



# City of Phoenix

Arizona

POLICE DEPARTMENT

ADDRESS ALL CORRESPONDENCE TO  
DAVE W. FOUNTAIN, CHIEF OF POLICE

March 18, 1939

Captain S. J. Jorgensen  
Jiu Jitsu Instructor  
Phoenix, Arizona

Dear Captain Jorgensen:

We, of the teachers' class, wish to express to you our deep appreciation of your untiring efforts spent in our behalf these past two weeks.

You, personally, and the Jiu Jitsu course which you offer and teach in practical police training, is something every officer in police work should know. Each of us shall remember you and the methods you have taught us will be used daily. As you well know, it will raise our efficiency in the department and no doubt be the stepping stone to a more educational program for Police Departments throughout the United States.

May we again offer our thanks and appreciation to a gentleman among men, whose heart and untiring efforts lie in a course of instruction that improves officers in their daily tasks which safeguard the many hazards they are required to meet.

In the hearts of the Phoenix Police Department, your memory will be cherished always.

Sincerely yours,

*George J. Jorgensen*  
*Sam Watson*

*Harry Morris*  
*Donald E. Farrell*  
*M. G. Harrison*  
*W. C. Thompson*  
*J. C. Biv*

*Wesley Carson*  
*Wm. Butler*  
*James PD*  
*Ed. Carabier*  
*Alfred J. Apple*  
*Dick Foxley*

Above is an unsolicited letter, signed by members of the Phoenix Police, who qualified as Jiu Jitsu instructors at the end of my teaching period there, lasting two weeks, in April 1939. In all, I taught 60 Police Officers during my stay, 48 of whom received 48 hours instruction each. Those who qualified as instructors received 96 hours each. They were divided into classes not to exceed 12 persons each, having 5 classes a day of two hours each, 4 days per week, which made a 40-hour week. In spite of the hard work of 10 hours in the gym each day, I surely enjoyed teaching this group of Police Officers, who later taught many others in their State, as well as in neighboring states, my methods of Jiu Jitsu. It is my understanding that the University of Arizona gives the instructors' course in Jiu Jitsu that I have developed. Instructors who have graduated have, in turn, taught others. The instructors at the U. were all graduates of my 1938 class, having received their diplomas from me upon completion of the course. Hundreds have received my American Jiu Jitsu Course from me directly or indirectly and are in our armed forces at present. The Allied Armed Forces employ my American Jiu Jitsu tricks in combat in fighting.



TELEPHONE  
4-1101

## THIRTY - SIX SECRET KNOCK - OUT BLOWS WITHOUT THE USE OF FISTS



COME ALONG  
GUN DISARMING  
KNIFE DISARMING  
NERVE PRESSURE POINTS  
DEATH BLOWS  
CHOKEHOLD BREAK

HEADLOCK BREAKS  
DANGEROUS APPROACH  
AGAINST ARMED PERSONS  
FEAR NO ONE  
16 LESSONS, WITH  
43 ILLUSTRATIONS

Copyrighted by S. J. Jorgensen

1933 and 1938

PRICE 25 CENTS PER COPY, POSTPAID

S. J. JORGENSEN

515 Third Avenue

Seattle, Washington

## FOREWORD

These sure knock-out blows can be effective and render a person unconscious without any injury to the hands of the person giving the blows and in most cases without even leaving a mark on the victim. Care should be used in practice so that you will not knock out your partner, in case you have one to practice on, which is desirable for real quickness and accuracy. Good practice can be had by standing in front of a mirror, placing your hands according to the instructions, using your own figure in the mirror as your opponent, like shadow boxing in front of a mirror.

On following page is a picture of Mr. S. J. Jorgensen, internationally famous Jiu-Jitsu instructor, who has taught American Police Jiu-Jitsu to units and detachments, as well as to individuals, of the U. S. Army, U. S. Navy, Marine Corps, National Guard and Coast Guard. Has also taught Police and Sheriffs throughout the United States. Has performed in the movies many times for the Paramount, Fox, Universal, Pathé, Metro Goldwyn-Mayer, and Educational, etc. system has been adopted by the world-famous Royal Canadian Northwest Mounted Police, as well as other leading Police Departments throughout the world. The men of the force—our own G-men, under J. Edgar Hoover, commander-in-chief—also receive Jiu-Jitsu instruction in their successful war against crime.

AMERICAN POLICE JIU-JITSU is copyrighted and published by Instructor Jorgensen and can only be obtained through him. By getting the American Police Jiu-Jitsu you get the real thing, as no one else can use that name or method. In looking through this folder please read the letters of comment by satisfied buyers of the AMERICAN POLICE JIU-JITSU book, printed on high-grade paper, with 155 photographs and illustrations. Also note the reproductions of newspaper clippings. The letters and clippings are just a few of the many hundreds we have on file from all parts of the world.

In addition to the above-described book, we have two more books listed farther back in this folder, both written by Instructor Jorgensen—one book on Shaking Down the Gussman, and the other on Come-Along Fields, both of which are sold at 50 cents each.

Regular courses of instruction have also been given to the R.O.T.C. of the U. S. Customs Inspection Service, as well as to the U. S. Immigration Border Patrol, wherein a number of instructors were developed so that they may teach this American Jiu-Jitsu to others in their outfits.

