

# DEFEND YOURSELF



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Scientific Personal Defense

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*This book is dedicated to the late  
Dr. H. E. "Hek" Kenney: scholar,  
teacher, coach, leader, fighter and friend.*

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# Preface

This book was written to meet the express needs of the many people in this country who are concerned about their safety and who want protection in their homes, on the streets, and every place that they go. *Defend Yourself* is intended to present the best techniques for self-defense, described in a logical order, from simple concepts to advanced applications. The photographs show people of both sexes, with a wide divergence in age, demonstrating the various skills in a number of natural settings. These illustrations should make it easy for any reader to identify with the text. Supporting material is provided that, it is hoped, will help the student develop an insight into the problems of personal defense.

The book offers a complete presentation of self-defense techniques. By selecting those techniques best suited to the individual's personality and to the time he or she is willing to devote to practicing, the student can develop a personal system of defense. It is possible to master all of the skills presented, and a number of people have done so. But it is also possible to select a lesser number, concentrate on them, and still become a very proficient personal defender.

*Defend Yourself* is intended to be the definitive work about self-defense. It is different from other works in the field because of its broader scope, the practicability of its techniques, and the simplicity of the presentations. The Seidler system of personal defense is based on the principles of physical education, kinesiology, and biomechanics. It is not concerned with tradition, art, ritual, or foreign terminology.

This book is designed for the ordinary man or woman who

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# 1. Introduction

The United States Declaration of Independence states: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness."

It is my strong conviction that society should protect these rights for every man, woman, and child. If it cannot provide such guarantees to all—and the over one million assaults per year indicates its inability to do so—individuals are entitled to provide for their own welfare. If people are concerned about the personal safety of their families, friends, and themselves, they have the right to learn and use techniques that allow them the rights to life, liberty, and the pursuit of happiness.

My purpose in writing this book is to give teachers and students the best knowledge of personal defense that I can contribute. I hope that no one is ever forced to fight, but I also hope that anyone who is will be able to defend himself or herself against the barbarians in our society. As Teddy Roosevelt said, "To be prepared for war is the most effective means to promote peace."

Throughout history, people have been interested in self-defense because men, women, and children in most societies needed protection that the society was frequently unable to provide. Culturally it has usually been the man's role to defend himself and his family. It has often been a boy's secret dream to defeat a bully with his bare hands or rescue a fair maiden in distress.

wishes to learn self-defense but who has little or no background in that type of activity. It should also be of value to military or police personnel who wish to learn to fight more effectively. In addition, the text may be used by a teacher who wants to help a group of students—of any age level—to learn to defend themselves. The material is presented in such a way that the teacher can select particular skills in any order desired.

It appears that the time has come in America for the provision of organized public instruction in personal defense through physical education programs in secondary schools and colleges and through social agencies or other organizations. *Defend Yourself* is intended to provide the necessary information for those who wish to teach or learn self-defense.

I hope that after reading this book you will be motivated to take the time and make the effort necessary to acquire the skill, savvy, and determination to defend yourself. I know that you can if you will. A great number of my former students are quite capable of doing so.

I firmly believe that everyone—man, woman, and child—has the right to live unmolested, unintimidated, and free from fear. If the information contained in this book helps in some measure to contribute to this goal, then I will be satisfied.

I wish to express my appreciation to the following people who reviewed the manuscript: Jerry Wyness, San Francisco State University; Roy Schroeder of Memphis State University; and Frank Bauer, University of Northern Colorado.

I would also like to thank Mrs. Kay Drummond, Mrs. Sherri Johnson Galbreth, Miss Zoe Haaland, Miss Cecily McMahan, Mr. Mike Solomon, Mr. Tony Sandoval, and my children, Kim, Todd and Toni, who all posed for the illustrations. Kim Seidler contributed greatly by criticizing the manuscript, doing the original drawings, and making numerous valuable suggestions as the book developed. My sincere thanks to Mrs. Jean Stebner for her valuable help in the preparation of the manuscript.

A. H. S.

*PUBLISHER'S NOTE:* Laws governing the actions people may take in defending themselves vary from state to state. Readers are advised to consult their particular state's laws. Neither the author nor the publisher intend any of the statements made in *Defend Yourself* to be construed as advocating disregard of the law.

classes in personal defense. In the past fifteen years these have been coeducational, and in recent years considerably more than half the students have been women. Some of the very best performers were women.

With the growth of public concern about crime, particularly crime against the individual, I have been called on to conduct personal defense workshops for teachers, many of them over sixty years old, and a good number of them female. Since personal defense emphasizes knowledge, precision, and execution, people don't have to be handicapped by their age.

For some reason, people have questioned the propriety of teaching a method of fighting, even for self-defense, to students in secondary schools and colleges. Such instruction is justified because no one is considered educated unless he or she can defend self, family, and property from an unprovoked attack. Students are taught to respect the laws and the rights of others. They are taught to avoid a fight if possible, but to fight successfully in defense of what they consider important if they cannot avoid fighting.

Students who take such a course are much less likely to be involved in confrontations. There appear to be two main reasons. (1) Because they are aware of the risks they face, students who take personal defense manage to stay out of trouble better than untrained persons. (2) The abilities they have acquired increase their self-confidence and appear to make them less attractive targets for muggers and hoodlums.

One of the intangible benefits that often accrues to the trained individual is an aura of self-confidence, which distinguishes the really capable fighter. When men and women become excellent personal defense performers, opponents can frequently sense that it would be unwise to tangle with them.

A number of years ago I observed an incident that demonstrates this point. A gray-haired, middle-aged, relatively small man became involved in a fight with three lumberjacks, each larger and younger than he. After attempting to talk his way out of the fight, the man said to the three, "I'm sorry that you insist on fighting, but if you want, I'll guess we'll have to. However, I want to give you a little advice. I'm an expert in street fighting, and you three will have a better chance to get me if you all rush me together. I would like to warn you, however, that I'll break the first leg or arm I put my hands on." The three tough lumberjacks, who were often involved in fights, sensed that this was not the right guy to attack, and they left.

Developing the skill to protect oneself and the weak was frequently a steppingstone to social success. Often this skill produced a noticeable increase in confidence and poise and, as a result, a significant change in social behavior. Today, women are called on to defend themselves, as men used to be (and still are).

Many good men and women hope that we can live in a society in which each person is treated with respect, kindness, and courtesy. The problem is that nowhere in the civilized world have we been able to build such a society. Until that wonderful day when we can, all individuals, men and women, adults and children, must be prepared to protect themselves and their own.

It may seem strange to talk about the individual's need for self-defense, but it has never been a more significant concern than it is today. Although we are at one of the highest levels of civilization in history, it seems that the individual is more at the mercy of criminals than ever before. Crime rates are the highest in the history of this country. Murders, rapes, assaults, robberies, and burglaries are constantly increasing, and the average man or woman is the innocent victim.

Many people maintain that a person living in civilized society has no need for any knowledge of or skill in personal defense. These people cite the large number of police officers and the great amounts of money spent in taxes for the protection of citizens.

A citizen should be able to rely on the law enforcement agencies for protection, but it is obvious that we simply do not have enough police to go around. Every day we read of assaults on innocent people on the streets, in their homes, in their work places, in their cars, and in parks. Those who say that we don't need to know how to defend ourselves are wrong. A glance at any daily newspaper furnishes adequate proof of this. It is true that the law of averages is with you; only a small percentage of the population ever have to defend themselves. But it is small help to call on the statistical average when you are the one who is being attacked.

With my experience in working with the combat infantry soldier, one might think that my expertise would not be useful for ordinary nonmilitary men and women. I have been teaching personal defense to soldiers and civilians for more than thirty-five years, and in that time, I have discovered that the basic skills of scientific personal defense are helpful to both.

Participation in personal defense activities is not limited to any group, nor should it be. For many years I have taught college



personal endeavors, and in many other areas of life by saying that they just don't have the time. There is no easy way to become good at anything. Daydreaming will not help, and wishing will not make it so. Everyone knows that if you really want something, if it's really important, then you can find the time for it. Your ability to defend yourself will be directly related to the time and the effort you invest in learning personal defense.

I have often been asked why I teach personal defense. I do it for three reasons. (1) I think it is very important that people who want to learn to defend themselves have the opportunity to do so, and I want to help as much as I can. (2) Maintaining a high skill level requires regular practice, and teaching classes allows me to keep my skills honed and polished. (3) It's great fun, both for the participants and for me.

Many books and manuals have been written on the subject of self-defense, a number of them relating to the oriental arts such as judo, jujitsu, and karate. Unfortunately, many of these books and the courses they represent contain a great deal of misleading information. They show techniques that don't work or can't be learned by the average person, and they are presented in a mystical fashion. They pretend to encompass mysterious knowledge that gives the individual supernatural powers. This is simply not the case. Self-defense ultimately depends on knowledge and skill that can be used when you are placed in jeopardy.

Knowing how to use the techniques of personal defense is nothing more than a form of personal life and accident insurance. Although many people maintain that they have never had a fight or have never been attacked, many men, women, and children have been, are being, and will be brutally assaulted. Many persons carry insurance on their automobiles for long periods of time and never have an accident. The fact that they have never had an accident does not prevent them from carrying insurance against the possibility of accident. Some say that it is unladylike to fight, but it is even more unladylike to be beaten, raped, robbed, or murdered. You may also have heard someone say that if you are attacked you will "naturally" know how to defend yourself. No one "naturally" knows how to defend himself or herself. In fact, as you learn the skills of personal defense, you will discover that the natural reaction is invariably a wrong move. Usually it compounds your problem and strengthens the effect of the assailant's attack on you.

Yet another common belief is that strength will decide the

Skilled performers develop such an aura for several reasons, all related to constant practice. (1) Because of the constant repetition, trained individuals lose any fear they may have felt for the activity. (2) Familiarity with the activity and improvement in performance breed confidence which performers feel and opponents sense. (3) Many athletes find that if their practices are hard, the game is frequently easier than the practices. Similarly, experts in personal defense regard a real fight with relative equanimity.

This is not to suggest that the trained individual wants to fight or would lose an opportunity to avoid a confrontation. The skilled performer, after making every effort to stay out of trouble, faces the possibility of defensive action with the confidence acquired through hours of practice and high levels of skill attained.

Students of personal defense should keep in mind that great skill is necessary for success. Skill is the result of hours of practice. We should not be satisfied with merely knowing how to perform a wristbreaker or a double wristlock. It takes only a few minutes to learn the mechanics of several offensive skills, so it is easy for the uninitiated to develop a false security because of this knowledge. Knowledge of the mechanics of the trigger squeeze does not make a sharpshooter. This comes only from day after day spent in target practice. The same is true of self-defense skills. Each skill must be developed to a fine art before it is of any use.

I want to stress that reading this text will not immediately qualify anyone in personal defense. A little knowledge is worse than none at all. Although you may feel after attempting these skills a few times that you have mastered them, this is far from the case. Successful use of many of these techniques calls for practice and more practice, until you can instinctively execute any or all of the skills with top speed and precision.

The skills described in this book are not limited to the situations illustrated. With a little thought and experimentation, you can find many positions from which you can use any of these offenses. For example, you can use the double wristlock as a counteroffense against several different modes of attack or for direct assault. It is also valuable as a means of turning the tables after you have been thrown to the ground. In fact, those who are proficient with the double wristlock and use it a great deal in practice contests contend that it is difficult to imagine a position from which it cannot be used. The same is true to a greater or lesser degree for the other offenses described in this text.

Many people rationalize their failure in business, in sports, in

issue. The weak individual thinks, "Since I am not very strong or fit, the chances are good that I will not be able to defend myself anyway." If you really feel this way and find yourself under attack, you might just as well submit and hope that you will not suffer serious bodily harm or injury. With such an attitude, prayer is your best bet.

If you believe that learning to defend yourself takes more effort than it is worth, you should realize that your life or well-being, or the life and well-being of a loved one, may be at stake. It will then be too late to take out an insurance policy or to acquire the skills that you may so badly need. If you are an intelligent person who thinks seriously about the problem of crime and your relationship to it, you must come to realize that *now* is the time for you to prepare for the emergency that you may face.

I wrote this book because I feel that everyone should have the opportunity to learn self-defense, and I hope that I can help many teachers and individuals achieve that goal. Some day it may be possible for everyone to do anything without interference. Until that day comes, let's prepare to defend ourselves.

The ideal motto for a peace-loving citizen might be the one found on the first American flag, shown in Figure 1-1—a coiled snake and the legend "Dont Tread On Me"!



FIGURE 1-1 EARLY AMERICAN FLAG (Courtesy of U.S. Navy)

## 2. The Seidler System of Personal Defense

The development of the Seidler system of personal defense is the result of many years of study, practice, and trial-and-error testing against strong competition. This system is practically and scientifically sound. Each offense, defense, or counteroffense is based on a thorough knowledge of human structure and its limitations. The system guarantees that a skill is effective in a combative situation if it is properly executed. The skills presented in this text will work for anyone who performs them correctly and in the correct situation.

The human machine has areas of strength and of weakness. Knowledge of these areas allows trained individuals to pit their strength against their opponent's weakness. Further, knowing which areas are weak and vulnerable enables a person to lessen exposure of his or her own weak areas. A knowledge of the function and range of motion of each of the joints of the body is also very important. Many of the skills demonstrated here are intended to force joints into positions for which they were not designed. Obviously, applying force in the wrong direction can damage a joint severely, resulting in dislocation or bone fracture.

