

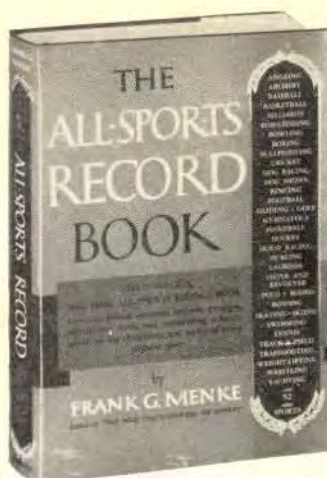
# JIU JITSU



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by **FREDERICK P. LOWELL**

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The outstanding advantage of jiu-jitsu is that it enables an unarmed man to defend himself against someone who is physically stronger, and in many cases, against someone who carries weapons. The author describes, step-by-step, the fundamentals of the "gentle art." Emphasis is laid upon quick thinking, self-assurance and flexibility as basic principles of successful jiu-jitsu. The book begins with body exercises which are helpful in achieving skill in jiu-jitsu tactics. The text is then divided into 61 lessons progressing from defensive tactics to offensive tactics. By use of 150 photographs the reader is able to follow the instructions clearly and accurately. The book is admirably suited for use by civilian defense workers, police forces, state guards, and members of our armed forces.

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# JIU-JITSU

By  
Frederick Paul Lowell

Photographs by  
ANITA LOWELL



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NEW YORK

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## Introduction

The origin of jiu-jitsu—translated roughly as “the soft or gentle art”—is usually attributed to the Japanese, as it was from Japan that it was introduced to America, and for a long time the Japanese have been its chief exponents.

Going back in history, however, one learns that this art of unarmed self-defense originated in China; although it is sometimes claimed that its origin was India and that the Chinese learned it from the Hindus.

However that may be, we know that long before even such weapons as the spear and the arrow were in use, primitive man defended himself as best he could by the use of his arms and fists, his legs and body, and his powerful teeth. Through the millenniums his tactics have been refined, until now we have jiu-jitsu, the art of self-defense practiced by civilized man.

The outstanding advantage of jiu-jitsu is that it enables an unarmed man to defend himself against someone who is physically stronger, or even against someone who is armed, his technical skill making it possible for him to disable his opponent without injuring him fatally.

The mastery of jiu-jitsu as outlined in this book will be no assurance that you will always conquer your adversary. While physical strength, even though untrained, and muscles of steel are advantageous, of far more importance is presence of mind. To gain the best advantage over someone stronger than you, quick thinking, self-assurance and flexibility are the paramount essentials.

A single blow on a vital spot can disable an aggressor, a grasp on a vital nerve can paralyze him. For this reason, anyone planning to learn jiu-jitsu should thoroughly familiarize himself with the anatomy of the body, so that in training, or in practicing it as a sport, he will not injure his partner through ignorance.

In practicing the grasp, the beginner soon discovers that “the gentle art” is not so gentle at all; but when he realizes the value of the grasp and has mastered it, his first pains will be submerged in the satisfaction of his heightened self-assurance.

It is understood, of course, that the jiu-jitsu enthusiast should lead a normal life. No special diet is required; but it is important that no training exercise be started until at least an hour and a half after eating.

Limbering and strengthening exercises are necessary to keep the body

in condition. But the beginner should not overdo them. Starting with five minutes daily, he can gradually increase the time to one hour, followed by a cold shower.

Hiking, mountain climbing, running and swimming are a great help in strengthening the respiratory organs and the muscles of the legs. The illustrations under *Body Exercises* show an excellent way to exercise the muscles of the fingers, edge of the hand, neck, back, and abdomen.

With my friend and partner, Rudolph May, who was gracious enough to pose as the aggressor in the photographs, I have laid particular stress upon the fact that the grasp used should not be changed. It is only with this grasp, aided by lightning-quick action, that success can be achieved.

F. P. L.

*New York*

*June, 1942*



# JIU-JITSU

## Body Exercises

No one can become proficient at jiu-jitsu unless his body is kept in a strong and supple condition. This is desirable, in any case, for it tends to promote health and thereby to prolong life and a youthful appearance.

The exercises given here will be helpful in keeping the body strong and flexible. While they avoid developing the hard muscles of a boxer, they strengthen the muscles of the fingers, the neck, the trunk and the abdomen, and toughen the edge of the hand. Proper breathing while practicing the exercises is essential, to invigorate the lungs.



### **Exercise I: Strengthening the Fingers.**

Lie face down on the floor, your body weight completely on your toes and fingertips. Holding yourself rigid, the back lower than the elbows, raise and lower your body as often as your strength will permit.



### **Exercise II: Strengthening the Abdominal Muscles.**

Sitting on your heels, with toes outstretched, bend and stretch the upper part of the body backward until the top of your head touches the floor without your knees having to be lifted. Return to the first position by raising both arms and bringing the body forward. Now bend forward until your forehead touches the floor. This exercise not only strengthens the abdominal muscles but it keeps the muscles of the feet and legs flexible.



### **Exercise III: Making the Spinal Column Flexible.**

From a sitting position, lie flat on your back, with your arms stretched either forward or backward. Carry your legs backward until you are resting on your shoulders, with your body and legs in an upside-down sitting



position. Now bring the upper part of your body forward (as shown in Illustration IIIa) until your forehead touches your legs, stretching your hands forward to grasp your toes.

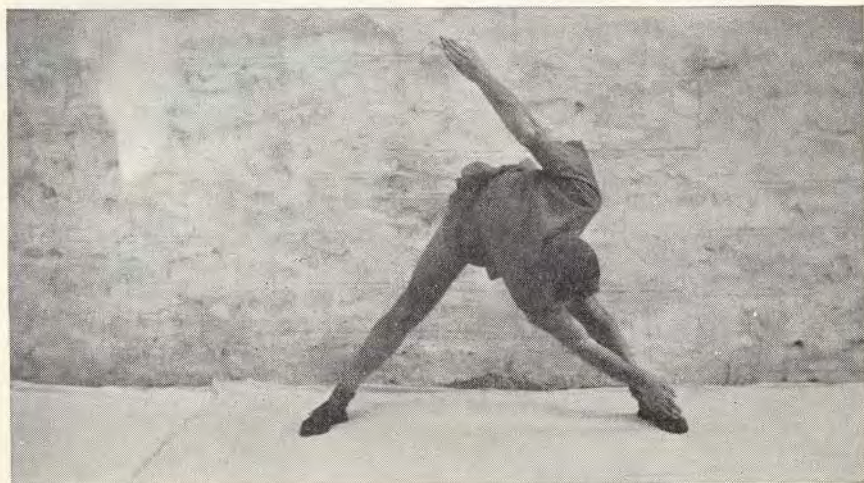


### **Exercise IV: Making the Spinal Column Flexible.**

In a sitting position, place your hands on the back of your neck or stretch them upward. Bend the upper part of the body forward, practicing this until your forehead touches the floor. If this is too difficult, start from



the sitting position and stretch forward until your right hand touches your left foot, laying your forehead on your left knee, being careful not to raise the legs from the floor. Then alternate by grasping the right foot with the left hand and placing your forehead on your right knee.