UNIVERSITY OF WASHINGTON  
School of Physical and Health Education  
Department of Men  
Seattle

April 14, 1942

Dear Sir:

Mr. Jorgensen has been teaching Jiu-Jitsu for the Police Department for the past eighteen years. During this time his services have been in demand by various civic and law-enforcement agencies throughout the country. Moreover he is greatly in demand for private instruction.

At the present time Mr. Jorgensen is teaching a course for advanced students in the Reserve Officers Training Corps at the University. Members of our staff are also taking the course, and they are in agreement that he is a very competent teacher.

I am firmly convinced that he is not only the outstanding teacher in this field but also has developed a type of course that is infinitely more practical from the standpoint of military needs.

(Signed) HENRY M. FOSTER  
Executive Officer  
School of Physical & Health Education  
Department for Men

HNH:GM

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**WARNING:** The text, cartoons and photographs in this booklet are copyrighted and reproduction is positively prohibited without the consent in writing of the publisher.



S. J. Jorgensen

S. J. Jorgensen with some of his 127 medals won for pistol shooting against some of the best shots in the world. Mr. Jorgensen, in addition to being a famous Jiu Jitsu instructor, author and publisher, is also a famous pistol shot. He has captured 67 gamblers, a murderer and more than 30 burglars and safe-crackers—and has never fired a shot at any of them to make the capture, for which he is justly proud. Mr. Jorgensen also has had the good fortune of saving the lives of 12 persons—3 from drowning and 10 gas victims.



## OFFENSIVE AND DEFENSIVE POSITIONS

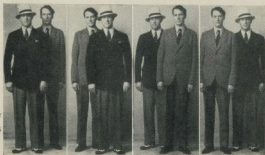


A1

A2

A3

A4



B1

B2

B3

B4

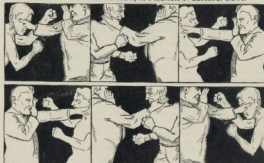
The eight photos above will show you eight different positions you may be in, when you would want to deliver a knock out blow. The man in the black coat (who happens to be the author) is on the defensive and the man in the grey suit is the attacker. By this illustration you can easily place yourself in the position of defence.

These Knockout Blows and little folder have been compiled at a great expense, and you can readily see that 25 cents could not begin to pay for the cost of printing, mailing, advertising, artwork, etc. Anything we offer for sale in this book is absolutely guaranteed, so please do not hesitate in giving us an order. In that manner it will kind of help us to make up for the great expense in

## KNOCKOUT BLOWS WITHOUT THE USE OF FISTS



The above illustrations marked by X's indicate 14 knockout blows.



The 14 knockout blows above are further illustrated on pages 6, 8 and 10. They are all that any person need know to effectively defend himself. So you should pay most attention to them.

placing this valuable K.O. folder in your hands. The author most sincerely hopes that the owner of this folder is a law-abiding citizen, and that you will use the tricks herein given for defensive purposes only. If each and every person knew how to defend himself there would be far less crimes in the world today; so it is with that in mind that I have compiled this little folder at such a small cost to you, that it may be easier for you to obtain the knowledge on how to defend yourself and loved ones when called upon to do so.

Thanking you for this order,

Sincerely, S. J. JORGENSEN.

P.S.—If you like this Knock-Out Course please tell others.

# KNOCKOUT BLOWS WITHOUT THE USE OF FISTS



16

17

18

When facing a person from whom you anticipate trouble, hold your arms across your body as in picture 16. Do not fold your arms, but keep both hands open with fingers extended. The elbow of your right arm rests on the back of your left hand and the right hand lies on the left upper arm near the elbow.

From this position you can move your hands very fast, and your arms form a protection for your solar plexus.

In picture 16, you also see where a blow for the left side of the jaw is being started. To parry this, raise your right hand quickly to the left side of your face as in picture 17, with palm up and the back of the hand against the side of your face. At the same time, strike out with your left arm, hand extended and rigid, aiming at the left side of his jaw, striking him there with the edge of your hand as in picture 17.

This should knock him out, but if your blow was a glancing one, and merely jarred him a bit, you are in an excellent position to give him another blow with the edge of your right hand, striking his neck as in picture 18. This blow is struck with the hand held palm up.

The blow to the neck just below the ear, is a knockout.

Another knockout blow can be struck by hitting him on the temple.

The reason for bringing your right hand across to the left side of your face is that it's better to take the blow with your hand than on your chin in case he made connection.

April 15, 1942

## TO WHOM IT MAY CONCERN:

For the past eighteen years Officer Jorgensen has been an instructor of Jiu-Jitsu and in this work has achieved recognition for his ability not only in Seattle, but in law enforcement circles in many cities throughout the country where he has resided.

Those associated with Officer Jorgensen in his work, as well as his neighbors and friends in the community, regard him as a most capable man of good moral character.

His qualifications should enable him to render a real contribution to the training of our armed forces and I am glad to recommend him for your consideration.

Sincerely yours,

(Signed) ARTHUR B. LANGLEY  
Governor of Washington

ABL:L

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# KNOCKOUT BLOWS WITHOUT THE USE OF FISTS



19

20

21

In pictures 19, 20 and 21 we have some "knock-out" blows shown when a person is attacked close in. Picture 19 shows your assailant starting a blow for your jaw with his left hand.

As you have been expecting possible trouble, you are standing in the position shown in picture 19.