The Seidler system of personal defense is the outcome of my lifetime interest in the combative arts. I have studied jujitsu, judo, karate, wrestling, alley fighting, commando tactics, and so on. I carefully analyzed the skills taught in these disciplines and actually tried them out on the mat. I also tested them scientifically. As a professional in physical education, I had to learn much about human anatomy; kinesiology, the study of movement patterns of the human body; and biomechanics, the study of the application

of the laws of physics to human movement and the performance of skills. By using this knowledge, I was able to determine which skills were mechanically sound and would be effective tools in personal defense.

In general, I found that most of the skills taught to me were unsound. They either violated fundamental principles of human movement or were unrealistic, in the sense that they really could not be used in the situations the average person might have to face. For example, one section in a book on jujitsu instructs the performer to put a hold on the opponent's arm and raise one foot. Then it tells the performer to raise the other foot. My reaction to this was, "If he can stand in midair, he can fly; and if he can fly, why does he have to learn to defend himself?" As a matter of fact, I tried this move and decided that it would be a nice trick if you could do it. I found it impossible!

In a popular text on judo, the authors advocate a technique called the crab claw, in which you attempt to trip your opponent by launching yourself in the air at your foe. As you fly toward the antagonist, you should turn on your side, legs spread, groin first. You hope to scissor your antagonist's legs and upset him. Skeptical of the effectiveness of disabling an opponent by attacking him with my crotch, I resolved to examine this technique in actual performance. When I tested it on the mat, I found that I suffered a blow to the groin before I could execute the technique. (It took me three weeks to recover.)

One manual states that the second principle of unarmed defense is the use of internal oblique muscles. According to this manual the power for every defense must come from or be centered in these muscles. This is an obviously absurd statement. Any student of close combat fighting knows that many vicious offenses do not require the use of the internal oblique muscles. I consider a successful eye gouge an effective offense, and it can be executed very easily without any cooperation from the muscles located in the abdomen.

The same manual illustrates as many as ten different pistol disarms from the same position (for example, with the holdup man standing behind the victim). Obviously there is little sense in learning so many ways of defending yourself in a particular situation. The more ways you know, the more doubt you may have about which course of action is best. Also, if you spend whatever practice time you have on a number of defenses to one attack, you

cannot become as good at dealing with this situation as you can if you select the best way and spend all your time practicing that.

Most people wonder whether a small man or woman, or the typical peaceful, sedentary American, can defend himself or herself against a larger, stronger assailant. By properly applying scientific principles, the small person can have some advantage over a larger attacker and may be able to use the opponent's size and dimensions against him. For example, smaller people have lower centers of gravity, which tend to make them more stable. Also, their limbs are shorter. So as they apply leverage against one of the levers of their opponent's body, they have a mechanical advantage over their opponent's longer and more vulnerable levers. Generally, the stronger your opponent, the more effective the leverage applied against his joints, because the joints are tighter and less flexible.

Those who are smaller and weaker do not necessarily have to lose. If you know the vulnerable areas of the body and have the skills to attack them effectively, you may succeed in making yourself relatively invulnerable to a larger, stronger, but untrained opponent. Although size and strength are significant in fighting, they are not as significant as knowledge and leverage applied skillfully and scientifically. This system of self-defense is based on a set of principles that can make you a difficult person to attack successfully.

The mechanical principles most relevant to personal defense are stability, leverage, and motion.

**STABILITY** Stability is proportional to the area of the base. The broader your base, the more stable you are. Spread your feet and you gain stability.

Stability in a particular direction is proportional to the horizontal distance of the center of gravity from the edge of the base toward the given directional movement. If you lean forward, you are harder to tip backward than forward.

Stability is proportional to the weight of the mass. The more you weigh, the harder it is to move you.

Stability is indirectly proportional to the height of the center of gravity above the base. The taller you are, the poorer your equilibrium.

To be in balance, your center of gravity must be aligned vertically above your base. Your center of gravity is the concentration



of the mass of your body. When you are standing, it is located at a point just above your navel and halfway between the front and back of your body. The only factor affecting stability that you cannot control is your weight. When you are defending yourself, you should attempt to maintain a wide base, to keep your center of gravity above the base and toward the edge of the base toward which you wish to be less stable. For example, if you are prepared to drive into your opponent, your center of gravity should be at the front edge of your base.

Since your base is determined by the spread and relative position of your feet, the base usually provides more stability in one direction than another. For example, if you stand facing your opponent squarely, your base gives you stability to the side, but you don't have much stability forward or backward. On the other hand, if you stand sideways and present your side to your antagonist, you have a strong base from front to back, but a very weak base from side to side (see Figure 7-42, page 94).

At any point, if you feel yourself losing balance, widen your base, bend your legs, and lean away from the direction you are falling. Remember that these factors also affect your opponent's stability. If you want to trip or slam him, manipulate his body so that he becomes unstable, and he will fall.

**LEVERS** Most of the bones of the human body act as levers. All movements of the human body are the result of one or more levers in action. Skeletal muscles provide the force to move them. The lever is a mechanical device that provides turning motion around an axis of rotation. The lever is composed of three parts: a force arm, a resistance arm, and the fulcrum, which is the axis of rotation.

Leverage is the application of force through one type of lever or another to magnify strength, to increase speed, or to overcome force.

There are three types of levers, shown in Figure 2-1. They are differentiated by the location of the fulcrum, the relative length of the force arm, and the relative length of the resistance arm. The first-class lever is relatively strong, but relatively slow. There are not many first-class levers in the human body. The two most important first-class levers are the head and the foot.

The second-class lever is also a strong but slow-acting lever. There are hardly any second-class levers in the body. The most important one is the jaw, which is extremely powerful.

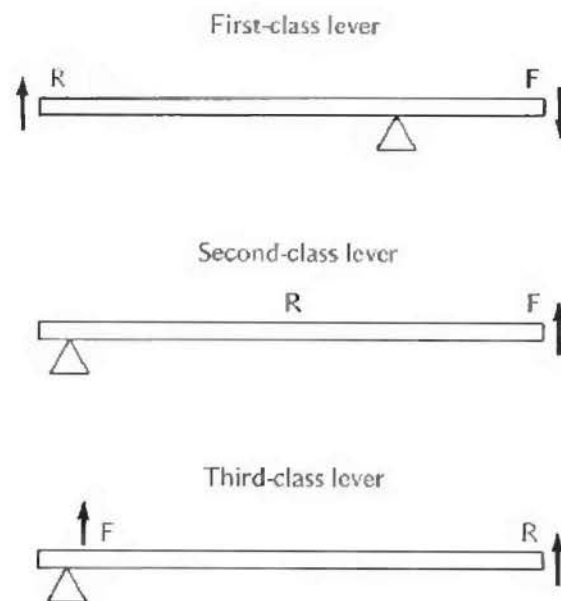


FIGURE 2-1 THREE TYPES OF LEVER

The third-class lever is relatively weak, but relatively quick. Since the human body is composed mostly of third-class levers, it is generally characterized as relatively weak, but relatively quick.

If you can visualize parts of the human body such as the hand, the arm, the head, the foot, and the leg as levers, you can see that the skills taught in this book enable you to exert a great deal of force against a particular joint.

**MOTION** All motion is based on Newton's laws:

1. *Every body continues in a state of rest or uniform motion in a straight line unless it is affected by an external force* In other words, if you are not moving, you have a tendency to stay put. If you are moving, you tend to continue to move in the direction you are going. We all have a tendency to continue moving because of our momentum.
2. *The acceleration of a body is proportional to the force causing it* The more force you exert against something, the faster it moves.
3. *For every action there is an opposite and equal reaction* If you drive forcefully to the rear with your leg, for instance, you will be thrust forward forcefully.

# 3. The Skills of Personal Defense

Most books concerned with sports or self-defense stress the word *skill*. The person who is attacked will quite likely be smaller and weaker than the attacker. To succeed in defending yourself, therefore, you must have at your command something other than the size and strength that you probably lack. The only worthwhile substitutes for size and strength are knowledge and skill—a knowledge of the vulnerable parts of the body, and the skill to incapacitate your attacker.

## THE DEVELOPMENT OF SKILLS

Although most of us at times allow ourselves to daydream or fantasize à la Walter Mitty, we all really know that no magic phrase or power will solve our problems and guarantee instant or lifelong success. In a moment of crisis when your well-being is threatened, you must be able to perform a selected skill, or several skills in a particular sequence, to disable your opponent.

Under great pressure, it is quite difficult for the novice to calmly select from a number of possible skills the particular one that is most appropriate for that crisis. Unless you have developed the selected skill to the point that you can execute it perfectly and immediately, it is better to turn the other cheek. What usually happens in such a situation is that victims, who may have a smattering of knowledge about self-defense, panic and literally cannot think of anything to do. If they do think of some possible action, they cannot remember the details of the defense that they now want to use against their assailants.

The laws of motion always hold, and they affect everyone the same way. You can use them to effectively avoid an assailant. For example, if your antagonist is charging at you, his momentum causes him to continue in a straight line. The more he weighs, and the faster he is going, the greater the momentum and the easier it is for you to step out of his way.

The more efficient the leverage you use, and the greater the acceleration you apply to the lever, the greater the effect of the skill used. However, it is much more effective to strike a blow from a stable base than from an unstable one, and it is almost impossible to exert leverage unless you operate from a stable position.

If you understand the principles of biomechanics that deal with stability, levers, and motion, you are much more likely to execute your skills effectively because you will have a greater insight into what is taking place. With this insight comes an enhanced ability to fight well. In this instance, knowledge of these physical laws can become the “equalizer” that we all want to have.

of performing a skill slowly. Then when you call on the habit, you will always perform it at slow speed. Practice makes perfect, and if you practice a skill slowly, you will get good at doing it *slowly*.

After learning the mechanics of a skill, you must continue practicing at high speed to develop and maintain the skill as a habitual pattern. You must then learn through constant practice which skill is most suitable for a particular situation. You must learn when to apply any skill that you want to learn.

You should think of the skills that you develop as tools. Each skill is a tool that serves a particular function. But no tool is very valuable unless you can visualize the best way to use it. Using the wrong skill can be costly because it will not work, and in the meantime, you may lose the opportunity to use the correct skill. You must teach yourself to recognize the situation you are in and to know which tool fits that particular situation. You must have not only a number of different tools to fit a variety of situations, but also the ability to match the appropriate skill to the immediate problem.

It is important for you to develop a high level of expertise in each skill group so that you can defend yourself against any type of attack. You must also learn which of your skills is the best defense against a particular attack. If you acquire these two capabilities, you will gradually develop a third component of self-defense—self-confidence. When you know that you can perform these skills explosively and effectively, and when you know that you can select the appropriate skill to fit the situation, you gain self-confidence. You are more likely to keep your cool under stress and to calmly select and execute the appropriate defense.

When you are learning the skills described in this book, it is important for you to get someone to practice them with. Your partner should practice each part of each skill with varying degrees of resistance from you. Many of these techniques are best learned part by part, going from slow speed, to medium speed, to top speed. You and your partner should coach each other as you practice. It may seem masochistic at the time, but each of you should resist the other as much as possible without injuring yourselves. You have a mutual goal. Each of you wants to be able to defend yourself effectively, yet your development depends on your partner's development. Partners usually become equally skilled, so if your partner is not as good or as aggressive as you are, find another partner. As a matter of fact, as you acquire some

If you wish to learn to defend yourself against unprovoked attack, you have several tasks. (1) You must learn the steps that you should take to avoid the confrontation, if possible. (2) You must know the body posture you should take if you cannot avoid a confrontation. (3) You must recognize the type of threat facing you, and you must be able to calmly select from a variety of moves that you can perform well the one that is best designed to eliminate the threat to you.

You must recognize that these skills have to be habits. Performing a skill in personal defense involves considerable knowledge, precise execution, the application of great force, and in some cases the use of your entire body to magnify the leverage developed by the skill. All this is beyond your ability if you attempt to think your way through the mechanics of the skill during the crisis. You simply cannot do it. All skills must be habits.

The baseball player at bat faces this same problem. He does not know the precise instant the pitcher will deliver the ball, nor does he know whether the ball will be in the strike zone, or whether it will be a fast ball or a curve ball, high or low, inside or outside. There are many parts to the mechanics of batting a baseball: the stance, the grip on the bat, the stride toward the pitcher's mound, the rotation of the hips, the rotation of the shoulders, the extension of the arms and wrists, and the follow-through.

The batter must do all these in a prescribed manner and sequence. When the pitcher throws the ball, it may well be moving over ninety miles per hour, and the batter has approximately two-fifths of a second in which to make a number of judgments. During that time, he must be performing all the parts of the mechanical act of batting a baseball, if he has decided to hit it. He simply does not have the time to consciously order the various parts of his body to perform their actions in the right sequence, with the correct speed, so that the bat meets the ball squarely.

If he is to hit the ball, his eyes must track it. His brain sends a signal to the parts of the body involved in hitting the ball. These parts then automatically do the right things, in the right sequence, with the right amount of force.