**Exercise V: Strengthening the Shoulder Muscles.**

With legs far apart and the upper part of the body horizontal, bend forward until your right hand touches your left foot, swinging the left



arm upward over the back. Then swing the left arm from above down to the right foot (as in Illustration Va). Repeat the exercise by alternating right arm to left foot and left arm to right foot.

**Exercise VI: Strengthening and Stretching Exercise.**

Standing erect, arms stretched upward, swing the upper part of your body forward so that the palms of your hands touch the floor in front of your toes; and if you can, press your forehead against your legs.

**Exercise VII: Toughening the Edge of the Hand.**

Stretch your fingers and press them close together, holding your hand edgewise, with the little finger at the bottom. With short, chopping movements of the elbow-joint, try to slap the upper part of your thigh with the edge of the hand. When the little finger and the elbow-joint become used to this exercise, it should be repeated daily on a table top or other hard surface. Practice with both hands, first separately and then together.



## Falling Exercises

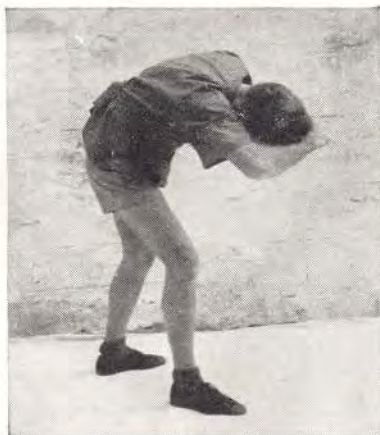
Very often we hear people say, "I fell awkwardly and sprained my wrist." Or they may have sustained a broken arm or leg or other injury which could have been avoided had they known *how* to fall.

Ten or fifteen minutes daily spent in exercising your body will strengthen its endurance, promote a calm self-assurance, and quicken your presence of mind.

### Falling Exercise I:

In falling forward, bring your bent arm across your head as a protection. Break the fall with your forearm to prevent your head from touching the ground, thus avoiding a possible concussion of the brain or a broken neck. Then roll over on your back.

After mastering this exercise, try it over a tightrope, which may be at any height up to four feet. Be very sure that your legs are thrust out at the proper moment.



### Falling Exercise II:

If you should not be falling directly forward, then counteract the weight of your body by stretching one arm far out, and bending the other at the elbow so that your hand receives much of the impact, as shown in the illustration.





**Falling Exercise III:**

In falling backward without a somersault, the arms are held close to the sides or forward to weaken the force of the impact. One leg should be stretched out so that it is about knee-high from the ground when you fall; the other leg should be bent at the knee so that the sole of the foot is flat on the ground. Neither the buttocks nor the head should touch the ground. It is important to remember this position of the head. Study the illustration.

**Falling Exercise IV:**

In falling backward with a somersault, the arms should remain close to the sides. As you loop over your shoulders, be sure to turn your head to one side.



## LESSON 1

## One Arm Clasped with Both Hands

Defense: A short upward pull.

**Illustration 1:** Should an aggressor seize your arm with both hands, it requires very little effort to break his hold.



**Illustration 1A:** If it is your right arm that is being held, reach over his right wrist with your left hand and firmly clasp your own right fist.

**Illustration 1B:** Holding your hands tightly together, suddenly jerk your arms upward and a little to the left. His hands will fall apart and you will be free.



## LESSON 2

### One Arm Clasped with Both Hands

**Defense: Arm lever.**



**Illustration 2:** The use of the arm lever is another way to secure quick release when your arm is in the clasp of two strong hands.



**Illustration 2A:** If your right forearm is held, bring your left arm *under* his right arm and seize his left wrist with an upper grasp, twisting the wrist outward as you do so. At the same time, grasp his right wrist from below with your right hand.



**Illustration 2B:** Holding firmly to both of his wrists, force your arms apart by crossing his right arm far over, using it as a lever against his left arm.

## LESSON 3

## Both Arms Clasped from the Outer Side

**Defense:** A short upward pull of the forearm.

**Illustration 3:** To conceal your real intention, tighten the muscles of your forearms and try to rotate them inward until the backs of your fists are upward.



**Illustration 3A:** Surprise your opponent by suddenly jerking your fists in the opposite direction, twirling your forearms over and upward with so quick a movement that his hold will be broken.

## LESSON 4

## Both Arms Clasped from the Inner Side

**Defense:** A short outward pull of the arm.

**Illustration 4:** To mislead the aggressor, tighten the muscles of your forearms, try to rotate them inward and to force your fists together. Deceived by this action, he will attempt to pull them apart.



**Illustration 4A:** As soon as you feel his outward pressure, quickly fling your arms apart. His hold will be completely broken.



## LESSON 5

## Clasp from Rear with Outside Grip

Defense: Arm lever on the floor.

**Illustration 5:** When you are completely embraced from the rear, with your arms bound to your sides, avoid exhalation. Hold your breath if your lungs are filled with air.



**Illustration 5A:** If this is impossible, or you have just exhaled, turn both arms inward and bring the backs of your hands together.

**Illustration 5B:** Although your upper-arms are tight against your body, you can still bend your elbows. Simultaneously bend forward from the hips with a quick movement and grasp his clasped hands—with your right hand above his and your left hand below, putting pressure in your forearms. He will fall.



**Illustration 5C:** In your position on the floor, with you on top and your right arm under his, you need only make use of the arm lever.

## LESSON 6

## Clasp from Rear with Under Grip

## Defense: Pulling the leg

**Illustration 6:** In an under grip your arms are free. Bend your body forward and with your knuckles beat on the backs of his hands. This will break his firm grip.



**Illustration 6A:** When you feel his hold loosen, grasp his nearest leg and raise it high above the floor. This will upset his balance and he will fall on his back.





**Illustration 6B:** Before he can rise, step on his foot and ankle, and grasp the other foot by the arch, or by the heel and toe, and raise it off the floor. Twist this foot outward and a fractured ankle will result.

