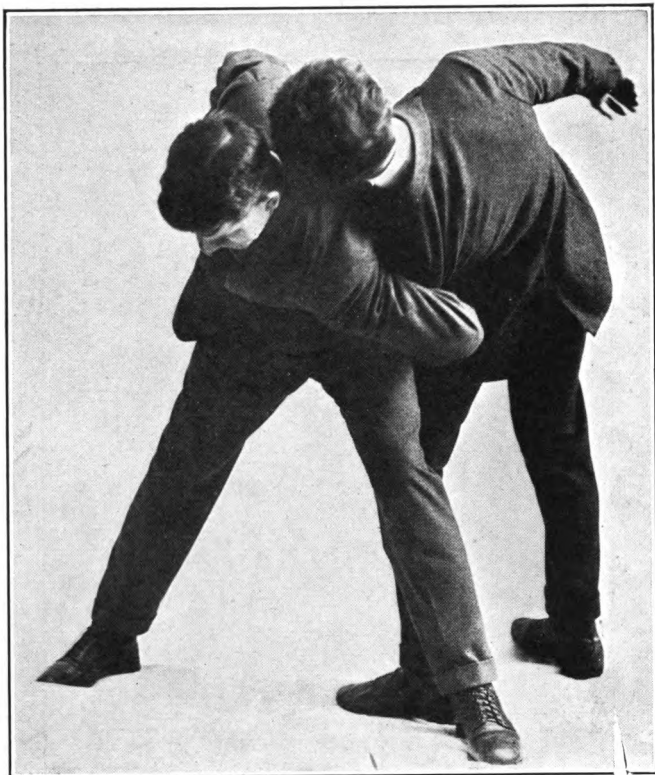


FIG. 12

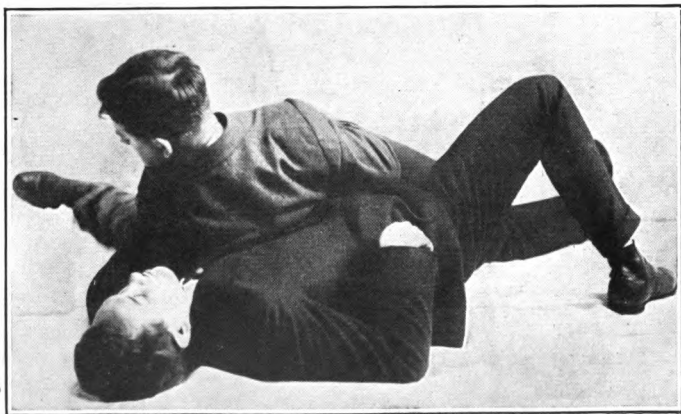


FIG. 13

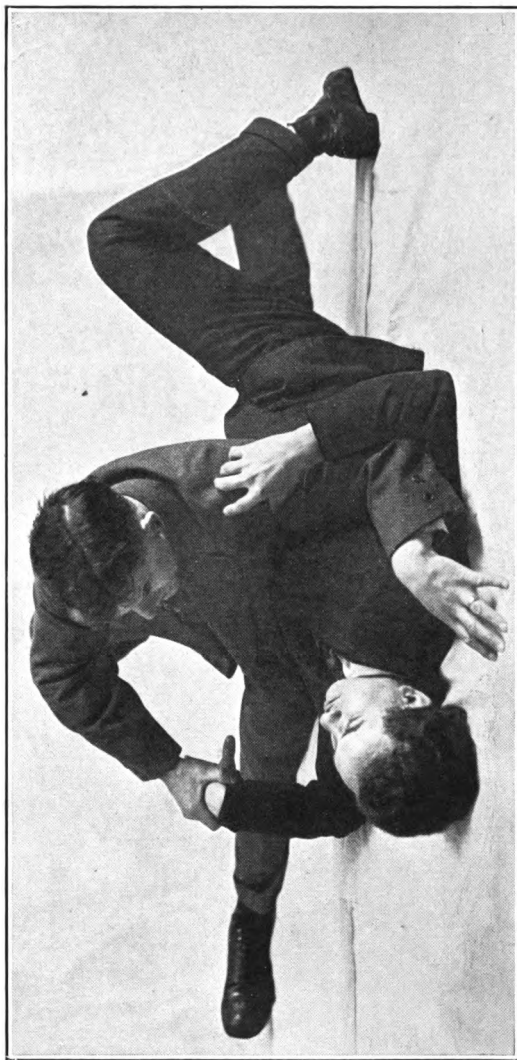


FIG. 14

If there is still any fight left in him do as shown in Figs. 24 and 25.

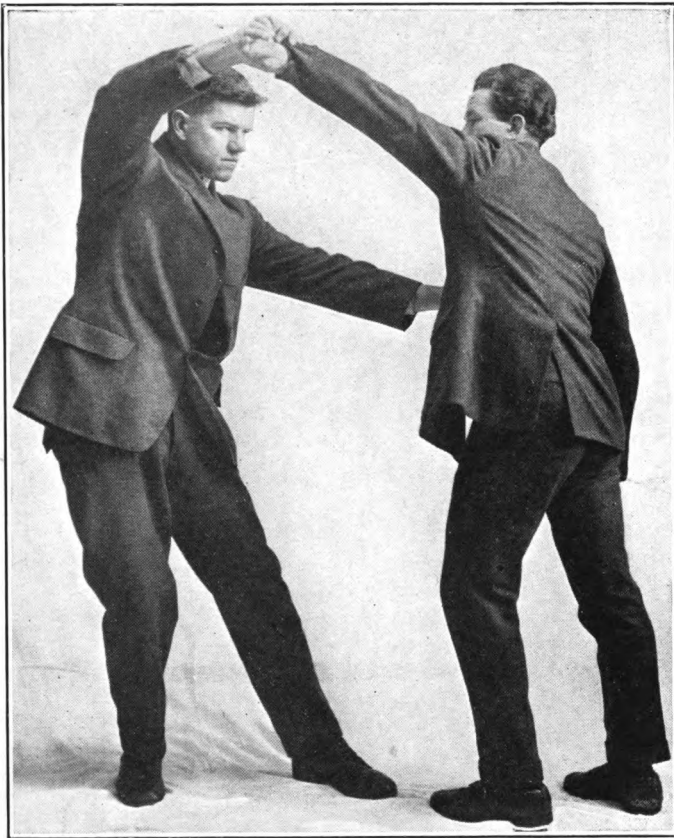


FIG. 15

SECOND METHOD AGAINST A THREATENING ASSAILANT.

Some men are much easier to handle than others, and some methods are more effective against one type than against another. The throw just advocated is easier to use against a short or medium-sized man than against a tall one, owing to the difficulty of securing the "arm-hold" on one whose shoulder is much higher than your own. The following



FIG. 16

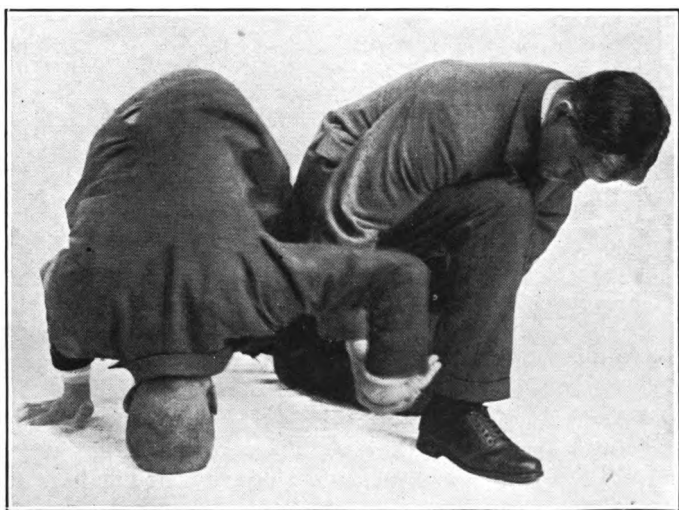


FIG. 17

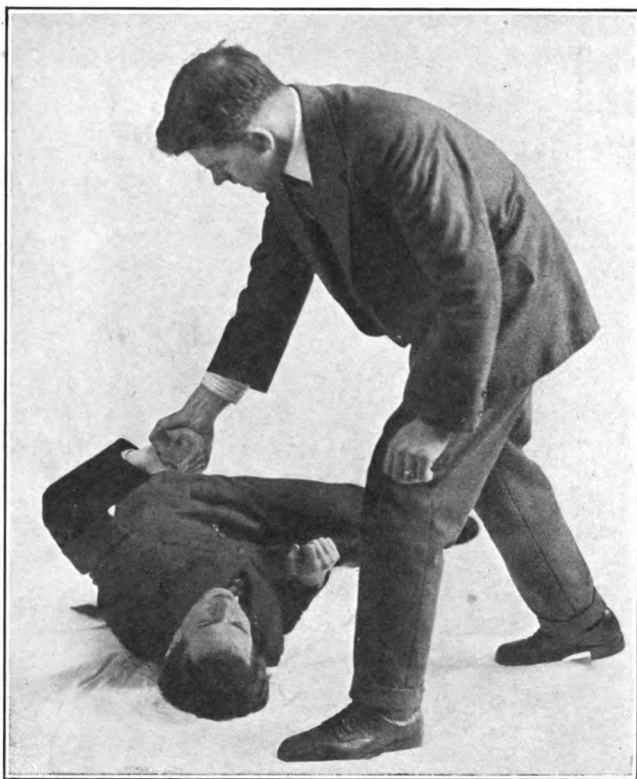


FIG. 18

method is particularly effective against a tall opponent. As before, use stop and seize opponent's left hand, taking great care to secure the proper grasp (Figs. 8 and 9).

The moment the "hand-hold" is secured, raise opponent's hand, pulling upward and toward you (Fig. 15) and quickly step forward under his arm, as shown in Fig. 16, so that your *left* leg from the knee to the foot is across *his* left foot, and at *the same time* jerk downward on his arm, taking care to step far enough forward so that your shoulder does not check his fall (Fig. 17). Some prefer to place the left hand on the

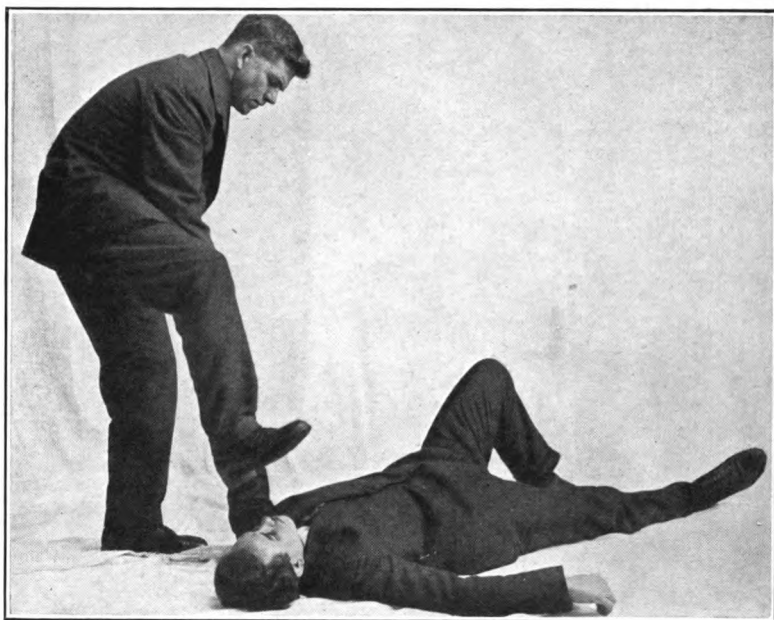


FIG. 19

left foot of opponent to ensure the "trip." It is well to practise this until you are confident of the throw.

The moment the opponent's head strikes the sidewalk proceed as in Fig. 18.

Straighten up and step around away from his feet toward his head (Fig. 18), retaining grasp of hand and supplementing your hold with your other hand if necessary. About the only thing your opponent can do is to attempt to turn over, face down, in order to get up again. But this is easily overcome by jerking his arm upward and toward you; take position as shown in Fig. 19, and if necessary smash heel down *hard* a couple of times.

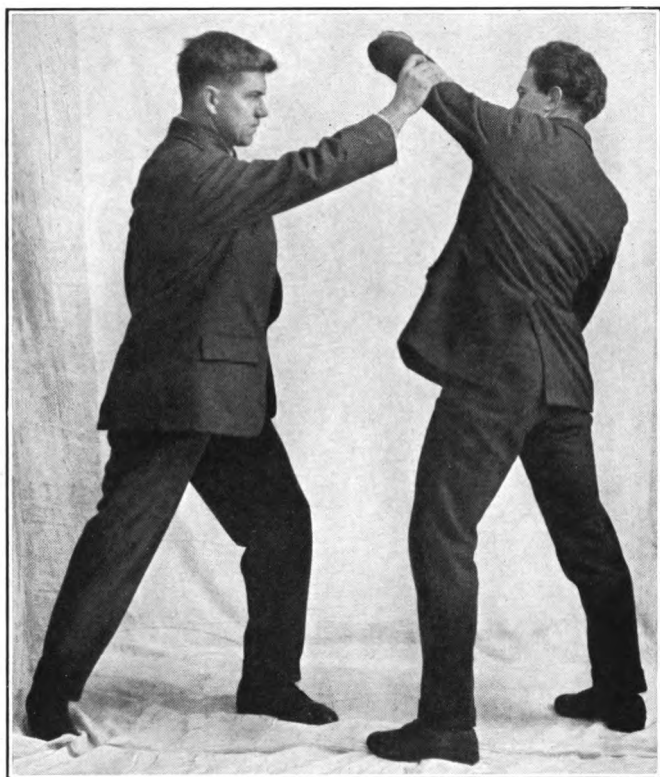


FIG. 20

LEFT BLOW FOR FACE.

