

HOW TO USE
Jiu Jitsu

for men and women



Army-tested methods of self-defense

Learn how to protect yourself against an assailant
of superior strength, in any emergency

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JIU JITSU

**ARMY-TESTED METHODS OF SELF-DEFENSE
FOR MEN AND WOMEN**

Learn to protect yourself against an assailant
of superior strength, in any emergency.

BY

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CLUB OR STICK DEFENSE

This is a comparatively new mode of defense. It is very important to military police and to women entering the service, as well as to civilians. A short stick about 18" long, preferably pointed, can be made into a very dangerous weapon. The stick should be laid alongside your right hand on the inside. If it is held in this position, it will not break. Three inches of

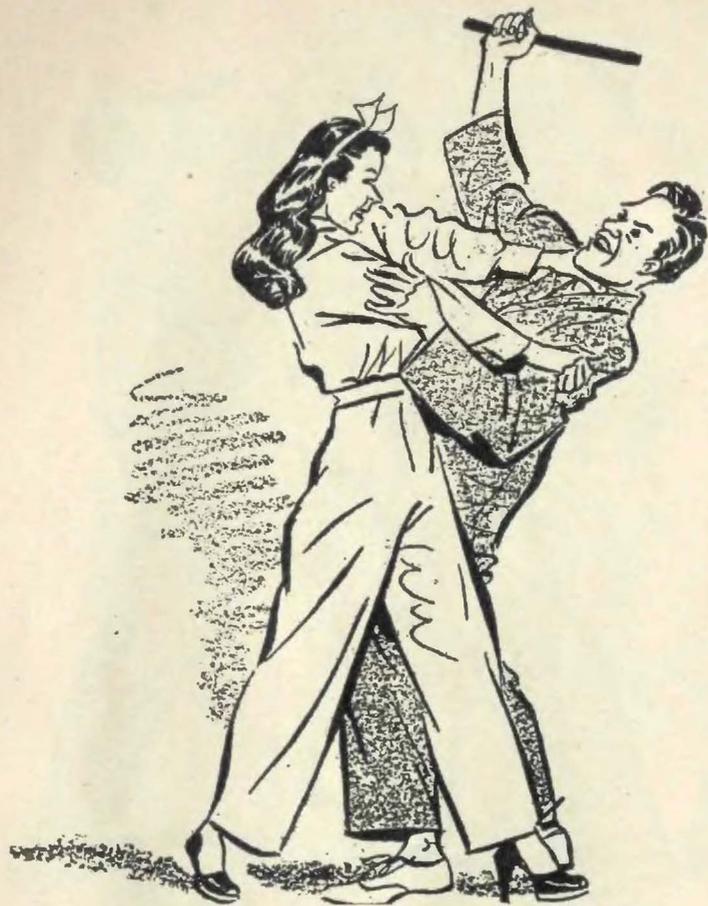
the stick should protrude beyond your fingers. The most effective way to use this stick is to strike down against the face, or jab the stick in the mouth or against the throat. It also makes an effective weapon against knife attack. Women carrying an umbrella can use it in the same manner and make it a very effective weapon. Even a lead pencil is good.



CLUB OR STICK DEFENSE ACTION AGAINST HEAD

Clasp club or stick with both hands, thumbs up, and strike your opponent against the forehead or in the mouth. Use caution in practice. As a defense for a woman's

use, the stick in this case might be the rigid top edge of her purse, as illustrated on the cover design of this manual. Or to use the edge of a book would be quite effective.



SLASH AT THROAT WITH KICK BACK

When attacked by an enemy with a stick or club in his right hand, step to his left, lash your left hand into his windpipe. Grab his left arm and at same time insert your left foot behind his left foot.

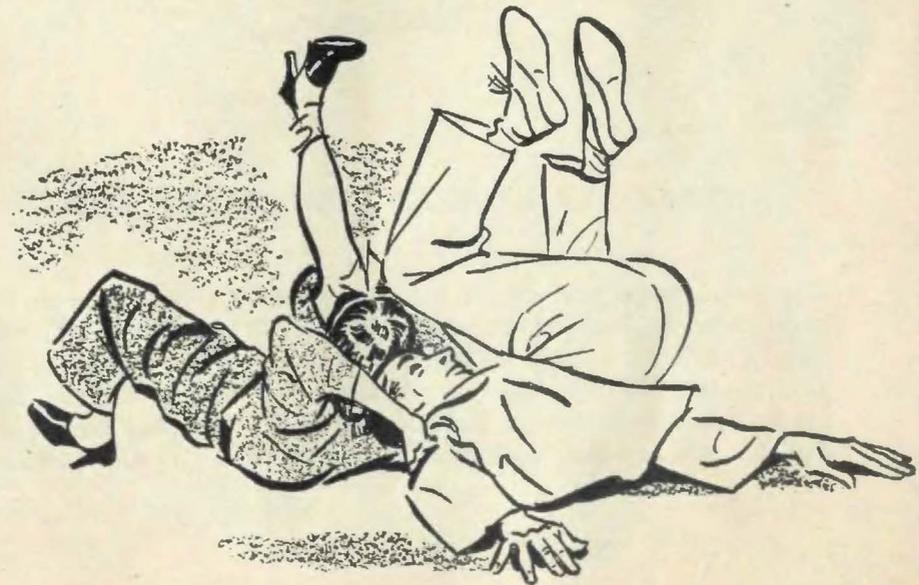
Pull toward your right on his arm. Push back hard on his neck, causing him to take a very violent back fall. Kick into his heart when he is down on ground. Very dangerous. Caution in practice.



DEFENSE FOR FRONT HUG

Man attempts to throw his arms around you while standing directly in front of you. Grasp him with both hands at his lapels. Pull down slightly and insert either foot into his stomach. Lean back.

Continue holding tightly and as your back touches the ground, push upward with your foot, throwing your opponent over your shoulders.





BREAK FOR BACK HUG UNDER THE ARMS

Opponent grasps you around the waist from the back, holding you tightly. Attempt to grab his hair; then suddenly bend forward, seizing his leg with both your hands. Pull forward and lean back, causing yourself to fall back on him. If your fall is hard, you will injure him severely. Use caution in practice. You will knock him down and knock the wind out of him. This will give you time to escape.



PICKPOCKET DEFENSE

Man attempts to pick your pocket while standing to your left. Grasp his hand and curl your fingers around his thumb. Raise his hand quickly and at the same time pivot to your left.



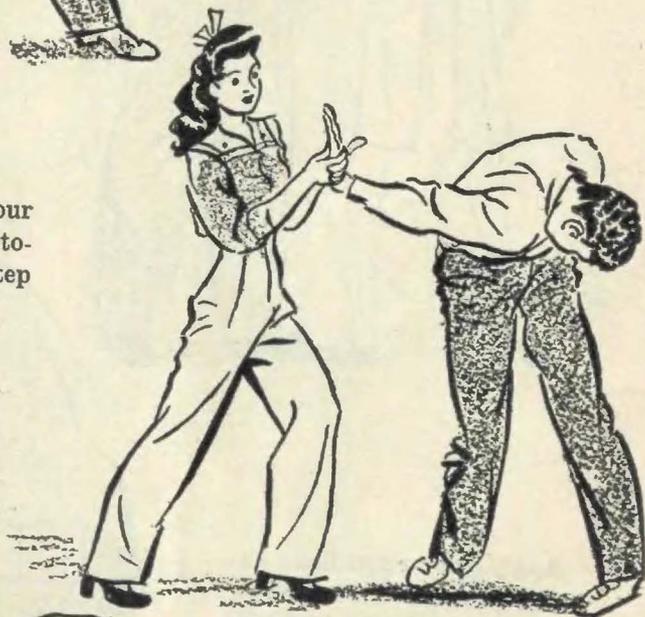
Apply your right hand so that your thumb is pressing against the back of his hand. Insert your right foot behind his right foot. Continue applying pressure against his wrist by pushing backwards, downwards, and sideways to your left. To break his wrist, continue pushing downwards.



