
Kill or Get Killed



U.S. Marine Corps

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FOREWORD

1. PURPOSE

Fleet Marine Force Reference Publication (FMFRP) 12-80, *Kill or Get Killed*, is published to ensure the retention and dissemination of useful information which is not intended to become doctrine or to be published in Fleet Marine Force manuals. FMFRPs in the 12 series are a special category: reprints of historical works which are not available elsewhere.

2. SCOPE

This reference publication was written in 1976 by Lieutenant Colonel Rex Applegate, USA (Ret), with the help of the Combat Section, Military Intelligence Training Center, Camp Ritchie, Maryland. At last there is one volume which speaks to the subjects of unarmed combat (offensive and defensive), combat use of weapons, disarming the enemy, handling of prisoners, the handling of mob/crowd disobedience, the use of chemicals in such situations, and how to establish a professional riot control unit. This is an invaluable reference for officers and SNCOs whose duties encompass these topics. The detail, techniques, and training procedures presented will enhance small unit training, and every unit involved in the above activities should have copies to which they may refer.

3. CERTIFICATION

Reviewed and approved this date.

BY DIRECTION OF THE COMMANDANT OF THE MARINE CORPS



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KILL OR GET KILLED

RIOT CONTROL TECHNIQUES,
MANHANDLING, AND CLOSE COMBAT,
FOR POLICE AND THE MILITARY

By Lieutenant Colonel Rex Applegate
USA-Ret.

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To

GUS PERET

*and those officers and men of the Combat
Section, Military Intelligence Training
Center, Camp Ritchie, Maryland, whose
accumulated experience and training helped
make this text possible.*



The author, Colonel Rex Applegate, is one of the world's outstanding authorities on close combat and mob control techniques.

INTRODUCTION

KILL OR GET KILLED

With the bombing of Pearl Harbor, war burst upon an unprepared America. Our young men, wrenched from a world where "fair play" was the code by which all games were conducted, were faced with a foe trained to ruthless killing. They had to be taught to be tougher, meaner, more efficient and more merciless than the enemy if this country was to survive.

It was of this necessity that the book, "Kill or Get Killed" was born. Techniques of hand to hand fighting worked out by then Captain Rex Applegate and his staff were taught to thousands of men going into combat. Many of these returned to verify the rightness of these techniques or to give information by which they were corrected or refined. In 1943, Applegate published this volume which became, and has remained, the basic classic text on close combat. Now long out of print, the few copies still in existence have been treasured by fighting men the world over.

As a nation, we are not now formally at war. As a society, menaced by ever escalating crime, the need for this book was never greater. Study and practice of the principles explained and illustrated will help you and those dependent on you to survive. It's reprinting was long overdue.

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Publisher's Foreword

Human life is precious. To guard it and to permit the individual to enjoy various rights and privileges, society has established rules of human behavior and has organized itself against unlawful violence. Police provide protection against individual criminals or gangster groups and mob violence; military forces guard against organized armed aggression. The presence of peace enforcement officers is a deterrent to the criminally inclined individual. Similarly, peace loving nations, such as our own, find it necessary to maintain armed forces to deter aggressor nations. Both our communities and our nation seek to preserve the domestic tranquility and international peace. Sometimes, in spite of these efforts, the peace is broken and a war must be fought—to defend our homes, our way of life, or our peace loving neighbors, and to restore peace. In our communities we must always maintain law and order.

War is a brutal business, whether it be war against an enemy or war against the criminal who strikes from within. And personal combat, at close quarters, is its most brutal aspect.

Personal combat conforms to no set rules of conduct, as the fighting in Korea so plainly proved. Were we, the United States, the choosers, it would not be thus; the decencies of human conduct would be observed. But we must be ready to fight against an utterly ruthless Communist enemy, one who feels he must win at any cost, even at the cost of human decency.

The American soldier who meets such an enemy is forced to adapt himself to a pattern of behavior that is foreign to his education and his religious beliefs. If he would win the fight—indeed, if he himself would survive—he must know all the dirty tricks of close combat, even as the enemy knows them. He must match them trick for trick. Further, he must be able to take the initiative and attack an enemy soldier as ruthlessly as he, in turn, would be attacked if he waited. It is a split

second business. There is no time allowed for moral debate. In close combat, it is now or never.

The same principles hold when the enemy is domestic—when he is a brutal criminal running at large; or when he, with other subversives, in a critical hour strikes at our communities. In any case—enemy soldier, dangerous criminal, or fifth columnist—the opponent is playing for keeps. Whether we like it or not, we can defeat him and defend our decent standards only by beating him at his own game.

This book is designed to meet this situation. It is an intensely practical and forthright description of the techniques of hand-to-hand combat and of mob control. It is written primarily for members of our Armed Forces and those of our Allies (in the performance of their military duties); for the police officer; and for those members of civil defense organizations who may some day be forced to deal with the criminal subversives in our midst, including professional fifth columnists who would stir up dissension and incite disorders and riots.

The first edition of the book was written during World War II and was used by the various military branches of the United States and our Allies, as a textbook and reference, in training for individual combat and survival. Subsequent editions have been broadened to cover the civilian law enforcement field as well as the military. Over thirty thousand copies are now in circulation. We believe this text is alone and unique in its field. The completeness of the coverage of the subject has resulted in a steady demand for its material. It is felt that publication of this text is a public service, both to enable those who have to fight in close combat to survive, and to make more effective those who serve in the field of law enforcement.

This edition is being published at a time when the world is in a state of unrest. Race riots, intolerance, Communist-inspired mob violence, and nationalism emphasize the importance of mob control by the established forces of law and order. Three new chapters have been added on the techniques involved in riot control. The timely incorporation of these new chapters has again added greatly to the value of this text to law enforcement agencies.

There is probably nobody better qualified than Colonel Applegate to describe the techniques of close combat. During World War II, as an infantry officer, he served with military police units, the Office of Strategic Services (OSS), the Counter Intelligence Corps, and the Military Intelligence

Division of the War Department. During the latter part of the war, he was in charge of special training in close combat at the Military Intelligence Training Center at Camp Ritchie, Maryland, where high priority intelligence personnel were given the training described in this book.

Colonel Applegate has attended many of the principal police schools in the United States, has studied in foreign police and special combat schools, and has undergone British commando training. He has worked and studied with famous experts, including W. E. Fairbairn and E. A. Sykes of Shanghai police and British commando fame; with Gus Peret of the Remington Arms Company, J. H. Fitzgerald of the Colt Firearms Company, and Colonel Biddle of the U. S. Marine Corps. At one time, he was assigned to special duty with President Roosevelt's bodyguard.

During recent years Colonel Applegate has been actively engaged in the field of riot control. He has had an opportunity to observe at first hand several violent mob actions. He has also had the satisfaction of seeing riot control units which he has trained, successfully dominate a mob and restore order.

Like the publishers, Colonel Applegate believes that the techniques he describes should be taught under careful supervision and used only for legitimate purposes and in appropriate combat or law enforcement situations.

Author's Preface

This book was first conceived and published early in World War II. If it had not been for the type of conflict experienced, combined with the circumstances and opportunities of my own personal assignments, it would never have been written.

Frequent armed conflict and mob violence since the end of World War II has brought about an increasing demand for a text on these very difficult subjects.

This fifth edition represents a further effort to broaden the scope of the text to cover adequately the combat and mob control problems of the civilian law enforcement officer as well as the military.

Weapons, tactics and strategy of modern warfare may be changing, but the age-old aspects of military and police individual combat and of mob control are still the same.

Since the time of the caveman, techniques of personal combat have been in the process of evolution. There are many methods and systems of personal combat. The methods of teaching them are equally varied. Some are good, some bad, some practical, others nonpractical. This book does not, and could not, cover all methods. It is a compilation of the most practical methods known to the writer, methods that have been developed and used during and after World War II by our own police and military, those of our Allies and even our enemies.

The soldier must be trained and indoctrinated in the offensive. Combat between armies is only won by offensive tactics.

The law enforcement officer has a different problem. He must first master restraint and manhandling tactics. He must also be able, under extreme or necessary circumstances, to take strong defensive or offensive action.

The "Cold" War has placed increased emphasis on guerrilla, mob control, and fifth column tactics. This furnishes an additional reason why members of the Military and of law en-

forcement and civil defense agencies must be trained in some or all of the offensive tactics covered in this book.

The tactics, training, and strategy of the enemy are in process of improvement and change. This is especially true of the direction and manipulation of a mob as an instrument of gaining or destroying political power.

I do not expect that all the answers as to how best to combat the professional mob will be found here, but they are the best known to the author at this time. It is sincerely hoped that the new material I have added on this subject will be of interest and help to all legitimate forces of law and order. The counter mob tactics outlined here may not make pleasant reading for Communists. But their willingness to use mob violence as a weapon in their drive to attain world domination is well known. The field of mob control and its tactics is not a new one, but the interjection into the picture of the professional Communist agitator, trained in all aspects of mob psychology and incitation, is relatively recent. New counter measures and tactics must now be employed by police elements to meet the situation. The Communists have taken over forty years to perfect their techniques of mob persuasion and direction. Police and military units will find difficulty in trying to meet such a threat with hurriedly improvised counter measures.

Other than mentioning general training aids, I have purposely avoided laying out specific, detailed training programs. Each organization—military or civilian—has its own problems, some phases of training demanding more emphasis than others.

Although this text has been pointed toward the training of large groups of men, I hope that those individuals who have sufficient interest to study it will, as a result, find themselves better prepared should they suddenly find themselves opposed by a killer.

REX APPLEGATE

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Chapter 1

INTRODUCTION TO UNARMED COMBAT

ANY subject with as many variations in theory, training, and application as there are in hand-to-hand combat should be presented to the trainee in a simple manner, so as to be easily understood. The history and background of close combat without weapons is a desirable beginning for such a training program.

Unarmed combat is just what the name implies—a system of fighting intended for use when weapons are not available or when their use is not advisable. A soldier or police officer carries weapons in addition to those given him by nature; but he must not depend solely on his firearm, baton, or other issue equipment. These are only mechanical aids and will not always sustain him. Long before the existence of the stone knife and the bow and arrow, primitive man fought with his hands, teeth, legs, feet, and body. But through the centuries, unarmed combat tactics became more refined and skillful, until they reached their peak in the commando-type training given in certain of our military units during World War II.

Tibetan monks of the 12th century are reputed to have been among the first to develop a definite system of fighting without weapons. These monks, prohibited by the rules of their order from bearing arms, developed a system of unarmed combat to protect themselves from the brigands and robber bands of that era. Their system of combat involved many of the basic principles from which our body-contact sports and jiu jitsu have been developed. Some time after the 12th century, the Japanese learned of this method of combat and, characteristically, copied it and claimed its origin. They gave it the name of jiu jitsu, and claimed that it was developed during their mythological age. For centuries jiu jitsu was practiced, with many variations and interpretations, by the Samurai warrior clans. About 1885, a Japanese professor by

the name of Kano established a school in which a unified version of the best of the many jiu jitsu techniques was taught. He called his improved version "judo." Today the terms jiu jitsu and judo are synonymous, judo being in reality the modern version of jiu jitsu.

Judo as a sport, and, with certain restrictions, as a method of combat, was practiced universally in Japan until recently. It was advocated by the military as a means of body-building and of developing individual competitive spirit. Jiu jitsu, or judo, employs a group of basic principles that are common to body-contact sports, such as wrestling, boxing, and football. Basically it is a system of holds and throws based on the use of the mechanical principle of the lever and fulcrum. Properly employed, jiu jitsu enables a small man to overcome a larger opponent by using his opponent's greater weight and strength to the latter's disadvantage.

For years prior to World War II, this Japanese method of combat was cloaked in mystery. It was regarded by the public as a somewhat miraculous power that enabled the user to conquer a hapless opponent by a mere flick of the wrist. As long as there was lack of knowledge on the subject and an element of mystery surrounded its use, this was to some degree true. Taking advantage of the element of surprise, the jiu jitsu expert did not fight as his opponent expected and could thereby gain the initial advantage, which he never relinquished. This was evident, but not understood, when certain jiu jitsu experts publicly overcame unskilled opponents in scheduled exhibitions.

The most optimistic experts estimate that it takes several years of consistent, intelligent practice before an individual can use judo as a dependable method of unarmed combat. As a sport, it is practiced in this country by a small group of devotees, but there are relatively few experts who can use their skill effectively against determined opponents. Based on the application of holds, throws, and on the destruction of the opponent's balance, the jiu jitsu user has to be really expert if he is to overcome a determined assault by an individual skilled in the use of blows of the hands or feet.

Soldiers and police can expect to encounter few individuals who will use judo against them successfully. They will, however, probably encounter certain judo tricks which have been combined with the type of rough and ready fighting tactics advocated in the commando style of personal combat.

The danger of overrating judo as an effective means of

combat lies not only in the aura of mystery that has been allowed to surround it, but also in the overemphasis placed on it as an effective means of hand-to-hand combat training in World War II. As a result of that war and a demand by the public for books and techniques on methods of fighting, bookstores were flooded with books and pamphlets on the subject of unarmed combat. Many of these, purporting to be genuine jiu jitsu, bore titles and slogans intended to appeal to the gullible. Courses which would take a sincere judo student months to master were offered in "ten easy, self-taught lessons."

Extravagant claims of success of the unarmed judo exponent against an armed enemy are frequently made. Students of many judo courses, given recently, are "quickly" taught a specific number of jiu jitsu tricks. When the course is completed and students are called upon to use what they have learned against a determined opponent, they usually find themselves helpless, unless the attacker performs in the specified manner taught in the course. Such courses obviously do not give the student the training necessary to adapt him to the uncertainties of combat. Many tricks advocated in jiu jitsu, and certain combat books, are not practical because they cannot be applied quickly enough. They are based on the assumption that the opponent will stand still, allowing the hold or throw to be applied.

The illusion of ease in subduing an opponent and the implication that this can be accomplished without personal risk or injury to the user, are also fallacies evident in many instruction courses in close combat offered the public. An individual can test the efficacy of such combat methods and holds by asking himself a simple question: "*Will this work so that I can use it instinctively in vital combat against an opponent who is determined to prevent me from doing so, and who is striving to eliminate me by fair means or foul?*" Considering the small amount of time devoted to instruction in fundamentals and the scanty practice demanded of the student in these courses, it is evident that many highly advertised techniques cannot measure up to this simple standard.

To sum up, the average American lacks the time, patience and usually the interest to become a genuine expert at judo. He does not really need a complete course in jiu jitsu, as is often claimed, to be able to take care of his opponent in unarmed combat. His athletic background, physique and temperament are usually adaptable to a style of fighting which is

based more on the use of blows than on finesse. Military experience, in combat and training centers throughout the world, has shown that the average man can be quickly turned into a dangerous, offensive fighter by concentrating on a few basic principles of combat and by advocating principally the use of blows executed by the hands, feet and other parts of the body.

All types of combat can be divided into two phases, offensive and defensive. Knowledge of both is necessary to any fighting man. In training for warfare, the emphasis is usually on the offensive. In the case of the military police or civil law enforcement officers, the emphasis should be at least equal. Only the local situation, as it affects himself personally and his mission, can determine which type of combat a police officer should use. At times, he will have to resort to extreme offensive methods, because they may be his only means of defense. In other situations, only simple defense and restraint methods may be necessary. The judgment of the officer will determine what tactics he must use. He usually carries a loaded gun and is expected to exercise proper judgment in firing it. Also, he must decide for himself whether a given situation calls for personal unarmed combat tactics, and which of those tactics he will use.

The unarmed combat methods presented in the initial chapters represent a selection and combination of techniques taken from judo, wrestling and other body-contact sports, from combat methods used in other lands, and from self-defense tactics, and those used in rough and tumble fighting. The techniques presented have been used successfully in training and in recent combat. They can be learned easily and applied quickly and instinctively—but only after adequate, but not excessive, practice.

No text, no matter how well-illustrated or clearly explained can, alone, teach a man to fight. It can only serve as an instructional guide. Closely supervised intensive practice is the only path to practical knowledge. There are no easy methods or short cuts. Practice must be intensive enough to render the mechanics of each technique automatic. There is seldom time to stop and think when the pressure of combat is on. *Being able* to throw a man is much different from *knowing how*.

Expert boxers and wrestlers will already be far along the road to proficiency in personal combat. The use of boxing, wrestling and other body-contact sports in training and condi-

tioning programs will add materially to the student's progress and will speed up his development as an aggressive fighter. An athletic background develops the necessary coordination and muscular ability, and enables the student to learn combat techniques more easily. However, experience has shown that such techniques can also be developed in the trainee who has had no previous athletic experience. His progress may be slower, but practice and a desire to learn can develop the average trainee, who possesses normal courage, physique and the will to fight, into a dangerous antagonist at close quarters.

Chapter 2

OFFENSIVE UNARMED COMBAT

NEITHER war nor individual combat is won solely by defensive, Maginot Line psychology or tactics. In personal combat, it is often difficult to determine where defense ends and offense begins. Often the only defense is a good offense. However, in all cases, a knowledge of possible methods of attack enables a defense to be better planned.

The methods advocated in this chapter are simple and are based on a style of fighting that knows no rules, that depends on speed and ruthlessness for results. Boxing and wrestling are sports. They can be used only to a limited extent in vital combat. The fighting tactics discussed here, however, are designed to knock-out, maim, or kill, as the situation may demand.

Types of hand-to-hand combat that demand set positions and complicated maneuvers—for the attacker and his opponent—are practically useless when the ordinary man finds himself projected into physical combat at an unexpected time. To be able to rely upon and use instinctively a specific hold or throw for each set or different position of an opponent is a difficult task. To be able to do so swiftly and instinctively demands months and sometimes years of practice. It takes time to train the mind and body to react to each set of conditions instinctively and in the prescribed method. This is one of the weaknesses of the jiu jitsu technique. By certain maneuvers and movements, a jiu jitsu expert can place an antagonist in the proper position for a specific throw; but for the layman it is much too complicated and, according to American standards, takes too long to learn.

The combat tactics advocated here do not depend on any set stance or position to achieve results. They are based on what the smallest man can do to the largest, using the ele-

ment of surprise when possible, with ruthless disregard for the opponent. In the homespun philosophy of David Harum "Do unto others as they would do unto you, *but do it first.*"

VULNERABLE PARTS OF THE BODY

The human body is made up of many vulnerable spots. Some are nerve centers, some are organs unprotected by a bony or muscular structure, and some are areas only lightly protected by bone or muscle tissue. About a dozen such spots can be attacked with marked results in combat. A well-timed blow or pressure brought to bear on one of these vital areas will disable an opponent or force him to cease offensive action. Man has many natural weapons—his head, teeth, elbows, feet, knees, hands and fingers—which he may use in attacking vulnerable spots. These spots are listed below in the order of their vulnerability and accessibility.

Testicles. These organs are the most sensitive and vulnerable of man's body. A hand, knee, or foot blow to the crotch

GROIN BLOW

The best way to finish quickly any close-quarter fight is to use a strong hand, knee or foot blow to the groin—the testicle area.



will disable the strongest opponent. The best and strongest of holds can be broken if the testicles can be grasped or hit. Because of their extremely vulnerable location in the body, they are the most likely spot at which to expect an attack from an unscrupulous opponent. It should always be remembered, when closing in vital combat, that a good knee blow delivered to the testicle area will not only finish the fight, but also, while in the process of being delivered, will

protect the user's groin area by blocking with the thigh a similar attempt by an opponent. These vulnerable organs are the principal reason why we have referees in such sports as boxing and wrestling. Not only the testicles, but the entire groin area, is susceptible to attack. They are the Achilles heel of man's anatomy.