Similarly, to become proficient at defending yourself, it is absolutely essential that you first learn how to perform each skill efficiently, effectively, and explosively. This requires a great deal of practice. After you learn the mechanics of the skill, you should practice at maximum speed. If you don't, you will develop a habit



skill, you should try to practice with other people of all sizes and levels of skills. Practice makes perfect, and regular practice is needed to maintain skill levels. Also, to fully appreciate how effective these skills are, get someone to use them on you. Familiarity with an activity removes much of the fear one holds for that activity. Most people are afraid of blows, weapons, and falls. Practicing with a partner will help you realize that you are a lot tougher than you think you are, both physically and mentally.

At the beginning of a course in personal defense students frequently ask whether they will be hurt. My response is, "It depends on the way you define the word. If you mean, Will you be injured, the answer is, Not likely. If you mean, Will you be in pain, the answer is, Yes—constantly." It is amazing to see how the students' fear patterns change from the beginning to the end of the course. It is obvious that there is a strong relationship between their lack of fear, their ability to defend themselves, and their familiarity with this kind of activity.

To summarize, you must do three things if you are to develop the ability to defend yourself. First, you must acquire a group of skills that you can perform well at high speed. Second, you must be able to recognize which of your skills is your best defense in that immediate situation. Third, you must develop a willingness and desire to stop your assailant.

## CLASSES OF SKILLS

The skills used in personal defense fall into three broad categories: offense, defense, and counteroffense. In general, an offense is a move initiated to damage an opponent. Examples of offensive skills are kneeing an opponent in the groin, kicking him in the knee, and jabbing him in the eyes. If executed as an initiative, each of these is an offense.

A defensive move is one used to prevent an opponent's offense from injuring the defensive individual. Blocking a blow, ducking a blow, and stepping out of the way of a weapon thrust are examples of defensive moves.

The third category of skill is the counteroffense. It is the most advanced, usually the most complex, and the most difficult to execute. Because counteroffense is more difficult and complex, and requires a higher degree of skill, it is more commonly used by

the expert. It offers greater opportunities for success than simpler skills. As you become more highly skilled in personal defense, you will be more willing and able to use counteroffenses. A counteroffensive skill is one used as a reaction to a move initiated by the opponent. Counteroffense involves blocking or avoiding the opponent's offense, and then immediately using another skill to take advantage of your opponent's position or the momentum he has developed as a result of his offense.

Counteroffensive fighting is usually very effective. It requires quick reactions and high performance levels, but it tends to capitalize on one basic advantage—the tendency of all human beings to persist in the action they have initiated. In most cases, an attacker attempts to press an offense even after it should be apparent that the offense has failed, has been blocked, or has missed its target. This tendency to persist lets you, the counteroffensive fighter, take advantage of your opponent's forward momentum. Even after his offense has failed, the average fighter tends to continue to move in the direction of the offense, attempting to complete it.

By devoting much time to the practice of personal defense skills, you not only increase your skill and confidence, you also develop the ability to recognize more quickly when an offense has failed and when to change from defense to offense, from defense to counteroffense, or from offense to another offense. This ability to recognize when a skill—yours or your opponent's—has failed and the ability to adjust to that recognition are always apparent in the skilled performer of personal defense.

When you become highly skilled, you can direct an offense at your opponent, anticipating his reaction. If he does react as you expected, you can suddenly switch to a different attack to take advantage of his reaction. In effect, then, this second attack is really a counteroffense.

When you become highly skilled, you will assume that your opponent is very good, and as a result, you will have to use a follow-up skill to your successful offense. You must expect your antagonist to be able to minimize the effects of whatever technique you have used against him, and you must then effectively use a counteroffense to the defensive move that you expect him to use. In reality, if you recognize the need to continue fighting until you stop your assailant, you will be prepared to launch an offense, a defense, or a counteroffense. You may have to follow any one of

these with one or more skills, offensive, defensive, or counteroffensive, depending on what happens.

## RELATED CONCEPTS

In learning to defend yourself you face a number of problems: learning the vulnerable areas of the body, learning a variety of fighting skills and concepts, learning to recognize which situation lends itself to a particular solution, and developing the willingness and predisposition to fight vigorously and aggressively when you are forced to do so.

To defend yourself successfully, you need an awareness of all the vulnerable areas in the body. You must do all in your power to protect your own vital areas; at the same time, you must be looking for opportunities to strike your attacker decisively in one of his.

Developing a minimum number of effective fighting skills requires that you understand the basic elements of each skill and what makes it work, and that you practice each skill again and again at top speed until you can perform it anytime you want to, at top speed, against resistance. You must be able to perform a skill without consciously thinking your way through it, and you must develop the ability to perform the skill on either side equally well. Most of us can perform better on one side than the other, but practicing a skill on the poorer side tends to improve performance on both sides. You must practice any skill taught here repeatedly, at top speed, until it becomes a habit, if it is to be an effective tool in self-defense.

To be a good hand-to-hand fighter, you must understand several basic concepts.

1. The "natural" reaction to an opponent's move is *always* the wrong reaction. A natural reaction invariably compounds the effect of the opponent's attack. You must make a trained reaction, rather than a natural one.
2. Everyone tends to resist an attack. As a skilled fighter, you will find that your opponent's resistance to your move tends to magnify the effect of your offense. Conversely, you must learn not to resist your enemy's offense once it is no longer possible to escape its effects. Your best bet at that point is to go with it, attempt to get ahead of it, and thus destroy the timing of the

attack. The natural reaction is to resist; the trained reaction is to go with the offense.

3. Everyone tends to persist in what he is trying to do. You do, too, and you must learn to recognize when your move has missed or failed. In such a case, you must be able to quickly shift from your unsuccessful move to another while your opponent is still reacting to your initial move.
4. Even when you are in a position of advantage, parts of your body are exposed to some type of attack. The only way to prevent such an attack is to apply the skill you are using so vigorously that your opponent is incapacitated or in so much pain that he does not think of attacking you.
5. In spite of your tender sensibilities, once you have determined that you must fight, you must be aggressive, and you must fight until your assailant is disabled or unconscious.
6. You must assume that your opponent is very good. This is not to suggest that you should fear him, but you must respect his ability to hurt you. This means that you should attempt to strike blows or perform skills as well and as hard as you can. Never underestimate your antagonist! It is better to be too strong, or too skilled, or too ferocious than to be just a little less effective than you need to be. Behave as though your opponent is the toughest possible competition. If he is, you find just what you expected; if he is not, it will be a pleasant surprise.
7. You must know what to do after you have incapacitated your opponent. If you have knocked him unconscious, or broken his arm, or in some other way put him temporarily out of action, you may be puzzled about the next step. You could bind his arms by putting them inside his belt behind his back and then tightening the belt as much as possible. Or you could ask some passer-by to call the police. Or you could find a brick and threaten him with it if he got frisky. You might decide that your best course of action is just to run like hell! You must do something, but whatever that is, it will be a simpler problem to solve than the one you just completed.

Finally, regardless of the level and variety of your skills and your ability to select the right skill at the right time, if you aren't willing to fight wholeheartedly, you had better not attempt to defend yourself at all. A halfhearted effort is worse than none at

## 4. The Art of Falling

In any physical conflict between two individuals involving force, it is obvious that the success of one of the combatants inevitably means the downfall of the other. The word downfall has two possible meanings. It may mean defeat, or it may simply mean falling down. When you are defending yourself, it could mean both. It usually means falling down; whether it also means defeat depends on your ability to control and withstand the force of the fall. In general, a person skilled in close combat fighting usually needs only one slam to eliminate an untrained opponent, but he stands a much smaller chance of succeeding if you can control the way you fall.

It is obvious that sooner or later, the personal defense fighter will experience the doubtful pleasure of being slammed to the ground. We have already decided that the purpose of developing skill in personal defense is to protect yourself from bodily injury and from maltreatment at the hands of your enemies. Thus, it is clear that unless you become proficient at falling and recovering from falls, you are not adequately prepared to protect yourself, and the time and effort that you put toward learning self-defense are not being exploited as fully as possible. In other words, your lack of skill in falling may prove to be your Achilles' heel in some future emergency.

Some authorities in the field of hand-to-hand fighting argue that learning to fall takes months of practice under the instruction of a qualified teacher, that being on the ground makes you more vulnerable to attack, and that there is a great difference between falling on a mat and falling on rocky ground. So, they say, you

all. It tells your opponent that you will resist him, but will not hurt him. It will probably mean injury or worse to you and little or no damage to him. If you want to defend yourself, you must fight—with vigor, with determination, with skill, and with desperation.

### BASIC TERMS

In the following pages a number of skills are illustrated and described. The written description exactly matches what you see in the photographs. Obviously, if you put some kind of hold on your opponent's right arm or leg, it is because you happen to have an opportunity to reach his right arm or leg. But you can perform each of these skills on either side, and you should practice on both sides. Simply reverse all instructions to execute a skill on the other side.

It is imperative that you learn to perform all the skills on both sides. When you are being attacked, you probably won't have the option of choosing which side to use. You might find yourself in a position that forces you to use a specific skill on one side—and it could be the side you haven't learned the skill on.

The descriptions of the skills that follow use certain terms frequently, and you should understand them before you begin.

- inside:* toward the midline of the body, or closest to your opponent
- outside:* away from the midline of the body, or away from your opponent
- near:* the arm or leg nearest the opponent's body
- far:* the arm or leg farthest from the opponent's body
- up:* toward the head
- down:* toward the feet



that you are going to hit the ground, your aim is to govern as much as possible the manner in which your body strikes the ground. Possibly the best way to control the fall is to stop resisting as soon as you are sure that you are going to go down, and go with the hold. You should attempt to hit the ground before your opponent expects you to, so that you ruin the timing of his attack and diminish the force of the blow. By getting ahead of the hold, you lessen your opponent's control over you, which gives you more freedom to move your body so that you can fall the right way.

Once again: When you are falling, go with the fall. Attempt to get ahead of the fall or throw, once the success of your opponent's move is assured. If you do this, and your falling technique is correct, you have a very good chance of escaping from the attack ready and able to do some attacking of your own.

## TYPES OF FALLS

The two main classes of falls are (1) the *rolling fall*, which is a semihorizontal fall, and includes falling forward, backward, or sideward; and (2) the *flat fall*, which is vertical or near vertical.

**ROLLING FALLS** The rolling fall, or somersault fall, is the kind that is most likely to occur and is almost always the easiest to compensate for. The principle to follow here is to transfer the force of the falling body to a new direction, in almost all cases parallel to the surface of the ground. Rolling falls are second nature to football players, wrestlers, and tumblers. The many thousands of falls that these athletes experience without injury attest to the practicability of this technique.

Figure 4-1 shows how to execute the rolling fall. If you are falling forward, tuck your head down and attempt to put it back between your legs. At the same time curl your body into a ball. Move your hips forward and keep them high. Your momentum should carry you to your feet. Take several running steps forward, then turn and face your assailant in the standing defense stance, as shown in Figure 4-2. The best way to practice this fall is to do forward rolls using your hands when necessary. After this you should try a diving roll without using your hands if possible, since your opponent may very well be holding at least one of your arms so that you cannot use it.

In falling, it is important for you to concentrate on protecting

should concentrate on staying on your feet. They advocate not learning to fall, but learning to get back on your feet after you fall. The question that enters one's mind at this point is, What is the value of getting up off the ground, if the fall has incapacitated you? If the fall puts you out of action, and it probably will if you are untrained in falling, you will never get to use any skill you may have learned in regaining your feet.

For the skilled personal defense performer, falling is a significant part of some of the most effective offensive and counteroffensive skills. You need to learn to use controlled falling to generate great force against your opponent. In fact, the ability to control total body movements is an attribute of the expert in personal defense. If you examine the techniques in this book, you will see that many of them involve the use of falls and rolls in which you participate (examples are the double wristlock, the pickup reverse wristlock, backflip, and others). This system of personal defense is designed to prepare you for any situation, and your chances of falling are great enough that you should learn to meet this threat. If we believe the school of thought that says, "Being on the ground is a disadvantage, so don't be on the ground," we could also say, "Being choked is a disadvantage, so don't be choked." If we follow this line of reasoning to its logical conclusion, we would have to dispense with all personal defense. We could say, "Don't be slammed, or struck, or held up, or choked, or attacked with a knife, or kicked," because each of these makes us more vulnerable to attack.

Obviously, the intelligent thing to do is to prepare yourself as fully as possible to control any situation that you may face—and falling or being slammed to the ground is very definitely a situation that you may face.

In learning the various techniques of personal defense, you have to know the proper way to fall so that you can practice holds ending in slams or throws with a minimum of danger. Incidentally, while your partner is practicing the slam or throw, you may take advantage of the situation to improve your falling technique.

Most untrained persons, through their lack of knowledge and experience, tend to increase the effectiveness of their opponent's attack by continuing to resist long after the success of the maneuver has been assured. By resisting, you play right into your antagonist's hands. By concentrating all your effort and attention on resisting, you have no time to control your fall. If you are sure



FIGURE 4-3 GROUND FIGHTING POSITION

your head at all times; you must keep it from striking the ground. If you are falling backward, sit down as soon as you lose your balance and place your buttocks as close to your heels as you can get them. At the same time curl your upper body forward and place your chin on your chest. Try to roll across your back in a diagonal line, by rolling from your left buttock to your right shoulder, for example. The resulting roll should carry you some distance from your antagonist, and you should land on your knees in the ground fighting position (Figure 4-3).

