

# COMBAT JUDO

*by*

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United States Marine Corps



**T**HE photographs, printed material, drawings, etc., in this book were completed and completed while the author, Marine veteran of World War II, was serving his country.

The author, an ex-soldier — ex-marine, has received the finest hand-to-hand combat training available. A master of *ranger* (Army) and *Commando* (British) tactics of bare hand murder, he has instructed Judo for many outstanding Marine Combat Officers.

Honorably discharged from the Army, Staff Sergeant Carlin enlisted in the Marine Corps and received his initial hand-to-hand combat training under Colonel Anthony Drexel Biddle; later he was instructor of the Judo instructors for Captain Leland Hanley, Officer in Charge of Cherry Point Combat Conditioning; instructed the Bayonet and Physical Instructors for Captain Armitage of Guadalcanal; and had the privilege of teaching methods of legalized murder to the 29th Marines under Colonel Victor F. Bleasdale.

Staff Sergeant Carlin has instructed many other organizations besides the ones mentioned above and his sincerest wishes are that the men he has trained are better qualified to meet the enemy in hand-to-hand combat.

Thus, with the author's vast background and experience in the field of close quarters fighting this book was written for military and civilian defense. After two years of writing and hard practical research the text "Combat Judo" has been published.

"Combat Judo" has been approved by the United States Marine Corps Public Relations Department for publication.

The Publisher

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**CORPORAL DON HUNT, U. S. M. C.**

*Ace Photographer With Edson Raiders*



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## PREFACE

COMBAT JUDO is an advanced type of hand-to-hand fighting perfected for modern warfare and civilian defense. When your life is at stake you seek the most practical means of preserving it. The best known holds, throws and blows yet developed for self-defense are contained in this book.

First of all, I would like to point out that this is no "Magic Book" by which you can in ten easy lessons become the master of any situation. But by faithfully practicing the lessons and advice given in this text, to the best of your ability, you will be a person to be respected, since you will have at your finger-tips a system of crippling the most capable opponent.

Before I wrote this book, I selected from the numerous types of attacks and defenses, the most practical and effective. Instead of having complicated tricks, I chose the simple type of attacks and defenses that get results. In the heat of battle you haven't the time to work out a complicated hold that only an expert of years of experience could perform.

In battle, if you spend too much time getting rid of an opponent, another may put a bayonet in your back. Most of the holds, blows, throws, etc. contained in this book should be executed in less than a second.

Before proceeding, I want to caution you to never execute any of the following defenses or attacks with your entire strength during practice. These movements are extremely dangerous and are designed to put your opponent out of action quickly by killing, maiming, or knocking him unconscious.

**S/Sgt. Robert L. Carlin**  
U. S. Marine Corps Reserve  
Combat Conditioning Instructor

To - Prof. Fred Brandenberger

Best Wishes

Robert Carlin



Staff Sergeant Robert L. Carlin

## PUBLISHER'S FOREWORD

The Author, Staff Sergeant Robert Carlin, has taught thousands of United States Marines the art of self-defense. The Marines are known for their ability to fight so we have asked Sgt. Carlin, the man who teaches these Marines Combat Judo, to write this book.

This text is not composed of a series of tricks that function properly only when an opponent is in a certain position and reacts in a certain manner most convenient to you. In Combat Judo, it makes no difference what position your opponent assumes, because you have the practical fundamentals of hand-to-hand combat and can cope with any situation.

Due to the great struggle of mankind, there is a necessity for every American man, woman and child to have a knowledge of self-defense. They should have a text that is not composed of such complicated holds and throws that it would take years to master, but a text that gets results quickly and tends toward simplicity instead of complexity.

If there is anyone weak of heart or lacks a few red corpuscles, we suggest now before you read further in this text to have a medical check-up because Combat Judo is deadly, vicious, and gruesome.

We Americans have been known for our fair play and our enemies for unfair practices. In order for us to compete with our enemies we must become the most vicious and underhanded killers in the world. As a mild example: If you wish to eliminate your enemy, instead of giving him a fifty-fifty chance, put a knife in his back. That is modern warfare—you have achieved your goal. You must take advantage of every opportunity. In other words, kill or be killed. War is hell and it is the survival of the fittest.

We believe "Combat Judo" is the most practical book on hand-to-hand combat yet published. The meekest person, regardless of physique, can become a courageous personality to demand respect from his associates since he will possess the knowledge and ability to cope with any emergency that may arise.

THE PUBLISHER

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# CHAPTER ONE

## Fundamentals Of Hand-To-Hand Combat

In order to become an expert in boxing or wrestling, a person must learn the fundamentals of that type of fighting. In Combat Judo the same rule applies; you must first learn the fundamentals then proceed with the advanced lessons. Most systems of Judo training show a bunch of trick holds and give the pupil no foundation upon which to actually perform these tricks. The pupil diligently practices these maneuvers and finds that in actual competition his opponent does not assume a certain position for his trick hold or throw to operate properly. The student does not know what to do when these circumstances arise so he becomes disgusted and decides that Judo will not work. The reason for this condition is that the pupil has not been taught the fundamentals and has no foundation upon which to correctly perform these maneuvers.

I have boxed in the Golden Gloves, wrestled for ten years, and to me Combat Judo is the most effective type of hand-to-hand fighting yet developed. Combat Judo is not the same as Judo or Jiu Jitsu, the Japanese style of wrestling. Jiu Jitsu alone is not enough for the deadly type of hand-to-hand combat needed on the battle front. In Judo or Jiu Jitsu there are many body movements, leverages, and pressure points that are excellent maneuvers, so parts of these maneuvers have been included in Combat Judo. Combat Judo is composed of the most deadly and effective movements of every known type of fighting.

Before proceeding with the fundamentals of Combat Judo, I would like to point out that the following elements, rules and advice be given special attention and referred to many times during the course of training.

"What You Can't Hit You Can't Hurt." This principle is one of the basic fundamentals of hand-to-hand combat. There is a great amount of ground covered in that one statement and it takes thought and practice in order to appreciate its significance. As an example: imagine that you are a bull fighter and the bull is your opponent. The bull comes charging at you and if you quickly side step the bull at the last moment you have him off balance and you are in a very advantageous position. Applying this principle to hand-to-hand combat if you keep changing the position of your body in relation to your opponent's attacks you will not receive the brunt of the attack and will be in a position to work against his weaker points. NEVER MEET BRUTE STRENGTH WITH BRUTE STRENGTH. Either go with the force using opponent's strength against himself or suddenly side stepping knocking your opponent unconscious or killing him. Every time you take a step you have changed your body position in one way or another. By using this knowledge against your opponent, remembering that

every time he takes a step he has weakened certain points of his body balance and has strengthened others, you will find that it is comparatively simple for you to throw or quickly put your opponent out of action. If an opponent stands facing you with both feet on the same line he is strong on his left and right side but he is weak to his front and rear. When opponent steps forward, let us say with his left foot, the strong line is from one foot directly to the other. Opponent is weak to his left rear position and the right front position. The opposite applies when opponent has his right foot forward.

There are four main elements of Judo:

- (1) **ELEMENT OF SURPRISE.** Do not allow your opponent to anticipate your attack.
- (2) **ELEMENT OF BALANCE.** Get your opponent off balance meanwhile maintaining your own.
- (3) **ELEMENT OF LEVERAGE.** With leverage a small man can easily handle a large man.
- (4) **ELEMENT OF SPEED.** Most of the holds, throws and blows illustrated in this book should be executed in less than a second.

First we will consider the **ELEMENT OF SURPRISE**. The Japanese are very ardent believers in this element and proved its practicability when they attacked Pearl Harbor. Without warning they practically destroyed half of our entire Naval strength in a single attack. With this same element of surprise they swept down the coast of China into Burma and occupied New Guinea, Philippine Islands, Solomon Islands, Aleutian Islands, and other important positions. In every war the Japanese have participated they have struck without warning and have secured results with the initial attack. In hand-to-hand combat the element of surprise can be accomplished in the following manner:

**DISTRACTION**—By spitting in opponent's face; shouting; throwing dirt into opponent's eyes; pretending you are going to hit a man with a club and then suddenly kick him; throwing a rock at opponent and when he ducks follow up attack taking advantage of opponent being off balance; etc.

**STRIKING WITHOUT WARNING**—Out of a blue sky suddenly deliver a blow to a vulnerable area. Do not telegraph your blow.

**FEINTING**—Feint in one direction and go in another quickly. Make feints genuine movements as if the blow or your body were actually going in a certain direction. This is the only method you will be able to feint an opponent out of position or catch him off guard.

**FRIENDLY WORDS AND ACTIONS**—Instead of getting violently angry with an antagonist



be calm and act friendly. If you act pugnacious it puts your opponent in a defensive tenseness ready for your attack. As an example: Tell opponent you don't want to fight and then suddenly hit him with your entire strength. After using the element of surprise follow up the attack quickly until your opponent is dead or unconscious. Take advantage of every opportunity.

Secondly, the **ELEMENT OF BALANCE**. When a person is off balance he is in a very weak position and is open to almost any type of attack. In Chapter Three, "Defense Against Frontal Attacks," is explained the on guard position. The reader should assume this on guard position whenever he anticipates trouble. **BEING ON BALANCE AT ALL TIMES IS HALF THE BATTLE**. After using the element of surprise, by feinting or a sudden blow, your opponent will be off balance and all you have to do is to follow up with your attack immediately. When an opponent attacks you, suddenly change your body position by side stepping him, moving into him quicker than he expected, leaping backwards quickly out of range of the attack, or by going with the attack and using opponent's strength against himself. The change of body position depends upon the circumstances. Wrestling is a very good type of hand-to-hand contact that will teach balance and body position. If it is possible, I suggest that the reader learn as much as he can about wrestling, because wrestling demands that the reader, in addition to the above mentioned qualities, possess speed, ability to think quickly, agility, and the fighting spirit.

Body Balance can only be acquired by working out with an opponent that is resisting 100%. Therefore, I suggest that you find one of your friends that is as much interested in Combat Judo as you are and practice together. After you have both completely mastered the Combat Judo course, have contests including only holds and throws. Do not apply too much pressure on the holds and assist your partner on the throws by lessening the shock of the fall just before he touches the mat. When you can apply your holds, throws and blows on a person that is resisting 100%, then you have completely mastered Combat Judo and can be classified as an expert. But you must practice, practice, and practice. You will be surprised at the amount of progress you have achieved and dynamic power within your frame, no matter how small or weak it may be. Strength and weight are secondary factors as far as Combat Judo is concerned.

Considering the **ELEMENT OF LEVERAGE**, practically every hold and throw in Combat Judo depend upon it. Engineers use the principle of leverage in lifting tons of equipment for structural purposes. Time will not be spent here discussing the element of leverage. It will be shown and explained in later chapters.

The **ELEMENT OF SPEED** can be described by the quick motions of a fish. If you have ever caught a five or ten pound fish you have

experienced the results of speed. It is almost impossible to hold a fish due to the quick movements the fish exerts. You have probably heard of the fish that got away; well, the element of speed accounts for many of the fish that get away. Comparing the weight of a ten pound fish to your own weight, let us say 150 pounds, you can easily see the advantage and great power within your physique. By using the element of speed your opponent will find to his despair that you are the toughest baby he ever tangled with. Every attack he attempts will fail since you are not a fixed target, but a target that keeps changing very quickly in relation to every attack.

