

SELF-DEFENCE

*A Treatise upon the Art of Defence against attack,
Specially Designed for Police Instruction.*

BY

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ENTERED AT STATIONERS' HALL.

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INTRODUCTION.

IN introducing this work to my comrades, I wish most particularly to impress upon them that it is intended, not as a means of attack, but as a method of defence, which cannot but prove valuable should they have it at their finger ends, ready for any emergency.

Owing to the great number of violent assaults on the Police, that one reads of in the Press from time to time, I felt it my duty as a member of the Police Force to write this Book of Instructions, as many serious injuries might have been avoided had the Officers only known a few scientific ways of dealing with their assailants. Whatever may be thought of my performance I trust that the intention will be generally appreciated by the British Constabulary.

Great judgment and a cool head are required in putting into execution the various methods shewn in the following pages, as in many of the locks and holds serious injury may readily be caused to the limbs to which they are applied, if unnecessary force be used.

I can imagine sceptics saying, on reading these instructions, that it is all very well if you can get the holds mentioned. Their scepticism is not justified, they should remember that "practice makes perfect."

It may also be said that to encounter a man who uses a knife is terrible odds. Admittedly so, but how much more terrible would it be to the person attacked who does not know a single hold? I would also call attention to the fact that a stab must be given at close quarters, and that in delivering it the arm has first to

be shortened. This may be proved by taking a knife in your hand, holding it at arm's length point downwards, and getting someone to stand in front of you at arm's length. You will find that before you can stab you will have to bend your arm, thereby shortening it. Now turn the back of the hand inwards, which will bring the point upwards, as would be done in making an abdominal stab, and you will find that the arm is again considerably shortened. I am not losing sight of the fact that a man attacked in this manner would endeavour to draw his truncheon, but he might be attacked so suddenly as not to have time to do so; or again, if off duty he would be on his own resources. Moreover, in a great number of these holds, your assailant cannot touch you with the hand that is free; and the important fact in connection with this kind of attack is that when a man, with a knife in his hand, attempts to strike, his wrist is greatly exposed, and in this lies the defender's chance; because, when once an assailant's wrist has been seized, he can be easily defeated by one or other of the methods, as shewn and described in the following pages.

Learn all the holds, locks, and throws perfectly, so that you can instantly put them into execution when required.

SELF-DEFENCE.

DEFENCE AGAINST THE KNIFE.

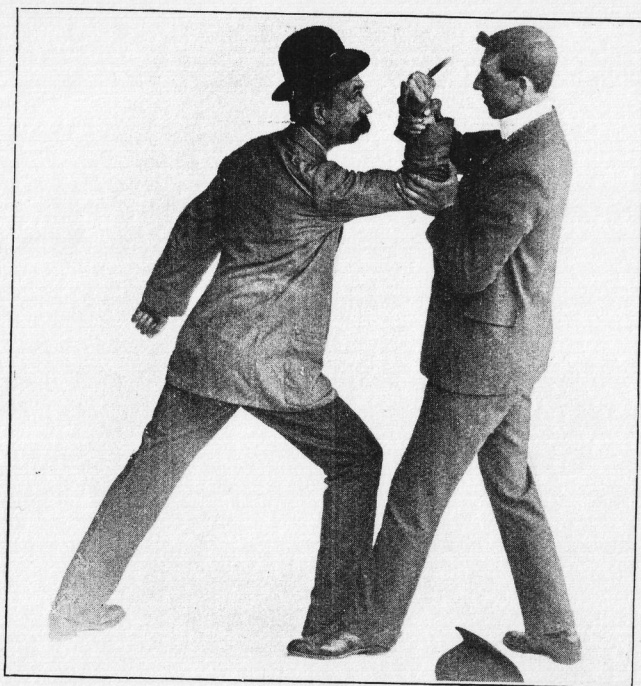
The following are a few of the many holds which can be used to guard against a knife, and I would earnestly impress upon all not to resort to extreme measures, as in usual cases the would-be stabber, on finding himself in one of the following holds, would instantly drop the knife.

Tripping should be well practised. For example, suppose you make a quick movement as if to strike your assailant on the face, his hands would involuntarily go up, instantly trip him, and, as he falls, apply one of the arm locks mentioned in Jujitsu (or Japanese wrestling). See pages 29 to 34.

N.B.—In the following I have only given guards to defend against a stab with the right hand, if the left be used the guard should be reversed.

FIRST METHOD.

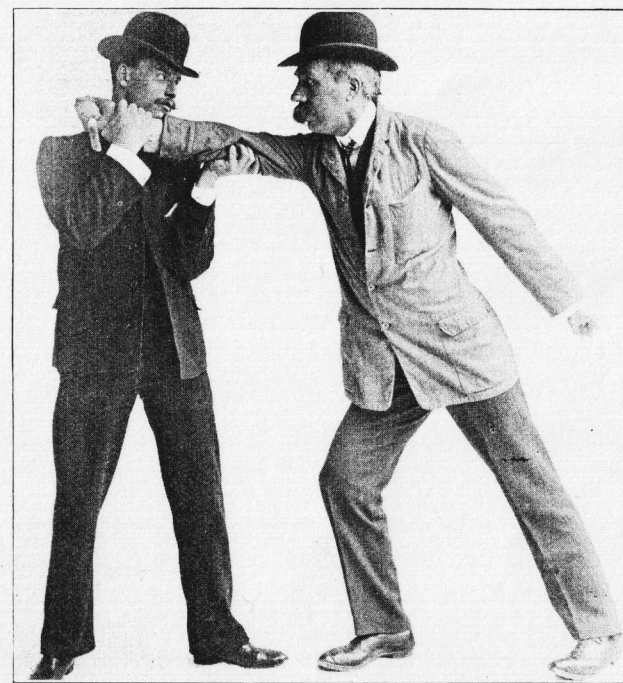
As your assailant's arm is being brought down, seize the wrist with your right hand, and the elbow with your left, then push his wrist towards your left, and the elbow towards your right, at the same time giving his right foot



the Cumberland outside stroke (see page 42) with your left foot. One of two things will probably happen: either his arm will be dislocated or, with a hard fall, he will be almost stunned.

SECOND METHOD.

As the arm is brought down, seize the wrist with your right hand, turning his palm upward, then place your left hand right under the elbow—thumb inward, press up with the left hand, pull down with right, and apply the outside



stroke to his right foot. The result will be the same as before.