If you are knocked down on the side, curl your body away from the direction of the fall, as Figure 4-4 shows. Keep as relaxed as possible and attempt to meet the ground with only one part of your body at a time. The action most nearly similar to this would be the action of a rocker on a rocking chair.

The basic principles of this type of fall are simple. First, keep relaxed. A relaxed arm, leg, or neck gives with the force of a blow; a stiff appendage absorbs it. Second, simulate as much as possible



FIGURE 4-1 ROLLING



FIGURE 4-2 STANDING STANCE

niques and to develop skill. You can acquire skill by beginning with simple front and rear somersaults and gradually going higher and higher off the ground. When you become proficient, you can dive over objects for distance or height, or you can dive from a progressively higher position. When you can dive from a height of five feet (and recover), you may consider yourself proficient in rolling falls. Any time you are falling in any but a vertical direction, remember: *relax and roll*.

**FLAT FALLS** The rolling technique is the answer to most falls, but it is impossible to use in the case of a body slam, a potent means of attack that may be used any time in a fight. When slammed, a body moves almost directly downward, at right angles to the ground, and there is no possibility of rolling. In rolling falls, hand-to-hand fighters attempt to touch the ground with only one part of their bodies at a time. In a flat fall, this would be suicidal. The part of the body that hit the ground would receive the entire force of the blow and undoubtedly be severely injured.

The answer to the body slam is the *check fall*, the most highly advanced and most difficult technique used in falling. Since it is dangerous to strike the ground with a small part of the body, the logical thing to do is to touch the ground with as large a surface of the body as possible. To do this, you attempt to land on the flat of your back and spread the force of the blow over as much of your body as you can, simultaneously striking one or both of the soles of the feet on the ground. You should keep your body relaxed, but lift your head forward, chin on your chest, with the neck fairly well tensed to prevent striking your head on the ground. Figure 4-6 shows the proper position for the check fall. You must be very careful that you do not hold your neck too tightly. If you do, you can really rattle your brain. The shock of your body striking the ground can be transmitted through the tight neck to your head. So you must hold your neck tight enough to prevent your head from striking the ground, but loose enough to prevent the shock from traveling up your neck to your head.

The crux of this technique is the use of your hands and arms—it is with these that you do most of the checking. Carry your arms in a relaxed manner about a foot away from your body on each side, palms downward. Just a fraction of a second before your body touches the ground, slap your relaxed forearms and hands sharply but loosely against the ground. This action constitutes the

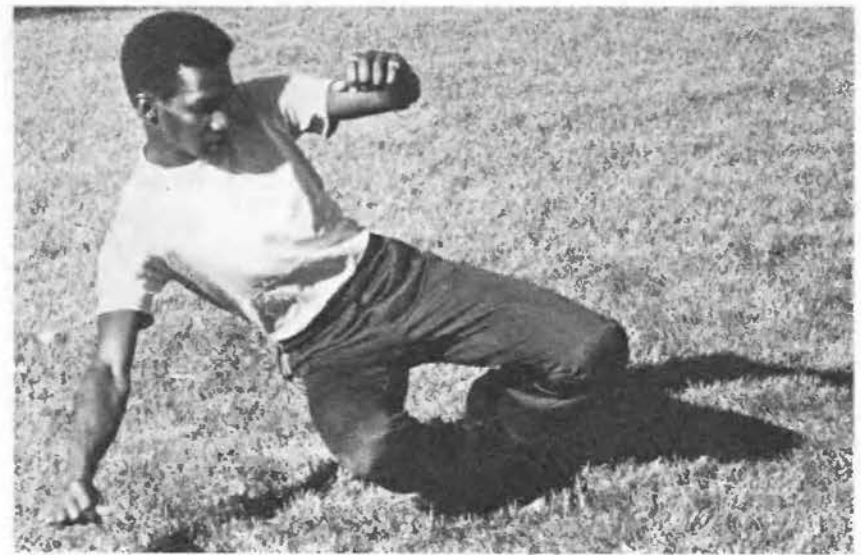


FIGURE 4-1 SIDE FALL

the action of a rolling ball. If you curve and relax your body, only a small part of its surface will be in contact with the ground, so it will be easy to roll and thus expend the force of the fall in rolling motion and distance. To see why this is so, compare the reactions of a ball and a square block to a push or fall. As you can see from Figure 4-5, this analogy clearly shows the feasibility of the rolling fall.

As a general rule, any time you are struck, shoved, or tripped to the ground, you can use the rolling fall with a good possibility of success. You should practice rolling falls to improve the tech-

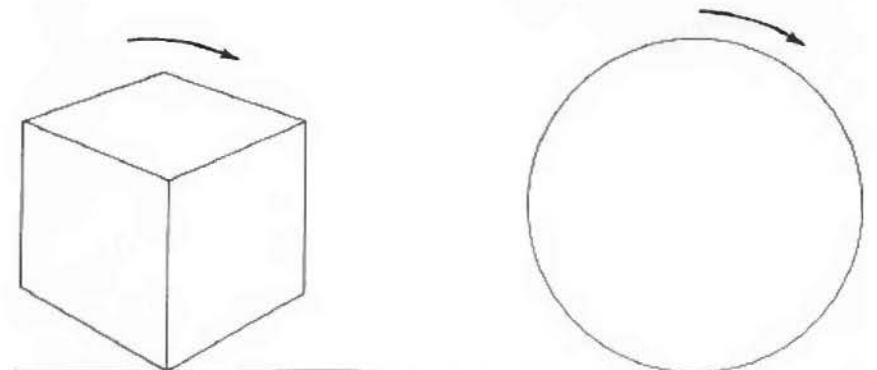


FIGURE 4-5 REACTIONS





FIGURE 4-8 FALLING

properly. So to avoid a painful fall and to prevent a loss of confidence, you should sample this technique in progressively larger doses. You can increase the height from which you make the flat fall as your confidence and skill increase.

To learn a check fall, start in the kneeling position. You should kneel on one knee, keeping your back erect, with your arms held loosely at your sides. Then turn your body slightly and fall directly to the rear, as Figure 4-8 shows, carefully performing the steps of this technique. Kneeling is an ideal position from which to practice check falling. It is high enough to make a flat fall, but not so high that an improper fall will prove painful or discouraging.

You should practice check falling from the kneeling position until you are proficient and confident. Then you may rise one notch to a low crouched position with both feet on the floor. As practice and training pay dividends, you can finally learn to check fall from an erect standing position. When you reach this point, all you need is constant practice. If you experiment, you will find that you can embellish your new accomplishment by using a little imagination. By using exactly the same techniques, you will find that you can easily do a front flip or several other varieties of flat



FIGURE 4-6 FALLING

checking that enables you to withstand the force of the smash. In theory, you strike your forearms and feet hard against the ground a fraction of a second before your body reaches the ground. If your hands and feet hit the ground with a force equal to the force of your falling body, your fall should be stopped just an inch or so above the ground. Then you would only fall one inch, with very little impact. Figure 4-7 shows the position that you will land in when you execute this fall.

Check falling can be extremely uncomfortable if you don't do it



FIGURE 4-7 IMPACT

can sustain the impact with the ground, you probably can continue to fight.

Both rolling falls and check falls are used to defend against or minimize the effect of an aggressor's advantage. Being tripped or slammed to the ground is certainly undesirable, but it is common. A blow strong enough to knock you to the ground may also knock you unconscious. In addition, a fall on rocky or rough ground may do a lot of damage. The important thing to remember is that a skilled faller has a much better chance of recovering from a fall on rocky ground. If anyone is going to recover from a fall, it will be the one who knows how to fall.

#### ACTION AFTER THE FALL: THE FIGHTING POSITION

The skillful use of the necessary falling technique will generally insure the success of the defensive maneuver. But remember that falling is primarily a defensive activity; the purpose of learning to fall is mainly to prevent bodily injury resulting from a fall. If you execute a fall properly, you have defeated your antagonist's first aim, but you are still at a disadvantage. You are on the ground, and the aggressor is still on his feet. If you allow the situation to remain as it is and the attacker takes the initiative, chances are that the fight will soon be over and you will lose.

The instant the fall is completed, you should galvanize into action. Either you must immediately move out of your attacker's reach and attain a well-balanced fighting position from which you can continue the contest, or you must quickly launch an attack from your position on the ground.

You need to know how to get into the ground fighting position that is shown in Figure 4-9. The hand-to-hand fighter is in a well-balanced position, weight supported on the knees and feet. The knees are well spread, and the toes are touching each other forming a base in the shape of a triangle. The buttocks rest on the heels, and the body is inclined slightly forward. The arms are held in a relaxed manner about shoulder high.

At first glance, you may think that this is an extremely vulnerable position. However, if you study and practice this stance carefully, you will see that it is an almost impregnable defense. It is very easy to change direction from this position, so it is no problem at all to keep your opponent to the front. Wrestlers often use this position.

falls just as easily and just as painlessly. In fact, the more falls that you practice, the greater the proficiency that you will develop.

You can also do checking when your opponent controls one hand. An aggressor could use a wrist hold such as the front wristbreaker to throw you to the ground in such a manner that you would have the use of only one hand. In this case you should go with the force of the throw, attempting to reach the ground ahead of the pressure. Just a fraction of a second before you hit, whip your free forearm and hand in a loose, relaxed manner towards the ground.

The most common errors in falling are forgetting to relax and attempting to catch yourself with your hands rather than slapping them. This is the result of your fear of hitting the ground. Another common error is poor timing. If you check your fall too soon, you are likely to injure your wrists; if too late, the check does not in any way break the fall. Frequently you may forget to hold your head up and get a good crack on the back of the skull as you hit. Or you may forget to keep your mouth shut. If your mouth is open when you are struck or slammed, there is a very good chance that you will bite your tongue.

Since flat falling is a violent exercise (and a rough form of amusement), it is imperative that you eliminate these common errors quickly. Until you do, you should do all flat falling from the kneeling position only, so that you don't lose your confidence or develop any fears as a result of unhappy experiences.

Check falling, like all other techniques in personal defense, must be practiced over and over again until it can be done with skill and confidence. The well-developed sense of timing necessary for the accurate and effective use of the hands can only be achieved by experience and practice.

There are three important points to remember about check falling: (1) Land flat with your knees bent, and strike with the soles of your feet. (2) Check with relaxed forearms, just before your body strikes the ground. (3) Practice falling until the technique is perfect and each phase is automatic.

Many experts consider the flat fall one of the most difficult skills in self-defense. In fact, it is a very simple skill that many people master quickly. It takes a little courage at first to practice the flat fall, but the person willing to try will find it easy to learn and invaluable in a fight. Many fights are settled by a trip or a slam. You may be knocked to the ground if you are attacked. If you

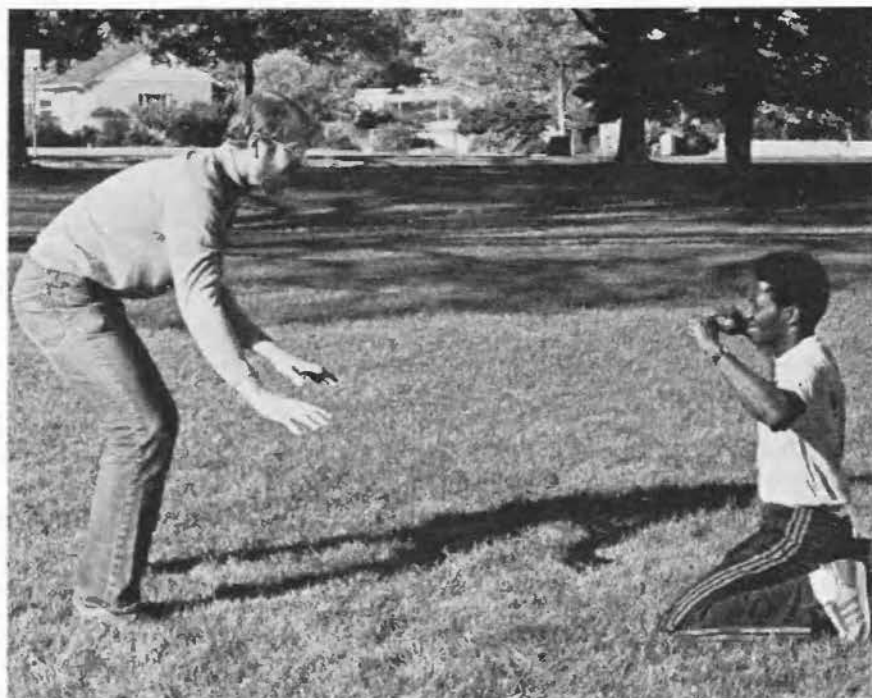


FIGURE 4-9 GROUND FIGHTING POSITION

An unarmed opponent (and we are assuming that the opponent is unarmed) must come within your reach to inflict any injury. If your attacker attempts to rush you off your feet, you are well-balanced, braced, and, most important of all, below him, which always gives you the advantage. (This situation may easily occur after you have taken a fall. You hit, quickly roll away, and assume the position of defense on your knees. As you roll away he chases you to pursue his advantage, so as you gain the position, he rushes into your waiting arms.) From here it is easy to tackle him and knock him to the ground by using the *backheel*. In this move, you hook one of your feet behind one of his ankles (shown in Figure 4-10) and then throw him off balance with a thrust of your shoulders.

