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Photographs by Louis Lowery

Foreword

A sudden realization of the thorough preparation for combat which will become an integral part of a Marine recruit's life strikes grimly home when he arrives at Parris Island and reads its motto

- "Let's be damned sure that no boy's ghost will ever say, 'If your training program had only done its job.'"

But that training program doesn't end with boot camp nor does it end as long as the man is a Marine. Training develops specialists, and every Marine is a fighting specialist, equipped with the knowledge necessary to qualify him for his important role on one of the world's deadliest teams. Wherever he may be, he is kept abreast of the warfare times, taught the battle techniques of tomorrow, and given confidence in his own proficiency - the proficiency of his Corps.

He is part of a team, trained to do his job in a coldly calculated war of scientific weapons and mass destruction. But the touted push button warfare has limitations, and they demand the individual's ability to meet his enemy face to face, steel to steel, hand-to-hand. Whether he is a radar operator, a communications man or a truck driver, he must be prepared to defend his own life in any eventuality. Close combat has been skillfully developed into a science of self-preservation - and the advance of death-dealing devices does not preclude the necessity for a basic knowledge of hand to hand principles and confidence in their application.

A Warning Word...

The publishers of *Cold Steel* wish to express their concern regarding the possible dangers involved in releasing a book of this type. It must be clearly understood that the principles prescribed on the following pages are intended to teach the fighting man to kill. Every precaution must be exercised in the practice of these principles; a slip in a careless attempt to perform movements described in this book may result in serious damage or the death of an innocent training partner. Care should be taken to prevent the book from falling into the hands of children who may thoughtlessly try some of these principles on their playmates. *Cold Steel* is a recipe for death; use it wisely!

PUBLISHER

Preface

But as brutality begets cruelty, so apology begets explanation.

And, since America is not a brutal nation, the words between these covers are vulnerable to condemnation.

But an honest purpose cannot be damned. As long as other nations war against each other in lust, greed and ambition, brutality will persist and the brutal words on these pages will have a purpose.

When an atom bomb is loosed on a city, killing several hundred thousand people,

the magnitude of suffering and death is incomprehensible to the average person and conjures up a picture of horror rather than brutality. If, however, the plane which dropped the bomb is forced down on enemy territory on the return flight, and the crew is faced with a hand-to-hand grapple with an enemy patrol where a hand throttling a throat, a knee smashing into a groin or a finger gouging an eye may mean life or death, then brutality becomes a reality.

The realness of brutality must be faced with the same direct approach in which we build an air raid shelter. World War II taught Americans the vast scope of atrocity; it would be criminal negligence to close our eyes to the bloody mayhem American military men will meet in the field. They must be taught to meet it with a basic knowledge of its principles, the practical application of those principles, and confidence in themselves to wage identical war.

To Americans, who fight fair and clean by heritage - when they can - we dedicate this book...

That they may save their own lives by confidently engaging their enemy with his own unprincipled principles.

Acknowledgments

The author is indebted to many people and organizations who were instrumental in broadening his knowledge and perspective of close combat technique. Grateful recognition is hereby accorded to those who have made this contribution.

The United States Marine Corps

The late Col. A. J. Drexel Biddle, USMCR

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And the many other individuals and organizations who have given generous cooperation and assistance.

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Unarmed Combat

When Americans settle disputes with their fists - even in barroom brawls - they fight with an admirable, inherent fairness. The tricks of unfair fighting are not in the average American's repertoire; even if he knows them, he will think twice before using them.

On the field of battle there is no time to think twice.

Remember that in combat you are playing for keeps; he who ponders about tactics may not be around to enjoy the next rotation.

Obviously, the man fighting for his life will use every means - fair and unfair - to save it, but the American must be taught "unfair" fighting. On the BATTLEFIELD when his life is in the balance, he CANNOT use effective attacks of hand-to-hand fighting if he DOESN'T KNOW WHAT THEY ARE!

Nor will he be able to protect himself against the onslaught of the dirty fighting he can expect from his opponent.

YOUR BEST DEFENSE IS A GOOD OFFENSE; it must combine your instinct for

survival and the practical application of proved principles.

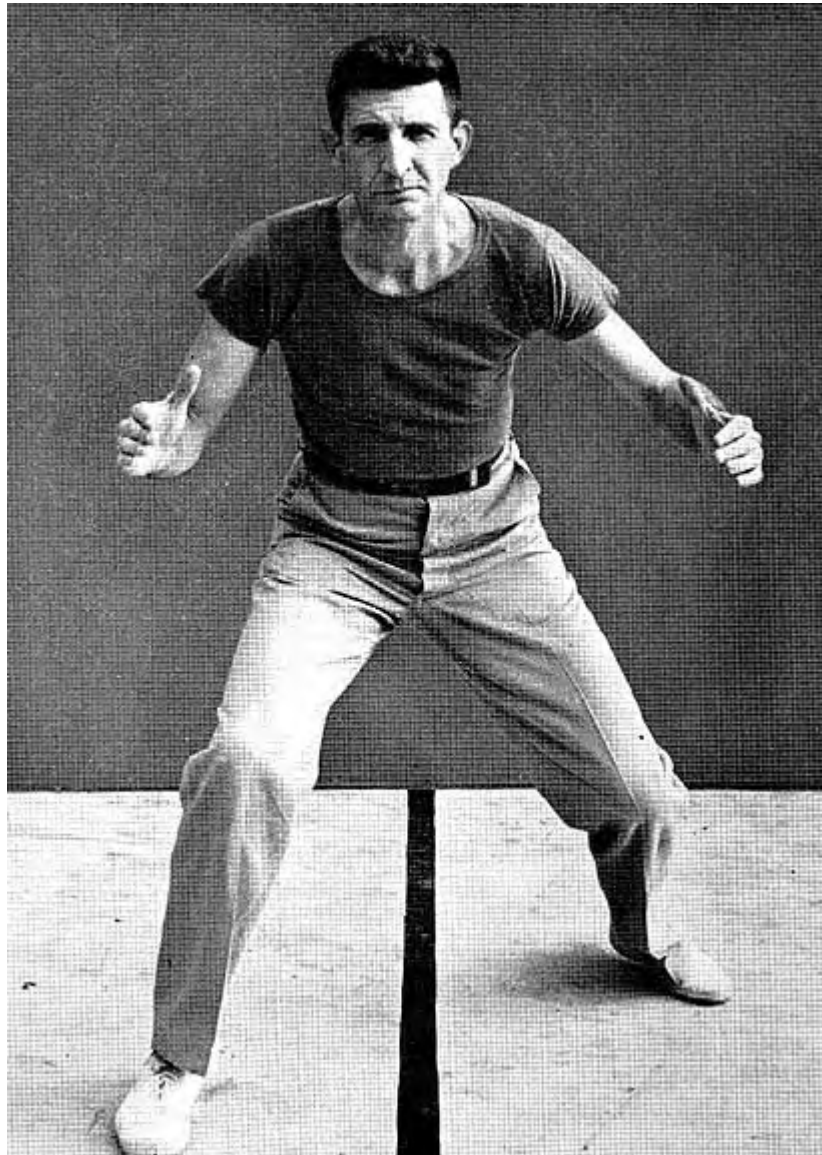
THE STANCE

Your STANCE should enable you to move instantly in any direction. It should make you capable of launching the most effective attack to meet the existing situation.

ONE primary *stance* is recommended:

The *knife fighters stance*, with the RIGHT FOOT FORWARD. *Thrusting* or *wheeling* attacks can be launched from this position, as well as a rapid out-of-line pivot in case of a rushing attack.

A *diagonal position* can be assumed directly from this stance, with your weight on the REAR FOOT, FORWARD ARM raised, as if in protection of the face. Your BODY is REARED BACK from an erect position. From this position an effective kicking attack, from long range, can be launched with the free FORWARD leg and foot. Following the kick you are in a position to launch immediately a back-sweeping elbow, side of the hand, or fist smash.



Use a well balanced knife fighter's stance and you will be in a position to launch

your attack or evade opponent's advance

YOUR PLANS OF ATTACK

Acquire, in the back of your mind, a "library" of PLANS OF ATTACK. These plans are ALL SIMPLE and DIRECT and they will cover a broad selection of situations, logical in individual combat.

Learn to choose the RIGHT attack instantly

Learn its timely execution.

These PLANS OF ATTACK must be PREARRANGED; they must be outlined and developed in your mind, forming a detailed list from which you may draw instantly when you are confronted with a situation which threatens your life. When the situation confronts you, you will have little time to think it over. A library of PREARRANGED PLANS will be in readiness.

Like swimming, these plans once thoroughly learned, will never be forgotten.

Besides, you need not stay in top condition to apply them effectively.

When danger is imminent and you are unarmed, if there is time, look for something to supplement your *natural* weapons - a stick, a stone, dirt, ANYTHING.

At the sight of your enemy coming at you, start to put into action your prearranged *plan of attack*. Assume your proper stance instantly;

your choice of attack will depend upon your enemy's stance and the nature of HIS attack.

Launch your prearranged plan of attack the moment he comes within range.

In your plan, simplicity and directness of action will be the keynote of your attack.

By TRAINED instinct you will direct your attack in a manner which will exploit any disadvantage you can detect in your opponent. Without a plan and the means to execute it, you are lost. Once the action has started and you find that your original plan is not working, you will automatically switch to another. You will find that this is NOT difficult because ALL of your plans from which you made your initial choice, were SIMPLE and DIRECT.

In the frenzy of a "to the death" struggle, anything short of an absolute blackout blow on your enemy will allow him to remain dangerously fighting for his life - or yours.

Your first step will be to snap yourself into your stance.

In an instant you will size up your enemy-his speed, the position of his hands, the way he carries his head.

WITHOUT PREMEDITATION, execute your *plan of attack* the instant he comes within range.

Remember, no one is going to set himself up for you to execute perfectly any routine series of attacks. Explode your whole plan, or any part of it, ALL OVER your enemy in rapid succession.

All of your *plans of attack* are drawn up with one objective in mind - to achieve ultimate victory.

Perhaps you may accomplish this quickly with one direct attack that strikes home...

Or it might be a long, drawn out operation...

In any case, your *plan of attack* should cover all possibilities.

You know that the best way to destroy your enemy is to destroy his primary targets first if you can. In a personal contact with an individual enemy, destroy ANY ONE of his primary targets and victory is yours.

Those primary or high priority targets are:

1. The throat.
2. The groin area.
3. The eyes.

A heavy pounding at ALL OTHER targets will directly or indirectly damage the primary targets and will batter down resistance, allowing OPENINGS for you into his primary targets, which you will immediately attack in a manner prescribed in your *plan of attack* - with hand and fist blows, crushing, gouging, ripping with fingers and thumbs, elbow smashes, knee smashes and knee drops, kicks and stomps with the foot.

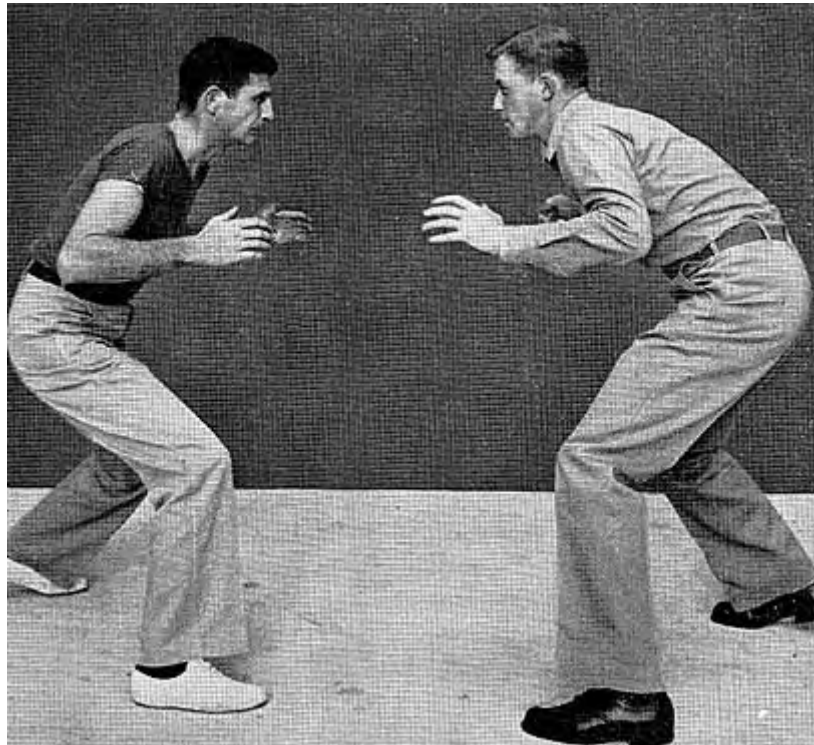
From your *stance* you will attack the *targets* described under "TARGETS", with the *weapons* described under "WEAPONS", in a manner prescribed under "ATTACKS."

ATTACKS

Distract and attempt to throw your enemy off balance by heaving a handful of dirt, your cartridge belt, helmet, coins or cigarettes at him. Throw ANYTHING you can get your hands on; throw it the moment he comes into your range.

From the Knife Guard Position

A. *The Thrust Attack*. If your enemy comes at you with his ARMS LOW or spread out in such a manner as to expose his HEAD. you start your attack with an exploding STRAIGHT THRUST with your RIGHT, or master hand in the same manner as the execution of a knife thrust. If he is *in range* and is OPEN for such a blow he will not be able to block it. It will land hard enough for you to MOVE RIGHT IN, following your attack through at close range - POINT BLANK range for your most effective blows.



If your opponent's hands are low or well into his body, you might try a thrusting

attack as soon as he comes into range

Depending upon the *speed* and *stance* of your enemy, this type of initial attack may be launched in the following manner:

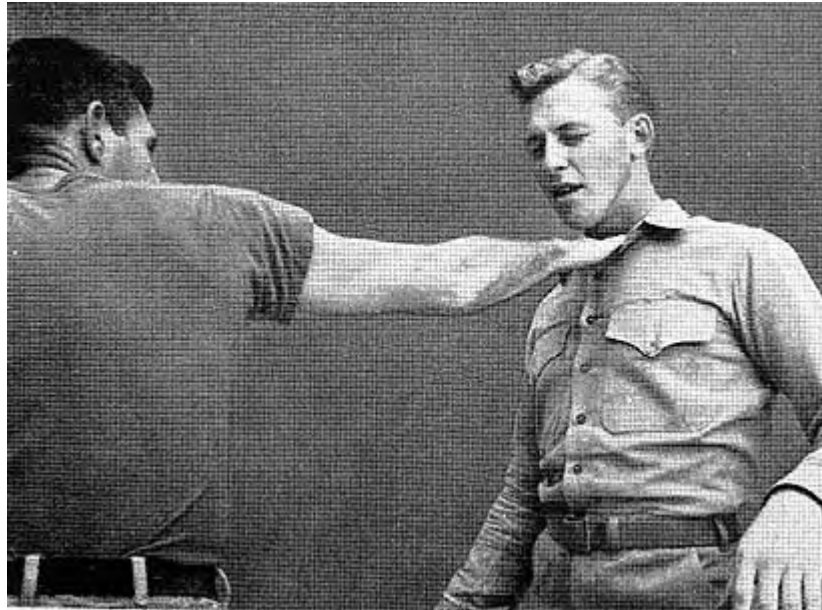
1. Fist exploding on his face.



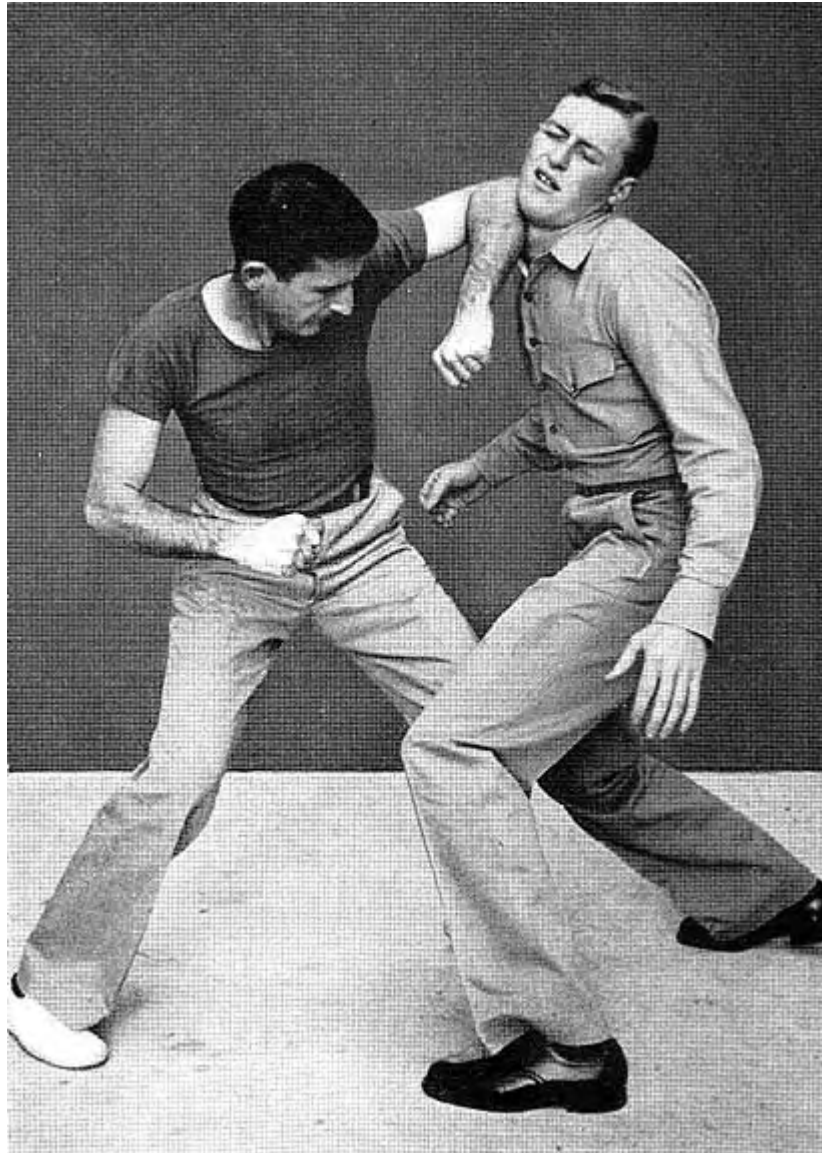
The thrusting attack. Launch a smashing straight thrust into the face or neck of your opponent. Wheel in with left elbow

2. Fingers extended and joined, thrust into his throat.
3. First two joints of the hand doubled up and thrust into his throat.
4. Fingers extended and spread, ramming them into his eyes.

B. Follow through of the Thrust Attack. The instant your initial blow has landed, you *wheel* in close, every weapon you have exploding on every target opening. If there is no target opening, MAKE ONE, keep battering and pounding. It will be impossible for your opponent to protect his COMPLETE body at once. This should give you incentive and confidence. It is not humanly possible for your enemy to protect his throat, groin, eyes, solar plexis, base of skull, kidneys, etc., ALL at the *same time*. You will be forcing the attack, keeping your enemy off-balance and placing him immediately on the defensive; he will be so busy protecting himself that the choice of targets will be yours.



Smash the fingers straight into enemy's windpipe. They may be extended and joined or the first two joints may be doubled

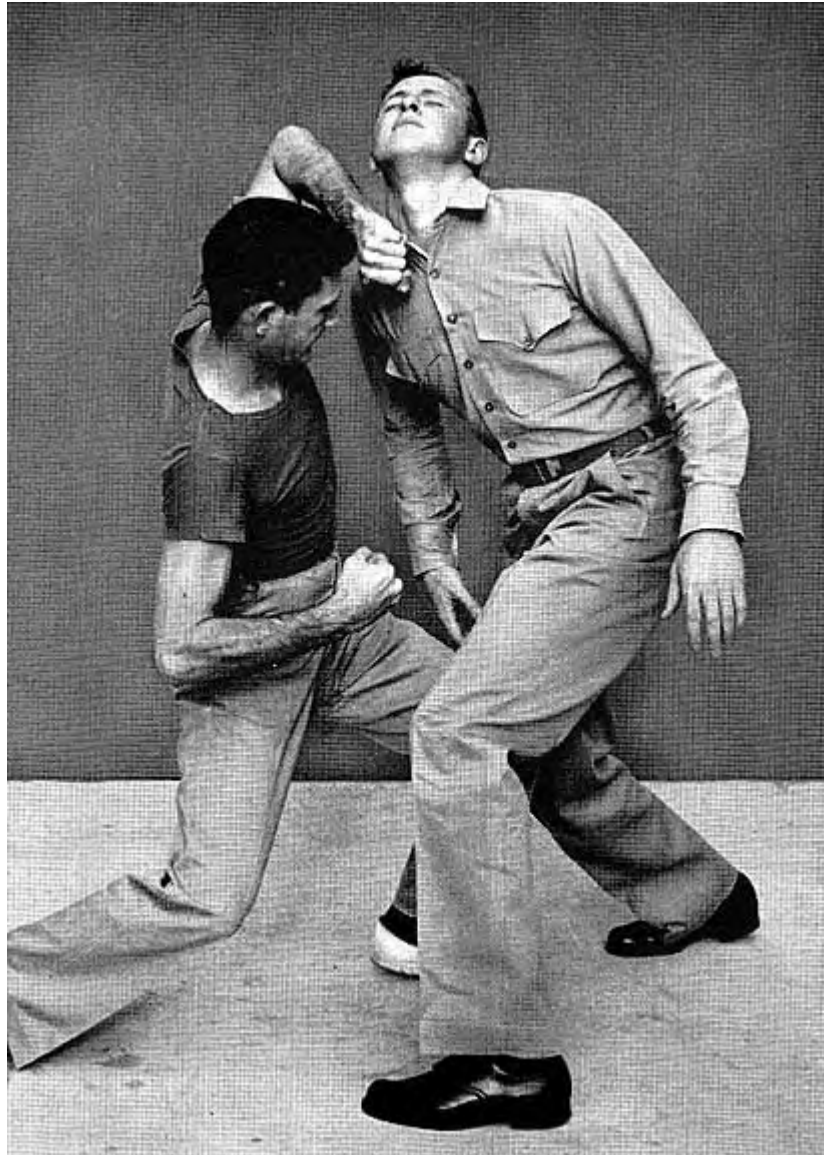


Immediately after a full left elbow smash you are in perfect position to continue wheeling and smashing at opponent's head

The heavy artillery of the body's natural weapons consists of *both elbows*, the *sides* of *fists*, the *knees* and *feet* and the *forehead* - used as battering rams. When you close with your enemy, immediately following the right thrust attack, *wheel* or *pivot* in with a left elbow smash, the arms hooked, elbows and fists FLYING. All of the way to the RIGHT, then BACK again, pressing the attack by wheeling and smashing. EVERY full pivot will expose your enemy to a hit from your elbows, fists and the sides of your fists.