Eyes. The eyes are delicate, easy to reach, and like the testicles, are parts which any man instinctively strives to protect. A gouge with thumb or finger to the eye will be effective



FINGER OR EYE GOUGE

The eyes, like the testicles, are extremely vulnerable. A finger or eye gouge will stop the most determined attack.

tive in breaking up the most determined hold or attack. A blow aimed or feinted at the eyes, or "family jewels" (testicles), will cause a man to move instinctively to cover them. Many times this will leave him wide open for other types of attack.

Neck Area. An edge-of-the-hand blow across the windpipe, in the Adam's apple area, will have fatal results. It has the same effect as the crushing of a piece of copper tubing with a blow from a sharp-edged instrument.

Blows delivered by the edge of the hand to the sides of the throat and to the back of the neck, at the base of the skull, have a knockout effect. Few physiques can stand up to these blows, the only exceptions being wrestlers and such, who have exceptionally well-muscled necks.

The effect of a blow to the windpipe can be demonstrated by placing the thumb in the hollow at the base of the throat, below the Adam's apple, and pressing gently. Light, edge-of-the-hand blows, delivered to the sides and back of the neck, will demonstrate their effectiveness to the most skeptical person.



WINDPIPE BLOW

The windpipe is unprotected. A sharp blow here will have fatal results. The area just below the Adam's apple is the most vulnerable.



NAPE OF NECK BLOW

An edge-of-hand blow here will cause a knock-out. A light blow will demonstrate the stunning effect.

Back and Kidney Area. A physiology book will show that the main muscle cords and nerves of the body branch out from the base of the spine at a point very near the surface. This region is commonly known as the small of the back. In it the kidneys are located, just above the hips on each side of the spine. A horizontal blow with the fist or edge of the hand, or a kick delivered there, will have a disabling, if not a knockout, effect. Care must be taken to hit the area above the hip bones and below the heavy back muscles. Not for nothing are kidney pads worn by football players.

A low blow delivered by the edge of the hand to the end of the spine is often effective. It is easiest to deliver when the opponent is stooping over, as he would be when grappling some one about the waist. A kick delivered by the point of the toe to this area often produces a disabling effect.

Stomach Area. It is a big one and easy to hit. A hard blow here by the fist, knee, or head is very effective, particularly if the opponent's muscles are relaxed. The solar plexus can be hit by driving the fist up and under the rib structure at a point about one inch above the navel. At a point about one inch below the navel is another vulnerable spot, which can be reached by a knuckle jab.

Chin. A blow by a *skilled* boxer to the point of the chin will put a man down for the count. The same result can be

obtained by a blow using the heel of the hand. An edge-of-the-hand blow, directed downward at the point of the chin, will cause a break or dislocation of the lower jaw bone.

Nose. A horizontal blow, by the edge of the hand, at that part of the nose which is ordinarily covered by the bridge of a pair of glasses will result in a knockout, and possibly death. The most fragile bones of the facial structure are crushed when this blow is used. It usually results in a hemorrhage, from which a fatal infection can develop.

By placing the index fingers on both sides of the base of the nose, where it joins the face, and pressing inward and upward, another vulnerable spot is reached. An edge-of-the-hand blow directed upward at the base of the nose also is most effective.

Temples. Blows delivered by the knuckles, or edge-of-the-hand, to the temple area will often put an opponent down for the count. This area is small, but it is one of the most sensitive on the head. By placing the thumbs on the temple and exerting a firm, steady, inward pressure, then moving them about, this most vulnerable area can be located.

Jaw Hinge Area. Where the lower jaw hinges to the upper, near the base of the ears, is a sensitive point that is vulnerable to a knuckle blow. By placing the finger tips just under the ear lobe and pressing in and *up*, another sensitive area is located. Pressure applied here is particularly effective in forcing an opponent to release a hold or stop offensive action.

Joints. Nature made the joints of the knee, wrist, arm, elbow, finger, and other members to bend only in certain directions. Enough pressure or strong blows applied to these joints in the *opposite* direction will cause a break or dislocation, or will at least force the opponent to yield temporarily.

Sensitive Bones. Many bones of the body are sensitive to blows or pressure because they have not been furnished with protective coverings of flesh or tissue. Kicks to the shins, edge-of-the-hand blows to the collar bones, forearm, or wrist will often cause a break or effect a release. Many grips may be broken by forcing the point of a thumb or knuckle between the small bones of the back of the hand, or by placing the point of the thumb in the hollow spot where the opponent's thumb joins his wrist. Pressure applied on such points is not disabling in itself, but is very good in effecting releases.

Other Sensitive Areas. Nature has given man numerous other unprotected spots which can be hurt locally, to effect re-

leases and create openings. The following actions are effective: Pulling hair, tearing a lip, grasping and twisting (or tearing) the nose. A grip with the point of thumb and forefinger, or bite, on the thick muscles that extend from the neck to the shoulder; a thumb and forefinger grip, or bite, across the breast muscles to the arm; kicking or biting the Achilles tendon back of the heel—all are effective.

FUNDAMENTAL PRINCIPLES

There are a number of fundamental principles in hand-to-hand combat. Some must be observed at all times, others are used in special situations. Where the use of one begins and the other leaves off is difficult to define and can only be determined by the user. Often their application is separated only by a split second.

Balance. The most basic fundamental of all is that of balance. Mental balance, or stability, is a state of mind that is necessary before physical balance can be achieved. In exciting circumstances, such as vital combat, the mental balance of the opponent can often be upset by the surprise of the attack. The use of yells, feints or deception; throwing dirt or other objects in the opponent's face; or the use of any strategy that he does not expect forces him to take time to condition his mind to a new set of circumstances. The time necessary for the mind to adjust itself varies with the individual, but it is during this period of adjustment that the attacker can destroy his opponent's physical balance and undertake offensive action. Surprise is as effective in man-to-man combat as it is in the strategy of armies. That is why the successful fighter conceals his true intentions, so that he never "telegraphs" his intention. He always strives to do the unexpected.

Physical balance must be retained by the attacker and destroyed in the opponent. The fighter who retains his body balance can utilize his entire strength. Conversely, he can have his lack of balance used against him by a skilled antagonist. The destruction of the opponent's body balance, after he has been led by finesse and movements into an off-balance position, is a fundamental of jiu jitsu technique. A sudden push or pull applied to the shoulders, or other part of the body, will weaken or break body balance. Once this is accomplished, an opponent's offensive power and strength, no matter how great, cannot be fully utilized. The man who attacks first and destroys his opponent's balance has a decided



DESTROYING BALANCE



CHIN PUSH

Greater physique and strength mean nothing if you do not have balance. In the illustration at the left, the larger and stronger man easily lifts the smaller man. The illustration at the right shows how, by pushing back on the opponent's chin, the smaller man destroys the big man's physical balance, thus preventing the use of his superior strength. The larger man is unable to lift the smaller man when this occurs.

advantage, regardless of a difference in size, weight, or physique. Once the opponent is knocked off-balance, he should be kept struggling to regain it and should never be allowed to get set. The destruction of body balance should be followed immediately by offensive tactics.

To get into a good balance position which offers a fighting stance, place the feet apart, about the distance of the width of the shoulders, with the body crouched and bent slightly forward and with the knees slightly bent. In this position the individual can change stance readily and can move about, facing his opponent, so that he is always in a state of physical balance.

Momentum. Do not work directly against, or try to stop, the momentum of an opponent in motion. Utilize his impetus

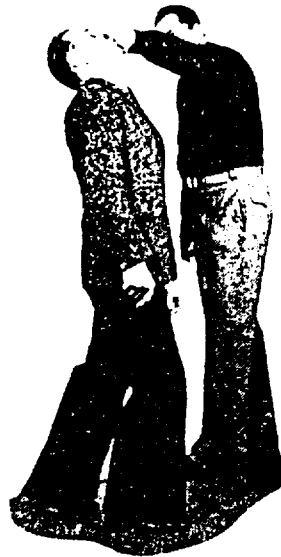


BODY BALANCE IN ATTACK

A good, balanced position with which to meet an attack or from which to launch one—body crouched and bent slightly forward, feet apart and knees flexed. The hands are out in front, to be used as a defense, or to strike a blow.

DESTROYING WALKING BALANCE

Another simple demonstration of the value of balance. Let the victim start to walk past you. Then reach out and, by placing the forefinger under his nose and by forcing his head back, prevent him from walking past you. His body is no longer in a state of physical balance.



by directing its force, once he comes in contact. For example, if a man rushes you and you side-step and apply a trip, you are utilizing his momentum and his resultant lack of balance to throw him. If, on the other hand, you remain in his path and try to stop him and throw him in the opposite direction, it becomes much more difficult; it takes a great deal more

strength and energy to accomplish the same result. The same principle applies if an opponent takes a wild swing at you. Duck, and let the momentum of the swing take him off balance; then attack.

Another useful element is potential momentum. Assume that an opponent has grasped you by the wrist and is endeavoring to pull you off balance, and that you are pulling in the opposite direction to keep him from doing so. If you suddenly change your tactics and effect a wrist release, or cease to resist the force of his pull by stepping toward him, he will fall backwards in the direction in which he was trying to pull you. When this happens, he loses balance and becomes vulnerable to attack. The same principle would apply if you were resisting a push, and suddenly gave way instead of opposing.

Maximum Force. The principle of maximum force means the concentration of the greatest proportion of your strength against some weak spot or area on your opponent's body. In other words, attack parts of your opponent's body that are easily hurt, or concentrate on an area that will cause him intense pain if he does not move away. Instead of putting your entire strength against him in an area where he is equally strong, or perhaps stronger, try to pit his weakest point against your strongest. A good example is the use of the wrist throw, or a finger twist, where you concentrate great pressure against a weak part of the body which is easily broken.

The principle of maximum force is not a magic formula, to bring an individual through all types of combat unscathed; but it will help by inflicting as much damage as quickly as possible, while receiving as little damage as possible.

One school of thought, in unarmed combat circles, advocates first closing with the enemy, throwing him to the ground, then dispatching him. The other, and most successful, insists that blows used to down the opponent are preferable to throws, and that they can be taught to and used by the average man much more speedily. Naturally, throws will have to be used in many instances; but actual combat has shown that well-placed blows by the hands or feet, in many instances, can accomplish the desired result more quickly and more easily. Two good general rules in unarmed combat are: *(1) Keep your opponent at arm's length by the use of hand and foot blows.* Many times, when you are in a position to start to close with an opponent so as to throw or trip him,

you will be able to use blows instead. (2) *Avoid, if at all possible, going to the ground with your adversary.* Try to avoid getting close to him. Being close, you will not have room to see what he is up to or be able to work with the best effect. If you are smaller than your opponent and go to the ground with him, his superior weight and strength will always give him an advantage, whether he utilizes it or not. The danger of being stunned upon impact with the ground surface also presents a good reason for not closing with the opponent if it can be avoided.

Falls. A knowledge of the art of falling is very useful, because, in the varied conditions of combat, there will be times when the cardinal rule of never going to the ground will be violated. Many practice and training hours could be devoted to training the student in how to fall correctly, without harm to himself. Knowledge of this subject can be obtained from any good book on tumbling or jiu jitsu. In a training program, such sports as wrestling, football, and gymnastics will teach a great deal about proper methods of falling. However, there is a vast difference between falling on gymnasium mats and falling on a hard, uneven surface—as is likely to happen in combat. It is obvious that you should stay on your feet.

One injunction you should heed: Once going to the ground, never stop moving. Start rolling and try to get back on your feet as quickly as possible. If you can't get up and can't roll, pivot on your hips and shoulders so you can face your opponent and block with your feet any attempt to close with you.

Remember, it is not necessary to go to the ground once you have placed your opponent there. You can finish him off with your feet. Your enemy can do likewise if you remain immobile on the ground and stay within range.

MAN'S NATURAL WEAPONS AND THEIR USES

Offensive Tactics Using the Feet. The proper use of the feet as weapons of combat is not generally appreciated. Properly used, feet can be the most potent of all natural weapons. The Chinese and the French long ago developed methods of using the feet in fighting; and loggers of the Pacific Northwest and Canada have long used their heavy boots as offensive weapons. However the average person usually considers the feet only as a means of locomotion.



USE OF FOOT IN KICKING

The best kick utilizes the whole length of the foot, the striking surface being large enough to insure accuracy.



TOE KICK

A kick delivered toe first at a standing or moving opponent is likely to miss, causing the kicker to lose his balance.

Many fights can be stopped before they have a chance to start by a well-placed kick to the opponent's knee. When the opponent is standing, kicks should generally be delivered by using only the outside edge, sole, or inside edge of the foot. A kick delivered toe foremost, aimed at a narrow target, is not accurate; the slightest movement by the opponent will cause a miss and leave the kicker in an off-balance position where he is wide open for retaliation. When he is left off balance, the opponent may grab his foot and twist it for a throw.

Feet often can be used offensively, before body contact is made, after contact is made, and as weapons to stun or kill, once the opponent is down. They can be used defensively against attack with bladed weapons or striking implements. When on the ground, subjected to attack from a standing op-

ponent, the individual can use his feet to prevent the adversary from closing in or administering a *coup de grace*.

A proper kick makes use of the length of the foot (heel to toe) and utilizes footwear, the heavier the better. The kick delivered toe foremost makes use of a striking area of only the width of the toe of the shoe, whereas the kick delivered correctly, with the full length of the foot as the striking area, uses a weapon almost four times larger. This is especially important in view of the fact that the opponent



THE BEST WAY TO USE THE FEET

Face sideways to the target, raise the leg, and lash out. Body balance is retained by bending the body in the direction opposite to the kick.



KNEE KICK

A determined attack can be stopped quickly by using the knee kick. This blow, directed at the knee cap, will break or dislodge the knee hinge. It is very effective against any type of frontal attack, even though the opponent is armed with a club or bladed weapon. Notice how the kicker's body trunk is bent back, out of arm's reach, as the kick is delivered.

KNEE JOINT KICK

Kicks to the side of the knee joint will either destroy balance or cause a break or dislocation.

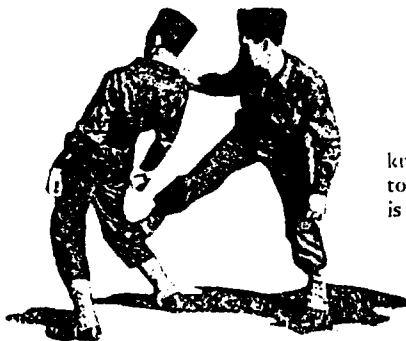


may not be standing absolutely still when the kick is launched.

The knee is particularly susceptible to a kick, since it is built to bend in only one direction. Forceful kicks delivered on the knee cap area from the right or left side will cause a break or a dislocation. A kick delivered to the back of the knee and accompanied by a shoulder pull to the rear will destroy balance and take any opponent to the ground.

The knee kick, properly used, almost always will be effective. It should be one of the first basic attack methods learned. The knee kick is correctly delivered by raising the leg first and then lashing straight out with the foot, withdrawing after contact. Balance is retained by bending the body from the hips in a direction opposite to the force of the kick. When a kick is made from this position, body balance is always retained even though the target is missed. Thus the danger of falling into the opponent if he should evade the blow is avoided.

Ordinarily it is difficult to kick a standing opponent at



BACK OF KNEE KICK

A kick against the back of the knee will cause an opponent to topple backward, especially if it is accompanied by a shoulder pull.

any spot above his knee height and still retain body balance. There may be instances, particularly when the opponent is crouching, when a kick can be delivered by the toe or side of the foot to the groin area, but the particular situation must determine whether or not this attempt should be made. A kick that is too high can be dangerous, and a miss causes a very precarious balance position.

Too much cannot be said about the desirability of using this type of attack. It can be learned without an excessive amount of practice and can be executed simply and effectively, particularly when accompanied by the element of surprise.

Other types of kicks are also effective, at close quarters, in creating openings or effecting releases. A kick delivered directly to the shins will cause an opponent to release a hold, or, if not in contact, will usually cause him to lurch forward, leaving him wide open for an uppercut or chin jab. A kick delivered to the shins in a downward direction, by the inside or outside edge of the shoe, can be directed a little below the knee, scraping all the way down the shin bone and ending by crushing the small bones on the top of the opponent's foot. If grasped around the body from the rear by an opponent, a stamp by the heel on the top of his foot, or a backward kick to the shin, will usually effect a release.

If thrown to the ground and unable to regain a standing position, kicks are most effective in preventing the enemy from closing. Turn on the back and spin, so that the feet are always toward the enemy. By pivoting on the hips and shoulders, and by using the hands to help propel the body, the feet can be kept in such a position that a kick can be



SHIN BONE KICK

A kick, with the outside edge of the shoe scraping down the shin bone and ending with full force on the small bones at the top of the opponent's foot, is extremely effective.

executed before the opponent can close in. The flutter type kick should not be used. Rather, one leg should be bent back, with the knee in a bent position, and the other extended with knee slightly bent, to be used as a parry. If the opponent attempts to close, a short kick can be made with the extended leg. This can be followed by a more powerful blow from the leg in the more fully bent position. When this last kick is made, it should be done in a piston-like movement with all the force of the big leg muscles behind it. Naturally an individual cannot maintain this tiring, defensive position indefinitely. At the first opportunity he should try to regain his feet.

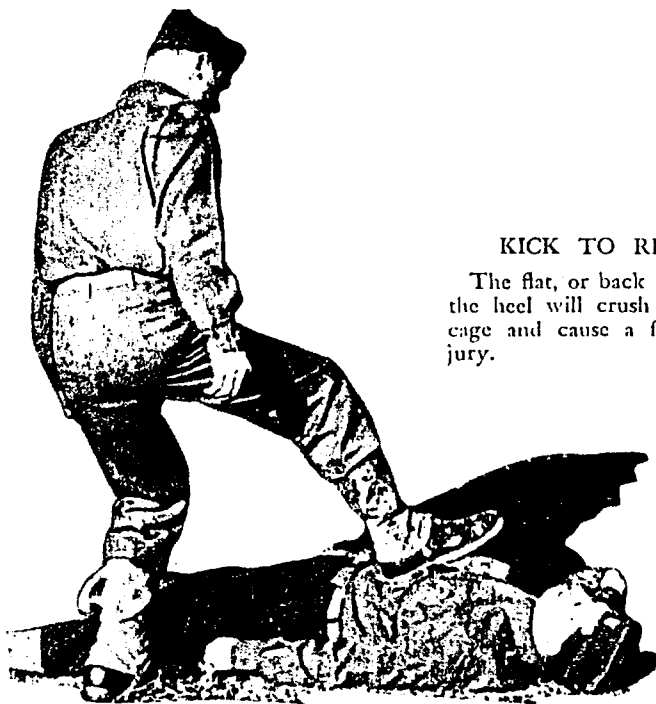
Kicks to Stun or Kill. Once an opponent has been downed, the rest of the job should be done with the feet. This can be accomplished by a toe kick to the temple, throat or arm pit area, or by driving the back edge of the heel into the ribs, face, heart, stomach, throat, kidney or groin areas. The back edge of the heel is much more effective than the whole flat of the



KICK TO TEMPLE

A toe kick to the temple area will cause a concussion or a kill, if forceful enough.

foot inasmuch as all the force is concentrated in a small sharp area, thus getting more penetration. When using the foot for the *coup de grace*, it is best to stand at one side and use one leg only as the striking weapon, retaining balance on the other leg. If you jump on the opponent with both feet, as some methods advocate, there is always danger of losing balance in case of a miss caused by movement of the opponent.