Always look your opponent in the face. This gives you a good focus and enables you to see any movement he may make outside the too close position shown in Fig. 2.

All stops are done with the left hand. All guards are done with the right hand. This simplifies the course considerably. As opponent leads his left for the face, raise the right hand and push his arm off to his right and up a little in order to place his other hand out of striking distance (Fig. 20).

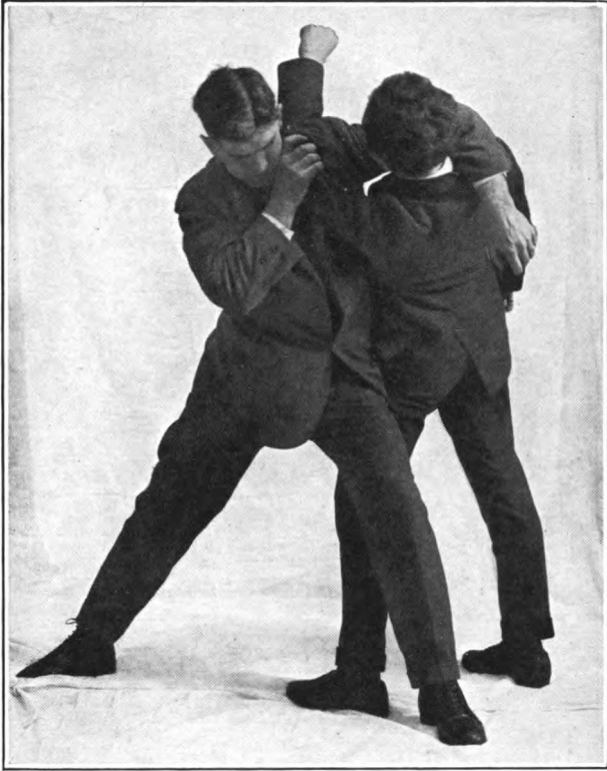


FIG. 21

The moment the guard is effective, step forward and place your left leg behind opponent's left leg and at the same time smash your shoulder hard against his, throwing your left arm across and over his right shoulder (Fig. 21). It is usually easy to smash him down from this position, but if something has gone wrong and resistance is found, use the fist (Fig. 22)

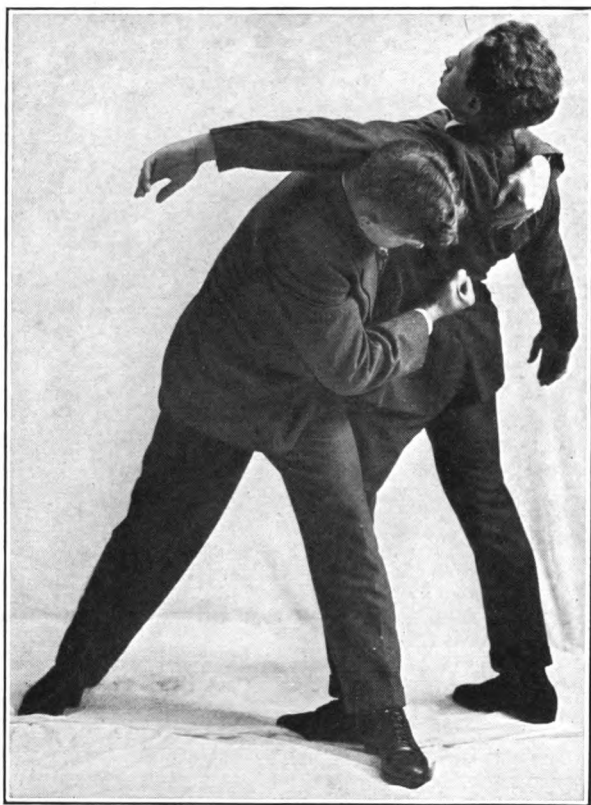


FIG. 22

and strike hard at the small of the back, retaining pressure of left arm across his throat and shoulder; do not let him turn to his right, keep your left shoulder hard against his and his weight on his left foot (Fig. 22).



FIG. 23

As he is thrown, turn your back toward his body (Fig. 23), throw your legs out to right angles, allowing your full weight to fall hard on opponent.

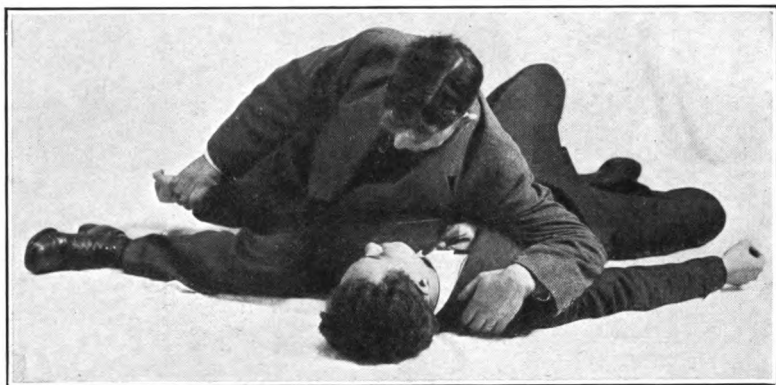


FIG. 24

If opponent has been thrown hard and wickedly enough he may be knocked out; if so, that is enough. But some men are hard to put out, and one must always know what the possibilities are and be prepared for the worst. After opponent has been thrown, if he is still fighting, about the only thing he can do from his position (Fig. 23) is to use his left elbow or fist; therefore, as soon as he is down have your right hand ready to protect yourself (Fig. 23).

Take his hand or wrist and pull it over your left leg, the knee of which you bend and bring toward him for this purpose; press down hard on his wrist and press knee upward sharply. This should finish him, as his arm will be damaged enough to make it temporarily useless (Fig. 24).

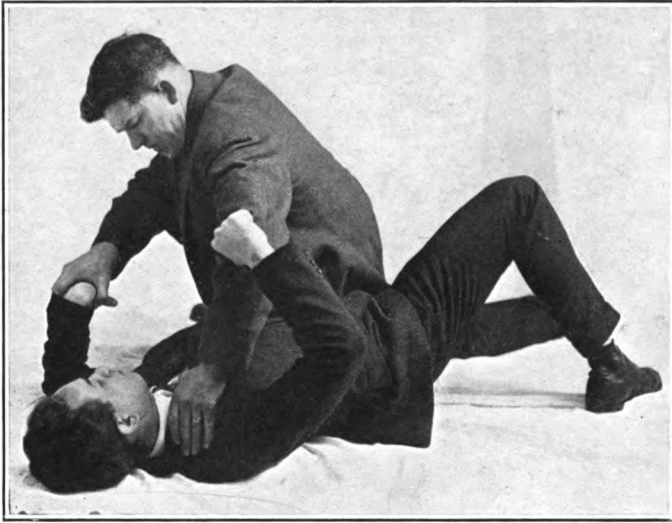


FIG. 25

If he still persists and tries to use his right arm, place the point of the left thumb into his throat just below the "Adam's apple" (Fig. 25); press hard (using the point of the thumb, not the ball of the thumb) and at the same time cripple his left wrist as illustrated, raising yourself up by pressing on these two points (Fig. 25). Try this pressure of the thumb point into your own throat just to feel the uncomfortable sensation.

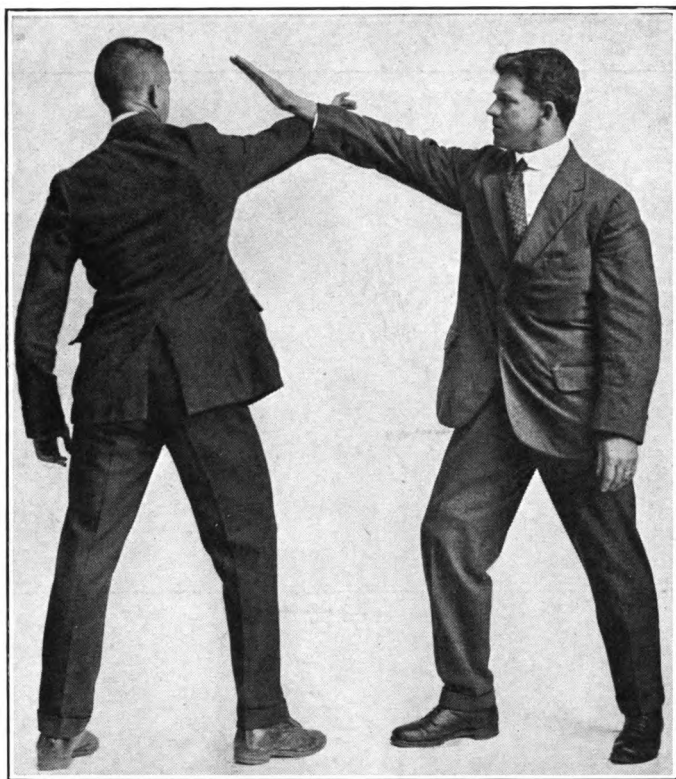


FIG. 26

RIGHT BLOW FOR FACE.

As stated before, all guards are done with the right hand and on the outside in such a way that both of opponent's hands are put away. As opponent strikes with his right, guard on the outside, throwing your arm upward, palm of hand toward his arm. Do not attempt to catch his hand as you guard; let your forearm press his arm to the right (Fig. 26).

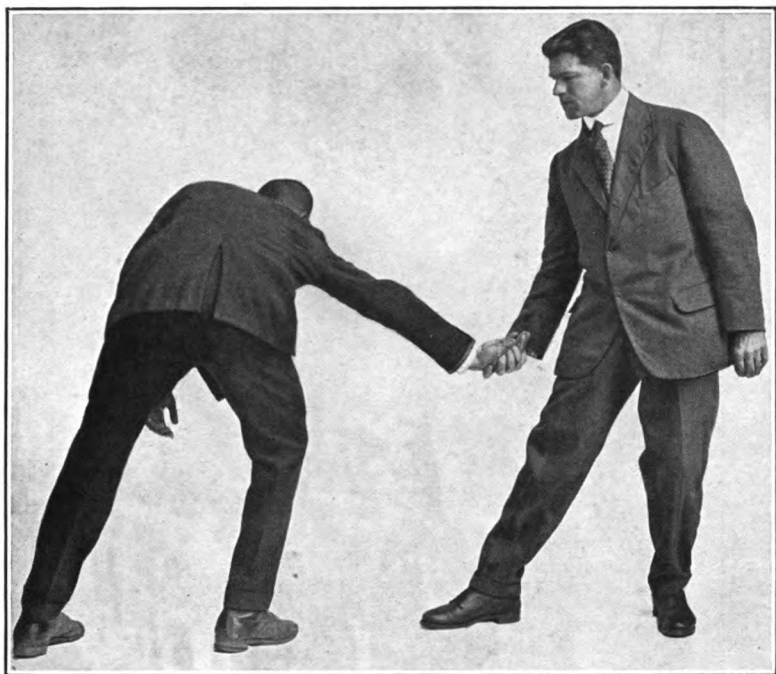


FIG. 27

The moment the parry is successful, slide your hand along the arm toward his hand, and grasping his hand firmly, turn his hand to your right, bringing the back of his hand downward, twisting his arm and jerking him toward you



FIG. 28

(Fig. 27), at the same time stepping back with right foot and turning to the right toward him (Fig. 28).

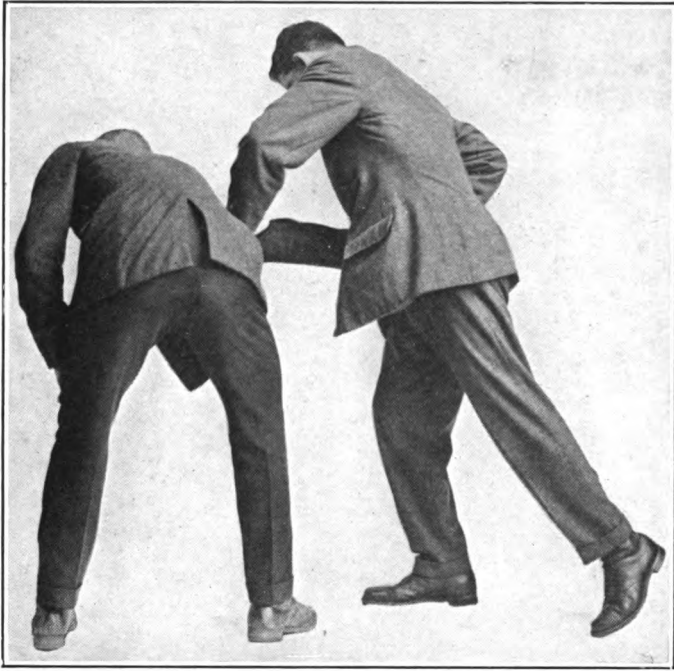


FIG. 29

Smash the left hand on his upper arm and apply great pressure, pulling slightly upward with your right hand, keeping opponent close to you (Fig. 29).



FIG. 30

Continue pressing down hard on his upper arm (Fig. 30), pulling up with right and smash him down hard (Fig. 31).