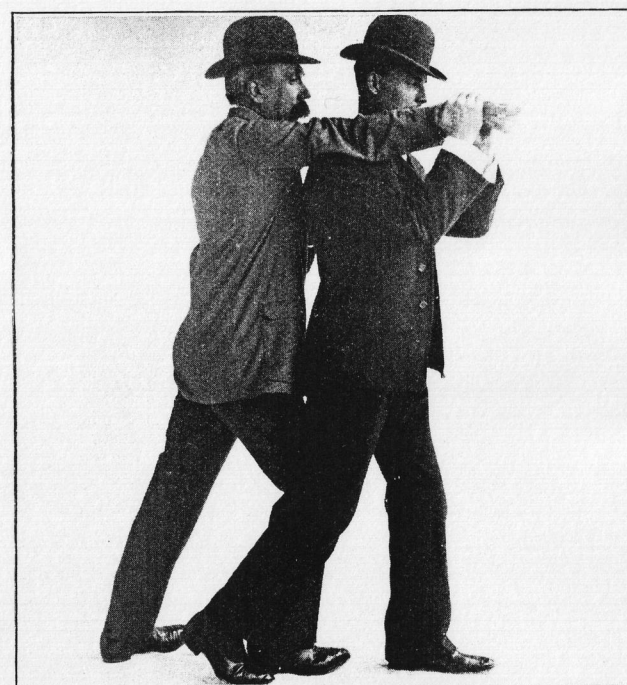
THIRD METHOD.

Immediately the knife is raised spring at your assailant, seize his wrist with your left hand, push his elbow up with your right hand, and apply the outside stroke. The result will be much the same as before.



FOURTH METHOD.

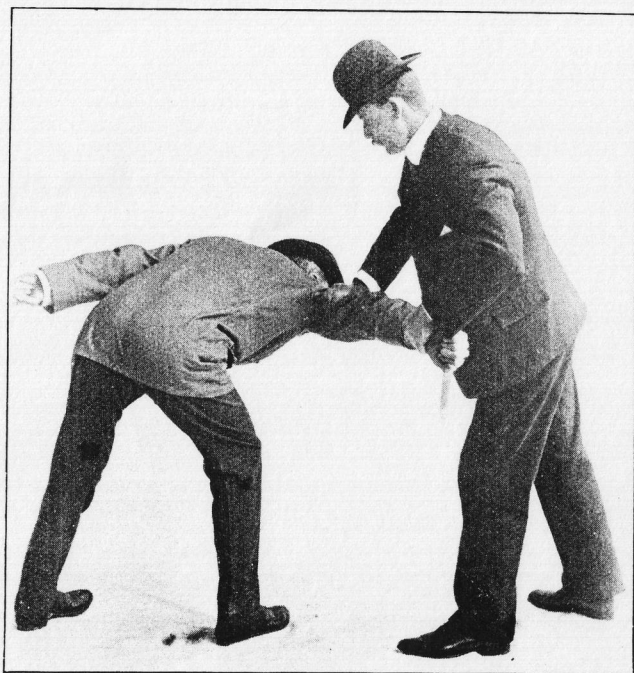
As the arm is being brought down, seize the wrist with your left from the inside, fingers outward, and instantly turn left about; your back will now be towards him, then with your right hand seize his wrist, keep his



palm upward, and throw your right leg back, keeping it outside his. You will now have his elbow right on top of your shoulder, and, if he should continue to resist, a smart jerk would instantly snap his arm.

FIFTH METHOD.

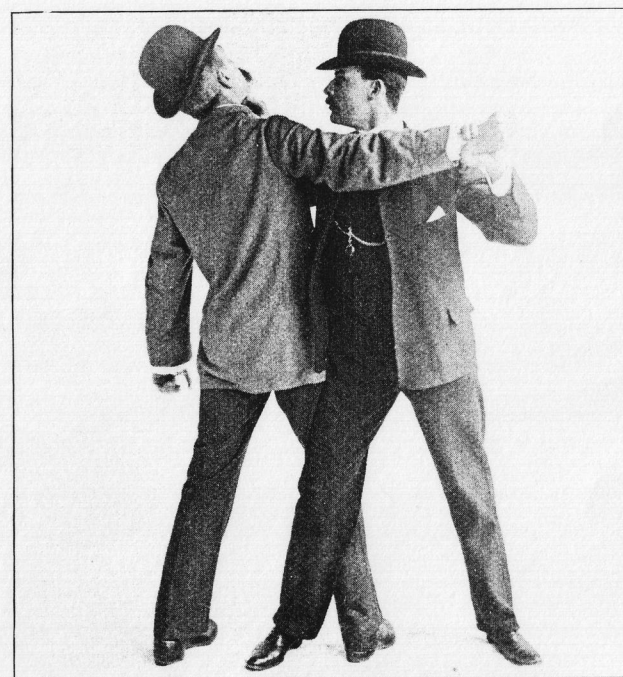
As the arm is being brought up to stab you in the stomach, seize the wrist with your left hand, and the elbow with your right, palm downwards, twist your left



hand inward, and press down with the right. The result will be that his arm may be dislocated.

SIXTH METHOD.

As the arm is being brought up, seize the wrist with your left hand, his throat with your right hand, bring his right hand out at right angles to his body, twist his wrist



backwards, place your right leg behind both his legs, push with your right hand, and pull your right leg backwards. The result will be that he will fall heavily on his head.

SEVENTH METHOD.

As the arm is being brought up, seize the wrist with your left hand, then take hold of his coat, as shewn, with your right hand, now force his arm upwards (palm down-



wards), and by pressing his triceps against your right forearm, his arm may now be dislocated.

EIGHTH METHOD.

As the arm is being brought up, seize his wrist with your left hand and his throat with your right hand, now raise his right arm at right angles to his body, as the arm



is being raised slightly, relax your grasp, and by drawing your hand downwards you will turn his palm upwards, then slip your head under his arm so that his elbow rests on your neck, by pulling the wrist downwards and pushing his throat, his arm may be dislocated.

NINTH METHOD.

As the arm is being brought down, step slightly to your right, seize the wrist with your left hand, palm outward, thumb downwards, instantly turn left about, pass your right hand over and then under his arm, seize your



left forearm with your right hand, keep the palm of your antagonist upward, and then press downwards with the left hand, keeping your right forearm behind his elbow. Thus held, the arm could then be easily dislocated.

TENTH METHOD.