KICK TO RIBS

The flat, or back edge, of the heel will crush the rib cage and cause a fatal injury.

BLOWS USING THE HANDS

Hand blows can be delivered by using the fists, edge of the hand, palm, or knuckle. To use the fists effectively, a knowledge of boxing is a prerequisite. Experts state that it takes up to six months to learn to deliver a knockout blow with either fist. The ability to box is very desirable and the other principles boxing teaches, such as the use of body balance, should not be underestimated. However, there are other means of using the hands which the layman can learn and use more swiftly, and at times more effectively.

The Chin Jab. Knockout blows delivered to the chin by the fist may not only be ineffective, they also present the danger of a dislocated finger or knuckle, or a cut from the opponent's bony facial structure. The use of the fist has another shortcoming; that it does not concentrate the force of the blow sufficiently. Any part of the anatomy will collapse if it is struck many times in one place; but the average individual cannot use the fist effectively enough to do great damage in a single blow. The novice should limit the use of his fists to such soft, vulnerable areas as the stomach, groin and kidneys, and rely on other types of blows for other parts of the body.

The extremely effective chin jab is so called because it is used principally in the chin area. It must be delivered *up and under* the chin with the heel of the palm, fingers extended and spread for palm rigidity. The more directly underneath the chin the blow falls, the more power it will pack. It is executed with a stiff, locked wrist and a bent elbow; and a great deal of upward body force can be utilized at the time of impact. The further forward the chin is extended at the time of the blow, the more devastating the result. If a knee thrust to the testicles or groin is used in connection with the chin jab, the body will be automatically bent forward, leaving a perfect setup for this particular blow. It results in unconsciousness and possible neck fracture, if delivered with sufficient force.

CHIN JAB

Correct hand and arm position for chin jab. Note how the fingers are spread apart, giving the palm rigidity.



CHIN JAB WITH GROIN BLOW

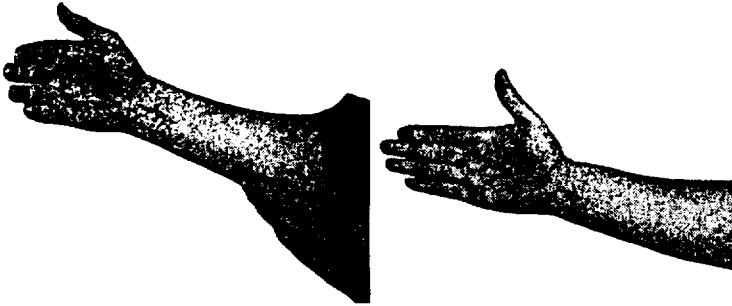
A knee to the groin, causing the opponent to lurch forward, followed by a chin jab, will result in a knockout.



The arm, or hand, does not have to be drawn back in beginning execution of the blow. It can be hanging at the side, fingers hooked in belt, hand resting on a lapel, or in any other nonchalant position. An average man can cause a knockout with only six inches of traveling distance from the start of the blow to the point of impact. The element of surprise is most useful in close quarters, where time, space, or circumstances do not allow the hand and arm to be withdrawn for a long haymaker. A neck fracture can be caused by gripping an opponent's belt with the left hand and jerking him forward, at the moment of impact with the right. It is also desirable to use the fingers of the striking hand on the eyes following the blow. The heel of the hand also can be used to strike a stunning blow at the base of the skull.

Edge of the Hand. The most effective of all hand blows is that using the edge of the hand. It is valuable because it can be utilized against, and will penetrate to, vulnerable spots of the body which would not be susceptible to blows from the fist or heel of the hand. It can be delivered with varying degrees of effectiveness, from almost any position of the body and arms. The edge-of-the-hand blow is properly delivered with the fingers extended, close together, *thumb upright* and wrist locked. The striking surface is the cushioned part of the hand between the base of the little finger and the edge of the palm, where it joins the wrist. It is very important that the thumb be raised to an upright

position. Doing so prevents the hand from remaining in a relaxed, clenched position, and it insures that the fingers automatically extend. The striking surface is well padded, and its length, varying with the sizes of hands, is usually about two inches. Contrast the striking surface of this area, in square inches, with that of a clenched fist. The fist provides roughly eight square inches of striking surface, but with the edge of the hand the striking surface is only two or three square inches. Therefore, a blow delivered by the



INCORRECT USE OF HAND

CORRECT USE OF THE
HAND

The illustration at the left shows the hand in a relaxed, bent position, thus preventing its use as a weapon. At the right, above, the fingers are extended and the thumb is in the *up* position. This turns the edge of the hand into a sharp, hard weapon.

RABBIT PUNCH

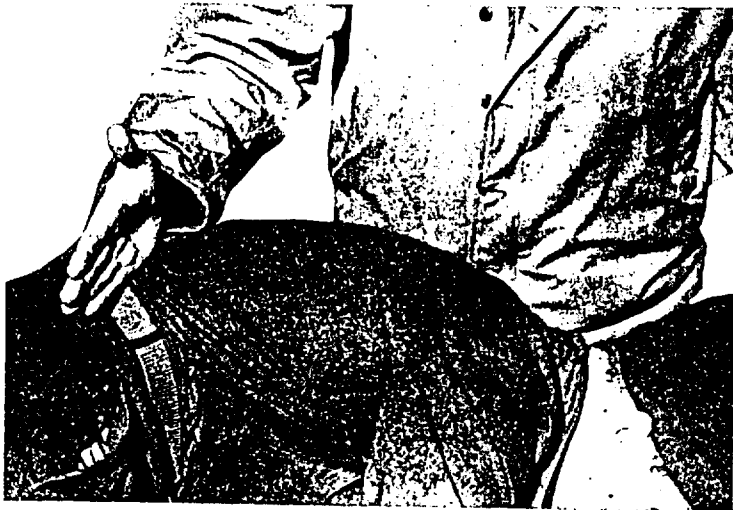
This blow, delivered at the point where the skull joins the spine, will cause a knock-out. In sporting circles it is called "the rabbit punch."





BASE OF NOSE BLOW

This edge-of-hand blow, directed upward and landing on the point where the base of the nose joins the face, will cause unconsciousness and possible hemorrhage.



KIDNEY BLOW

A kidney blow will have a temporary stunning effect. It is most effective when the opponent is stooping over.

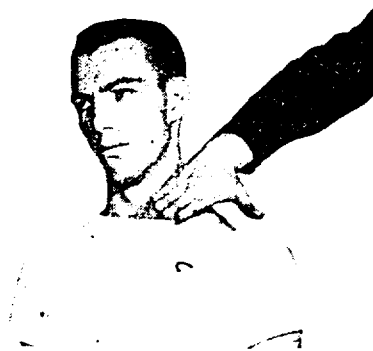


TAIL BONE BLOW

A blow to the tail bone area, like the kick with the point of the toe, is dangerous.

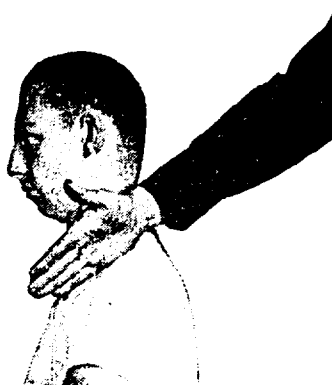
hand gives a sharp-edged effect, causing a break, fracture or concussion. The force is expended on a relatively small area.

When applied to the area around the neck, the cords on either side of the back of the neck, the base of the skull, the sides of the neck, the windpipe area just below the Adam's apple, the bridge of the nose, the kidneys, and the



SIDE OF NECK BLOW

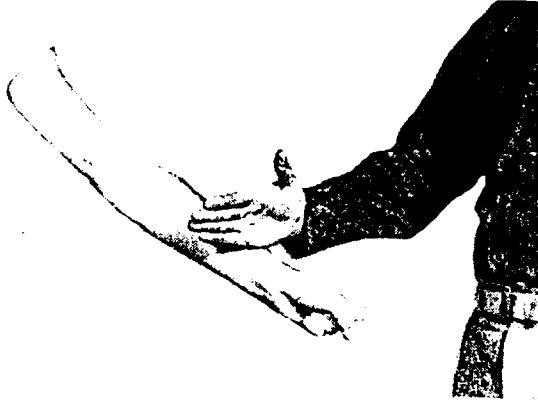
A blow to the side of the neck will hit vital nerves and the carotid artery, causing a knock-out.



COLLAR BONE BLOW

A downward blow, like the blow of a police baton, will fracture the collar bone and incapacitate the opponent.

end of the spine—this type of blow has a devastating effect. The bones of the forearm, the collar bone, the end of the chin, and the wrist area will fracture when subjected to such a blow. It should be delivered with the elbow bent, utilizing body force by a chopping motion. Chopping is important because it tends to localize the force of the blow even more



WRIST OR BICEPS BLOW

A sharp chopping blow to the wrist or forearm will often cause a fracture. Delivered to the muscles of the biceps, it will cause them to cramp.



BRIDGE OF NOSE BLOW

This blow will crush the most delicate bones of the facial structure. Delivered at the bridge of the nose, where the brow and nose join, it will cause concussion. Cerebral hemorrhage is a possibility.

in a small area. If the edge-of-the-hand blow is delivered without the chopping motion, it will still be effective, but a great deal of the striking force will be expended over a larger area than when it is delivered properly.

Edge-of-the-hand blows can be delivered with either hand in a downward direction, or can be directed horizontally, palm down, as in a backhand saber stroke. The best position from which to use the horizontal edge-of-the-hand blow is with the right foot forward, using the favorite hand (usually the right). From this position, body weight can be utilized more fully. The reverse foot position applies for the left hand. With a somewhat lessened effect, the blow can be delivered with either hand and from any free position where the arm can be swung.

The Knuckles. Many sensitive spots have been well protected by nature and can only be reached by a striking weapon that is small and pointed. This particularly applies to the head and face area, where the knuckle is the best weapon to use. By "knuckle" is meant the second joint of the second or third finger, protruding from the front of the clenched fist. It is best used at close quarters where accuracy

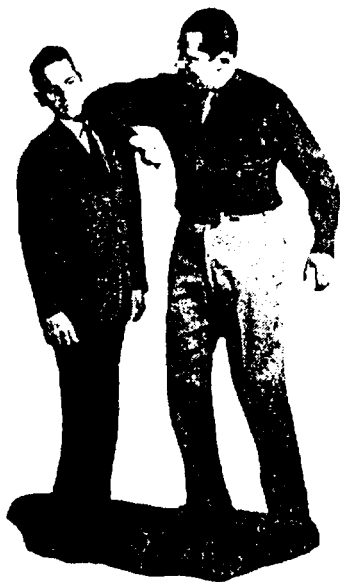


USE OF KNUCKLE

The knuckle is very effective against the temple or hinge of the jaw.

is more certain. Properly employed, the knuckle can be used against the temple or hinge of the jaw area. It can cause a knockout or inflict enough pain to effect a release from an opponent's hold; or it can create another, more vulnerable opening. Of course, the thumb and all the fingers can be used as weapons, principally for exerting pressure on vulnerable points, for gouging, and for pinching large muscles.

The Bent Elbow. The point of the bent elbow is long and sharp and can often be used against tender parts of the anatomy, such as the stomach, groin, and throat. The elbow is generally best used when it is impossible to swing the fist or hand, or to use the feet because the opponent is too close. It is very effective when used against the jaw, as a follow through from a wrist release, or as a jabbing instrument to the opponent's groin or mid-section.



USE OF ELBOW

Use of the point of the elbow in a horizontal blow against the jaw or temple. Jab it into the groin, stomach, kidneys, or rib section when the opportunity arises.

Other Body Members. The head will make a good battering ram against soft areas, such as the small of the back or the stomach. If covered by a protective helmet, it can be used against the bony facial area.

The knees are capable of delivering extremely powerful blows to the groin or testicles, or to the small of the back and kidney areas. If the opponent is bent forward, they are very damaging against the chin and face.

The teeth, in spite of any mental qualms as to their use, are very effective weapons. The jaw muscles can exert terrific pressure and a deep bite to almost any tender or exposed area will effect a release or cause an opponent to cease offensive action.

THROWS

Blows should always be used in preference to throws; but a well-rounded fighting man must understand, and will at times use, the principles of throwing. In executing a throw he will utilize some or all of the fundamental principles discussed at the beginning of this chapter. When an opponent is falling, he is off balance, unable to fight back, and therefore susceptible to blows. If a throw is correctly applied, the

adversary is usually momentarily stunned on impact with the ground, making a good target for hand and foot blows.

The average man simply cannot pick up a determined adversary and throw him to the ground by use of strength alone. A person of great size and strength might be able to accomplish such a feat, but the average individual must apply the scientific principles of throwing.

After an opponent has been placed in an *unbalanced position*, he is thrown by the use of leverage, or by stopping or sweeping aside some part of his body. His body balance may be destroyed by lifting him, stopping him from advancing, pulling or pushing him. When any of these things happen, he is momentarily off balance, and it is then that a throw is applied. Leverage is applied by forcing the extremities of the opponent's body in opposite directions. For example, kick your opponent's legs out from under him and at the same time shove his head in the opposite direction.

Sweeping away part of the body is exemplified, in throwing an opponent, by tripping him. When an individual is walking forward and his forefoot is caught and jerked just as he is about to put it down, he topples to the ground.

There are many ways to throw any opponent, but most of them are variations of the few fundamental throws described below. Although every situation in combat cannot be foreseen, the adoption and use of these simple tactics will suffice in most instances. Some may be more adaptable by individual fighters than others, but they may serve as a foundation around which to build variations that will apply in most situations.

The Hip Throw. The principle of the see-saw is here applied. The hip, acting as a fulcrum, is placed under the center of the adversary's body and his head is pulled toward the ground. One specific type of hip throw can be executed as follows: Facing your opponent, grasp his right wrist with your left hand; place your right arm under his left arm pit and around his back. Using the left foot as a pivot, step across in front of him with your right foot, so that your right side and hip are against his stomach area. Use your right arm to force the upper part of his body down and your left hand to pull down on his right arm while he is being forced over the hip by your right arm. If successfully executed, he will hit the ground head first. Simple variations of this throw can be used from the same initial position. This throw may be initiated from a locked embrace or by stepping be-



THE HIP THROW

The hip throw can be initiated in any situation where the upper part of the opponent's trunk can be grasped and the hip placed in a position to act as a fulcrum. At the left, above, enough clearance has been obtained by a testicle blow (or similar blow) to allow the left leg to cross in front, thus placing the hip where it acts as a fulcrum (right above). The upper part of the body is then pulled down across this pivot point to complete the throw.

hind the opponent and pulling him backward over your right or left hip. The important thing is to get your hip in the center of the opponent's body before downward leverage is applied.

Shoulder Throw. Another simple, effective throw is the "flying mare." It can be applied swiftly by grasping your opponent's right wrist with both hands, stepping in with your right foot and bringing his arm over your right shoulder with the hinge joint of his elbow up. In this position, you will have a firm grasp of his arm. Pressure on the arm will be exerted against the hinge resting on your shoulder, so that any sudden downward movement of your body, combined with a quick back thrust of your hips, will send him sailing through the air. If he doesn't go, his arm will break from



THE FLYING MARE

This is the more vicious version of the popular wrestling throw. Grasp the opponent's right arm (left above). Step across in front of him, turning your back; then pull his arm over the right shoulder, inside of elbow up. Pull downward and thrust back with the hips, as at the right above. The opponent will be thrown over your shoulder and will suffer a possible fracture of the elbow, in addition to a neck fracture or concussion on impact with the ground.

the leverage exerted. He can then be finished off in some other way. The flying mare, used with the elbow hinge reversed, has been used in wrestling circles for years as a spectacular type of throw. If you are working on a hard surface, instead of letting go of your opponent, after you flip him over your shoulder, maintain your hold on his arm and bring him down at your feet on his head and shoulders. A concussion or neck fracture will result when he strikes the ground.

The shoulder throw is effective against an opponent who has grasped you around the neck, or around the shoulders from behind. Reaching up, grasp your opponent's right arm above the elbow with both hands. Pull his arm forward, so that his armpit is over the point of your right shoulder. As you do so, step forward, bend down and bring your elbows sharply down to a point level with the knees. The step forward or the use of a backward thrust of the hips will lift him off the ground; the downward pull on his arm will finish the throw.

In any of these throws, the body must always be bent slightly forward when the throw is initiated. If it is bent backward, the use of powerful stomach muscles, as well as balance, can be lost. This is why the victim should always be pulled backward into an off-balance position in a skillful attack from the rear.

Sometimes a fall back may be used if an opponent has grasped your body from the rear and bent it backward so that a shoulder throw cannot be applied. To execute this, step to the outside and back of one of his legs, slam backward with the upper part of the body and sit down. The opponent will land between you and the ground and the possibilities are good of stunning him, knocking him out, or breaking his hold.

The Leg Hook. This is a surprise tactic that will usually catch an adversary off guard, particularly if he is coming in swinging. Drop your whole body to a crouch position under his swing as he closes in. From this crouch, drive upward so that the shoulder meets the pit of his stomach. At the same time hook the arms around his legs and lift upward. He will hit the ground hard.

These tactics can often be preceded by a feinted blow to his head before the drop. Flying tackles, or dives, at an on-rushing opponent are dangerous because the arms swinging wide and the crouching body telegraph your intentions. Be

careful to use a trick, such as a leg hook, just before contact is established, not when the opponent is some distance away. If you are unable to grasp both legs from the crouch, when contact is made, grasp the ankle or lower part of one leg and use the shoulder against the knee.

Throws From the Rear. Many throws can be applied against a man who is approached from the rear, but the use of blows to the neck or a kick to the hinge of the knee is very simple and effective. If body contact is desired, a variation of the hip throw can be used; or the opponent can be smashed to the ground by driving against his buttocks with the shoulder, as the hands pull his ankles backward.

STRANGLES

A properly applied strangle should eliminate all resistance within five seconds or less. Great pressure must be applied, either to the windpipe or to the large arteries on both sides of the neck. A strangle which affects both these areas is most effective. Strangling can be accomplished by use of mechanical aids (which will be discussed in a later chapter), by use of pressure against the hard bones of the wrist or forearm (against a standing opponent), or by the use of thumbs and fingers, if the opponent is down. The pressure applied by a strangle must be great, and must be applied in such a way that the victim's neck muscles do not have a chance to resist. In many cases a neck fracture will accompany strangulation.

Whenever the edge-of-the-hand blow can be delivered across the windpipe or Adam's apple area, it should be used in preference to more complicated methods. It is advisable to use it even after a strangle has been completed.

The Judo Choke. This is best performed on the ground. The pressure is applied against the large carotid arteries on both sides of the neck. These vessels supply blood to the brain. Unconsciousness results within a few seconds when they are closed by pinching. This choke is performed by utilizing the shirt, or coat, collar of the victim as a base for the application of leverage.

There are two principal methods. The cross-arm choke is performed by crossing the forearms, grasping the inside of the collar with each hand (palm up) in a high up position, so that the thumbs are under the ears. By taking a firm hold and pulling the victim toward you while you force your elbows out, strangulation is accomplished.