BREAK FOR ONE-ARM BACK HUG

Man attempts to put his right arm around your bust. Immediately grab his right hand with your right hand, curling your fingers over his hand.

Step forward with your right foot and pivot towards your right. Step back with your right.



Continue holding his hand, turning it at the wrist and bending it backward. Apply pressure against the wrist with both hands. This will force him to bend down. To punish him further, kick into his face with your right foot.

The photographs shown on the next four pages are reproduced through the courtesy of the *New York Mirror* from the book *Hands Off*, published by Appleton-Century Company.

IN A HALLWAY— STRAIGHT-ARM BREAK



Man, standing directly in front of you, grabs you by the shoulder with his right hand. Place your right hand on his hand.

Take one step to your right side and with your left hand against his elbow twist it slightly.

Continue holding his wrist with your right hand and apply pressure with your left against his elbow, forcing him to let go or break his arm.





IN THE MOVIES

A man sitting alongside of you on your left attempts to place his hand in your lap. Grasp his right hand, with your right. Twist his palm up. Apply downward pressure against his elbow. Continue to hold his wrist firm. Push down hard and fast, forcing his head into the seats in front of you.



DOUBLE-WRIST-HOLD BREAK

Man is standing directly in front of you. He grasps both your wrists with both his hands. To break away, step in close, twist your wrists upward and outward against his thumbs.

Step in close, butt your head into opponent's face, and stamp your heel into his foot.





DEFENSE AGAINST FRONT HUG

Man attempts to hug you while standing directly in front of you. Step in close and bring your knee into his groin, or open palm against his jaw.

By repeated kicks, or by applying both thumbs against his windpipe, you can continue the punishment.



DEFENSE IN AUTO

If you are driving beside a person who attempts to get familiar with you, insert your right arm between his left arm and left side. Grasp his hand with your right hand, turning it upwards so that the thumb is facing to your left. Continue applying pressure. For additional punishment, pull the thumb towards you. This hold is also very useful to police officers when making arrests.



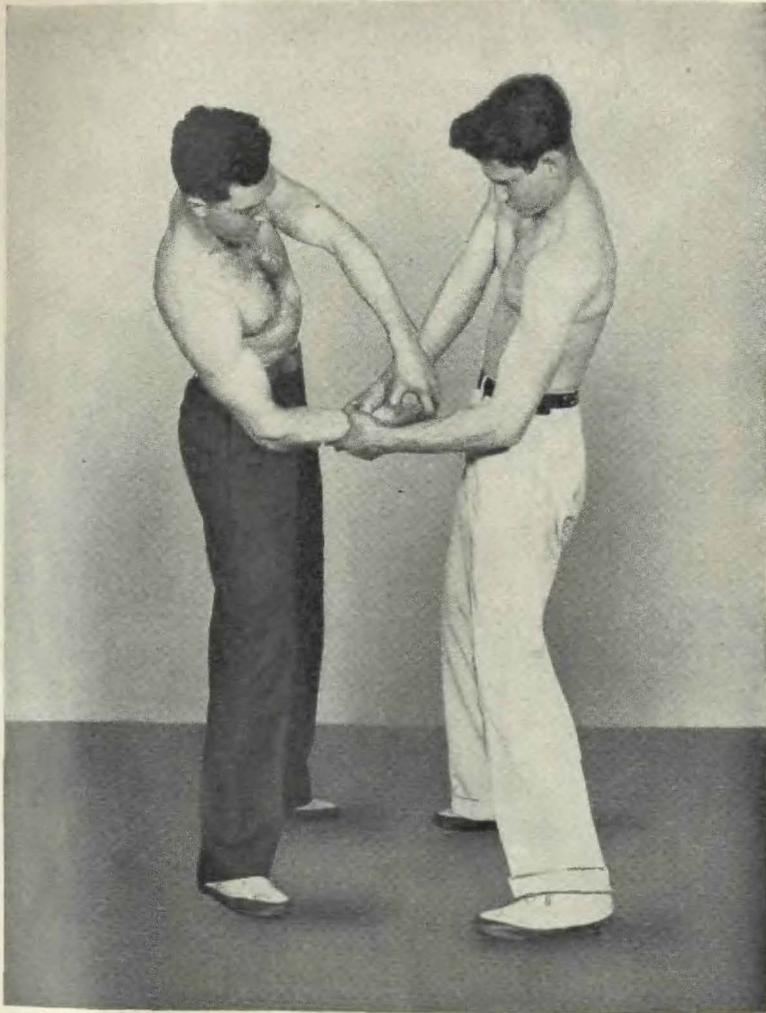
DOWNWARD-PRESSURE WRIST BREAK

Opponent attempts to push you backwards with one hand. Clasp both your hands around his, forcing his hand tightly against your chest. Bend down suddenly, stepping back at the same time. This will cause him considerable pain; for additional punishment, raise your knee into his face. Use caution in practice to avoid injury.



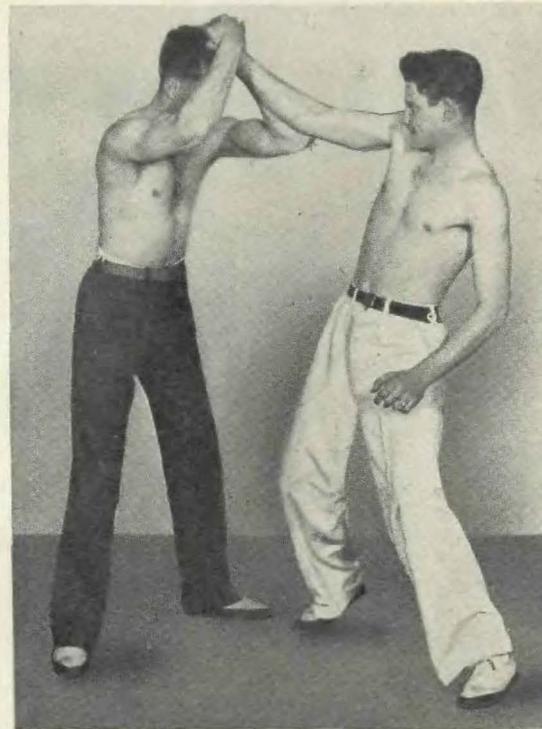
DEFENSE AGAINST DOUBLE WRIST HOLD

Enemy grasps both your wrists with both his hands. His thumbs are up. To break this hold, step in and pull your arms close to your sides, twist your arms up and out. This will break the hold immediately. If his thumbs are down, twist downwards, and at the same time pull toward you. This will also break his hold.