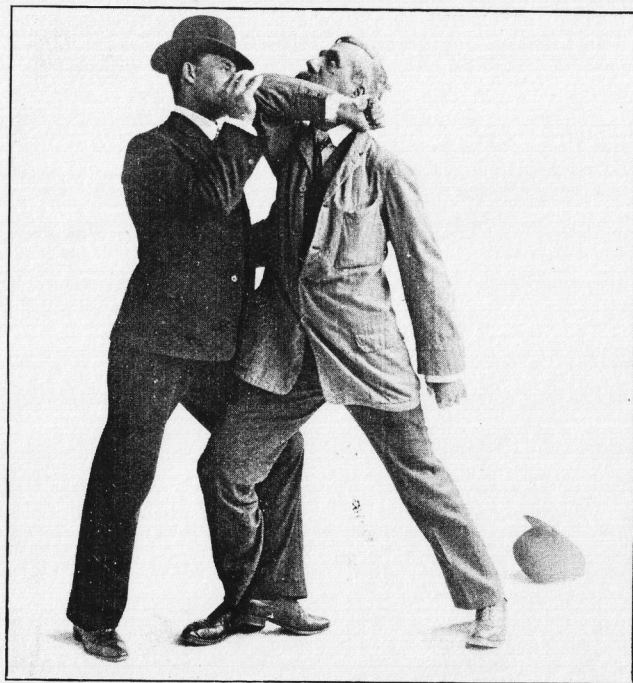
As the arm hangs by the side, seize the wrist with your left hand, and with the right hand grasp the right lap of his coat, instantly turn left about, pull forward with both hands, get your right buttock under the ab-



domen, and then with a quick rolling movement you can throw him a complete somersault and fall heavily upon him.

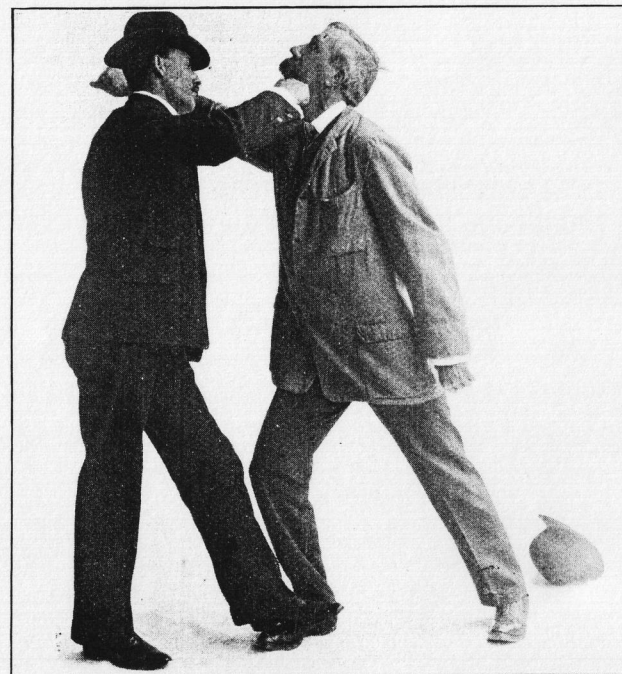
ELEVENTH METHOD.

If his arm is brought up to his left side across his body, push his elbow round towards his left, and apply the back heel, or inside click. (See pages 38 and 39.) Result—he will fall heavily on his head.

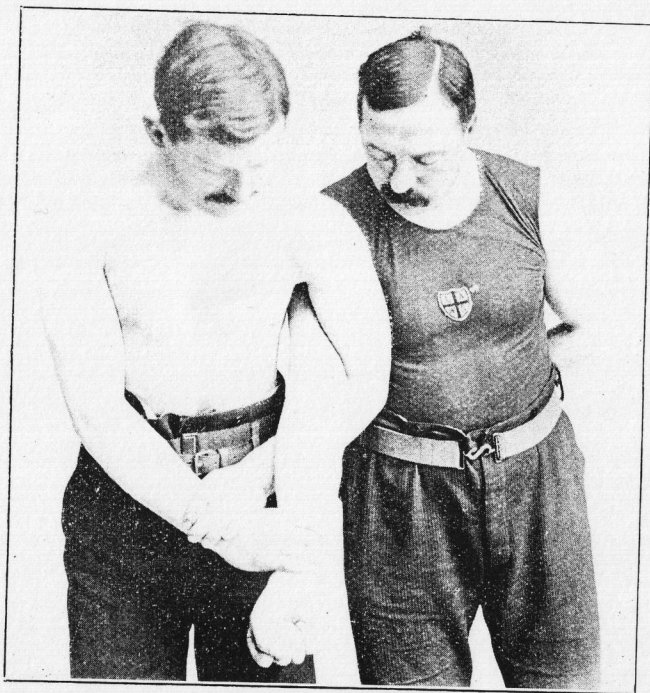


TWELFTH METHOD.

If in any of the foregoing methods, you should fail to obtain the hold you tried for, pull your opponent's arm full length outward, stamp heavily upon his instep, and hit him on the jaw with the free hand.



This illustration shews the manner in which Hold No. 9 (see page 14), should be executed. This hold performed by two men has a very powerful effect.



HOW TO GET YOUR HEAD OUT OF CHANCERY.

FIRST METHOD.

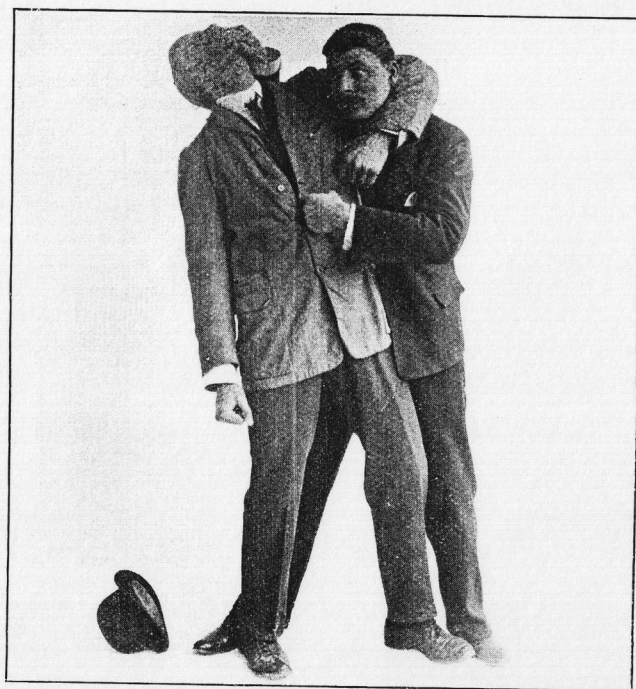
If you are unfortunate enough to be placed in this predicament, don't despair, for, as your opponent holds you round the neck with his left and punches you with his



right quickly slip your right hand under his left thigh, then lock your hands, give a strong push up, and you can throw him heavily on his back. If seized by his right hand, reverse your holds. If your opponent is heavier than yourself do not attempt to lift him, but try the second method.

SECOND METHOD.

Immediately you are seized, say by his left hand, place your right over his mouth with your little finger just under his nose, throw out your right leg behind his, now push his nose up with your right hand, forcing



his head back, and with your left punch his abdominal region.

TO RELEASE FROM A WAIST GRIP.