If your opponent attempts to reach or grasp any part of your body, he is immediately at a disadvantage. If he stands erect, you can reach his legs and take him down by using the backheel. If he attempts to reach you by bending forward to keep his legs out of your reach, he is, of course, off balance, so once more you have the advantage.

The one possible attack that poses a threat is a kick, but Figure



FIGURE 4-10 BACKHEEL

4-11 shows how you can block a kick from this position. As your attacker's foot moves toward you, bend the arm nearest to the threatening foot so that your forearm is at right angles to the direction of his kick. Place it in front of his lower leg and then brace it by tightening your arm and leaning the weight of your body forward. The attacker's shin, moving rapidly, will be painfully stopped by the sudden contact with your braced forearm. The second you've blocked the kick, grab his foot, twist it, and then use one of the offenses discussed elsewhere in this volume.

The hold used to knock you to the ground will determine your position relative to your attacker. If you are tripped backward (or clipped on the jaw), you will be lying on your back with your feet toward your opponent. In this situation most untrained persons would try to roll sideways until they are face down, attempt to regain their feet, and run away. Unfortunately, if you do this, you will probably find your opponent on your back. The trained individual would turn a back somersault and land in the ground fighting position, ready for anything.

If you are slammed by a flying mare (described on page 75), you will find yourself flat on your back with your head at your





FIGURE 4-12 SIDE ROLL



FIGURE 4-13 GROUND FIGHTING STANCE

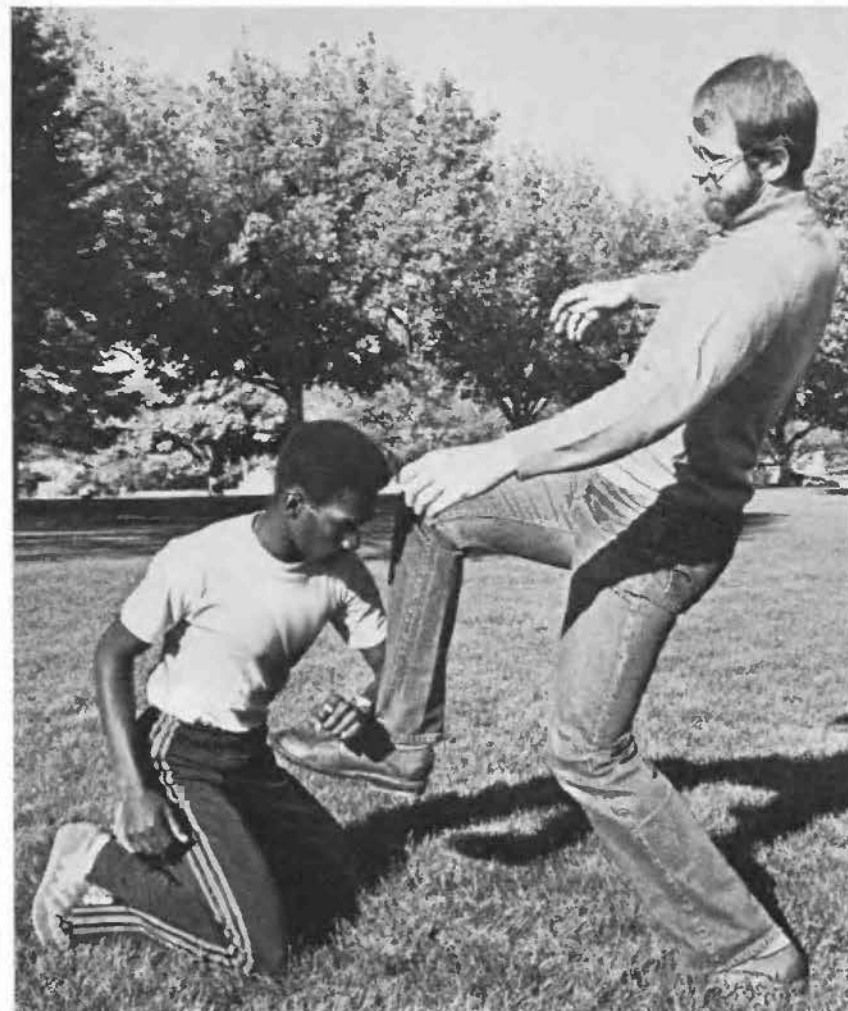


FIGURE 4-11 BLOCK KICK

opponent's feet. In this case, instantly roll sideways, shove backward with your hands while flexing your legs (see Figure 4-12), and assume the ground fighting position.

If your opponent has used a hiplock (see page 106) on you, you will be lying on your back at right angles to him. Immediately roll sideways away from him. As your far knee touches the ground, flex your legs, pivot a quarter of a turn so that you now face your opponent, and assume the ground fighting position shown in Figure 4-13.

pain that all he can do is hope that the pain will stop. If he hurts less than that, he may get other ideas, all of which would be bad for you.

#### VITAL AREAS OF THE BODY

Certain areas of the human body are so susceptible to blows that a successfully executed blow will injure the recipient severely enough to end the fight.

1. *The eyes* A thumb or finger jabbed into an opponent's eyes will force him to relinquish whatever hold or offense he is attempting. It *may* cause extreme pain, possibly blindness. Animal trainers assert that they can beat off even a lion or tiger by attacking his eyes.
2. *The neck or throat area* The entire neck and throat area is a highly vulnerable part of the body. Any blow to the back, sides, or front of the neck or throat will prove extremely painful. If executed smartly enough, it can probably cause unconsciousness or possibly a broken neck.
3. *The groin area* All men are extremely sensitive in the groin. A well-directed blow with a weapon, hand, foot, or knee always causes severe pain and may knock the recipient unconscious.
4. *The solar plexus* The solar plexus is located just below the chest directly behind the area where the ribs separate. A solid blow to this point may cause unconsciousness or even death. This vital area of the body is by far the most difficult to attack successfully, particularly when the opponent is bent over in a crouched position.

A knowledge of the vital areas of the body is desirable so that you can not only successfully attack your opponent but also protect your vital areas from your opponent's attack. As you develop skill in personal defense, you must always be conscious of these vulnerable areas, both yours and your opponent's. You must be aware of the opportunities to knock your antagonist out of the fight; you must also minimize your opponent's chance to cripple or kill you.

#### TYPES OF BLOWS

One of the great differences between techniques used in personal defense and those used in straight fighting is that personal

## 5. The Body as a Weapon

One of the most popular misconceptions about fighting is that a skilled fighter knows certain points in the body that can be touched or jabbed to produce immediate paralysis. This is one of the finest examples of the propaganda foisted on the public by those who have been trying to sell the mystery surrounding hand-to-hand fighting techniques. If poking or jabbing certain vital nerve areas could totally or partially paralyze the victim, neurologists would be the most deadly people in the country, but as a matter of fact there are very few tough neurologists. You can paralyze an opponent by a blow to a nerve area. For example, hitting your opponent on the head with a hammer would cause instant paralysis and possibly rigor mortis, but you cannot do it with your bare hand.

Many texts on self-defense show many places on the body that you can jab, squeeze, pinch, or prod to cause pain, but none of these actions causes paralysis unless sustained over a period of hours. If you are engaged in a life-and-death struggle, you should not concern yourself with just causing pain to your opponent. An opponent in pain can still severely injure or possibly kill his rival. An attacker with a broken arm might still be able to pull a revolver and fire it, jab with a knife, or throw a large rock. That is why you must attempt to end the struggle as soon as possible. Every second that the fight continues gives your opponent a greater chance of striking a lucky blow and stopping the fight in his favor, even if he is an inferior fighter.

Many of the skills presented in this book, however, will enable you to inflict excruciating pain on your antagonist. If you find it necessary to cause such pain, be sure your opponent is in so much



FIGURE 5-1 KNIFELIKE BLOW TO NECK

defense blows are never struck with the closed fist. If you examine your fist, you will see that it is composed of a large number of small brittle bones that are definitely not constructed for striking blows. When you use your fist to strike a blow, it often hits your opponent's head, a solid mass of heavy bone. This usually causes a great deal of damage to the fist and not very much to the head. If you break a bone in your fist, you are almost surely doomed to lose the fight because you will be forced to fight with one hand against a two-handed opponent.

Further, the average person cannot hit hard enough with the closed fist to do much damage. Outstanding prize fighters, such as Joe Louis, Jack Dempsey, and Bobby Foster, wrapped their hands in yards of nonelastic tape and bound them in a tight gove to mold the fist into a bludgeon. Even then they found it necessary to strike their opponents literally hundreds of times before they beat them into submission. You can see that fighting with your fist is not the most efficient way of damaging a rival.

In personal defense, you can use a *knifelike blow*, frequently called the *karate chop*. In this blow, you hold your hand straight, fingers together and extended, and strike a blow with the cushion side of the back of your hand.

You can see in Figure 5-1 that you wield your hand exactly like a hatchet. You can direct the blow to the back, side, or front of the neck, or to the groin. Any sharply struck blow that hits your assailant's throat, neck, or groin will quite probably knock him out of the fight. A knifelike blow to the bridge of the nose, like that shown in Figure 5-2, can also be extremely effective.

The knifelike blow enjoys several advantages over a blow with the fist. (1) The surface area of the striking weapon (the edge of the hand) is approximately one-fifth the striking surface of the fist. So a blow struck with a given amount of force will be five times as concentrated on the receiving surface. Certain outstanding self-defense experts spend a great deal of their time soaking their hands in brine and pounding the striking surface of their open hands against a board to toughen them. Their hands are considerably tougher than the average man's hands. Many professional prize fighters in the United States do the same thing to toughen their hands. However, this is not necessary for personal defense. Since the average person with an average hand can strike killing blows, there is no need in any way to further toughen the striking weapon.





FIGURE 5-2 KNIFELIKE BLOW TO BRIDGE OF NOSE



FIGURE 5-3 FINGERTIP JAB TO GROIN

Another very damaging hand blow is the *fingertip jab*. To deliver this, extend your fingers and then drive your fingertips at the groin, eyes, or throat. Figure 5-3 shows the fingertip jab to the groin. Holding your hand this way concentrates all the force of the blow on the very small area of the tips of one or two fingers, and the striking force is significant. This type of attack has the advantage of extending the range of the blow, as Figure 5-4 shows.

You may be concerned about the possibility of spraining your finger, but it is not much to worry about. The blow will probably end the threat, and if you do sprain a finger it will simply be sore tomorrow.



FIGURE 5-5 CHIN JAB



FIGURE 5-4 FINGERTIP JAB TO EYES

A very effective blow is the *chin jab*, illustrated in Figure 5-5. Strike the point of your attacker's chin sharply with the heel of your hand. If you point your fingers straight ahead, your fingers will hit his eyes when your hand is about one inch from his chin.

Another effective blow is a sharp blow of your hands or foot to the kidney area. This blow could be very damaging to your antagonist and cause him to become discouraged with his prospects of winning the fight. Some authorities suggest that a double

a fine striking weapon. When you are facing your opponent, an elbow blow aimed at his throat, stomach, or groin may be decisive.

You can use your foot, particularly with a boot or shoe on, to strike hard and effective blows. Kicks aimed at the shin and the knee frequently end the attack. When you are held from the rear, your heel can be a devastating weapon if you use it to either kick your attacker's shins or stamp down on his instep. In general, it is not a good idea to kick your opponent above his knee unless you are holding one of his feet or have some form of control of his body. The danger is that your antagonist may be able to grab your foot if your kick is high. If he does, you will be at a great disadvantage because it is almost impossible to do anything effective while standing on one foot.

You can deliver severe blows with your knee, particularly to your opponent's groin or to his head if he is bent over, as you can see from Figure 5-6.

The blow is the simplest and most common fight stopper. You should practice these blows and try to maintain a high level of sensitivity to opportunities for delivering effective blows, particularly to your opponent's vulnerable areas. Also, you must be extremely conscious of the possibility that your opponent may deliver blows against you.

Although neither you nor your partner can strike the vulnerable areas with any force during practice, you should try to recognize every opportunity you see to strike a vital area. Similarly, you should develop an awareness of each of your own vulnerable areas.

Finally, remember that whenever you strike a blow with any part of your body—your hands, elbows, knees, legs, or feet—you should aim at a particular point and strike the blow *through* that point. A common error is to strike *to* a point. To generate maximum force, you should aim for a point at least a foot behind the target.

blow to your assailant's ears with cupped hands could be very effective. In my judgment, if you can strike both of your opponent's ears, you can just as well use a knifelike blow to the throat or neck with either hand, which should be more effective than striking the ears.

When you are attacked from behind, a sharply delivered blow to the rear with your elbow may be quite potent in stopping the attack. Driven against the throat, ribs, or groin, your elbow makes



FIGURE 5-6 KNEE TO THE HEAD



you should rehearse movements with these weapons. Hold a key ring in your hand and jab at an imaginary foe. Learn to use the handle of a broom as a jabbing weapon. Memorize the location of implements you would use in each room in your house, your garage, your yard. Practice drawing a pencil or pen from your purse or pocket and using them against your imaginary assailant.