In order to acquire this element of speed, you must practice moving fast in every direction from the "On-Guard Position," explained in Chapter Three. Learn to side step to the left and right, backwards and forwards until you can move with such great speed the opponent will be baffled as to the direction and purpose of your sudden changes of position whenever he attacks.

### TEN BASIC RULES

- (1) Keep eyes on opponent at all times. Never turn your back to him for a second.
- (2) Must develop a hard frame of mind. In this type of fighting there are no rules and everything goes.
- (3) Follow up every attack with death-dealing blows or holds.
- (4) When one type of attack doesn't work, immediately try another.
- (5) Have complete confidence in your ability when an emergency arises.
- (6) Must develop own style or technique. After mastering the holds, throws and blows develop own style of feinting, applying holds or throws, etc. in actual competition; then you have made these maneuvers a part of you and can apply them to the changing positions and attacks of a real opponent.
- (7) You have two arms, two legs, and one head and so does your opponent. It depends upon who uses them first and in the best manner. In other words, beat your opponent to the punch.
- (8) Best defense is an offense. Special attention and practice should be given the fourteen Frontal Attacks in Chapter Three. These attacks were selected from every known type of attack and have been found to be the most practical and deadly. They get results.
- (9) In Combat Judo everything goes. If you can pick up a club instead of a stone do so. If you can secure a knife in place of a club use it. By the same token, if you can use a pistol in place of a knife do it. Never forget your environment during a fight such as: dust, rocks, clubs, chairs, etc.
- (10) **FIGHTING SPIRIT**. "You are never licked until you admit it." "And he is dead who will not fight."

## CHAPTER TWO

### *Nerve Centers*

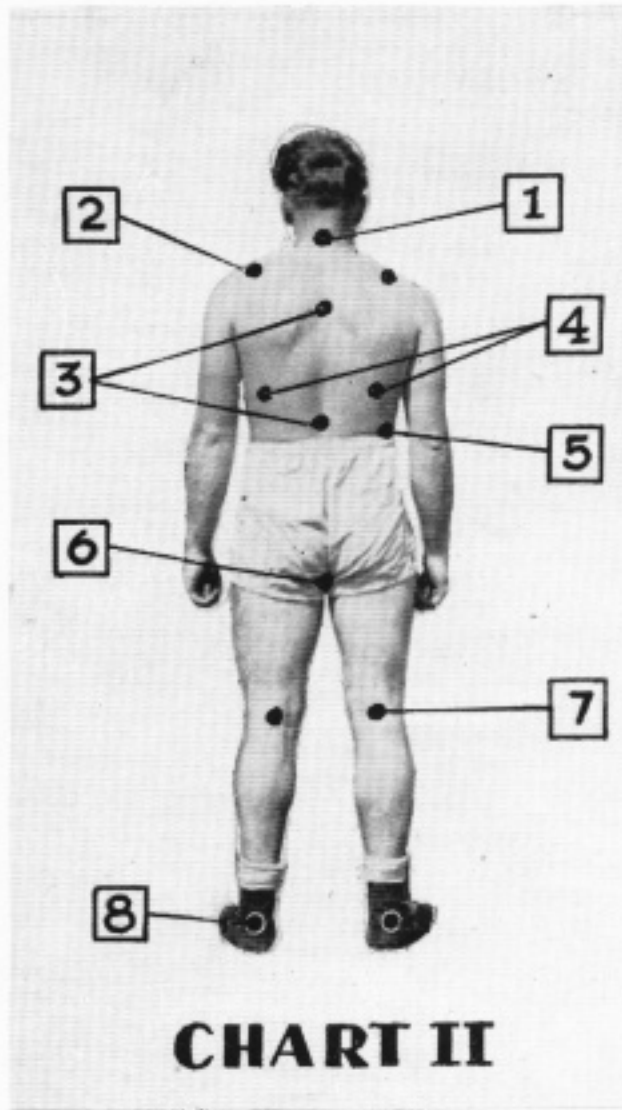
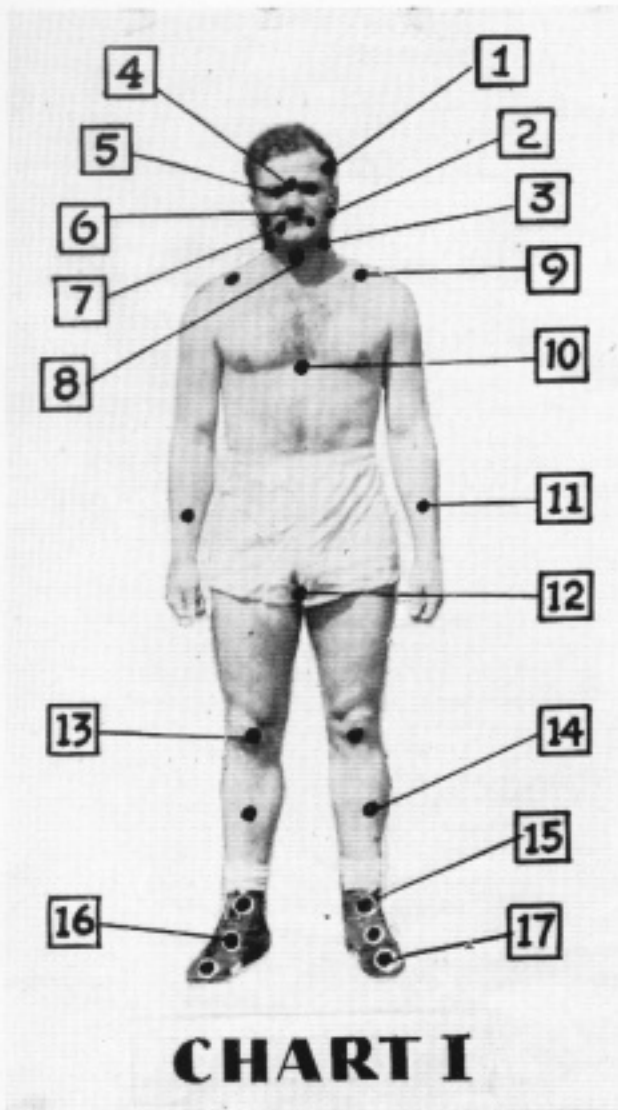
The human body is very vulnerable to nerve center attacks. An enemy can easily be killed, knocked unconscious, or paralyzed by blows to certain nerve areas.

Nerve centers (marked ●) are areas to attack with the edge of hand, elbow, knee, foot or club. In later chapters it is explained how to attack these different areas in order to get results quickly.

Learn these portions of the body so well that every time you look at a person you in-

variably notice the nerve centers immediately. Then when you encounter an adversary you can quickly subdue him, since you will instinctively strike the weaker points of his body without hesitating. In hand-to-hand combat the golden rule, "HE WHO HESITATES IS LOST" is extremely important. It doesn't make any difference what position your opponent may assume, because he is always open to nerve center attacks.

These nerve center charts should often be referred to during the Combat Judo course.



1. Temple (Edge of hand, kick)
2. Mental Foramen (Edge of hand, kick)
3. Base of Collarbone (Edge of hand, kick)
4. Between the Eyes (Edge of hand)
5. Eyes (Finger jab)
6. Upper Lip (Edge of hand)
7. Jaw (Edge of hand)
8. Hollow of Throat (Finger jab)
9. Brachial Plexus (Pinch)
10. Solar Plexus (Finger jab)
11. Forearm (Edge of hand)
12. Testicles (Strike, kick or grasp)
13. Knee-Caps (Kick)
14. Shin (Kick)
15. Talus Bone (Stamp)
16. Tarsus Bone (Stamp)
17. Toes (Stamp)

1. Base of Skull (Edge of hand, kick)
2. Brachial Plexus (Pinch)
3. Spine (Kick, strike)
4. Kidneys (Edge of hand, kick)
5. Liver (Edge of hand, kick)
6. Tail Bone (Kick)
7. Back of Knee (Kick, stamp)
8. Tarsal Bone (Kick)



## CHAPTER THREE

### *Frontal Attacks*





## No. 1 — EDGE OF HAND

The edge of the hand is sharp and penetrates the nerve centers. Therefore, it is a very dangerous and effective weapon to use against an opponent.

Hold the hand rigid with thumb extended, fingers straight and close together, hit opponent with edge of hand from the first knuckle of the little finger to the beginning of the wrist (Photo 1).

Always hit with the arm bent at the elbow, as in Photo 2 and Photo 3. Never hit with a straight arm as you lose power and speed. When delivering the blow snap it out quickly with the entire weight of your body behind it. See nerve center chart for most effective part to hit. Caution must be used in practice since these blows will easily kill or knock a person unconscious.



1

2

The Japanese have developed the edge of hand blows so well that they can easily break a half-inch board with one blow. They practice all day long toughening their hands until they can snap a man's neck with a single stroke.

Striking a person with your fist may injure your knuckles and is not as effective in delivering death-dealing blows as the edge of the hand. The fist is blunt and will not penetrate between the muscles and tissue of the body into the vital nerve centers. Since the edge of the hand covers less area it easily penetrates the nerve centers and is very deadly.



3

## No. 2 — ELBOWS

The elbow is a very vicious weapon. In delivering the elbow blow put your entire weight behind it. You can either hit with the inside or outside part of the elbow, see Photo 4 and Photo 5. In most cases the knees should be used with the elbow attack. Elbows and knees are used for close quarters fighting. When you begin an elbow attack do not give your opponent a chance, keep driving till he hits the mat. Blows to jaw, side of neck, solar plexus, etc. are areas to attack.



4

If an opponent covers his face with his right arm, strike him in the stomach with your left elbow. Again, if opponent protects his stomach with the left arm strike his jaw or neck with your right elbow. The important point to remember is to aim your blows at vulnerable parts of opponent's body that are not protected. By feinting you can cause an assailant to lower or raise his guard which leaves him wide open for an attack. Always follow up a sudden feint immediately without hesitating. If you hesitate, the opponent may be able to determine your real intentions and will be on guard.

5

### No. 3 — GRABBING AND HITTING TESTICLES

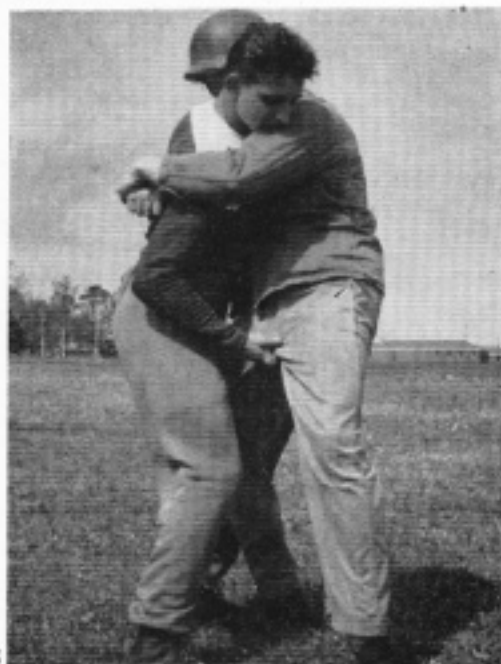
No matter how large or strong your opponent may be, he will experience great pain and possible unconsciousness by an attack to the testicles. There are many chances during a rough and tumble fight to either grab or hit the testicles. Seize the testicles firmly and jerk downward quickly for serious effects (Photo 6).