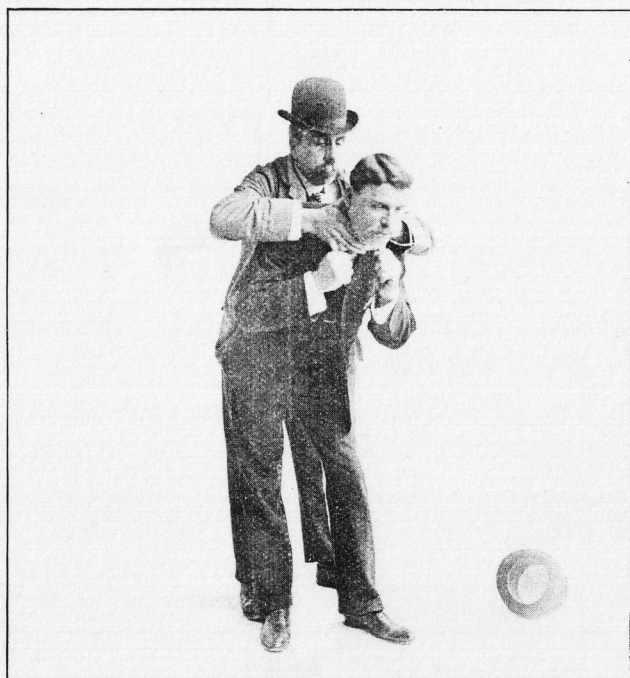
Immediately you are seized, throw your right leg round your assailant's right, thereby clicking it, then with the second joints of your second and third fingers, strike hard a few times on the back of his hands.



This should cause the hold to be released. but, if it fails, seize a thumb or finger and with a smart pull break the grip. Hold on to the finger or thumb, bring your leg well forward, and he will fall on his back with you uppermost.

TO RELEASE FROM A THROTTLE HOLD.

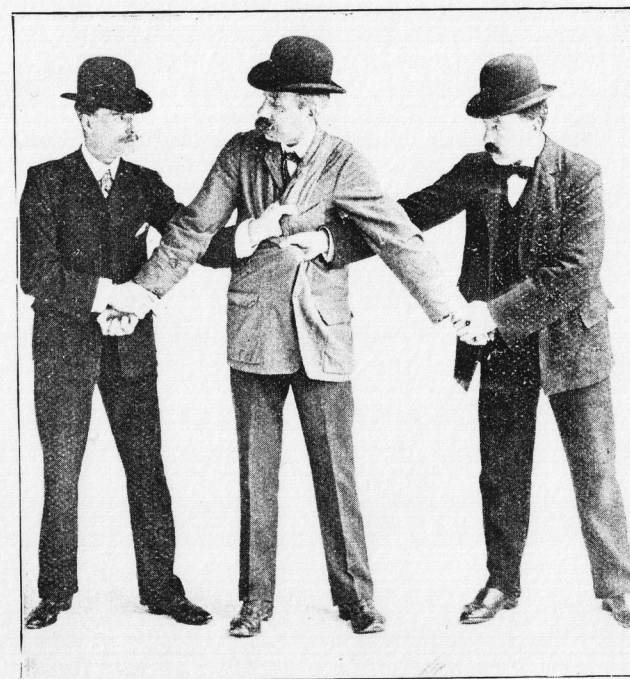
Immediately you are seized, bend well forward, this will prevent your assailant placing his knee against your back, seize his little fingers, and with a smart wrench



you can release yourself; his fingers could be broken at the same time.

COAT HOLD.

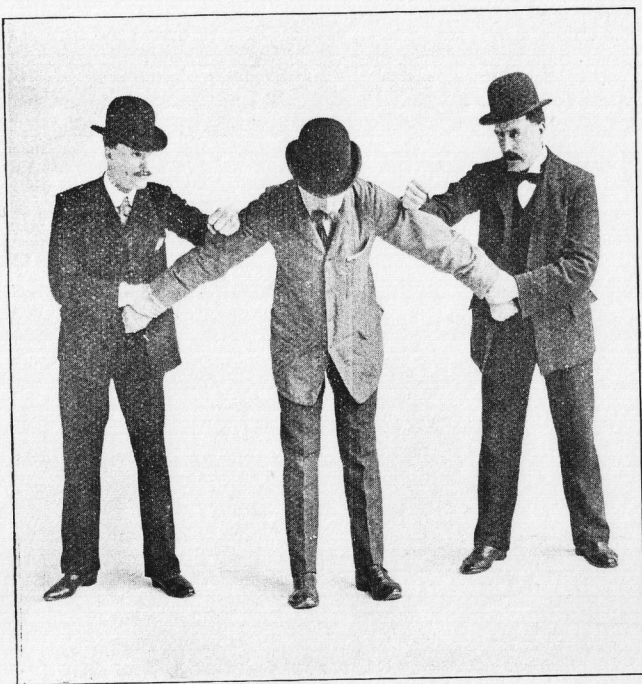
Seize your opponent's right wrist with your right hand, keep his palm forward, pass your left hand behind, and seize the left side of his coat—about the top button-hole—



palm outward, stiffen your left, then press his right arm down, his triceps against your arm, you can then down him instant. You may reverse your holds. This, performed by two men, is a very powerful hold.

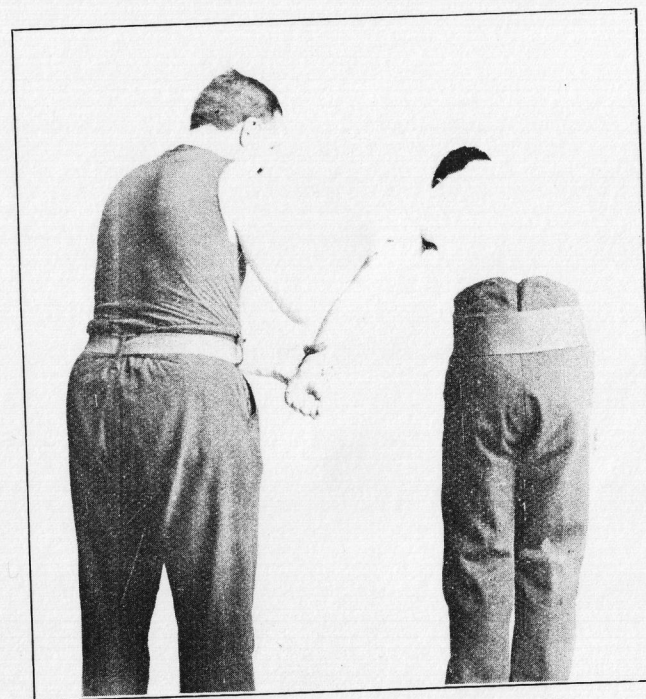
ARM HOLD.