WRIST-GRAB BREAK

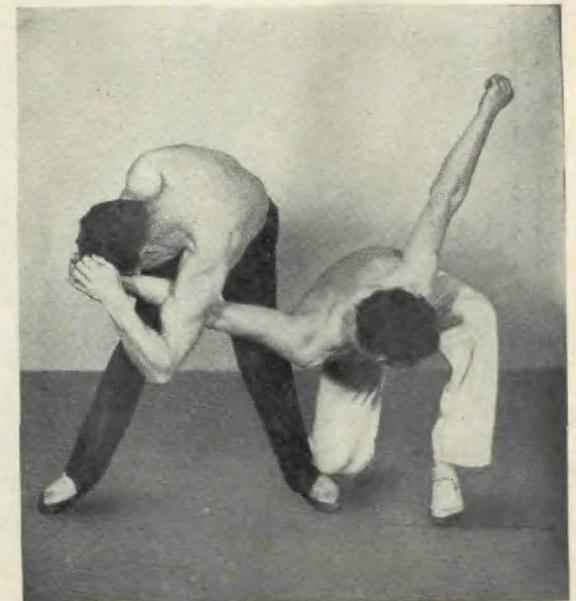
Strong opponent grabs your wrist in both his hands. His thumbs are up on your wrist. With your free hand, clasp your captured hand and pull up and towards you. You will be working against his thumbs, and he will have to free your arm. If his thumbs are down, reach for your free hand and pull down to free your wrist.



LEAN-DOWN ARM BREAK

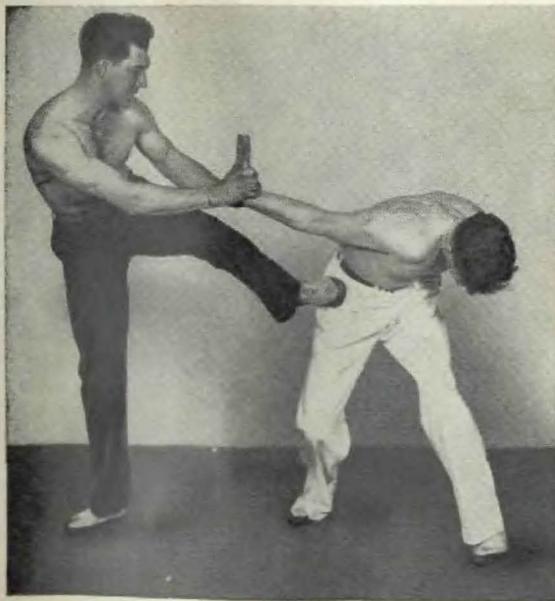
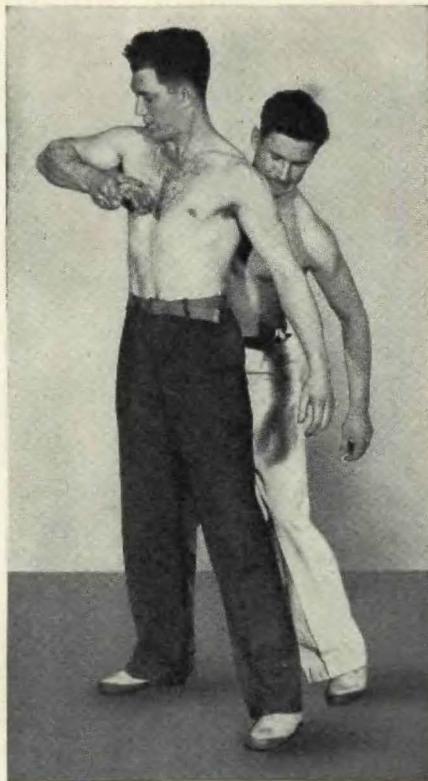
Opponent grabs your hair or your coat collar with his right hand. Grab his hand with your left and hold it against your head, stepping forward with your right foot. Lay your left forearm against his extended forearm.

Continue holding on with your left hand; and at the same time, leaning forward and downward, apply pressure against his arm.



WRIST BREAK

Your opponent is behind you and attempts to throw his right arm around your chest. Grab his hand with your right hand, insert your fingers between his hand and your chest so that your palm is on the back of his hand. Step forward with your right foot.



Pivot towards your right and bring your right foot back. Continue holding his hand, forcing his wrist up towards his shoulder. Continue turning his wrist towards your right. This will cause considerable pain. If he attempts to close in on you, kick with your foot against him.

BREAK AGAINST ELBOW

Enemy attempts to strike you with right hand. Grasp his right hand with your right hand. With your thumb up, pull him toward you slightly and rotate his arm palm up. At same time step behind him toward your left. You both will then be facing the same way. Wrap your left arm around his right-arm muscle tightly and grab your own coat lapel to your right. Push your hip into his and, with your right hand, force his captured arm down, thereby causing considerable pain or breaking the arm.

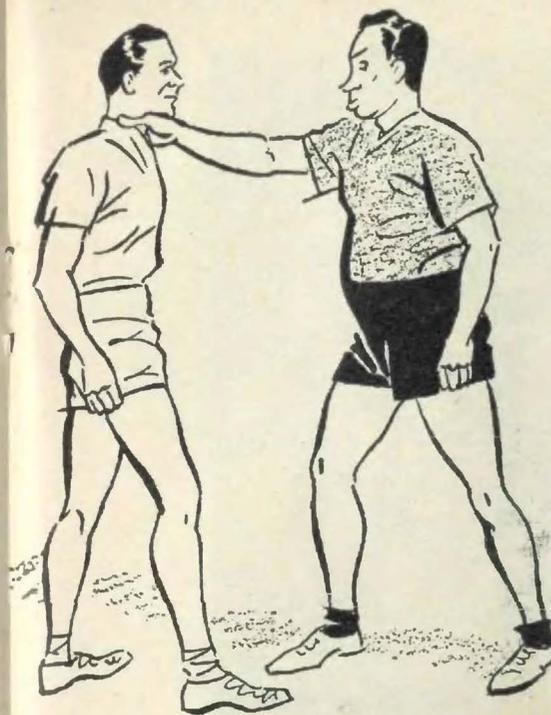




ARM-BREAK HOLD FOR REMOVING DISORDERLY PERSON

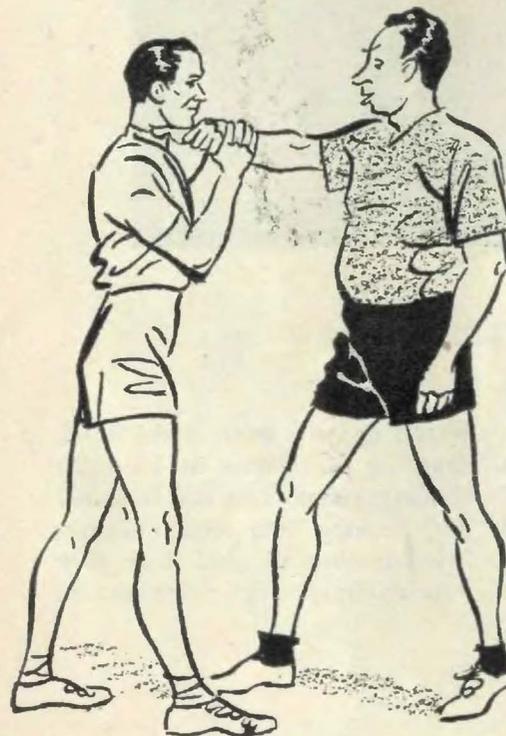
This hold is very important for police officers or theater ushers. If a person is sitting down or standing up, and you desire to remove him so that he cannot fight back, grab his right wrist with your right hand so that your thumb is down. Step so that you are facing the same direction that he is. Put your left arm around his upper-