Hit the testicles with the knife part of the hand or the clenched fist, as in Photo. 7.

An attempted blow or seizure is an excellent feint to throw an assailant off guard or to break a grip that would be almost impossible to achieve without a feint to this vulnerable area.

Use caution in practice since an attack to this area is extremely dangerous.

6



7



### No. 4 — BREAK FINGERS

During a fight there are many opportunities to seize an opponent's fingers and break them.

Grab the finger, preferably the little finger, and apply pressure against the joint while holding the opponent's forearm, as in Photo 8. If you break a person's finger it will incapacitate his entire arm.

The bending or breaking of a finger is a very good example of leverage and illustrated how a small man can easily handle a large man. No matter how strong your opponent may be the leverage against his finger joint off sets his strength.

After seizing opponent's finger, a stiff pressure will snap the finger. A steady pressure will cause great pain and by continuing this pressure his finger will break.

8



## No. 5 — USE OF TEETH

The guerrillas of Russia sink their teeth into the enemies' throat. They have found this method most effective in destroying the foe.

The teeth are a very vicious weapon and can be used in many ways. If an opponent grabs you, bury your teeth into his arm, ear, throat, etc. see Photo 9 and Photo 10.

The chief weapon of the animal kingdom for survival is their teeth. Man uses the teeth principally for eating and has lost sight of its effectiveness for close quarters fighting. Tearing an inch thick steak with the teeth illustrates the vicious weapon we possess for hand-to-hand combat.

## No. 6 — KICK TO TESTICLES AND KNEE-CAPS

Turn 90° to opponent, cup hands for balance, send leg out, snap up quickly in a coiling manner, and drive leg out at opponent's testicles or knee-caps (Photo 11). This form of attack may be used against a person armed with a blackjack or knife.

The element of surprise should be used in this type of attack. Therefore, do not allow opponent to anticipate your attack. It is usually best to make a feint with your arms to distract opponent's attention, then immediately follow up with kick to vulnerable spots. With practice you should be able to deliver the kick in less than a second.

Practice the kicking attack against a wall or tree. Everytime you deliver a blow have a feint preceding it. You can reach twice as far with your legs than your opponent can with his arms. Also, the legs are three to four times stronger than the arms so any attempt to parry the blow would be futile.

The frontal attack explained above is not the "old fashion kick" which allows an opponent to seize the kicking leg. In this method of kicking it is impossible for an opponent to seize the leg, since the leg moves with such great speed toward opponent on a lateral plane and is immediately snapped back out of his reach.



9



10



11





12

### No. 7 — KICK TO SHINS

When an opponent assumes the boxing position you must assume the same position for a boxing attack. Spar around with opponent and do not allow him to get too close where he can do damage to you with a sudden left jab or right cross (Photo 12).



13

With the left foot forward, if you are right handed, keep the weight of the body on the left foot, then with a sweeping motion with the right leg swing the leg hard against opponent's shin with the inside of foot. Toe is pointing to the right. (Photo 13). Then immediately swing foot back into position. Follow up with edge of hand blow to side of neck or use the elbows, knees, etc.

You should be able to deliver this blow in less than a second.

When delivering the blow there should be no perceptible body-movement that will give away your intentions. Practice from a boxing position until you can deliver the blow without any body-movement and with great speed.



14

### No. 8 — KNEE ATTACK

Seize opponent's arms around biceps so he cannot strike you. Shift weight to one leg, slightly lift the other foot and send knee quickly upwards into opponent's testicles (Photo 14).

Follow up attack with edge of hand blow to neck (Photo 15).

It doesn't make any difference whether you plant your knee into his testicles or not. Opponent will bend down to avoid blow and when he does his head is forward and in position for a death dealing blow to side of neck or temple.

The knee is used for close quarters fighting. When approaching opponent walk in an easy manner toward him and do not allow him to anticipate your attack. If you should rush toward opponent pugnaciously he would easily discover your intentions and would be ready for the attack.



15



16

## No. 9 — CHOKING FEINT AND KICK TO TESTICLES

Run towards opponent with intentions of choking him then suddenly kick him in the testicles. When running towards opponent have arms outstretched (Photo 16).



17

Keep arms raised in the choking feint until you have landed the kick (Photo 17). Kick opponent as if you were making a punt—put everything into it.

Practice until you can absolutely fool your opponent with the choking feint. A dummy or bag of sawdust hung from the ceiling makes a very good target to practice your attacks against.

The above movements are performed very quickly and the element of surprise is extremely important.



18 (left) — 19

## No. 10 — FINGER JAB, ELBOW, KNEE

If you ever have an argument and wish to eliminate your opponent quickly, the following method is the answer.

Standing with hands on hips, as in Photo 18, tell opponent you don't want to fight then suddenly hit him as hard as you can by jabbing your fingers into his solar plexus, as in Photo 19. This blow making him bend over, immediately follow up with elbow to jaw or side of neck, as in Photo 20, and send knee into testicles (Photo 21). These three movements are done in less than a second and are done by the numbers One, Two, Three.

Make the finger jab a very fatal blow with your entire weight behind it.

Perfect the element of surprise in this attack by hitting without warning.



20 (left) — 21

## No. 11 — THE DROP KICK

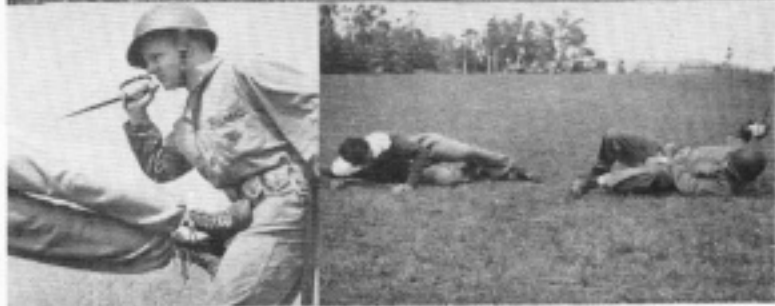
One of the most brutal attacks you could inflict upon an enemy is the "Drop Kick." If an opponent attacks you with a knife or club run toward him and suddenly drop throwing your body feet first kicking him in the testicles and stomach.

The attack should be preceded by a high feint and a blood curdling scream (Photo 22). A loud scream will freeze the opponent in his tracks.

The body should be parallel to the ground when going through the air with the legs coiled up ready to strike at vulnerable areas (Photo 23 and Photo 24).

Leaving the ground one-and-a-half to two yards from opponent throw body sideways so that after striking opponent you will land on your side and have the arms to absorb shock of falling (Photo 25).

After falling to the ground immediately spring to your feet and follow up attack.



24

25

## No. 12 — SAVATE FOLLOW THROUGH

A quick way to finish off an opponent when he is on the ground is by the use of savate. With the toe of the shoe kick at the vulnerable areas (marked ●), as in Photo 26 and Photo 27. A kick to any of these areas will kill, maim or knock an opponent unconscious.

Immediately after knocking an opponent down, to put the finishing touches on him, Savate should be used as a follow through. The heavier the shoe the better and when delivering kicks to the vulnerable areas put your entire weight into the blow.

All kicks are done very quickly so that the enemy will not have an opportunity to grab your leg.

26



27

### No. 13 — SHOE AS WEAPON

If you have ever seen a person that has been flogged with a shoe you can easily appreciate the damage that can be done with this weapon. Slip off shoe quickly and hit opponent with the heel. Hold shoe by the toe. Dress shoes or shoes with a low cut can be used since they

can be slipped off the foot quickly. Especially effective are women's high heeled shoes.

It is recommended to take the right shoe off since the left foot can be used in the manner described in Frontal Attack, No. 6, if the occasion requires.

### No. 14 — BELT AS WEAPON

When an opponent attacks you step back and quickly slip your belt off by pulling buckle end out of belt loops. Wind belt around your hand allowing about twelve to fourteen inches as length of weapon. The larger and heavier the buckle the more effective the blows will be.

If a person attacks you with a knife, allow a longer length and use a figure eight motion towards knife arm keeping out of range of any sudden movements.

## Defense Against Frontal Attacks



## No. 15 — ON GUARD POSITION

In the "On Guard Position" the left foot is slightly ahead of the right. From this position you can side step or bring the hands into action quickly for any type of attack (Photo 28).

Assume this position when you anticipate trouble. Practice snapping the hands up or down quickly (Photo 29). Then practice side stepping to the right, left, forward and backward until you can move in any direction with great speed. After you have accomplished this you will be able to meet any type of an attack, because you will always be on guard.

When side stepping do not cross one leg in front of the other since you will be off balance and open to an attack by the enemy. Practice side stepping by placing the legs together and step to one side. After stepping with one leg to the side carry the other leg to a position beside the leg you stepped to the side with. Then repeat the same process.

These side steps are done very quickly without any hesitation as to the direction you decide to go. Under certain circumstances side steps will have to take the form of lunges, so practice lunging from one side to the other and be sure that you are always on balance.

Photo 30 illustrates the finish of a left side step during a knife disarm.

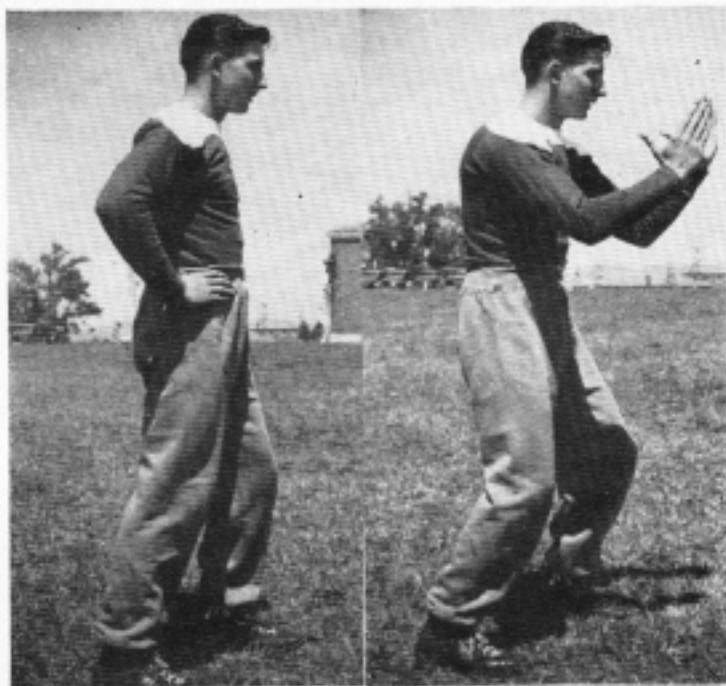
## No. 16 — KICK TO STOMACH

When an opponent dives at your legs or tries to tackle you, stop his forward momentum by pushing against his shoulders with both hands. After you have checked his forward advancement immediately follow through with a quick kick to the stomach, chest, or testicles (Photo 31).