You are probably concerned that your assailant might take a weapon away from you and use it against you. If you assume that your opponent will disarm you, you are demonstrating the characteristic of a loser. It is imperative that you use your skills and weapons as though you expect to succeed with them. A weapon obviously gives you an advantage over an unarmed opponent. And, if your attacker wants to hurt you, he may already have a weapon. So, you should have access to a weapon if possible, either to equalize the situation or to give you an advantage. Using it skillfully and aggressively will greatly enhance your chances of survival.

Common implements are not normally considered weapons and are therefore not illegal. If you have a question about the legality of using a common object as a weapon, inquire about the particular laws in your state. Familiarizing yourself with the law beforehand leaves you free to concentrate on defending yourself if you are attacked.



**FIGURE 6-1 WOMAN'S PURSE CONTENTS** A woman's purse contains many items that could be used as defensive weapons. Nail files, pens, rat-tailed combs, scissors, and pencils may all be used effectively for stabbing. A ring of keys, held as demonstrated, can be thrust at an attacker's eyes or groin.

## 6. Common Implements as Weapons

Most law-abiding citizens have a natural reluctance to carry a weapon, and the police prefer that they don't. But when the chips are down and you are being threatened, a weapon in your hands could certainly make you more of a threat to your attacker.

All of us almost always have in our possession objects that could serve as weapons and could make the difference between a successful defense and a disaster. A woman's purse includes a number of things that can be used for self-defense. A ring of keys, held in the hand and jabbed into your assailant's eyes, could inflict severe damage. A pencil or a pen jabbed at his face or one of the soft areas of his body could effectively end a struggle in your favor. A rat-tail comb, a pair of scissors, or other straight objects all make fine hand-held weapons for jabbing. An old-fashioned hat pin, a large piece of jewelry, or a letter opener can also be used as defensive weapons.

Around the house, you can use a broom, a rake, a shovel, a wrench, or numerous other pieces of household or garden equipment to defend yourself. Away from the house, you can use an umbrella, a cane, or the heel of your shoe to good advantage. Many people carry a screwdriver in their purse or briefcase. Some men wear a large, sharp-edged belt buckle that they can unsnap and hold in their hands or swing at the end of their belts. Your footgear—a high-heeled shoe, a shoe with heavy soles and heels, or even a pair of boots—might serve as effective weapons for you.

It is important for you to be aware of these possible weapons and to have some idea of how you can use them. This is another instance in which a little planning might pay big dividends. To make effective use of the common implements available to you,



**FIGURE 6-2 USING A SCREWDRIVER** A screwdriver can be a vicious weapon. Hold the screwdriver in your hand with your thumb over the end. Shift your hips to the left, and strike sharply to the groin or abdomen of your assailant.



**FIGURE 6-3 USING AN UMBRELLA** The umbrella is very effective if thrust point first at your antagonist's abdomen, throat, eyes, or other vulnerable areas.



**FIGURE 6-4 USING A PENCIL** As your assailant attempts to grab you, drive the point of the pencil at his throat. The eyes are also an excellent target.



**FIGURE 6-5 USING A RAT-TAIL COMB** *A rat-tail comb thrust into the eyes point first will end the attack.*



**FIGURE 6-6 USING A ROLLED MAGAZINE** *Even a rolled magazine makes an effective jabbing weapon.*



**FIGURE 6-7 USING A BROOM** *The broom is a fine home defense weapon when you thrust the end of the handle at a vital area of your opponent's body.*



## 7. Fundamental Personal Defense Skills

A basic problem in learning to defend yourself is finding a place to practice. If you can get access to a wrestling or combatives room in a nearby school, Y.M.C.A., Y.W.C.A., neighborhood recreation facility, or something similar, you should be able to practice with relative safety. Many people practice on thick grass; others take the mattresses off their beds and place them on the floor. You will also want a padded target against which you can practice directing blows. It is essential that you find a place with good protection on the floor and walls where you can practice in relative privacy.

The only way you can learn the skills of personal defense is to practice with a partner. You can rehearse certain movements, such as blows, without a partner, but in most cases you need another body to practice making connections on and to provide the resistance necessary to see how a skill works. You must spend a good deal of your practice time as the victim so that you can develop a proper appreciation of the effectiveness of various skills. Being the victim helps you learn to fall, and it familiarizes you with the stress and strains of the activity. Personal defense activities are rough, and you will be pleasantly surprised to discover that you are a lot tougher than you ever thought you could be.

When you are practicing with your partner, you should learn not to resist. Go with the leverage. Signal by voice or by a slap on the mat or on your partner's body when the pain is too severe. The partner executing the skill has to be very considerate of the partner who is the victim.

However, you will perform in a fight the way you practice, so if



**FIGURE 6-8 USING A CHAIR** *The ordinary chair makes a handy defense weapon in the house.*

## BASIC STANCES

The two types of basic stances are the standing stance and the ground fighting stance.

**STANDING STANCE** In the basic standing stance you face your opponent with your body turned somewhat, legs comfortably spread, knees slightly flexed, arms held in front of you with elbows flexed about 90 degrees, hands open. Figure 7-1 illustrates this position. In this stance avoid placing your head forward, because your neck, throat, and eyes are all extremely vulnerable to



FIGURE 7-1 STANDING STANCE

you want to get good at defending yourselves, you cannot be too considerate of each other. If you are to get very good, then you should gradually practice your skills explosively, with "carefree abandon". As each of you gets better at performing the skill, the partner playing victim should be getting better at being tripped or slammed or choked. When partners get very good, the victim can frequently constructively criticize the performer's execution, so that both improve.

Personal defense is a close combat activity. Some say that a woman or a small man is at a disadvantage in close contact with a larger and stronger opponent. This may be true, but most of the time the victim of an assault ends up in close contact, whether it is desirable or not. When you are outsized or outmuscled, your best weapons are knowledge and skill. All the techniques in this text assume that you and your assailant are within reach of each other. Blows cannot be struck, victims cannot be choked or held, women cannot be raped, unless the assailant and the victim are in close contact. Neither looks nor words can hurt you. If an attacker wants to physically hurt you, he must come within your reach.

Protecting yourself or others against an unprovoked assault is not a game or a contest in which points are kept. You have to fight until your opponent is incapacitated or unconscious. As you read through this book, you will see that every time you knock your attacker to the ground, you have to follow up that skill with another.

You may wonder what the attacker is doing while you follow up. Most of the skills in this text, if performed efficiently and explosively, are fight stoppers. If you execute a good flying mare and your opponent lands on his head on the sidewalk, you can almost always expect the fight to be over, and in most cases it will. However, you must assume that your assailant is also very good and will do the best thing that he can for himself. So even though he has landed violently on his head on the sidewalk, you should assume that the fall has not finished him, and you should quickly apply a follow-up skill.

You have to guard against the basic human tendency to continue an action too long. In this case, this means that as soon as your opponent strikes the ground, you should stop your flying mare and shift to a follow-up skill before he can. Everything else being equal, the trained individual who knows what skill should logically follow the first and can shift rapidly from the first to the follow-up will be the winner.



FIGURE 7-3 "NATURAL REACTION"

### WRIST RELEASE

Most people do not know how to free their wrists when an assailant grabs them. The young woman in Figure 7-3 is pulling her wrist away from her attacker's grasp, and directly into the strength of his grip. No one can hold your wrist. To free your wrist, use your forearm as a first-class lever against your attacker's thumb. Drop your elbow explosively, as shown in Figure 7-4, use your assailant's forefinger as a fulcrum, and exert great leverage against his thumb. Your forearm is much stronger than your antagonist's thumb.

If your assailant grabs one wrist with both hands, you can release it by grasping the fist of your held arm with your free hand and pulling it sharply upward (see Figure 7-5), while at the same time lowering the elbow of the held arm. This matches your two arms against his two thumbs.

But you may not want to free your wrist. For example, if an attacker is holding one of your wrists with two hands, he really

blows. Fix your gaze on your assailant's chest, but don't focus because you don't want to look at any particular point. You want to see any movement that your adversary may make.

**GROUND FIGHTING STANCE** The basic ground stance is an excellent defensive position. If you are tripped, slammed, or knocked to the ground, this is a good position from which to fight, and if you have enough time to get up, you can move from it to the basic standing stance.

To assume the ground fighting stance, spread your knees wide, as shown in Figure 7-2, and place your seat on your heels. You should be inclined forward, arms held in front of your body with hands open. This stance gives you good stability, and your arms are in a position to block kicks or blows directed at you.



FIGURE 7-2 GROUND FIGHTING STANCE





FIGURE 7-4 PROPER LEVERAGE



FIGURE 7-5 TWO-HAND WRIST RELEASE

isn't hurting you. If you release your wrist, you end up even and he is still a threat. You may choose to take advantage of this situation by directing a knifelike blow to his throat with your free hand, while his hands are still tied up on your wrist (Figure 7-6).

#### DEFENSE AGAINST BEAR HUGS

The bear hug is a very common offense used by hoodlums. Usually large, strong men use it against women and frequently against

men as well. It is an attack that often succeeds, but if you know how to combat it, it can never succeed. If you are held in a bear hug, you can not only free yourself, but also incapacitate your attacker in the process.

The method of defeating the bear hug depends on whether it is from the front or rear, or over or under the arms. Here are a number of simple but effective ways to beat it.

1. Kick your attacker. The attacker must assume a stance with legs spread and weight equally distributed on both feet if he is to remain stable. Give a vicious kick to his shin with the toe of your shoe, as the woman in Figure 7-7 is doing. This will be extremely painful and could easily break his leg.
2. Drive your knee sharply into his groin (Figure 7-8). This move will break the bear hug and incapacitate your attacker. If you miss the blow, try again. The next one will be certain to do the job.
3. Another option: Place the arch of your shoe against your assailant's shin, as shown in Figure 7-9, then suddenly slam the shoe down the shin and stamp on his instep. This will break the bear hug and probably his foot.
4. If you are bear hugged under the arms, you can lean back as the women in Figure 7-10 is doing and deliver a backhand knife-like blow to the neck. If it connects it will end the attack; if it misses, strike again.
5. Another very effective defense is the chin jab. Strike a hard blow with the heel of your hand to your attacker's chin. See Figure 7-11. If your fingers are extended forward, they will strike his eyes before your hand strikes his chin. This blow is a fight stopper.
6. If you are put in a bear hug from the rear, strike a knifelike blow to the groin. Shift your hips one way, as shown in Figure 7-12, and strike the blow on the side away from your hips. If the blow misses his groin, strike again.
7. Another defense against a bear hug from the rear is shown in Figure 7-13. Give a sharp backward kick with the heel of your shoe to your attacker's shin. This may break his leg and will certainly break the bear hug. Or you could tramp on your attacker's instep (see Figure 7-14).



FIGURE 7-6 COUNTER TO TWO-HAND WRIST HOLD



FIGURE 7-8 KNEE TO GROIN



FIGURE 7-7 KICK TO SHIN





FIGURE 7-10 KNIFELIKE BLOW TO THROAT



FIGURE 7-9 RAKE SHIN TO INSTEP



FIGURE 7-12 STRIKE GROIN



FIGURE 7-11 CHIN JAB





FIGURE 7-13 KICK TO SHIN



FIGURE 7-14 STAMP ON INSTEP



One of the best ways to break a bear hug from the rear is to capitalize on the fact that all hands hang crotch high. Shift your hips to the right, grab a handful of your attacker's scrotum with your left hand, then viciously pull down and away. You can add zest to your performance by hollering "yoicks," "tally ho," or even "Geronimo" as you pull. If you perform this act with carefree abandon, the fight—and the mugging—will surely be over.

A basic principle of personal defense is to match your strength against your opponent's weakness. If you are grabbed by an attacker, you can try to grab one of his fingers and break it, as shown in Figure 7-15.

One of the strongest weapons you have is your bite. If your



FIGURE 7-15 BREAK FINGER



FIGURE 7-16 KICK KNEE

assailant puts his hand or his arm across your mouth, bite as hard as you can. A strong bite can be a very intimidating action. In fact, you should fully exploit any chance you get to bite your opponent. If you do, bite as hard as you can.

If the attacker attempts to grab you with his head low, a knifelike blow to the back of his neck should stop him. (see Figure 5-1, page 39.)

#### THE FRONT KNEE CLIP

The *front knee clip* is a most effective skill. Grab your assailant's wrist and jerk him forward. He will resist by placing a foot in front of himself, and locking the knee joint. A sharp kick on the front of this joint (see Figure 7-16) can dislocate his knee. If the attacker has your wrist, a sudden pull will set up the front knee clip.

#### BREAKING THE SIDE HEADLOCK

The side headlock is one of the most commonly used fighting techniques. Although it is a poor move that a knowledgeable



FIGURE 7-18 SWING UP

with the knuckles. (See Figure 7-17.) This will force him to let go and probably stop him for a while.

If your assailant has you in a side headlock, it takes relatively little effort or strength to slam him to the ground. Simply reach up behind him and grab his hair or eyes with your left hand. At the same time hook your right forearm under his right knee. Then pull the hand in his hair or eyes back and down, swing the arm under his leg up, and raise your head up to stand erect. As Figure 7-18 shows, he will swing to a horizontal position in the air. When he reaches the top of the swing, drop to your knees, and he will slam to the ground. This does not require as much strength as you may assume, because his weight hangs from your neck. If you keep your back erect and lift him with your legs, you will find that you are strong enough.