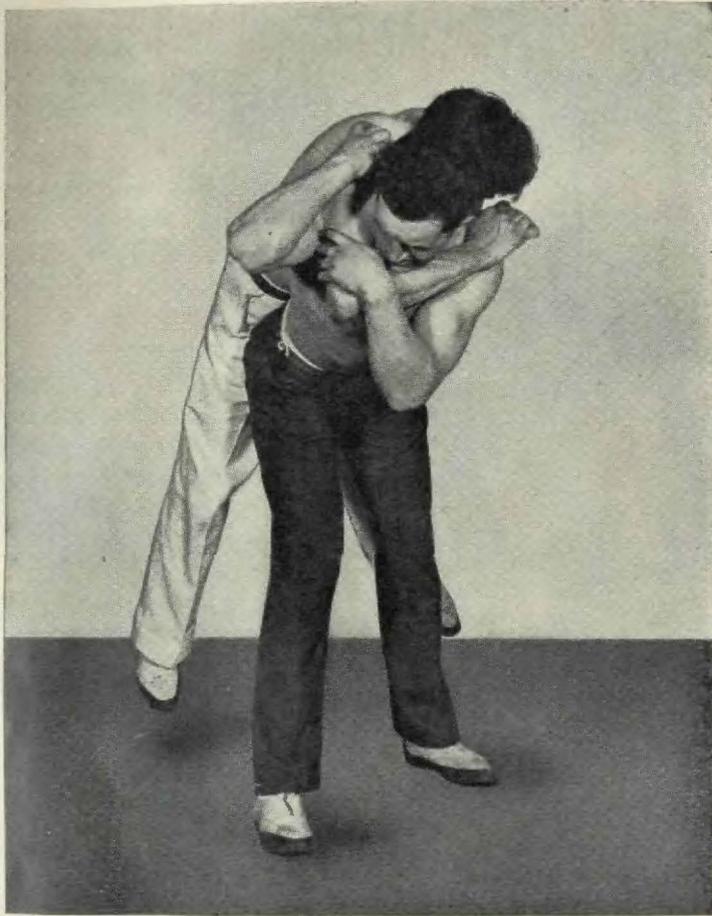
arm muscle so that your arm forms a hook, and with your left hand catch the lapel of your own coat. At the same time insert your hip against your opponent's hip, keep your opponent's right hand turned right so that his palm is upward. Press downward against his wrist with your right hand. You can then walk him out without trouble.



COLLAR-GRAB ARM BREAK

Enemy grabs your collar with his right hand. Grasp his right wrist with your right hand, thumb down, and also with your left hand, thumb down. Force his hand against your shoulder. Turn and bring your right foot behind you. You will be facing the same direction he is. Continue holding onto his right hand, but rotate it so that his palm is up. Lean back in a falling position against his arm while pulling up on his wrist. By relaxing slightly, pulling down a little on his wrist, and then pulling up suddenly, you can break his arm very easily.





OVER-SHOULDER THROW

If opponent attempts to choke you from behind with his right arm around your neck, step forward slightly with your right foot; and at the same time grasp his arm at the elbow, with your left hand.

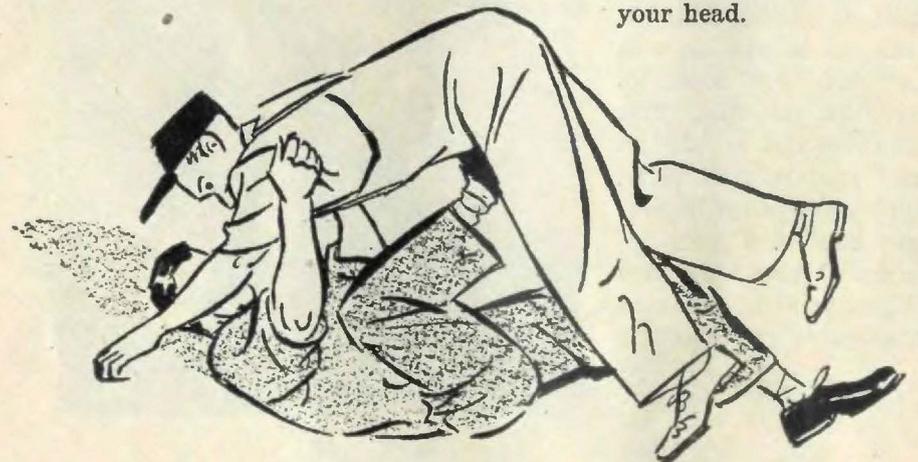
Reach up with your right hand, grasping his clothes at his right shoulder. Stoop forward suddenly and, forcing your hips violently into his stomach, pull him over your shoulder with a quick motion.



CIRCLE THROW

Grasp opponent by the collar or back of arms. Force him backwards slightly. He will then push against you, forcing you backwards. You will then lean back while kicking him in the stomach with either foot and pulling him towards your face.

While lying flat on your back, with bent foot kick hard straight up, throwing your opponent over your head.

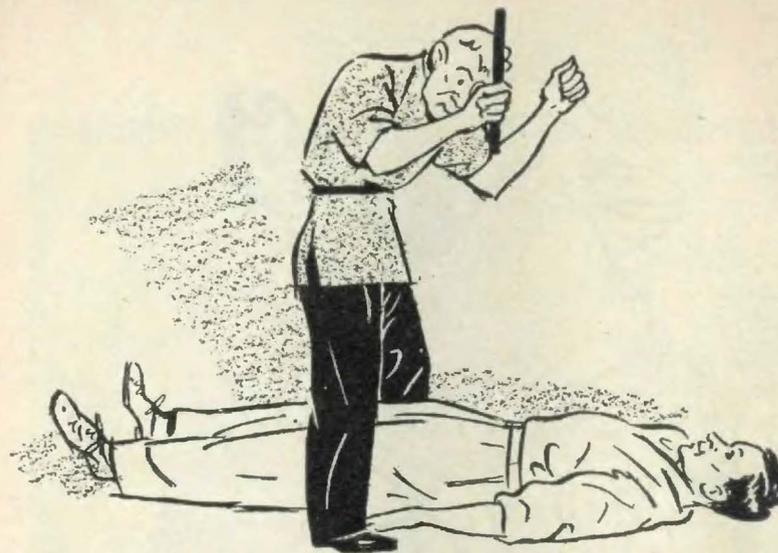
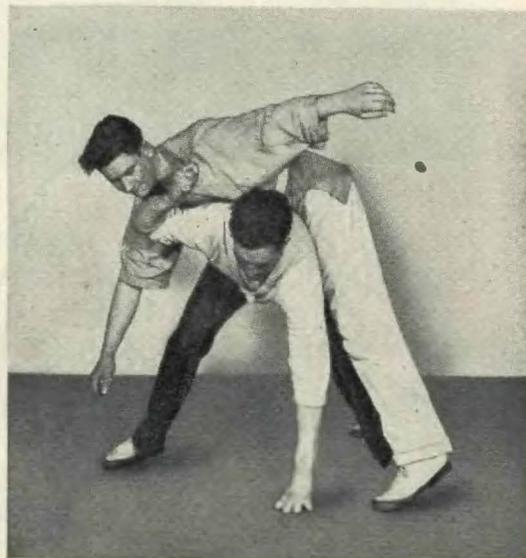




BACK THROW AGAINST BOXER

Your opponent attempts to slug you. Grab for his right coat lapel, and at the same time raise your right arm so that you can block a left swing. With your left hand and left foot extended pretend you are going to jab into his face.