## LESSON 7

### Clasp from Front with Outside Grip

**Defense:** Locked heel push.



**Illustration 7:** To loosen the opponent's grasp, press your right fist into his stomach and your left hand against his right shoulder-blade. This gives you a firm stance for your next move.

**Illustration 7A:** Slip your right foot back of his left foot until your heel touches his squarely. With a quick, powerful shove, push his foot forward and upward. His clasp will be broken and he will fall on his back.



## LESSON 8

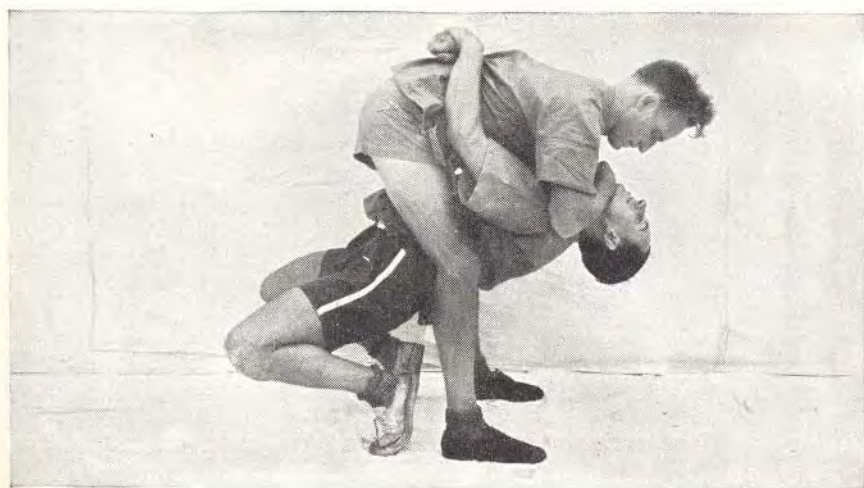
### Clasp from Front with Under Grip

**Defense:** Pressure on the larynx.



**Illustration 8:** With your arms free, you have more leeway for action than when they are bound to your sides with the outside grip.

**Illustration 8A:** Jump high on his body, at the same time straddling him and bringing your legs around until they are back of his knees. Bend your right elbow until the edge of your hand is against his larynx. Steady pressure against the back of his knees and his larynx will break his hold.



**Illustration 8B:** This larynx pressure usually cuts off his breath completely, causing him to fall on his back unconscious.



## LESSON 9

## Clasp from Front with Under Grip

**Defense: Pressing nose and larynx.**

**Illustration 9:** There are other ways of breaking this grip besides that described in LESSON 8. An unfailing one is to press the larynx with one thumb and with the other press the nose upward. Another is to pull his hair, as this invariably causes him to fall to the ground.



## LESSON 10



## Clasp from Front with Under Grip

**Defense: Pressure on the nerves of the neck.**

**Illustration 10:** Pressure applied by both thumbs on the nerves of the neck will completely disable the opponent's arms. He may be able to hold them slackly in place but there will be no strength in them.

## LESSON 11

## Throat Clasped from Behind

Defense: Bending the fingers.

**Illustration 11:** You can weaken this dangerous strangling grasp by stiffening your neck and holding it rigid.



**Illustration 11A:** Even if you are fast losing consciousness, it is possible for you to grab his little finger on each hand and force it backward and sideways, sprawled away from the other fingers.



**Illustration 11B:** Keeping a tight grasp on his little fingers, swing your body around on one foot so that you face him, ducking your head under his arm to reach this position. Any resistance now would break his fingers.



## LESSON 12

### Throat Clasped from Behind

**Defense:** Shoulder jerking and double arm lever.



**Illustration 12:** Instantly stiffen your neck, as that will somewhat weaken his strangling grasp.



**Illustration 12A:** Reach up and grab his wrists, and holding them tightly, turn them outward. This does not require much effort and it will release his grip on your throat.



**Illustration 12B:** Still holding his wrists, pull his arms quickly over your shoulders and bend forward from the hips. His pain will be intense, and if the wrists are held firmly both arms will be broken as he is thrown forward and downward, landing on his head.

## LESSON 13

## Throat Clasped from Behind

Defense: Kidney blow.

**Illustration 13:** If someone behind you should grasp your throat, the quicker you stiffen your neck muscles the better your chance for breathing.



**Illustration 13A:** Stooping quickly, administer an elbow blow in the vicinity of his kidney. *Caution:* Because of the deadly effect of such a blow on the kidney, the utmost care must be used while practicing it in training.

## LESSON 14

## Neck Clasped from the Front

Defense: Bending the fingers.

**Illustration 14:** Always remember that you can slightly diminish the pressure of those strangling fingers by stiffening your neck.



**Illustration 14A:** Reach up over your shoulders and grasp with each hand any one of his fingers. Holding them with an iron grip, press them backward and his clasp will be loosened.



**Illustration 14B:** While continuing to press his fingers backward, force one of his arms over his head, thus turning his body until his back is toward you. Should he resist he would have fractured fingers and dislocated shoulder. To throw him, press your leg against the back of his knee and it will then not be difficult.



## LESSON 15

Neck Clasped from the Front

**Defense: Cross-grip.**



**Illustration 15:** It must be repeated, for emphasis, that the strangling grasp is always somewhat weakened by stiffening the neck.

**Illustration 15A:** Bending your elbows sharply, put your right forearm under his left arm and your left forearm *over* his right arm, bringing your hands together so that your two thumbs can be interlocked.



**Illustration 15B:** Press strongly downward with your left arm and hold his right arm firmly on your chest. Then, with your right arm, swing his left arm over his own right arm as a lever.

## LESSON 16

## Throat Clasped with One Hand

Defense: Arm-turning grasp.

**Illustration 16:** To make this clasp on the throat less painful, turn your head to the side on which his thumb is placed.



**Illustration 16A:** With both hands, grasp his arm with an upper grip. Turn it outward, rotating it in the direction of his little finger. It will then be easy to free yourself from his strangling grip.



**Illustration 16B:** Turn his arm toward the right at shoulder-level, whirl about on your right foot and lock his right leg *from the front* with your left leg, in such a way that he will fall.



## LESSON 17

Sweat Box from the Rear

Defense: Chin or nose grip and leg lever.



**Illustration 17:** To release yourself from the strangling sweat-box embrace, you must quickly apply a counteracting grip.

**Illustration 17A:** If the opponent is using his right arm for this embrace (as in the illustration), bring your left arm from the rear over his right shoulder and apply the nose or chin grip. At the same instant lift his right leg high above the floor by thrusting your right arm under his knee.