The wheel back up to the opponent's jaw is accomplished by a vigorous body pivot, adding power and velocity to the blow



At completion of a left elbow back-smash, your right fist is in position to deliver a solid hook into the groin or solar plexis

If this attack lands successfully and your enemy goes down - ***and he is still moving*** - prepare to finish him off by planting well placed toe kicks or heel stomps into the following targets:

1. Neck, anywhere, all the way around.
2. Groin.
3. Lower rib region, anywhere, all the way around.
4. All joints.
5. All muscles.

Finish him off with a vigorous stomp or kick to the neck, or a knee drop to the same place.

KNEE DROPS are excellent when your enemy goes down. Merely drop your entire weight, concentrated on ONE of your knees, on any part of his anatomy. Something will GIVE! You may then finish him off with hand blows or gouges and rips to the throat. However, it is SAFER to ***kick*** and ***stomp*** when your enemy goes down.

Possibilities

If after your initial attack and follow-through, your enemy is still fighting, you remain in close and keep up the assault.

If he grabs your throat, your complete *wheeling* action with a left or right *elbow smash* will break his grip.

If he grabs you *low*, he is exposing his head, neck, etc. Smash at these targets with the sides of the fists, edges of the hands and elbows.

If his head is *high*, smash and thrust at his *throat*, with the hands and edges of the hands.

If he gets a *dangerous* hold on you, SLOW DOWN and grab ONE of his offending fingers and BREAK it, or *crush* his *windpipe* with the thumbs or a blow with the hand or smash at his GROIN. Keep your hands moving in the direction of his *vital targets*. (There are no easily acquired holds that he can get on you which will keep your hands from reaching his groin.) Once you get one of your hands in the vicinity of his throat, eyes or groin, launch your most vigorous attack, smashing, gouging, crushing and ripping.

If he is at any time knocked off balance, leaving you out of arms reach for a moment, kick him, concentrating on the groin, lower rib area and throat area.

If his back is at any time available to you, leap upon it - apply the double-arm strangle hold, wrapping the legs around his waist in a scissors hold. This also will end the fight.

If your two hands are clear, and his ears are in range, slam both hands over his ears as hard as you can. The result will be similar to a blast concussion.

The Wheeling Attack

If a straight thrusting attack is impossible because of an opponent's extended arms, launch a WHEELING ATTACK from your *guard position*. If your opponent is facing slightly to the LEFT, wheel your attack in the direction in which he is *facing*. If he is facing RIGHT, wheel your attack in that direction. This attack will break down his defense and SPIN him around, making any counter attack impossible.

This pivoting *right and left cross attack* was introduced by the late Robert Fitzsimmons who used it to win the heavyweight championship over the late James J. Corbett. It was known as Fitzsimmons' "killing shift."

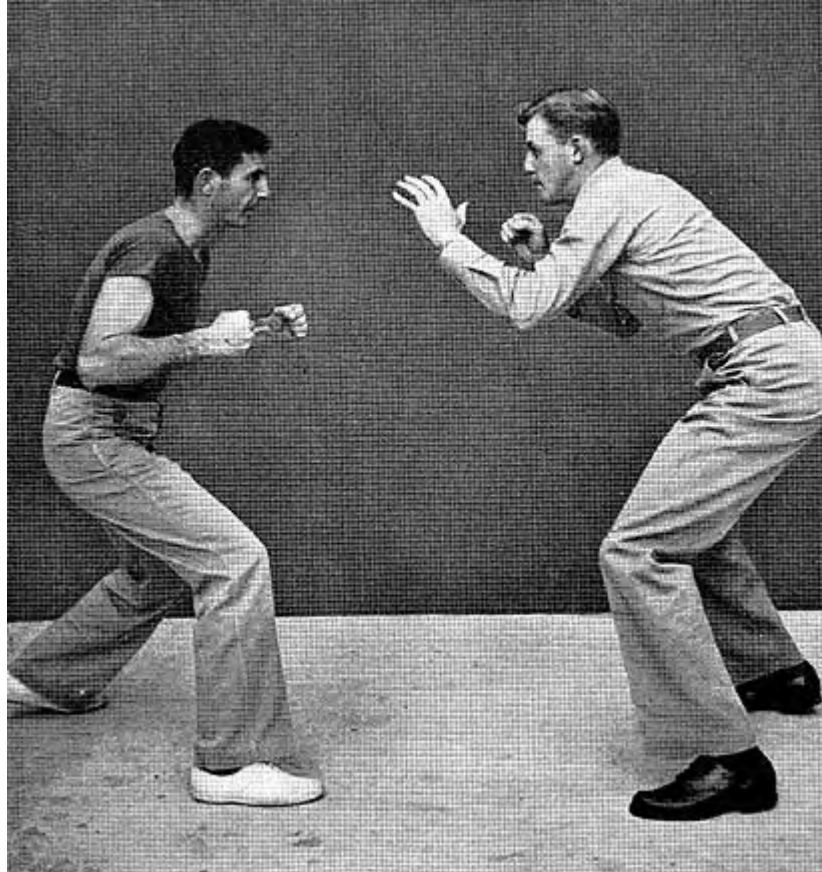
Colonel A. J. Drexel Biddle's description of this attack clarifies its execution. Here's how it's done:

From a regular boxer's stance (LEFT foot forward) a right hook is aimed at your opponent's chin: at the same time the RIGHT FOOT steps forward, adding speed and force to the blow. Your RIGHT FOOT should advance *outside* of your opponent's LEFT FOOT.

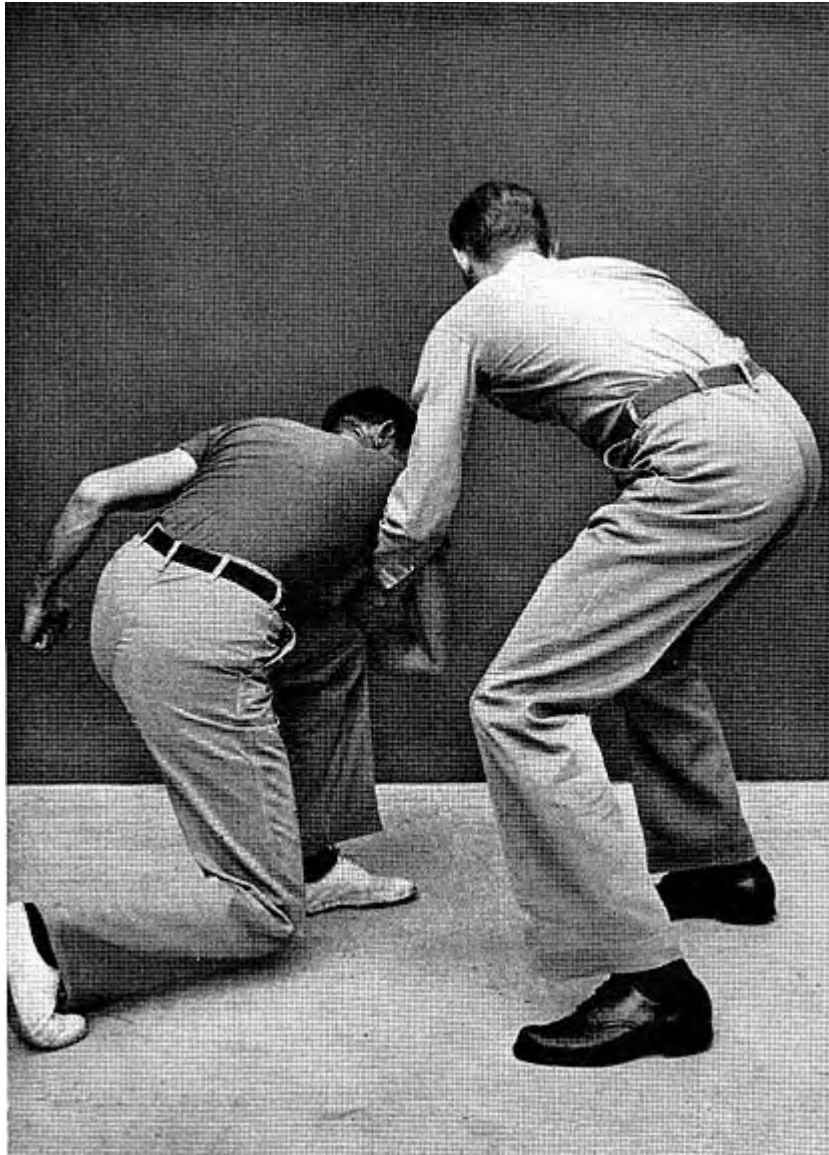
If your right hook failed to land on your opponent's chin, all well and good, the FOLLOW-THROUGH of the blow will have smashed down the enemy's defenses, leaving you LOW and to his LEFT. Instantly rip back up with your whole body, clearing everything with your RIGHT ELBOW, but that LEFT FIST OF YOURS is brought up from the floor and is planted in the SOLAR PLEXIS of your opponent. While this doubles up your enemy, you return to the LOW POSITION and repeat the LEFT HAND PUNCH. This time you can direct it to the point of your opponent's chin. If delivered with KILLING INTENT, this last blow can drive your opponent's jawbones into the base of his skull, resulting in a brain concussion which

can cause death.

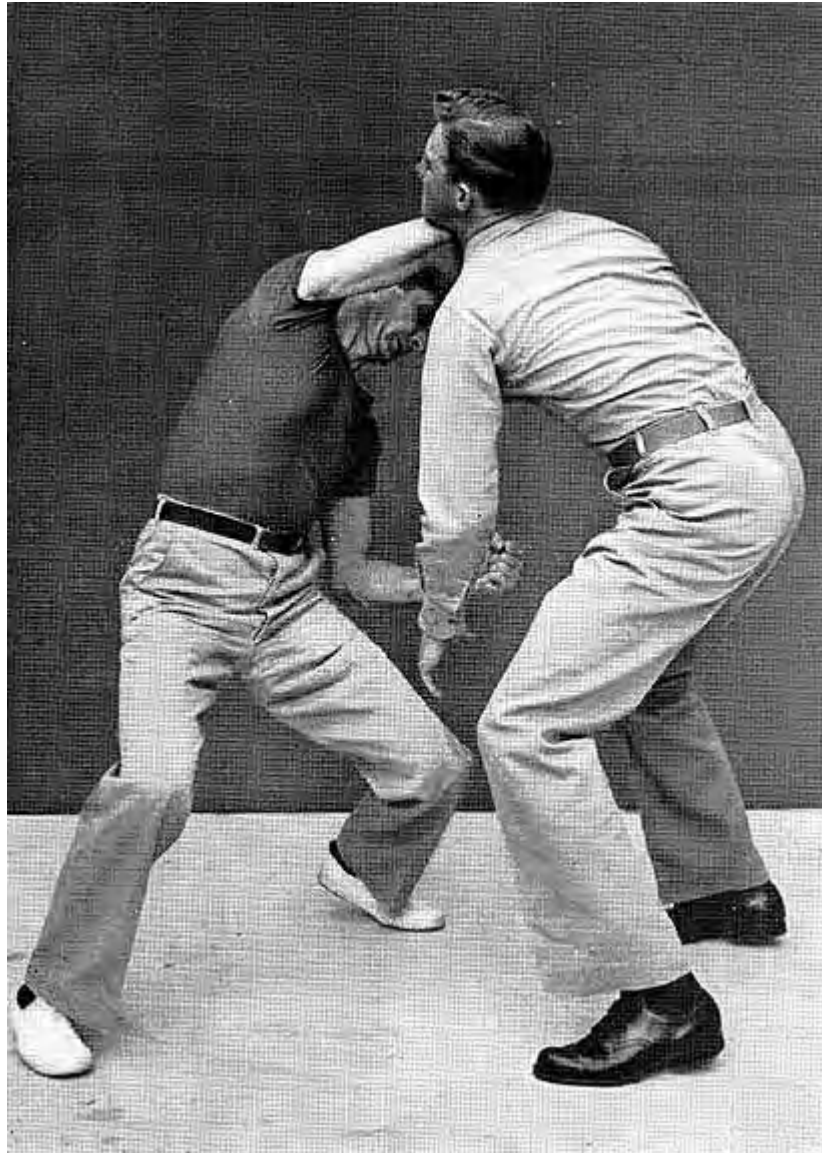
On the battlefield, this same principle can be applied from YOUR guard position (RIGHT foot forward) with NO regard for the right elbow *clearing* before the LEFT fist comes up. Nor is it necessary for you to direct the first left to the solar plexis; a slight lowering of the range into the GROIN, will be more effective for the result you wish to achieve. Keep your body well-balanced with natural foot movements.



If the opponent keeps his face and neck well protected you can batter down his defense by launching the wheeling attack



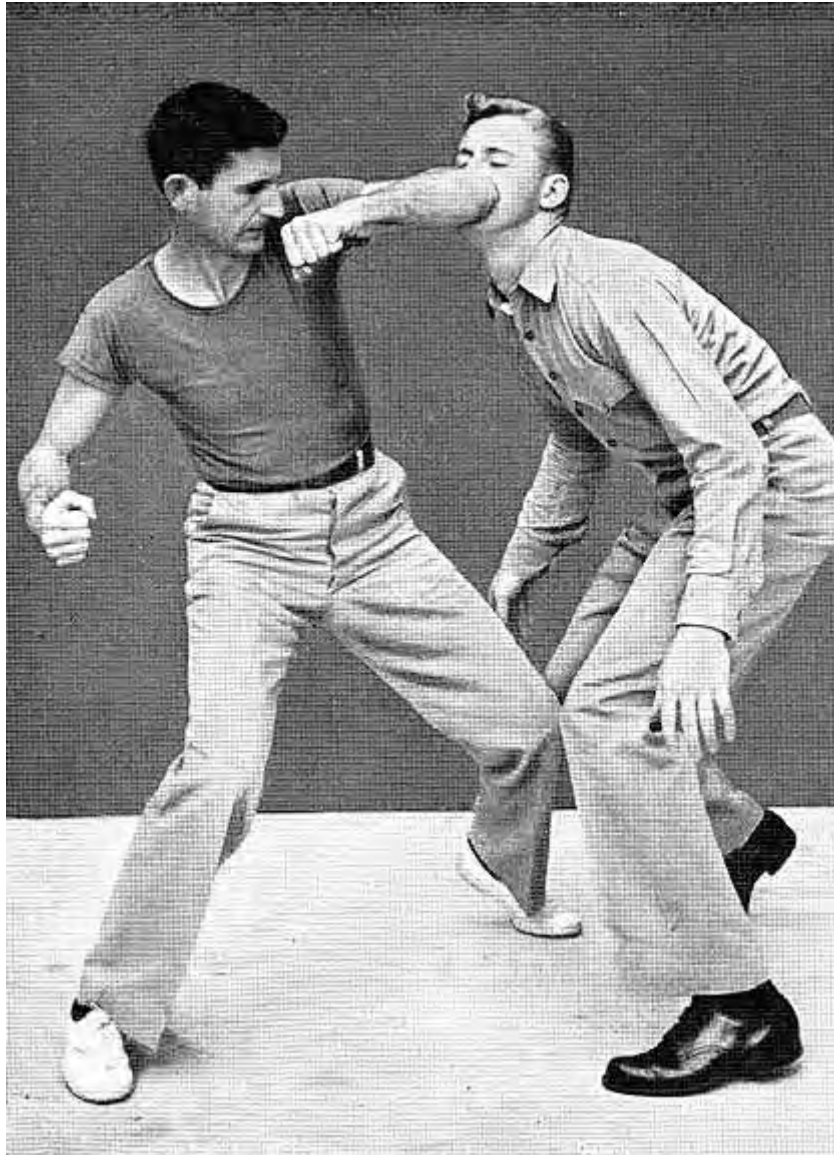
Smash down his extended arms with full, body-pivoting right and left hooks. Force the attack by continuing to wheel back



Wheel back up with right elbow back smash, directed at any target in range. Follow through with your left fist or elbow



A smashing blow with your left elbow may leave you wheeled over to your right side. Repeat the attack from left to right



Smash back with the left elbow or edge of left fist. Force an attack with elbow and fist smashes by pivoting the whole body

The Foot Attack

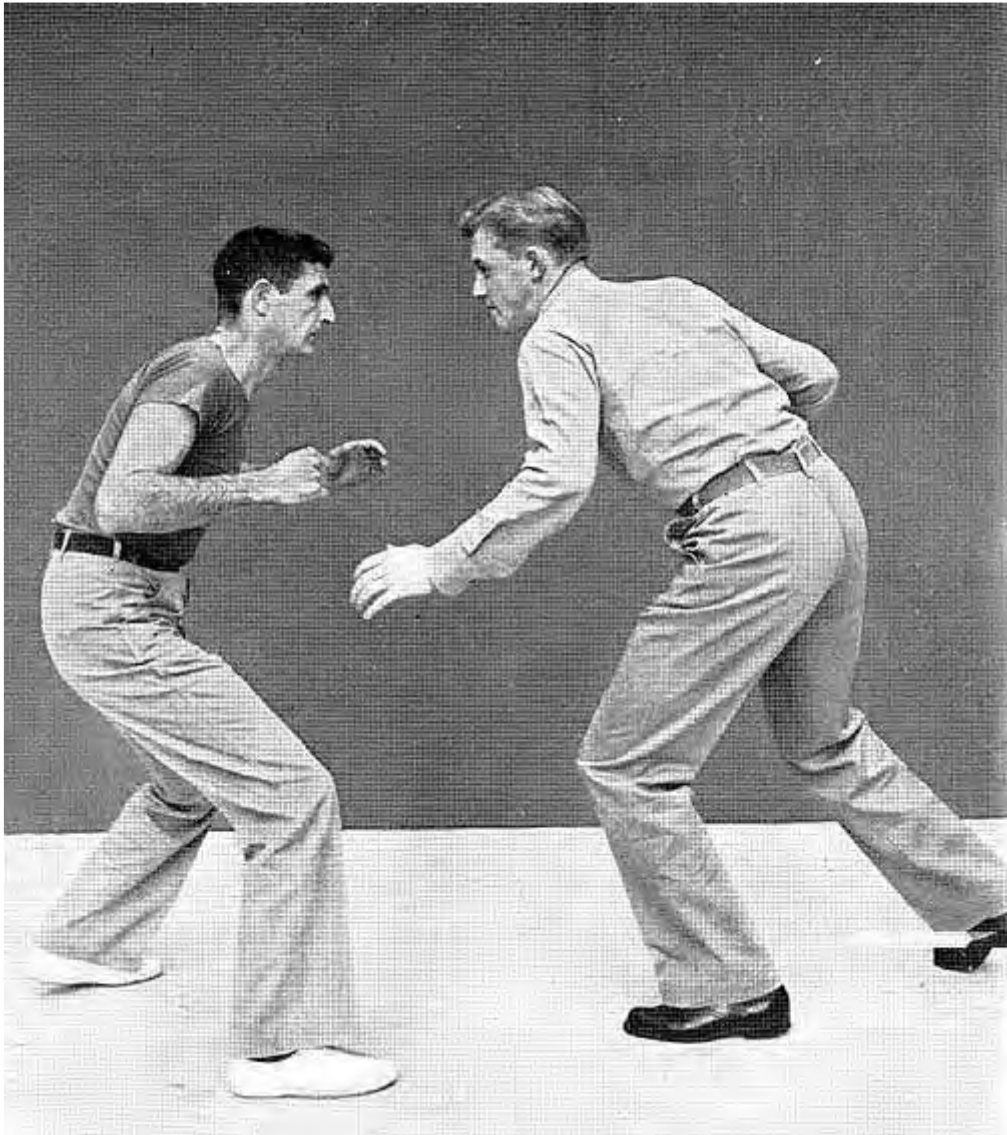
Here is your most effective long range attack. Instead of a straight smashing thrust of the master arm, you rear **BACK**, shifting the weight on the **REAR FOOT**, the **RIGHT** hand raised as if to ward off a blow. As soon as your opponent comes within range, your **FORWARD FOOT** is thrust forward at your opponent with a **FULL** snap. The foot, in a **HORIZONTAL** position, should smash on or below your enemy's **KNEE**. If his groin is unguarded, you may safely direct your kick into this region.