Continue holding on to his lapel and, as you jab with your left, bend down towards his left foot. This will cause him to fall forward against your body. Pull toward you with your right hand and push upward with your back. This will cause your opponent to take a very serious fall.



DEFENSE AGAINST CLUB WHEN KNOCKED DOWN

You are knocked flat on your back. Your enemy is straddling you, bending down prepared to club you.

Roll backwards slightly, raising your legs quickly; at the same time lock them against his thighs.

Wrap your legs around him and at the same time lock your arms around his ankles. Push him backward, hold him down with one foot, kick down hard with your other. This will either knock him out or kill him.



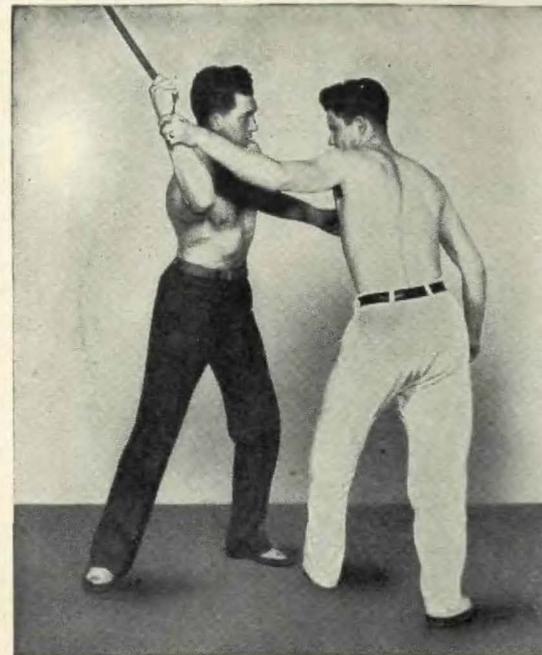


BACK HIP THROW

CAUTION: this fall is very dangerous. Grasp your opponent's right upper arm with your left hand. Step behind him with your right foot, inserting your hip against the back of his. Grasp his left arm with your right hand and push down with your left while bending your knees slightly; ro-

tate hip upwards, thus throwing him to the ground.

Finish: Hold on to his left arm tightly and, while keeping him slightly off the ground, kick down with the heel of your shoe into his heart or head.

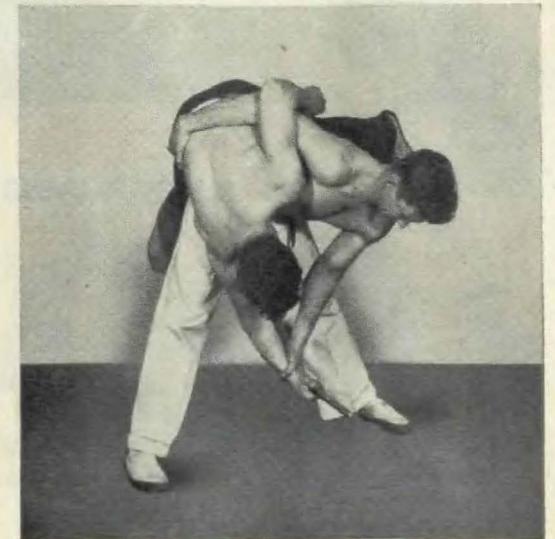


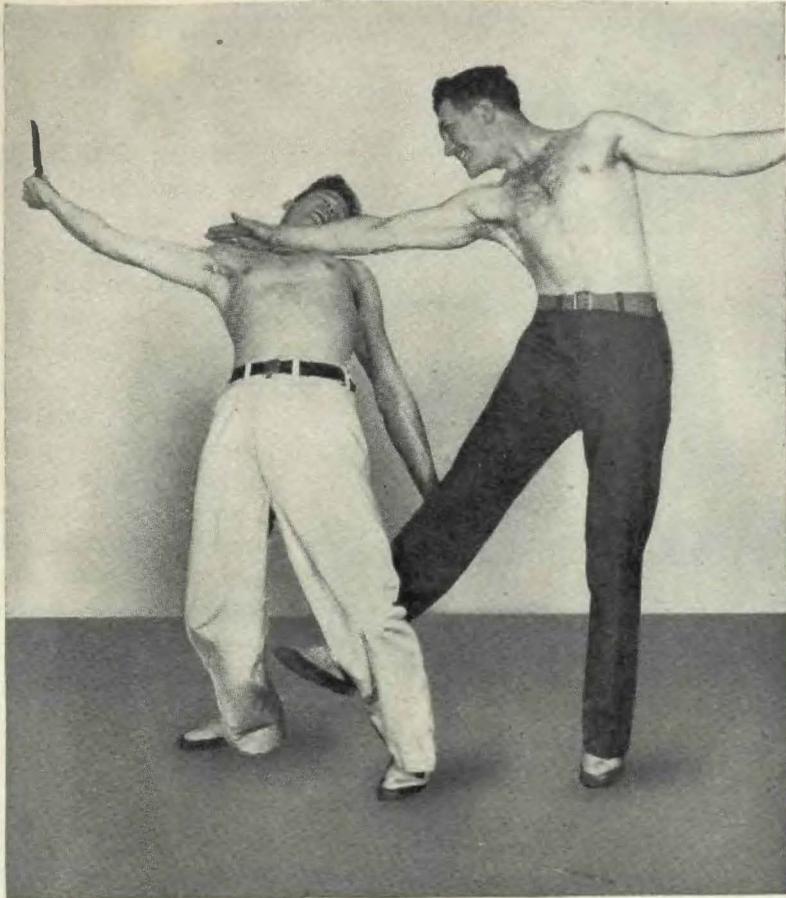
THROWS WITH THE HIP

Throwing with the hip is the commonest and the most important of all throws. There is a lot of power in the hip when it is properly applied. Proper motion of the hip is to lower it slightly and rotate it quickly backwards, and upwards. The hip should be used in throwing when your opponent is standing still and resisting you. If you will follow instructions on the following pages, you will find the hip a very easy and effective means of throwing your opponent.

FRONT HIP THROW

Grab your opponent's right arm at the wrist with your left hand; wrap your right arm around his waist; and turn, forcing your right hip into his stomach. Lean forward to your left and pull down on his right arm—throwing him violently forward.