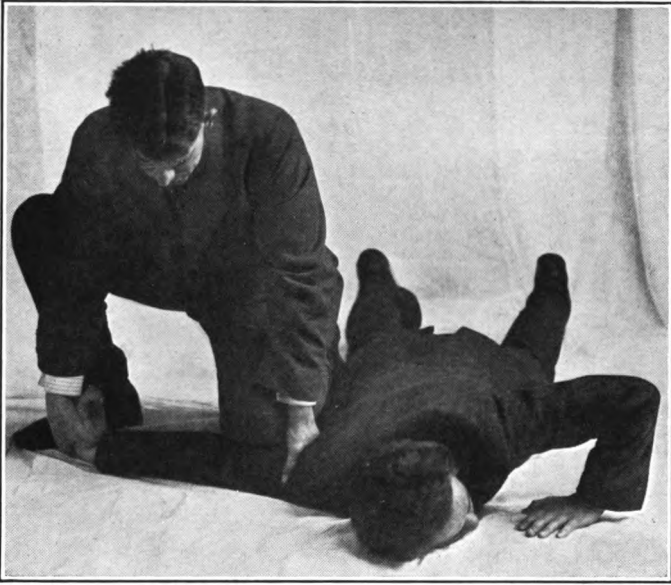


FIG. 31

Then drop your left knee on his upper arm (Fig. 31), crippling his right wrist at the same time. This is a very uncomfortable position for him, and if the movements have been done as described his arm will be unfit for use for some time. There is about only one thing he can do from his

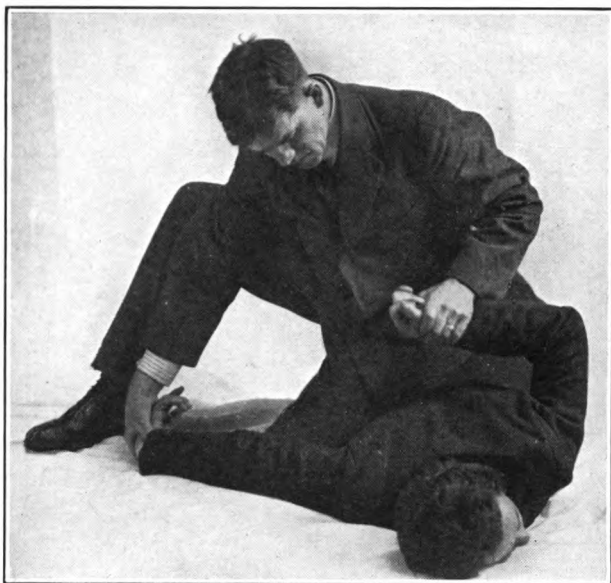


FIG. 32

position, and that is to make an effort to push you away with his left hand. If he attempts to do that, lean your body toward him, resting in a half-sitting position on his back and take his left hand in yours and pull upward and toward his head (Fig. 32).

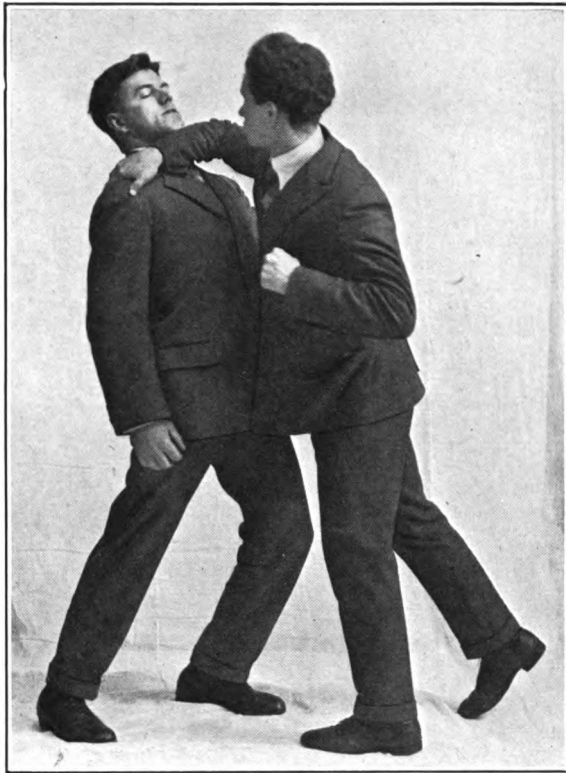


FIG. 33

Fig. 33 shows a method of attack quite popular in some localities. As the attacker gets within striking distance, he suddenly puts his hand on his opponent's shoulder, grasping the clothing and presses the forearm across the throat just under the chin and upward on the chin and forward against the throat, forcing the head back and proceeds to use his left fist or a weapon in that hand. Again you have to put both of his hands away.

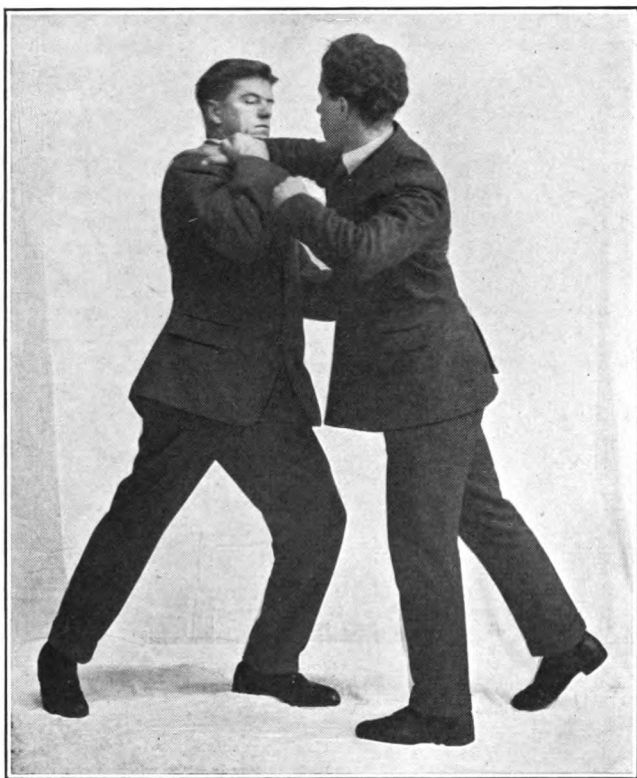


FIG. 34

As illustration (Fig. 34) shows, the attacker is using his right forearm for the hold and his left fist for striking purposes. The break is described for that position. If he uses his left hand instead of his right, etc. The first thing to do is to move the right foot back as a support to prevent being pushed over backward and at the same time to grasp opponent's hand, palm toward the back of his, and have your fingers ready to grasp his hand by the fingers. Place your left hand under his elbow and push it upward, as you turn to your right and bend your body down (Fig. 35).

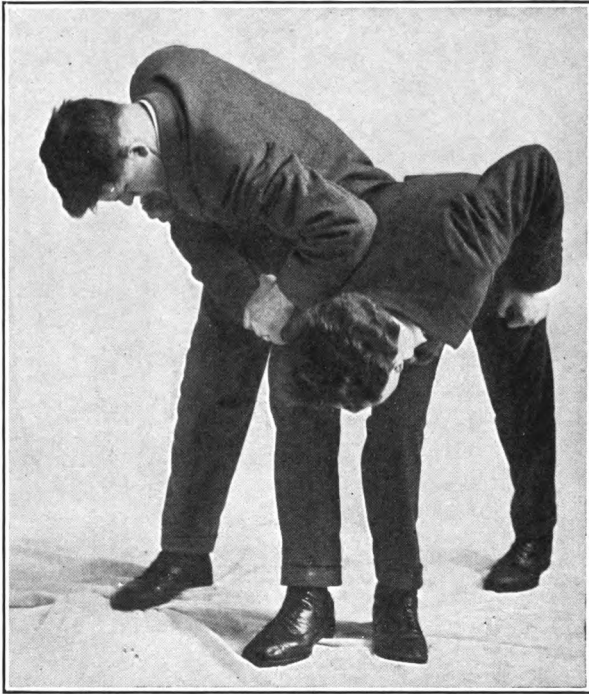


FIG. 35

Fig. 35 shows position after turning to your right. It will be seen that assailant's right hand is held in close to defender's body, the left hand has grasped the upper arm, pressure is being applied and opponent forced downward and forward. Should opponent show any inclination to run forward, trip him at once with your left foot and smash him down on his face. If not, proceed as shown in Figs. 30, 31 and 32.

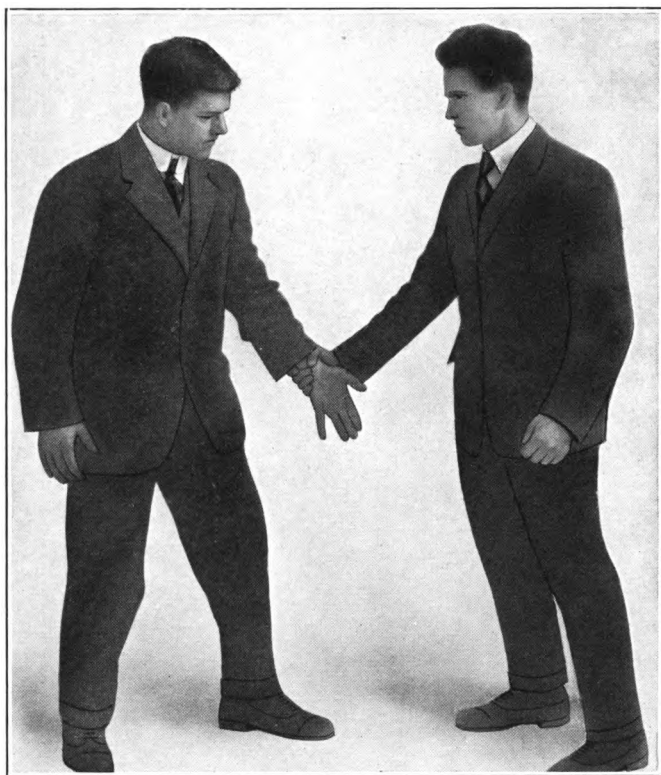


FIG. 36

It is quite a common trick in some localities to seize a man's hand and then to aim a kick at him. The moment your assailant seizes your hand (Fig. 36), tighten the muscles of the wrist by clenching the fist.

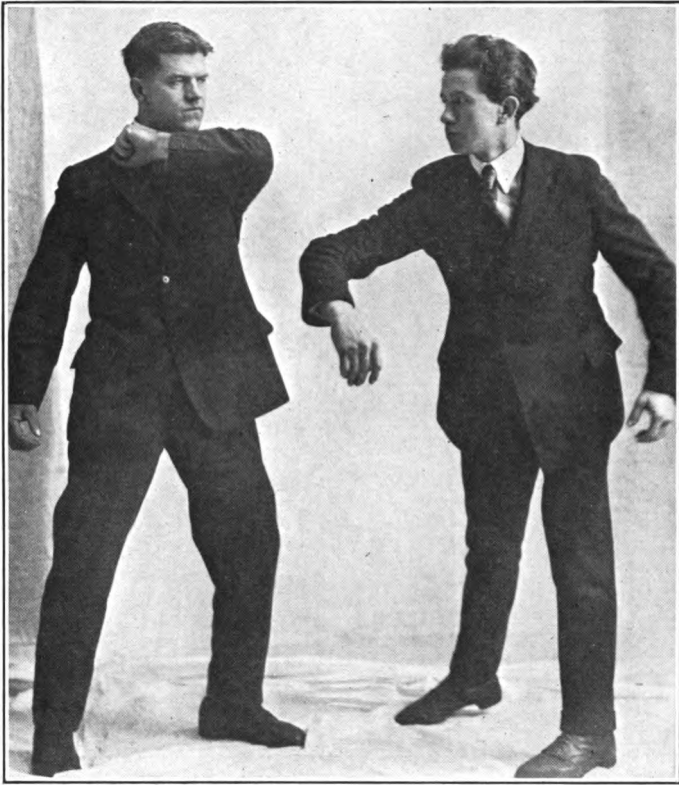


FIG. 37

Cut your hand away sharply toward your left shoulder (Fig. 37). This must be done very quickly, not with great effort but with great speed. This puts you in a good position



FIG. 38

to strike a hammer-like back-handed blow at opponent's chin. The blow should be used with full speed and force (Fig. 38).

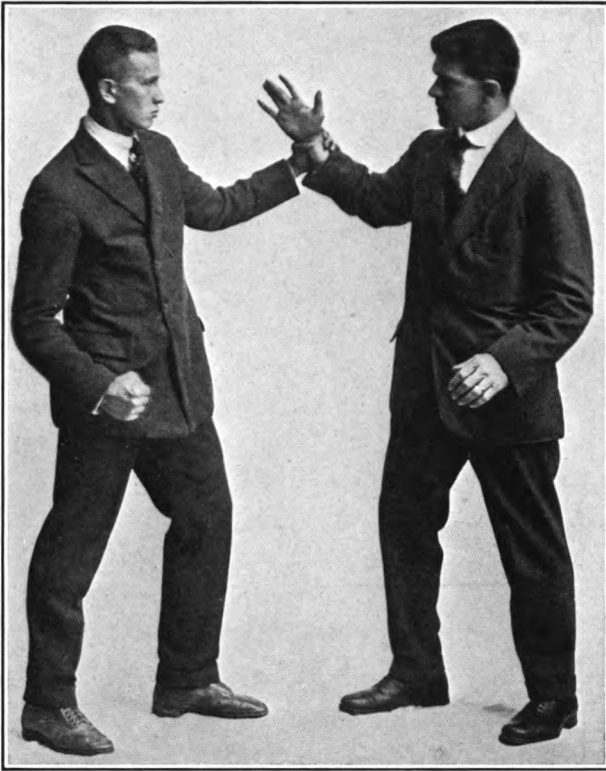


FIG. 39

If attacker grasps the hand from underneath (Fig. 39) the break is downward. All breaks are done toward the thumb.