The weight and drive of assailant will determine how quickly you will be able to check his forward advancement. If opponent is very strong and large you will have to step backward three or four steps until you slow him down. As soon as his drive is spent immediately follow up with your counter-attack by delivering a quick kick to the above named areas.

28

29



30



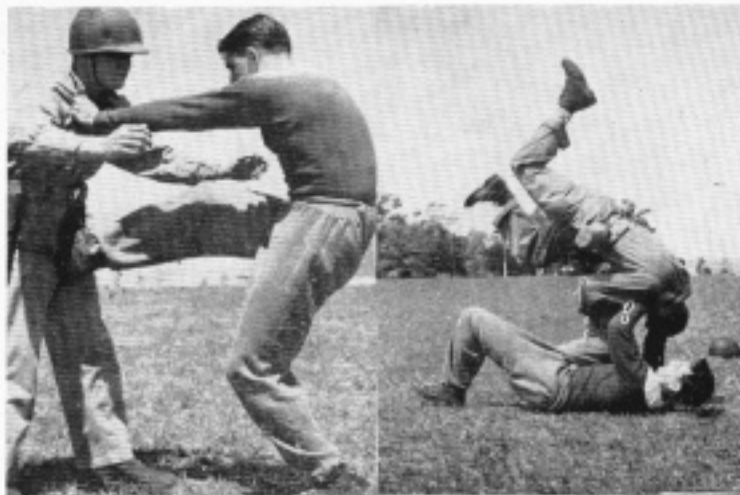
31

## No. 17 — CIRCLE THROW

Another method to counter a charging attack is to seize opponent's collar or arms and drop under him placing one foot in the testicles (Photo 32). Pull down with the arms, at the same time straighten up the coiled leg and kick opponent in the testicles throwing him over your head (Photo 33).

After throwing opponent over the head do a backward somersault landing on his stomach. Immediately choke opponent or use edge of hand blows (Photo 34). When doing the backward somersault do not loosen grip on opponent's clothing since the momentum of his body going over your head will carry your body on top of him.

In practice place the foot in your partner's stomach so that no one will get hurt. But when close to the enemy kick him in the testicles as hard as you possibly can.



32-33 (right above)



34

## No. 18 — CIRCLING ARM BREAK

One of the most effective methods of breaking a front strangle is the Circling Arm Break. Being in the on guard position suddenly swing your right or left arm over opponent's arms in a circling motion breaking grip on the throat, as in Photo 35, and throw opponent off balance (Photo 36). Immediately follow up with elbows and knees (Photo 37).

It makes no difference how strong your opponent may be, because when your arm is swung over his arms the opponent's wrists are easily forced from the throat due to the leverage against the wrists.

Maintain your own balance at all times during this circling arm break. Especially maintain your balance at the finish of the break so you can immediately follow up the attack with elbows and knees.



35 left — 36 (right above)



37



## No. 19 — BACK HIP THROW

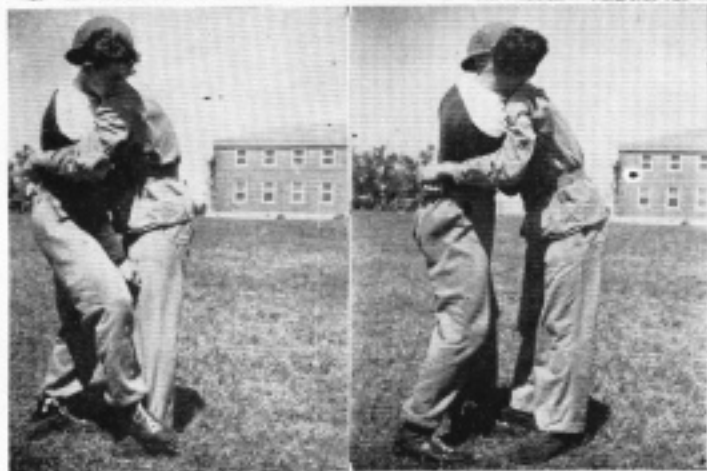
Another method of breaking the front strangle is to double up the fists and thrust them between opponent's arms. This thrust should be upwards and outwards (Photo 38).

After breaking strangle immediately seize opponent's clothing at the left shoulder-blade with the right hand and grab the right arm underneath your armpit (Photo 39). At the same time step behind opponent placing your back to his back, pull down with your left arm and upwards with the right arm (Photo 40).

When throwing opponent over the hip quickly straighten up the legs all in one movement throwing opponent on his head or back (Photo 41).

An important point to remember is to coordinate the throwing movements together. If it is difficult to throw an opponent the fault is due to not timing the movements of the throw at the same time. So practice until you are able to execute the throwing movements simultaneously. You will be surprised how easy it is to throw an opponent twice your weight.

40 (left) — 41 (right)



## No. 20 — RELEASES FROM A BEAR HUG

Opponent secures a bear hug from the front; stamp the instep of his foot and counterattack (Photo 42).

Bite opponent's ear (Photo 43); seize or hit the testicles (Photo 44); or suddenly send knee into testicles (Photo 45). Also, you can butt opponent's face with your head.

After each release it is important to follow up immediately with the edge of hand, elbow or knee attack.

In each release brute strength is not necessary and each release is guaranteed to work if correctly executed. There is nothing complicated about these releases and they are the most effective methods known for breaking this particular type of frontal attack.

At all times remember that the elements of surprise and speed are very important during the execution of all the above named movements.



42 left — 43 right (above)  
44 left — 45 right (below)



## No. 21 — FRONT STRANGLE BREAK WITH KNEE TO GROIN

When an opponent is close to you and applies a front strangle grab opponent's arms pulling him towards you and send knee quickly into

testicles. Immediately follow through with edge of hand or elbow attack.

## No. 22 — BLOW TO LOWER RIBS

Since the front strangle is a very common hold that assailant's frequently attempt there has been added another method of defense.

Raising arms above head, hit opponent's sides just below lower ribs with edge of the hands. In most cases this is a knockout blow so use caution in practice.

## No. 23 — KICK DEFENSE

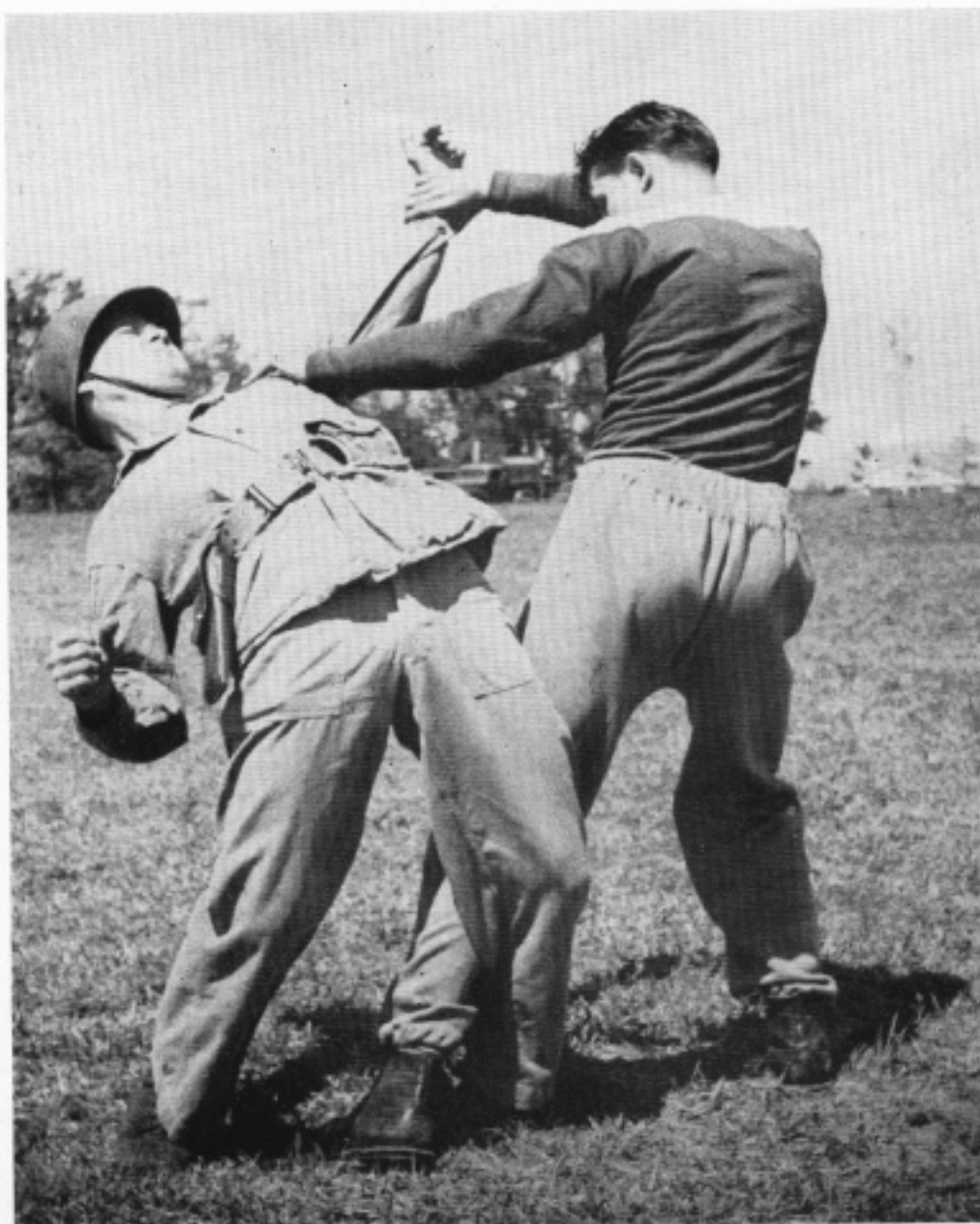
If opponent attempts to kick you quickly side step and seize leg. Push opponent's leg into the air and throw him on his back.

Another defense for the kick is to jump backward quickly, cross the arms, and stop the blow. Grab opponent's leg and lift it into the air. Follow through with a quick kick to the testicles.

The arms are crossed to avoid being kicked and I would like to point out that the arms are very strong when they are crossed in this manner. You will be amazed how easy it is to stop the hardest kick. In blocking the kick meet opponent's leg with your crossed arms on his shin and have your body well out of reach of his toe.



## Defense Against Boxing Attacks





## No. 24 — DEFENSIVE BOXING POSITION

If a person attacks you in a boxing manner you must, also, assume a boxing position for protection. The boxing position consists of placing one foot ahead of the other with one arm extended in front of the other. The elbows should protect the body with the hands protecting the face (Photo 46).

Keep eyes on opponent's eyes at all times and you can tell which arm he is going to hit with. Keep out of range of any sudden left jabs or right crosses.