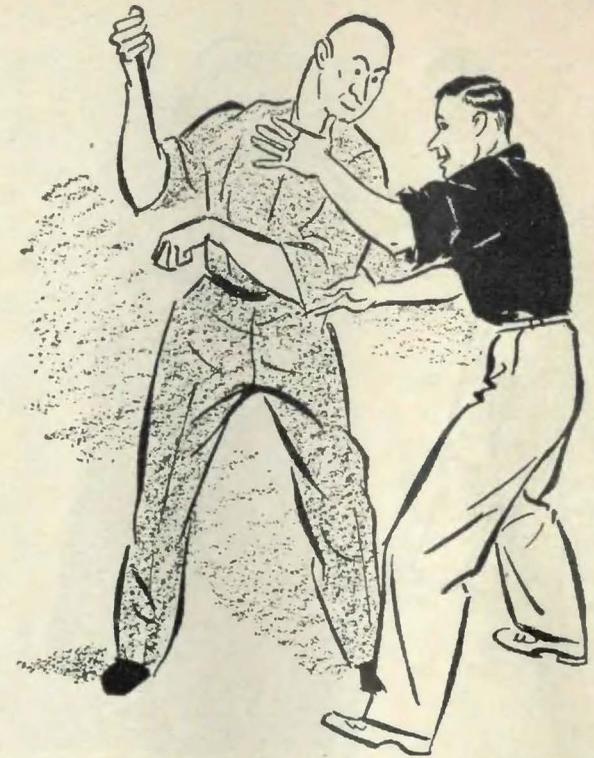




RIGHT-HAND SLASH AGAINST KNIFE ATTACK

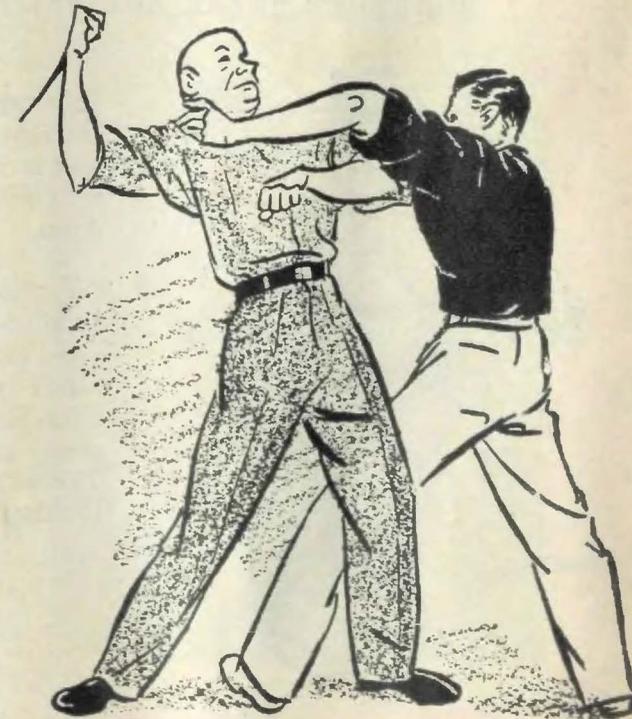
Enemy attempts to attack you with a knife held in his right hand. His left foot will be extended. Step in with your left foot, pivot towards your right, and at the same time force your right foot against the back of his left ankle.

With the same motion, slash your right hand backward into his windpipe. This is a very dangerous blow, because it will knock your opponent unconscious and the fall backward may kill him. Use caution in practice.



SLASH AT THROAT WITH KICK BACK

When attacked by enemy with a knife in his right hand, step to his left, slash your left hand into his windpipe. Grab his left arm; at the same time insert your left foot behind his left foot. Pull toward your right on his arm. Push back hard on his neck, causing him to take a very violent back fall. Kick into his heart when he is down on the ground. Very dangerous. Caution in practice.

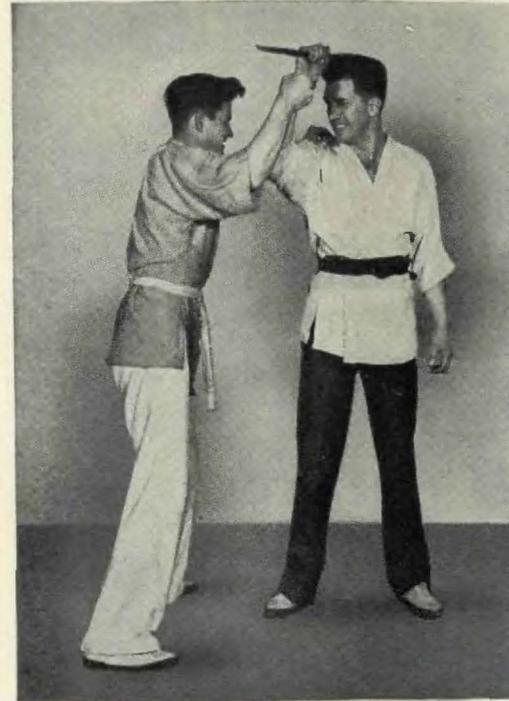




SHOULDER BREAK AGAINST KNIFE ATTACK

Your opponent is to your right. He attempts to slash at you with knife held in his right hand. Grasp his hand with your right hand, thumb down.

Pivot to your right, and at the same time raise his arm and insert your shoulder under his armpit. Insert your hip slightly, press down hard on his wrist, and at the same time raise your shoulder. This will cause him to dislocate his shoulder.



DEFENSE AGAINST DOWNWARD KNIFE JAB

Enemy attempts to slash you with downward jab of knife. Step in and grasp his right wrist with your right hand. Pivot towards your right so that you are facing in the same direction. Continue holding and pressing his hand upwards and backwards.

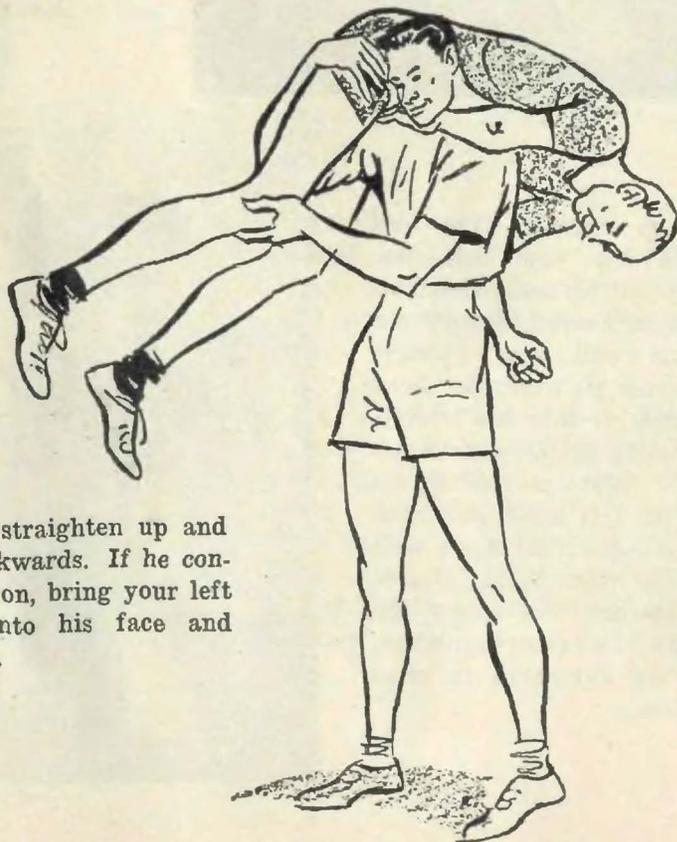
Step behind him and throw your left arm around his neck. Catch his collar behind his right ear and pull your forearm across his windpipe. Lean back so that his head is resting against your shoulder. Continue pulling on your left hand and force his right hand down with your right hand. Double pressure will cause immediate strangulation. Very dangerous in practice.