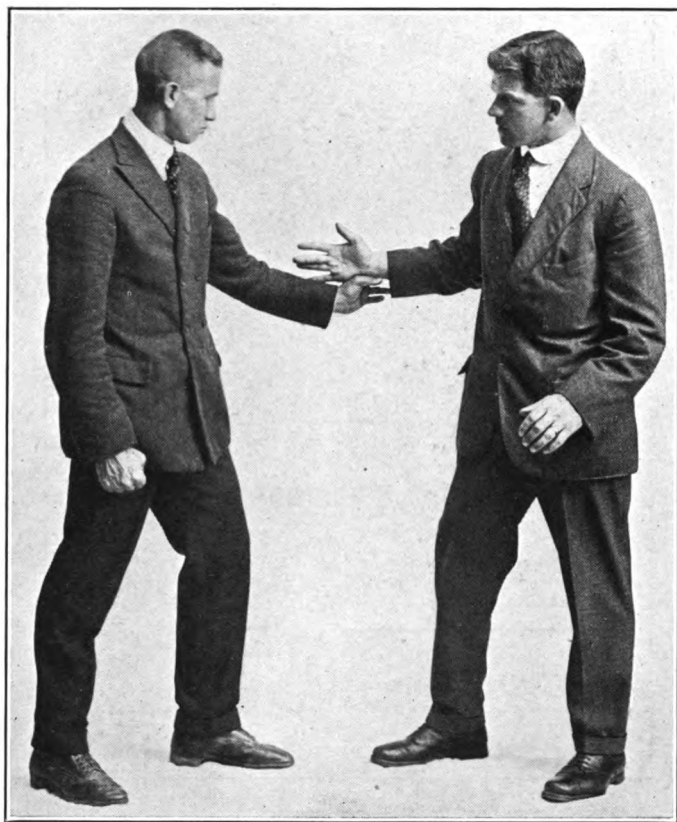


FIG. 40

Do not attempt to twist your hand out of your opponent's grasp. Press straight down quickly and hard. This will break his hold no matter how strong he is. Fig. 40 shows the hand being released by this pressure. If you do not wish to injure your opponent, but wish simply to get rid of him, use the twist and turn (Figs. 6 and 7).



FIG. 41

But if he appears to be dangerous, grasp his hand as you release his hold, your palm toward the back of his hand, and swing your other open hand hard for his face (Fig. 41), at the same time pulling downward on his left hand.

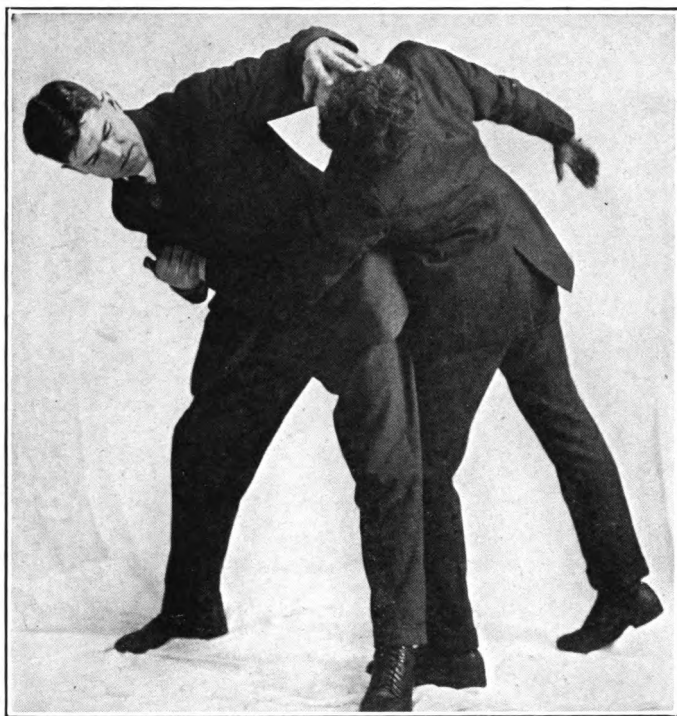


FIG. 42

Pull opponent's hand close in to your body to prevent him from breaking your hold, and continue the pressure hard on his face, turning your side or back to him (Fig. 42), using the turning movement to help the throw.



FIG. 43

Continue to bend him back, forcing him down hard, and quickly let him go over your knee (Fig. 43).

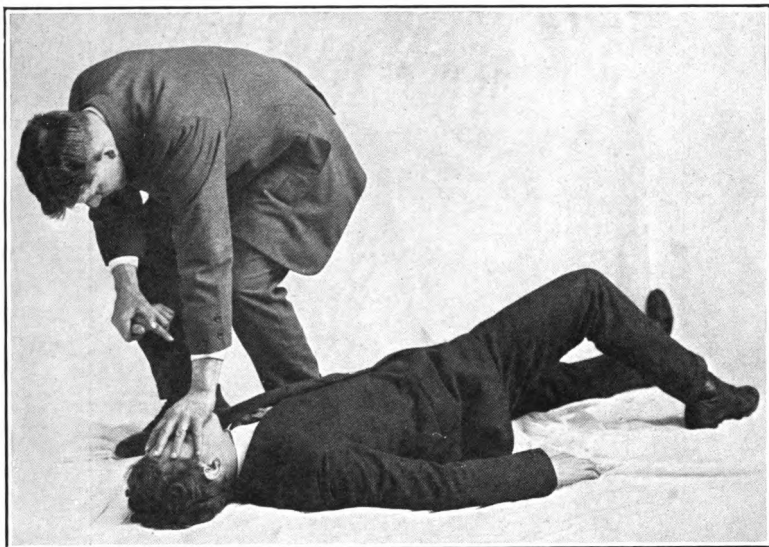


FIG. 44

Smash his head down hard, at the same time crippling his left wrist, and be ready to drop your left knee on him if necessary (Fig. 44). As explained in the opening remarks, do not injure anyone unnecessarily, but when it is necessary, do it quickly and hard.

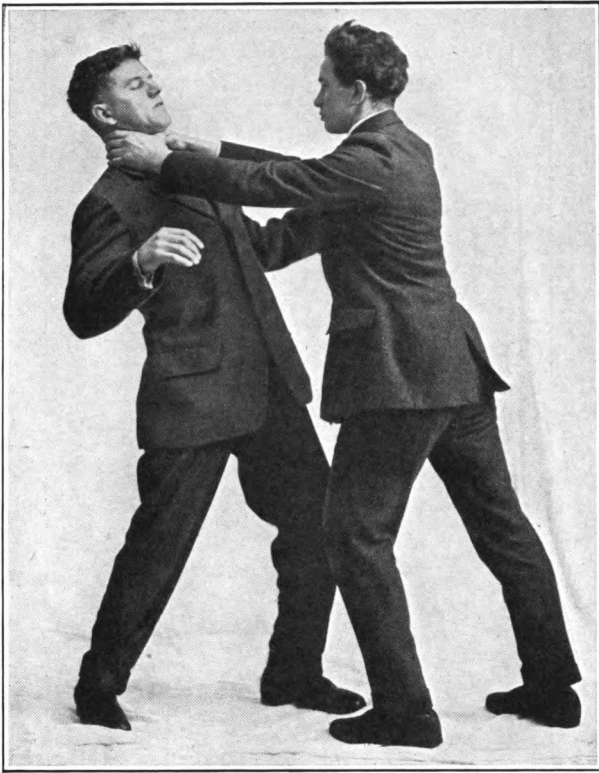


FIG. 45

GRASPING THE THROAT.

Fig. 45 shows assailant grasping the throat with two hands in an effort to choke his opponent. It is astonishing how many instances are recorded of people being choked in this manner. It is such an easy hold to break that it is a wonder anyone uses it. A man in this position has plenty of strength in his fingers to squeeze with and can pull or push hard, but owing to his arms being straight his muscles are at a great disadvantage to press inward, and the break is applied against this weakness.

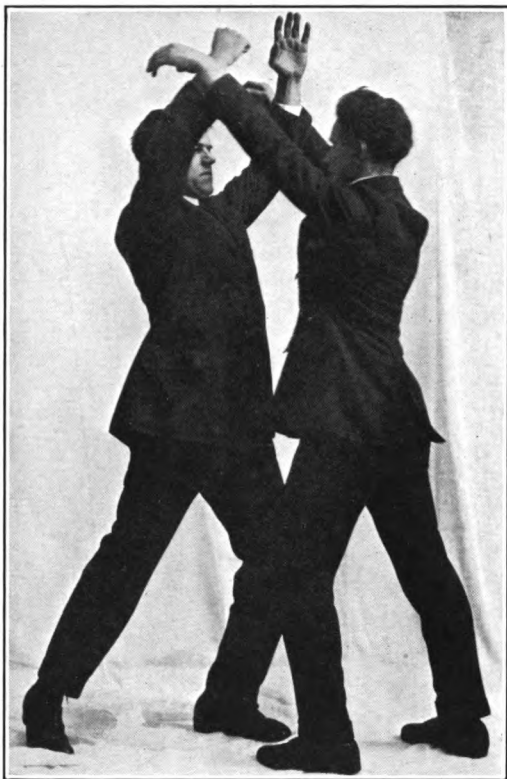


FIG. 46

Fig. 46 shows the simplest way to break this hold. Suddenly thrust both hands up between opponent's arms, near his wrists, pressing upward, not outward; one foot should be drawn slightly back as a brace and the body weight kept forward.

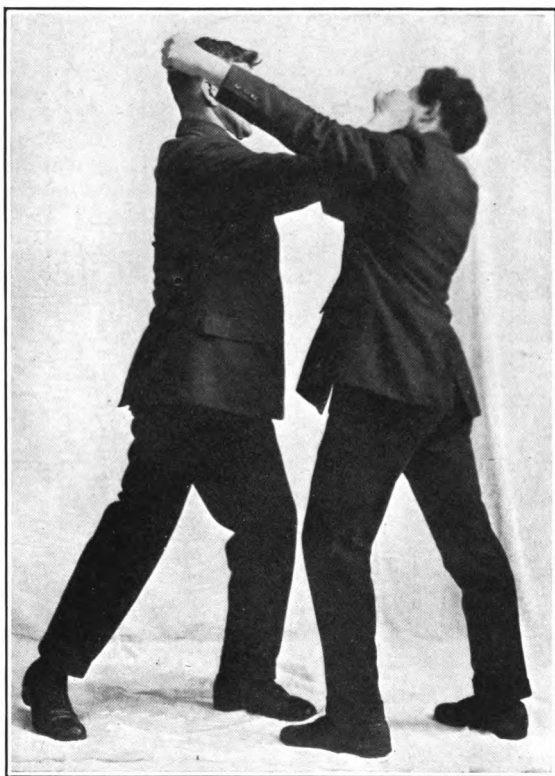


FIG. 47

Immediately smash fist down as hard as possible for his chin (Fig. 47).

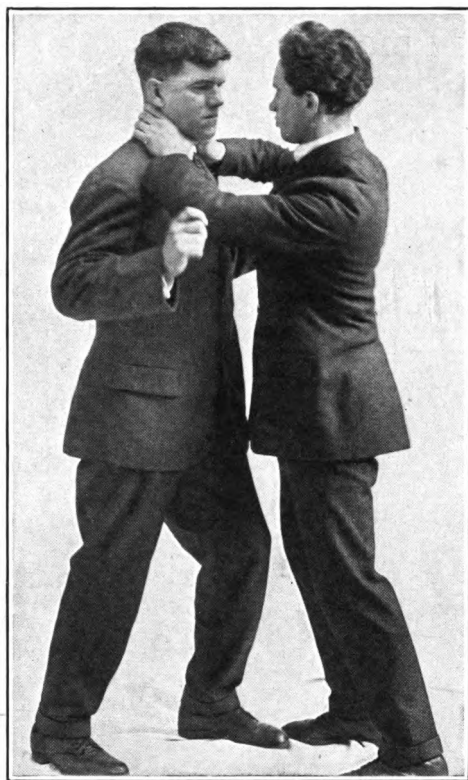


FIG. 48

If assailant grasps the throat with his arms in a bent position, as shown in Fig. 48, the arms up through would be of no use.



FIG. 49

The first thing to do is to straighten his arms. Grasp both his wrists quickly and *hard* and drive your knee up into his fork (Fig. 49), and at the same time separate his arms by

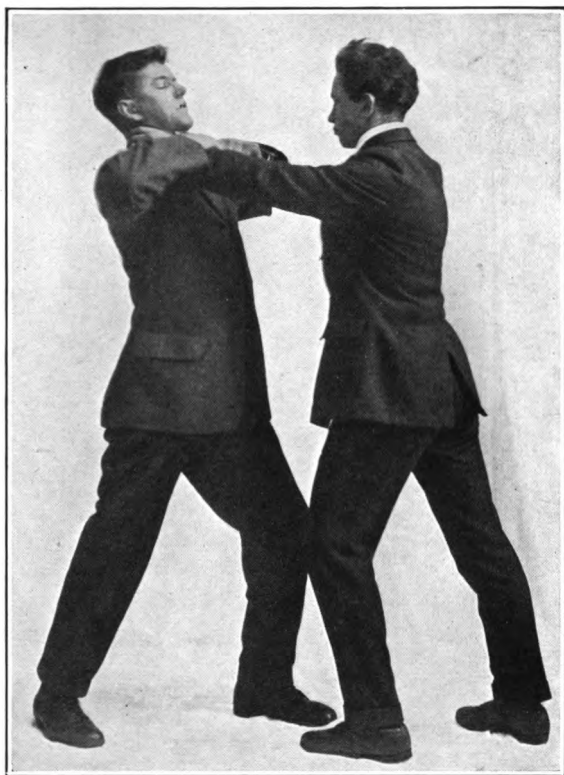


FIG. 50

pulling sharply outward (Fig. 50). Retain the grasp on one of his hands and proceed as illustrated in Figs. 41, 42, 43, and 44, or 52, 55, or 79, 80, 81, 82 and 19.