Whether you hit or miss, follow through with a *wheeling attack*. The arm you had raised before your kick may also be used to smash aside a dangerous blow from your opponent.

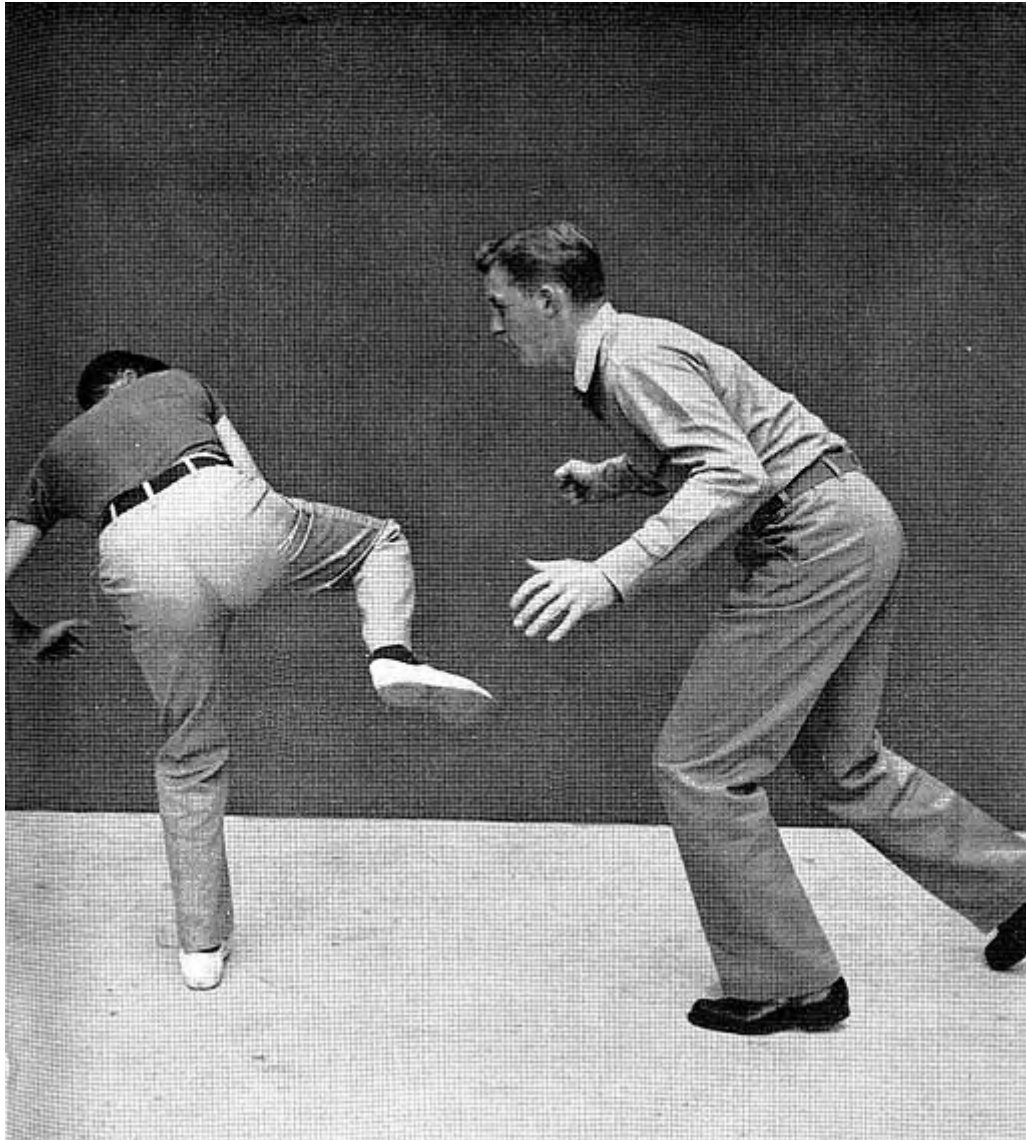
You will find that you will actually bounce when you **KICK** properly. The foot whips out horizontally to its *maximum range*, then whips smartly back. There will be little opportunity for your opponent to grab your leg.

If your opponent is armed with a knife, you will find this foot attack one of the

safest and most effective ways of keeping him away from you; if he attempts a cut on your leg, you simply chop his head with a backhand smash.



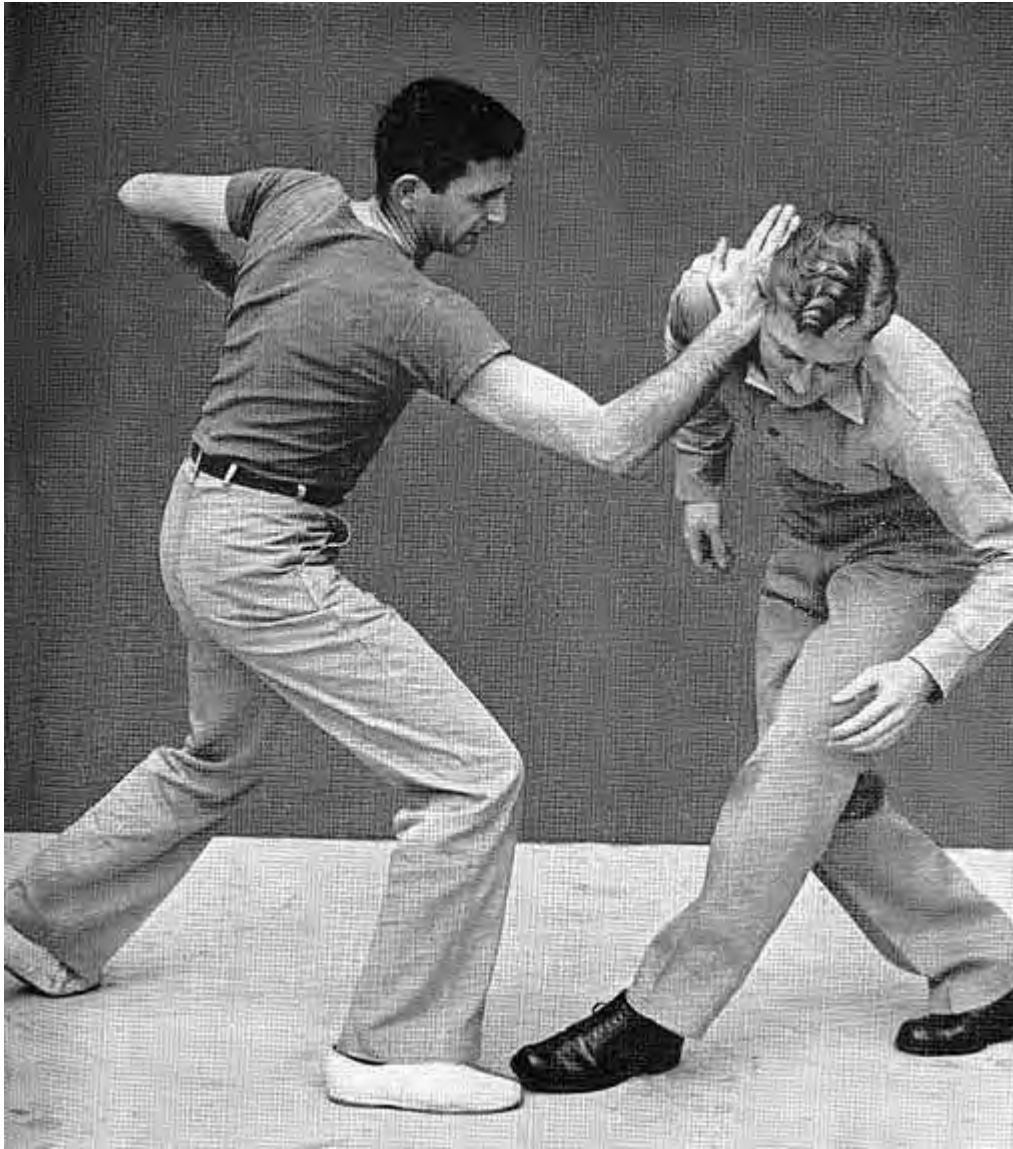
To stop your opponent at long range, try a foot attack. From your guard position you will shift your weight to the left foot



The shift of weight to the left foot removes your upper torso from danger and frees your right foot; draw it back and kick



Smash your right leg out, directing the full sole of shoe into the knee or the upper shinbone of the opponent's forward leg



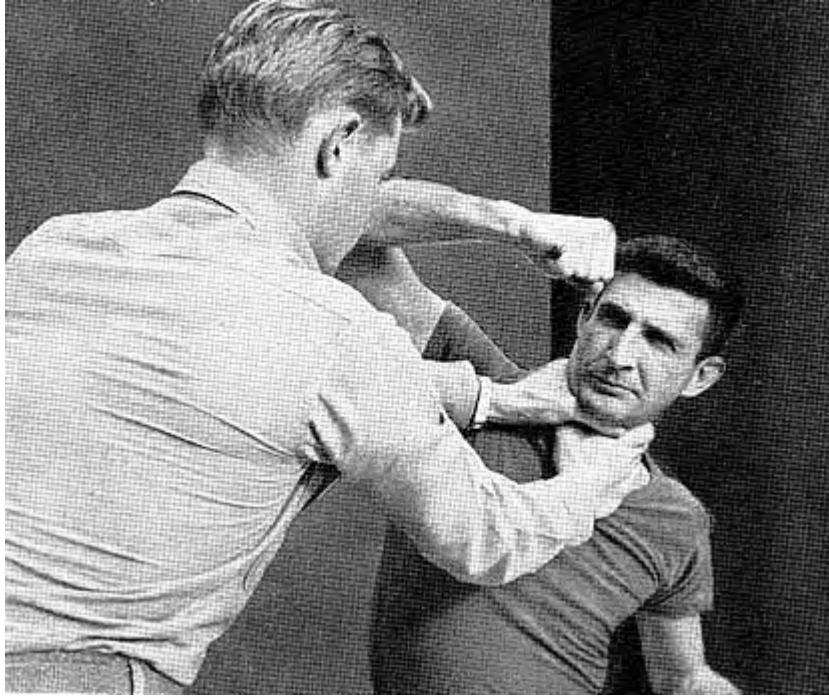
Follow through with a wheeling attack if your opponent is in close enough or smash his neck with the edge of your hand

WEAPONS

You should supplement your natural weapons with anything you can pick up quickly to use as a missile or to hold in your hands. However, the natural weapons, themselves, are numerous and deadly enough when they are properly used. Here are nature's own weapons:

The Head

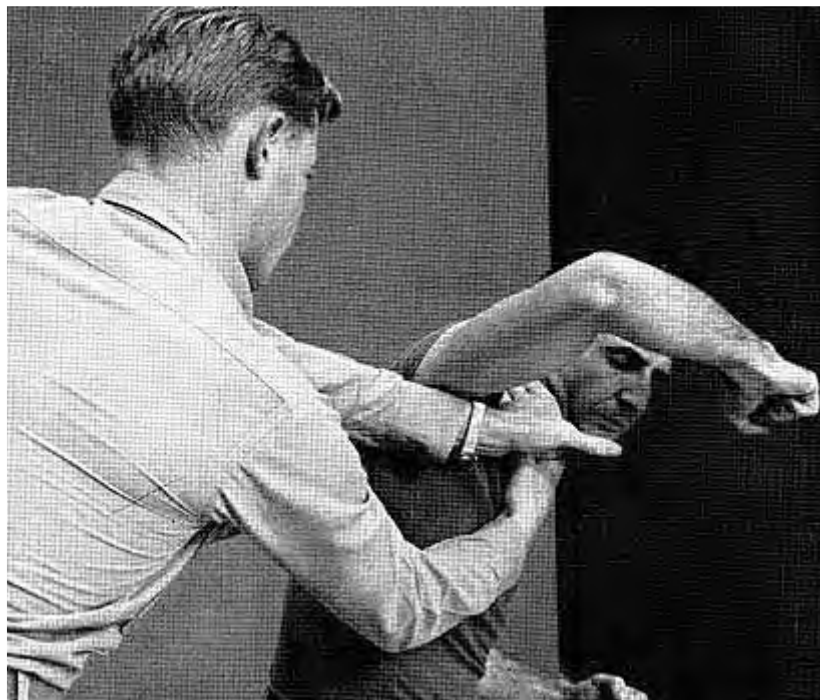
The DOME of the FOREHEAD and the BACK of the HEAD are well reinforced as protection against bumping; these areas make wonderful BATTERING RAMS. They are used as such by the Danes. Use of the head in this manner is termed the "Danish Kiss" when used to batter in the face of an enemy.



If your enemy tries to grasp your neck, you can break his grip instantly by wheeling a left or right cross over his arms

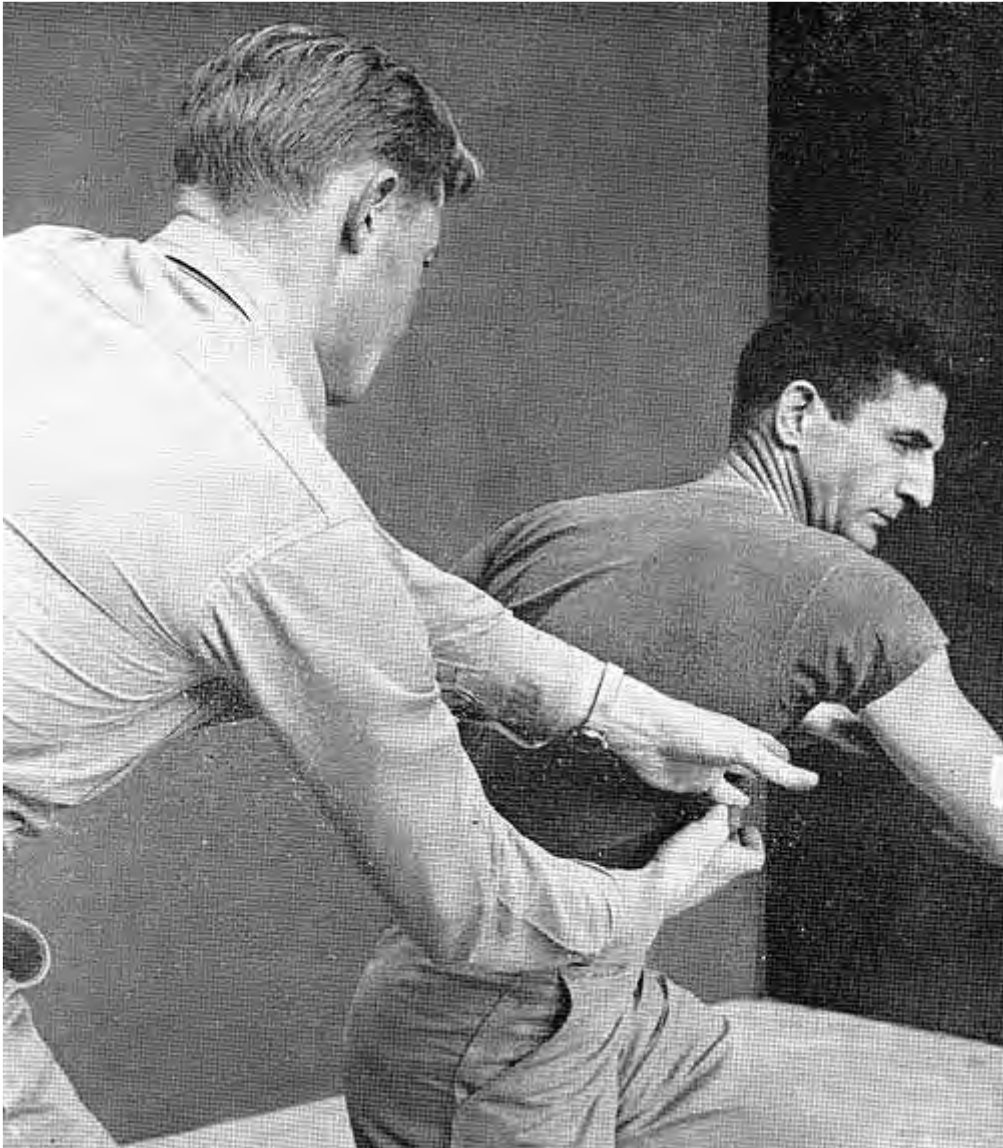
The Elbows

Those elbow bones sticking out when you bend your arms, have been strongly reinforced since childhood. You have crawled on them, rested on them and propped yourself up on them so often that they are tough and hard. When smashed anywhere against an enemy's anatomy, they can do unbelievable damage. The elbows are an effective weapon for use against any target within their range.

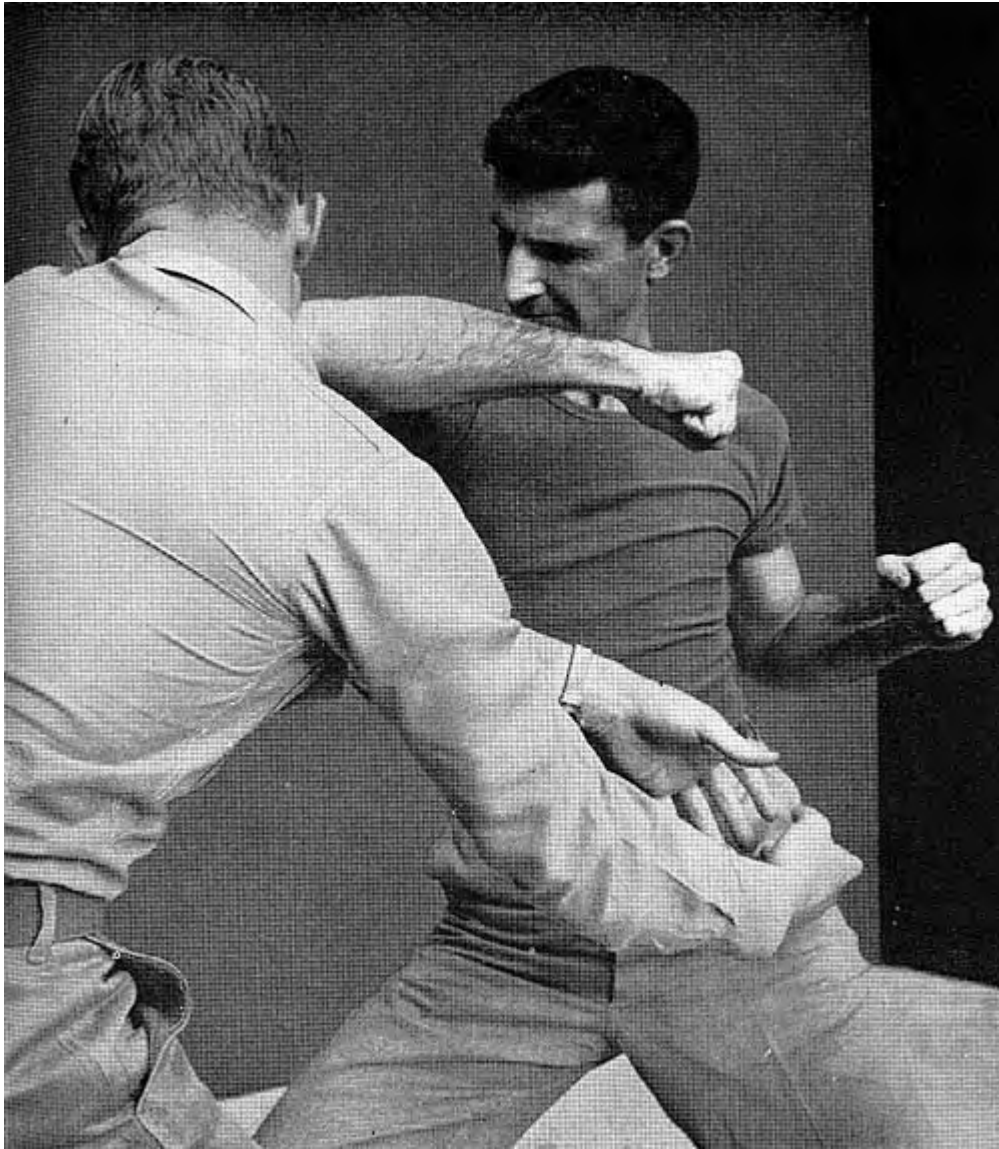


As your arm crosses enemy's arms your shoulder muscle, with full body weight

behind, bears down on opponent's wrist



Full body pivot should be used with the right or left cross. The momentum of the body and its weight will break the hold



As soon as you have broken the hold you may launch your wheeling attack. Start your offense with a back elbow smash

The Hands

The hands themselves are loaded with a fine assortment of ammunition.

With the fingers extended and joined you have the equivalent of a knife point, extremely effective when thrust into vital and soft areas such as the enemy's throat.

By spreading the fingers and thrusting for his eyes you have five small projections that can't miss the target.