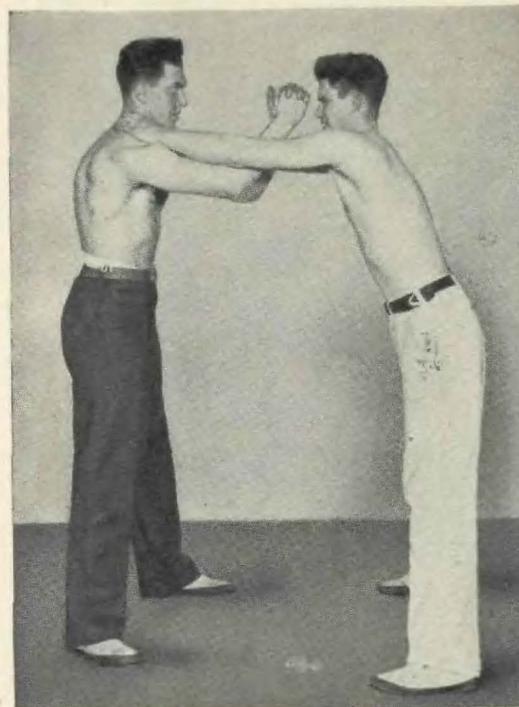


DEFENSE AGAINST FRONT HEADLOCK

Your opponent is directly in front of you; and he throws his right arm around your neck, pulling you forward and downward, and strangling you. Put your right arm between his legs and grasp his right leg; at the same time apply your left hand to his right knee and raise him to your shoulders.



To finish this, straighten up and throw him backwards. If he continues holding on, bring your left elbow back into his face and knock him out.

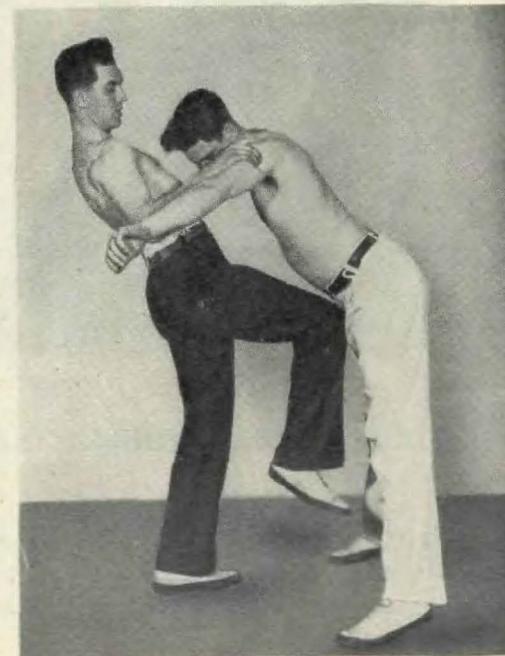


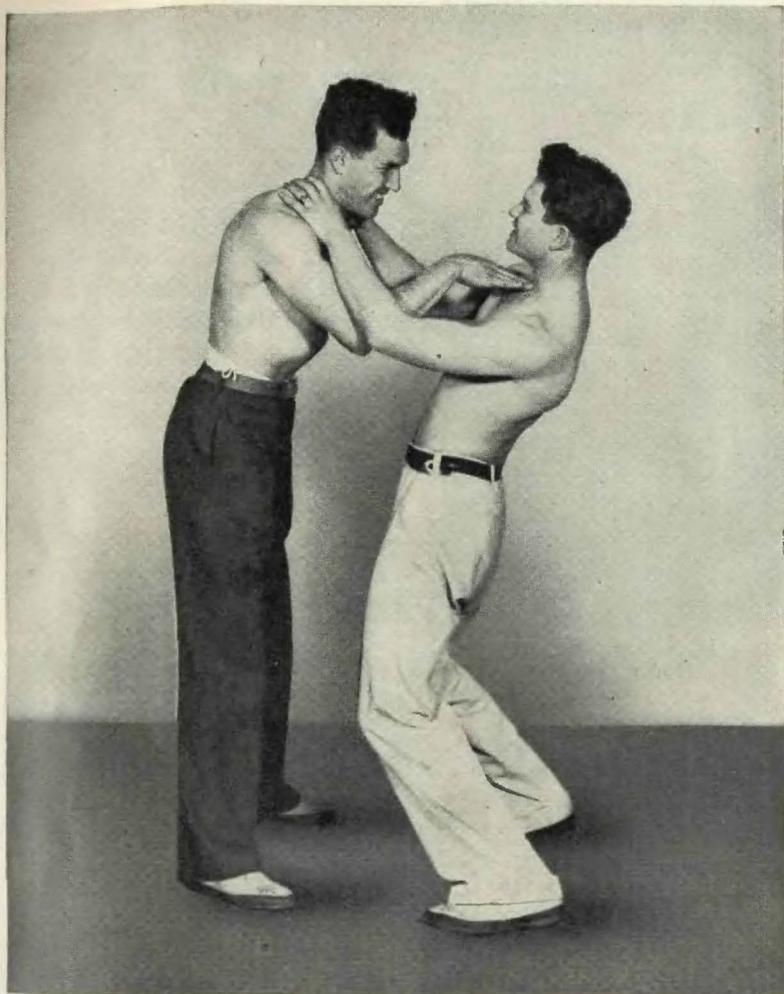
CHOKE-BREAK CLASPED-HAND THRUST

Clasp your hands forming a V. Thrust up hard against the arms and strike face with a downward movement; in so doing opponent's nose and face are smashed.

CHOKE BREAK

Your opponent attempts to choke you. Grab him at his muscles, pulling him toward you; and at the same time step in and bring your knee up fast, into his stomach or testicles. Very dangerous in practice.





CHOKE-BREAK FINGER JAB IN THE THROAT

Enemy attempts to choke you. Jab hand hard, with fingers held rigid, into opponent's windpipe. Either hand may be used. Take one step forward and thrust knee into testicles. Dangerous in practice.

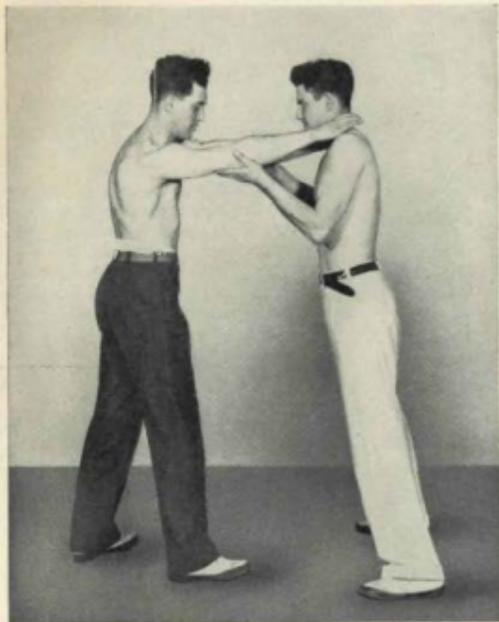


CHOKE DEFENSE

Opponent grasps you by the throat, standing directly in front of you. Reach back and grasp both his little fingers, forcing them away from your neck. With slight pressure you can break his fingers, and cause him to let go.