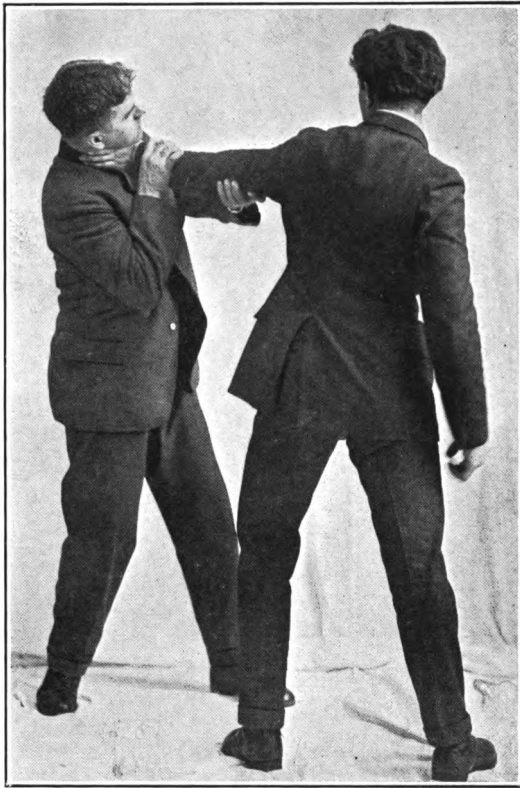


FIG. 51

Fig. 51 shows a break for a single-handed throat-hold. It is somewhat difficult for the novice to learn, but once mastered it is very effective. Figs. 53 and 54 show another and for some an easier way. As assailant grasps throat with left hand (break reversed if he uses right), grasp his wrist with your right hand and his arm just above the elbow with your left hand. Pull his elbow toward you and press quickly with your right hand against his wrist and at the same time jerk your head to the right, pressing the side of the neck against his fingers. The result will be that his wrist will

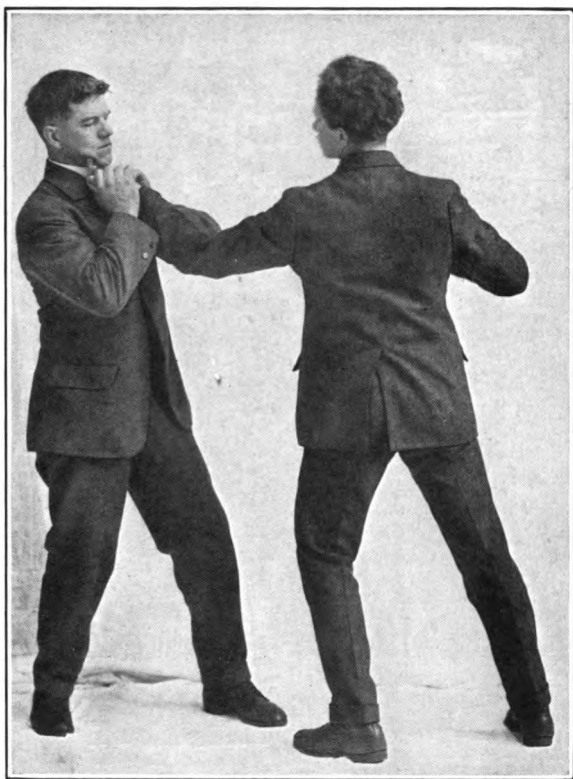


FIG. 52

be forced back into a very painful position and you are out of danger from his other hand. Then proceed as in Fig. 52.

As his hold is loosened, grasp his hand with both hands, your thumbs on the back of his hand, fingers firmly grasping his hand (Fig. 52), and continue as shown in Figs. 55, 79, 80, 81, 82 and 19.

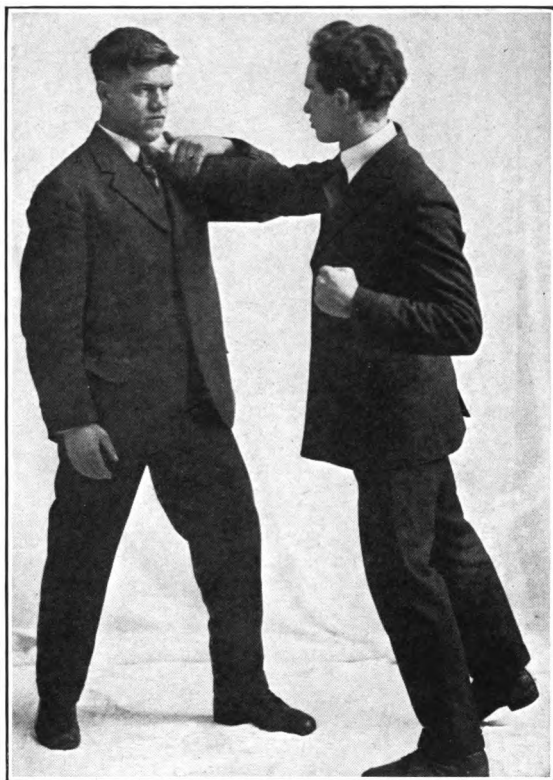


FIG. 53

If break (Fig. 51) is found difficult, Figs. 53 and 54 show the position for another method. Keep a lookout for his attempt to strike with his other hand. Swinging the right hand up hard at his face, as shown in Fig. 41, and following up, as in Figs. 42, 43 and 44, is effective against some, or bringing the right hand up quickly (Fig. 54).

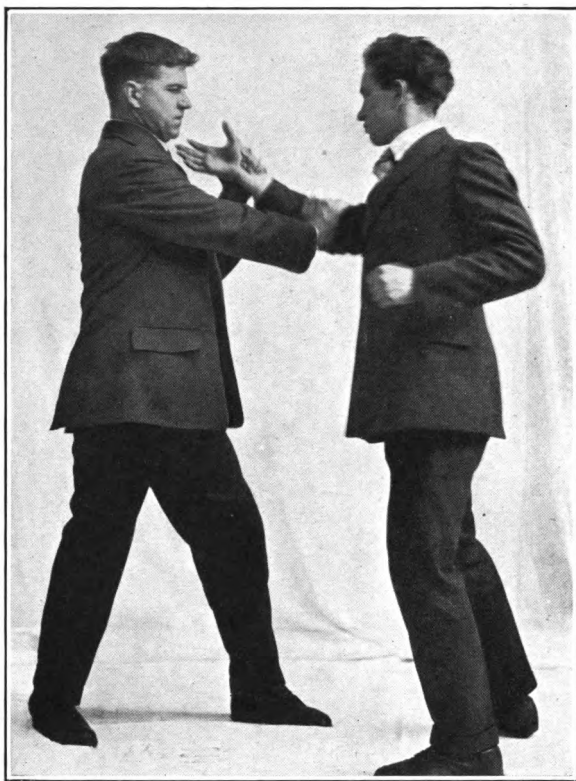


FIG. 54

Strike hard on the elbow-joint (Fig. 54). This will cause him to release his hold. Then proceed as in Figs. 52, 55, 79, 80, 81, 82 and 19.

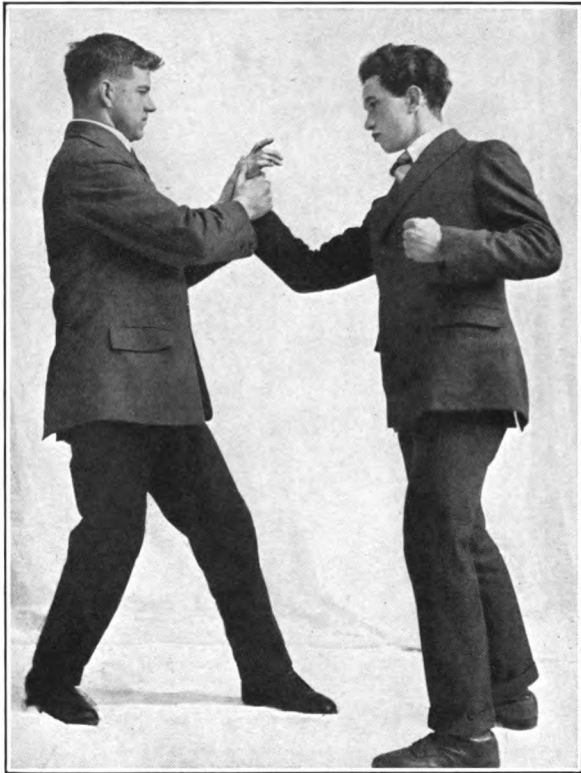


FIG. 55

Turn his wrist sharply, twisting him over and pulling toward you so that he cannot bend his arm close to his body. Fig. 55 shows about the right angle. Continue the movement as shown in Figs. 79, 80, 81, 82 and 19.

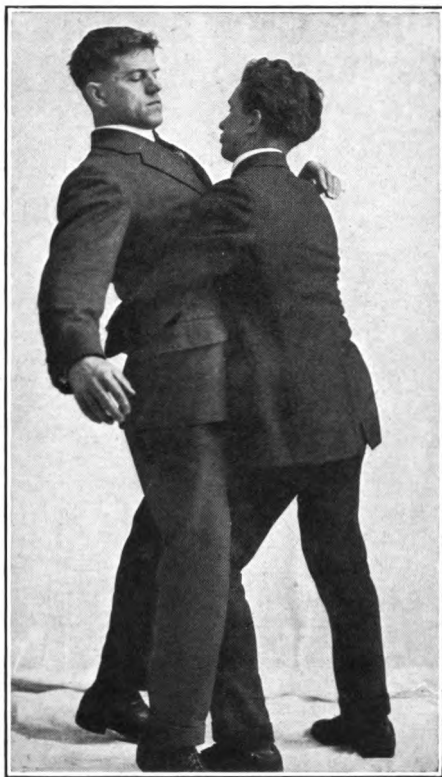


FIG. 56

THE FRONT WAIST-HOLD

Fig. 56 shows assailant with a front waist-hold attempting to lift and throw his victim. It is an easy hold to break, but must be done hard and quickly to avoid further trouble.

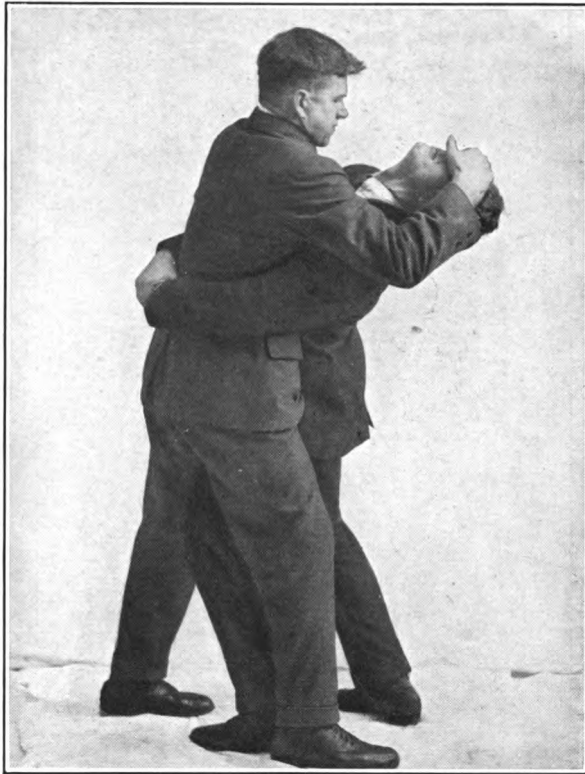


FIG. 57

Place one hand on the lower part of opponent's back and pull in toward you, and at the same time smash your other hand hard across his forehead, eyes and nose and continue pressure, forcing away from you and downward, leaning forward with the top part of your body and pulling in with the hand on his back (Fig. 57).

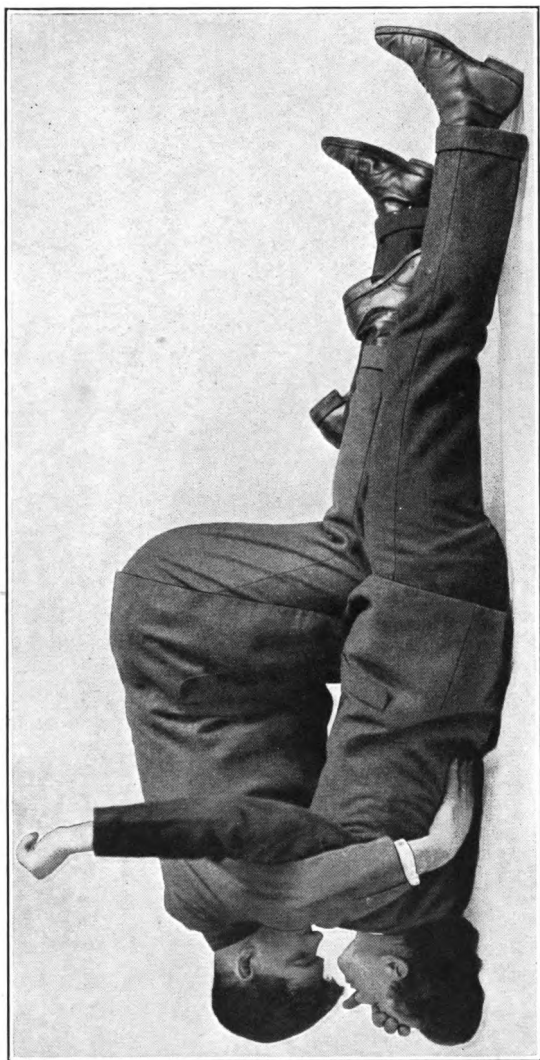


FIG. 58

Then fall forward, smashing his head down and falling with your knee on his fork (Fig. 58).



FIG. 59

THE CHANCERY HOLD

As shown in Fig. 59, assailant had run in and thrown his arm around the neck and pulled his victim down to the position of a chancery hold. There are many ways of breaking this hold. The moment this hold is taken, free the arm nearest your assailant and proceed as in Fig. 60.