For "in-fighting" use your natural battering weapons. Cup the palm of the hand and ram it hard against the opponent's chin

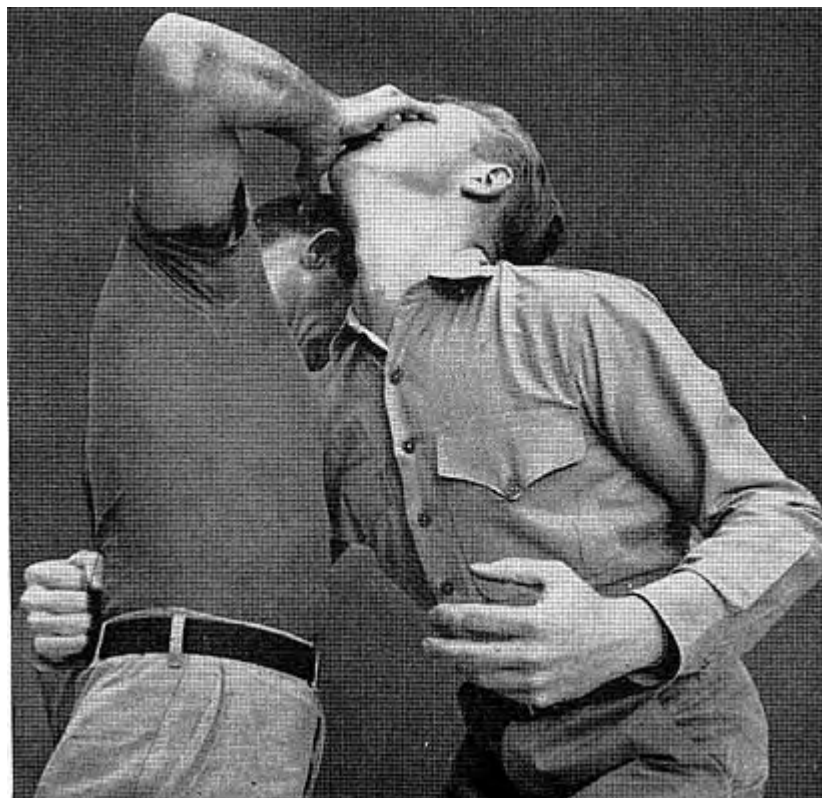
By doubling up the first two joints and thrusting, you deliver a more powerful blow than with the fingers extended and joined. With the finger tips thus PROTECTED, you can strike not only at the throat but at such targets as the solar plexis, kidneys and groin without fear of injuring the finger tips.

The edge of the hand, fingers extended and joined, is the equivalent of an axe and is used in the same manner. You do not necessarily have to toughen this part of the hand. It is excellent the way it is. You have used your hands all of your life, and that muscle on the edge of the hand is tough. Practice in the striking of objects is, of course, good training; it will harden the muscle and develop skill in marksmanship. Learn to strike your target with the muscle and not with your wrist or knuckles. An axe-like blow with the edge of hand can break a neck or rupture a kidney.



The opponent receives the full impact of the heel of the hand. With this blow you do not endanger your knuckles or fingers

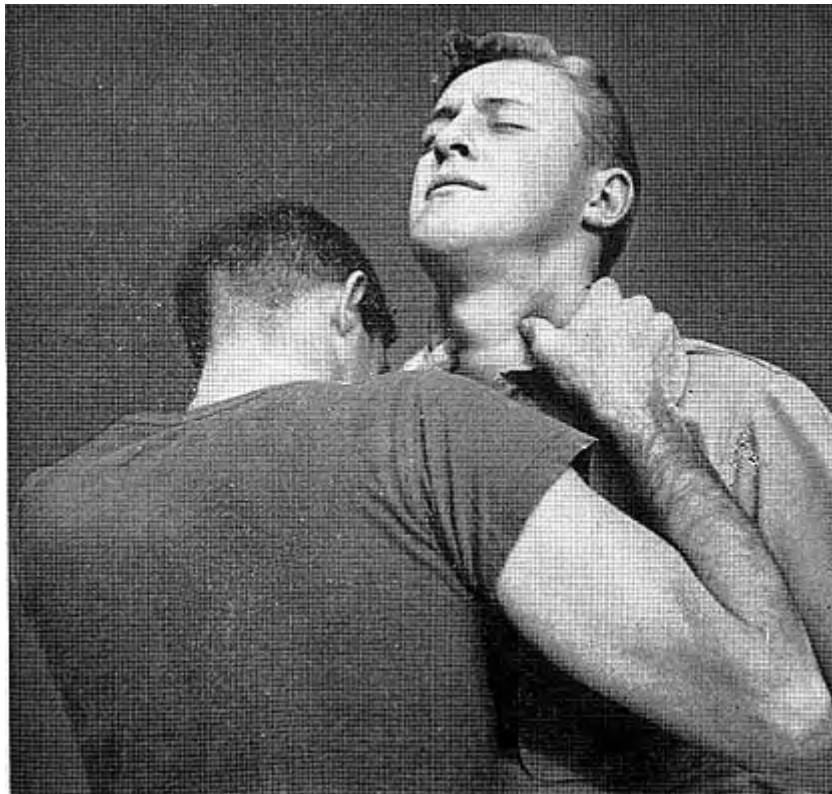
The edge of the fist. Note how hard you can pound your fist on a table in this manner; the same blow can be delivered on the neck or groin of an enemy.



After smashing with the heel of your hand, follow through by curling your fingers

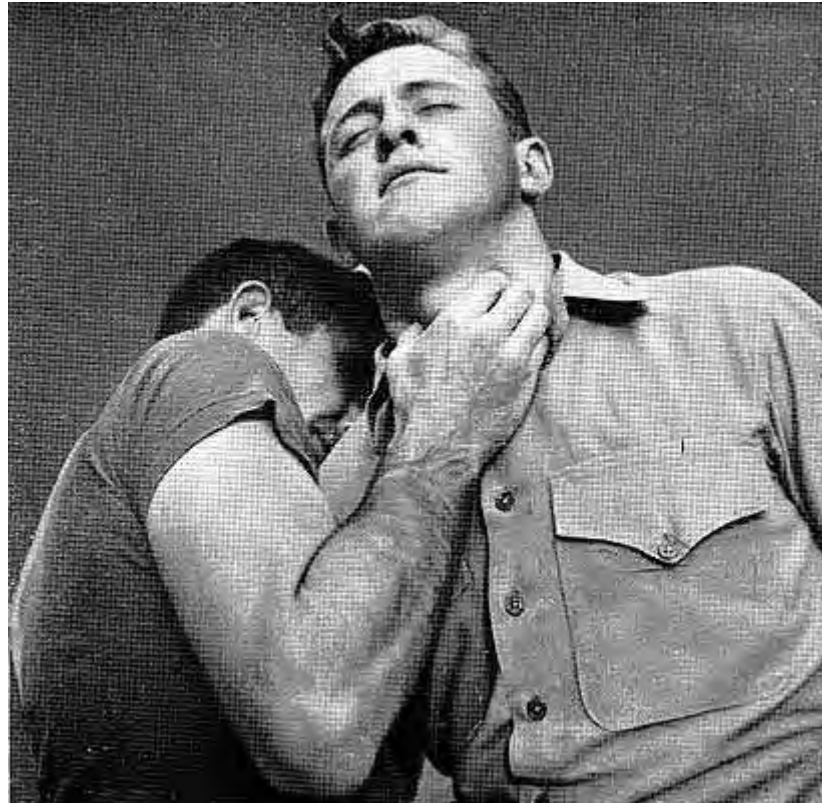
over the enemy's face and into his eyes

The heel of the hand. The wrist is locked and firm in all attacks with the hand. This one is an exception. With the fingers extended, bend the whole palm back in the same position as when pushing or leaning palm first, against a wall. The palm in this manner makes a battering ram of your forearm. The natural seat of your palm fits perfectly under the chin of an opponent. When in close, aim an uppercut at your opponent's solar plexus or chest, the heel of the palm will sweep up to chin in a natural arc. The heel of your hand, directly backed by the bones and muscles of the forearm, will connect with the impact of a rouk. Close your teeth and try it gently on yourself.



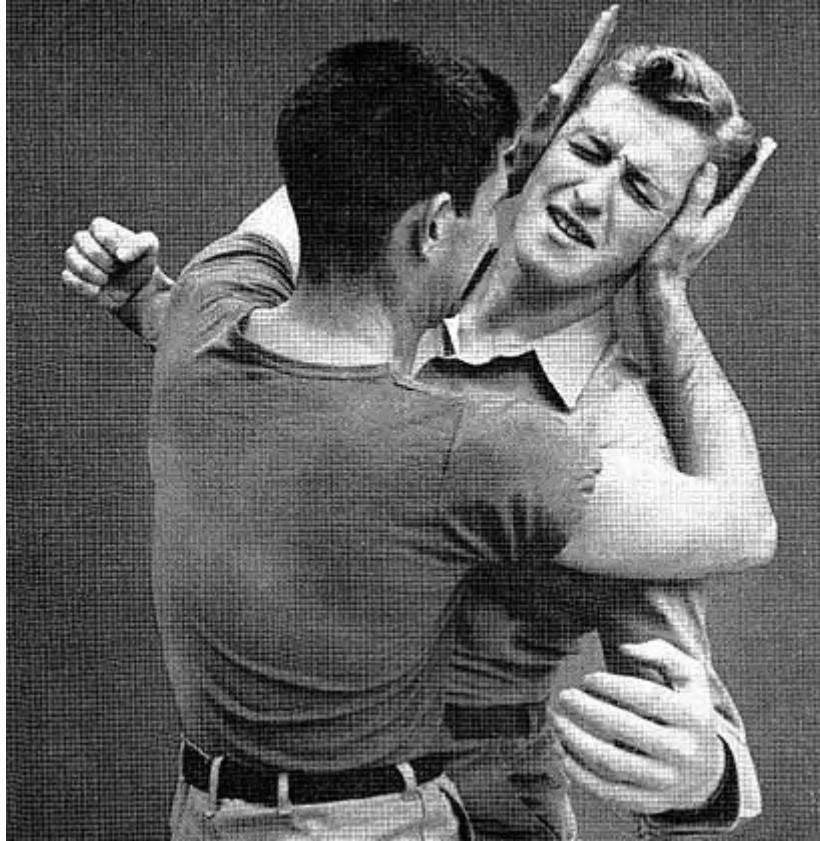
Attack your opponent's throat at the earliest opportunity. With both hands apply thumb pressure to sides of enemy's windpipe

Thumbs and Fingers. In tight spots the individual fingers act as probers, gouging and poking at the eyes, the bottom of the throat and under the jawbone. The fingers and thumbs are used for prying at the fingers of the opponent when they are clamped somewhere on your body. Pry one of his fingers loose, clamp your hand around it and BREAK it. The two thumbs rammed in on both sides of the wind pipe, then snapped together, is a choice way to end an encounter.

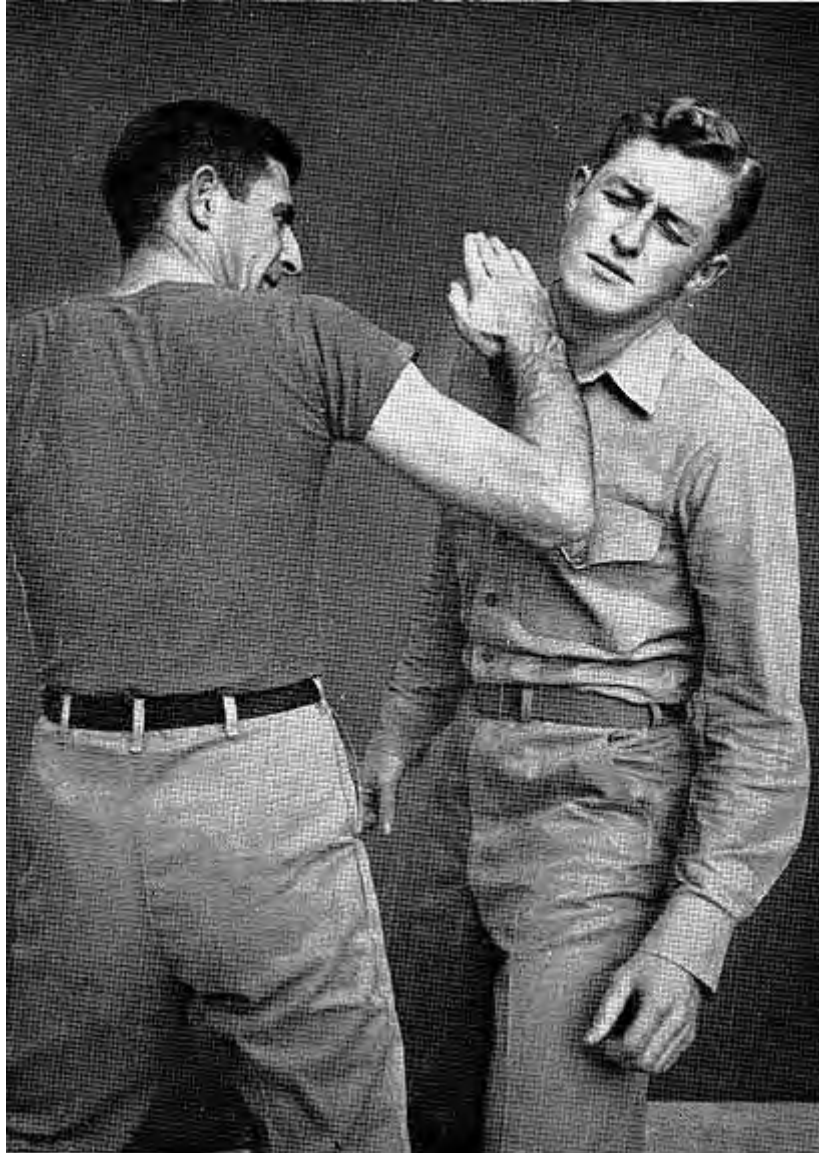


If only one of your hands is free, grasp the windpipe between the fingers and thumb and press in; then snap the trap shut

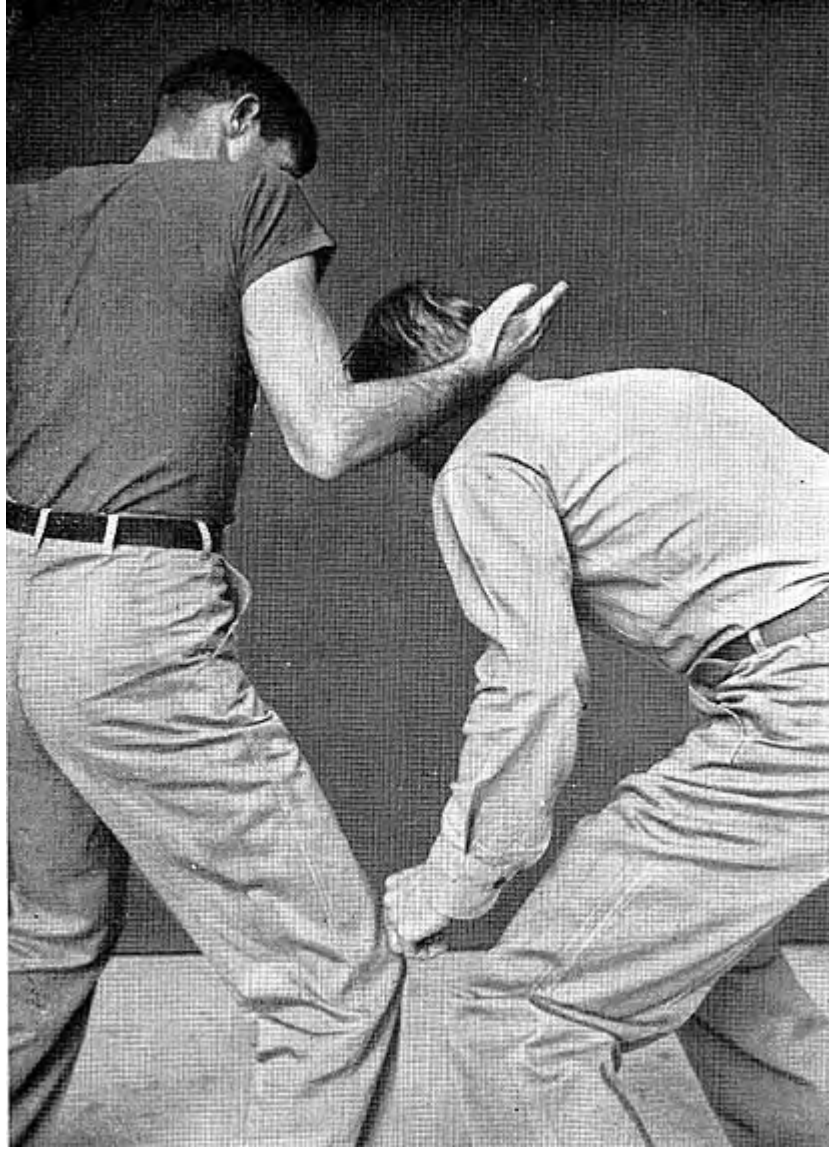
The Palm. The results of a punch to your opponent's head in the usual manner are, in many instances, not felt until the next day, but a full resounding slap on the face or base of the skull will rock your opponent right then and there. A good single or double slap across one or both of his ears will drop him on the spot.



If enemy has you in front grip and both your hands are free, slam palms over his ears. Result is like a blast concussion



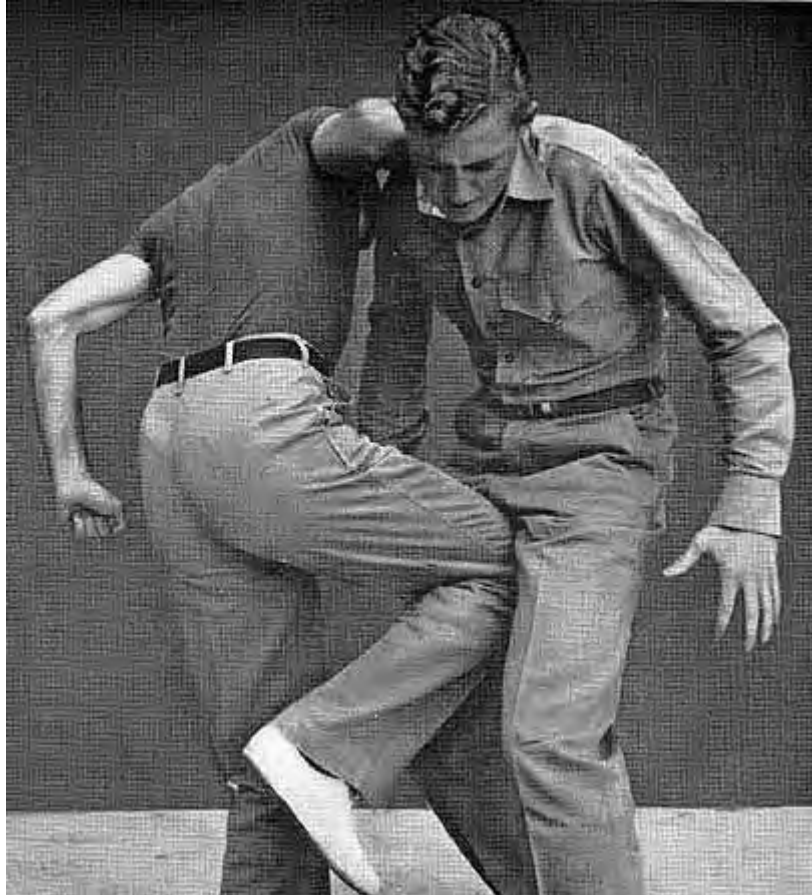
If opponent leaves himself open for blow at throat, smash at windpipe with edge of hand. Even a light stroke can be deadly



A blow at the base of the skull can break a neck. Nerves or large veins on the sides will paralyze if they are struck hard

The Knees

Two more of nature's battering rains. Use them against the groin, head or anything else that comes within their range. When you are standing over a downed opponent drop your whole weight behind the knee as it falls on some part of his anatomy.



Your knees are powerful battering rams. Use them when you have the opportunity.
Opponent's groin is a vulnerable target

The Feet

The broad length of the foot is effective when used as a ram against the opponent's knee in your foot attack. Smash down on his shin bone or shatter his instep if he is standing. *The point of the foot* can be driven into your opponent when it is safe to do so, especially when he is down - to the neck, chest, or joints. Stomp *the heel* down on his instep or use it to kick backwards at his shin, knee or groin.

Notes

A *small rock* will add weight to your clubbing fist. Any small item, *cigarette lighter*, *stone*, or *piece of wood* will tighten the muscles on the outside edge of the fist.

A *small stick* - protruding a bit, front and back - will provide added effectiveness. A small, *tightly rolled piece of newspaper* may be used instead of the stick.

TARGETS

In your initial contact with your enemy there are only two primary targets in which you are interested. Only one well placed round, or blow, in either the *throat* or the *groin* will set your enemy up for FINISHING OFF. There are many other targets that you might have to hit repeatedly, all disabling to some degree, but generally speaking, they will be only a prelude to stunning or blacking your opponent out

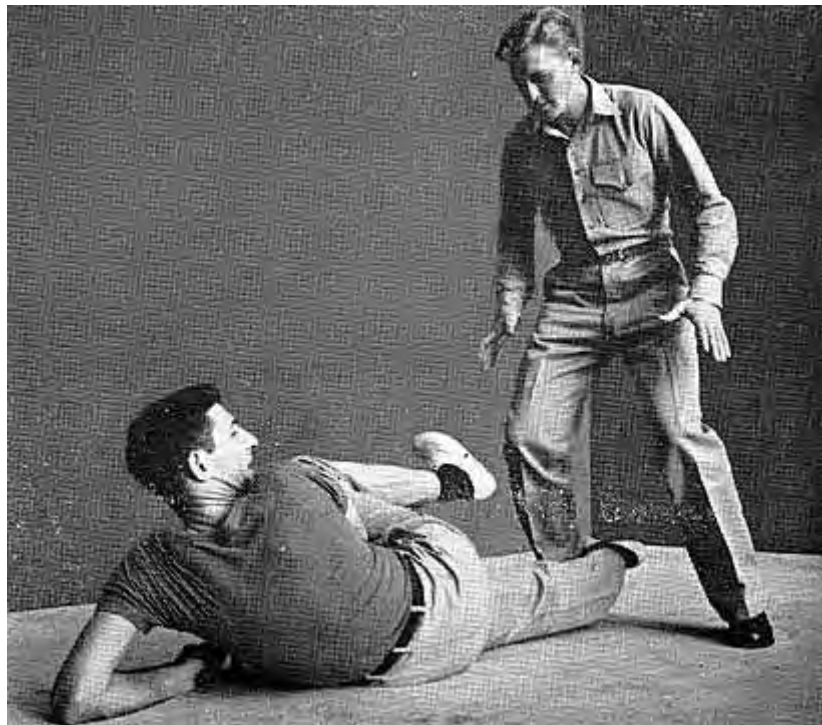
with a blow or blows in one or both of the primary targets.