The left jab, if you are right handed, is an excellent offensive and defensive blow to attack opponent with or to keep him out of hitting range. The left jab is executed in the following manner: holding the left arm on guard as in Photo 46, suddenly snap the arm straight out at arm's length. Put your weight into the blow by shifting your weight to the leading foot, the left foot. Turn inward on the ball of the left foot in order to put the weight of the body into the blow and to gain extra reach with the left arm (Photo 47). When the arm is extended the left shoulder should protect the jaw. After suddenly snapping out the left fist to opponent's jaw immediately bring the arm back on guard.

The entire action is one continuous movement and speed in execution is very necessary.



47



48 (left)

49

## No. 25 — SEIZE ARMS AND KNEE TO TESTICLES

To avoid blows to body or head grab an opponent's upper arms or the clothing surrounding the biceps securely and it will be impossible for him to hit you (Photo 48). From this position you can quickly knee opponent in the testicles (Photo 49) or throw him to the ground by placing one leg behind his leg and pulling down on one arm and up on the other simultaneously. (Photo 50). Opponent can be thrown to the ground from other side by reversing the above throwing movements.

Also, you can butt opponent in the face with the top of your head. If you are wearing a helmet this blow is more effective. Use caution in practice since these maneuvers are extremely dangerous.

No.'s 6, 7, and 11 in Frontal Attacks are very good defenses against a boxing attack, but are not included in the following defenses to avoid repetition.



50

## No. 26 — LEFT HOOK BLOCK AND LEG TRIP

When an opponent attempts to strike you with a left hook, block the blow with the edge of right hand and seize wrist (Photo 51).

After seizing the left wrist place the left hand under opponent's left armpit. At the same time step to the left side of opponent out of range of his right arm (Photo 52).

Push up and back on his arm simultaneously kicking left leg out from underneath adversary with your left leg (Photo 53).

Use caution during practice. This fall is extremely dangerous.



51

52 right (above)



53

## No. 27 — LEFT HOOK BLOCK AND BLOW TO JAW

Block left hook with edge of right hand (Photo 54).

Immediately strike the left side of opponent's jaw with edge of left hand (Photo 55). When striking across your body put your entire weight into the blow to jaw.

In blocking or parrying the blow with edge of hand strike the inside of forearm as hard as you can paralyzing opponent's arm.

The right hook can be blocked with edge of left hand and the right side of opponent's jaw struck with edge of right hand in the same manner.

At all times closely watch opponent's eyes, since the eyes telegraph every movement.



54



55



## CHAPTER FOUR



*Rear Attacks*

## No. 28 — STAMP TO BACK OF KNEE

Grab shoulders of enemy and stamp foot into the back of his knee. Put the entire weight of the body plus the strength of the leg into the stamp. (Photo 56).

This blow will either break the leg or bring opponent to the ground with a great shock. If you wish you can drive both feet into back of opponent's knees.



56

## No. 29 — KNEE IN BACK

Approaching an opponent from the rear seize his shoulders and pull backward sending knee into his spine. When grabbing opponent's shoulders pull down quickly so that he is completely off balance. (Photo 57).

Never hesitate during an attack. Once you commence an attack to hesitate allows adversary to regain his balance which places him in a favorable position to counter-attack. Take advantage of every opportunity.



57



## No. 30 — JAPANESE CHOKE HOLD

Approaching from the rear suddenly drive the knee into spine and at the same time hit opponent's throat with the bony part of the forearm (Photo 58).

Place left hand in hock of the right elbow and place the right hand on top of his head (Photo 59).

After securing the choke hold immediately bring him to the ground keeping your legs and body well behind opponent so that he cannot reach your testicles as in Photo 60.

This choke hold cannot be broken when applied properly. The opponent will lose consciousness quickly and in all probability his neck will be broken by the throw to the ground. The entire movement is performed in less than a second.

Use caution during practice. This choke hold is extremely dangerous.



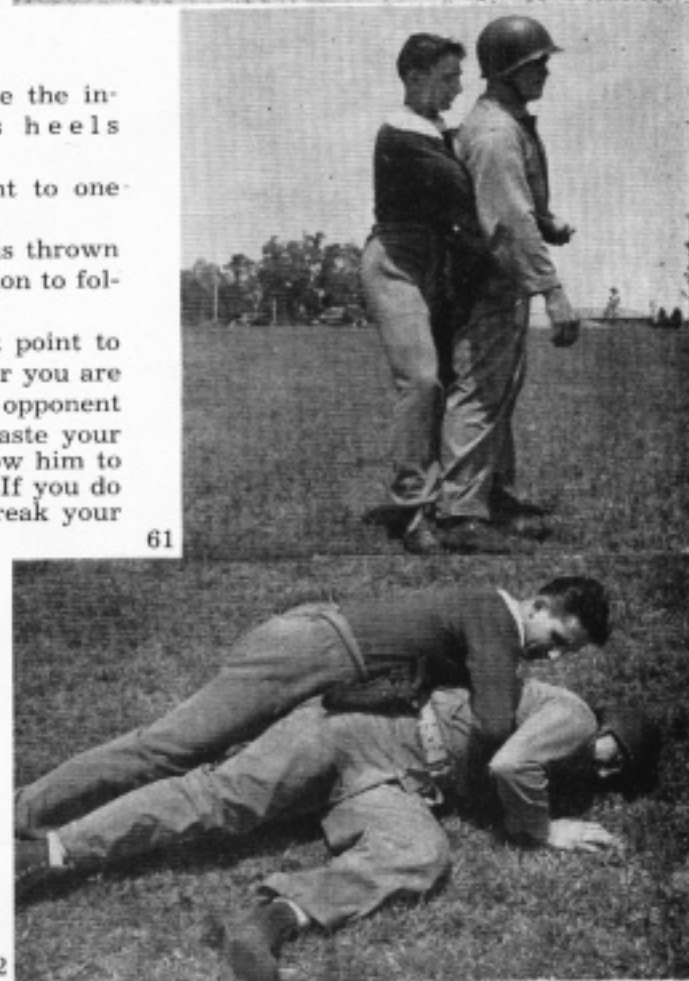
## No. 31 — REAR LEG TRIP

Whenever you secure a rear bear hug place the insteps of your feet directly behind opponent's heels (Photo 61).

From this position suddenly swing opponent to one side and throw him to the ground (Photo 62).

Opponent receives a stunning jolt when he is thrown to the ground. Thus you are in an excellent position to follow up the attack.

This type of hold leads to a very important point to remember during hand-to-hand combat. Whenever you are in the above position or a similar one put your opponent out of action quickly. In other words, do not waste your strength holding an opponent when you can throw him to the ground or get rid of him in another manner. If you do not act immediately opponent may be able to break your hold and counter-attack.



### No. 32 — RABBIT PUNCH

A very effective and silent method of putting an enemy out of action is to approach enemy from the rear and suddenly hit him at the base of the skull with edge of hand.

A powerful blow to this area will, in all probability, snap the enemy's neck and kill him. If you do not kill enemy with the Rabbit Punch, he will at least be knocked senseless and will be put out of action for quite awhile.

### No. 33 — HEAD RAM

Seizing opponent's ankles from the rear or inserting the fingers in the pant legs secure a firm grip and suddenly ram your head into opponent's buttocks.

This leverage applied upon opponent's body will throw him down to the floor on his face with a terrific blow.

## *Defense Against Rear Attacks*





63

## No. 34 — FLYING MARE

When an opponent has a rear strangle seize clothing in a firm grip above his right elbow with the left hand and with the right hand seize clothing on opponent's right shoulder. The legs are bent and the right hip is slightly to the right of opponent's hip (Photo 63).

From this position suddenly jerk down on the arms and straighten up the legs throwing opponent over your head (Photo 64).

Opponent will fall on his head or back. Use caution in practice, since this throw is extremely dangerous, if executed full force.



64



65 left



66

## No. 35 — REAR BEAR HUG RELEASE (Over the Arms)

If an opponent has a bear hug from the rear, over the arms, stamp the instep of his foot (Photo 65); hit or seize the testicles (Photo 66); or suddenly butt the back of head into opponent's face (Photo 67).

Many people when held in the above manner will become frantic and completely

give up. The reason for this reaction is due to their arms being pinned to their sides. They feel helpless and waste their energy in a futile attempt to free the arms. As long as opponent holds your arms to your sides you have nothing to fear, since he will not be able to use his arms either. When held in this position be calm and employ one of the above named positive releases.



67

### No. 36 — REAR BEAR HUG RELEASE (Arms Free)

When adversary secures a rear bear hug, with your arms free, there are a number of releases you can employ.

From this position suddenly lunge forward and kick opponent's knee or stamp the instep of foot (Photo 68); strike jaw with the elbows (Photo 69); strike or seize opponent's testicles; or seize opponent's right wrist with your right hand and with the left hand grab one of the fingers of opponent's right hand and break it. (Photo 70).

There are other releases, but the ones shown here are the most effective since the releases are quick and do not require the use of strength.

68

69



70



### No. 37 — BLOW TO JAW

If opponent places right hand upon your right shoulder suddenly swing to your right hitting him with outstretched arm on the jaw or neck (Photo 71). Striking opponent with edge of fist immediately follow up your counter-attack with edge of hand, elbows or knee.

71



### No. 38 — FORWARD FALL WITH KICK TO TESTICLES

If an adversary pushes you from the rear fall down on your hands and quickly kick backward into his testicles, face, stomach or kneecaps (Photo 72).

While falling forward look backward so you will not miss opponent when kicking to the rear.

72





## CHAPTER FIVE



*Use Of The Club Or Blackjack*



73

### No. 39 — ON GUARD POSITION

In the On Guard Position place the left foot slightly ahead of the right foot with the left arm forward so that the elbow protects the body and the hand protects the face. Hold club in the right hand. (Photo 73).

From this position you are able to move quickly and are on guard for any type of attack. Keep eyes on opponent at all times watching every move he makes so that you will be ready to attack or counter-attack.



74

### No. 40 — RAP TO FOREARM

If an adversary attempts to grab you or your club with his right hand strike the inside of his forearm (Photo 74). This blow will paralyze his arm.

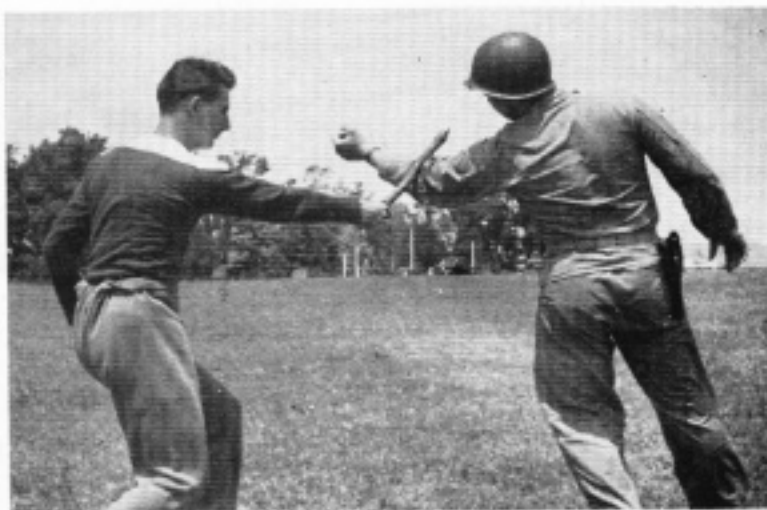
After delivering the blow to forearm follow up the attack with a blow to temple or side of neck. If adversary reaches out with his left hand strike the knuckles or outside of wrist.