**Illustration 17B:** He will lose his balance and fall—with a little aid from you. His leg can then be used as a lever over your own thigh to prevent a further attack.

## LESSON 18

## Sweat Box from the Front

## Defense: Backward throw.

**Illustration 18:** If the sweat-box grip is applied from the front, stoop quickly and thrust your right arm between his legs, with the hand in the position shown in the illustration; at the same time grip his right knee with your left hand.



**Illustration 18A:** By lifting him, his hold will be broken and you can throw him backward over your right shoulder.



## LESSON 19

## Abdomen and Stomach Blow

**Defense:** Neck blow, or neck clasp from below.

**Illustration 19:** The approaching aggressor who tries to render you unconscious by butting you violently in the stomach, can be thwarted by a blow on the back of his neck with the edge of your hand.



**Illustration 19A:** Should you be taken by surprise, with no chance to raise your arms for the edge-of-the-hand blow, grab his neck from below. If you exhale an instant before the impact his blow will be weakened.



**Illustration 19B:** By throwing yourself backward to the ground, while you are gripping him under the chin, you will force him to do a somersault beyond you.



**Illustration 19C:** While he is on his back your arm will be strangling him. There is no way he can avoid it in that position.

## LESSON 20

## The Double Nelson

Defense: Leg lever.

**Illustration 20:** If an aggressor be-  
hind you should slip his arms be-  
neath yours and bring his hands  
together to grasp the back of your  
neck, bring your arms firmly to-  
gether across your chest; this will  
somewhat loosen his grasp on your  
neck.



**Illustration 20A:** Without releasing  
his arms from your vise-like grip,  
quickly bend forward from the hips  
and throw him over your head, still  
keeping your hold on him.





**Illustration 20B:** When he reaches the ground you will be on top. Seize his foot with both hands and apply the leg lever.

## LESSON 21

### Sleeve Grasped with One Hand

**Defense:** Load and throw off.



**Illustration 21:** If you should be seized by the sleeve, use the same grip on the aggressor's sleeve, on the outside of the upper-arm.

**Illustration 21A:** If it is his right arm, duck suddenly under his right shoulder and with your left hand pull him across the back of your neck; at the same time reach your right arm over his right leg until the hollow of your elbow is under his knee.



**Illustration 21B:** As you straighten up, with him lying helpless across your shoulders, you can throw him in any direction you please.

## LESSON 22

## Coat Grasped with One Hand

Defense: Arm turn.

**Illustration 22:** When an aggressor grasps your coat to pull you toward him, neatly thwart him by pressing his grasping hand tightly against you.



**Illustration 22A:** Suppose it is his right hand. Advance your left leg toward him and with both hands seize his right wrist and turn it outward until the back of his hand parallels the floor. Then with both thumbs press hard into the palm of his hand.





**Illustration 22B:** If this does not subdue him, simultaneously pull his hand toward you and push him away with your foot (as shown in the preceding illustration), then apply the shoulder-turn grasp by twisting his arm outward, thus causing him to fall.

## LESSON 23

### Coat Grasped with One Hand

**Defense: Pressure on the wrist.**



**Illustration 23:** There is a surprise element in your defensive movement of pressing his grasping hand close against you that aids in its effectiveness.

**Illustration 23A:** If he is using his right arm, quickly grasp it at the wrist with your left hand and at the elbow with your right hand. Press firmly downward and toward the back.



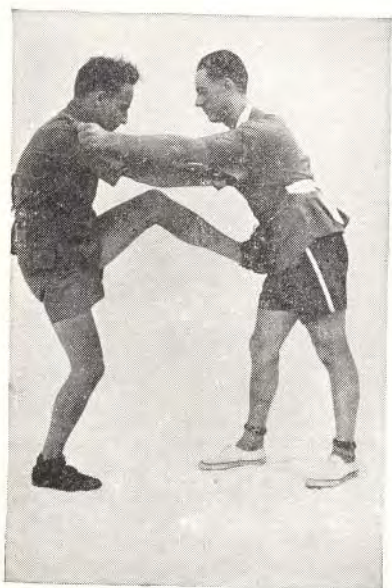
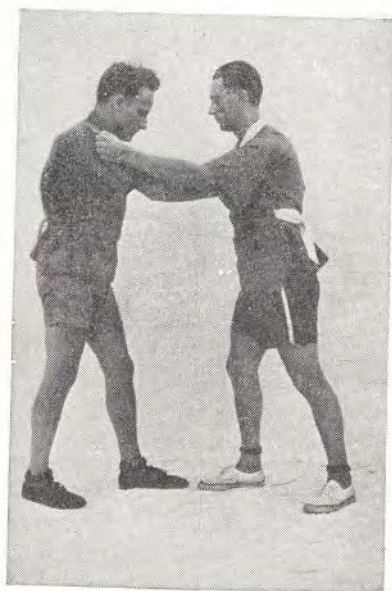
**Illustration 23B:** Holding his wrist tightly, force his forearm upward toward his shoulder-blade, then press your shoulder or chest against his elbow. With your free right hand the "necktie grasp" can be used; then lock his right leg with your own right leg.

## LESSON 24

## Coat Grasped with Both Hands

**Defense: Overhead throw and scissors-strangulation grip.**

**Illustration 24:** In a fight the aggressor often grasps both shoulders. Seize his coat-collar with both hands—or if you can reach the back of his neck, that is more effective.



**Illustration 24A:** Place one foot against his abdomen, pull him toward you by your hold on his coat-collar (or back of neck), and fall backward yourself on both shoulders.



**Illustration 24B:** Freeing him from your grasp with an overhead swing, he will land a few feet away from you—and usually will be quite unable to resume the fight.



**Illustration 24C:** By turning slightly, you can apply the scissors-strangulation grip and thus hold him firmly.

## LESSON 25

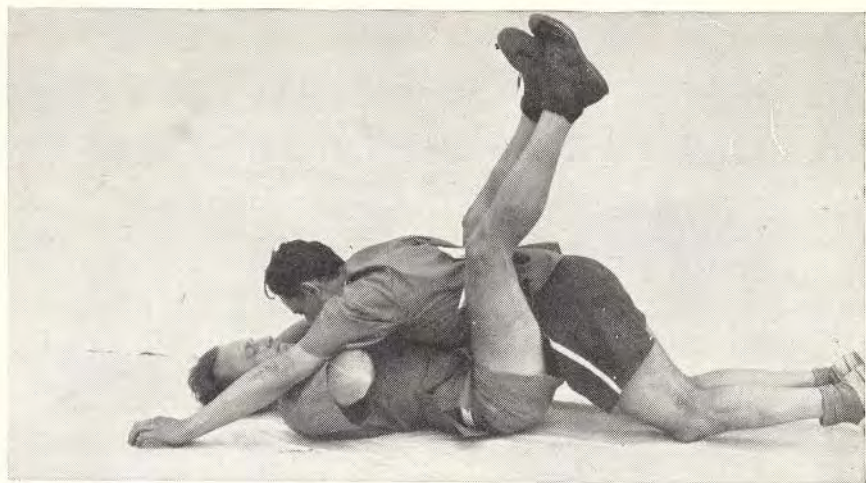
## Coat Grasped with Both Hands

Defense: Double jump and kidney-scissor.