The Neck

One of your opponent's primary targets is the neck. A severe blow anywhere on the forward half of the neck will cause extreme damage or death. If the blow is delivered at an angle with a back sweep of the edge of the hand, the windpipe will receive a severe jolt or fracture, and the enemy will probably CHOKE to death. A shocking blow at the windpipe delivered in any form was termed the "Black Death" by the late Colonel Biddle. The enemy will either pass out immediately from the shock and pain, choke to death, or remain standing, his face turning darker and darker as he tries unsuccessfully to get air into his lungs. Finally he will pass out.

This angle shot at the throat can damage the vessels which carry the blood to the enemy's head and shock the enemy into immediate unconsciousness by paralyzing the numerous major nerves located in that area. There is NO bone in that whole area to prevent the blow's full effect. If you were fortunate enough to hit so hard from the front, or the back, that you damaged the only bone in the neck, fine. You have finished your job; you have broken his neck.

Attack the front neck area with hand thrusts straight in, finger thrusts, edge-of-hand smashes, (both hands) fist smashes and elbow smashes. Attack the back of the neck with fist and edge-of-hand smashes.

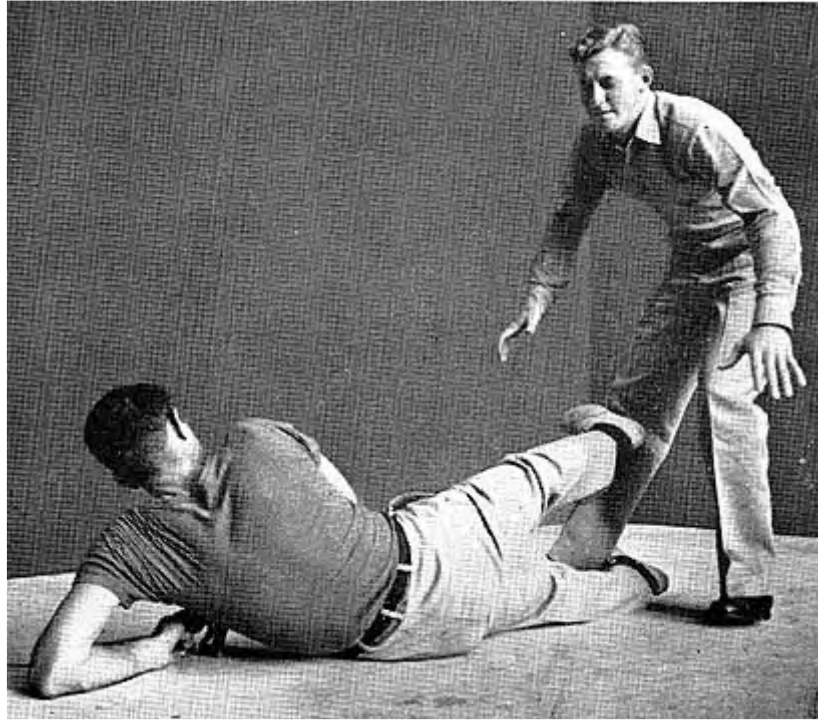


If you are on the ground and the enemy advances, hook one foot behind his ankle and smash his shin with your other foot

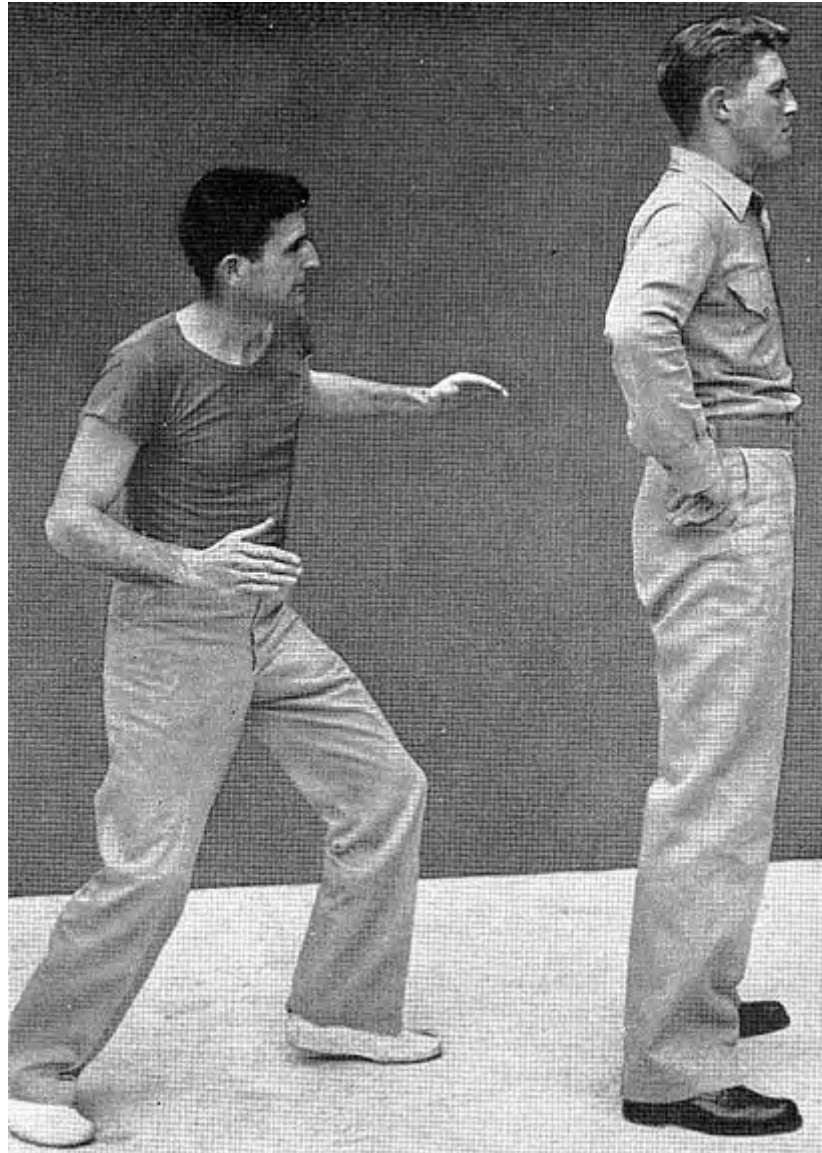
Groin

Attack your opponent in this area with everything you have; but remember that this is the ONE AREA a man does not have to be TAUGHT to protect. He will instinctively make it very difficult for you to get in a good blow, especially if you

try to attack this area by kicking. Don't try a kick at his groin unless you are VERY sure it is unprotected.



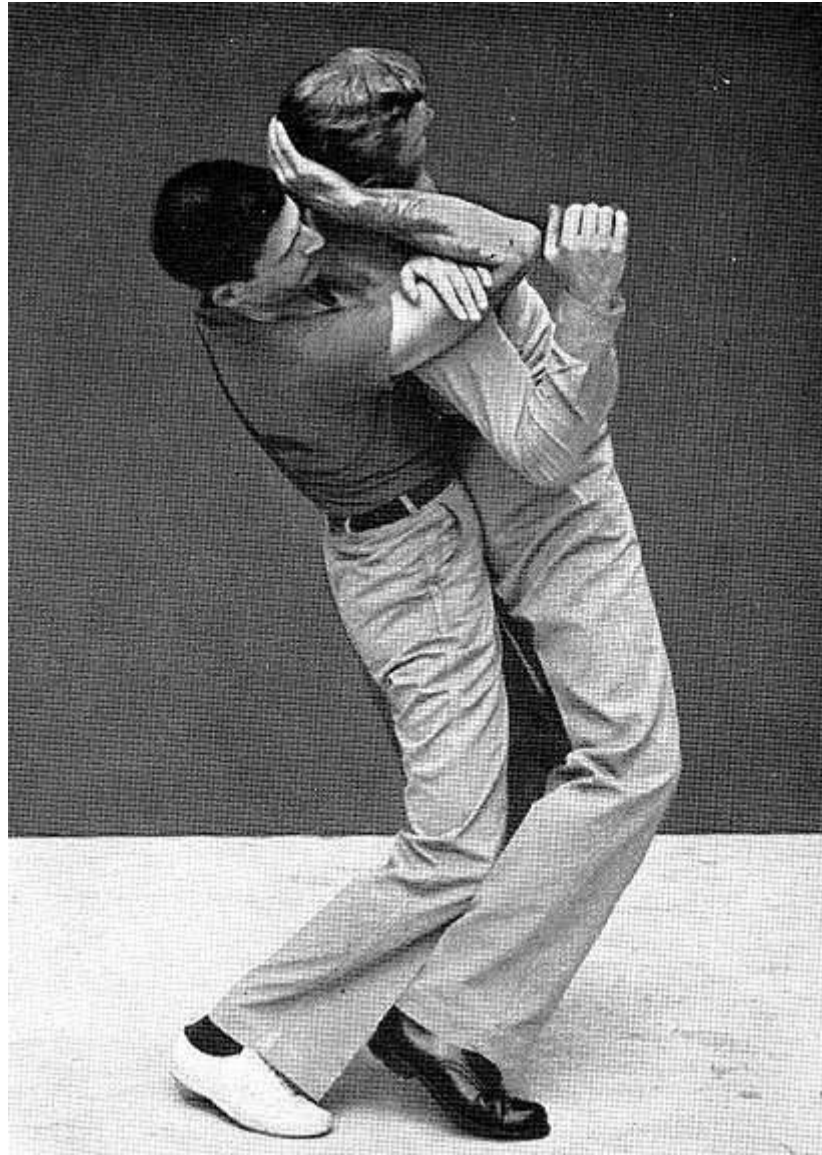
Coordination of the two feet is very important; the lower foot hooks ankle at the same time that the other foot smashes out



In an attack from the rear, make approach with left forearm ready for whipping blow across the front of opponent's throat



Snap forearm hard on enemy's windpipe. Right arm is ready to lock left forearm in place. Force his midsection forward



Whip right arm under left palm, snap right palm under base of enemy's skull. Lock your muscles in arms, back and chest

The Head

Attack the head with elbow smashes, fist smashes, or a heel-of-hand smash to the chin. Hook your hand behind his head and snap his head forward and come up with a knee smash to his face. When the back of his head is available, smash the edge of the fist or the open edge of the hand across the **BASE** of the skull. If he is in too close, curl all four fingers into the region of his eyes and start pushing. To force a man to release his grip on you, ram two fingers up into his nostrils and push his nose upward. Your antagonist **SHOULD** let go!

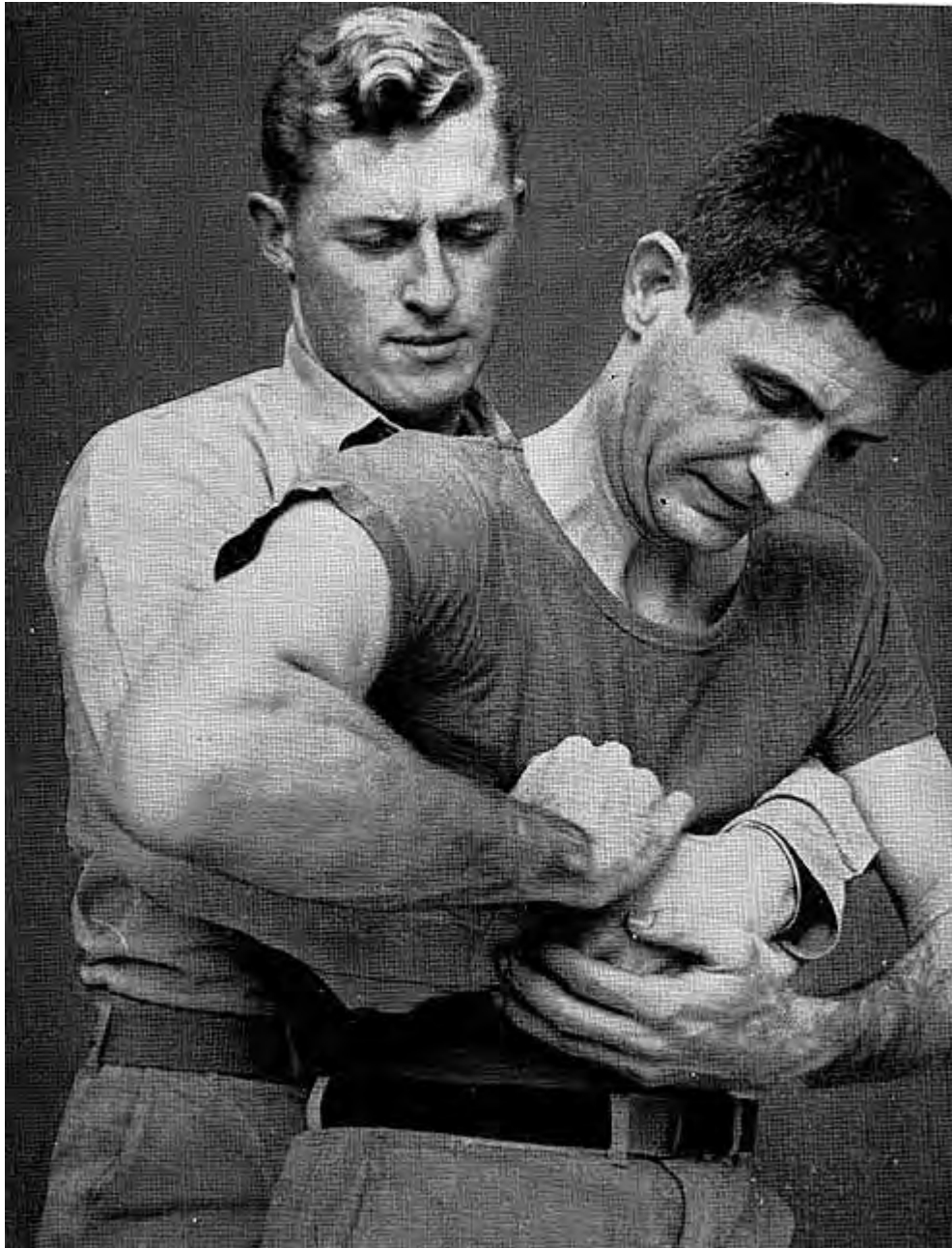
Rib Cage

When you attack, close in and start your smashing action with elbows, fists and knees; use the head and feet if you can. When your elbows smash against the rib cage **ANYWHERE** they can inflict severe damage. If you connect around the lower ribs in the front, you will jar the solar plexus nerves. A blow in the lower ribs on the

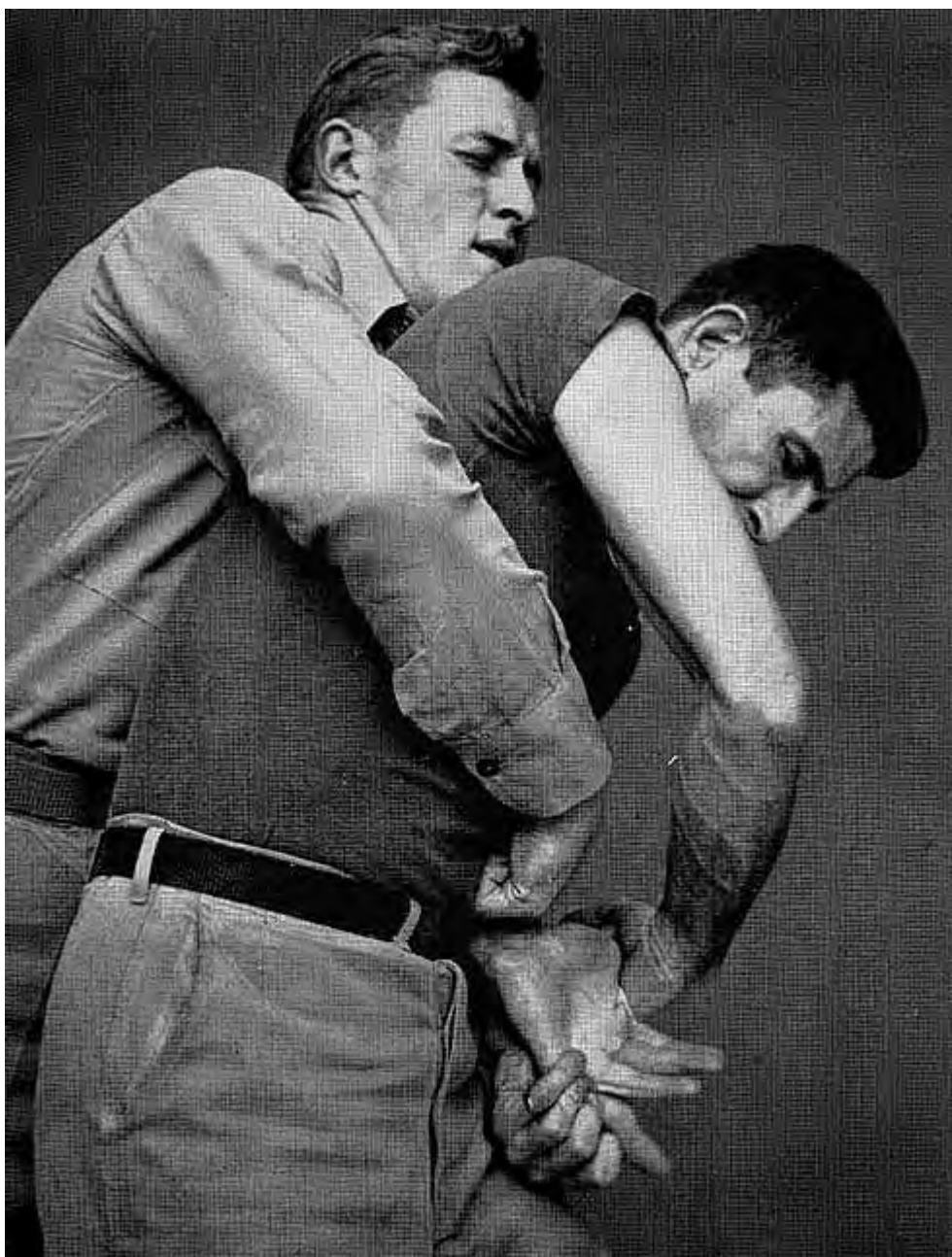
RIGHT SIDE will jar the liver. If you strike the lower ribs in the BACK you will be injuring the kidneys. The whole rib cage is packed with organs and ALL of them will be affected by a severely concentrated blow which lands ANYWHERE in that area. A punch driven into the upper stomach region directly under the center of the chest, will drop your opponent hard and fast. After he drops, a few well placed kicks or stomps or a knee drop in that lower rib area will finish him.