CROSS-ARM CHOKE

The cross-arm choke utilizes the garment of the victim. Note that the grasp on the collar is well back.



OUTSIDE CHOKE

The outside choke will cut off the blood supply to the brain. It, too, uses the garment of the victim.

The outside choke, best applied on the ground, is accomplished in the following manner. Astride your opponent, who is on his back, grip the inside of his collar high up on both sides, so that the little fingers are next to the ground and the thumbs toward you. The elbows should be close to the ground when gripping the collar. Keep the wrists rigid, straighten out the elbows and bring them together. The leverage that results will force the knuckles and thumb into the arteries at the sides of the neck, causing the blood supply to the brain to be shut off. Intense pain is caused by pressure against nerves in the neck.

Finger Strangle. The muscles of the throat are strong and often are developed to the point where they can resist pressure brought to bear by the fingers across the front of the throat. To execute a strangle using the fingers, therefore, an area not so well protected must be attacked. The best point is the windpipe, in an area as near the lower jaw as possible. Drive the fingers and thumb of the hand in a tongs-like action around and behind the windpipe. Close them together, and pull out to cause strangulation.

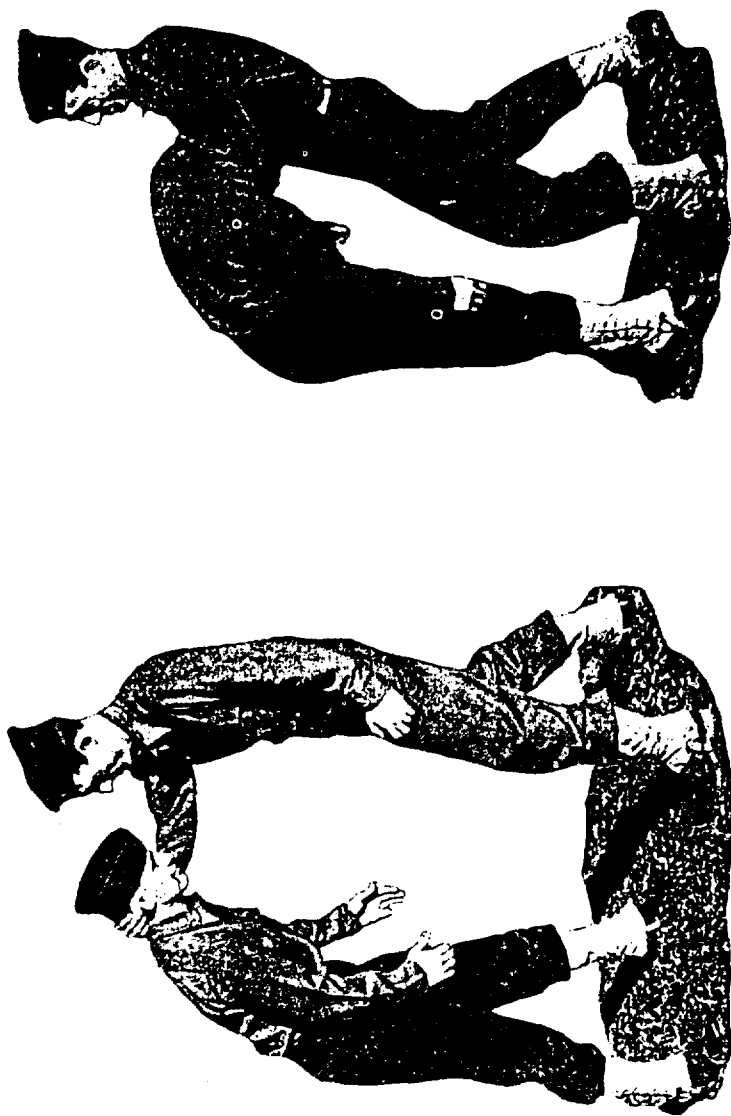
Japanese Strangle. This attack should be launched from the rear against a standing opponent. The fist should be driven into the victim's right kidney section with such force that he will be caused to bend backward and thus lose balance. At the same time, your left forearm should be swung around his neck in such manner as to strike him across the Adam's apple. These two blows are enough, initially, to stun him—for the fraction of a second necessary to complete the strangle.

From this position, with your left forearm across his neck, place your right hand on the back of his head and hook your left hand inside the bend in the elbow of your right arm. With your hand in this position, you are able to exert enormous leverage by pushing forward with your right hand and pulling him back with your left at the same time. In a matter of seconds, you have strangled him completely or broken his neck. One of the most important things to remember is that you must continually pull your victim backward, so that he is off balance at all times. This is even more important if you are shorter than your victim. In that case, the use of the knee, instead of the fist, in the kidney section is best for the first blow. Another satisfactory way to get your victim off balance is to thrust your foot into the back of his knee. This will cause him to topple backward and enable you to apply the hold more easily.



JAPANESE STRANGLE

The victim is approached silently and is put off balance by a fist blow to the kidney or by a kick to the back of the knee, as at the left above. Simultaneously, the arm is put around the neck, so that a blow is struck across the Adam's apple area by the forearm; as in the center above. The right hand is placed against the back of the head. The left hand grasps your right arm. The victim is then pulled back, while forward pressure is exerted by the right hand. Swift strangulation, and a possible neck fracture, will result.



FRONT STRANGLE

If the victim is standing, initiate the attack by cupping the hand and striking, against the back of his neck, a guiding blow that stuns him and brings his head down; as at the left above. Place his head under your left arm pit, with your forearm across his throat. By putting pressure against the throat, slow strangulation will result (see right above.) A neck fracture can be made by pushing forward with the hips and jerking upward with the left arm simultaneously.

Front Strangle. A strangle hold may also be applied from the front. In this application, it is easier when a man's head happens to be lowered, as it would be if he were attempting to make a grab for your legs or waist. If he is standing upright, it can be initiated as follows: Swing your right arm forward and around, bringing the palm of the hand against the back of his neck. By giving your body weight to the swing, you will cause him to bring his head forward and downward, to a position where your left forearm can be brought across, up and under his throat and locked around his neck, with your right hand taking a grip on your left hand as a reinforcement. When you have him in this position, all you need to do to cause strangulation, or a neck break, is to push your hips forward and your shoulders well back, lifting upward as you do so. (See preceding page.)

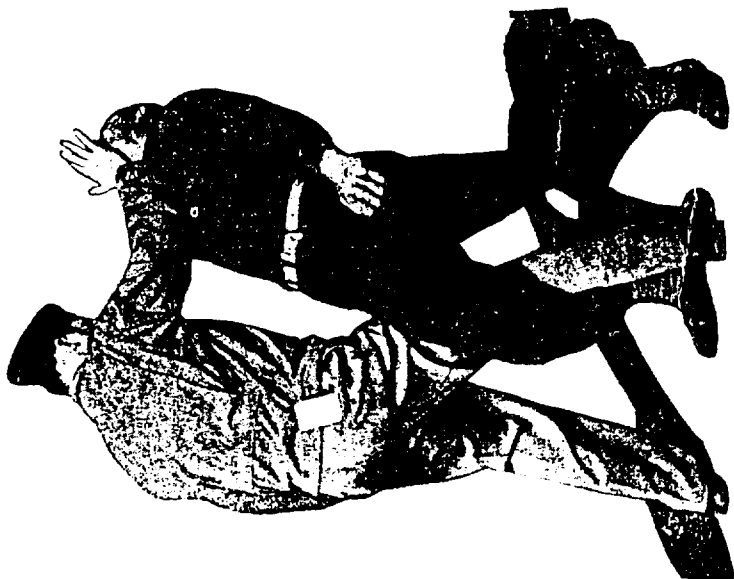
Rear Straight Choke. This choke can be executed from a standing or kneeling position in any situation where the attacker is in back of the opponent. Place the bony part of your right forearm across the front or side of the opponent's neck. Grasp the wrist of the right hand with the left and exert backward pressure so that the forearm comes hard against the throat. Place the point of the right shoulder against the back of the victim's head, forcing it forward while the forearm is being pulled back.

Criminals often attack their robbery victims from the rear with either the rear straight choke or the Japanese strangle.



STRANGLE HOLD

By placing the bony part of the left forearm across the neck, grasping the left wrist, and pulling back, a strangle can be made at the time of back pressure against the neck. The point of the right shoulder is pressed against the back of the head, pushing it forward.



CHIN JAB AND TRIP

When opposite your opponent, time your steps so that your right leg can be placed in rear of his right heel. Execute a chin jab at the same time, as in left above. The blow to the chin can be as hard as desired; even a light push will send him down. A hard blow, coupled with the trip, will result in a knockout and possible concussion, as is shown at the right above.



Although the intent in most cases is only robbery, many victims have lost their lives when they attempted to struggle. The attacker has often lost his head and applied too much pressure to subdue the victim, with fatal results. This form of attack is called "mugging" in some police circles.

SPECIFIC METHODS OF ATTACK

The following are additional tried and proved methods of attack in given situations, when the element of surprise may be applied.

Chin Jab and Trip. If, as you pass by an opponent, you wish to down him by utilizing your advantage of surprise, this is a very simple and effective method. It can be used without any suspicious warning movements. As you pass your opponent, on his right side, and are directly opposite him, place your right leg in the rear of his right leg and execute a chin jab from a starting position of hands at side. He will go down and out. The leg in the rear has a tripping effect. It causes the body to go up, then down with more force.



SITTING NECK-BREAK

This surprise attack from the rear is deadly and simple. It will result in an instant neck fracture.

Sitting Neck-Break. If your opponent is sitting in a low-backed chair, approach him from the rear. As you pass by, on the right or left side, and are opposite him, with the arm nearest the victim reach across and under his chin, with the hand coming around to the back of the neck. From this position, a contraction of the arm muscles plus an upward and backward jerk, will cause his neck to break instantaneously. It can be done almost without breaking your stride.

Wrist Throw. The wrist throw has several practical applications. The most practical would be in a situation in which a man has reached out and grabbed your shirt, coat lapel, or belt strap, with his right hand. With your left hand reach over to the inside of the grasping hand and place your left thumb in the back of his hand across the small knuckle bones. Your fingers will pass underneath the palm of his hand. With your hand in this position, twist his hand back sharply toward him and to his right and force it toward a point on the ground three or four feet from his right foot. He will immediately be forced to drop to the ground. From there, you can either release your hold on his hand as he goes down or retain it, pulling his arm out straight above his head as he goes down, and kicking him in the temple with your foot. In many cases, particularly when there is a great difference in size of opponents, it is advisable, after making the initial hold with your left hand, to use your right to give additional pressure and leverage in completing the throw. The same technique can be applied by doing just the opposite in the case of left-handed procedure. After practice, the individual



WRIST THROW

Grasp the opponent's hand so that your thumb is across his knuckles, as in the upper picture. Twist the opponent's hand to his right, and out. Use your other hand to add strength, once the initial grip and twist is made with the left, (See lower picture).

Continue the downward shove and step in as he starts to fall; as at



left. The grip can be released at any point, once balance is destroyed. If desired, the grip on the wrist can be retained and a follow-up kick to the head can be made, as at right.

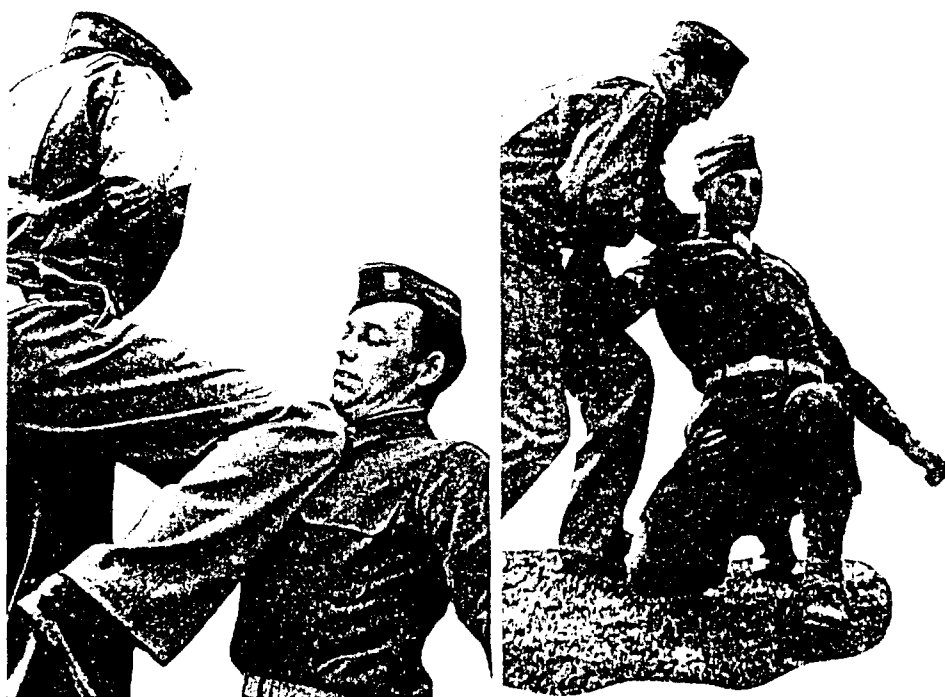
can initiate the same wrist throws against the opponent who has his hands hanging at his sides.

Pushing Counter. Many times the soldier or police officer has been in a position where a belligerent drunk has attempted to antagonize him by placing a hand on his chest and shoving him backward. The counter is simple and effective. As your opponent's hand is placed on your chest, take your own two hands and, laying one flat on top of the other, raise them above your opponent's pushing hand, then come down sharply with the edge of your hands at the angular bend where his wrist joins his hand. Press his hand against your chest. As you do this, bend forward and step back. Your opponent will go down, for a very simple reason. When he is pushing you, his wrist is already at a right angle bend. Any additional bend will cause a break. When you strike his wrist with the edge of your hands and bend the body forward, he can do nothing but go to the ground to protect himself from a broken wrist. As he goes down, you can use your knee against his chin, or you can hit him on the shoulder so as to destroy his balance. It is important that you bend forward in applying the hold, at the time of the blow on the wrist angle. By so doing, you force him to the ground and also pin his hand against your chest so he cannot pull away.



PUSHING COUNTER

In the position shown in upper picture, the opponent's wrist is bent back, and he lays himself open to attack. Place both hands on his pushing hand and press back against your chest. Be sure the edges of your hands are directly on the wrist joint. Bend swiftly forward and step back with one foot, as in the lower illustration.

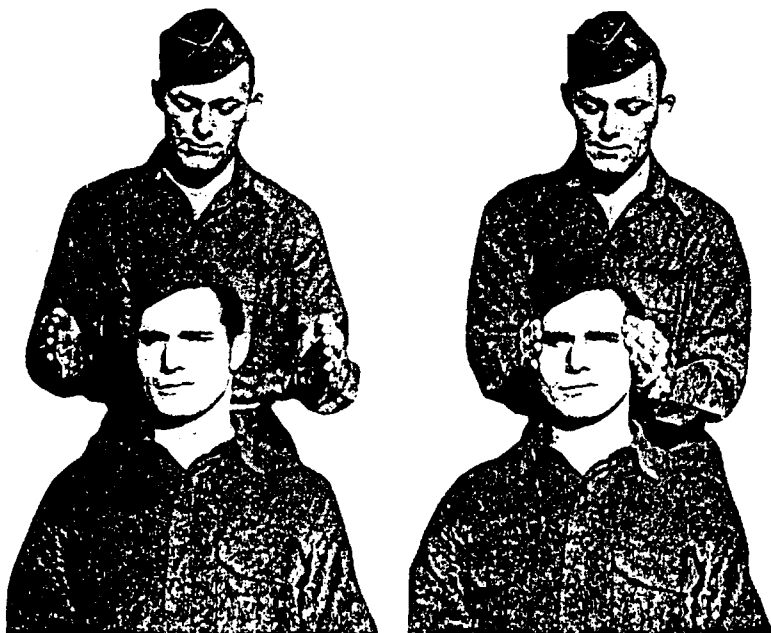


PUSHING COUNTER (Continued)

If a knockout is desired, a follow with the knee to the chin can be made, as in lower left above. If it is desired merely to spill the opponent, reach around in back of him, as he goes down, and pull him by grasping his shirt or the point of his shoulder, as in lower right above.

Ear Concussion Blow. Approaching your opponent from the rear, you can rupture his eardrums by cupping both hands and simultaneously striking them against his ears. A type of concussion results which causes the victim to become "slap happy" and makes him an easy subject to do with as you will.

Elbow Break. This is a particularly effective hold from a hand-shake position. At the moment when your right hand grasps the outstretched right hand of the victim, jerk him forward and step forward with the left foot. Retaining your grip on the hand, strike the outside of his right elbow with the palm of your left hand, or with your left forearm. A break will result.



EAR CONCUSSION

Surprise approach from the rear, as shown left above, and the simultaneous boxing of the opponent's ears, will rupture both ear drums and cause a blackout.

Testicle Blow. If you are standing beside an opponent and, for some reason, such as a difference in size, a direct blow to his neck or head is not advisable, try the following. Clench the fist of the hand next to him and swing it into his groin, or testicle, area. When he bends forward from the blow, use the edge of either hand on the back of his neck.

These specific attacks are only a few of many possible ones, once the use of foot and hand blows is mastered and other fundamentals of offensive combat are achieved. The individual can work out those best suited to his need.

OFFENSIVE GROUND FIGHTING

Once an opponent has been thrown, blows should be used to finish him off. Most of the throws and trips described can be used so that after practice they are all completed with

the attacker still retaining a controlling grip on the opponent's wrist or arm. If the impact of the throw has not stunned him enough to permit the use of the feet, he may attempt to roll away. If so, a jerk, spin, or a pull on the arm that you have retained in your grasp (or grasped again if it has been dropped), will usually slow him up to the point where you can use a kick. Always try to keep the opponent from regaining his feet or from getting his feet or his arms solidly under him. If he falls free and tries to get up by scrambling forward on his hands and knees, a well-placed kick to the kidney or tail bone area will stop him. If he evades a kick, jump astraddle his back, as you would that of a horse, then drive your feet backward under his body and between the legs. Straighten the hips and lean forward. At the same time, reach under his chin and pull up hard. He will flatten out, and a strangle can be applied that should remain unbroken, even if he rolls over with you underneath him. Naturally, an edge-of-the-hand blow should be used if possible at any time during this maneuver. If a general melee ensues, when both of you are on the ground striving for position and holds, the first to resort to blows, bites and gouges will come out on top. Always attack parts of your opponent's body that are easily hurt. If the enemy can be kept in pain, he will be unable to do much offensive fighting.

CONCLUSION

Again, unarmed combat tactics should be used when weapons are not available. It is not intended that the soldier or policeman lay aside his rifle and other weapons to engage in such combat. However, he must not be dependent on his weapons to the point where he is helpless without them—for psychological as well as practical reasons. Training and skill in this type of fighting creates all-around self-confidence and enables the soldier or policeman to handle all situations in which he must depend only on those weapons given him by nature.

Chapter 3

DEFENSIVE UNARMED COMBAT

MUCH of the reader's combat experience will begin with the defensive phase. Circumstances will often be such that he is attacked first, or at least must wait for an initial offensive gesture from the enemy. When he meets such an attack, his first movements may have to be defensive. From this defense he will either undertake some degree of offensive action or apply restraint methods, as the situation dictates. In the case of the law enforcement officer, as guardian of the law he is primarily concerned with defense rather than offense.