Seize your assailant's right wrist with your right hand, palm inwards, then turn his elbow towards you, at the same time placing your left fore-arm, the little finger side, on the head of his triceps, pull up with the right,



press down with the left, and down goes your man. The same procedure is applied to the hold on the left arm, your hands being reversed. This hold, performed by two men, will instantly down the strongest man.

This illustration shews the correct place to apply pressure as mentioned in Arm Hold. See page 24.



AN ARM HOLD.

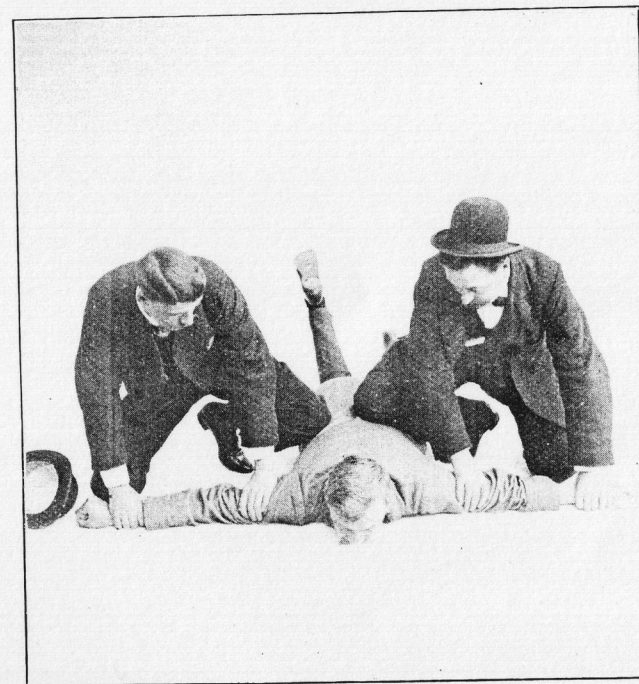
The one on the right takes the assailant's right wrist in his right hand, palm upwards, then places his left under the elbow. The one on the left takes the left arm in a similar manner, and places his right hand under the elbow,



the man's arms are then raised up at right angles to his body, and by pushing up his elbows and pulling down his wrists both arms could be broken. When you have both his arms up, he being forced on his toes, you are in a position to lay him on the ground, face downwards, by both men tripping him from the front and pushing forwards.

TO HOLD A MAN DOWN.

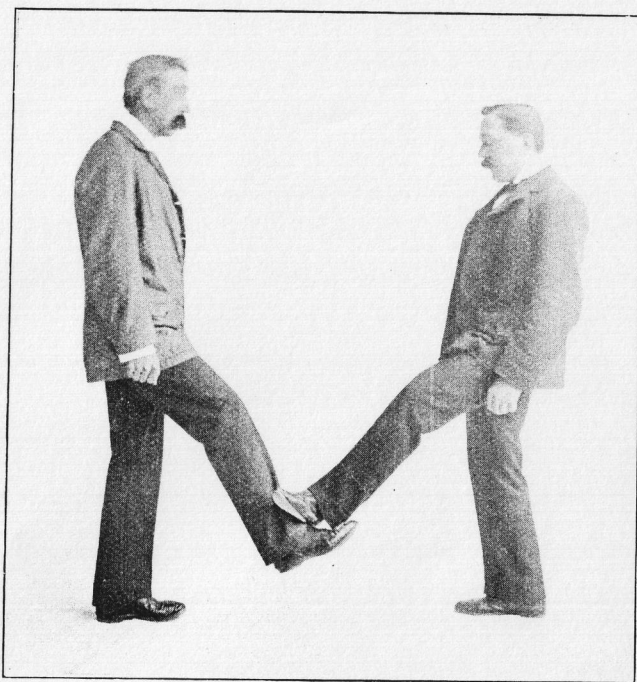
It requires two to execute this, each seizes a wrist, palm downwards, and the triceps, the one on the left places his right knee on the assailant's ribs, and the one on the right hand places his left knee in a similar manner. By



pulling up the wrists and pressing down the triceps both arms could be dislocated.

EFFECTIVE GUARD AGAINST KICKS.

Immediately the kicker raises his foot to kick you (say his right), instantly raise your left and turn the toes well in or out, and slightly raise your foot. The con-



sequence will be that his shin will strike the side of your boot.

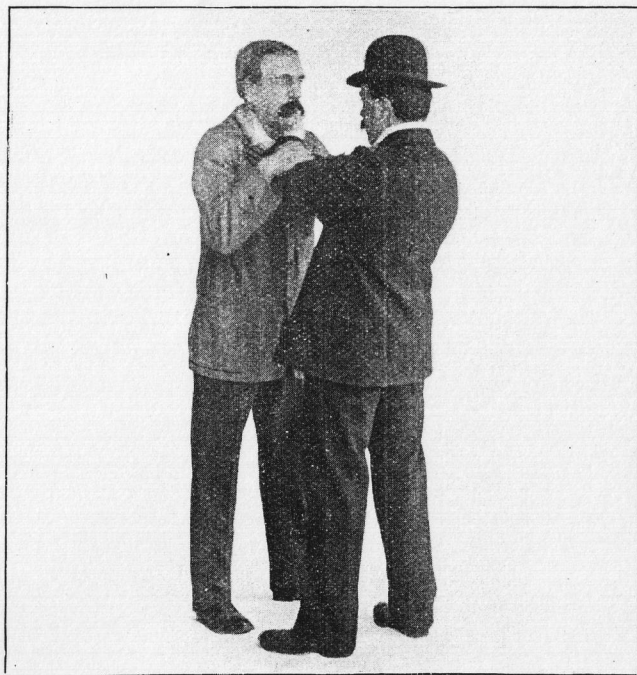
JUJITSU, OR THE JAPANESE METHOD
OF SELF-DEFENCE.

As a means of defence this method is invaluable. The Japanese title really means "A Battle to the Finish," the contest being over when one man has the other in such a position as to prevent him moving without serious injury, and even fracture, to the limb to which the hold is applied.

In a contest the signal of defeat is given by tapping the hand which is free on the mat, floor, or body. Of course, to obtain holds on the ground it is necessary for a man to be somewhat proficient in the Cumberland style of wrestling, as by means of the Cross Buttock, Outside Stroke, Back Heel, Inside Click, also the Cornish Mare, you are in a position to get them more quickly than if you depended on untutored brute strength to down your assailant. A few of the principal locks are only given in this article, but, properly learned, they will be quite sufficient for the purpose intended—that is, defence.

THE COLLAR HOLD.