FIG. 60

If your assailant has a good head of hair you may take this hold (Fig. 60) and pull him backward and smash him down, as shown in Figs. 62 and 63.

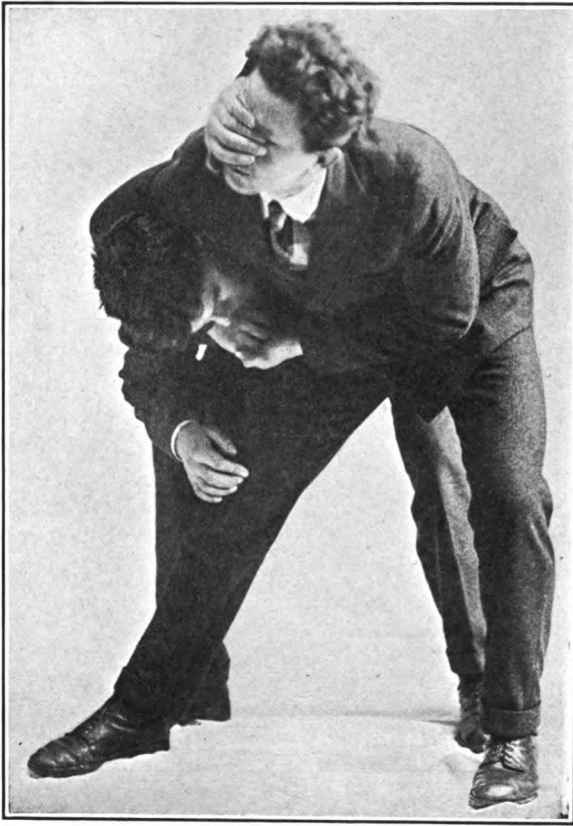


FIG. 61

Or put your hand around and across his nose, with a finger pressing on the farther eye (Fig. 61).



FIG. 62

Bend him backward over your knee (Fig. 62), holding him close in with your other hand.



FIG. 63

Smash him down hard (Fig. 63). This puts you in a position to do anything you like with him.



FIG. 64

THE BACK WAIST-HOLD

If assailant takes back waist-hold and his head is in convenient position, smash your head into his face and close your arms down tight on his arms (Fig. 64).

**FIG. 65**

Take hold of his left elbow with your left hand, see where his feet are, raise your foot and smash it down as hard as possible on his foot (Fig. 65).



FIG. 66

Locking his arm with your left and taking his left hand in your right, swing to the right, putting in your leg trip (Fig. 66), and throw as in Figs. 11, 12, 13 and 14.



FIG. 67

ARM ACROSS THROAT FROM BEHIND.

Fig. 67 shows assailant throwing his arm across the throat from behind. This is sometimes done while working in pairs. One holds the victim while the other helps himself to the valuables. In this case use the foot-stop (Fig. 5) wickedly and hard at the man in front and quickly proceed as in Fig. 68.

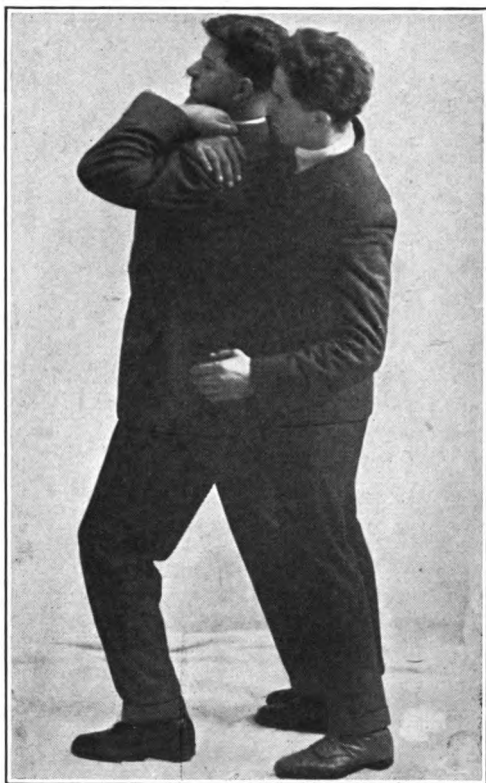


FIG. 68

Draw one foot back to brace with, smashing it down on one of his feet if convenient, as shown in Fig. 65, and put your hand over his; work your fingers in under and grasp his hand firmly, thumb beside the forefinger. Retain this hold throughout, keeping his hand well pulled into the body, and at the same time with your other hand grasp his forearm near the elbow and jerk downward to release some of the pressure from your throat.



FIG. 69

Keep the assailant very close, bend forward (Fig. 69), jerking him off his feet, and throw him over your shoulder (Fig. 70). Finish as shown in Fig. 19.



FIG. 70

Fig. 70 shows assailant falling over the shoulder. The grasp on the hand must be retained as shown. He will fall as illustrated in Fig. 19.

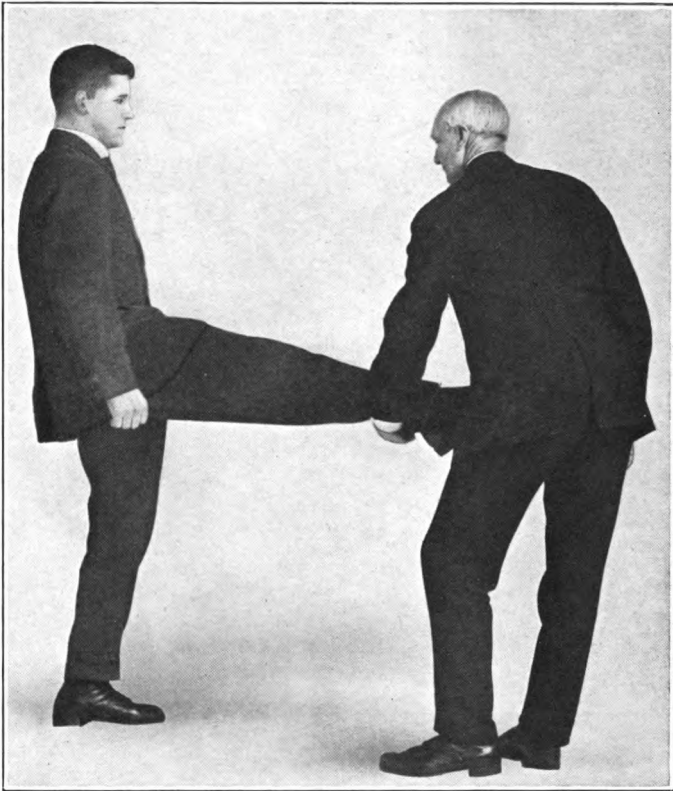


FIG. 71

ASSAILANT KICKING FOR STOMACH

Two ways to deal with this attack are shown: as opponent kicks at you, bend slightly forward, drawing the lower part of the body back, and sweep your arm across your front, knocking his leg aside. Do not try to catch his leg with your hand; use your forearm (Fig. 71).

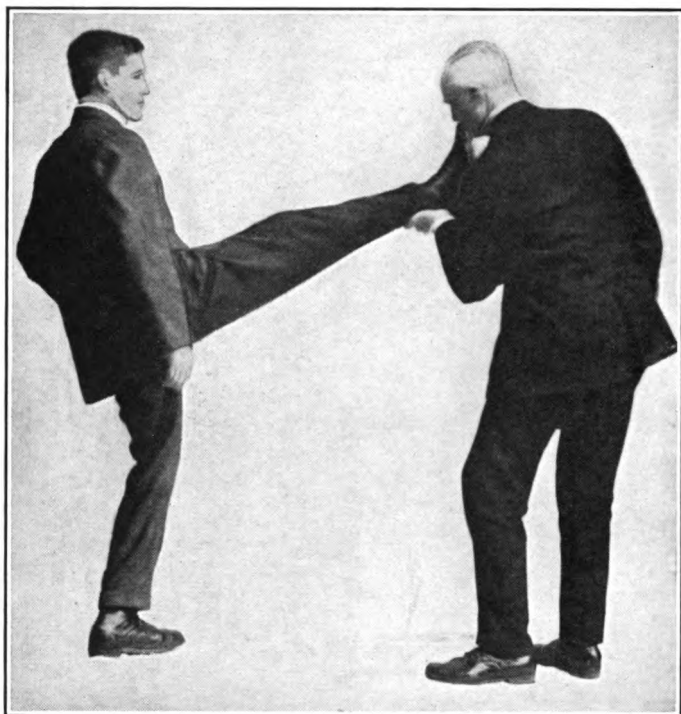


FIG. 72

Continue the movement vigorously upward (Fig. 72), following through. If resistance is met, kick the other leg from under him and proceed as in Fig. 73.

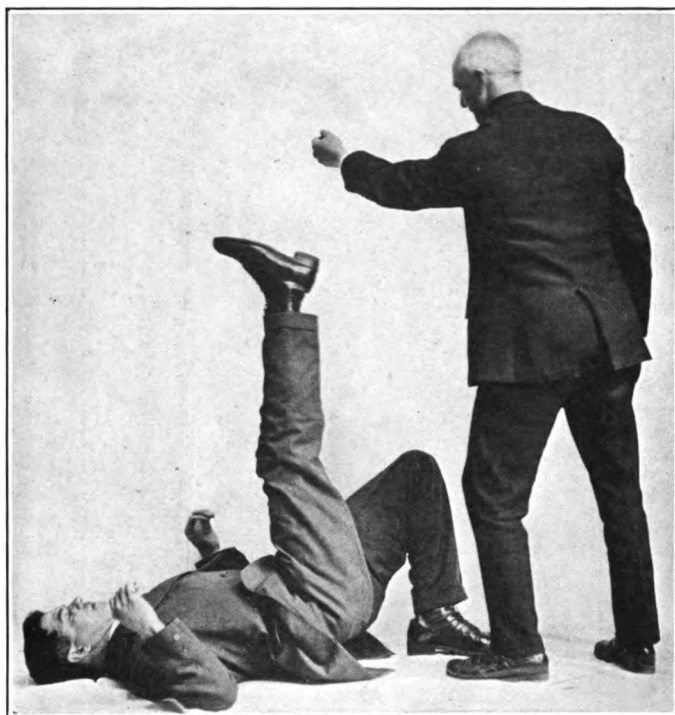


FIG. 73

Fig. 73 shows the fall resulting from the sweeping upward of assailant's leg.

Should you believe it necessary to injure your assailant severely, brush his leg aside as in Fig. 71 and quickly place his foot under your other arm.

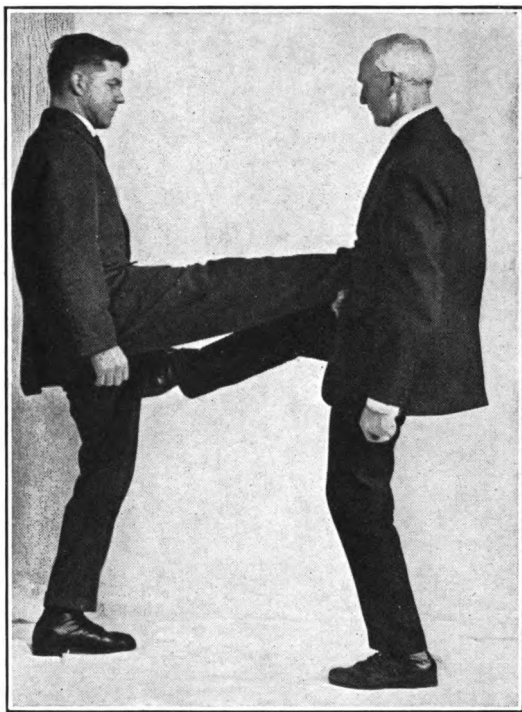


FIG. 74

Keep his foot close up under your arm (Fig. 74) and at the same time raise the knee slightly and drive your foot hard into his crutch or stomach, leaning back against his foot.

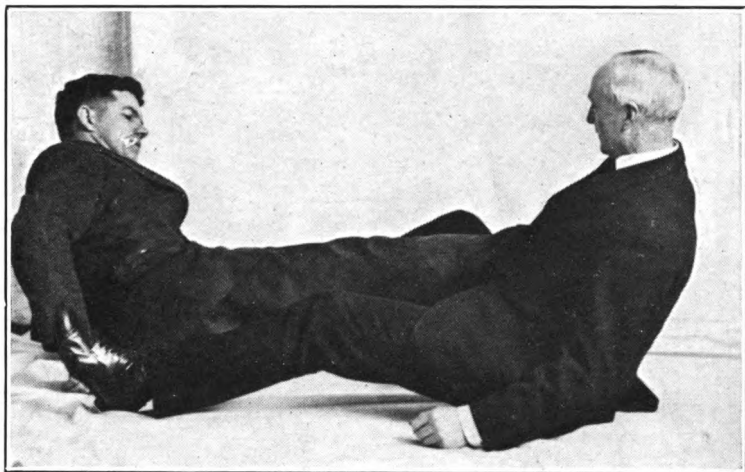


FIG. 75

Sit down quickly (Fig. 75) and drive your foot two or three times at him. The strain on the held foot of his is considerable, and if his foot is kept up close under the arm his ankle will be severely wrenched.