An attack by an opponent will usually be launched in one of three ways. He may try to strike the defender by using blows of fists, hands, or feet—if he is skillful enough. He may attempt to throw the defender to the ground by securing a hold on his body; or third, he may simply rush him, trying to upset him by the momentum and impact. When they can be foreseen, all these attempts should be met by having the body in the balanced, crouched position, with the hands poised, forearms in almost a vertical position, palms of the hands about six inches apart and facing each other, in position to protect the face and throat. The hands in this position are used to ward off and parry blows. They are also in a position from which fist or edge-of-the-hand blows can best be launched. In the balanced position, the body is slightly crouched, so that the upper middle part of the body, which is the natural target for blows, is at a maximum distance from the opponent. To reach vulnerable parts, the attacker must not only break through the protective screen of the hands, he must also lunge and possibly overreach in order to make contact.

TYPES OF ATTACK

The Striking Attack. Most individuals who use blows to attack will probably be unskilled in boxing and will attempt

to hit by using wide, frequently wild, swinging blows with the fists. Such blows may be parried outward with the edges of the hands and forearms, while closing *inside* the opponent's arms—where his arm and shoulders can be grasped preparatory to a throw, fist or edge-of-the-hand blows, a chin jab, or a knee to the testicles.

If you are a skilled boxer, the attack can be met with well-delivered blows of your own. Usually the knee kick will be the simplest defensive (or offensive) measure. Frequently an upright swinging attack of this type will be delivered with little thought given to balance. One knee or the other of the attacker will be well-advanced, so that it presents a vulnerable target for a well-placed kick.

A successful alternative to meeting an attack by blows is to use the hands and arms to parry the striking arm *out*, so that you are on the *inside* of the striking arms. The parry should be forceful and the body should be moved sidewise in the opposite direction to the opponent's swinging arm. In this manner the force of the opponent's swing, coupled with your parry, will leave him in an unbalanced position and will permit you to move in to his side, where a blow, throw, trip, or spin will put him on the ground.

A man who is trained in boxing usually leads with his left, following up with his right. If confronted by such an antagonist, duck quickly to his left as he jabs with his left fist. At the same time, slap the outer side of his left elbow with your right hand. He will spin into an off-balance position. Place your foot behind him and shove or hit him backwards so that he trips over your foot.

The leg hook, described in chapter 2, is another good method of meeting a skilled striking attack. It must be executed when the opponent is very near and the element of surprise is present.

Defense against an opponent who attempts a kick usually will also be against an unskillful individual, one who tries to kick, toe first, to the crotch or knee. By pivoting aside and grasping the heel and toe of his foot and twisting it, you can easily throw him. Defense against a man who uses his feet properly is more difficult. The best tactic is to kick him first.

The Rushing Attack. The attacker who charges like the proverbial mad bull, at a well-balanced and trained opponent, can be easily handled in a number of ways. His momentum

can be used to his disadvantage and downfall. In such an attack, he usually strives to grab the upper or middle part of the body or drive into the legs. He must not be met head on, as the force of his drive will carry a standing defender backward, and often to the ground. The simplest counter to this type attack is to step aside and apply a leg trip, particularly when attacked with great speed and momentum. A drop and leg hook can be used if he is coming in upright; but your own weight and body strength must be enough to counteract any advantage he gains by momentum.

When the opponent drives in with his head lowered and strives for a grip about the waist, he can best be met by a blow into his face with the knee. It is also often possible to deliver a trip and a blow by using the hands against this attack. At other times, his drive can be met squarely and a front strangle applied. Whenever any type of rush attack is met head on, contact should be made with the defender's legs stretched out to the rear and his body leaning forward.



EYE GOUGE AS A RELEASE

The eye gouge will almost always be an effective release. It is best to use the thumb against the inside of the eye socket, with force exerted toward the outside of the head.



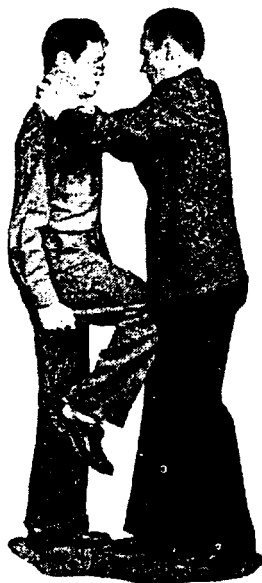
MOUTH OR NOSTRIL HOLD AS A RELEASE

Hooking the thumb in the corner of the mouth, or in the nostril, is an effective release.



BREAKING REAR BEAR HUG

From a rear bear hug that pins the arms, the point of the elbow can be used against the attacker's mid-section.



EFFECTIVE RELEASE—BLOW TO GROIN

The simplest and most effective of all releases is a knee to the groin or testicles.

No attempt should be made to stop the opponent's drive completely. Rather, the legs should be kept extended, and the force of the impact and momentum should be absorbed by "riding it out," letting the attack carry you to the rear. The opponent who tries to drive to the legs in a football-type tackle can be handled as he is by the ball carrier—by simply sidestepping and pushing down on his head. He will drive himself into the ground.

BREAKING ENCUMBERING BODY HOLDS

The following breaks are intended for use in situations in which the bodies of the attacker and defender are in close contact. They will result from a surprise attack, or from faulty execution of a blow or throw. Obviously, no defender in possession of his normal faculties would permit any such blows to be used if he could see them coming. Many of them are of a type which would be applied only by an inexperienced individual. Generally, in such situations, there is not



BREAKING REAR ATTACK

A rear attack in which the arms are not pinned can be broken by grasping a finger and bending it back, or by stamping on the instep with the heel.



BREAKING FRONTAL HOLD

This type of encumbering hold can be broken by a kick to the shins with the inside edge of the foot, or by grasping the opponent's testicles.

much motion and the encumbering or offensive action of the attacker must be broken by some sort of a blow, or release, before counter action can begin.

When a hold such as a bear hug, arm hug, or strangle is applied and the trunk of the attacker's body is pressed against that of the defender, the following general rules should be observed: (1) Strive to keep balance; try to prevent your body from being pulled, pushed, or bent off balance. (2) The instant contact is made, drop the body into a slight crouch and force the opponent to support part of your weight. (3) Attack sensitive points. The opponent's testicles, eyes, toes, and shins are either collectively or singly vulnerable—almost invariably when he is applying encumbering holds. Blows and kicks to these areas will loosen his grip, or break it so that other blows and types of releases can be used, or a counter attack launched.



BREAKING FRONTAL HOLD ABOUT THE WAIST

A frontal hold about the waist can be broken simply by pushing back on the chin and destroying the aggressor's balance.

The Wrist Release. The principles of the wrist release should be familiar to every soldier and police officer. The wrist release has long been known in wrestling and jiu jitsu circles and has a practical application in lifesaving techniques. A knowledge of the wrist release enables any person to break any grip, no matter how strong, that is applied to his wrists or arms by the opponent's thumb and fingers. This is important, since defenses and many attacks, or throws, are started when an opponent grasps one or both wrists with his hands.

When an opponent grabs your wrist or forearm with his hand, he will have four fingers on one side of the arm and his thumb on the other. Regardless of the strength of the grip, it will never be stronger on the thumb side than the strength of your entire arm. The thumb side of the grip is weak. The necessary force to effect a release is concentrated against the thumb by always rolling the wrist outward against it, and by jerking as the roll is started. The opponent's grip will be broken, no matter whether the grip is left- or right-handed, as long as the roll is outward against the thumb.

If a two-handed grip is applied to the wrist, a sharp pull against the thumbs will break it. It is advisable in this case



BREAKING WRIST GRIP

A grip that pinions the wrist, (illustrated at top), is weakest on the thumb side. To break it, forcefully turn the wrist *outward*, in the direction of the thumb (see bottom photo) and jerk the arm away. Follow up with the point of the elbow to the opponent's chin, as the arm is jerked away.

to use your free hand to grasp the pinioned hand and help in the outward jerk against the thumbs. If the opponent's thumbs are on the underneath side of the arm, reach under with the free hand and pull down. Another reason why this grip is so effective is that at the time the release is made a follow-through blow, with the elbow of the previously pinioned arm against the body or face, can be made without any extra motion. Practice of the wrist release should be so thorough that it can be done instinctively, and at the instant a grip is made. The principle of the wrist release can also be applied to break a grip made on the coat sleeve. Make a circular, backward and upward motion with the pinioned arm. As the down swing is completed, the grip will be broken.

Arm Jerk. An arm jerk, prior to the application of a come-along or an attack, will help soften up the opponent. It will help destroy his physical balance and will result in a slight concussion when forcefully applied. Grasp the opponent's arm at the wrist with both hands. Lift his arm about six inches and jerk it sharply downward. This often destroys his body balance and causes a jolt to the brain. If the right arm is jerked, the force of the jolt will be felt on the left side of the head. This tactic must be practiced gently. Although it sounds mild, it does have a very marked effect on the opponent. Some judo experts use it instinctively whenever they can grasp an opponent's arm. A policeman may well use it, before applying many of the come-along holds, to destroy, momentarily, the opponent's mental and physical balance.

COMBAT WITH TWO OPPONENTS

The defender may be confronted by two assailants at the same time. In cases where offensive action by his opponents is imminent, he should always take advantage of the element of surprise by launching his attack first. A quick kick to the knee, or an edge-of-the-hand blow, delivered without warning at one of the assailants, will incapacitate him long enough to permit special attention to the remaining opponent. The attack should be launched before the two opponents can maneuver. Prior to any action, the defender should try to keep the opponents in front of him. He should never allow them to close in simultaneously from the sides or to attack from the rear. If a surprise attack is launched against a defender by two or more assailants, there is every justification for using the quickest and most effective tactics to put them out of action. Restraint methods are ineffective and foolish in such a situation.



ARM RELEASE

If the arm is grasped with two hands, as shown at the top, the thumb side is still the weakest. Force must be exerted against it. With the free hand, reach over and grasp the pinioned fist, as in the lower picture, and jerk out against the thumbs. Follow with the point of the elbow to the opponent's chin.

Crowd Escape. A defender cannot always choose the time and place to fight. Frequently escape should be his only object, especially when he is unarmed and is faced by several opponents. He may be caught in the midst of a riot or may be the victim of a surprise gang attack.

The only hope of escape from an overwhelming number of opponents is continual movement. Each time the defender takes a new position a few seconds are required for his antagonist to balance himself for a forceful attack. This constant movement should be accompanied by indiscriminate blows of the hands, feet, elbows, knees. Movement may be in any direction, but must never cease. The body should be kept low, with the knees bent. A bobbing motion is most successful. Any of these movements, made rapidly, will bewilder the opponent. By the use of blows, and by shoving one opponent against the other, it will often be possible to create more room in which to keep moving. This technique can be practiced by hanging dummies in a small space and letting the trainee work his way through them. It should be remembered that the object is to get away, not to stay and fight it out against hopeless odds.

COME-ALONGS AND RESTRAINT HOLDS

Military and civil police officers have frequent use for come-along type holds. Once the criminal, or law breaker, has been apprehended or subdued, the police must "take him in," in order to complete the arrest. If he is drunk, unruly, or potentially dangerous, he must be kept helpless. By application of the proper come-along, the prisoner is made amenable to movement or to other actions by the officer. A come-along, or other type pressure hold, also is often used before handcuffing.

Usually it is difficult to apply pressure holds when the antagonist is suspicious. Such holds are almost always intended for use after the opponent has been subdued. Certain kinds of come-along can be applied as a type of attack by a skilled man; others can be used after a break from an encumbering hold by the opponent. However, there is always a risk in applying the come-along if the opponent has not been subdued, or if the user does not have a marked superiority of physique, knowledge and experience.

No come-along hold, applied with the bare hands, has been developed that can be maintained successfully over a long

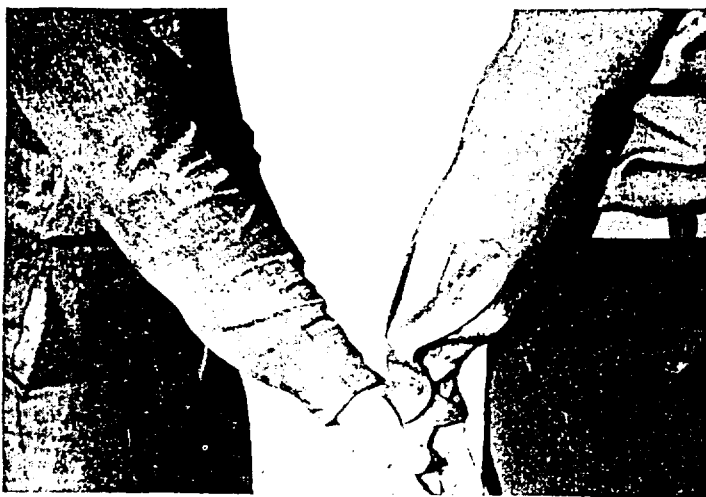
period of time against an opponent who is in full possession of his faculties and who is determined to break it. It is true that some escapes from come-alongs may be made—at the expense of broken bones or painful dislocations. If the victim is desperate enough, this will not deter him. If the come-along must be maintained over a considerable distance or for a considerable length of time, it is advisable to keep a dangerous man groggy by edge-of-the-hand blows, short jabs to the chin, or similar blows.

Mechanical come-along devices, such as the iron claw or chain twister—when they are available and if their use is permitted—will often provide better control and allow more freedom of movement by the user. Handcuffs and their correct use is a separate subject, warranting complete training for any law enforcement officer (see chapter 8).

Come-along holds can be divided into two general categories: holds which restrain by inflicting pain or the threat of pain and those which destroy balance or dignity. In the latter category are the holds that cause the victim to lose face and be an object of ridicule and laughter. In some cases, as when evicting a quarrelsome drunk from a room, the policeman should use this type of hold. The come-alongs and restraint holds described below are selected from the best and most practical of many holds.

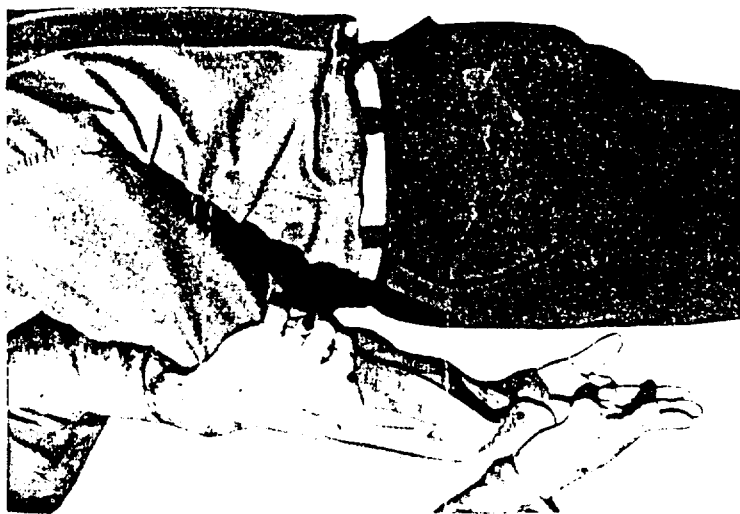
Where the come-along is used and the victim has a free arm that can be used offensively, he can be made to keep it inside his belt; or his belt can be removed, so that he must hold up his trousers with his free hand. Again, the come-along is not an attack; it is applied as a mastering hold after the victim has been subdued by other means.

The Wrist Come-Along. The following technique is the most effective of all come-alongs, especially when you are forced to walk a man a long distance and keep him under control. You are facing your opponent, who has his arms hanging at his sides. With your right hand outstretched, palm up, hook your thumb inside his left thumb. With your left hand, reach over to the outside of your prisoner's left elbow and pull it toward your right foot to a point where you are directly up against the victim. You will find that the victim's left elbow will be next to your body, with your right elbow between his arm and his body. You have not changed your grip during this process. By keeping his elbow close to your body and locked in place by your right arm, and by



WRIST COME-ALONG

With the palm of the right hand up, hook your thumb with the opponent's left thumb, as shown at top. An alternate initial grip is to grasp the back of the opponent's left hand with your right hand, as in the bottom picture. After applying one of these grips, reach over with your left hand and grasp the outside of your opponent's left elbow, as at left on next page. Pull his elbow toward you and step in to his side. After getting his pinioned . . .



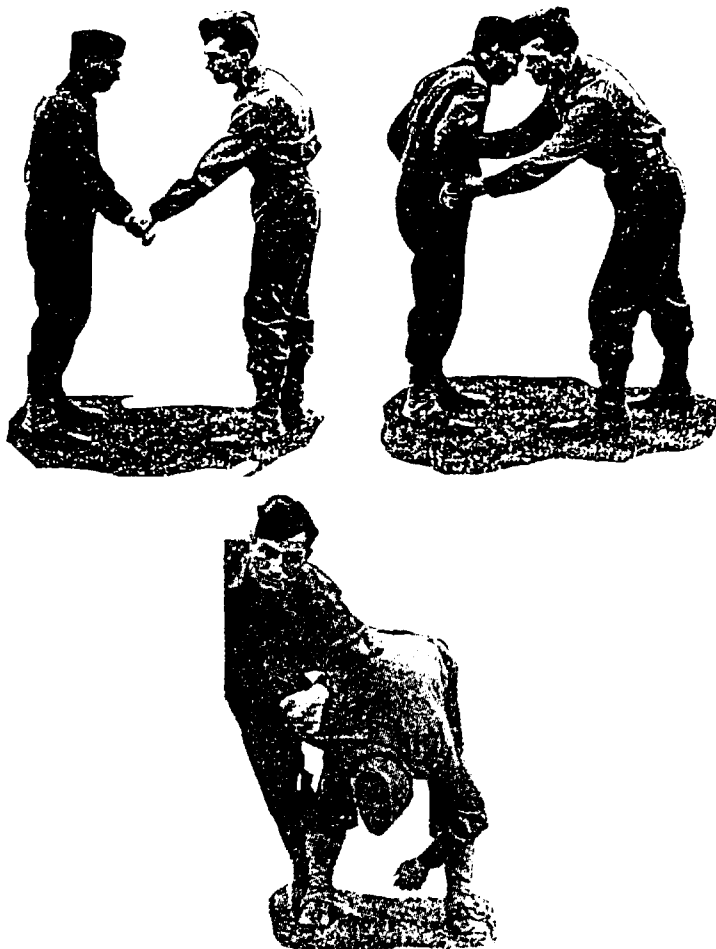
WRIST COME-ALONG (Continued)

... arm and wrist in this position, twist his wrist toward you and down, as in the picture at right. The victim will rise on his toes when enough pressure is applied; and the come-along is in effect. The victim's free hand can be placed inside his belt, or may be used to hold up his unbuttoned trousers.

raising his forearm to a vertical position, you have a very effective come-along. This position is maintained by twisting his hand and wrist toward you at any sign of rebellion. By applying a few pounds pressure on the wrist, you can raise your victim on his toes, and it is by this means that you will know that he is completely under your control. This come-along has the advantage of allowing you, in most cases, to maintain sufficient pressure with one hand while you walk along with a weapon, or some other implement, in your left hand. This application can be reversed for the purpose of leaving your right hand free.

The Arm Lock Come-Along. Another come-along which has a great deal of merit is the arm lock. Properly applied, it makes a hold strong enough to escort a prisoner a short distance. If pressure is maintained on the forearm, you have complete control of your opponent. This come-along is useful in applying handcuffs or in taking a man to the ground before tying him.