**Illustration 25:** Should you be seized by both shoulders—or if the aggressor should have a firm grip on your body with both hands—grasp his coat-collar and rock him forward and backward.



**Illustration 25A:** At the instant that he is midway, his feet nearly parallel, jump on his toes. This will bring him out of balance, and will aid you in the next step.



**Illustration 25B:** Fall backward, pulling him with you. Then raising your legs, apply the kidney-scissor.

## LESSON 26

Seized from Front with Under Grip

**Defense: Kidney blow.**



**Illustration 26:** Should someone in front of you grasp you under the arms, as often occurs in wrestling, throw one arm over his head, and across his shoulders, so that you can chop him over the kidney with the edge of your hand. *Caution:* This blow on the kidney with the edge of the hand can have a fatal effect. It should be applied only in the most extreme cases.

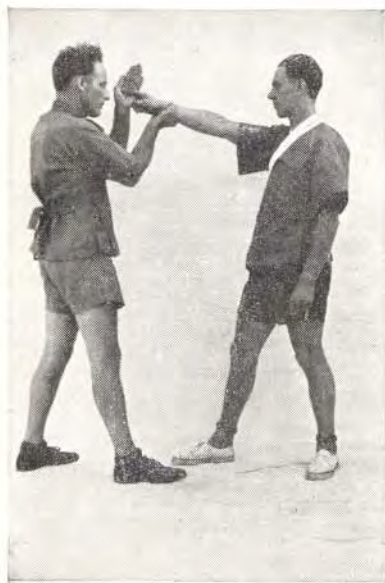


## LESSON 27

## Piercing the Eye with a Finger

**Defense:** Finger-piercing, arm lever and transport grip.

**Illustration 27:** Should someone try to stick his finger into your eye, bring your hand up with lightning speed and hold it extended with the thumb side against the bridge of your nose and your forehead. His finger will not be able to reach your eye.



**Illustration 27A:** With your right hand grasp his wrist from below, turn your body on the right foot and lock his right leg with your left leg.

**Illustration 27B:** In turning, his grasped arm is turned outward toward the right. Swing your left arm over his right arm above the elbow, encircling it, and hold fast to your coat while you apply the arm lever. This movement takes you to one side.



## LESSON 28

### Blow on the Neck Artery

**Defense:** Edge-of-hand blow and arm lever.



**Illustration 28:** If your antagonist should use the fatally effective blow on your neck artery with the edge of his hand, the direful effects will be considerably lessened if you can get the palm of your hand on your neck before he strikes.

**Illustration 28A:** You can avoid the impact by acting quickly. Seize his wrist from below with your right hand and at the same time pivot on your right foot.



**Illustration 28B:** In turning, pull his arm outward toward the right, then swing your left arm over it and with your left hand grasp your own right wrist. Still holding onto his right wrist, make use of the arm lever.

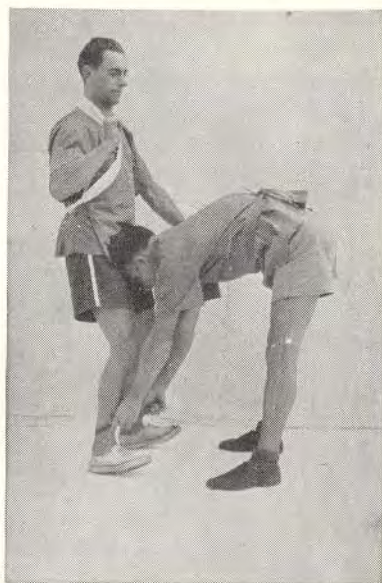


## LESSON 29

## Handling a Pickpocket

Defense: Pulling the leg and foot-turn grasp.

**Illustration 29:** While your pockets are being investigated from the front, bend with lightning speed, seize the bottom of his trousers (or grasp him around the knees) and pull his feet from the ground; butt him wickedly in the stomach and he will fall backward. This violent fall on his back or the back of his head will discourage him from molesting you further.



**Illustration 29A:** To be certain, however, you can hold fast to one foot and stand on the other while you apply the foot-turn grasp.

## LESSON 30

## Handling a Thug

Defense: Pulling the leg and leg lever.

**Illustration 30:** To thwart a malicious attacker, swing behind him, seize the bottom of his trousers and pull his feet from the ground while you jam your head into his posterior.



**Illustration 30A:** He usually falls on his forehead or face and is out of the fight. But if he should persist, step on the hollow of his knee and grasping his ankle and toes press his foot backward. This will cause a double fracture.



## LESSON 31

**Illustration 31:** A direct blow by a boxer may be thwarted by side-stepping and bending a little in order to deliver a blow with the elbow in the vicinity of his kidney. *Caution:* The kidney blow may result fatally. In training, it is only to be indicated.



## LESSON 32



## Boxing Attack

**Defense:** Push against kneecap.

**Illustration 32:** Before the boxer can get close enough to strike you, surprise him by suddenly thrusting your foot forcibly against his kneecap.



## LESSON 33

## Shoulder Throw

**Defense: Strangling grasp and leg lever.**

**Illustration 33:** Before the aggressor can pull you toward him, stiffen your back and hold it taut. A stretched, stiffened body makes the shoulder throw impossible, especially if you slip toward the side and begin a counterattack. With your free arm, grasp his leg near the back of the knee.



**Illustration 33A:** Slipping your arm under his leg, raise it high above the floor, then fall backward so that you land in a sitting position with spraddled legs.

**Illustration 33B:** Holding him tight in your grip, one arm around his neck, the other around his leg, squeeze your arms together until he surrenders.