If you feel that you are not strong enough to slam your opponent, reach up behind him and grab his hair or eyes with your left hand, and block his right knee with your right hand. Pull your left hand back and down explosively, rotate your body hard to the left, and push his right knee forward with your right hand. He will fall to the ground exactly as in Figure 7-19.



FIGURE 7-17 STRIKE GROIN

person can easily overcome, it wins a lot of fights. When using the side headlock, your assailant must be facing the same way you are. He wraps his right arm around your neck and then connects his left hand on his right wrist. He squeezes his arms in an attempt to strangle you, but most of the pressure is exerted against the base of your head and the side of your neck, which is the strongest part. Applied vigorously, this hold can be uncomfortable and even painful, but it should not make you unconscious. Meanwhile your assailant is susceptible to several counterattacks.

If your attacker gets a side headlock on you and puts pressure on your neck, give a sharp blow to his groin with a fingertip jab or



FIGURE 7-19 SLAM

**MOMENTUM ROLL** If your attacker attempts to dive on top of you, put your near arm around his waist and roll into the ground, using the arm around his waist to pull him across the top. You will strike the ground with little impact.

As soon as the roll is completed and while you are still in the side headlock, you should kneel at right angles to the attacker's body. With your hand on his head, grasp his forehead, with your fingers in his eyes. With your other hand, grasp the hand of his arm around your neck. Simultaneously and explosively yank apart your two hands, raising your head and arching your chest. The side headlock will be broken, as you can see from Figure 7-20.

After you have broken his grip, pull his head back sharply. With your fingers still in his eyes, raise his hand, pull your head out, and then attempt to make the back of his head meet his hand. (See Figure 7-21.) If you do, you will have broken his arm! It can't be done without severe damage to him.

**PULL IN YOUR EARS** In order for your attacker to put on a side headlock, he must rotate his body 180 degrees so that he is facing the same direction as you. That is, if your opponent is facing you, and attempts to side headlock you, he must turn around so that he is facing the same way you are. As he begins his rotation, he will

have to bring his left leg and hip forward (Figure 7-22), and this should give you ample time to avoid the side headlock. As the attacker turns his body around, dip your head under his arm as in Figure 7-23, and move in the direction your attacker's body is coming from. You will find yourself directly behind him, and then you can immediately attack him from the rear.

## THE FLYING MARE

The *flying mare* is an excellent technique to counter an assailant who attempts to choke you from the rear. Its success depends on leverage and speed. If you are being choked from the rear, reach



FIGURE 7-20 BREAK HOLD



FIGURE 7-21 FINISH





FIGURE 7-23 PULL IN YOUR EARS



FIGURE 7-22 WATCH LEGS



FIGURE 7-24 STARTING POSITION

both hands up and grasp the assailant's upper arm or arms, or clothing or hair, as high as possible. Figure 7-24 illustrates this. It is essential for you to be in balance, with your feet spread comfortably and your center of gravity lower than your assailant's.

With your opponent's weight leaning on you, and locked tightly to you, a sudden explosive movement forward and downward of your head causes his head to go down and his feet to go up, just as in Figure 7-25. When your head stops its downward movement (you should try to get it as low as your knee), the attacker continues to fly around in a circle (see Figure 7-26) and lands heavily on his head. Pull your hands down in order to bring his head onto the ground harder.

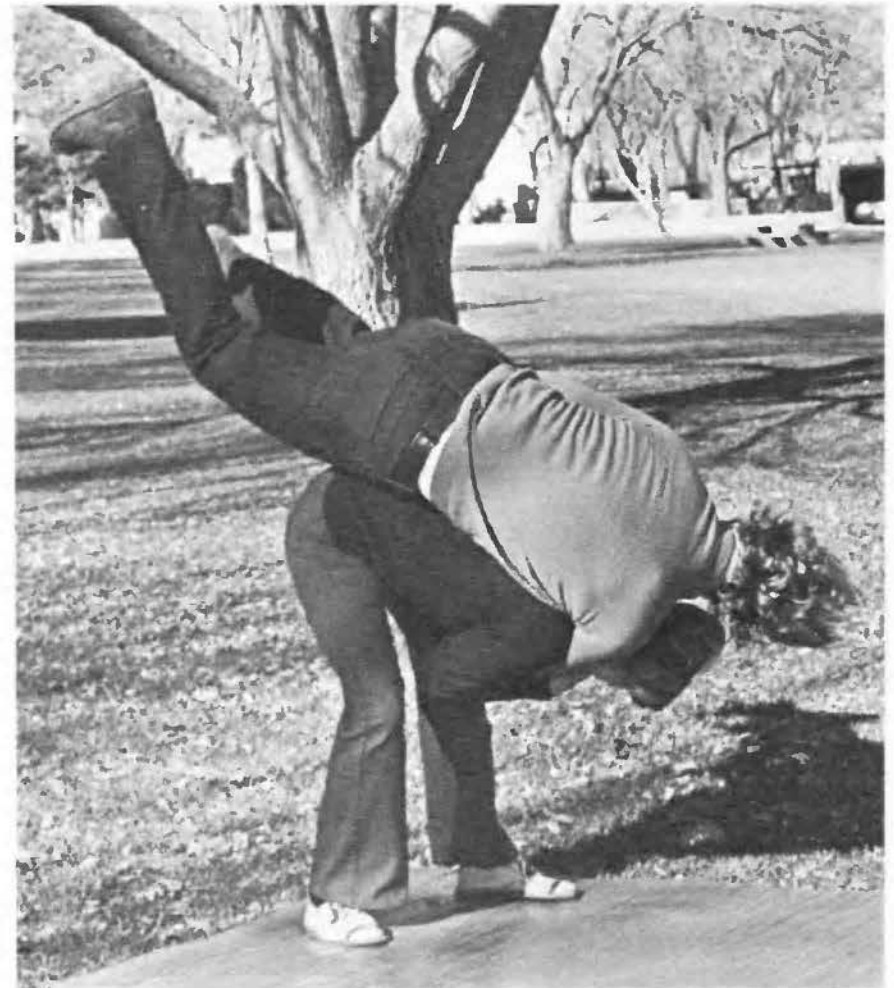


FIGURE 7-25 DUCK HEAD



FIGURE 7-26 FLYING

When your opponent is on his back on the ground, he is vulnerable to several follow-up skills. One of the best is the *upside-down reverse wristlock* (Figure 7-27). Grasp your opponent's right wrist in your right hand and put his arm in a V position with his elbow down (horizontally away from you). Kneel with your left knee against the right side of his head or on his throat and place your left arm over and around his upper right arm, connecting your left hand to your right wrist. To generate leverage, shove his

right arm down (toward his feet), hold his wrist on the ground, and explosively raise your left elbow toward your chin. This will dislocate his shoulder or break his arm.

The flying mare should *never* be used as a straight offense, because you must turn your back to your opponent to use it. A trained antagonist could easily counter it by pulling you backward out of balance, and if you are out of balance you cannot perform this move.

### THE BACK FLIP

You may sometime be attacked by an opponent who charges toward you in a relatively upright position. The *back flip* is an excellent counter. As your opponent advances toward you, grab the lapels of his jacket or the front of his shirt. As soon as your grasp is secure, sit down hard and lie back on the ground.

As you go down, pull him down over you, keeping him off you with your arms. As he stretches out in the air above you, sharply kick him in the groin. (See Figure 7-28). Keep a tight grip on his lapels. He will fly in an arc and, as Figure 7-29 shows, will land hard on his head or back. As he hits the ground, pull vigorously on his lapels (Figure 7-30) and execute a back roll. Come down hard on him, and drive your knee into his groin. Then strike a backhand knifelike blow to his throat (Figure 7-31).

This move is an example of the victim's using the assailant's momentum against himself.

### THE WRISTBREAKERS

The front and rear wristbreakers are among the most effective and versatile skills in personal defense and they are among the oldest



FIGURE 7-27 UPSIDE-DOWN REVERSE WRISTLOCK





FIGURE 7-28 KICK GROIN



FIGURE 7-29 FLYING



FIGURE 7-30 SLAM



FIGURE 7-31 FINISH

fighting skills. They require little strength, relying on efficient application of leverage.

**THE FRONT WRISTBREAKER** Grasp your opponent's hand on the same side when facing him (your right to his left). Place your thumb on the center of his knuckles, and grab the thumb side of his hand with your fingers. Pull his hand to the inside (toward the midline of his body) and rotate it so that his fingers point straight up. Now place your other hand in a parallel position to your first one, so that both your thumbs are pressed against the knuckles of his hand. The fingers of your hands should be around the outer edges of his hand, meeting in his palm, and your little fingers

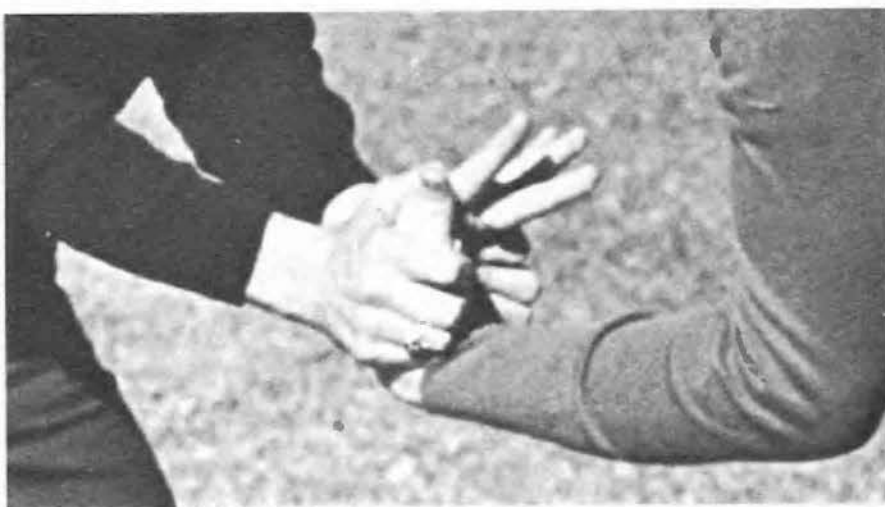


FIGURE 7-32b DETAIL



FIGURE 7-33 STEP THROUGH

should be at the base of the heel of his hand. When his fingers point straight up, drive hard on your thumbs and pull on the little fingers of your hands (Figures 7-32a and 7-32b) so that his wrist is cocked as far as it can go. To get great leverage, keep his hand lower than his elbow.

Keeping his wrist cocked, rotate the palm of his hand to the outside (away from the midline of his body). Then shift your body weight forward and to the outside, stepping in that direction with your inside leg. His hand should be driven past him by your movement. You should keep his hand at least one foot outside his shoulder. This will cause him to be slammed to the ground (see Figure 7-33). You should rotate your hips sharply to the right as you step through. This will generate great body torque.

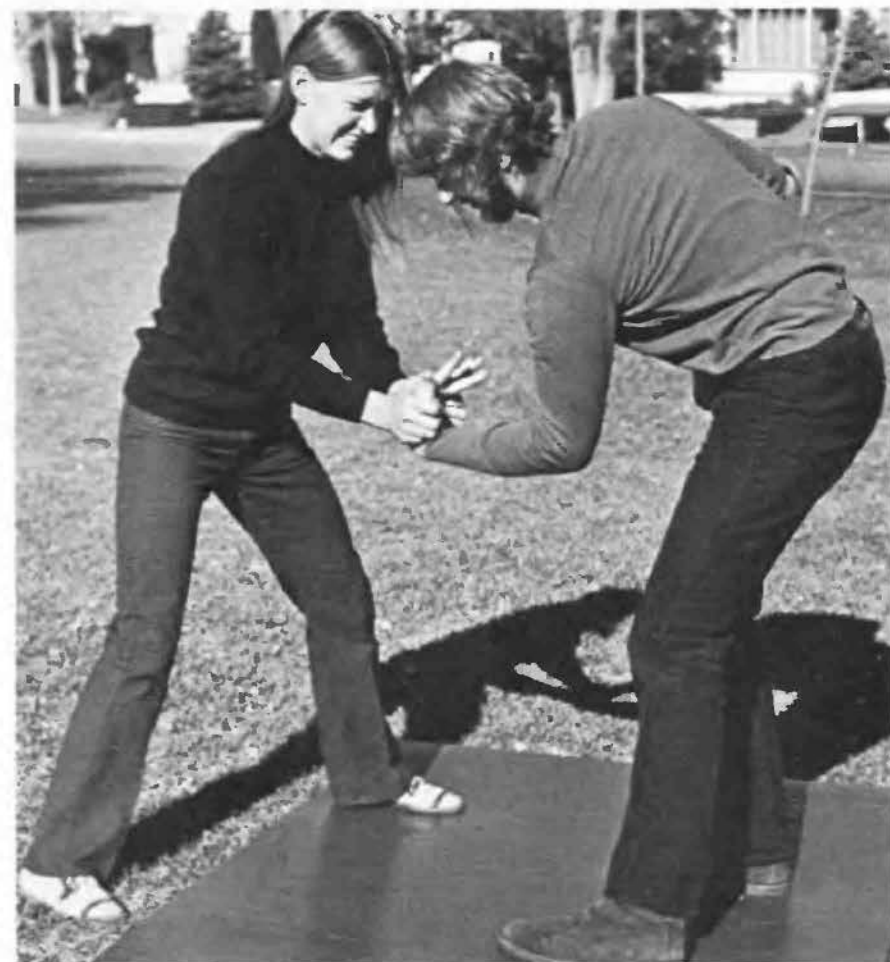


FIGURE 7-32a COCK WRIST



FIGURE 7-34 FINISH

Whether or not his wrist is broken, as soon as he hits the ground, put him in a position in which his elbow is on the ground and his forearm is vertical. Then place great downward pressure on his knuckles, as Figure 7-34 shows.