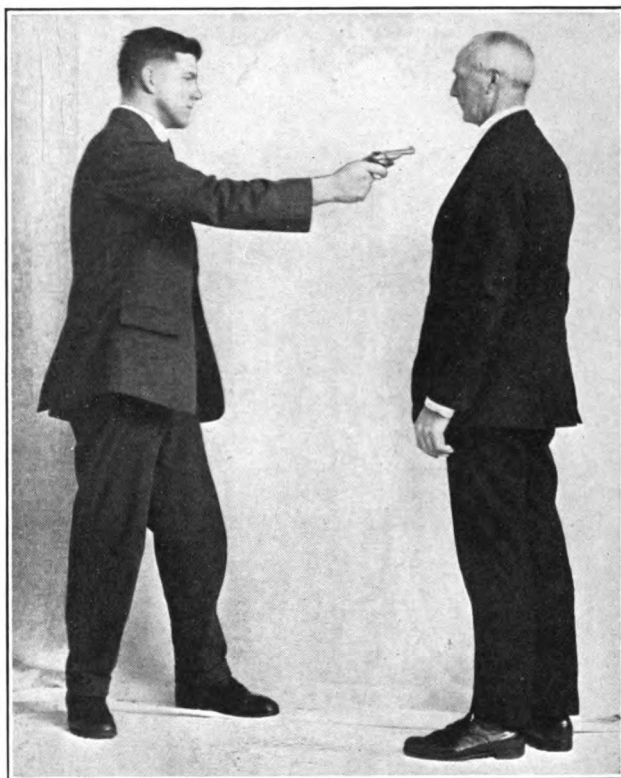


FIG. 76

SINGLE-HANDED HOLD-UP WITH REVOLVER

Perhaps the best advice to give under these circumstances is to let the man have your valuables. However, men have been disarmed, and the method illustrated is the safest. The only way to succeed is to give no warning of your intentions. The hand and lower arm must start the movement. Fig. 76 shows assailant holding his victim at the point of a revolver. It will be seen that the victim's left hand is out of focus. Without any preliminary movement bring the left hand upward (Fig. 77).

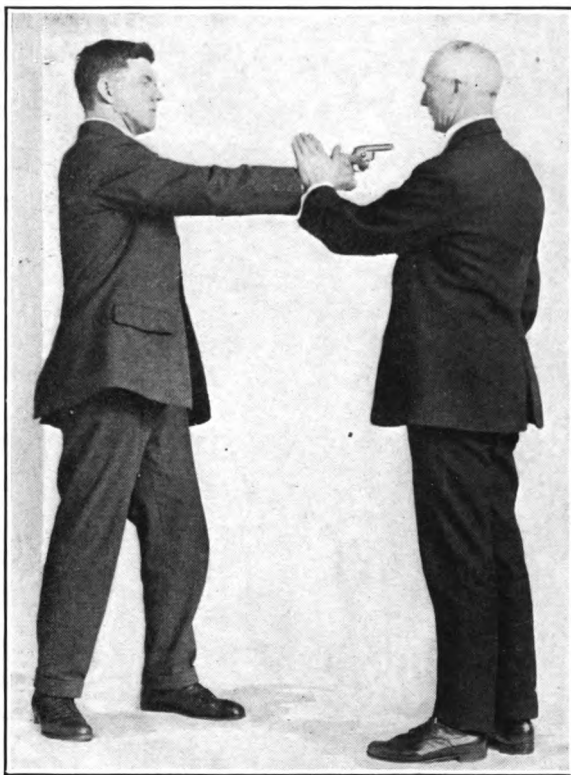


FIG. 77

Strike assailant's forearm off slightly to your right. His revolver now points considerably to your right (Fig. 77).

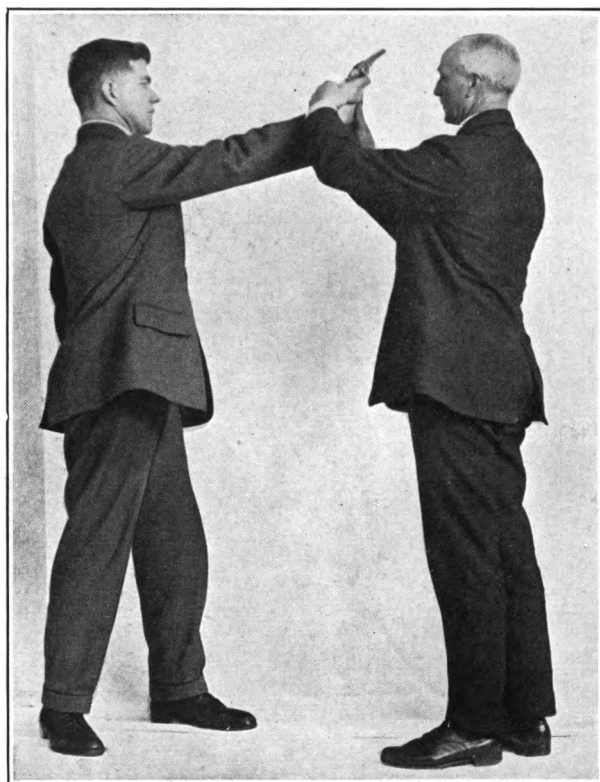


FIG. 78

Quickly grasp his hand with your two hands, gripping tightly, thumbs along the back of his hand, fingers of both of your hands gripping, throw his hand upward (Fig. 78). The moment you have his hand in this position bend his wrist upward and outward.

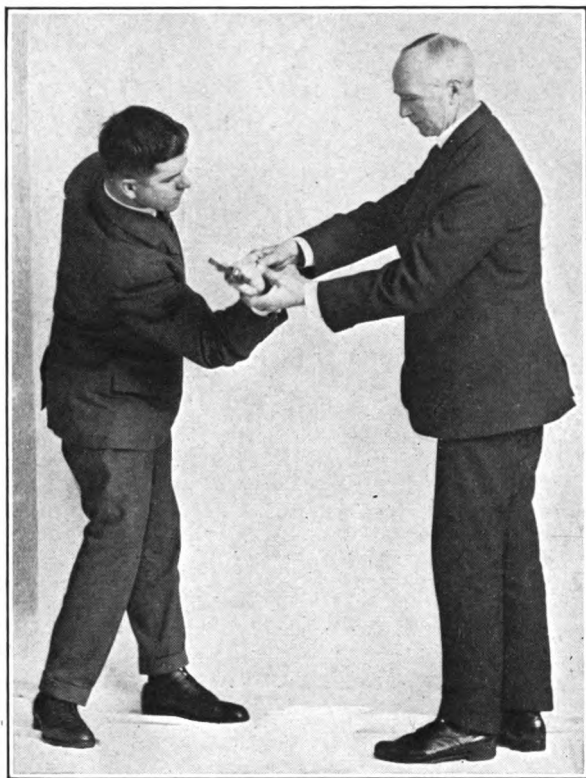
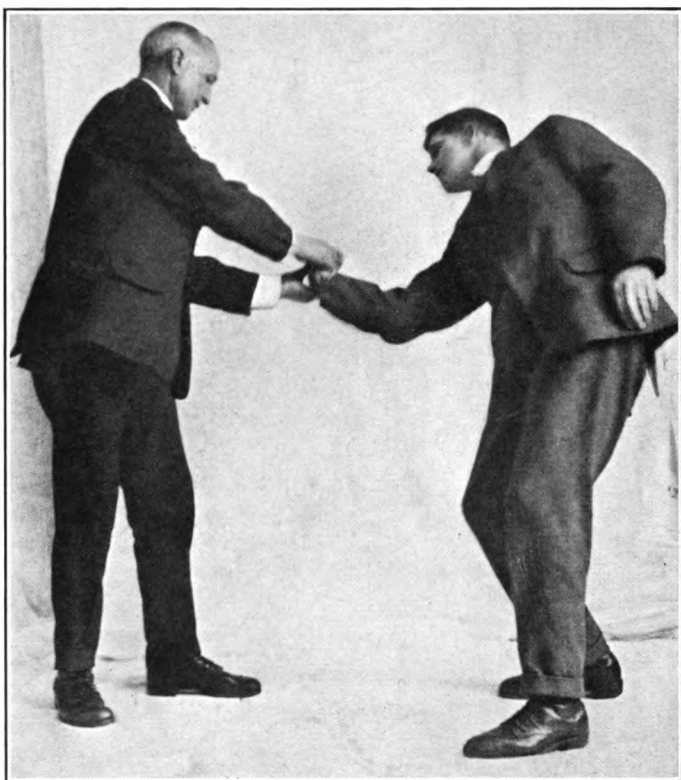


FIG. 79

Continue the movement, pulling toward you at the same time (Fig. 79), to prevent him from bending his arm into his body (Figs. 80, 81, 82 and 83).

**FIG. 80**

Continue the twisting movement (Fig. 80).

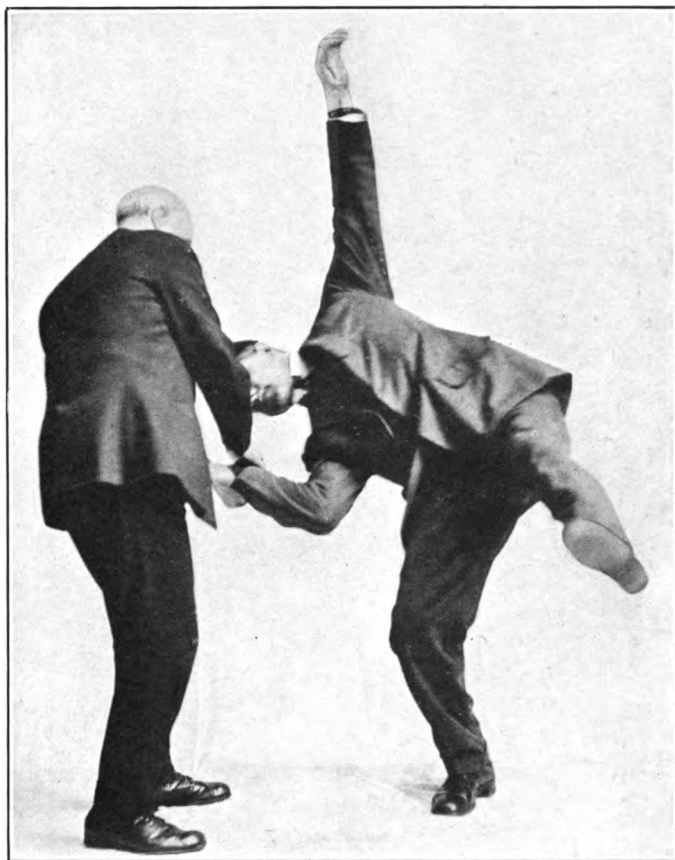


FIG. 81

Until assailant loses his balance (Fig. 81) and falls as shown in Fig. 82.

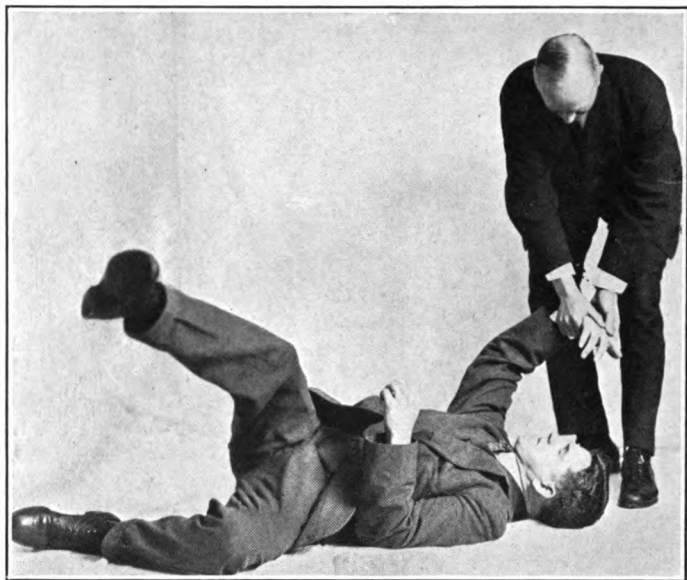


FIG. 82

Smash him to the floor, continuing the wrist-twisting movement, still pulling toward you to prevent him from turning over on his face (Fig. 82). The revolver will by this time have fallen from his hand. You may kick it away or pick it up and empty it or proceed as in Fig. 19.

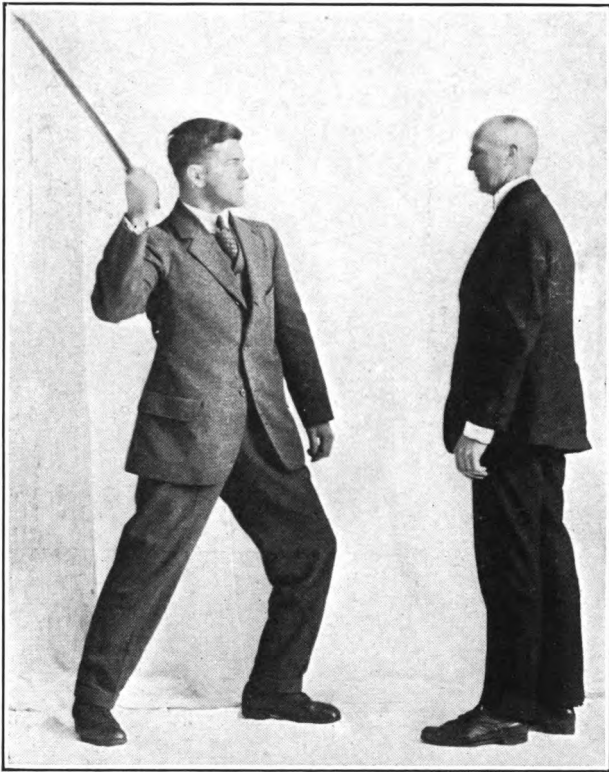


FIG. 83

STRIKING WITH SMALL IRON BAR.

Fig. 83 shows attempt to strike with a small iron bar. As blow is started, throw the left arm *upward*, striking assailant's forearm *up* and to the right. His arm must be hit soon enough to deflect the blow, high enough to go over your head. The pressure on his arm after striking it will have a downward tendency. Make no attempt to catch his arm. Brush it upward and aside as shown in Fig. 84.