It is purely a defensive position and a strong one, as you can move very quickly. As he starts his swing, raise your left hand across to the right side of your jaw, palm out. Your hand will catch his fist. At the same time hit him in the solar plexus with the edge of your right hand, the hand being held rigid, as in picture 20.

This movement can be made in a flash, faster than the eye can follow it. He will drop his hands after being struck in the "breadbasket," and he should go down and out. But if he isn't disabled he is in a very excellent position for another blow with the edge of your left hand, striking his throat squarely. The hand is held rigid as in picture 21.

You can also strike, if you like, for the point of the chin, or the upper lip, just below the nose; or at the top of the nose just below the eyebrows. These are also "knock-out" blows.

If your assailant uses his other hand in striking, reverse the instructions.

U. S. DEPARTMENT OF JUSTICE  
IMMIGRATION AND NATURALIZATION SERVICE  
Seattle, Washington

August 7, 1942

## TO WHOM IT MAY CONCERN:

This is to advise that Officer S. J. Jorgensen of the Seattle Police Department has been well and favorably known to the writer and to the Immigration officers here stationed for the last several years. He has conducted classes for their benefit in moderated police Jiu-Jitsu, and a number of Immigration officers have qualified under his tutelage as instructors.

It is my well-considered judgment that he would be a most valuable man as an instructor for our armed forces in that means of defense and offense.

Respectfully,

(Signed) R. P. BONHAM,  
District Director,  
Seattle District.

THIS IS A CERTIFIED COPY OF THE ORIGINAL LETTER ON FILE HERE

## KNOCKOUT BLOWS WITHOUT THE USE OF FISTS



22

23

24

In 22, 23 and 24 the officer is being attacked. The assailant is attempting to run his head into the officer's midsection and at the same time is grabbing with both hands behind the knees, intending to push the officer over backwards.

Having his head low at the same time he is charging, it is difficult to reach him with any of the knock-out blows previously shown. As he comes in, check his speed by placing your left hand on his right shoulder and at the same time come down with a sharp hook of your right forearm, hitting him with the edge of your hand, held rigid, over his right kidney, as in picture 22.

This blow will render your attacker helpless. Or a blow for his left kidney, just reverse the directions, as shown in picture 23. If you can stop him before he gets too close to you, simply strike him with the edge of your right hand, held rigid, as in picture 24, stopping him with your left hand on his right shoulder.

This knock-out blow is given at the base of the brain, and is a dangerous one to administer. It should not be given except when absolutely necessary for your self-protection.

There is another blow about four inches from the base of the brain that is not so dangerous to use and it will be just as effective in rendering your attacker helpless. In fact any blow from the base of the brain and four or five inches down the spine will "put them to sleep."

In striking with the edge of your hand, always use the edge of the palm, not the little finger.

### LETTERS OF COMMENT FROM SATISFIED BUYERS

De Bois, Penna.

Dear Mr. Jorgenson:

Having at hand your excellent treatment of the art of American Police Jiu-Jitsu, I must confess it is the best I have ever seen.

JOSEPH LAVERY,  
Farmville, Va.

Dear Sir:

I can also freely state that your book on American Police Jiu-Jitsu is one of the best investments I have ever made. It wasn't hard to master, I'm fully satisfied.

L. F. GRIFFIN.

## MIRROR SHADOW PRACTICE FOR KNOCKOUTS



170

171



172

173

Mirror shadow practice is on the same order as that of shadow boxing, and is very desirable for quickness and accuracy, which you will obtain very rapidly in this manner. Figure 170 gives you the starting position. See 16 on page 6. In Figure 171 imagine that some one is about to strike you with his right hand to your left chin. Raise your right hand to your left chin for possible protection against his fist, and at the same time make a pass for your own chin in the mirror. (That is the way your opponent would face you.) With your left hand held rigid palm down, as in Figure 172, you imagine someone is about to strike your right chin. Raise your left hand and strike with a downward circular swing of your right hand to side of your neck in mirror. In Figure 173 imagine again a blow to your left face. Place your right hand at left side of your face palm out, and at the same time strike with edge of your left hand palm down to the temple in the mirror. A little more to the side than this picture shows.

### LETTERS OF COMMENT FROM SATISFIED BUYERS

Toronto, Ont., Can.

Dear Sir:

I have just received your book. I have read it through, and found it perfect and real educational and want to thank you for it now.

MR. JAMES PHILPOTT.

## JAPANESE THUMB PRESSURE



159

160

161

In 159, grab the lapels of the coat with both hands, palms down, your fingers on inside of coat collar, your elbows bent. In 160, you place your thumbs, held rigid, on his neck, your elbows still bent. In 161, press thumb in to the neck or under ears, at the same time straightening out your arms at the elbows. He will immediately release any hold that he may have had on you. It is a knockout!



162

163

164

## JAPANESE CHOKE HOLD

In 162 grasp lapels of coat with both hands, palms up, arms crossed, elbows straight. In 163, close your hand around coat collar firmly. In 164, cross your arms across his neck, bending your elbows, and drawing him closer to you. This will quickly render him unconscious, as the bloodstream to his brain is shut off and his breathing stopped.

Dear Sir:

I can freely state that your book is one of the best investments I have ever made. I have learned more from your book in a week than I know would take me years to learn, by just plugging along, tramping my beat.