## LESSON 34

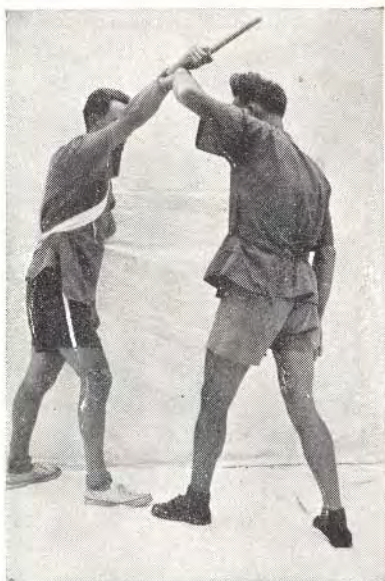
Club Blow from Above

Defense: Arm lever.



**Illustration 34:** As the strength of the blow depends upon the strength of the aggressor's fist, parry the attack by delivering an edge-of-the-hand blow against his wrist.

**Illustration 34A:** After this parry, immediately grasp his wrist from below, with your hand placed as in the illustration, thumb outward.



**Illustration 34B:** Holding his wrist firmly, pivot on your left foot and swing your right arm over his right arm (if he is no taller than you are), and use the arm-lever grasp.



**Illustration 34C:** If he is too tall for this maneuver, pivot in the same way, but bring his arm, inner side up, over your right shoulder.



## LESSON 35

### Club Blow from Above

**Defense:** Shoulder throw by using arm lever.



**Illustration 35:** Parry his attack with a blow of the edge of your hand delivered smartly against his upraised wrist.

**Illustration 35A:** After parrying the blow, proceed immediately to the attack. Seize his wrist from below with your left hand (the thumb on the outside) and his upper-arm from below with your right hand. Pivot on your left foot and pull his arm over your right shoulder.



**Illustration 35B:** While using his arm as a lever, be careful to prevent him from turning to the side or escaping. By continuing the arm-lever pressure, he will be forced off the ground. Bend low with lightning speed and throw him over your head as you release your grip.

**Illustration 35C:** If you should hold onto his arm, he would fall as shown in the illustration. Place your foot on his neck, and grasp his wrist and press it inward. He will be completely incapable of fighting.



## LESSON 36

### Club Blow from Above

**Defense: Arm-turn grasp.**



**Illustration 36:** With the edge of your hand, give a chopping blow against his wrist before the club can descend.



**Illustration 36A:** Immediately after the edge-of-the-hand blow, grasp his wrist from below, being sure your thumb is on the outside as in the illustration.



**Illustration 36B:** Twist his arm outward and he will lose his balance and drop with surprising speed to the level of your hips.

**Illustration 36C:** A little more pressure and he will be on the floor. Crook his elbow and bend his hand inward. He will drop the club at once.



## LESSON 37

### Club Blow from the Side

Defense: **Strangulation and arm over leg.**



**Illustration 37:** After averting the blow by striking his wrist with the edge of your hand, seize his wrist, pivot on your left foot and throw your right arm around his neck, with your left hip under his right arm, your legs well spread but kept rigid.



**Illustration 37A:** Lifting him from the side, press the arm that is around his neck downward across your back, and with your left hand pull his right arm over your leg. If necessary you can press it on backward.

## LESSON 38

### Club Blow from the Side

**Defense:** Strangulation and arm lever across the neck.



**Illustration 38:** After parrying the blow with the edge of your hand, seize his wrist and pull his arm across the back of your neck. At the same time throw your right arm around his neck and take a step forward with your right foot so that you and he stand back to back.





**Illustration 38A:** While loading him on your back, press against his neck with your right forearm, thus shutting off the artery there; and with your left hand press his right arm against the back of your neck. A throw will toss him to the ground.

## LESSON 39

### Club Blow from the Rear

**Defense:** Arm lever across the chest and tripping.



**Illustration 39:** When you are attacked from the rear you duck involuntarily. This is fortunate, for it enables you to defend yourself against repeated blows.

**Illustration 39A:** Make a lightning-quick turn on the left foot and throw your left hand high—to protect your head by catching the next blow on the edge of your hand.



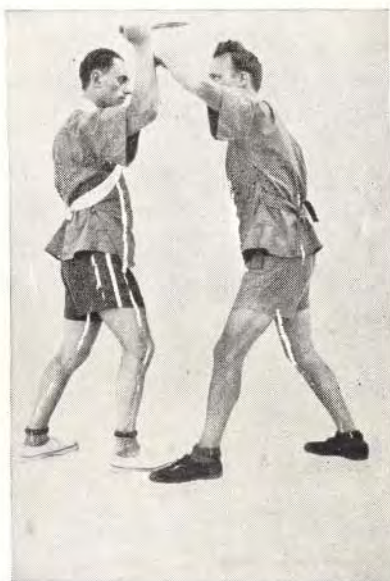
**Illustration 39B:** Facing the aggressor, seize his right wrist with your left hand and hold it firmly. Step forward and place your right leg behind his right leg; pull his arm against your chest or stomach and with your right hand press hard against his chin.

## LESSON 40

## Knife Stab from Above

Defense: Tightened hand grip.

**Illustration 40:** A knife stab from above is parried in the same way that a club blow from above is averted, by striking the upraised wrist with the edge of your hand.



**Illustration 40A:** Lock his leg by stepping forward with your right foot. Thrust your right arm beneath his right upper-arm and grasp your own hand or wrist. The slightest pressure on your part, in case of resistance, will result in a dislocated elbow.



## LESSON 41

## Knife Stab from Above

**Defense:** Bent arm and blow on the artery.

**Illustration 41:** Before the knife can descend, parry the stab from above with an edge-of-the-hand blow against his wrist.



**Illustration 41A:** With that same hand, grasp his wrist from below, your thumb on the outer side, and force his forearm backward.

**Illustration 41B:** Lock his right leg with your right leg and press his forearm far back until his elbow lies in your bent left elbow. A sharp blow on his neck artery with the edge of your right hand will render him unable to repeat the attack. *Caution:* When you are practicing this blow, hit very gently, or merely indicate it.



## LESSON 42

### Knife Stab from Above

**Defense:** Arm bent over the shoulder.



**Illustration 42:** First parry the attack by a sharp blow against his wrist with the edge of your left hand.

**Illustration 42A:** Grasping his wrist from below, with your thumb on the outer side, force his forearm backward.



**Illustration 42B:** Seize his elbow with your right hand, pressing your thumb and fingers so tightly that his elbow muscles will be lamed. With your left hand on the wrist, press his forearm backward and downward. He will fall backward.





**Illustration 42C:** While he is falling, be very sure to turn his wrist a little outward; otherwise he will fall on his own knife as shown in the illustration.

## LESSON 43

### Knife Stab from Below

**Defense:** Crossed arms (arm-scissors) and wrist grip.



**Illustration 43:** To thwart a knife stab from below aimed at your abdomen, quickly cross your forearms a little distance from the body. This blocks the stab.