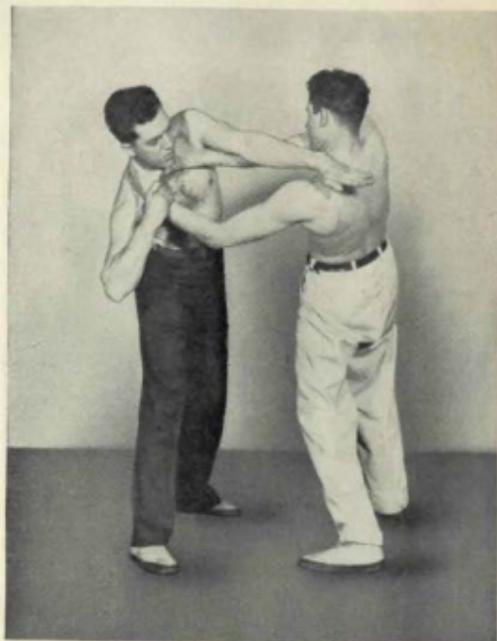
To continue punishing him, hold on to his fingers and step forward slightly, kicking with your knee into his testicles.





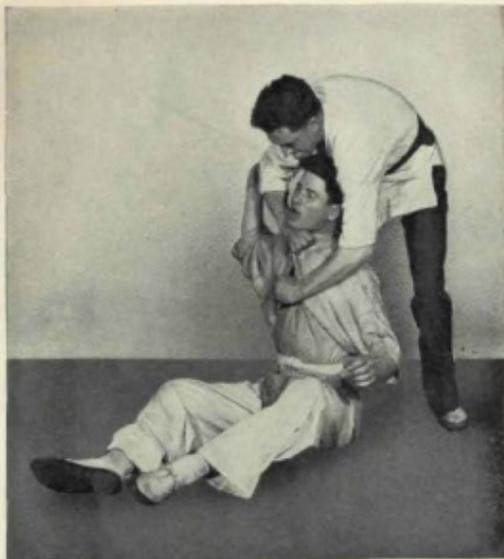
CHOKE-HOLD DEFENSE

Your back is against a wall. Your opponent, with both his arms straight, attempts to choke you. Press your hands against your opponent's elbows. Press upwards, sideways, and back. This will unbalance him, and he will be unable to continue in his assault.



CHOKE BREAK WITH ARM SLASH

Enemy in front of you attempts to choke you with both hands. With the edge of your hand give him a swift slash to the side of his throat. Put plenty of power in the blow and be sure your palm is turned down. This can be done with either hand. Dangerous in practice.



REAR CHOKE WITH COLLAR PRESSURE

If, when either standing or kneeling, you are behind your opponent, grasp your opponent's coat collar, at his left ear, with your right hand. With your left hand,

grasp his right lapel, pulling down hard; at the same time pull up and back with your right hand. This will cause immediate strangulation and must be practiced cautiously.



STRANGLE WITH KNEE IN BACK

Step behind opponent and clasp your right forearm against his windpipe, pulling his head back slightly. With your left arm extended over his left shoulder, grasp your left muscle with your

right hand and push against the back of his head with the palm of your left hand. Press your right knee against his spine and bring him back slowly, strangling him. Caution: this is a dangerous hold.



BREAK FOR BACK HUG UNDER ARMS

Opponent grasps you around the waist from the back, holding you tightly. Step forward with either foot and bend forward slightly. Clasp your hands shoulder high; swing hard to either side, striking

his head with both your elbows. *Or:* Grind heel of your shoe into his toes or instep or reach back and grasp his testicles.

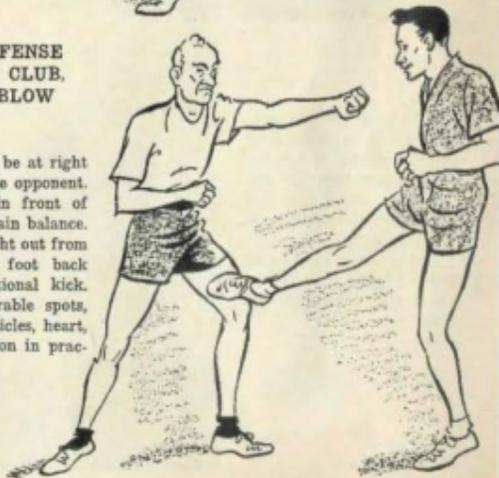


KIDNEY BLOW AGAINST BOXER

Your enemy is aiming a blow at your head with his right fist. Duck under his blow, pivot to your left, jab your right elbow into his ribs, kidneys, heart, or testicles. Very dangerous in practice.

KICK DEFENSE AGAINST CLUB, KNIFE, BLOW

Pivot so as to be at right angles with the opponent. Clasp hands in front of chest to maintain balance. Kick leg straight out from hip, bringing foot back fast for additional kick. Aim at vulnerable spots, knee caps, testicles, heart, etc. Use caution in practice.





DEFENSE AGAINST CLUB

Enemy attempts to club you with his right hand. Bend down and step in, grasping his right wrist with your right hand.

Force his arm backwards; at the same time stoop down quickly and grasp his trousers, or ankle, and pull up with your left hand. Then force him backwards with your right hand, pushing him toward your right. The fall is very dangerous; use caution in practice.



DEFENSE AGAINST MACHETE, CLUB, KNIFE

Your enemy attempts to strike you across head and shoulders with weapon in his right hand. Cross hands above your head, with right hand nearest your face. Receive the blow in the "V" formed by hands.

Then grasp his wrist with your right hand, rotating his arm towards you so that his hand will face up. At the same time slide your right foot back about 50 degrees. Apply pressure downward on his elbow with your left forearm.

To put enemy out of action, force him slowly to ground holding him firmly. Step over his right arm with your left foot, sit on his shoulder, and break his arm by pulling up hard.





GUN DISARMING

Enemy forces you at point of gun to hold up your hands. Do so; and immediately, and practically with one motion, grasp with your left hand the hand that is holding the revolver.



Then, at once, apply your right hand in the same manner. Push his gun and hand upward and backward, and at the same time stoop down so that you are out of the line of fire.



Now force his arm backward and to your left. Apply pressure mostly against his wrist. Put your right foot against his right foot, preventing him from stepping back. With additional pressure you can break his wrist.



GUN DISARMING

Enemy standing to your left forces you to hold up your hands by holding gun to your head. Pivot on your left foot, knocking his gun back with your left hand.



You will then be facing him. Place your left arm around his wrist that is holding the gun and jab your hand into his throat.



Continue holding his gun hand and place your right foot against the back of his right foot. Push hard against his throat. This will force him to fall backwards. Continue holding on tightly to his gun hand and, while falling, he will dislocate it.



DISARMING HOLDUP MAN

Man attempts to hold you up and push his gun towards you. Get out of the line of fire instantly by grabbing his wrist with your right hand and placing your left hand on his wrist to the left of your right hand.

Turn your own body half to your right. Shove the gun hand away from you; at the same time raise his arm upward and complete your turn so that your left shoulder is directly under his right arm pit. Make sure that his palm is facing up. Lean forward slightly and pull down hard on his arm. This will cause him to drop the gun.