H. R. MAUGHAN.

High Point, N. C.

Dear Sir:

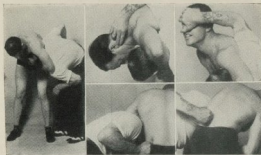
These letters are good proof of your police Jiu-Jitsu. I am interested in your course and I am going to send one dollar for your course as soon as possible. I am sending your letters back by return mail so others may gain proof by them.

Page Ten

## HEADLOCK BREAKS

155

156



154

157

158

In picture 154 we see where a headlock has been applied and our desire is to break that hold. In 155 place one finger, preferably the long finger of your right hand, behind the man's ear, hold finger rigid and shove in at a 45 degree angle towards his brain. The force of this can be regulated according to your desire. It is a sure knockout if you wish to make it so. However, if you just want to break the hold, just apply the pressure required to do so. It is very effective.

In picture 156, reach over and get a hold on his nose with your thumb and pull back quickly or slowly according to your desire. It is a honey. The picture speaks for itself.

In 157, place your thumb, held rigid, in spot showing, shove in 45 degree angle and up toward center of his body, use a quick hard but short shove. It will take a little practice to find the right spot. It is just below the short rib and about four to five inches from the spine, according to the size of your man.

In picture 158, clinch your fist, place your knuckles on his spine, rub hard up and down his spine, and he will release you. Work from either right or left side.

If the headlock was applied on you from the other side, follow the same instructions, but use your left hand instead of your right, attacking him on his right side. The result will be the same—an immediate release.

Oldham, Lancs, England.

Dear Sir:

I have today received your book on Jiu-Jitsu, and I am sure of what I have seen of it so far, it will be very useful. I belong to a British Jiu-Jitsu Society, which is very expensive, but I am sure I should have gained more knowledge from your book. I will show your book to my friends.

R. OWENS.

Pasadena, Calif.

Dear Mr. Jorgensen:

A friend of mine was talking to me about you the other day, in connection with some Jiu-Jitsu lessons he is getting at Pasadena Police Headquarters. Seems they have a high regard for your ability.

S. A. BOSTWICK.

Page Eleven



THE MARINES, as usual, "have the situation well in hand." Here Capt. Donald G. Ogilvie of the United States Marine Corps is demonstrating how to disarm two men simultaneously, one armed with a knife, the other with a pistol. Local Marines, under Captain Ogilvie, have been receiving courses of instruction in American Jiu-Jitsu, as taught by Patrolman S. J. Jorgensen of the Seattle Police Department. Local Marines, acting as instructors, will teach three methods of self-defense to Marines throughout the world. Patrolman Jorgensen, in shirt sleeves and suspenders, third from the left in the background, is an interested onlooker as his pupil shows how it is done.

<p><b>Policemen Demonstrate Jiu Jitsu Methods</b></p> <p>Police Officer John E. Brown and other members of the city and other police officers of the city are demonstrating the art of Jiu Jitsu.</p>	<p><b>Salt Lake Police, Jiu Jitsu Adepts, Give Exhibition</b></p> <p>Seventy-five members of the</p>	<p><b>Police Department to See Jiu Jitsu</b></p> <p>Seventy police department members have requested by Salt-</p>
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The picture above is a reproduction of a newspaper clipping from the Seattle Daily Times, taken in the fall of 1933, during a training and instruction period given to a special detail of the U. S. Marines by Police Officer S. J. Jorgensen, Jiu Jitsu Instructor of the Seattle Police Department. Several of the Marines qualified as Jiu-Jitsu instructors, who in turn, were to teach other Marines throughout the world.

Instructor Jorgensen is justly proud of having had the opportunity to teach his skill to our splendid Soldiers of the Sea, who have always given such a good account of themselves, both in times of peace or at war.



Soldiers being trained for military police duty in Pacific Coast cities are receiving Jujitsu lessons from Police Sgt. S. J. Jorgensen, veteran expert of the Seattle Police Department. Two soldiers pupils demonstrate their lessons to fellow soldiers, while Sergeant Jorgensen looks on. The soldier in mid-air is learning what may happen to anyone who attempts to attack a guard from behind.

The above photograph is a reproduction of a newspaper clipping from the Seattle Daily Times, taken June 17, 1941, at Fort Lawton, Seattle, Washington, while Police Officer S. J. Jorgensen, instructor and author of American Jiu Jitsu, was teaching the 711th Battalion of the Military Police his scientific methods on how to be a winner in clean or dirty fighting or against foot attack or attack by gun, knife or club; also how to subdue and hold prisoners with ease regardless of how strong they may be. Several Captains and Lieutenants, together with a large number of enlisted men, qualified as instructors for the purpose of teaching this method to others in the Army. The course of instruction covered a period of about two months.

### THREE METHODS OF ATTACK



97



109



103

If you were being approached by a ruffian as in picture 97, you could very easily render him both helpless and unconscious—if you only knew how—before he had even a chance to make any connection with your face or body, although as shown in the illustration he would apparently have the advantage over you.

In Picture 109, you see a man attacking an officer from behind, his arms and hands are around the officer's body under his arms. He intends to throw the officer to the ground. Now, if you were attacked in this manner how could you successfully defend yourself? Well—the story is simple. It is told in our course of **AMERICAN POLICE JIU-JITSU**.