It is applied as follows: Facing your opponent, reach out with your left hand, palm down, and grab the opponent about the right wrist. Shove his arm to the side and rear of his body. As you do this, strike his left arm on the inside of the elbow joint with the flat of your right hand. The hand should be withdrawn immediately after the slap has been given, causing the elbow to bend. Step in and turn his body, so that you are beside him, facing in the same direction. From this position, disengage your left hand, which has been about his wrist, and, grasping his right hand, shove it under and up between the opponent's forearm and his back. Place your left hand on, or just below, the shoulder point on his arm. By bending forward, with his right arm locked in this position, you have him completely under control. Your right hand can then be placed on his left shoulder, to prevent him from pulling sideways out of the hold; or it can be used to exert extra pressure on his pinioned arm by pulling it out from his back. This will force him to do as you wish, because of pain or the possibility of a broken elbow. This come-along can be maintained over a long distance but has a disadvantage in that your own body must be bent forward, alongside and slightly over your opponent's body, in order to keep him under control. However, this liability is offset by the fact that this hold can be used for other purposes than those mentioned above.



ARM LOCK COME-ALONG

Face the opponent; reach out and grasp his right wrist with your left hand, as in left top above. With your right hand strike the inside of his right elbow, so as to bend the arm, as shown in right top above. Step in and turn his body, so that you are beside the opponent, facing in the same direction he is facing. By disengaging your left hand and shoving it up and under, between the opponent's arm and back, the lock is applied (see lower picture). By bending forward and exerting upward pressure on the pinned forearm, the victim is put under control. Your right hand can be used to grasp his shirt collar or left shoulder, to prevent his pulling out sideways.

Forearm Come-Along. Facing your opponent, with your right hand grasp the back of his left hand, at the same time taking a firm hold on his left arm by grasping the outside

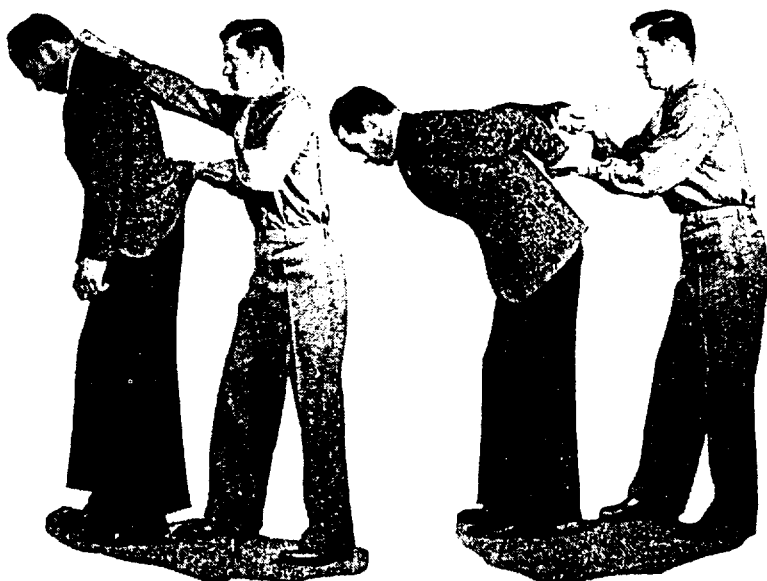


FOREARM COME-ALONG

This type of forearm come-along will give you control of the most unruly prisoner. Upward pressure on the arm will cause intense pain.

of it at the elbow with your left hand. Force the opponent's left hand and wrist up behind his back. Use your left hand to hold his elbow tight against the right side of your body. By bending the victim's captured wrist toward his elbow, great pain can be inflicted. Once the hold has been secured, face in the same direction as the opponent. He is forced to walk with you.

Forearm Lock. Face the opponent, reach across and grab his right wrist with your right hand, raising it about waist high. Move over to his right and slip your left arm over his forearm and under his right elbow, at a point just above the elbow. In this position, the sharp bone of your left forearm can be used to lift upward, against the elbow which the right hand can press down. To make the hold more secure, grip your opponent's coat or lapel with your left hand, once the arm is in place.



REAR CLOTHING COME-ALONG

This type of come-along is effective against a troublesome drunk. By grasping the seat of his pants at the rear and lifting, and at the same time shoving forward with the hand that grasps his collar, he can be moved along easily.

CROSS ARM COME-ALONG

This is another come-along that is effective against a small or inebriated person. Grasp both wrists, lift his arms so as to put him off balance, then cross them. Shove him forward. This is a good method to use in putting a man through a narrow hall or door.



HEAD HOLD COME-ALONG

A man sitting in a chair, or in the seat of a car, can easily be pulled out by putting one hand under the point of his chin and the other on the back of his head. By twisting his head and lifting at the same time, he can be forced to come.



NECK PRESSURE POINTS

A man lying on the ground or sitting in a seat can be moved quickly by pushing the forefingers in and up against the nerve centers which are at the hinge of the jaw, under the ears. This is a good way to test faked death or unconsciousness, since the pain is extremely intense. It is also effective as a release.

Two other humorous, but effective, come-alongs against persons who resist getting up from the prone or sitting position, are as follows:

(1) With the thumb and forefinger grasp the short hairs on the back of the head or nape of the neck, and pull forcefully. Although most people can resist the pulling of hairs on top of the head, the short ones on the back of the head and neck are placed where pressure on them causes intense pain. Men are usually more susceptible to this than women.

(2) A drunken man or woman can also usually be handled by using the thumb and forefinger to grab the lower lip. By pinching hard and twisting, as the pull is made, the victim will come along.

Chapter 4

KNIFE ATTACK AND DEFENSE

IT is probable that the soldier or law enforcement officer sometime will face an enemy, a criminal, or a demented person who is armed with a knife or some other kind of bladed weapon. He may encounter a trained knife fighter, but it is more likely that he will be assigned to duty in areas dominated by racial groups or by underworld elements who rely upon bladed weapons as their principal means of combat.

The average American does not like the idea of encountering a knife in personal combat. He would much rather use his fists, a hand gun or a club as a fighting weapon. He would much rather face such weapons than an opponent armed with a sharp blade. Because of this repugnance, he often shrinks from the possibility of facing an adversary so armed; and this destroys his self-confidence. This condition is especially true if a knife attack is made unexpectedly and the defendant has had no time either to condition himself mentally or to have a defense or weapon ready.

Because of the strong probability of his encountering a bladed weapon, every soldier and law enforcement officer should receive training in knife offense and in the general defensive precautions and techniques to be used in areas where opponents are likely to carry knives.

Before undertaking a successful knife defense—which should be concluded by disarming, subduing, or killing—it is necessary to understand and practice the principal methods of knife attack. Once a person with a defensive mission, such as a policeman, understands how the knife is most likely to be used against him, he will be more confident and proficient.

With respect to technique, knife wielders usually fall into three categories: (1) the trained knife fighter, who uses both a cutting and a slashing type of attack; (2) the unskilled knife

user, who usually employs either an upward or downward thrust in attacking; and (3) the slasher, who usually uses a short-bladed knife, or razor, and who takes advantage only of the cutting effect of the blade. There will always be exceptions. Some knife wielders, because of animal courage, past successes or reputation, are, for defense purposes, in the same category as the highly skilled fighting knife wielder, even though they do not use the knife with the approved and best fighting technique. This type of attack can be readily recognized when made from the front, provided there is time to see it coming.

The kinds of bladed weapons encountered may vary from the common pen knife to the World War I fighting knife, complete with brass knuckles. The razor, the popular hunting knife, knives with retracting or snapout blades, the standard pocket knife, the kitchen or butcher knife, or the real fighting knife—may be employed in an assault. All are dangerous and can inflict serious wounds; but some are more to be feared than others.

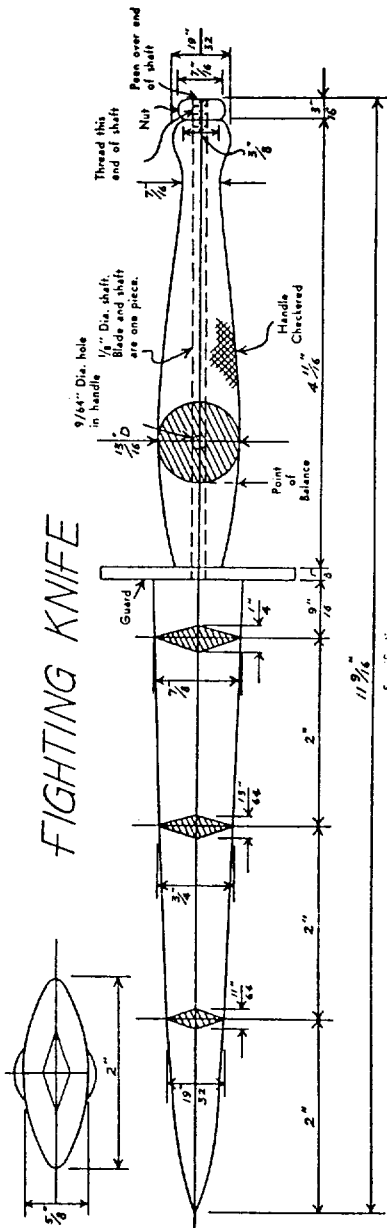
THE FIGHTING KNIFE

This stiletto type weapon is ideal for close-in fighting. It can be used both for cutting and thrusting, and it is easy to maneuver, because of its design and balance. This last feature is very important. The handle is similar to that of a fencing foil, so the knife can be used for cutting and thrusting in any direction without a change in the grip. The weight is toward the hilt. The blade is about six inches long, is double-edged and tapers to a point. This length blade is ideal for balance, is good for both the cut and the thrust, and is long enough to penetrate heavy clothing without losing its effectiveness. Its width, at its widest part near the guard, usually is not over one inch. It either can be hollow ground or can taper evenly toward both edges, from the strengthening ridge which runs down the center of the blade to the point of the knife.

The handle is round or oval in shape, its largest diameter is toward the center, and it tapers off toward the guard as well as at the butt. The over-all weight is approximately ten ounces. The handle, in addition to being rounded, is checkered.

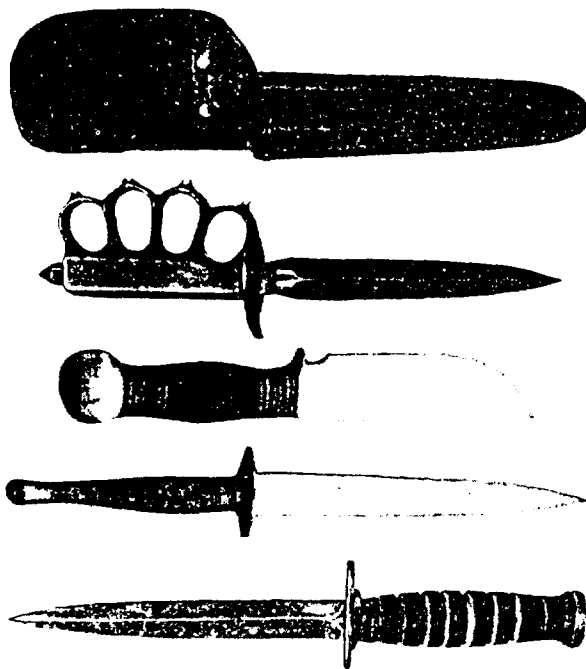
Such a knife, with balance toward the handle, is adapted more easily to maneuverability, is more easily passed from hand to hand, and, with more weight in the handle, affords a better grip for passing, thrusting and slashing. Its very design

FIGHTING KNIFE



Specifications
Wright should be in handle
the original knife.
Handle can either be a hard wood with large brass nut on end or can be entirely made of brass as in the original knife.
Handle should be shaped exactly as specified and sheathed.
Blade may be varied according to individual taste.
(Weight of original knife = 8 oz.)

This is the original design of the Fairbairn Fighting Knife, used by Canadian and British commandos, and by some special units of the United States forces, during World War II. It may be purchased from Pasadena Firearms, 1165 E. Colorado Blvd., Pasadena 1, California.



Top: Trench knife, World War I, with case shown above it.

Second: Utility knife, constructed along the lines of a hunting knife.

Third: Fighting knife.

Bottom: Fighting knife, modified from utility knife, issued to United States troops. The cross guard has been strengthened, the back edge ground to a cutting edge, and the blade tapered to a point.

makes it a true fighting knife, combining with its double-edge both cutting and slashing qualities. The double edge is also useful in preventing an opponent from wresting it from the hand of the user. The opponent cannot grasp its blade, in defense, without receiving a severe cut.

The proper grip on the handle of a knife of this type is as follows: The knife lies diagonally across the outstretched palm of the hand. The small part of the handle next to the cross guard is grasped by the thumb and forefinger. The middle finger lies over the handle at the point where its largest diameter occurs. With the knife held in this fashion, it is very easy to maneuver it in all directions. The direction of the blade can be controllable by a combination movement



CORRECT GRIP OF FIGHTING KNIFE

The proper grip for use on a well-designed fighting knife with handle, as illustrated on page 69.

of the fore and middle fingers, plus a turning of the wrist. When the palm is up it is possible (holding knife in the right hand) to slash to the right. When the palm is turned down, it is possible to slash to the left. The thrust can be executed from either the palm-up or palm-down position. At the time of contact, in the thrust or the slash, the knife is grasped tightly by all fingers. The initial controlling grip of the fore and middle fingers has not changed and the blade becomes a mere continuation of the arm.

Such knife manipulation is fairly simple. Skill can be acquired after a few hours practice, but only if the handle is generally constructed along the lines described above. The handle described here is round. However, a handle of similar size in oval shape works equally well.

The trained man will use this knife, in the attack, from a crouch, with the left hand forward and the knife held (handle diagonally across the palm of the right hand) close to the body. The outstretched left hand will act as a guard, a foil or a parry, and will help to create the opening for a slash or thrust. The left hand also may be used to distract the adversary's attention—by waving it in his face, by throwing something, or by making sudden darting motions toward him. When the knife fighter is in the crouch, with his left



ATTACK WITH KNIFE FROM CROUCH

Beware of the man who holds his knife this way and who attacks from a crouch, with the blade held close to his body and with his free arm out in front to parry or to help create an opening for a slash or thrust.

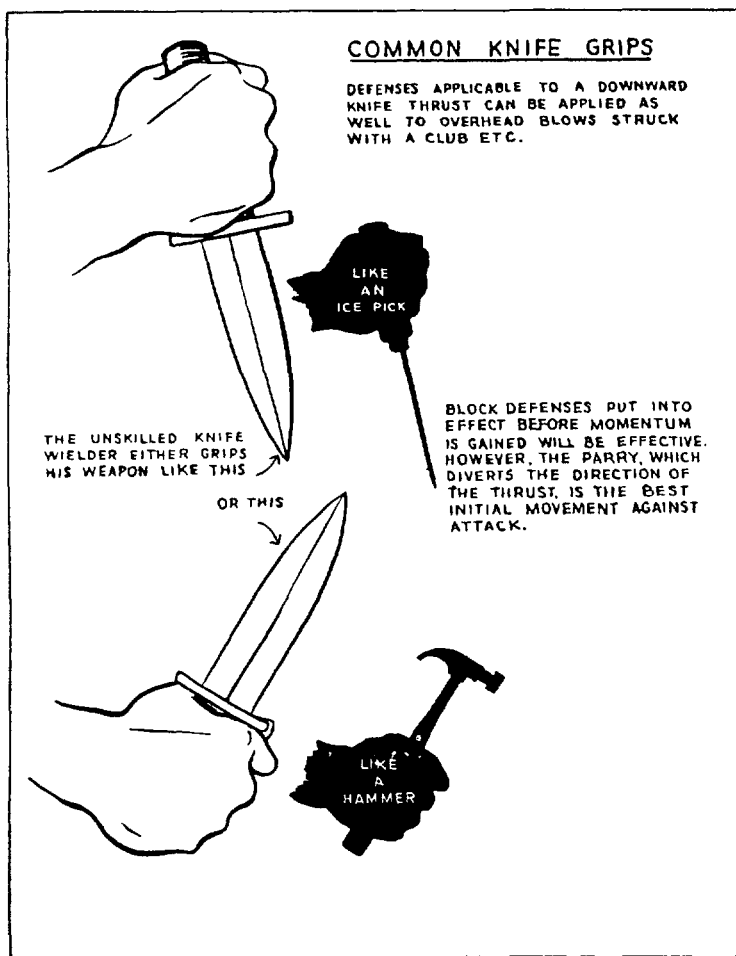
hand forward to parry, he is in a position of extreme mobility, because his knees are flexed and he is in perfect balance. In the fighting or crouch position, he also is protecting his vital mid-section and throat area from vital thrusts—by an opponent who also may be armed with a knife or a club. In this position, the trained knife fighter can foil the usual knife defenses of the unarmed opponent. Often he can maneuver successfully against such defenses as a chair, a club, or other object used to strike or to throw.

The thrust and slash type of attack is best when used with a knife of correct design. However, any long-bladed, single-edged weapon—such as a jack knife or hunting knife—can be used in the manner described, with a somewhat lessened degree of effectiveness because of poorer basic design. A skilled knife user may employ such tactics as throwing dirt or other objects in his opponent's face when making his attack. This type of strategy is most likely to be used against an opponent who is standing his ground and readying himself for a defense, or when the attacker has not had the advantage of surprise.

THE UNSKILLED ATTACK

If a knife attack is made by an individual gripping his weapon in such a manner that he can deliver only an upward or downward thrust, he probably is unskilled and has received little training in the use of a knife as a weapon. This is the manner in which a demented person will use the weapon, or in which weapons such as the butcher knife are frequently used in crimes of passion. When a knife is so gripped that the handle is directly across the palm, blade protruding from the little finger side, with all fingers wrapped around the hilt (as in using an ice pick), the user is limited to a downward thrust.

The reverse type of grip is equally limiting. If the individual grasps the knife directly around the hilt so that the blade protrudes from the forefinger side of the hand (as in gripping a hammer) the same thing is true. Only an upward thrust can be delivered. To execute either one of these types of attack, the knife wielder must get close to his victim. It is easier to see such an attack coming and to block or parry it. This method of knife attack is the one usually demonstrated by instructors of knife defense, and it is against this type of attack that most common knife defenses have been developed.



The average knife wielder, who has never had special training, will grip his weapon in one of the two ways shown here.

When depicting a knife attack, even the movies usually resort to this method of use of the knife. From the point of view of the audience, it is much more spectacular for the knife user to be shown charging his victim with a flashing blade upraised above his shoulder, preparatory to making a downward thrust. A knowledge of defense against knife attacks of this kind is necessary, but it is a serious omission

by any instructor to place all knife users in this category and to conduct a training program accordingly.

THE SLASH ATTACK

Any type of bladed weapon may be used in this attack. However, those most frequently used are short-bladed pocket knife, pen knives, razors, and similar instruments. Since the blade can be readily concealed, a surprise attack is very easy. A planned defense often is difficult for this reason.

In a slash attack, the knife is commonly held across the palm with fingers wrapped around the handle and with the blade protruding from the little finger side of the palm. The cutting edge is to the outside, or toward the fingers. It is very easy, by this method, to carry a small knife with the handle concealed in the hand and the wrist bent, so that the blade is concealed and lies flat along the inside of the wrist and forearm.