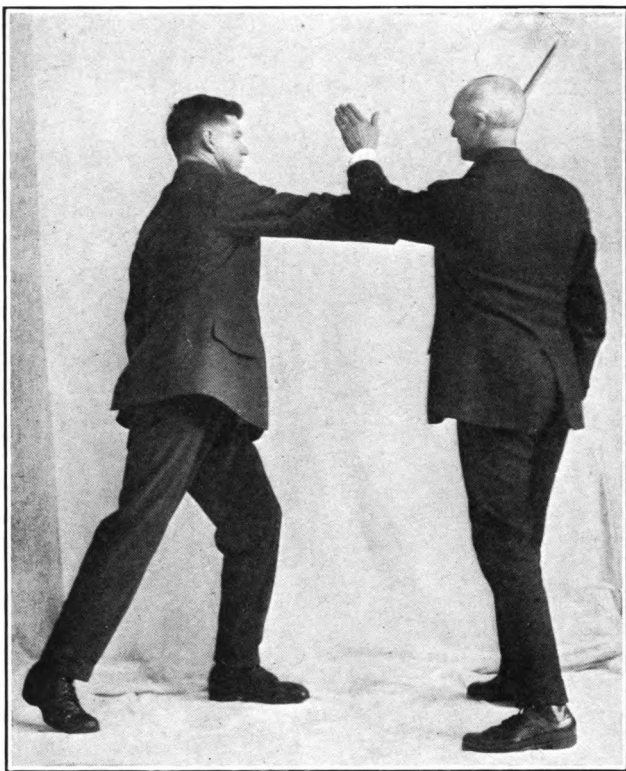


FIG. 84

Fig. 84 shows the position after the arm has been knocked upward and to the right. The force of the blow has carried the arm downward to your right.



FIG. 85

Secure the wrist-hold as illustrated in Fig. 85 and proceed as in Figs. 79, 80, 81, 82 and 19.

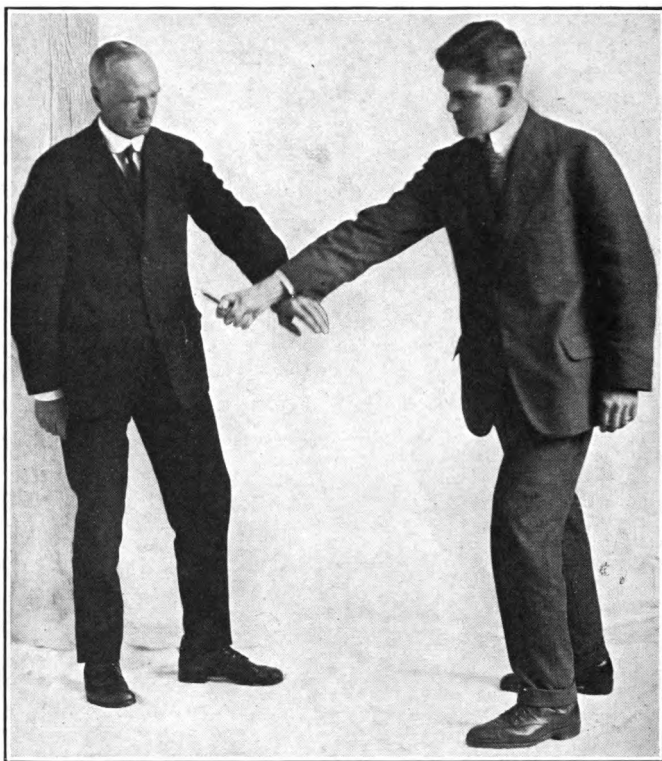


FIG. 86

KNIFE-THRUST AT THE STOMACH.

Fig. 86 shows parry for a knife thrust at the stomach. After a great deal of experimenting this outside parry has been found the safest. When guarded from the front, on the approaching arm, there is considerable danger of a stab in the forearm. As assailant delivers the blow, draw back a little at the hips and at the same time pass your left arm across, striking assailant's arm to your right.

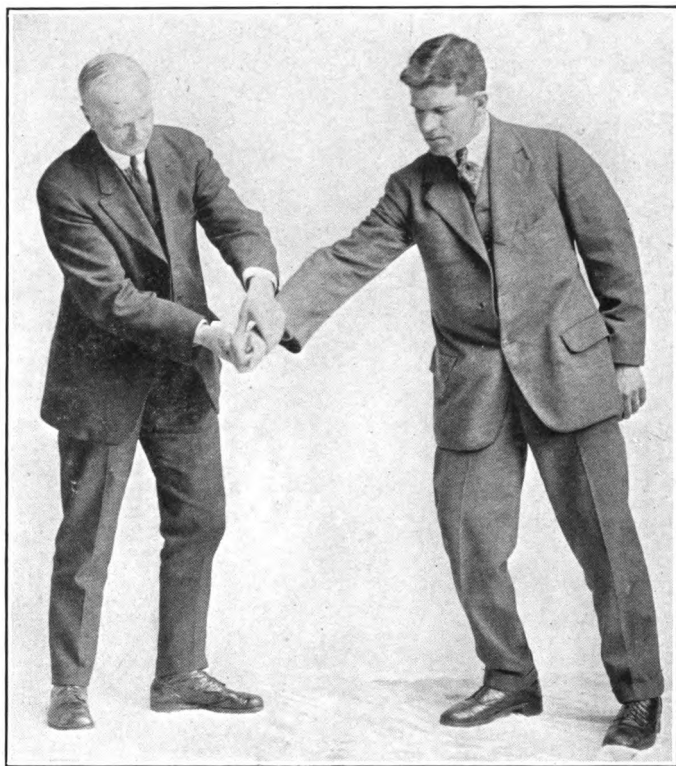


FIG. 87

Take your wrist-hold (Fig. 79) and swing his arm vigorously upward and over to your left, as in Fig. 86, and continue as in Figs. 79, 80, 81, 82 and 19.

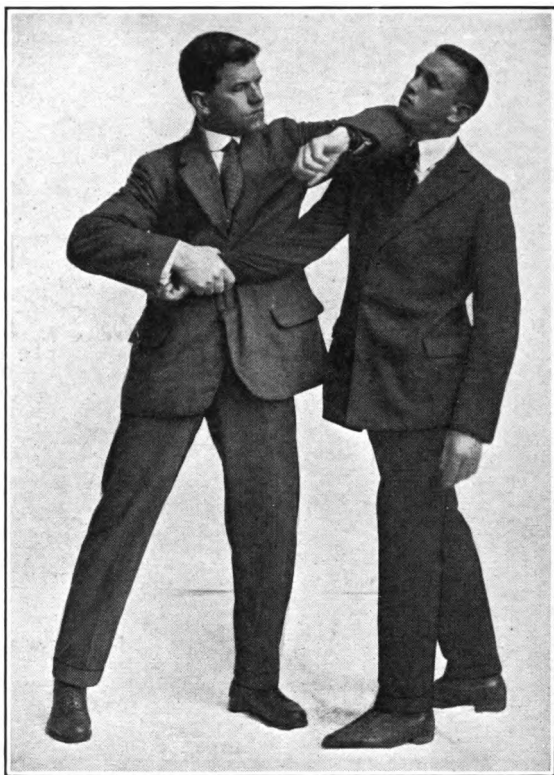


FIG. 88

THE COME-ALONG HOLD.

When applied properly this Jiu Jitsu hold is very useful to take a person along with you. There are two ways of applying it. It is not easy to use and requires considerable practise. It is somewhat difficult to secure. Perhaps the easiest way is as illustrated in Fig. 88. Seize assailant's hand and jerk him forward, and at the same time turn your other side to him. If necessary drive your elbow into his face.

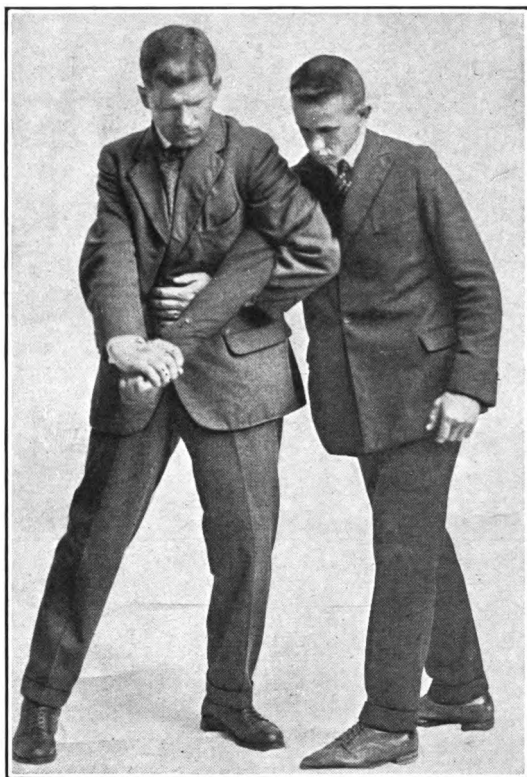


FIG. 89

Place your arm *over* and your forearm *under his* arm above the elbow and apply upward pressure against the back of his upper arm and at the same time jerk down on his hand, retaining the pressure. If applied correctly it is a punishing hold (Fig. 89).



FIG. 90

WHEN ATTACKED BY A DOG.

A good strong stick used horizontally against the front legs is a good defence, but evidence goes to show that a dog rarely attacks a man armed with a stick.

Illustration shows a good method which has been tested and found successful: As the dog runs at you or threatens to bite, give him your hat or some article to bite. If he takes it in his mouth his sight is shut off from anything that may happen below the article he holds in his mouth. Use the toe of the foot hard on windpipe near the lower jaw (Fig. 90).

CONCLUSION.

The foregoing method of self-defence is not an elaborate system of boxing or wrestling nor does it cover all possible forms of attack. It has been condensed to as simple and as few movements as are necessary to defend oneself against

the ordinary every-day methods of the "street fighters," shown by the result of investigation of their methods.

The advantage offered by this course is its simplicity. If the movements are practised with a friend, or, better still, with a number of friends, for thirty minutes a day for a few weeks the result will be that the pupil will be a formidable person to attack. Of course it would be stupid to suppose that a light, delicate man could with this method defeat, under all circumstances, an aggressive and powerful heavy-weight. If a pupil is muscularly weak he should at once begin to take a carefully graded course of developing exercises to increase the strength of his fingers, arms, back and abdominal muscles. The practice of boxing will help a great deal, developing as it does the quickness of eye, judge of distance, endurance and confidence, so helpful in fights of every kind.

One must remember that when an opponent is unarmed he has his feet and his hands as weapons of attack. Boxing is a splendid means of defence when fighting under rules, but the ordinary thug obeys no rules but his own. Try to avoid trouble, but if he insists on it, treat him as you would a dangerous snake. Give him no chance and show no mercy until he is made harmless for the time being. From the information gathered all evidence points to the conclusion that the ordinary street fighter or thug shows no mercy to his victim and recognizes no rules or authority but that of "might is right." He has two hands and two feet. He must not be allowed to get the advantage of position. If no intention is shown, use your stop, hard; give him no chance to recover. If he strikes with either hand, guard on the outside as illustrated in Figs. 20 and 26.

This guard puts both of his hands out of the way for a fraction of time. Always have your feet ready to use; don't forget you have elbows. If assailant kicks at you, try your sweeping guard hard and fast. Practice your guards assiduously. Some of the methods look as if they are too complicated and take a long time to operate. After a little practice they will appear to be the simplest of movements and two seconds is enough time to operate any of them and less than

that for some. The most important thing to remember is the psychology of the situation. The assailant is intent on what he is going to do. The victim shows no intention of doing anything. The victim is prepared and waiting, all tuned up, yet apparently harmless. He has a distinct advantage under these conditions. On the other hand, when he is attacked without warning of any kind he must recover and get into position as soon as possible. The foot stop is very useful under these circumstances. Use it wickedly and follow up. Practice the wrist-breaking hold so that you can put it on from all positions. If assailant stoops to pick up a weapon, never let him get up again; a well-placed kick or a few quick hammer blows will quiet him.

A police whistle is a handy thing to have. Carry it in a place easy of access and don't be backward in blowing it. No thug likes the police whistle. Once more, the best advice I can give is to go out of your way to avoid trouble whenever possible. Learn to defend yourself so that you may be ready should the occasion arise. Try to avoid opportunities for the occasion.

Last but not least, remember that the defence moves are given for certain positions and for certain circumstances. The following will illustrate my meaning: A pupil who had taken some lessons in this course asked a friend to lead a blow at him, and the friend did so. The "pupil" put a wrist-hold on and down went his friend. The latter got up and challenged a repetition of the throw. The whole situation was now changed, for the "friend's" attention was not on his blow but on the "pupil's" defence move; and he aimed several blows which the "pupil" was unable to catch. While this was going on the "pupil's" brother happened to come in and the "friend" began laughing at him and said, "Here, you try your famous Jiu Jitsu tricks," and advanced toward him. The brother immediately used the *throat-clip* and down went the "friend," who got up, highly indignant, saying, "That's not fair; that's not what your brother did."

"I didn't know what my brother did," said pupil No. 2, "but I know I did what I have been taught to do. I did not

want to hurt you and I did not know what you were going to do."

In conclusion, I must advise against playing with the "holds." They are not meant to play with. If resistance is met with you are almost certain to injure your friend if you apply these methods properly, and if you do not apply them properly they will not be effective.

I have always cautioned my pupils against playing with the holds; but in spite of this, one pupil put his brother in the hospital with two broken ribs and a sprained wrist, and another fractured the skull of a friend, choosing a concrete side-walk for the purpose.

At first practice slowly on a mat or thick carpet, gradually increasing the pace until the movements run into each other smoothly and naturally with no pause between.

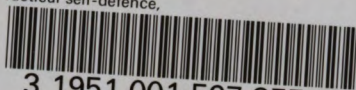
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