No. 103. A man cowardly attacks you from the rear, placing his forearms around your neck, pressing in with both hands to render you unconscious and throw you to the ground. A quick move, such as is shown in this modern art of self defense, and you can render your attacker unconscious and maybe ever kill him.

It should be understood right here that in any and all methods of self defense described in **AMERICAN POLICE JIU-JITSU** the size and strength of the man on the defensive is immaterial. **SIZE AND STRENGTH HAVE NOTHING TO DO WITH IT WHATSOEVER.** In fact a man who is much smaller and much weaker than even the average person can very successfully defend himself against a man much bigger and many times stronger than himself and need have no fear of guns, clubs, knives or ruffians who pick him out as an easy mark. Knowing what to do, when and how to do it, are important features of this system of **AMERICAN POLICE JIU-JITSU**.

#### LETTERS OF COMMENT FROM SATISFIED BUYERS

Dear Sir:

San Salito, Calif.

I would like to know if you still put out the books on American Jiu-Jitsu. I had one but lost it. I think they are a wonderful book and the way you describe everything is perfect. I don't want to be without one so let me know and I will by return mail send you a money order for same. I thank you.

JAS. MCGOWAN.

Dear Sir:

San Salito, Calif.

Enclosing \$1.00 bill please send to E. Tovan, Police Dept., Santa Rosa, one book of your Jiu-Jitsu. Give this prompt attention and it probably means more sales. I have been in the Police Gazette for some time and I think your book is a wonderful lot of good advice, therefore, I am a good salesman for you.

JAS. MCGOWAN.

### THREE METHODS OF ATTACK



25



37



28

Picture yourself as illustrated in No. 25, being attacked by a man with a club. Would you know how to defend yourself if you were in that position?

Also, picture yourself in No. 37, being attacked by a man with a knife. Could you disarm this man without harm to yourself?

If you were being attacked as in No. 28 with a knife in the manner shown, would you be able to defend yourself and disarm this thug?

These and many other methods of defense are shown in our full course of **AMERICAN POLICE JIU-JITSU**, written by S. J. Jorgensen, internationally known police instructor. Mr. Jorgensen has been Jiu-Jitsu instructor of the Seattle Police Department for many years. He has also been sent to other leading cities throughout the country to teach his method to their police departments. This book of instructions is the result of years of study and practice and experience in dealing with dangerous armed criminals and in subduing violent and determined persons with ease and without permanent injury to those subdued, yet with absolute safety to the party on the defensive. **YOU OWE IT TO YOURSELF** and loved ones to read this booklet from cover to cover. You will find many things of interest to you, things that any law-abiding citizen should know about defending himself or friends. In fact, this may even be the means of protecting your life or property at some future date.

Dear Sir:

Brooklyn, N. Y.

Received the course a week ago and it is even better than I expected. I recently had a desire to study Jiu-Jitsu as a defensive science but was unable to even buy any book on this subject. Just by looking your course over I can see it will be most beneficial in some time to come. It is my belief that the science of Jiu-Jitsu is far greater than boxing or any means of self defense. It is faster and you waste no time. More success to you in the future.

MR. FRED SERRA.

A full course, 56 lessons on American Police Jiu-Jitsu, postpaid \$1.00.  
Full details on Page 29



72

85

82

In Picture 72, we see again a dangerous and cowardly man sneaking up behind his prey, threatening him with instant death if he makes any move. This is a very, very dangerous position to be in, if you do not know how to defend yourself, but it becomes very simple under our clearly understood directions. You could disarm this man quicker than your assailant would be able to pull the trigger.

Illustration No. 85 shows a thug holding up his victim at a respectable distance, say four or five feet. His object is to be far enough away from his victim so that he cannot be disarmed, but this is where Mr. Cowardly Bandit is badly fooled, because our system includes a method of disarming a man of this type and position.

Picture yourself being disarmed if you are an officer or having your pockets picked from the rear, as in Illustration No. 82, holding his gun far away out of reach. Even this bandit can be quickly disarmed by methods shown in our book with 155 illustrations.

Many and many a time a victim submits to attack and robbery, only to be struck over the head with the robber's gun. Even though the victim may be old, he has been knocked down by thugs even after they have got all they were after, so you can see that you are never really safe even after you have submitted to robbery, for a man of that character has no principles of any kind and a life does not mean anything to him. IT IS IMPORTANT that YOU should know how to protect yourself and loved ones against these cowardly and dangerous criminals.

Los Angeles, Calif.

Dear Sir:

I have already sent for one of your books before, but I lost it. Finding it such valuable information I am sending for another. I have enclosed the dollar bill.

MR. ROSS CABERN,

Erie, Pa.

Dear Mr. Jorgensen:

I have heard a great deal from a friend with reference to the value of your system of American Police Jiu-Jitsu and I am, therefore, enclosing stamps in the amount of One Dollar to cover the purchase price of your book on the subject.

I feel sure that it will live up to my expectations and I would appreciate an early mailing of same to me.

R. C. EISER.

Page Sixteen



POLICE DEPARTMENT — CITY OF SEATTLE, WASHINGTON

April 22, 1942

TO WHOM IT MAY CONCERN:

It is my understanding that Officer S. J. Jorgensen of this Department and men of his ability and qualifications have a very definite place in the armed forces of our nation at this time.