**Illustration 43A:** Circle his wrist with both hands, and with your right hand execute an arm-turn grasp to the right, thus compelling him to turn around. Now press his hand inward and he will drop the knife. A powerful kick in the face will protect you from a repeated attack.



## LESSON 44

### Knife Stab from Below

Defense: Edge-of-hand blow and transport grip.



**Illustration 44:** First block the knife stab by a blow with the edge of your hand; then leap backward or to the side, whichever seems best at the moment.

**Illustration 44A:** With your left hand—which you have used to block his stab—force his right arm backward, and with your right hand press hard on his upper-arm.



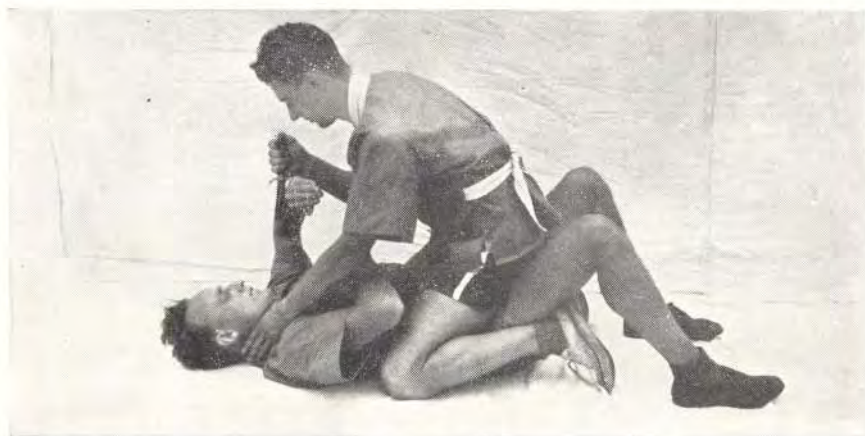
**Illustration 44B:** Swing behind him and press his forearm up toward his shoulder-blade; then seize the back of his coat-collar with your left hand so that his forearm lies in the *crook of your elbow*. With this transport grip you can force him to go wherever you choose.



## LESSON 45

## Neck Stab While on the Floor

Defense: Arm lever.



**Illustration 45:** Block the stab with an edge-of-the-hand blow against his wrist, and tent-shape your legs by drawing up the knees. Seize his knife wrist and turn it outward. With your right arm press against his left arm, to loosen his strangling grip. Throw him to the left side with your right leg.



**Illustration 45A:** Holding his knife arm firmly on the floor, turn on your right side. With your right arm reach around and under his right arm and use your own left wrist as an arm lever.

## LESSON 46

## Revolver Hold-up

**Defense:** Wrist grasp or arm lever and tripping.

**Illustration 46:** To have a likely chance against a man pointing a revolver at you, it is absolutely necessary that you accede promptly to his demand for "Hands up!"



**Illustration 46A:** Keep your hands up steadily and look him straight in the eye. His eyes will often reveal his intention a second or two before he acts.

**Illustration 46B:** To divert his attention, make some remark, such as "Someone is coming," or "Take what you want but don't shoot." Nearly always he will reply, and at that instant, with lightning speed knock the gun aside with one arm.



**Illustration 46C:** Instantly grasp his wrist and hold his arm away from you. If the gun should be fired, there is no danger of your being hit by the bullet.



**Illustration 46D:** Swing around on your left foot and throw your right arm on top of his gun arm, pressing his hand inward. This forces his fingers open and the gun falls to the ground. Instead of this defense, you may choose the one shown in the next illustration.



**Illustration 46E:** After grasping his wrist and turning the gun aside, leap forward so that you can lock his right leg firmly with your right leg. Pull his arm across your stomach for a lever and with your right fist deliver a powerful blow against his jaw. He will drop the gun or have a broken arm.

## LESSON 47

## Strangling with Chin Pressure

**Illustration 47:** Standing behind your opponent, thrust your right forearm across his chin, pressing it in against his larynx. At the same time, grasp his left wrist with your left hand, so that his arm acts as a lever against your chest. *Caution:* Use the utmost care in practicing this, for his breathing is stopped and he becomes unconscious almost at once.



## LESSON 48

Strangling with  
the Arm Lever

**Illustration 48:** Standing directly in front of your opponent, grasp his right wrist with your right hand and twist his arm outward. Turn on your right foot to swing your body around so that you are behind him. Throw your left arm under his chin and encircle his neck, bending him backward while you use his right arm against your chest as an arm lever.

This grip can be used also in defending yourself from a club blow or knife stab from above. First parry the blow with the edge of your hand and then grasp his right wrist with your right hand,

## LESSON 49

## Strangling with Scissors-Strangulation Grip

**Illustration 49:** Standing directly in front of the opponent, suddenly seize his coat-collar, your right hand seizing the left front of the collar, your left hand the right front.



**Illustration 49A:** Holding on tightly, turn your body with lightning speed so that your back will be toward him. Drop to one knee, and his coat-collar will be choking him in the scissors-strangulation grip.





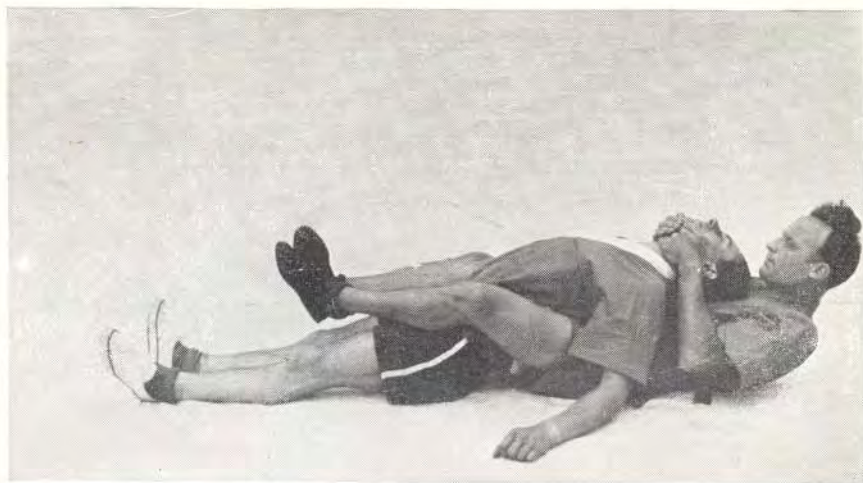
**Illustration 49B:** While it is usually unnecessary, from this position you can pull him over your head and as soon as he reaches the floor strangle him by pulling his coat-collar tighter, your hands crossing.