When carried in this manner, the knife is in a ready position, and attack can be made without giving any warning. An unsuspecting person will not have enough warning to



SLASH ATTACK GRIP

Slash attacks with the knife usually are made with the knife held in this manner. Note that the handle lies across the palm, butt on the thumb side and blade facing out. To get the cutting action, a horizontal swing is made. Straight razors, pen knives and such are often used in this manner. Gripped like this, with the palm down, so that the blade points up the arm, the knife is hard to see until the swing actually takes place.

defend himself. By swinging the arm and hand in a horizontal direction across the front of the body (called a "round house"), the sharp edge of the blade will cut anything in its path because of the tremendous force exerted by the swinging arm. By a more skilled user, the blade is sometimes used to execute a thrust on the return of the arm from the cross swing slash. Men who use the knife this way must be classed as skilled, or at least semi-skilled, and should be watched accordingly. The weaknesses of this type of attack, when not accompanied by the element of surprise, is that the wielder must get very close to his victim and that the basic stroke can be blocked.

If the blade of the knife is short, it usually is difficult to deliver an initial disabling wound, such as one to the throat. The penetration is not great enough, and any movement of the opponent's body, or his clothing, will limit the depth of the slash. Knife fighting of this type, common among certain racial minorities, can be and is a very bloody affair. It may result in a protracted fight, due to the inability of the slash type of attack to penetrate deeply enough to reach the vital organs and blood vessels. Naturally, slashes across the throat can be immediately fatal, but usually the cutting is confined to the less vulnerable parts of the arms, face and body.

KNIFE THROWING

Knife throwing can be largely discounted as a practical means of combat. There are few persons who can pick up a knife, throw it at a moving object at an unknown distance, and hit a vital spot. In the main, knife throwing is an art relegated to vaudeville and stage, because, to throw a knife properly, the exact distance from the thrower to the target must be known. Since the knife turns end over end as it travels through the air, the thrower must know the exact distance. He must be able to control the number of turns the knife makes, so that it will hit the target point first.

There are, indeed, methods of knife throwing, at close ranges, without the blade turning end over end in the air; but considering the movement of the target, varying distances, heavy clothing, and the fact that if you miss you are without a weapon, knife throwing is not practical as a means of attack.

Knives with spikes on the end of the hilt or with brass knuckles attached are very fearsome in appearance, but are not commonly used and should not be greatly feared. In reality, these extra features only limit maneuverability and, in a melee,

present almost as much threat to the user and his allies as to his opponent. It is very easy to catch such extra attachments as brass knuckles in the clothing. In turn, an attempt to use the brass knuckles for striking a blow makes the blade a hindrance that can cut or catch on the user's own clothing, as well as on that of the victim.

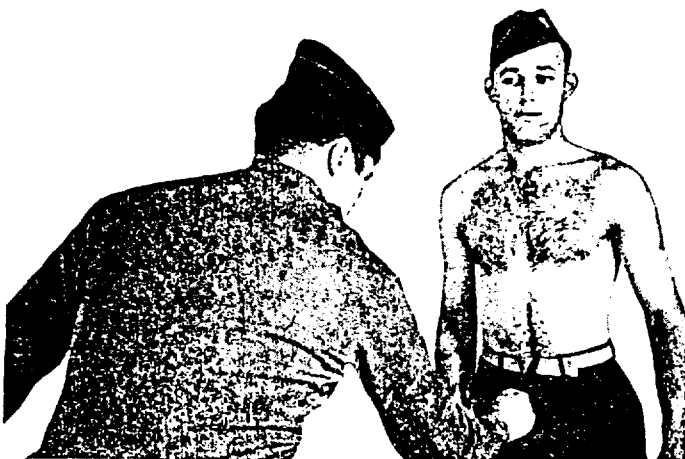
The hacking type of attack with a light, bladed weapon, such as a knife, generally is not effective. Ordinary types of knives do not weigh enough to allow sufficient force to be employed. Machetes, brush knives, axes, and such are sometimes used and are much more effective because of their greater size and weight.

BODY AREAS MOST VULNERABLE TO KNIFE ATTACK

A man attacked from the front by a bladed weapon has two spots he instinctively protects—the throat and the stomach, or abdominal section. Perhaps the reason why he instinctively protects these two areas is that they are easy for an opponent to reach. In any event, the psychological effect of a knife wound in these areas, whether it is serious or not, is so great that the victim is usually momentarily incapacitated.

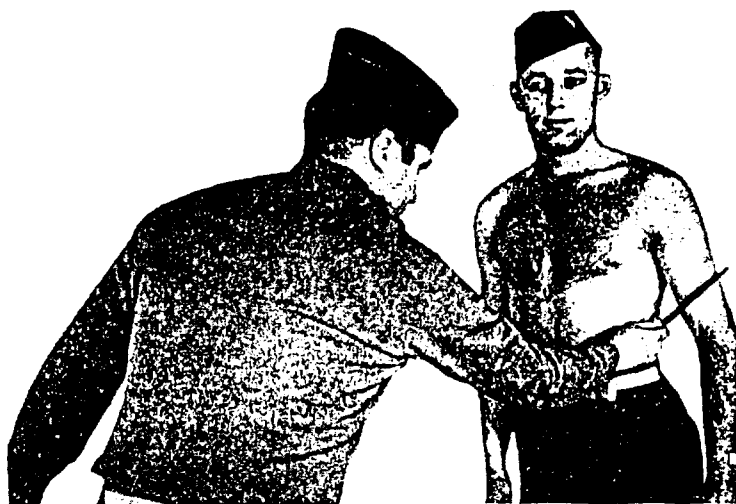
The throat area is vulnerable to either the thrust or the slash, the thrust being most effective when driven into the hollow at the base of the throat just below the Adam's apple. A thrust there, into the jugular vein, or a slash on either side of the neck, cutting the arteries which furnish the blood to the brain, results in extreme loss of blood and death in a very short time. Thrusts in the abdominal area, which can be combined with the slash as the knife is withdrawn, have a great shocking effect and usually incapacitate the opponent to the point where another blow can be given with the weapon before he has a chance to recover. A deep wound in the abdominal area will cause death if unattended, but it is much slower in taking effect than a good thrust or slash in the throat area. The heart, of course, is a vital spot for the thrust, but the protection of the ribs makes it more difficult to hit. In some cases, knife thrusts directed toward the heart have been stopped by the ribs and the point of the knife broken off by the bony structure, without causing a vital wound. Usually, however, the blade will slide off the rib and go into the vital area. The heart thrust is, of course, fatal.

It is possible to get an effective slash across the sides of the throat from the rear; but one of the most effective knife strokes in the rear of the victim is the thrust delivered into



FRONTAL ATTACK

The throat, stomach and abdominal areas are the points most vulnerable to frontal attack. These are the areas that must be defended against any type of attack. A slight wound in any of these will have a serious psychological effect; and a deep wound is potentially fatal.



A slash across the biceps. A slash inside the wrist also is very effective.

the kidney or small-of-the-back area. Penetration here, in the form of a deep thrust, will cause great shock, internal hemorrhage, and often death. This back, or kidney, thrust is best used in the sentry attack, as will be explained later. The vital areas still are the throat, heart and abdominal sections.

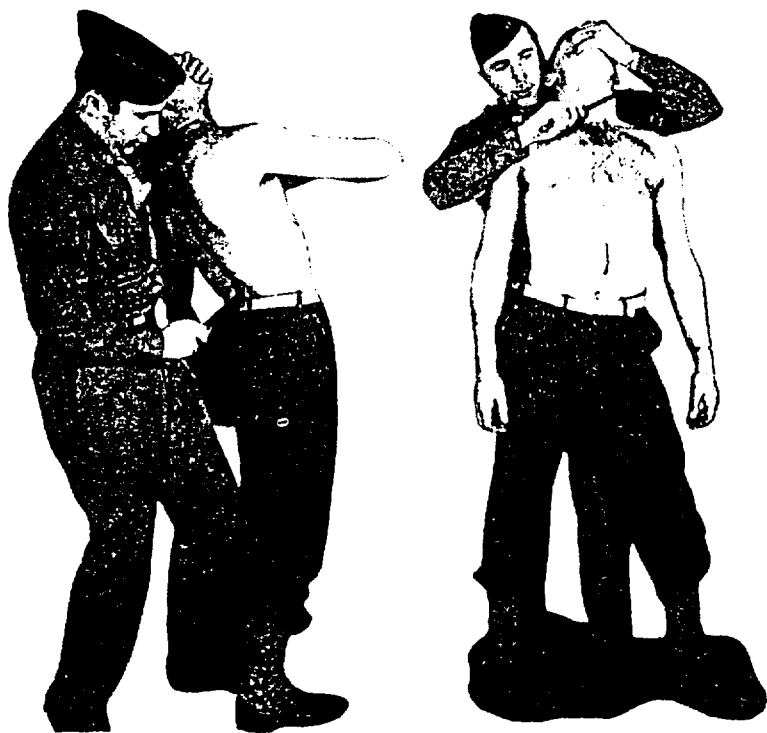
The slash attack can be used effectively to sever the tendons on the inside of the wrist of an outstretched hand. This is most effective against a person who is trying to defend himself by striving to grasp the knife hand. A slash renders the hand useless. A slash across the large muscle of the biceps has the same effect. Also, a slash on the inside of the thigh, or arm, will cut arteries and will incapacitate, if delivered deeply enough. Slashes to these areas, in addition to disabling the opponent, cut various veins and arteries. If left unattended, the wounds will cause death from loss of blood.

KILLING ENEMY SENTRY

The following description of the correct attack technique for killing an enemy guard or sentry should be of general interest to any student of knife attack. To the soldier, plant guard, and policeman it will show the need for precautions against a surprise attack from the rear. It is a type of attack

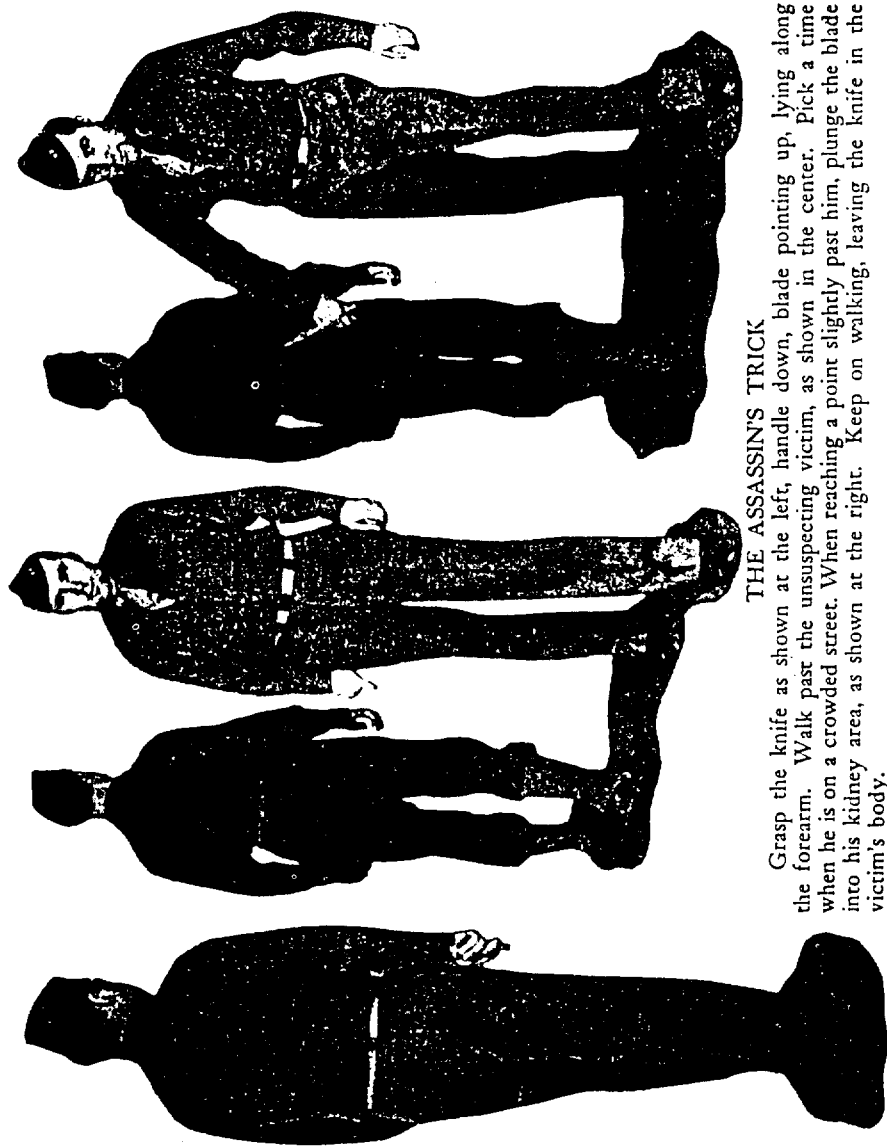
for which there is no defense if the victim is taken by surprise. It is not unlikely that it will be used again, since many individuals, in all armies during World War II, received training in it, just as they received training in methods of strangulation.

In killing an enemy sentry, all factors regarding the approach and initial attack, described for use with a rear strangle, apply. The approach from the rear is naturally a noiseless one. At the time of rising, a few feet in the rear of the victim, the knife should be taken either from the sheath where it has been during the crawl, or from the teeth where it may have been carried. The attack is launched from a distance of



KILLING AN ENEMY SENTRY

This is the best method of surprise knife attack taught in the Armed Forces. Approach from the rear, grasp the nose and mouth with the left hand to prevent outcry, and thrust the knife into the kidney area, as shown at the left. After a short interval, withdraw the knife and cut the throat.



THE ASSASSIN'S TRICK

Grasp the knife as shown at the left, handle down, blade pointing up, lying along the forearm. Walk past the unsuspecting victim, as shown in the center. Pick a time when he is on a crowded street. When reaching a point slightly past him, plunge the blade into his kidney area, as shown at the right. Keep on walking, leaving the knife in the victim's body.

not less than 5 feet from the victim and is initiated as soon as the attacker has arrived at that spot. It is important that the attack be immediate because of the animal instinct, emphasized by keeping your eyes steadily on him as you approach, which will often warn the victim that some one is approaching and watching him. The upward thrust of the knife into the right or left kidney section is executed at the end of the leap to the attack. At the same time, the free hand is clasped over the mouth and nose of the victim, pulling him backward, off balance. The thrust into the kidney area has initially a great shocking effect, but no outcry will occur if the free hand goes over the mouth and *nose* at the time of the thrust. The victim is pulled backward upon the blade continually and after a few seconds the knife is withdrawn, and maintaining the same grip on nose and throat, the head is lifted up and the jugular vein slashed.

Another method of knife attack or assassination, not uncommon in some areas of the world, may be encountered. It is as old as history and was a method taught to certain groups for use in assassination in German-occupied countries during World War II.

The assassin spies his victim in a crowd and approaches him from the front. His knife is held in his hand with the hilt down and the blade lying flat along the inside of the forearm, or concealed up the sleeve. The handle, of course, is concealed by the fingers. The assassin, with the knife in this position, faces the intended victim, walking toward him. As he reaches a point directly opposite the victim, a simple movement of his wrist frees the blade, and a short arm movement, as he passes, plunges it into the kidney area of the victim. The knife is either left sticking in the wound or may be pulled out while the assassin walks on through the crowd, his movement generally undetected.

LIKELY PLACES OF KNIFE CONCEALMENT

The places in which a bladed weapon may be carried are many. Usually local custom and the type of garment worn by the individual will determine the places in which it is most likely to be carried, and from which it is usually drawn prior to an attack.

Knives have been carried successfully in the following places: in a sheath at the side; on a string down the back of the neck; up the sleeve; in a special holster taped to the wrist;

stuck in the top of a boot or legging; with the sheath sewn inside the front pocket; under the lapel of a suit coat; in the crown of a hat; between the belt and the trousers; strapped to the inside of the thigh, beneath the trouser leg; in a sheath sewn diagonally across the chest, on a vest; or in any other place that combines both concealment and the element of surprise.

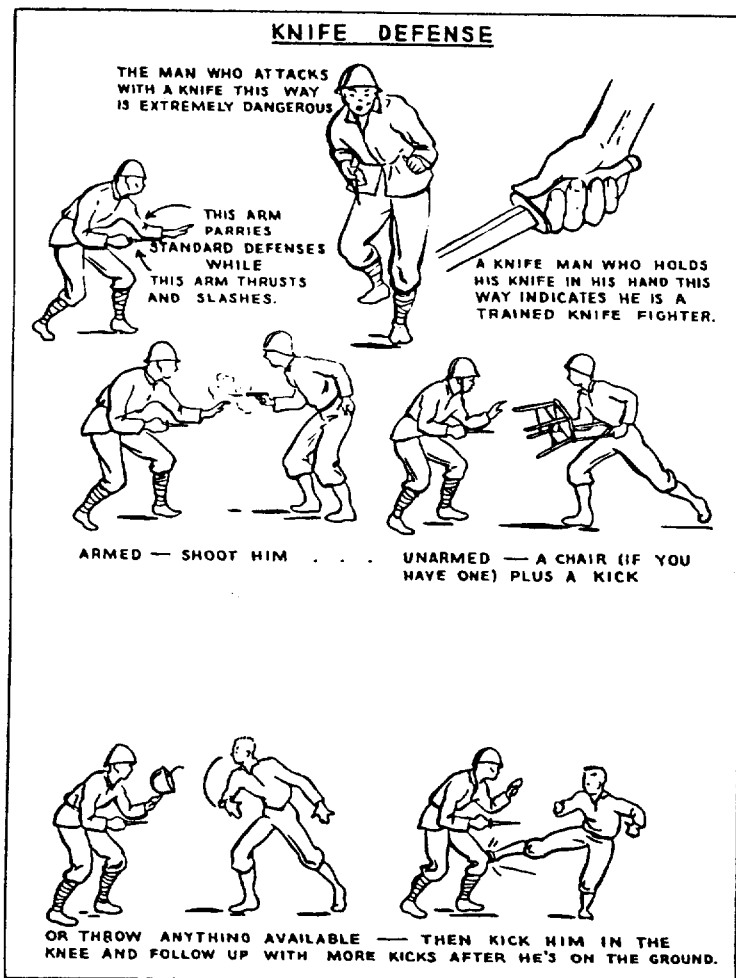
Small knives or cutting edges, such as razor blades, have been carried and concealed by criminals, sewn in all parts of their clothing and taped to various parts of their bodies, even to the balls of the feet. They have been carried sometimes in special sheaths strapped to the testicles. Even though such weapons may seem inadequate, it must be remembered that, in some body areas, a cut or slash one half inch deep can be crippling or perhaps fatal. Such bladed weapons can also be used in cutting cords, ropes, and other temporary means of restraint. It should be obvious that, in any initial search of a known criminal, or of a suspect from a racial group or criminal element addicted to the use of bladed weapons, the searcher should be cognizant of and most careful of the concealment possibilities of this type of weapon.

KNIFE DEFENSE

A successful knife defense depends upon being able to see the attack coming, or at least being forewarned through knowledge and training. A knife assault is many times launched in darkness, or in such a way that it is impossible to detect immediately the opening move of the attack, such as drawing the weapon.