Officer Jorgensen, honorably discharged from the military service, entered the Seattle Police Department in January 1920 and has been on active duty since with a record of faithful and honorable service. Shortly after becoming a member of the force he became interested in Jiu Jitsu and other methods of self-defense and, by earnest endeavor, has become adept in this art and other means of self-protection and handling dangerous persons. He has published books on this subject and has instructed many officers in various law enforcement

Page Seventeen

agencies throughout the country. For many years he has been in constant demand to appear before clubs and various civic organizations and always responded even though these engagements, in most cases, were filled while off duty.

Officer Jorgensen is also one of the best pistol shots on our force. He is thoroughly familiar with the proper care and handling of small firearms and at one time was firearms instructor for the department.

Respectfully yours,

(Signed) H. D. KIMSEY,

Chief of Police.

K:m

THIS IS A CERTIFIED COPY OF THE ORIGINAL LETTER ON FILE HERE



## Official Police Jiu-Jitsu Featuring Shaking Down the Gunman

Our new course will show you a safe and sound method of approach and shake down of suspicious or armed persons, so that regardless of how much jiu-jitsu you suspect may know or how much he knows of gun disarming, he cannot disarm you. This method has been developed after 19 years' experience as a police officer, dealing with many dangerous characters. The author has captured 67 gunmen, many of whom were murderers or would-be murderers, and he has not yet been forced to shoot anyone.

This new book also shows how to handcuff one or more persons without them being able to turn to hurt or disarm you. Also, a very good way to stop cars to search the occupants so they cannot escape or pull guns on you or hurt you in any way. Also, how you can remove any resisting, stubborn, violent or drunken driver from behind the steering wheel of a car with less effort on your part than it takes to handle an eight-year-old child. This course contains close to 50 photographic illustrations, written so that it is clearly understood, printed on high grade paper, priced at **50c Postpaid**

## WRONG METHOD OF SHAKEDOWN

(Study the pictures on next page and note the danger to the officer.)

There are many wrong methods of searching criminal suspects. In pictures 130, 131, 132, we have an officer approaching and searching a suspect from the front with a good chance that the officer may get knocked out.

In picture 130, the officer places his hands over the suspect's hip pockets, feeling for a concealed weapon and thus lays himself open to a knee-kick to the crotch.

In picture 131, the officer feels under the armpits or in the side coat pockets for a gun and lays himself open to a right or left hook to the chin.

In picture 132, the officer feels along the thigh and trouser legs for concealed weapons and lays himself open to the rabbit punch at the base of the brain, which is another sure knockout blow.

Pictures 133, 134, 135, illustrate wrong methods of approach and search from the rear. Many a good officer and citizen has lost his life thru wrong methods of shaking down armed criminals.

In 133, we see the officer searching the suspect's hip pockets for concealed weapons. The suspect, with his hands above his head, is in position to deal a solid blow with his elbow to the officer's jaw.

In 134, as the officer searches the trouser legs, he is apt to be knocked out by the rabbit punch.

In 135, the officer stands behind and searches under the armpits for a gun. He is wide open for a kick to the crotch—and you know what that means.

Page Eighteen

## WRONG METHOD OF SHAKE DOWN



130

131

132



133

134

135

**WARNING:** Never approach a man in the manner shown in pictures above. Many police officers have lost their lives in so doing.

ROYAL CANADIAN MOUNTED POLICE  
Office of the Commissioner

Dear Sir:

I am today ordering 12 copies of this book for use in the Force through the King's Printer, Department of Public Printing and Stationery, which is the government source for obtaining volumes of this nature, and you will no doubt receive an order for that number direct from the King's Printer within the course of the next week or so.

Thanking you for your courtesy in this matter.

J. H. MacBRIEN, Commissioner.

Page Nineteen



22

23

24

On Page 18, we have another dandy hold, that will make anyone come along regardless of whatever size or strength he may possess. Let us look at picture 22. We assume that you are the officer applying the hold. As you stand along side of your man slip your three last fingers of your right hand in between his four fingers of his left hand from the inside of his hand, grasping a firm hold with those three fingers and your thumb around his two fingers, as shown in same picture, No. 22. Your thumb is held rather rigid, pointed to the third joint on the man's last two fingers, your index finger is merely extended inside the palm of his hand.

NEXT, in picture 23, you bend his arm at the elbow, drawing his elbow up under your armpit, bending his two outside fingers backward, still pressing your thumb against the third joint on those two outside fingers.

In Picture 24, you merely bend his fingers farther back to inflict the punishment desired to subdue and unbalance him on this hold, as well as on other come-along holds. Keep your man unbalanced at all times by always applying pressure or leverage on your holds to keep your man helpless at the hurting point.

P. S. You can see this hold is executed with but one hand, which can be done easily after you become familiar with the workings of the hold. However, to begin with it is better to place your left hand on his biceps to help press his elbow in under the armpit.

HARTIN, N. D.

Dear Sir:

Received your course on "American Police Jiu-Jitsu." And am more than pleased with it. It is well worth the small price you ask for it. Would not sell my book for three times as much. Thanking you for your prompt and courteous attention which you gave my order.

FRANK A. SCHINKE,

Norwalk, Conn.

Dear Sir:

Sometime ago I purchased from you a book on the American Art of Jiu-Jitsu and wish to advise that I was very much pleased with the information contained therein and recommended it very highly to my friends.

HERMAN TSCHILSKE.