With your right hand, palm outward, seize the collar of your assailant's coat, just below the ears on right hand side, and with your left hand the collar on the left hand side, in a similar position, now tighten up, and by pressing



on the carotid artery the supply of blood to the brain will cease, and insensibility will quickly follow.

THE FOOT HOLD.

Having downed your man, get his foot well under your left arm-pit, then pass your arm under his leg, now place your right hand on his knee, and seize your right forearm with the left hand, press with the right hand, and



push up with the left fore-arm, and the bones of the instep will soon be rendered useless. This can be done on either foot, with either the left or right arm securing the foot.

THE ARM HOLD.

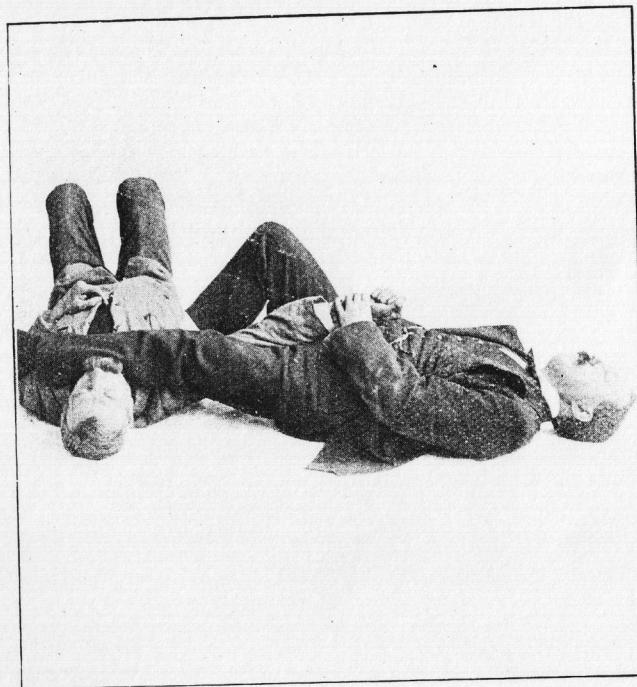
Bring down your man on his back, by seizing his right wrist with your left hand, and striking the back of his right foot with your left; at the same time sit down with your right side to his, still holding his wrist, pass your right



leg under his arm, which will act as a fulcrum, keeping his palm upward, then by pressing down with your left hand, and pressing up with your right leg something will soon happen in the shape of a fracture. You will observe your right hand is free to hold his throat should he attempt to rise.

ANOTHER METHOD.

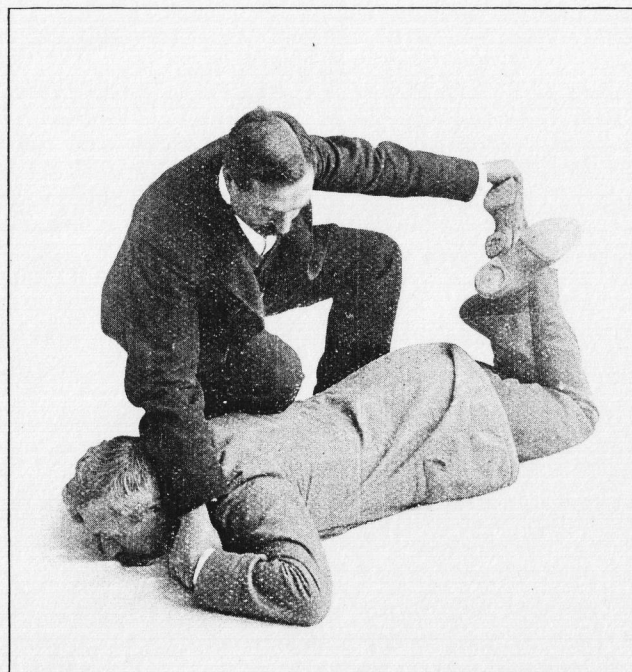
Having downed your man, seize his right wrist with both hands, place your right foot against his right side close up to his arm-pit, and your left leg across his throat, now get his elbow well on the abdomen, and, keeping his



palm up, pull down with both hands, and the result will be the same as before. This hold, and the previous one, can be applied on either arm with your positions reversed.

HOW TO HOLD A MAN DOWN.

Having thrown your man face downwards, cross his feet, and holding the uppermost one by the toes, press down hard.



WRESTLING.

This is an art which should be practised by all young men. When I speak of wrestling I refer to two styles only. viz.: The Cumberland and the Cornish styles, as these teach the art of throwing and tripping, or downing your opponent and keeping your own feet. In the palmy days of the prize ring, wrestling played a prominent part in the fight as, immediately the inevitable clinch came, a throw was the result.

One point I wish to call your attention to is that all the Cumberland throws can be made without clasping the hands behind the back.

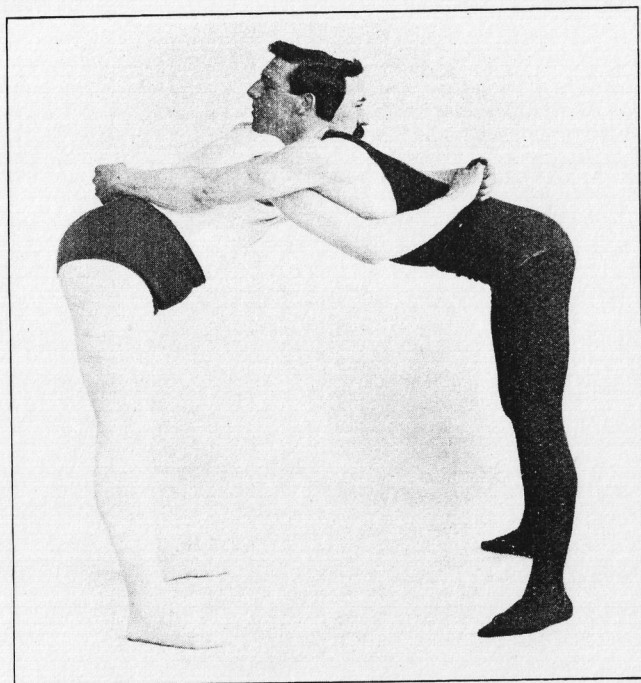
As the following article is written with a view to teach the different ways of downing a man quickly with a loose hold, it is not necessary that the Cumberland "hold" in all its details should be obtained.

It would be quite sufficient to get a loose hold and apply any of the chips, but, when clasping the hands, do not interlace the fingers, but take hold by the Cumberland hold. (See page 36.)

C. AND W. WRESTLING.

THE HOLD.