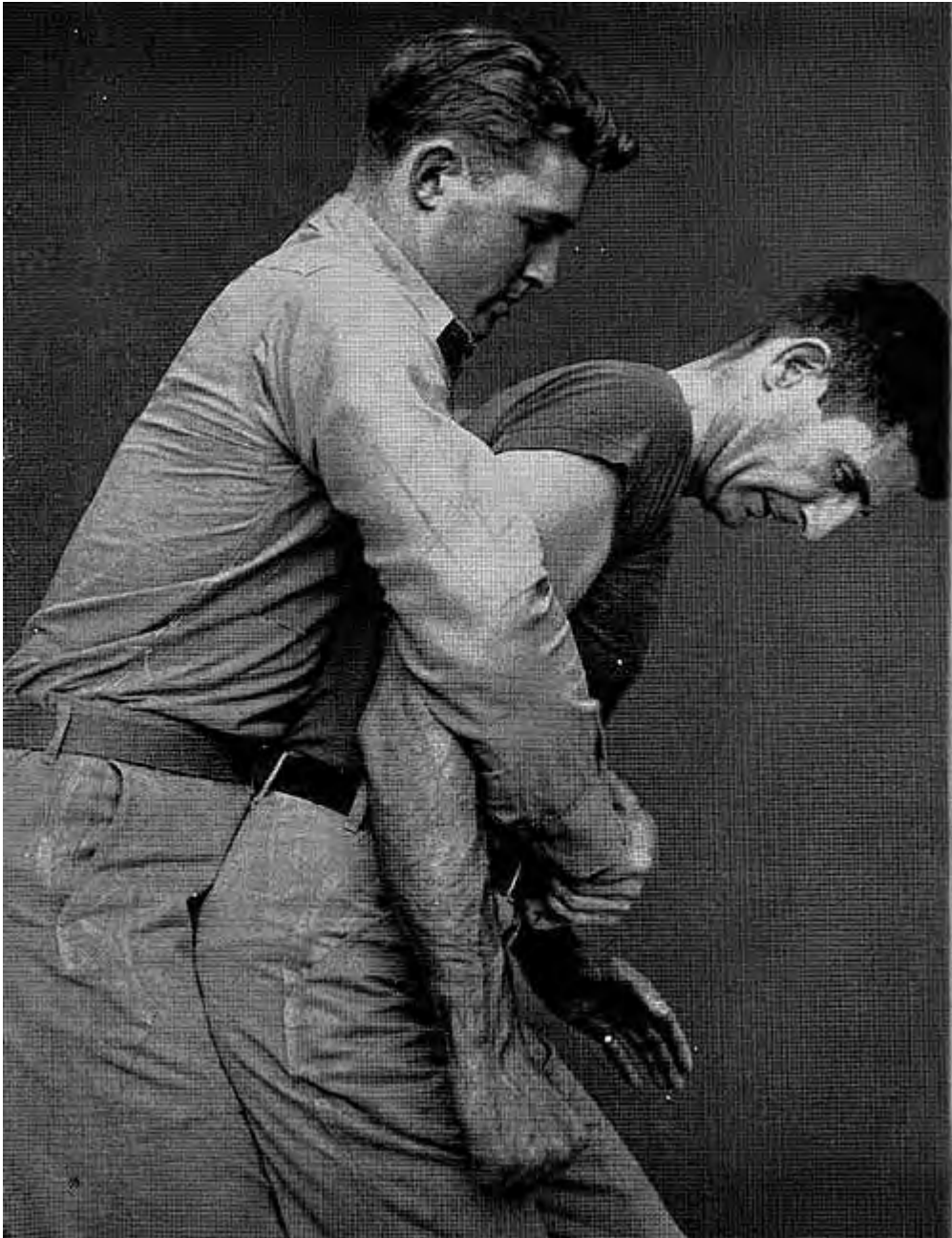
Force the left forearm against enemy's front throat area and as you drop to ground wrap your legs around his midsection



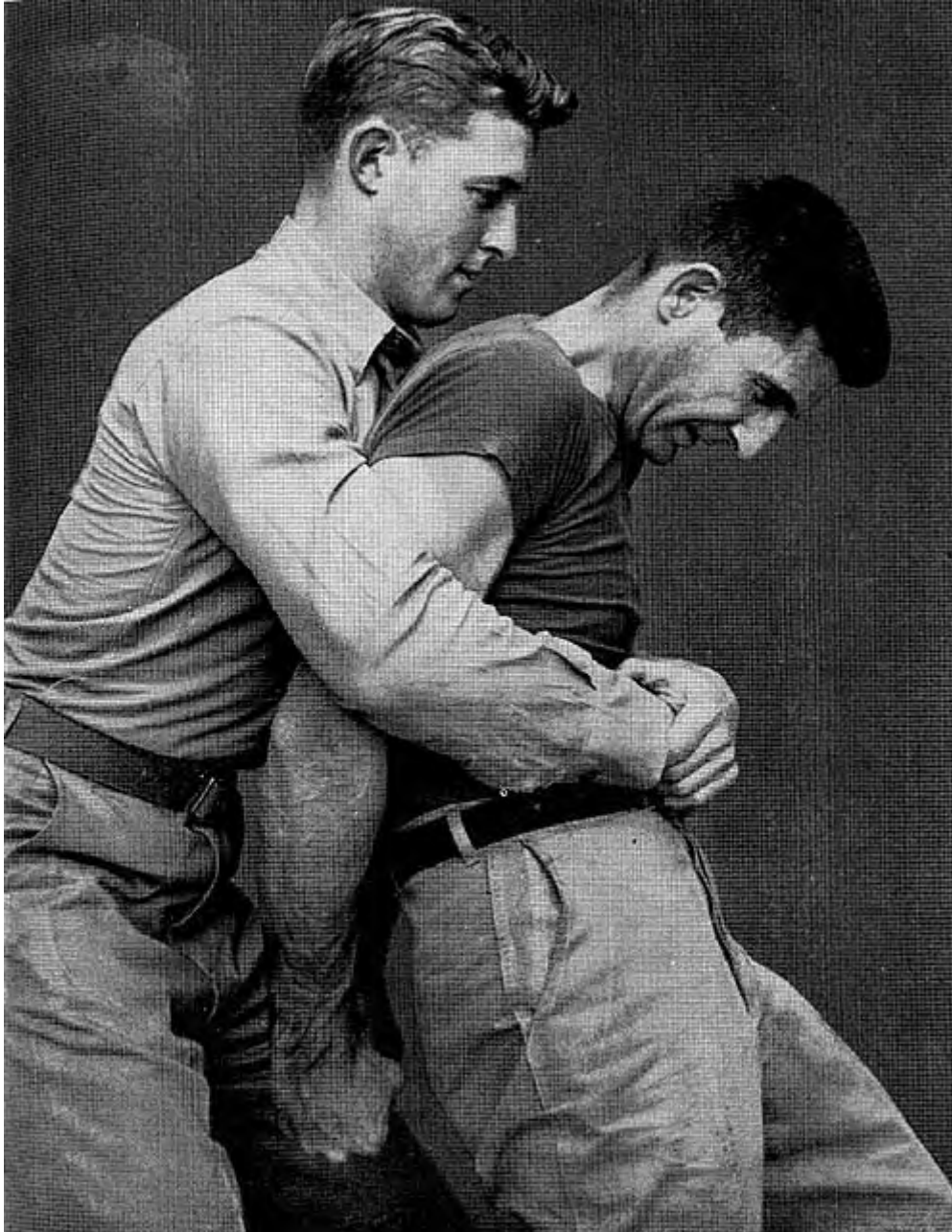
If your opponent gets a bear hug on you from rear and both of your arms are tree, grope for an exposed finger or thumb



When you find the finger or thumb, peel it free and be opposition to the joint. If you loosen two, spread them apart



If your arms are pinned down in a bear hug, arch the back, bend forward and apply pressure to your enemy's midsection



When you release the pressure suddenly you will be creating a gap wide enough for you to smash your fists into his groin

The Joints

All of the moving parts on the meim can be placed in one category. If they are small enough to break with your hands, break them. If your opponent gets his hands on you, find one of his fingers and break it by wrapping five of yours around it and bending it in a direction nature did not intend. Larger joints should be attacked with blows. Slam your heel or foot down on his instep or kick at his knee cap until he is down. Then stomp and kick the moving parts. The ankle, knee, fingers, wrist, elbow and, of course, the neck are good stomping grounds. A KNEE DROP in lieu of the kick for the neck joint will leave you out of danger as far as that one enemy is concerned.

Large Muscles

Smash with fists, knuckles, toe kicks and stomps. A good blow "ill incapacitate the forearms, biceps, calves and thighs.

CONFIDENCE in yourself - the self assurance that you CAN DO IT - is the first requisite: the rest is a matter of KNOW-HOW and PRACTICE. This confidence will allow you to stay LOOSE, mentally and physically, until the moment which necessitates the application of your chosen *plan of attack*. Then HIT FAST and HARD, pressing the attack to its successful conclusion.



The Stick

Years ago the cop who walked his beat, swinging his night stick, knew that it was fine for clobbering drunks and thieves on the head, but it is doubtful whether he realized the versatility of that short length of hard wood he carried. Today, however, there are a number of effective, fighting tricks with sticks. The uses of the

stick are worth passing on to you because sometime it may become necessary for you to defend your life with nothing more than your *natural* weapons and any stout stick you might be able to pick up.

The list of common articles, usually available and easily adapted for use as "sticks", is limitless. Swagger sticks, broken broomsticks, mops and shovel handles, snapped-off billiard cues, rungs of chairs or shon branches of trees. Ladies in the subways will find a short umbrella or a rolled-up magazine equally effective.

THE SHORT END TECHNIQUE

For the most part, the development of this *short end* technique must be credited to Colonel William A. Kengla, USMC.

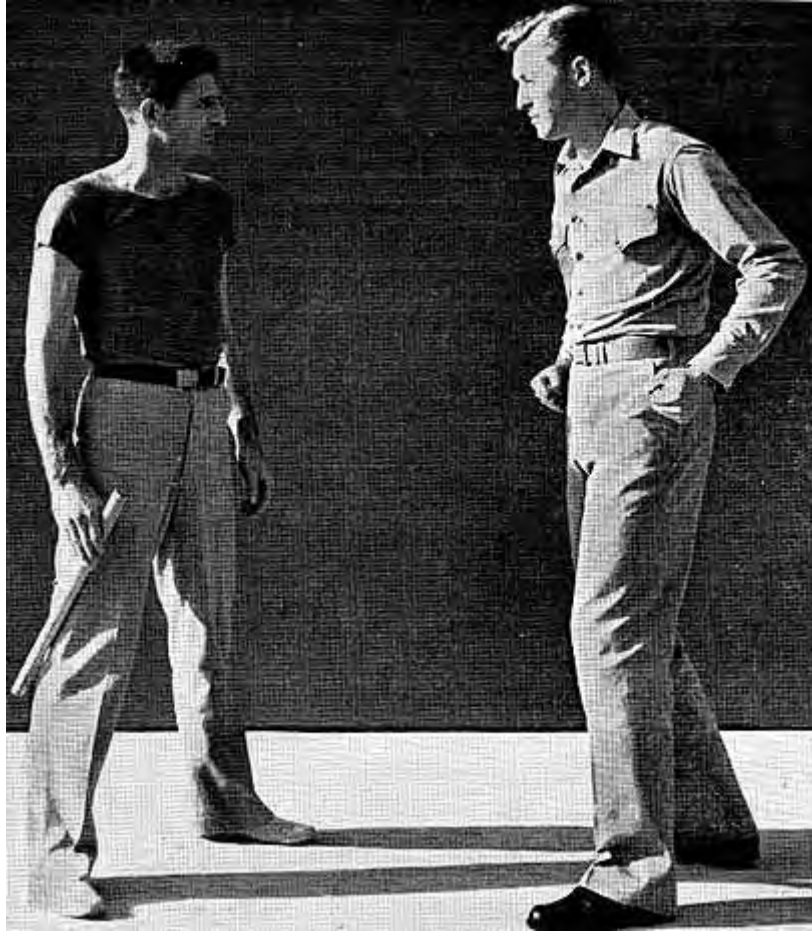
Pick up your "stick," whatever it may be, and we'll show you how much damage you can do with it. If you're at home, pull a towel rack off the wall; if you're in jail, pull a bar out of the window. ANYTHING long, stout, hard, about 22 inches in length will do.

Go it?

Good. Here's how you'll hold it:

The Grip

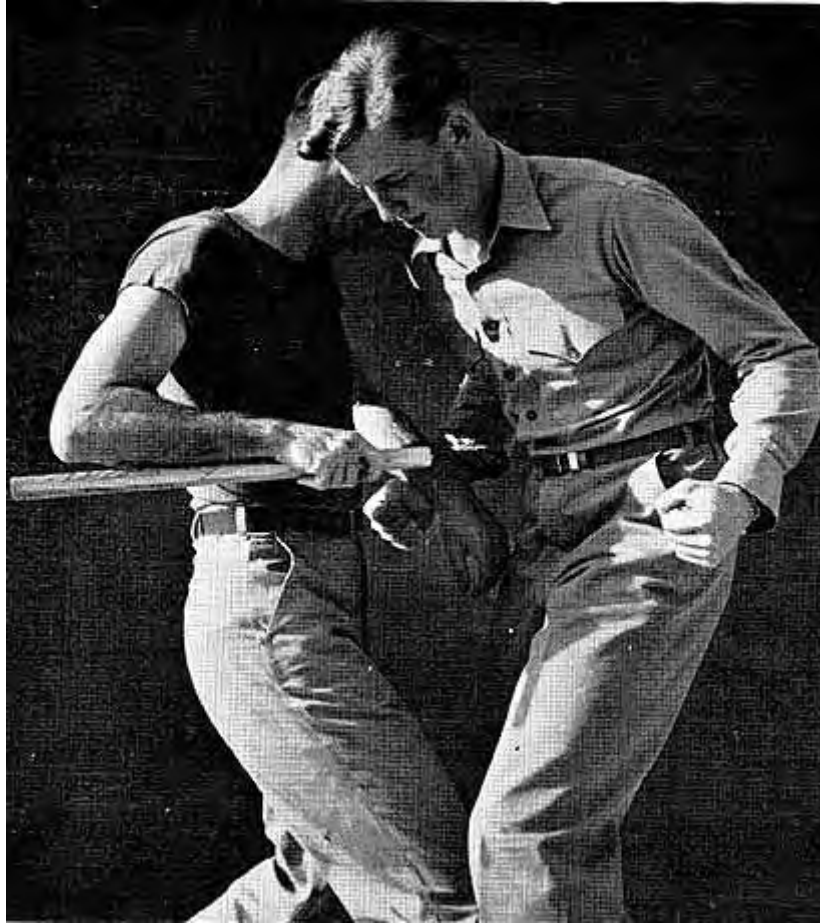
Grab it just as you would a KNIFE. The fingers are wrapped se-curely around it, allowing approximately three inches of the stick to protrude OUT IN FRONT of your hand. The remainder of the stick lies along the forearm, forming a straight line from the point to the elbow. Now allow the long end of the stick to drop by your side.



The short end technique. Grasp your stick about three inches below the forward end; the body must be very well balanced

The Stance

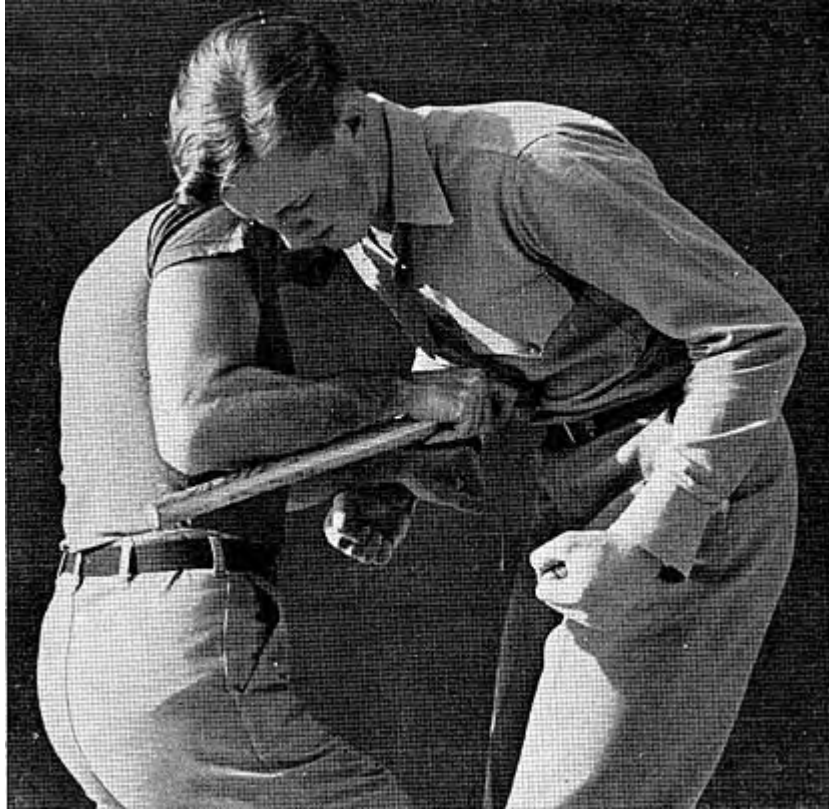
Your stance may be either that of the boxer (left foot forward) or that of the knife fighter (right foot forward). However, the left foot forward, stick in the right hand, is recommended for most situations.



The attack. Your stick performs a piston-like motion as it is whipped up along the forearm and thrust into exposed target

The Attack

ANY ONE of the blows described here will be decisive if planted properly in a vital target area. Your choice of attack will depend upon the situation.



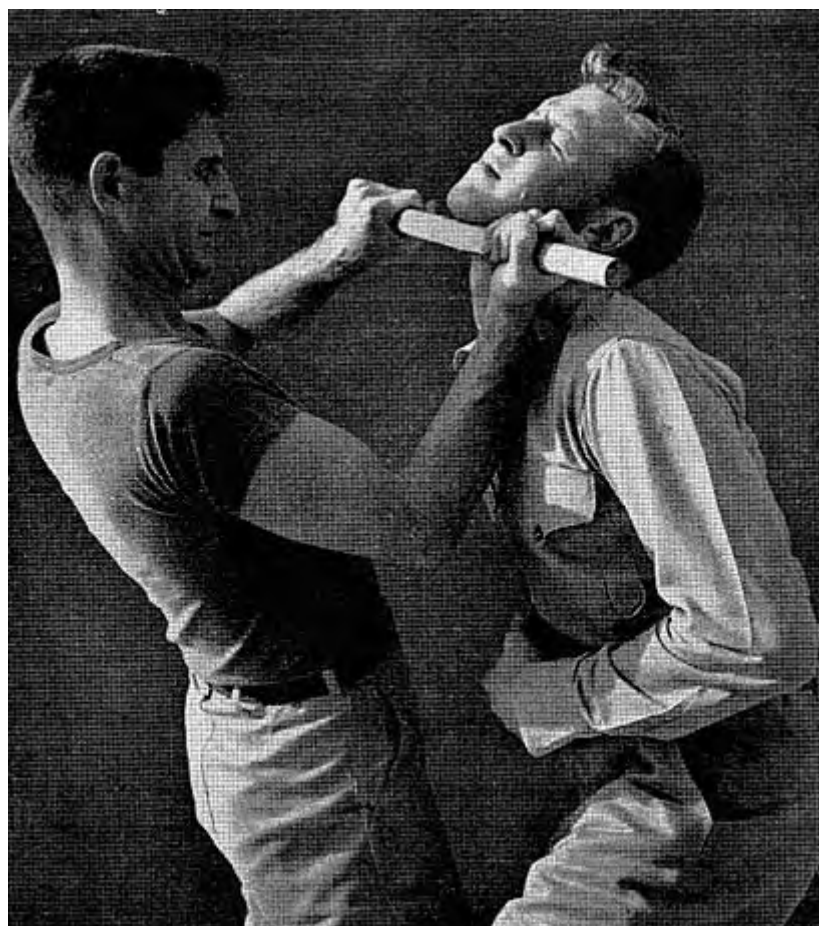
The opponent's solar plexis is your target. The impact is on end of your stick, backed by power of full arm and shoulder

THE SOLAR PLEXIS BLOW is delivered from the boxer's stance, your stick cocked against your forearm, your **LEFT** foot forward. With a driving, piston-like action of the stick arm, you smash the stick directly into the solar plexis of your opponent. The blow is carried in with additional force by advancing the right foot as you strike. If you **CONNECTED**, you have succeeded in discouraging your opponent and he will show no more interest in the fight.



Your stick will form a bar in a split second if you whip it to the left and into your left hand with a simple wrist movement

However, if you missed or if your blow was blocked, FOLLOW THROUGH by WHIPPING the LONG END of the stick over to your left side with a single movement of the WRIST. Your LEFT HAND, PALM DOWN, should be ready to receive. Your stick is now a HORIZONTAL BAR, gripped in both hands and held at a midsection level.



The bar is smashed up under chin with the full power of the arms and shoulders.
Complete smash with full follow through

DRIVE the bar up **UNDER THE CHIN** of your opponent. All right, so you missed on the way up-**SMASH IT ACROSS THE BRIDGE** of his nose **ON THE WAY DOWN**. Draw it back to yourself and smash it straight to his nose, teeth or throat. If your opponent is still obstinate, **MOVE IN**.