## LESSON 50

### Chin Throw from the Rear



**Illustration 50:** To throw your opponent if you are behind him, first make sure that your legs are in a line parallel with his body; then grasp him under the chin with both hands and pull his head backward.



**Illustration 50A:** Fall backward to the ground, pulling him with you. Press the top of his head firmly against your chest and apply the stomach-scissor or kidney-scissor with your legs.

## LESSON 51

### Chin Throw from the Front



**Illustration 51:** To thwart the aggressor, step on his foot—or on both feet if they are together—and give him a powerful blow under the chin. This will knock him down—and he may have a broken neck.



## LESSON 52

## Leg Throw

**Illustration 52:** To throw your opponent, place the inner side of your foot behind his heel and press your knee against his. By lifting his heel with your toes, you throw him off-balance and he falls backward.



## LESSON 53

Calf Throw  
and Foot-turn Grasp

**Illustration 53:** To defend yourself on the ground, drop suddenly on all fours, then stretch out and lie on one side. Quickly place one foot behind his heel and the other against his shinbone, or against the side of his knee. Pressing with your upper foot and raising his heel with your lower foot will speedily throw him.





**Illustration 53A:** While he is falling, sit up and grab one foot and pull him toward you. Placing your leg between his, use the foot-turn grasp.

## LESSON 54

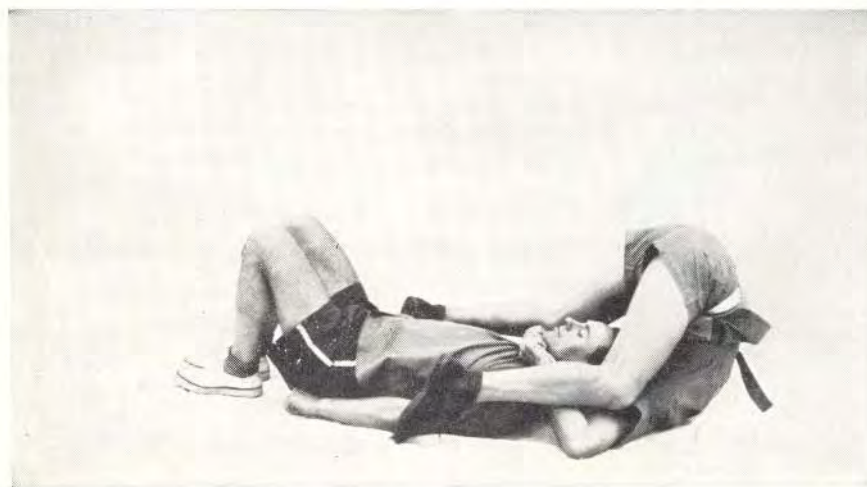
### Shank Jump



**Illustration 54:** Holding the aggressor firmly by his coat-collar, jump suddenly on his thighs and let yourself fall backward, pulling him with you. Should he clasp your legs, this will not prevent your falling and there will be no time for him to counterattack.



**Illustration 54A:** If you should miscalculate the jump and execute it badly, he may be able to prevent the fall you planned. In that case pull him to either side, turn your body on the ground and apply the arm lever over one leg; you may be able to place the other leg across his neck.



**Illustration 54B:** If, however, the jump on his thighs should bring him to the ground with you, roll yourself backward without loosening your hold on his collar.



**Illustration 54C:** By straddling him in a sitting position, the nose or throat grip can be applied effectively.

## LESSON 55

### Larynx Blow



**Illustration 55:** Seize the aggressor's wrist with your right hand and twist it until the thumb is up. At the same instant place your left foot back of his right knee—or against his kneecap, depending upon his position—and with the edge of your left hand give a chopping blow on his larynx. *Caution:* The effect of this blow is nearly always fatal, so it should be used only in cases of extreme danger.



## LESSON 56

## Transport or "Come Along" Grip

Three methods with similar grasp.

**Illustration 56:** Standing behind your antagonist, seize his right wrist with your left hand and his right elbow with your right hand. Force his forearm up until his hand is level with his shoulder-blade, then, using your wrist grip, press it toward his body. Be sure to stand a little to the side, to avoid being stepped on from the rear.



**Illustration 56A:** To change the position shown in the preceding illustration, which is necessary if you have far to take him, swing his forearm forward without loosening your hold on his wrist and elbow, until his upper-arm is in the crook of your elbow, then press his fingers downward with your free right hand.

**Illustration 56B:** Should it be necessary to have your right hand free—to carry a bag perhaps—grasp his bent fingers with your left hand.



## LESSON 57

### Transport or "Come Along" Grip Finger-bend method.



**Illustration 57:** One of the simplest "come along" grasps is the bending of a finger. Seize any finger at all, press your thumb against the palm side of the upper joint, and your index or middle finger against the back of the second and third joints. With the least pressure the man is forced to follow you—otherwise his finger will be broken.

## LESSON 58

**Illustration 58:** This is one of the simplest grasps to apply. Approaching from behind, seize his coat-collar with one hand and the seat of his trousers with the other, forcing him onto his toes. If he should attempt to resist he would fall forward.

## Collar and Trouser Grasp



## LESSON 59



To Hold Someone  
Trying to Escape  
Collar grasp and bent wrist.

**Illustration 59:** When you overtake the runner, grasp his coat-collar and place your foot behind his knee. This will throw him backward to the ground.





**Illustration 59A:** Quickly step on his upper-arm and bend his forearm and wrist inward.

## LESSON 60

To Hold Someone Trying to Escape  
Foot grasp and leg lever.



**Illustration 60:** The best way to make a runner fall is to seize his foot or ankle as you overtake him. With one leg held in your tight grip he loses his balance and falls forward. But this is not an easy method. It

requires a great deal of experience; and care must be taken to avoid being kicked in the face by that uplifted leg.



**Illustration 60A:** While he is on the ground, a double fracture of the leg can be inflicted by using the leg lever as shown in the illustration.

## LESSON 61

To Force Someone to Stand Up Against His Will

Foot turn, arm lever and transport grip.





**Illustration 61:** If he is lying on his stomach, turn him over by seizing one foot by the heel and toes and twisting it outward. Resistance will cause a fractured ankle.



**Illustration 61A:** With him now on his back, grasp one wrist and by using his arm as a lever force him over your knee until his trunk is upright.



**Illustration 61B:** Pressing your shoulder against him, turn his arm backward, bent at the elbow, until his hand is against his shoulder-blade. The pain will be so excruciating he will resist no further.