#### No. 41 — RAP TO ELBOW

Blows to the joints or certain bony portions of the body are very stunning and will take the fight out of any bully. When opponent attempts to seize you or throws a punch at you strike his elbow joint (Photo 75).

The blow is very shocking and will incapacitate the use of the entire arm.



75

#### No. 42 — BLOW TO LEG

If opponent attempts to kick you quickly side step or jump backward out of range of opponent's leg and strike the shin with club (Photo 76). Immediately follow up the attack.

This type of defense illustrates the necessity of being quick on your feet. The ability to move with great speed cannot be over emphasized so practice your side steps and backward lunges.



76

#### No. 43 — JAB TO SOLAR PLEXUS

In this particular type of attack the blackjack cannot be used since it is not rigid enough for jabs. The policeman's night stick or a club about 18 inches long is the best type of weapon in the solar plexus attack. Holding the club by one end suddenly jab the other end into opponent's solar plexus (Photo 77).

The blow will cause opponent to fall to his knees or double up with pain. When opponent is in this position he is helpless and very vulnerable to further attacks.

Jabs to opponent's eyes, mouth, throat or testicles are equally effective to disable or kill an opponent.



77

#### No. 44 — KNOCKOUT BLOW TO TEMPLE

Strike opponent over the temple or side of neck as in Photo 78. Usually proceed these blows with a feint to the stomach. The feint will draw opponent's arms down leaving his head and neck unprotected. Deliver all blows with the club or blackjack as quickly and as hard as you can.

As a civilian you should use caution and never deliver a blow full force, since these blows are extremely dangerous. Only use full force when you come in contact with that little yellow son of . . . heaven.



78

*Disarm Of Club Or Blackjack*



81

82

### No. 45 — CROSS-ARM BLOCK

A very effective method of disarming a person with a club is the use of the Cross-Arm Block. As opponent swings club toward the head crouch low and step in towards opponent with the arms crossed and extended. By having the arms extended your head will be out of range of the club. The right forearm is crossed over the top of the left forearm (Photo 79).

After blocking the blow seize opponent's right forearm with your right hand. With your left hand seize opponent's forearm just below the elbow (Photo 80).

From this position pull opponent's arm forward and twist inward until his palm is upward with thumb to the right. At the same time pivot to your right on right foot placing your back to his right side (Photo 81).

After securing the armlock exert pressure upward on opponent's arm, fall to the ground and immediately grab the club from his right hand (Photo 82). By leaning the weight of your body into opponent and pulling upwards on his arm it will be very easy to break or dislocate the arm.



#### No. 46 — REVERSE ARM-LOCK (Inside)

Step forward and seize opponent's right wrist with your left hand (Photo 83).

Push opponent's right arm backward placing your right arm behind opponent's arm and grasp your left wrist with your right hand (Photo 84).

Force opponent's arm backward and down. Immediately send right knee into opponent's testicles (Photo 85) or kick opponent's right

leg out from under him with your right leg throwing him to the ground (Photo 86). And when I say kick, I mean to kick his leg as hard as you possibly can. A person trying to strike you with a club deserves as much punishment as you can inflict upon him. Therefore, strike with every ounce of strength you can muster and never hold back when disarming an adversary.



## CHAPTER SIX

### *The Knife*

There is no absolute defense against a knife attack, especially when the possessor knows how to correctly use the weapon. Therefore, the art of knife fighting will be covered very thoroughly and any time spent to become a skillful manipulator of the weapon will pay rich rewards to the reader.

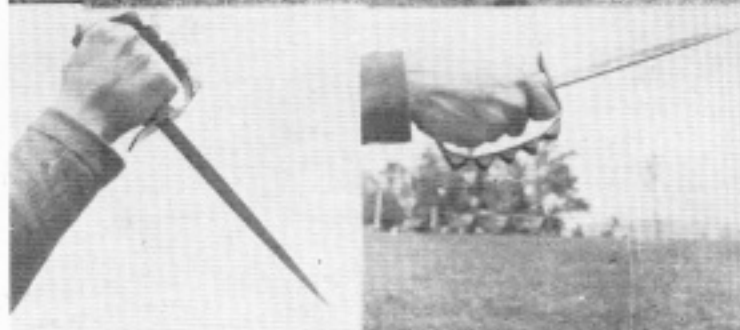
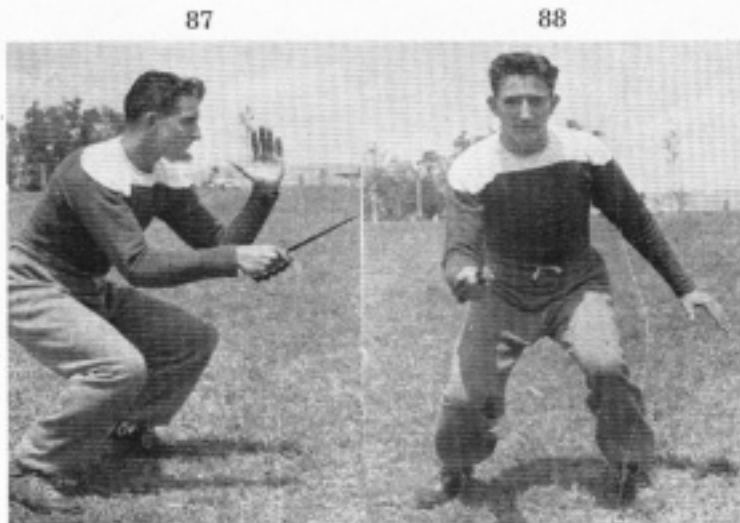
First of all, I would like to point out that the best type of knife to use in hand-to-hand combat is one that is sharp on both edges tapering to a sharp point. The length of the blade should be from 8 to 10 inches. The hilt should fit the hand securely so that your grip on the knife is firm and will not slip.

The hand should be well protected in case your opponent attacks you with a knife or club. A very good protection for the hand and an added asset for close quarters fighting are knuckles attached to the hilt. These knuckles are very effective and are more so if each knuckle is equipped with jagged edges. With one blow you can easily crush or dislocate a man's jawbone. In battle men sometimes forget tactics and simply come in swinging so the jagged knuckles are very valuable under those conditions.

## No. 47 — ON GUARD POSITION

The On Guard Position for the knife is practically the same as the On Guard Position with the club. The left foot is slightly ahead of the right with the knees bent so that you are able to move quickly in any direction. If opponent is unarmed extend left arm in front of body so that the elbow protects the body and the hand the face (Photo 87). If opponent is armed with a knife or club the left hand is held down at side for balance and so it will not be in range of any blows by opponent (Photo 88).

There are two methods of holding a knife, as shown in Photo 89 and Photo 90. The most natural position of holding a knife is Photo 89, but is not as effective as Photo 90, since in Photo 90 you have further reach, can maneuver the knife around quicker, and it is almost impossible to disarm you. But both methods of holding the knife have their advantages so the two systems of fighting are included in Combat Judo.



## No. 48 — JAB TO STOMACH

An effective method of getting rid of an enemy is a quick jab to the stomach. The blow is terrorizing and opponent will die very quickly.

The element of surprise is important in this attack. Do not telegraph your intentions, but suddenly jab knife out at arms length into opponent's stomach. Put the weight of the body into the jab and strive to secure as much reach as you possibly can without throwing yourself off balance. (Photo 91).

After jabbing opponent in the stomach immediately snap the knife out of him and assume the On Guard Position (Photo 92).





## No. 49 — SLASH TO INSIDE OF WRIST

When an enemy attempts to grab you slash the inside of his wrist. The slashing motion is inward and down. (Photo 93). This will cut his artery and he will bleed to death in two minutes if the bleeding is not stopped. At any rate it will take a lot of fight out of him and he will hesitate in making any more attacks toward you. In all probability he will surrender after you cut him.

After slashing opponent's wrist quickly bring knife back out of range to the on guard position or immediately jab opponent in the stomach (Photo 94). The slash and jab are accomplished in less than a second.

93



94



## No. 50 — SLASH TO ELBOW

In knife fighting you do not simply slash a man any place on his body, since the blade probably will not reach vulnerable areas. If you do not attack vulnerable areas you have wasted your energy, time and probably placed yourself in a position to be easily disarmed.

Another vulnerable spot to slash is the hock of the elbow when adversary attempts to grab or strike you. The motion of slashing is inward and down (Photo 95). You can slash from the inside of elbow or you can side step opponent and slash the elbow hock from the outside (Photo 96). The cutting action is the same.

95



96



### No. 51 — STAB BETWEEN COLLARBONE

Drive the knife downwards between opponent's collarbone and kill him (Photo 97). After you have cut the artery between his collarbone no one can help him since it is impossible to apply a tourniquet to stop the bleeding.

97



98



### No. 52 — FEINT—STAB TO RIBS

Holding knife above your head drive it downward toward opponent (Photo 98). When he attempts to grab your arm suddenly stop and make a circling motion to the right sending knife under opponent's arms into his ribs (Photo 99). The element of surprise is very important in this attack and is achieved only by making a genuine downward feint toward opponent with the knife. The entire action is one continuous motion.

99





100

### No. 53 — REAR THROAT SLASH

Approach a sentry cautiously until you are within five or six feet of him (Photo 100). Then suddenly spring on him pulling his head back with one hand and slash his throat (Photo 101).

If the enemy is wearing a helmet it will be very easy to pull his head backward. When enemy does not wear a helmet place the hand on his forehead or grab his hair and give a quick snap backward. The element of surprise is important in rear attacks so practice until you can attack quickly and kill the enemy when he is completely off guard.



101

### No. 54 — STAB TO JUGULAR VEIN

Place the left hand on opponent's forehead with the fingers over the right temple and pull the head to the left. At the same time stab deeply into opponent's jugular vein (Photo 102).



102

### No. 55 — STAB BETWEEN COLLARBONE

With the left hand seize opponent around the throat or head and immediately stab him between the collarbone (Photo 103).

If opponent is wearing equipment on his back seize a firm grip upon the equipment, pull him backward and drive the knife between the collarbone.



103

## No. 56 — SLASH TO TRAPEZIUS MUSCLE

A slash to the trapezius muscle will incapacitate the use of the entire arm. In delivering the blow, use a chopping motion with the weight of the body behind it. Slice in and cut the

muscle with a downward stroke toward yourself.

A feint to the stomach is a very good movement to proceed this slash.

## No. 57 — JAB UNDER JAWBONE

An upward stroke with the knife under the jaw into the soft flesh will quickly kill an en-

emy. Put plenty of weight into the upward jab and drive knife into the victim's skull.

## No. 58 — JAB TO TESTICLES

Drive knife blade upward into the testicles.

A deep cut to this area will put opponent out of action and he will quickly bleed to death.