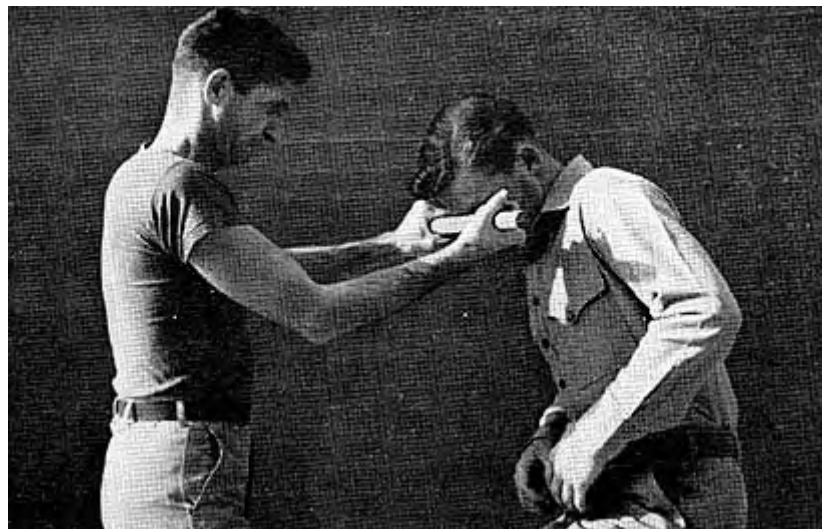
If you missed or merely grazed the chin, leaving bar over opponent's head, you are in a position to continue the attack



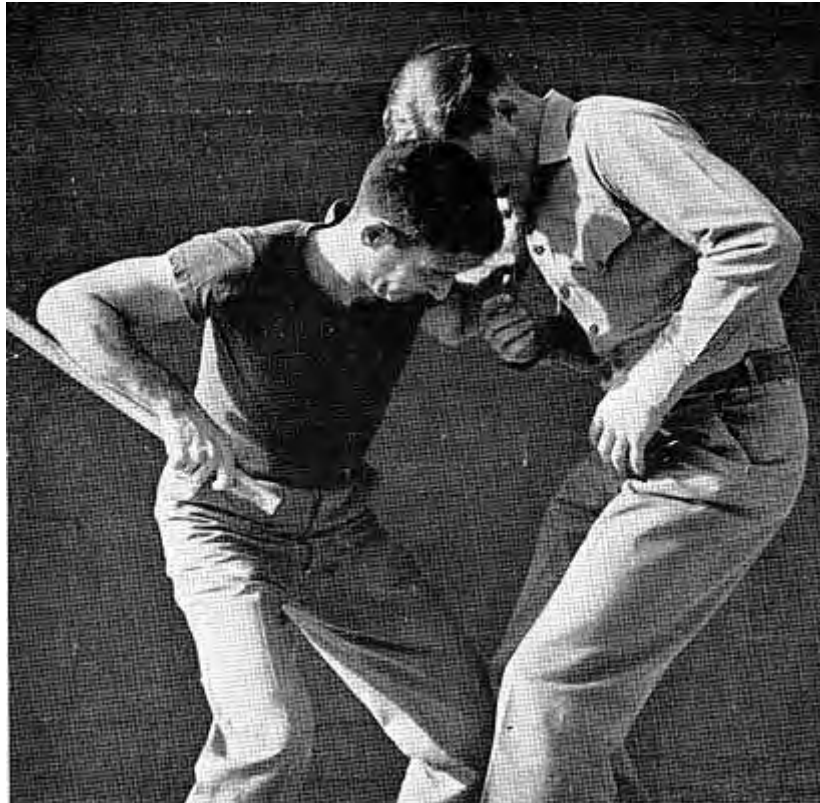
Follow through with a sweeping downward smash. Bring the bar crashing down on enemy's nose if his face is turned up



Bring bar back, close to chest, and prepare for direct smash

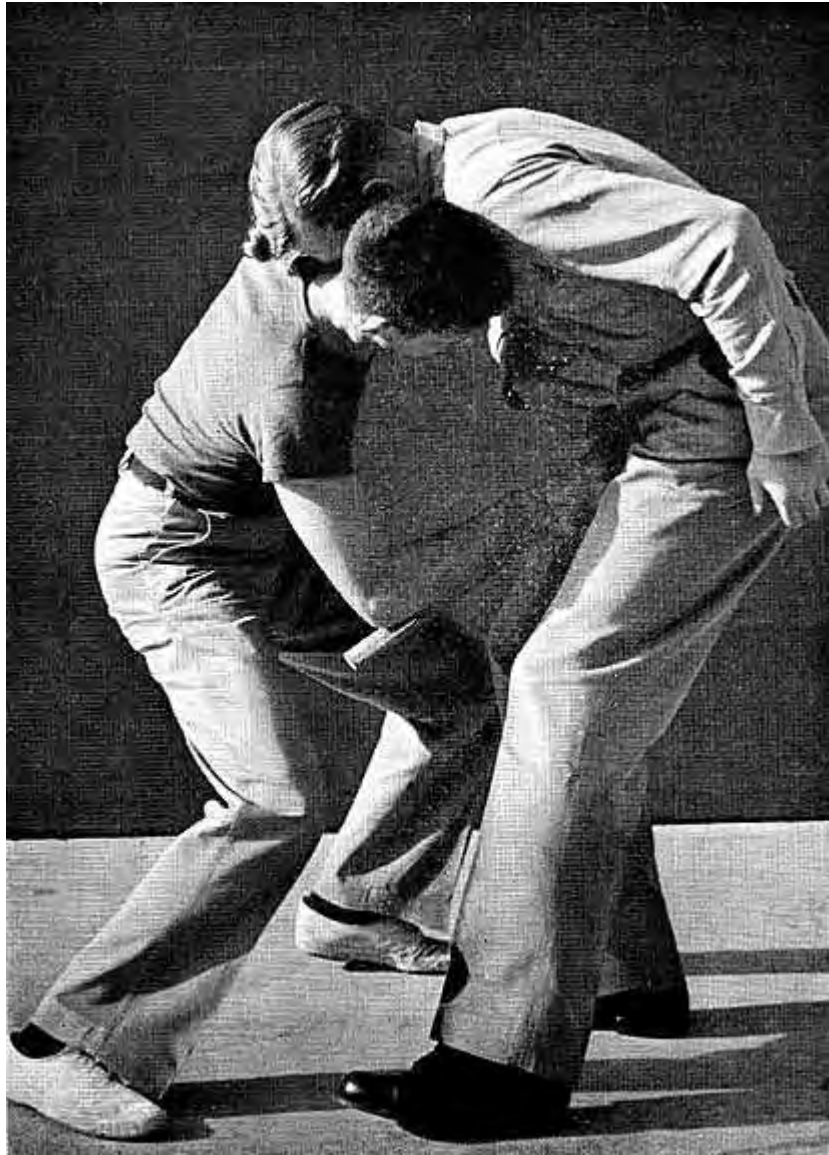


Bar is smashed into enemy's throat, or head between the eyes

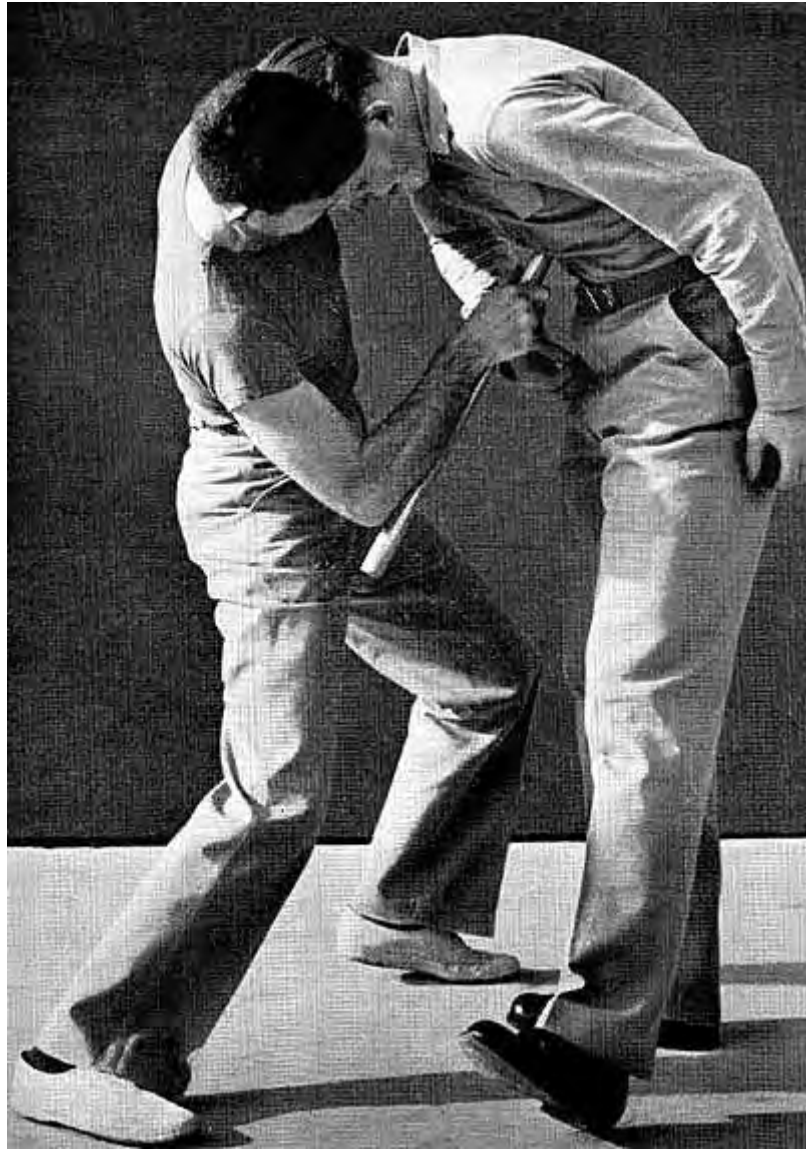


Grab enemy's shirt and return your stick to forearm position

To MOVE IN, release the left side of the stick and bring it back, along the forearm, into its original position. Now, with your FREE LEFT HAND GRAB A SOLID HUNK OF YOUR OPPONENT'S CLOTHING, somewhere around his right shoulder area and pull him in close. *From now on, wherever he goes, you go!* Start smashing with the SHORT END of the stick - duck low and drive it into his groin, solar plexis or rib area. Strike ANYWHERE, let him have it under the chin if you can get there with it.



Crouch low; smash the small end of stick up to enemy's groin



If the groin attack misses, try for your enemy's solar plexis



If you are attacked from the rear while engaging an enemy, drive the long end of your stick straight back at the offender



Direct short end of stick to opponent's neck, jaw or temple. Anywhere the weapon lands will be a painfully damaged spot

If he is blocking your targets, start swinging around the OUTSIDE. Try for his temple, ear, jaw or side of the neck; try for a blow in his lower rib section. ANYWHERE your point lands will be a painfully damaged spot. And a lot of sore spots add up to ONE BIG PAIN. And a painfully bruised body offers LESS RESISTANCE.

Now, you may wish to resort to a PIVOT PUNCH. This outlawed boxing blow is delivered like a right hook to the opponent's jaw, but the point of the elbow, rather than the fist, contacts the target. The upper arm, shoulder to elbow, is too short to deliver this blow effectively without accompanying the blow with a *wheeling body movement*.

The stick is kept along the arm, protecting your elbow as it smashes across your opponent's head after your *right hook swing*. When you deliver this blow, put plenty of "WHEELING BODY" behind it DON'T PULL YOUR PUNCH!



For the pivot punch, bring the long end of the stick securely along the forearm.

Stick will protect your elbow as it strikes



Pivot the body and apply a right elbow smash to enemy's jaw

All right, you missed again. Your blow failed to drop your opponent. Don't worry, you are now in a position to back smash with your right elbow. Make a HOOK with your stick by a slight movement of the wrist; come back across, hooking your opponent's neck with the stick. **YOUR LEFT HAND SHOOTS ACROSS IN FRONT OF YOUR OPPONENT, GRABBING THE LONG END OF THE STICK.** This is it, Mac, now you've got it made! Your opponent's neck is now uncomfortably nestled in the **DEATH TRIANGLE**. The stick behind his neck forms one side, your **CROSSED** arms on his throat are the other two sides. **SNAP THE TRIANGLE SHUT AND SQUEEZE!**

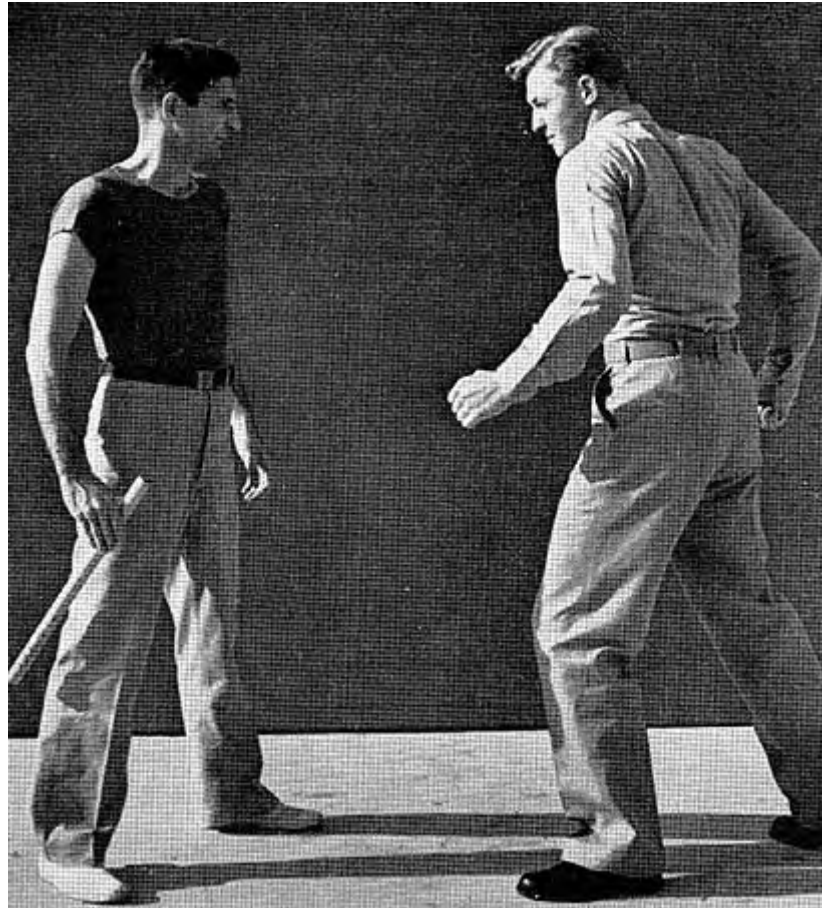
Incidentally, this triangle treatment is excellent for curing enemy sentries who have "shouting sickness." You will find that it is a neat, silent way of dropping the sentry from behind. The triangle is simply reversed-the stick flashes in **FRONT** across his throat, your arms cross on the **BACK** of his neck. Squeeze until you feel his windpipe close; he can be revived! To kill, squeeze hard!



Follow through. Hook is formed with stick around his neck



Arms cross; other end of stick is secured. Snap triangle shut

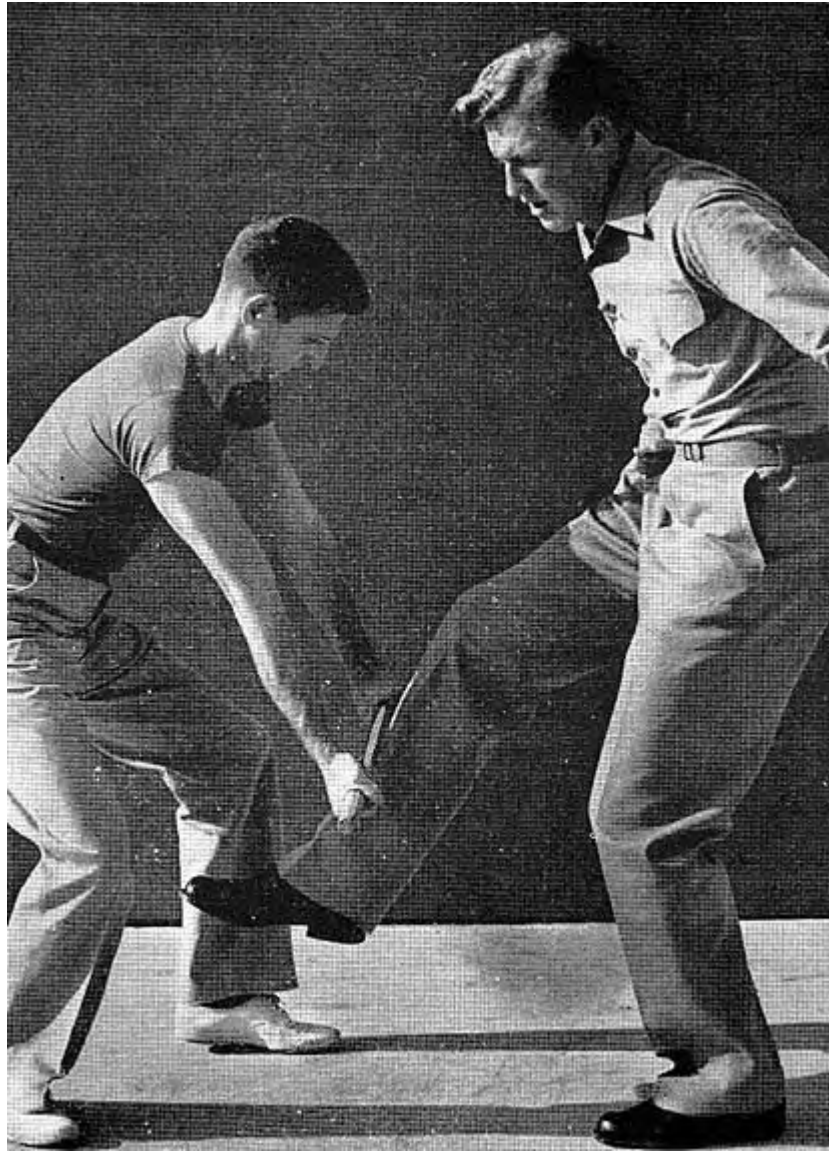


From this stance you are in a position to attack your enemy with the short end of the stick or whip it into a bar instantly

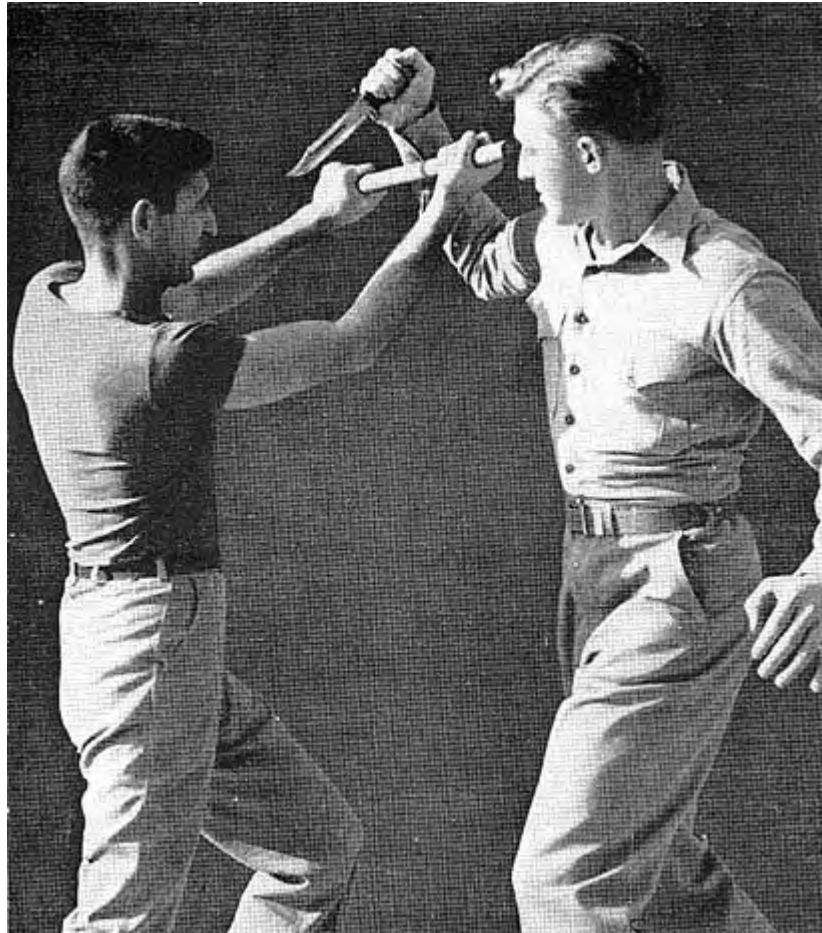
To block a kick, whip the long end of the stick across to your left hand. It has again become a horizontal bar, but instead of bringing it up to his chin, snap the arms straight down at the oncoming leg. Aim for the shinbone if possible; then follow up with a chin smash since the stick is in a position for this movement.



If your opponent attempts to kick, snap your stick over into the bar position. Your feet firmly placed; body well balanced



Snap your arms straight, directing your bar to the shin of opponent's raised leg; lock arms against power of his kick

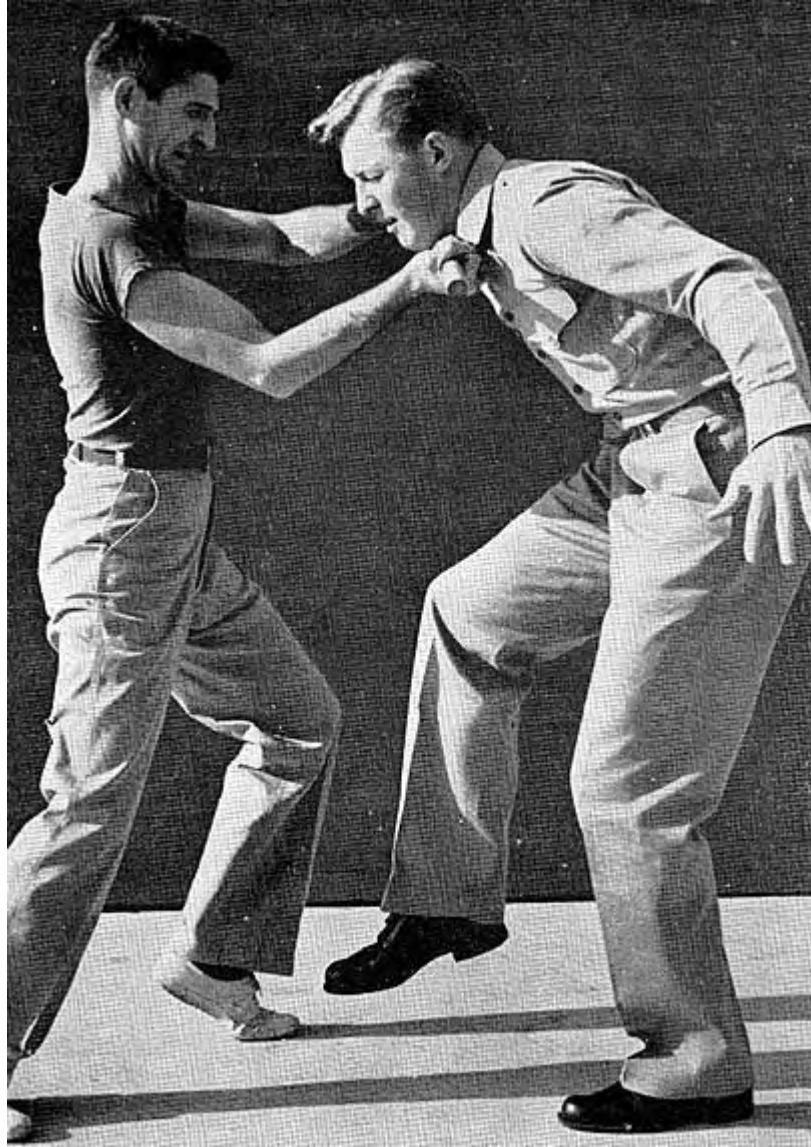


Smash your arms out straight against a downswinging blow. Make use of your feet or knees against any exposed target

Your opponent's overhand or underhand blows may be blocked in this same manner. Smash straight out for the descending arm, or bash aside the upcoming arm. FOLLOW THROUGH AT ANY TARGET OPENING.