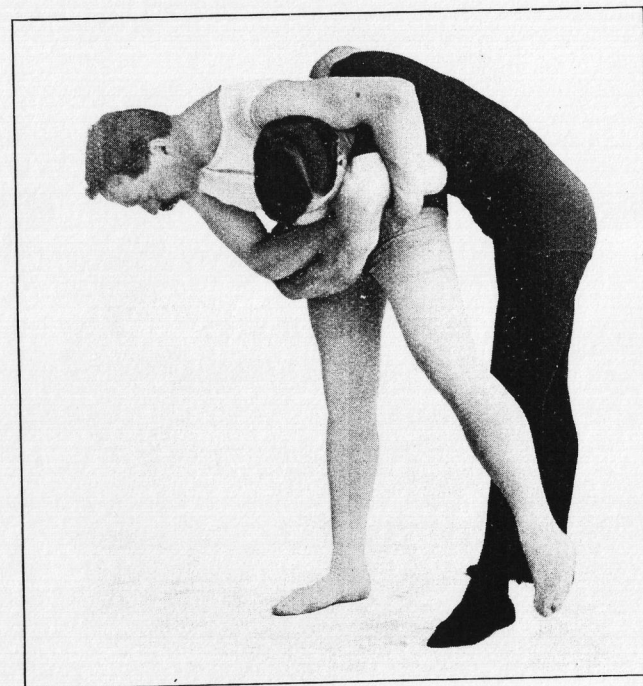
The men shall stand up chest to chest and take hold around the body, the right arm under, the left over, each



placing his chin on the others right shoulder, and the hands clasped at the back.

THE CROSS BUTTOCK.

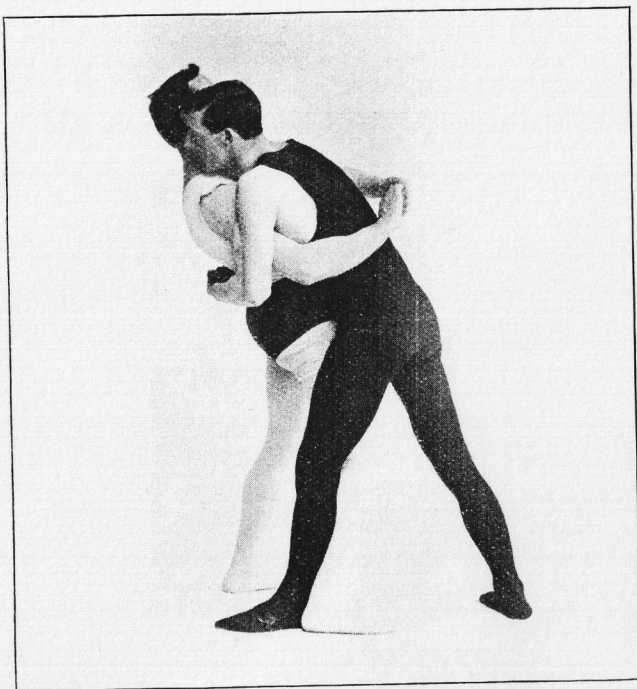
Turn your left side to your assailant, get well under him, throw your left leg back, kick his legs away, and pull with all your might forward. If your assailant does



not release his hold you will fall heavily upon him. This can be reversed providing a loose hold is obtained.

BACK HEEL.

Place your left heel behind your assailant's right heel, pull in round the small of the back, and push forward your chest—a hard fall will be the result.



INSIDE CLICK.

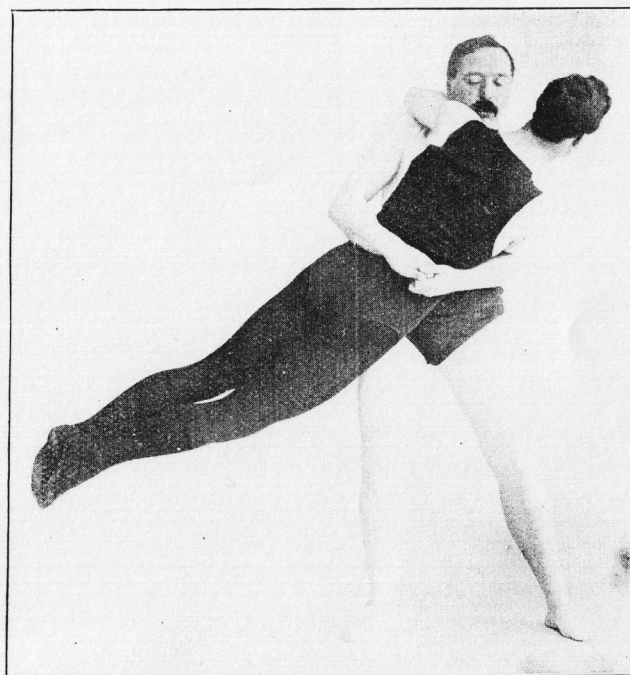
Place your left inside your assailant's right and then follow identically the same methods as in back heel.



THE BREAST STROKE.

This is a move which requires great dexterity and a strong chest.

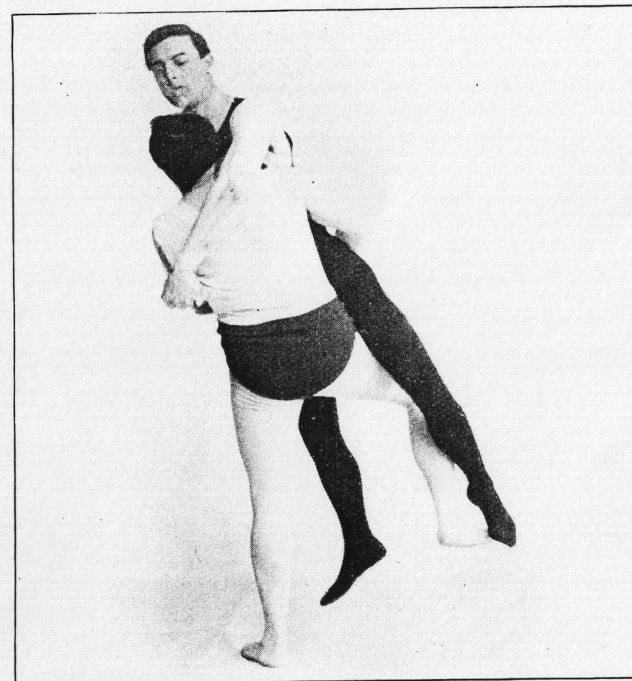
Instantly you take hold, shrink your chest, get it a



trifle below your assailant's, then quickly inflate your chest, get a low tight hold, lift your opponent as high as possible, swing him sharply on one side, and drop him immediately on his back.

THE HYPE.