## No. 59 — STAB TO THROAT

Stab opponent in the soft hollow of his throat just below his adam's apple. The stab is a down-

ward stroke with the weight of the body behind the knife.

## No. 60 — JAB TO KIDNEYS

Strike opponent across the throat with your forearm and strangle him. At the same time drive the knife into opponent's kidney. By

puncturing the kidney opponent will lose consciousness and die quickly. This attack and No. 61 are rear attacks.

## No. 61 — STAB BETWEEN LOWER RIBS INTO HEART

A blow directly toward the heart should never be attempted since the heart is well protected by ribs. In stabbing directly towards the heart the blade will either strike a rib or become wedged between the ribs.

A very effective method of reaching the heart is to stab upward just below the lower rib into the heart. Put the entire weight into this blow.

If opponent is wearing equipment over this section of the body, do not attempt this attack, but use one of the others.

It is very important to know a number of different attacks instead of just one, since circumstances may alter the type of attack necessary for the occasion.

*Disarm Of Knife*

## No. 62 — REVERSE ARMLOCK

If an assailant attempts to kill you with a downward knife blow the reverse armlocks are effective disarms (Photo 104 and Photo 105).

See Chapter 5, "Club Disarm," the reverse armlock (Inside) is thoroughly explained.

In most knife disarms you will probably receive minor cuts, but minor cuts are better than receiving jabs or slashes to vital areas.

When disarming an assailant the eyes are focused on the knife instead of assailant's eyes. The reason for closely watching the knife is that the knife is an extension to assailant's arm and his added reach cannot be accurately judged by watching the eyes. Also, the knife is your primary danger so always keep your eyes on the knife.

104



## No. 63 — KICK TO TESTICLES

105

A safe method to disarm an opponent armed with a knife is to kick the testicles or knee-cap (Photo 106).

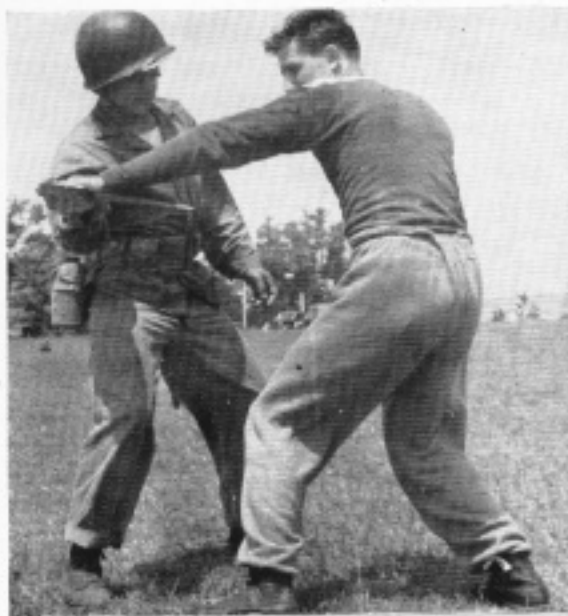
By employing this particular type of defense, the vulnerable areas of your body are out of reach of the knife and you have a terrific weapon since the legs are from three to four times stronger than the arms.

When an opponent is armed with a knife it is best to snap the leg out and immediately bring it back into position to deliver another blow if it is necessary. The action of the leg is the same as a left jab in boxing, since the leg is suddenly snapped out and immediately brought back into position for another attack.

See Chapter 3, "Frontal Attacks," No. 6 — Kick To Testicles and Knee-Caps.



106

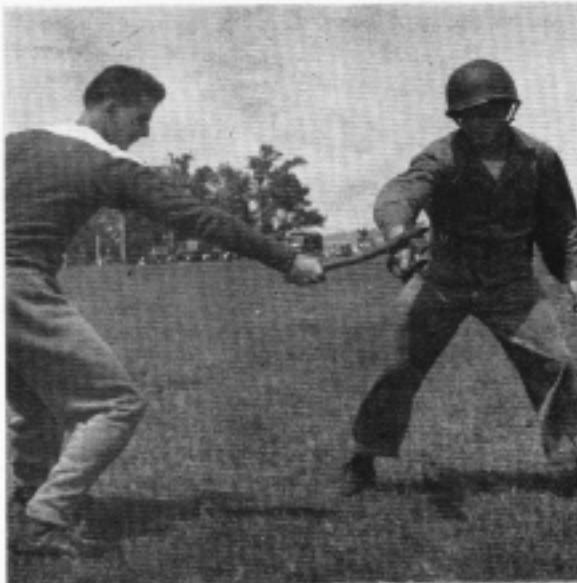


### No. 64 — BACK HIP THROW

If an enemy attacks you with a side swing towards your ribs stop the blow with your left hand. (Photo 107). After seizing opponent's right hand with your left hand step forward with your right foot so that your right hip is directly behind opponent's right hip. At the same time, seize opponent around his left side with your right arm. (Photo 108). From this position with your knees slightly bent pull downwards with your left arm, upward and towards your left

side with the right arm and straighten up your knees all at the same time. Every movement is coordinated and executed together (Photo 109). The hip throw will throw opponent on his back or side. After throwing opponent follow up the attack with stamps of the heel to opponent's ribs, groin or head. Also, you can follow up the throw with an edge of hand attack (Photo 110).

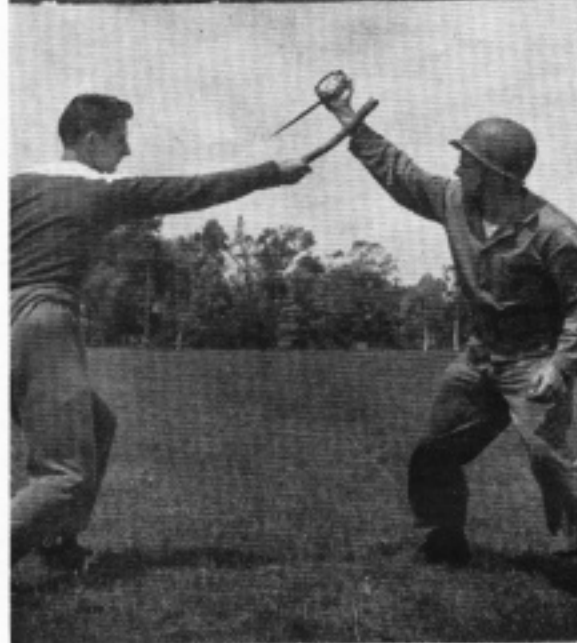
Use caution in practice since this back hip throw is extremely dangerous if executed full force.



111



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113

## No. 65 — KNUCKLE RAP

If you are armed with a club or have the chance to pick up a good size stick you have a very good weapon to defend yourself against a knife attack.

When opponent tries to stab you in the stomach with a thrust from the hip or an underhand thrust side step quickly to the left striking the knuckles or top of opponent's hand (Photo 111). After hitting opponent's knuckles immediately step forward and strike opponent across the face or the adams' apple (Photo 112).

## No. 66 — BLOW TO FOREARM

When opponent raises arm over his head and tries to stab you with a downward swing strike the inside of his forearm as hard as you can with the club (Photo 113). This blow will paralyze his entire arm and he will drop the knife. Your partner should have his forearm well protected so he will not receive an injury during practice. A good protection for partner's forearm is to place boards on the forearm wrapped securely with padding. In this way you can get the proper timing in striking an adversary's forearm. Perfect timing is very important in these disarms so practice until you can make the proper counter-attack at the right moment.



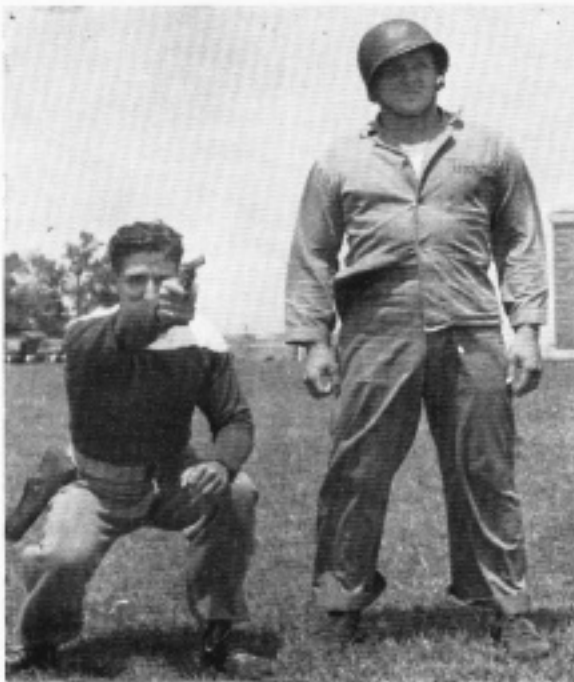
## CHAPTER SEVEN

### *The Pistol*

There are many different positions in which you can carry a pistol but we will only consider the hip position. In order to make a quick draw the holster must be secure so that it will not slip around.

Carry the pistol in a holster on the right side if you are right handed and on the left side if you are left handed.

There are times when a quick draw will save your life so we will consider the drawing and firing of the pistol for close quarters fighting.



## No. 67 — DRAWING AND FIRING PISTOL

In the firing position you crouch low so that you are a small target and can move quickly in any direction (Photo 114).

There are four phases in drawing the pistol and coming to the firing position. The first phase is drawing the pistol from the holster quickly. This is done by a quick flick of the wrist. Practice is the only way you can achieve the speed that is essential to make a quick draw.

The second phase is to fire the pistol from the hip immediately after drawing it from the holster (Photo 115).

Considering the third phase, shove the arm forward and with the arm bent at the elbow fire the second shot (Photo 116).

The final phase of drawing and firing the pistol is to fully extend the arm and fire the third shot. From this position you take aim and fire the rest of your shots if it is necessary (Photo 117). All four phases are one continuous motion and are executed in less than a second.

In this method of drawing and firing you can fire three or four shots to one well aimed shot. Well aimed shots may be all right for target practice, but for close quarters fighting if you can shoot four shots to an enemy's one you have the advantage. If you hit the enemy any place on his body it will put him out of action; especially if you are firing a .45 caliber pistol. **PRACTICE MAKES PERFECT.**



#### No. 68 — GUARDING A PRISONER

Hold pistol beside the right hip with the left foot slightly ahead of the right foot. You can use the left arm to ward off a sudden attack if it is necessary.