The soldier, military policeman, or law enforcement officer, therefore, should use the following general precautions in any area where he suspects a knife may be used against him. He should:

- (1) Dominate any threatening situation by maintaining a bearing that indicates confidence and aggressiveness.
- (2) Keep his back well-protected at all times by keeping well away from dark corners, the sides of buildings and driveways, or by having a wall or some other solid object immediately at his rear.
- (3) Keep his own hands and weapons in such position that they are readily available for undertaking immediately the proper offensive or defensive action.



(4) Prevent being placed in such a position that unknown and suspicious persons are within arm's reach of his body.

(5) Always watch the movement and position of any suspect's hands.

(6) In areas where slash knife attacks may be expected, wear heavy clothing (overcoat, shortcoat, or other), since this will furnish a certain degree of protection.

Even strict observance of these precautions will not always

suffice to prevent a surprise attack. On the other hand, too obvious precautions against possible attack may indicate a lack of confidence and fear which will only encourage an attacker.

If an attack is launched at close quarters and the victim of the assault is unable to employ any of the common defenses, the only thing he can do is try to block or parry the thrust or slash with his hands and arms. Such a reaction is instinctive and is the only one possible under the circumstances. Although inadequate, it is better to sustain a wound on the arm or hand than one on the body, face, or throat area.

A number of *unarmed* knife defenses can be undertaken in certain circumstances, but the soldier or police officer on duty should never be without his weapons. He should rely on them first.

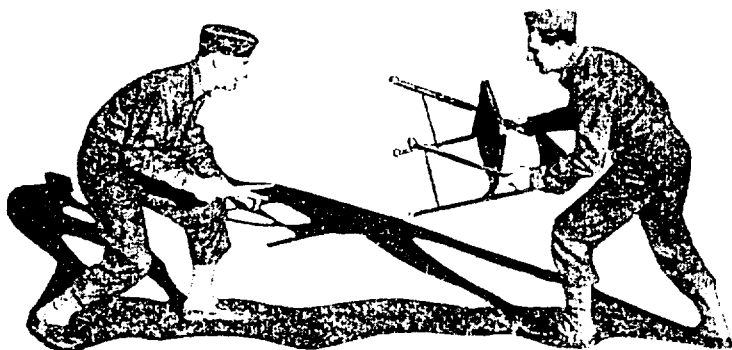
In police usage, certain types of knife attacks, such as those made by demented persons, can be stopped or otherwise restrained by conventional methods. At the other extreme is the cold-blooded attack made by the criminal of the most vicious type. In such a case, few explanations will have to be made if the officer draws his weapon and shoots the attacker down. As in other cases, the degree of force used in knife defense is dependent on the local situation and the judgment of the officer concerned.

If he is carrying a baton or riot stick, the policeman can stop such knife assaults with this weapon alone. A sharp blow to the knife wrist, hand, or elbow will often stop the attack long enough to permit a more disabling blow.

In many cases, if the hand gun is drawn, the mere presence of the weapon will deter the potential attacker. If time permits, a well-placed shot in the legs or shoulder can be used to stop the assault. Other circumstances may justify shooting to kill.

KINDS OF KNIFE DEFENSE

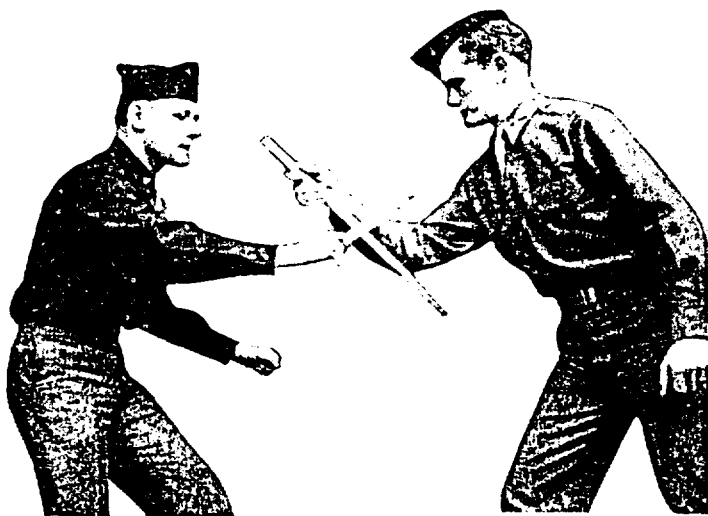
The following knife defenses are designed for situations in which the individual is *unarmed*, or for some other reason cannot use the weapon which he normally carries. It is here, especially, that knowledge of the ways in which a knife attack can be made is valuable in estimating the capabilities of the opponent. For example, the man who holds his knife diagonally across his palm and carries it close to his side while advancing to an attack in a crouch is obviously to be re-



CHAIR DEFENSE AGAINST KNIFE ATTACK

spected, and defenses such as the *parry* and the *block* (shown under "Defense IV" and "Defense V" on the following pages) cannot be used as effectively as those discussed first.

Defense I. Throw anything that is within reach, a handful of dirt, a hat, a piece of clothing, furniture. Follow up by using any object at hand for striking a blow; or use the feet in offensive action. Once the aggressor has been momentarily stopped or disconcerted, a counterattack must be launched immediately.



STICK DEFENSE AGAINST KNIFE ATTACK

Defense II. Use a chair. The chair defense against a knife man is good, provided you have a chair handy. Grip it by the back and point the legs at your attacker. Advance toward him, making short jabs as you advance.

The principle involved here is the same as that used in lion taming. The knife man cannot possibly watch all four legs of the chair at once when they are moving. He becomes confused and is susceptible to blows from the feet, which can be directed towards his body in coordination with a thrust of the chair.

Defense III. Kick out the opponent's knee. When he is down, follow up with an attack on other parts of his body. Stamp on his knife hand when he goes down, or kick him in the ribs or the head. In some cases, a block of the thrust, followed by stamping on his shin or top of the foot, will suffice.

If you find yourself outnumbered and facing attackers who



KNEE KICK

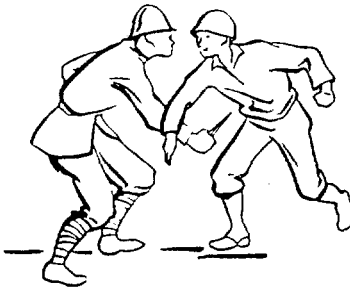
The kick to the knee is one of the best of the unarmed defenses. Note that the body of the kicker is bent back and is away out of range of the knife wielder. Delivered properly, with the element of surprise, the knee kick will stop any knife or club attack.

are apt to use knives, back into a corner and use your feet to keep them out of arm's reach. Never discount the value of the feet when facing an opponent who is unarmed, or armed with a club or a bladed weapon.

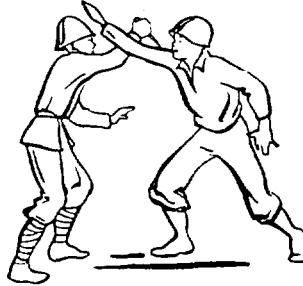
Defense IV. The parry is a good defense against the downward knife thrust. It diverts the initial direction of the thrust as it sweeps downward. This is better than the block defense, because the whole length of the arm can be used. By using the right arm to parry to the right, the hand holding the

THE "PARRY" KNIFE DEFENSE

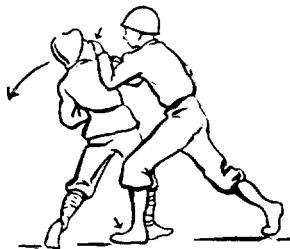
UPWARD THRUST



DOWNWARD THRUST



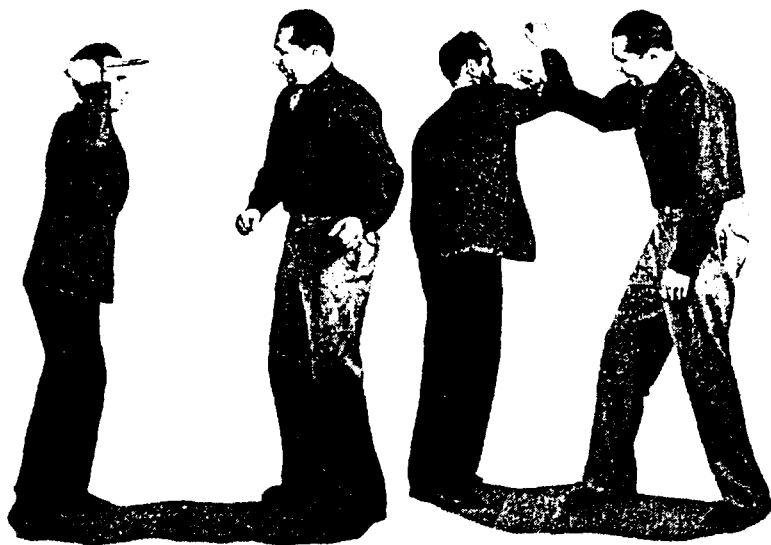
IN BOTH OF THESE DEFENSES DIVERT THE PATH OF THE KNIFE BLADE BY STRIKING THE KNIFE ARM TO ONE SIDE AWAY FROM THE BODY AREA.



AS SOON AS "PARRY" CONTACT WITH THE KNIFE ARM IS MADE, STEP IN FOR A TRIP AND A FACE BLOW, GRASPING THE KNIFE WRIST WITH THE RIGHT HAND, FINISH HIM WITH YOUR FEET.

knife will follow down along the outside of the body. Even in case the parry is not entirely successful, a flesh wound in a non-vital area will result. Here again, the defender takes advantage of the instinctive movement of thrusting his master hand above his head in order to protect himself from the downward blow. The only difference is that the movement of the right arm is a sweep to the right across the front of the body in place of a block. Conversely, one can parry the downward blow of a right-handed man, by using the left arm to parry to the outside; but in this case the chance is greater of the knife crashing through if the parry is unsuccessful. This is because the defender's body is directly facing the knife man; whereas when he uses his right arm, the trunk of his body is turned away from danger.

When you are faced with a knife held in the hand of an enemy for an upward thrust into your abdominal region,



PARRY DEFENSE

The parry defense can be used even after the downward motion of the knife arm has started. By using a sweeping motion with the right arm across the body and knocking the knife arm aside, so as to divert the path of the blow, the attack is foiled. The picture on the right above illustrates knocking aside the arm of the knife wielder by the parry method. The defender must step in toward the attacker the instant the path of the blade is diverted to the side, as shown. A trip, arm lock, or blow can be used as the follow-up.



Better knife defense, using the right hand and twisting the body so as to escape a blow if the grip misses.



Applying arm lock after grasping wrist in the right hand.



Arm parry of a . . .

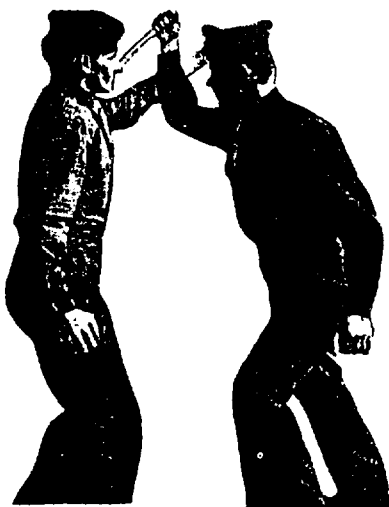


downward thrust

KNIFE PARRY AND ARM LOCK



Parrying an underhand thrust, using right, or master, arm.



Using the left hand to parry a right-handed thrust to the outside.

KNIFE PARRY (Continued)



· Usual knife defense, initiated with the left hand. Note the danger if the hand misses the wrist.

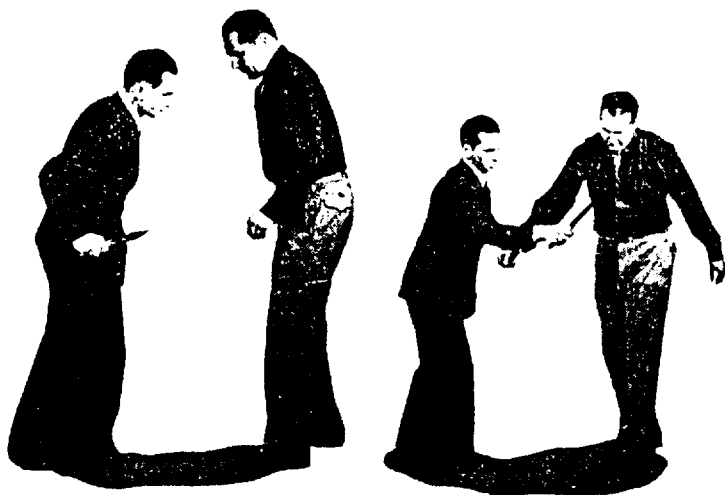
KNIFE PARRY (Continued)

the parry again is a good means of defense. The parry can be executed either with the right or left arm as follows. As the attacker makes an upward thrust, sweep your right arm across the front of your body and catch the upward moving knife arm on the outside of your arm. This will divert the direction of the thrust to your right, or outside, of your body. The left arm also may be used to parry the weapon to the right, but better timing is necessary if the left is used.

Any forceful cross sweep of the arm in any direction, such as in a parry, causes the body to pivot naturally out of line of the thrust. Once the parry or block has been successfully completed, you must move in close to your man and attack.

Defense V. The block knife defense. Almost all the knife defenses involve a block of the descending knife arm by grasping the wrist or by using the forearm. However, these do not take into account the extreme force of the downward thrust and its resulting momentum, which may cause the blade to crash through such a defense and penetrate a vital body area.

Arm Lock Defense. The most common knife defense is the one which utilizes a grip of the knife wrist by the left hand, followed by an arm lock. In this, the momentum of the knife



PARRY DEFENSE, UNDERHAND THRUST

An underhand thrust, shown above on the left, can be diverted by the parry—as well as the thrust of the attacker who strives to thrust from the arm-raised position. In this instance the right arm is brought across to knock the knife arm aside, as shown above on the right. Either arm can be used to parry, depending on which is the more instinctive action of the defender. Again the parry must be followed by closing in for the attack.

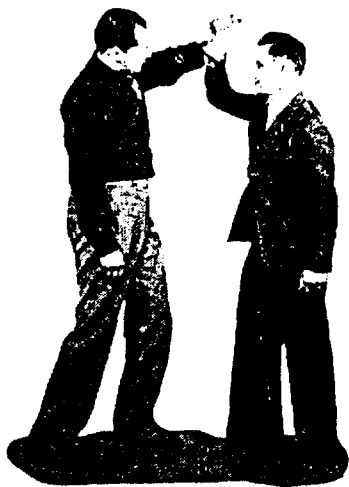
arm may crash through the thumb to the knife's objective. Another danger in using the common block-type defense—of grasping the knife wrist with the left hand—is that such a method depends upon good light and perfect timing to make possible a grip on the moving knife wrist. If the blow is sweeping down with great force and the recipient tries to grip the wrist in his left hand, the force directed toward the body area may be such that the thumb side of the gripping hand is liable to give way, thus allowing the thrust to continue toward its goal.

Block Defense. The block defense is best employed when the gripping hand grasps the knife wrist while it is still cocked above the head, prior to the time when the momentum of the downward thrust is initiated.

A block defense against the downward thrust, which is more certain to stop the momentum of the stroke is executed by crossing the arms and placing them above the head, with the body in a slight crouch, so that the arms are in the path

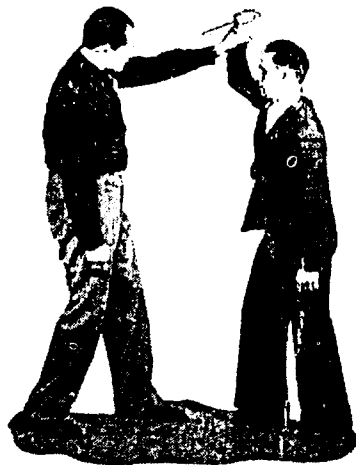
of the descending knife arm. An attack may be initiated when the knife arm is stopped. The same procedure is workable against the upward thrust to the mid-section. In this case, the body should be bent forward, so that the crossed arms divert the thrust away from the body. A straight block of the downward knife-thrust, by the forearm with the arm bent, is not advisable, since the momentum and power of the blow are usually sufficient to cause the elbow to bend and allow the blade to continue in its original direction. Block defenses are best used against individuals striving to strike overhead blows with clubs, and similar weapons.

The key factor in concluding an unarmed encounter with a knife wielder is immediate attack, moving in close to the attacker's body, once the thrust has been parried or blocked. If the knife man is allowed to withdraw and recover, the



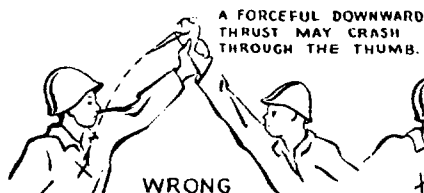
FOREARM BLOCK

If the club, or knife, arm can be grasped as shown, before the momentum of the downward sweep of the arm is started, this block knife defense will work. It can be followed by an arm lock, by using the right hand to reach up under the knife arm, grasping the knife wrist and pulling it back and down.



FOREARM BLOCK

This is another block defense, successful only before momentum is achieved. In this type of forearm block, as well as that illustrated in Block Knife Defense and Arm Lock, there is always the danger of a miss, which will allow the blade to penetrate the chest area. Poor light, surprise, speed of attack, and slow reflexes will always interfere with the one-hand or arm block type of knife defense.

BLOCK KNIFE DEFENSES**WRONG**

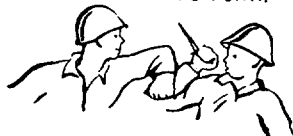
THE KNIFE ARM IS ALREADY IN MOTION WHEN THE BLOCK IS ATTEMPTED. THE MOMENTUM OF THE ARM MAY CAUSE YOU TO MISS THE WRIST GRIP.

**RIGHT**

KNIFE ARM BLOCKED BEFORE DOWNWARD THRUST COMMENCES. USE AN ARM LOCK FROM THIS POINT.

**WRONG**

A FORCEFUL DOWNWARD THRUST CANNOT ALWAYS BE STOPPED BY THIS BLOCK. THE KNIFE ARM MAY CRASH THROUGH INTO A VITAL BODY AREA.

**RIGHT**

BLOCK THE KNIFE WRIST WITH THE ARM BEFORE IT GETS INTO MOTION. THEN FOLLOW WITH AN ARM LOCK.



A DOUBLE ARM BLOCK CAN BE EFFECTIVE AGAINST A FORCEFUL DOWNWARD THRUST. IT MUST BE FOLLOWED IMMEDIATELY BY OFFENSIVE ACTION.

BLOCK DEFENSES ARE DANGEROUS IF THEY CANNOT BE APPLIED BEFORE THE KNIFE ARM HAS GAINED MOMENTUM FOR THE UPWARD OR DOWNWARD THRUST. THE SAME PRINCIPLES OF DEFENSE AND DANGER EXIST WHEN THE UPWARD KNIFE THRUST IS USED.

whole procedure will have to be repeated. Either type of knife defense, parry or block, involves a certain amount of risk. This risk can be decreased only by the increased proficiency achieved in practice.

Instruction in knife defense must be preceded by a thorough demonstration of the various types of knife attack. Afterwards, trainees may practice the techniques against one another. For this purpose rubber knives, wooden knives, or pup tent pegs, as issued in the Army, are ideal substitutes for knives.



KNIFE WRIST BLOCK

If the right hand is used to block the knife wrist, the follow-up can be as illustrated, retaining the grip on the knife wrist and using the left hand to knock the attacker backward to the ground. There the feet can be used to finish him off.

Training Aids

For training aids in knife tactics, see page 127.