## Official Police Jiu - Jitsu

### Featuring

## Come - Along Holds

A new course in safe come-along holds consisting of a large number of holds with close to 50 large photographic illustrations, showing how to subdue with ease, persons many times stronger than yourself, even if they may be violent, drunk or demented. Written in language easily understood.

This new course should be in the possession of every law-abiding citizen, as well as all law-enforcing officers. Ask yourself this question: How can any person protect someone else if he cannot defend himself? You may be a good all-around man, but in studying this course, you will really see that it is science and not strength that counts nowadays. Anyway, this course will make a good man, a much better one. Be up-to-date in your defense against the bullies. Be among the first to obtain the latest secrets in OFFICIAL POLICE JIU JITSU, by S. J. Jorgensen, the most famous Jiu-Jitsu instructor in the world today. The course on Come-Along Holds is only

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## MASTERING THE PISTOL

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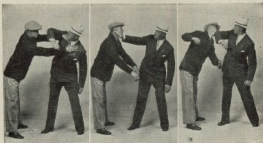
While Mr. Fisher provides for the learner's requirements, he does not slight the expert and the instructor. His method of treating each fault is a separate chapter, also enables the experienced shot to go directly to his individual problem.

\$2.25 PER COPY

## GUN CARE and REPAIR

Everything about the care, repair, alteration and decoration of firearms; the use of tools and the employment of scrap materials. By the author of "Gun-Collecting."

Charles Edward Chapel



121

122

123

Try above sample lesson on a friend and see for yourself how easy it is to master. Go slow a few times at first, then speed up. Of course, be careful not to knock out your partner in this practice.

If you were being choked, prepare to defend yourself by stepping back with your left foot and raise your right hand arm, arm over the attacker's left lower arm, while you also turn your body to the left, picture 121.

The man is now off his balance and his hold on your throat is broken. Look at picture 122 and you will see that you have come back with a vicious swing of your right arm, striking him on the right side of the jaw with the edge of your right hand, which you hold rigid like a club.

If you hit him alongside of the neck or temple, the blow will be just as effective. All are knockouts. Or, if he loses his balance and falls forward, you can come up with your right elbow, closing your hand to make it a harder blow and hit him on the point of the chin, picture 123. Mr. Neisence will fold up like an accordion and go to sleep.

## LETTERS OF COMMENT FROM SATISFIED BUYERS

Ponca City, Okla.

Dear Sir:

Please send me two of your books on American Police Jiu-Jitsu as I have two friends who have seen mine and want one also. Please send me one of your 15-cent booklets, as I want to give it to another friend. I have spent 21 years as an officer and I think your book the best I ever saw. Please rush these to me C.O.D. at once.

LEO W. DE CORDOVA.

Dear Sir:

Received your book some days ago. It will take up too much space to tell you how elated I was after studying your illustrations. I didn't realize there existed such simple, sure, and easy way of self-protection, and the nice part of it is, it won't hurt your hand, in applying it and won't hurt the other fellow very seriously. Thanking you again,

W. R. HYATT.

A full course of 50 lessons on American Police Jiu Jitsu, postpaid, \$1.00. Full Details on Page 29.



## NEWS COMMENT

Above is a reproduction of a few of the more than 400 newspaper comments that have appeared at various times throughout United States and Canada, Mexico and Europe, commenting on S. J. Jorgensen's American Jiu-Jitsu Methods.

A full course of 50 lessons on American Police Jiu-Jitsu, postpaid \$1.00. Full details on Page 29

If a gun were pressed against your stomach, as in Illustration A, in this lesson on gun disarming, the gunman's command might be something like this, "Stay where you are, and don't make a move, or I will kill you." He may even be out of your reach when he gives the command, having the gun pointed right at you, having caught you by surprise or having beat you to the draw if you had a gun yourself. The most sensible thing to do at that moment appears to be to obey his command, for at least the time being. Your chance to act will come when he pokes the gun in your stomach. Take another look at Illustration A.



Now, we will look at Illustration B. Come up with your left hand, palm up, your thumb spread apart from the rest of your hand, reaching up from under his gun, grabbing it firmly around the barrel. At the same instant you get this hold, bend his gun outward and backward, very sharply, toward his wrist. At the same time, hit with a sharp blow, with the inside edge of your lower right arm or wrist (which forms a sharp striking edge), on his lower inside right arm at a point from three to six inches above his wrist. The blow will paralyze his arm and the gun will drop from his grasp immediately upon the delivery of the blow. You will be holding his gun by the barrel, in your left hand.



We will now move to Illustration C. Holding the gun in your left hand by the barrel, you now turn the grip of the gun toward your right hand, placing the gun in your right hand, at the same time step back with your right foot, as in Illustration C. In that manner you will yourself be out of reach of the gunman so that if he should know some disarming tricks himself he cannot possibly retake the gun from you. You could now use his own gun against him if you desire to do so.

In Illustration D we have a close-up view of the first move you made in Illustration B, both hands must move simultaneously for the best results.



and finishing movement for complete disarming and possession of your enemy's gun.