Keep prisoner away from you so that he will

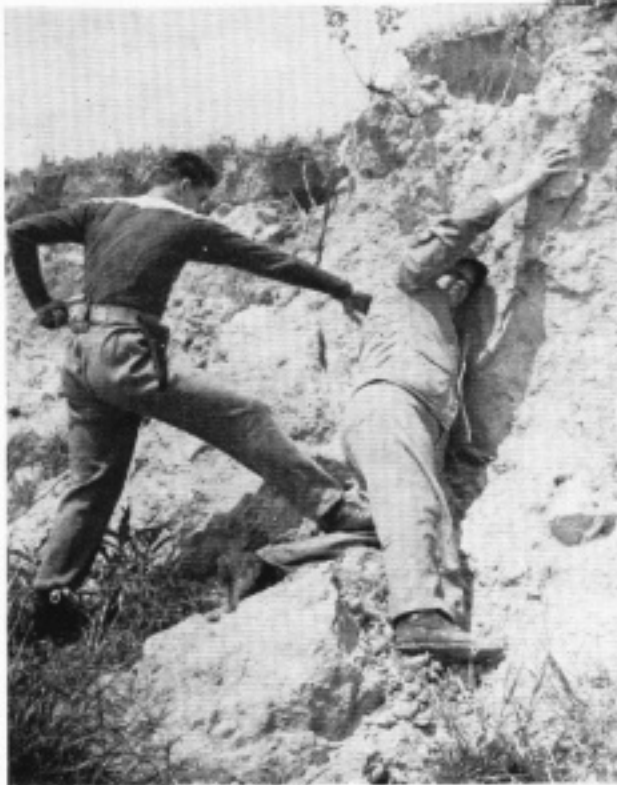
not have the opportunity to kick the weapon out of your hand or to suddenly disarm you (Photo 118). Watch the prisoner very closely and if he makes the slightest movement to disarm you or to escape shoot to kill.

## No. 69 — SEARCHING A PRISONER

Make prisoner lean against a wall with his arms outstretched and legs spread apart. If you search his left side place your right foot lightly on the hock of his left knee. Hold pistol at your left hip with the left hand and search prisoner with your right hand (Photo 119). If prisoner attempts to move kick his left knee to the ground with your right foot and push his back or head forward (Photo 120). After throwing him down immediately shoot him.



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To search the prisoner's right side use the same system but hold the pistol in your right hand and place the left foot on the hock of opponent's right knee.

## Disarm Of Pistol

### No. 70 — OUTSIDE TWIST

With your arms raised suddenly turn your body to the right and strike opponent's gun hand with your right hand. It is very important to get your body out of the line of fire and this can be accomplished since assailant's reactions are not fast enough to pull the trigger when you suddenly move to the right and strike his hand away from you (Photo 121). After striking opponent's gun hand immediately grab the hand with your right hand and seize the gun barrel with your left hand (Photo 122). Pull opponent's right hand toward you with your right hand and push the barrel to the outside until the muzzle points toward opponent. There is a great strain placed upon opponent's trigger finger due to the trigger guard being twisted

upward. You have the enemy completely at your mercy and you can kick him in the testicles, stomach or chest if he resists too much. But with the leverage against his trigger finger he will not be able to resist very much (Photo 123).

From this position quickly jerk the pistol downwards and away from opponent (Photo 124).

It is very easy to break a person's finger during these disarms so use caution during practice by never inserting the finger in the trigger guard. At first practice every movement slowly then speed it up until you can execute the entire disarm quickly and without hesitating.



## No. 71 — REAR DISARM

When an enemy places pistol to your back glance around and see which hand contains the pistol. If opponent is holding pistol in his right hand suddenly swing around toward your right side and deflect pistol arm toward opponent's left side with your right elbow. The entire action is one movement so that your body is well removed from the line of fire (Photo 125). Immediately grab opponent's gun hand with your left hand placing the thumb of your left hand between the index and third finger joints and twist opponent's hand backward and out (Photo 126); Seize the gun barrel with your right hand and twist it toward opponent. The leverage will open opponent's hand and if the weapon should discharge it will injure your assailant (Photo 127).

Quickly take pistol away from opponent and step back out of his reach. You can retain your wrist hold on opponent in order to control him until you are out of danger and well on guard (Photo 128). If it is necessary but the occasion should never arise if the disarm is properly executed, you can throw your enemy to the ground by twisting his hand outward and down and sending a quick kick to his testicles.

All three disarms included in this chapter are executed in less than a second and the only way to achieve this ability is to practice, practice and practice.

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## No. 72 — WRIST THROW

Never attempt to disarm an enemy if he is not within arms reach since any attempt would be futile due to the elements of time and distance.

Enemy standing in front of you commands that you raise your arms. After raising your arms assailant steps within arms reach making it possible for you to easily disarm him. Suddenly side step to the left and at the same time push opponent's right hand to his left side with your left hand. Place the thumb of your left hand between the index and third finger joints of opponent's right hand. It is very important to side step quickly to the left so that your body is

out of range of the pistol's muzzle in case opponent should squeeze the trigger.

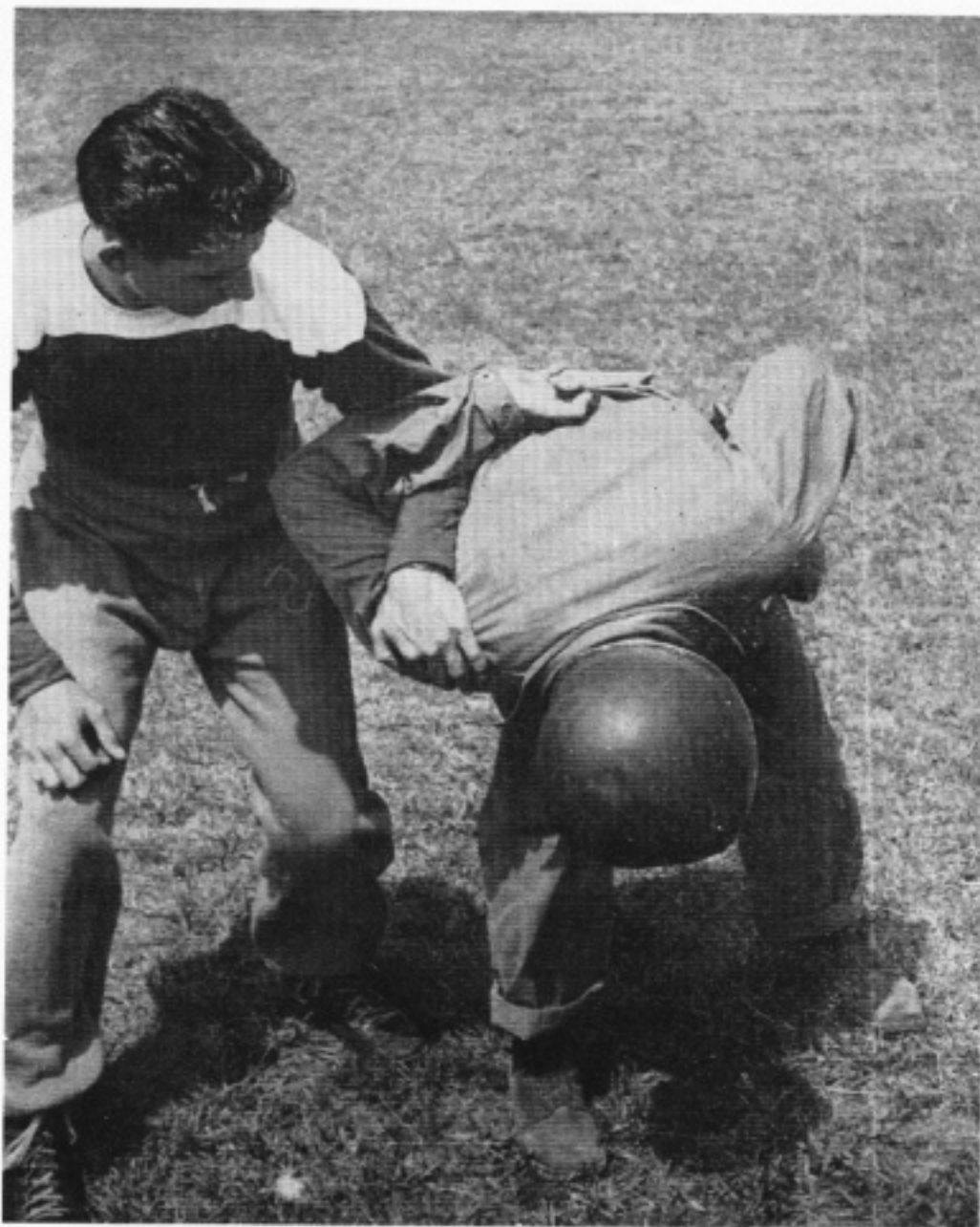
Grab the barrel of the pistol with your right hand and push muzzle toward opponent so if pistol should fire it will only injure assailant. There is a great amount of pressure on opponent's trigger finger which forces him to lose his grip on the pistol.

By twisting opponent's right hand to his right side and pushing on the pistol with your right hand you will be able to easily remove the weapon from his grasp.

After taking pistol out of opponent's right hand step away from him so that he will not be able to grab you or the pistol.

## CHAPTER EIGHT

### *Come-Along Holds*







## No. 73 — PRESSURE AGAINST WRIST

After you have subdued an enemy a good come-along hold is valuable and necessary if you do not have a pistol or some other weapon.

The first come-along hold is very simple and effective. Seize opponent's right forearm near the wrist with your right hand (Photo 129). Then quickly place your left arm inside his arm and seize his right hand with your left hand. His elbow will be secured on the inside of your left elbow with pressure against his wrist. By applying pressure against his hand the opponent will not strike you with his left hand, because he can feel to his dismay that you can easily break his wrist (Photo 130). From this position you can take your prisoner to the proper authorities or dispose of him in any way you wish.

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## No. 74 — HAMMERLOCK

If you are ever in a position to put a hammerlock on an opponent grab his left elbow with your left hand and with your right hand seize his left hand near the wrist and force his arm up his back. After forcing opponent's arm well up his back apply pressure on opponent's wrist by turning his hand outwards with his fingers pointing towards the ground (Photo 131). Apply plenty of pressure on opponent's arm and he will not attempt to escape from this position.

The adversary may attempt to kick you so be on guard for any sudden kicks and keep plenty of pressure on the prisoner's shoulder, elbow and wrist.



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No. 75 — PRESSURE  
AGAINST ELBOW

If an assailant attempts to strike you or grab you step back and seize his arm, let us say his right arm, with your right hand (Photo 132).

Pull opponent forward off balance and at the same time strike him in the jaw with your left elbow (Photo 133).

Continue the circling motion of the left arm and place the left forearm under opponent's right arm above his elbow joint. Seize your clothing with the left hand and apply pressure with your right hand by twisting opponent's arm outwards and down (Photo 134).

Note the position opponent's hand is facing when turned outwards. Do not allow opponent to step in front of your left foot with his right foot, since he will gain his balance and may break your hold. Therefore, keep your eyes on opponent's right leg and if he attempts to place his right leg in front of yours quickly place your left leg in front of his right leg and fall to the ground. By falling to the ground, opponent's arm will be broken at the elbow joint since the weight of your entire body lands on his outstretched arm.



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No. 76 — OUTSIDE BAR HAMMERLOCK

Insert your left arm between opponent's right elbow so that your left hand rests on his right shoulder. The inside of your elbow prevents opponent's forearm from escaping and by applying pressure against his shoulder you can force opponent forward (Photo 135).

With the right hand seize opponent's helmet and pull his head backward (Photo 136).

The pain is terrific and your opponent will obey your commands with pleasure. Keep plenty of pressure downwards on the opponent's shoulder and if he resists apply a quick pressure downwards which will fracture his elbow and dislocate his shoulder.

If enemy is not wearing a helmet seize the hair and pull backward.



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