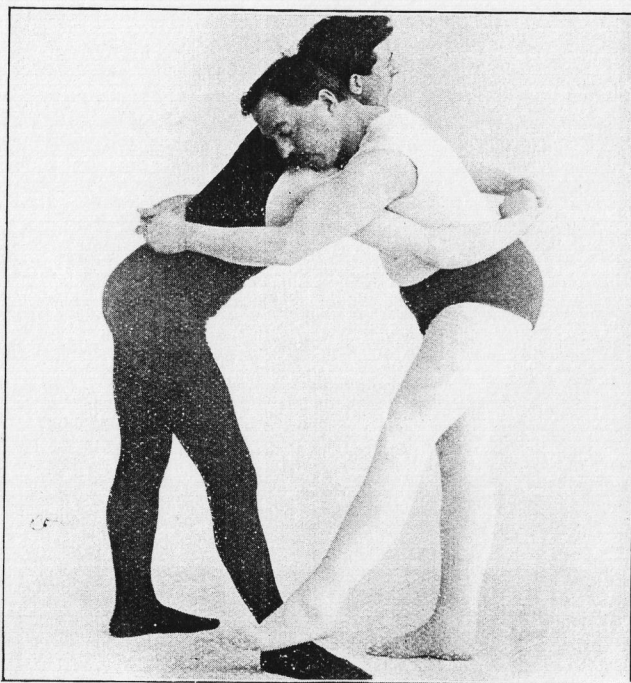
This also requires great dexterity. Lift your assailant up as if in the breast stroke, then instantly strike his left thigh on the inside with your right, and swiftly turn



him to your left. Result--he is landed heavily on the ground.

THE OUTSIDE STROKE.

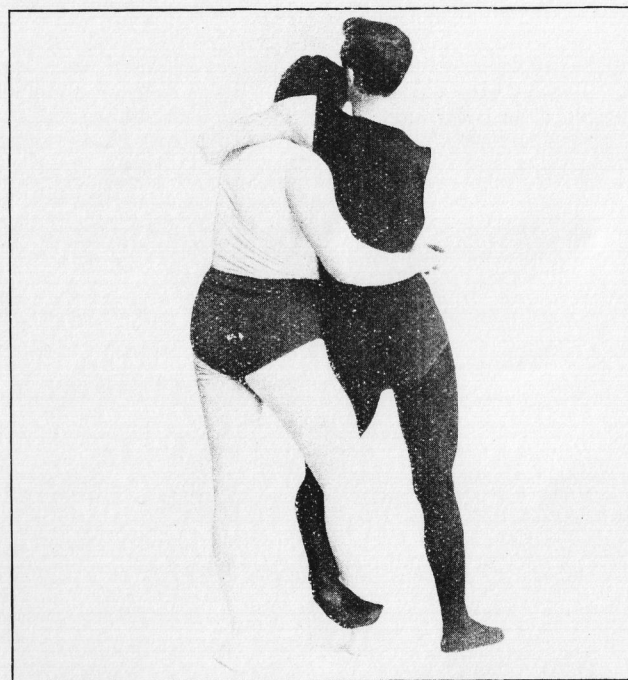
To apply this stroke pull your assailant slightly forward (he will step in to prevent being pulled down), then instantly strike his foot just under the ankle, and push his



body in the opposite direction. For example, should he advance his right foot, immediately strike it on the outside with your left foot, then twist his body towards your left, and down he will go.

THE HANK.

Quick as thought, turn your left side towards your assailant, click his right leg on the inside, and with a powerful pull bring him down.



GENERAL GUARDS IN WRESTLING.

TO STOP THE CROSS BUTTOCK.

Immediately your assailant turns, seize him round the waist, very low, lift him up, put your right leg forward and throw him on his back.

TO STOP THE BACK HEEL.

Apply the inside click or hype.

TO STOP THE INSIDE CLICK.

Endeavour to take your leg out, and come into the hold position.

TO STOP THE BREAST STROKE.

Immediately you find you are being lifted from the ground, instantly apply the inside click, and you will invariably bring your opponent down on his back.

TO STOP THE HANK.

Immediately you discover your assailant's intention, try to lift him up and throw him on his back.

TO STOP THE HYPE.

Instantly you find you are being lifted apply the inside click with the opposite leg.

TO STOP THE OUTSIDE STROKE.

The only defence one has against this stroke is to instantly raise the foot and draw it back.

Before closing the article on Cumberland wrestling, I will enumerate a few hints. Should your assailant be taller than yourself try the cross buttock on him, as it is patent to the merest novice, that it is easier for a short man, than a tall, to get the under position. Again, if he attempts to lift you, apply the inside click instantly. In the case of your opponent being shorter, try all the throws enumerated in the previous pages, excepting the buttocks, and beware of the inside click.

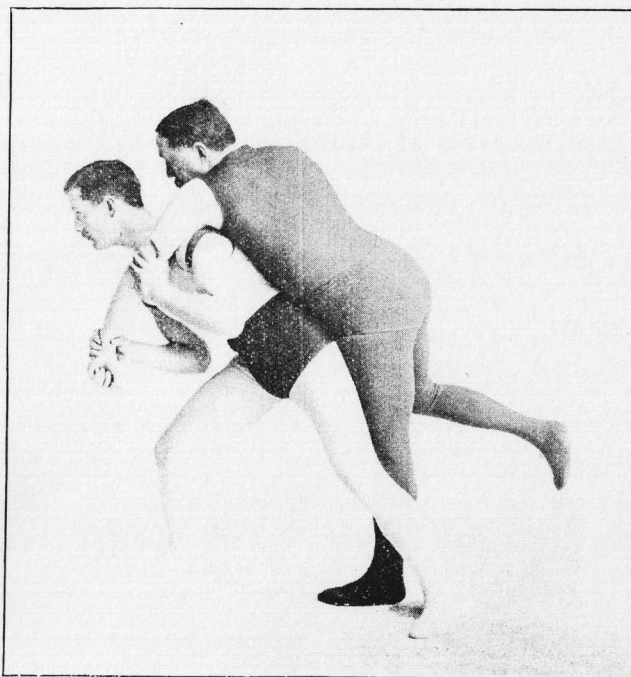
To those who wish to follow up wrestling, I would strongly advise them to purchase "Wrestling," by Walter Armstrong, "The Cross Buttock," published by Bell & Son, York Street, Covent Garden, London; price 1s. It is one of the "All England Series" of books devoted entirely to sport, and, as the author in his day was one of the best middle-weights ever known, some excellent and thoroughly reliable information can be obtained from his book.

The reader must understand that wrestling, like boxing, fencing, etc., cannot be acquired by reading only. It is all very well to acquire the theory, but constant practice is necessary to assure proficiency.

CORNISH WRESTLING.

FLYING MARE.

Seize your assailant's left wrist with your right hand, turn right about, then take hold of the upper part of his



arm with your left hand, place your left leg backwards, and with a quick forward movement throw him a complete somersault and he will land flat on his back.