If your opponent tries an upswinging blow, direct your bar straight for his wrist or forearm. Draw trunk out of range



At the completion of any block with your bar, follow through immediately with a smash to enemy's forehead, chin or throat

THE LONG END TECHNIQUE

Fundamentally, this technique is the use of the stick in the same way you would use a knife.

The Grip

Grasp the stick a few inches from the **BACK**. This protrusion is a *reserve* for clubbing in close or smashing back at an opponent who may attack you from the rear. The **LONG END** of the stick is out in front - held out like a knife. The point and the elbow form a **STRAIGHT LINE**.

The Stance

In **COMBAT** use the *knife fighter's stance*. Keep the point directed at your

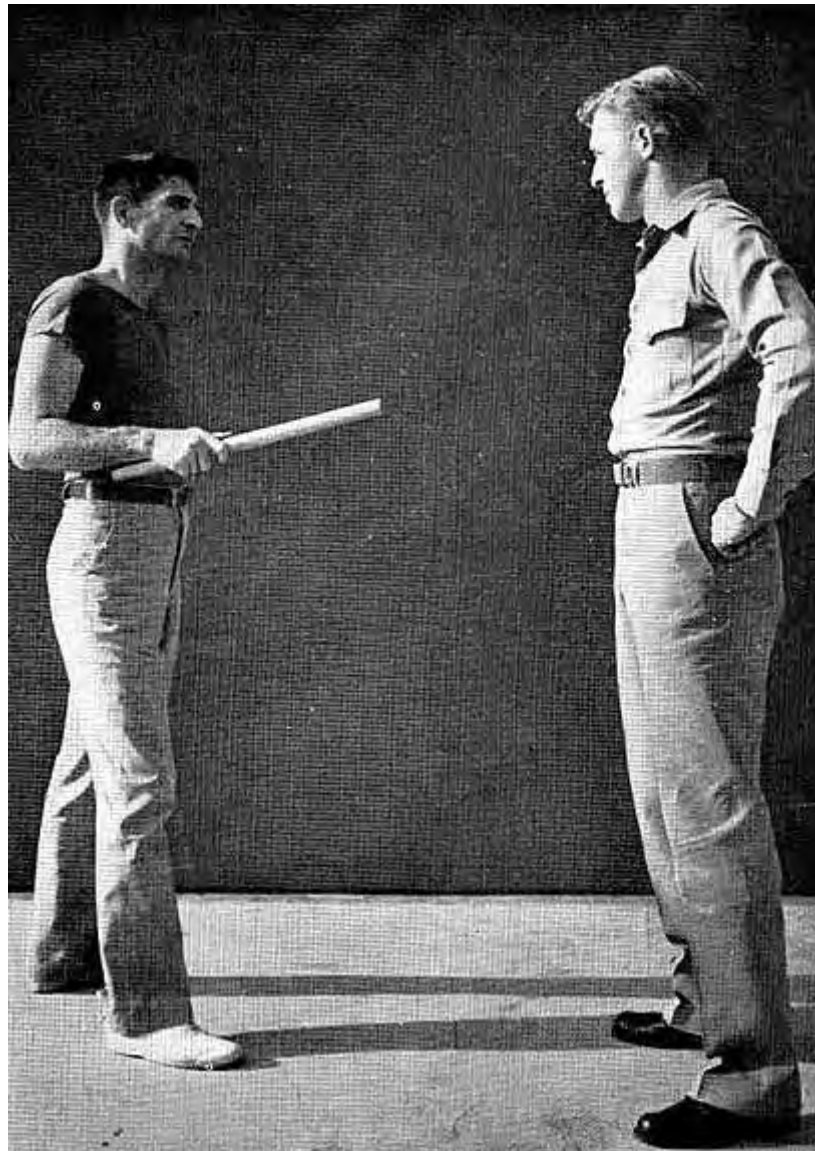
opponent and thrust the same way as in knife fighting.

The Targets

Thrust for the throat, face and solar plexis.

The Attack

In combat, if you are otherwise unarmed, find a club and sharpen both ends with a rock. Since you have no cutting edge, direct the whipping action of the club to your opponent's temple, neck, shoulders, joints and muscles. Use the point in full thrusts. In attacks, from the *long end technique*, a bar may also be formed with a movement of the RIGHT WRIST. Unlike the RIGHT hand grasp used in the *short end technique* where the RIGHT KNUCKLES are DOWN - the fingers UP - the bar formed from the long end stance will have the knuckles on BOTH hands UP. The bar may be used to smash or the stick may be whipped from either end by releasing the grasp of either hand.



The long end technique. Extended long portion is directed at your opponent. Grasp

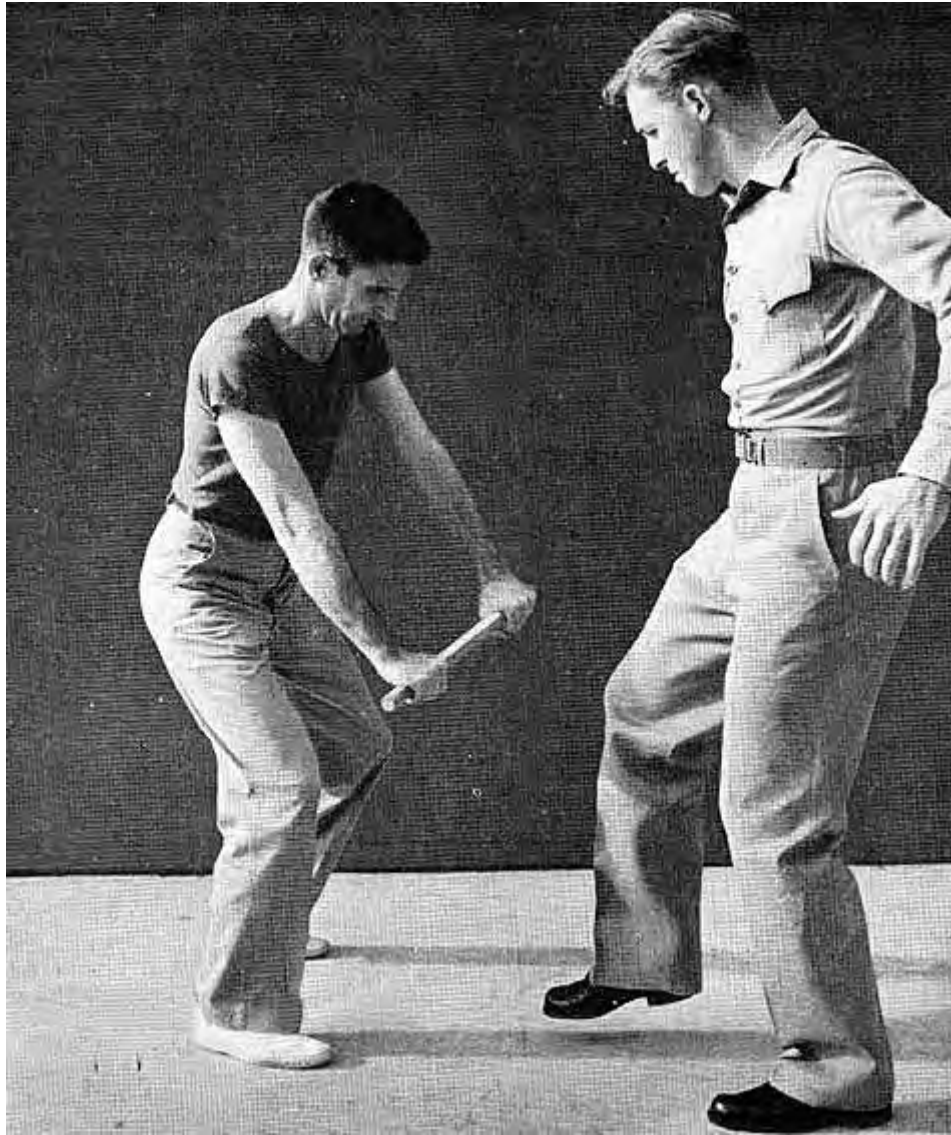
stick about three inches from the end



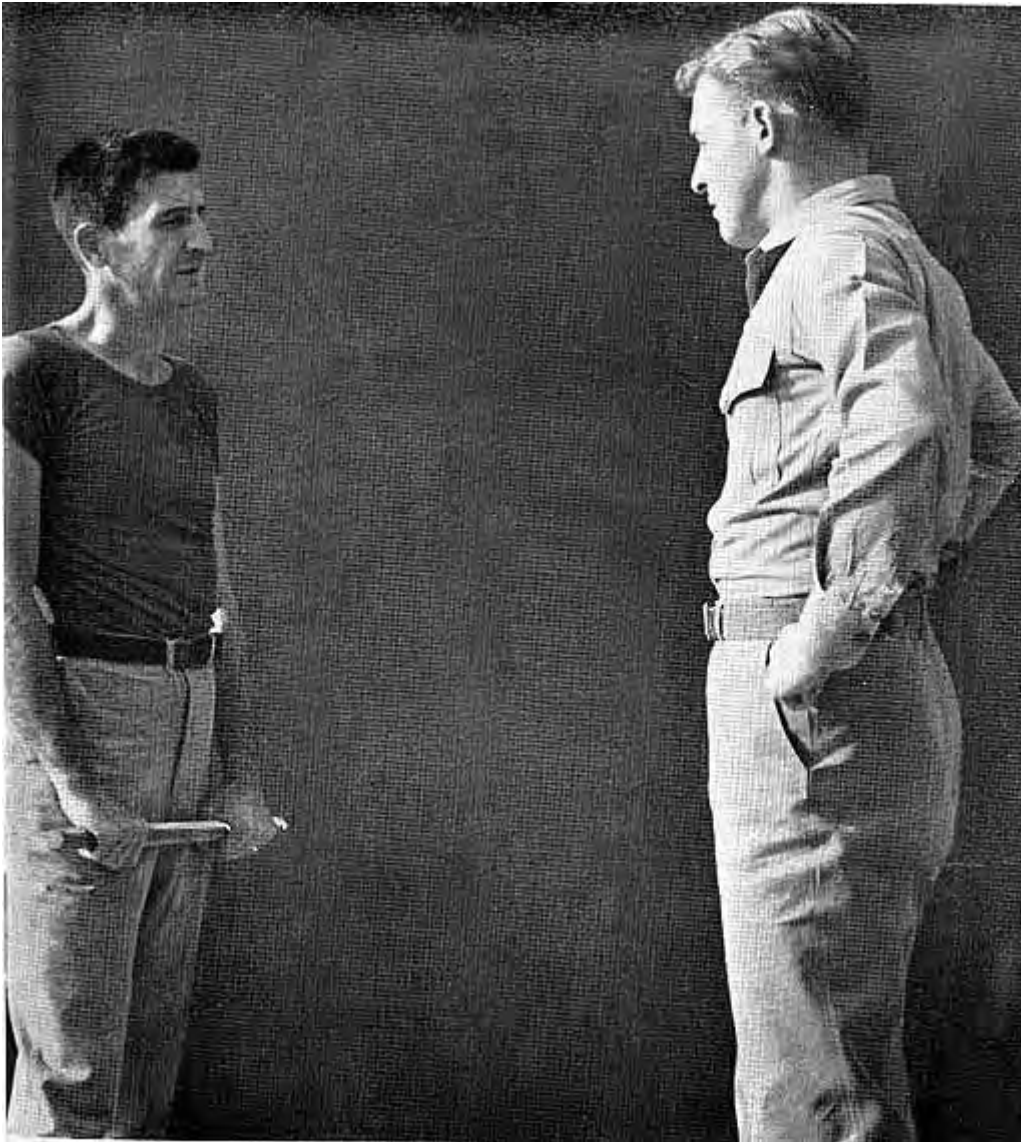
Thrust the point of the stick into your enemy's solar plexis. Your left arm whips back, adding power and velocity to blow



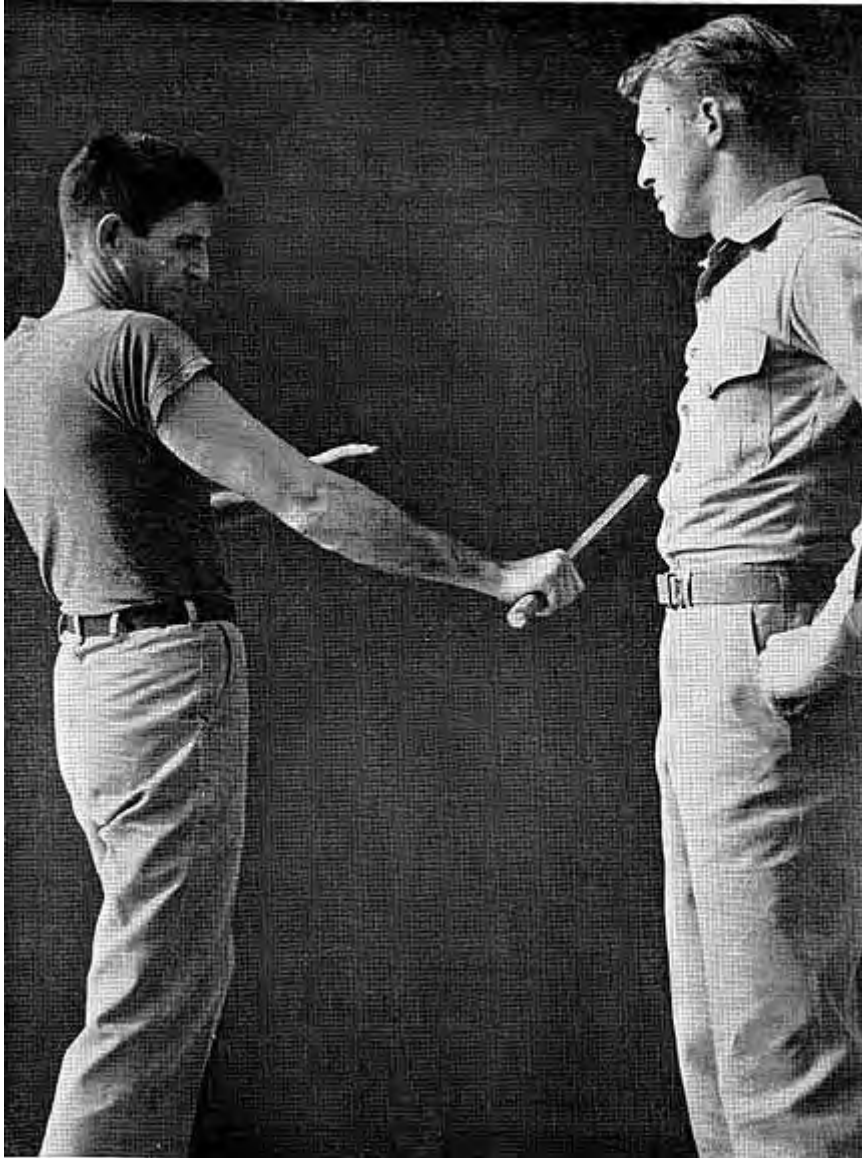
Slash with the long end of your stick in the same manner in which a sabre is used,
striking at enemy's joints and muscles



The stick is readily converted to the bar position by flicking long end over to the other hand with a simple wrist movement



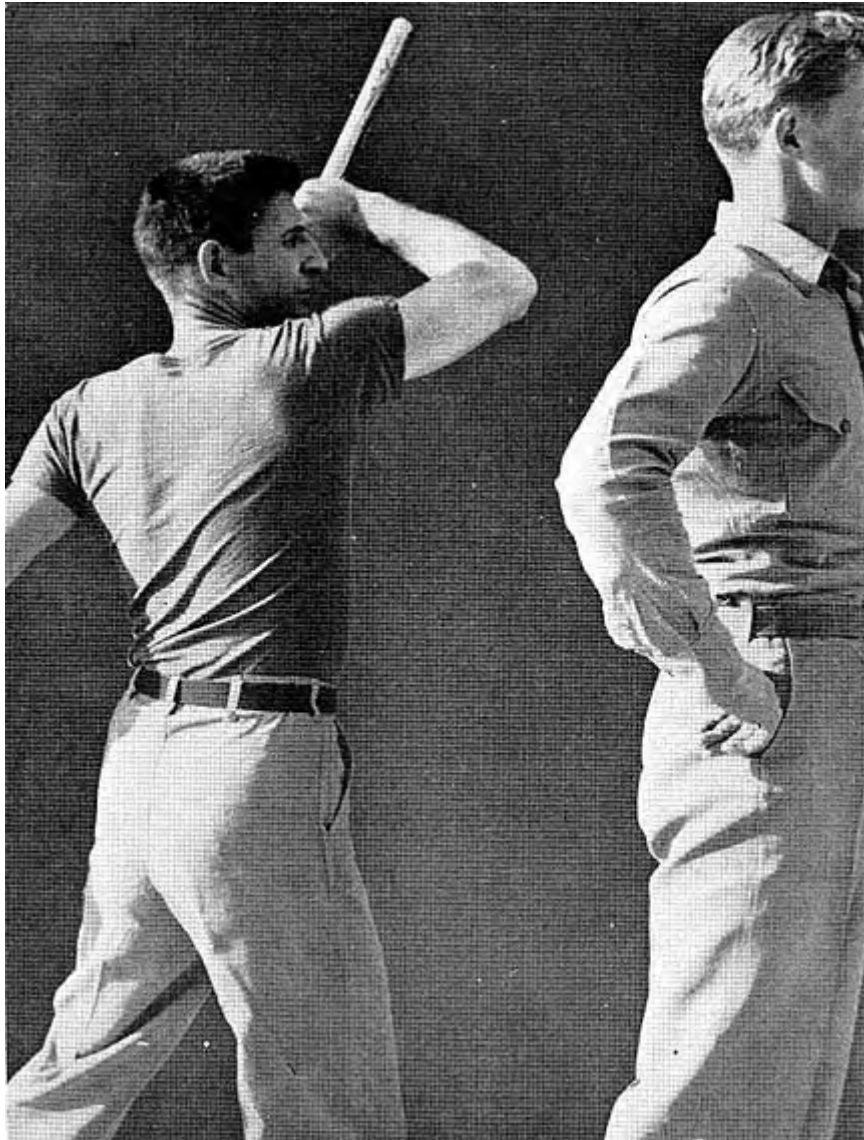
When you assume this position with your bar, you are in an effective non-aggressive stance, but bar is ready for action



To strike for an exposed target on the opponent's right side, release the grip of your left hand and strike with your right



To strike at a target on the opponent's left side, release the right hand and smash across, holding your stick with the left



To attack an enemy from the rear, form hook with the stick and your arm. Whip the stick across front of enemy's throat



Cross your right arm with your left and grasp the stick with your left hand. Then snap triangle shut and apply pressure



The Come-along. Whip the stick between the legs of offender and turn it across his thighs. Grab his collar, lift and push

POLICE WORK

While on police duty, you may wish to assume a NON-AGGRESSIVE stance with the stick. Either the SHORT STICK or LONG STICK technique may be used. To achieve a non-aggressive stance with the short stick, grasp it about three inches from the front, allowing the remainder to hang down, pointing to the ground. The short end is now pointing upwards; the fingers grip the stick firmly; the thumb is on the inside, next to the thigh.

This position has an innocent appearance which will enable you to come in close to your suspect without arousing suspicion from him, yet you are in constant readiness to whip the stick up, alongside your forearm to the elbow, and ram its SHORT end directly into the mid-section of your suspect if he becomes aggressive. Follow through with your attack as previously prescribed. **BUT USE ONLY AS MUCH FORCE AS THE AGGRESSIVENESS OF YOUR SUSPECT DEMANDS.**

When you "escort" an offender through a crowd you may wish to move behind-him. To move him RAPIDLY and with VERY LITTLE resistance, grasp your stick in

the middle; insert it, end first, between his legs and turn the whole stick so that it crosses his thighs; then move it UPWARDS. At the same time grasp the back of his collar with the free hand and PUSH FORWARD. In this manner you will be able to carry him along on his tip toes and completely off balance. This technique is very effective for quick, short trips from curb to wagon or from bar to street.

The use of the stick as a horizontal bar is an excellent technique for the law enforcement officer. He may take his stance in a relaxed manner, his stick horizontal, without conveying the obvious intention of a club raised in a striking pose. YET HE IS IN READINESS TO STRIKE instantly at the offender's hand, forearm, elbow, knee cap or shinbone. The advantage of this technique is the opponent's uncertainty about the direction from which the blow will come. The officer may release either hand and strike with the other. He will do this without premeditation, making his attack without any indication of the side from which it will come.

But whether you're a cop on a beat, a guy walking home from a date late at night, or a mud-sloshin' infantry man, if you're weaponless except for a "stick", these few tips will have given you something to rely on in case of an unforeseen attack. The stick is a versatile weapon and its technique rises far above the common thought of bashing in your opponent's head.

And that's a good defense, too.