P.S.—If you desire, you can disarm this gunman by grabbing his gun with your left hand alone — note the instructor's left hand in Illustration D and again at Illustration E. This operation with your left hand alone will also give you possession of his gun, or, if you only use your right hand hit his right arm with your right arm in the manner previously described; he will be obliged to drop the gun out of his



hand to the ground. Note where the instructor's right arm hits in Illustration B and D. If the gun you wish to take has a very short barrel it is very desirable that you use the last method just mentioned, as you would not be able to get a hold on a gun barrel with your left hand if it were very short. Remember, in this you hit with your right, with no help from your left hand at all.



## SAMPLE LESSON ON KNIFE DISARMING

In Illustration A, we see a man about to stab his intended victim with a knife, the knife held in his right hand, coming from anywhere about his shoulder or overhead. His intent is to make a stab for the head, shoulder, neck, face or chest with a vicious downward thrust. (This lesson also applies in case of a bayonet held in the same manner.)

Illustration B: Cross both of your arms at the wrists, extend your arms at the elbows, holding them rigid as you stop the knifeman's downward thrust at his wrist, which is now stopped firmly in the V-shape formed by your crossed and outstretched hands and arms.

Illustration C: We have a close-up of the approximate position that the

B



three hands should be in at the time you have blocked this downward stab. Note B and C—how free you are from the point and cutting edge of that knife. Also, note that the instructor's left hand is nearest to the attacker. The proper placing of your hands is very important for the best results.

Illustration D: Now make a complete right turn, pivot on your right foot, which is best done on the ball of

A



your foot, placing your left foot firmly on the ground. When you have made this turn so that you are in a well-balanced position, your back is toward the knife-man, your arms are still held extended and crossed when starting this right turn and as you are making the turn you uncross your wrists and open your hands and grab a hold of your opponent's wrist with both of your hands, which should by now fit

C



## SAMPLE LESSON ON KNIFE DISARMING

about perfectly.

Illustration E: We have a close-up and further instructions about this wrist hold. Note in this picture that your four fingers of each hand are grasping a firm hold on the inside wrist of the knife-man's hand, while both of your thumbs are grasping on and around the outside wrist of the knife-man's hand—all of that time the knife never touches you any place.

Illustration F: Now you are standing firm and well balanced on your feet and with a good grip with both of your hands on the knife-man's wrist. Now pull his forearm down with a sharp, quick, vicious jerk, his elbow hitting your left shoulder, which you brace upward as you pull his arm downward. His arm will be very roughly broken at the elbow and, of course, your attacker rendered helpless and subdued.

P.S.—The foregoing instructions are for a person favoring using his left

E



shoulder to break the arm over. However, there are just as many people who favor their right shoulder. If the right shoulder is favored, then place your right hand toward your attacker, instead of your left hand. See Illustrations B and C. Now you will turn to the left, instead of to the right as in Illustrations D and F, and after the turn is complete you will have to break his arm over your right shoulder, instead of the left as in Illustration F.

It does not make any difference whether the knife-man is stabbing with the right or left hand, you can

D



use either your right or left shoulder for the breaking of the arm.

F



# HONOR JIUJITSU EXPERT



Boris Andreassen, 21-year-old Coast Guardsman, receiving a jujitsu diploma from Mayor Charles L. Smith. Andreassen is now a fully qualified teacher of this form of wrestling. Left to right: Patrolman S. J. Jorgensen, Police Department Jujitsu expert; Mayor Smith, Comdr. M. J. Ryan, Coast Guard chief of staff, and Andreassen, who will teach jujitsu to Coast Guardsmen. The presentation was made in the mayor's office.

The above picture is a reproduction of a newspaper clipping which appeared in the Seattle Daily Times on September 5, 1932. This gentleman is now a Chief Petty Officer and is one of the most able instructors anywhere. He trained with me about four times a week, two hours each time, for about four months. In addition to being an excellent Jiu Jitsu instructor, he is also a very good wrestler, a nice fellow personally—but he is a mean man to meet if he is on the warpath.

## AMERICAN POLICE JIU-JITSU

By S. J. JORGENSEN

*The world's most famous Police  
Jiu Jitsu Instructor*



This book contains a complete course of more than 50 lessons with 155 photographic illustrations—the same course that is being taught to police officers throughout the world today. It shows how to defend yourself against any kind of foul attack from violent or demented persons, whether they be armed with knife, gun, or club. Size or strength means nothing—knowing how is what counts!

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Send \$1.00 cash, check or money order, and we pay the postage, or mailed C.O.D., in United States only, which is 20 cents extra for post office charges. Money back guarantee! If not entirely satisfied, return book in good condition within three days of receipt of same, and we will refund your dollar. We ask you no questions. You are the judge.

***The bigger they are, the harder they fall***

Know American Police Jiu Jitsu, and fear no one.

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Don't let the tough guys bluff you.

**BE SCIENTIFIC**

**S. J. JORGENSEN**

515 Third Avenue

Seattle, Wash.

Dear Sir:

Dartmouth Beach, Fla.

I have just received the book and am very pleased with it. I did not imagine that it would be in such an excellent book-form with such perfect photographs. The book is all that it is advertised to be, and I am completely satisfied with it. I can hardly wait to try some of those tricks out on my mother-in-law.

Dear Sir and Friend:

**FRED ANSORGE**

Hagerstown, Md.

Just received your book on American Police Jiu-Jitsu and am highly pleased with same and have already started teaching our Police Department on this method of disarming and subduing wild and unruly armed persons.

**CAPT. GUS SONNENBURG**  
Physical Instructor, Police Dept.