**THE REAR WRISTBREAKER** The same technique is used as in the front wristbreaker except that all the moves are exactly opposite. Grasp your opponent's hand on the opposite side when facing him (for example, your right to his right, as in Figure 7-35a). Place your thumb in the center of his knuckles, and grasp the little finger side of his hand with your fingers (see Figure 7-35b).

Pick up his hand to the outside of his body, and place your other hand in a parallel position to your first one so that both thumbs are pressed against the knuckles of his hand. The fingers of your hands should be around the outer edges of his, meeting along his palm with the little fingers at the base of the heel of his hand. Now rotate your body around to the right. When his fingers point straight up, drive hard on your thumbs and pull in your little fingers until his wrist is cocked, as in Figure 7-36.

By extending your arms you can increase this pressure, and if you drive his knuckles toward his elbow, you force his head down (Figure 7-37). Additional pressure will drive him right down to the ground (Figure 7-38).



FIGURE 7-35a CONNECTION



FIGURE 7-35b DETAIL





FIGURE 7-36 ROTATION



FIGURE 7-37 EXTEND ARMS



FIGURE 7-38 FORCED DOWN



FIGURE 7-40 COME-ALONG

When your assailant is held with his head down (as in Figure 7-37), you may dispatch him with a healthy kick to the face (Figure 7-39). If one kick does not finish him, try another.

The rear wristbreaker can be converted to a very persuasive *come-along*. Apply the rear wristbreaker, and get your opponent's head down low. Now take the thumb of your right hand and slip it between his first and second fingers. You should be tightly gripping his thumb and forefinger. Keeping his wrist cocked, slide your left hand up his arm and grab his elbow. Now press your two hands toward each other and, keeping great pressure on his wrist, move his hand forward and under his armpit until it is in front of his body (at this point it is now a front wristbreaker). Lock his elbow against your own body, slide your grip on his hand up a little toward your body, and rotate his palm to the outside. He should be in great anguish and will do whatever you tell him. At this point, there is no need to hold his arm with your left hand. Carry it free. (See Figure 7-40.)

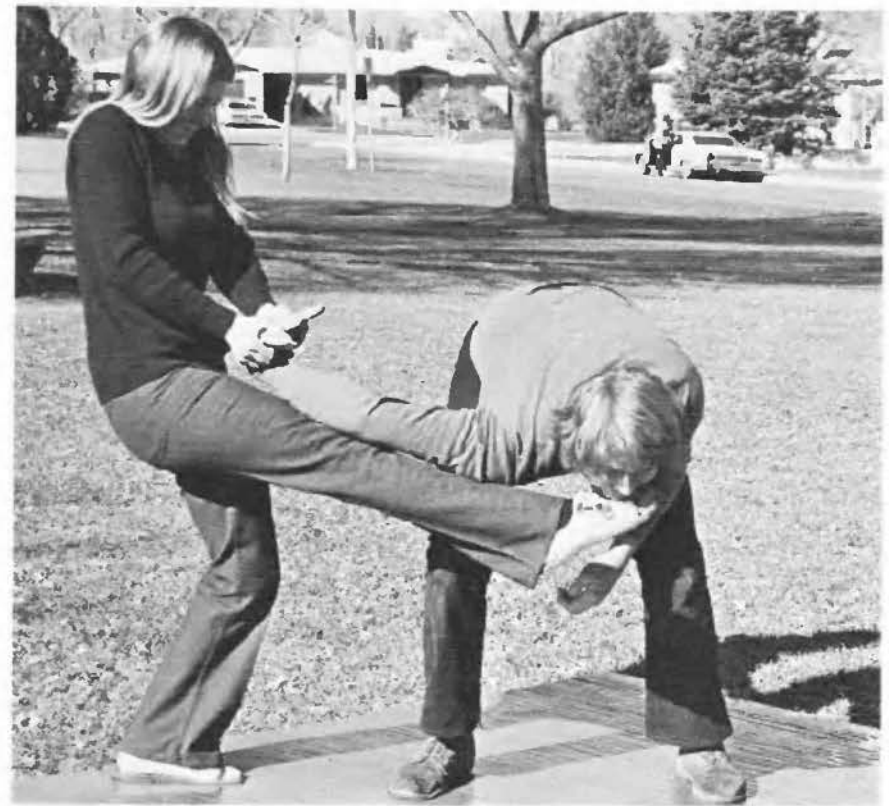


FIGURE 7-39 KICK

You can use the wristbreaker when your attacker grabs your wrist. If he grabs your left wrist with his left hand, you can use a front wristbreaker. If he grabs your right wrist with his left hand you can use a rear wristbreaker. In this case, Figure 7-41 shows how you can use your arms as levers. You place your left hand on your assailant's left hand in a wristbreaker position. Pull your left elbow down and away, and simultaneously pull your right elbow up and away.

When you first apply a wristbreaker, it is sometimes difficult to cock your opponent's wrist. If he has hold of your wrist, you can use the whole arm he is trying to hold as a lever to cock his wrist.



FIGURE 7-41 ARMS AS LEVERS

### TRIPPING AN OPPONENT

If you want to remain in a standing or vertical position, you are subject to several laws of stability. In particular, your center of gravity must be in a vertical line over your base. This means that if

you want to make someone fall, you should either move his center of gravity horizontally until it is no longer over the base, or move his base until it is no longer under the center of gravity. The best way to really slam someone is to do both, simultaneously taking his center of gravity in one direction and his base in the opposite. The *outside trip* and the *rear knee clip* are excellent examples of this principle.

When you have the opportunity to execute a trip, you should keep in mind that your opponent's stance represents both a strength and a weakness, depending on how you attack. Figure 7-42 shows the base in various foot positions. Notice that the best angle of attack is at right angles to the width of the base. In each instance your attacker's base is weakest in the direction of the arrow.

**THE OUTSIDE TRIP** Although this technique is not very complex, it is quite effective. To execute it you must be facing your opponent. Step to one side of him and place your outside or base foot parallel to his feet. Swing your inside leg outside and behind him (Figure 7-43). Then explosively kick your leg back into and *through* his leg so that your calf strikes his. At the same time strike him in the throat with your near hand. (You may also use the chin jab, a blow with the heel of your hand to his chin with your fingers extended into his eyes.) The effect of these simultaneous blows is to drive his upper body away from you and his lower body toward you (Figure 7-44). His center of gravity goes one way and his base another. He becomes instantly unstable and is slammed to the ground. (If he falls backward, you are not kicking hard enough.)

Once he is flat on his back (Figure 7-45), he is vulnerable to a follow-up attack. Being slammed like this on a surface like a sidewalk may easily knock your attacker unconscious or badly hurt him.

**THE OUTSIDE REVERSE WRISTLOCK** This move is used to finish the fight. Drop to your knees next to your opponent, grasp his right wrist with your right hand, palm down, and place his arm in a V position with his elbow down. Your left arm goes under his arm and connects palm down on your right wrist (Figure 7-46). Then move your body across his, lower his arm (toward his feet), and apply leverage by spreading your legs, twisting your body to the right and raising your left elbow (Figure 7-47). You can make this





FIGURE 7-43 BACKSWING

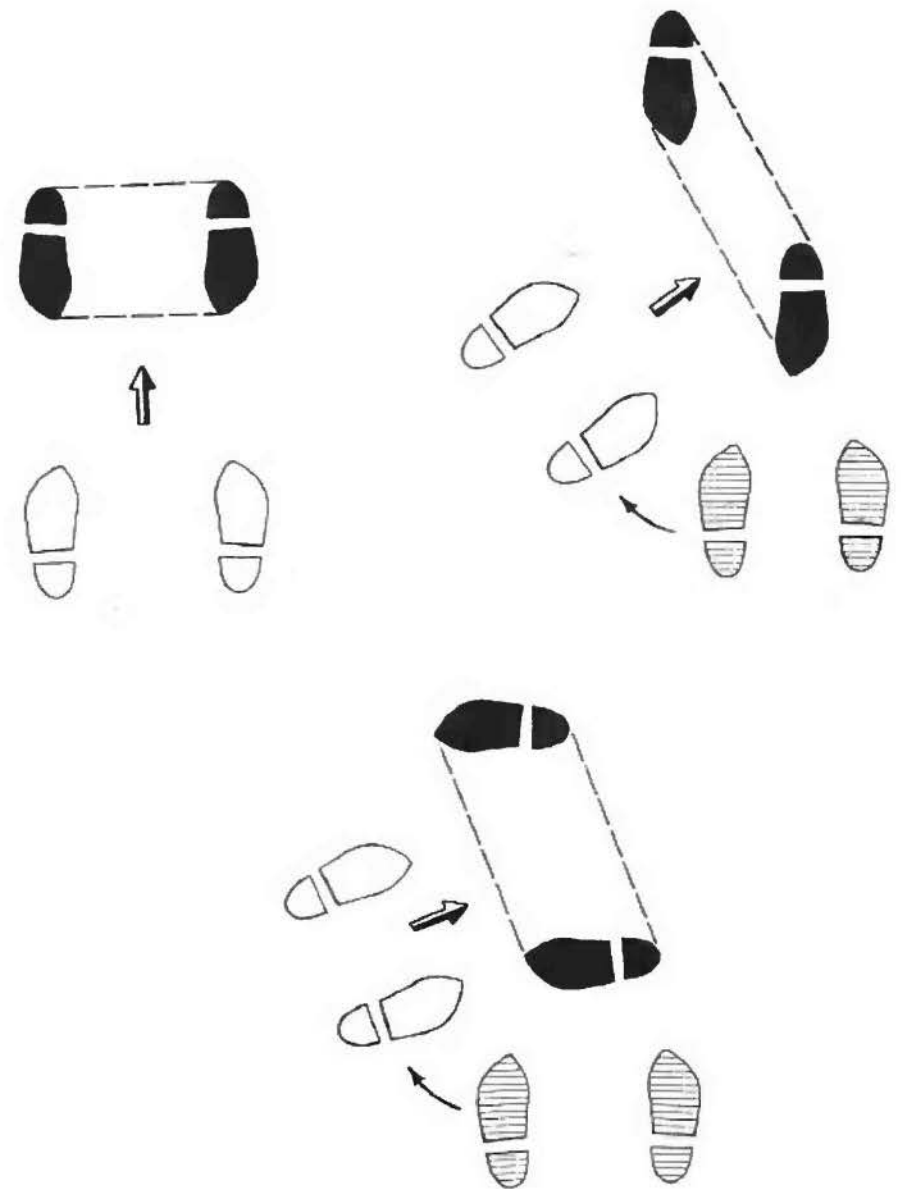


FIGURE 7-42 OPTIMUM ANGLE TO ATTACK BASE

fight stopper more decisive by placing your right forearm across his throat and laying your weight on it.

**THE REAR KNEE CLIP** This technique can be executed only when you are behind your opponent. It is used to slam him to the ground. Simultaneously kick him in the back of the knee taking care to kick *through* the knee, and pull him sharply backwards by



FIGURE 7-44 STRIKE



FIGURE 7-45 SLAM



FIGURE 7-46 OUTSIDE REVERSE WRISTLOCK



FIGURE 7-47 APPLY LEVERAGE



FIGURE 7-48 STRIKE

grasping his shoulders, hair, or throat (Figure 7-48). Again, his center of gravity is taken one way and his base the other, resulting in a hard slam. (If your opponent falls back into you, it's because you are not kicking his knee hard enough.) He lands flat on his back, with his head at your feet (Figure 7-49).

**THE UPSIDE-DOWN REVERSE WRISTLOCK** This move is used to finish the fight. Drop to your knees with your left knee against the right side of your opponent's head, grab his right wrist in your right hand and place his arm in a V position, with his elbow down. Put

your left arm over and around his upper arm, go under his elbow, and grab your right wrist, palm down (Figure 7-50). Push his head away with your left knee, shove his arm down (toward his feet), and put a lot of weight on your right hand. Then pull your left elbow explosively up toward your chin.

You can make this a much more ferocious skill by driving your left knee down hard onto his throat, keeping your weight on it. Then, execute the upside-down reverse wristlock and dislocate his shoulder.

Whenever you use any reverse wristlock with your opponent on the ground, you *must* stop him from either bridging or from turning his body away from the wristlock. If he does, the wristlock will go up, and you will lose your leverage.

When your assailant is on his back, you must move your body across his and lay with your weight on his hips. Then pull his arm down, and rotate your body to raise your lever elbow. If you apply a reverse wristlock from his head end, use your near knee to force his head away, thus forcing his hips toward you, lowering his arm, and increasing the leverage.



FIGURE 7-49 SLAM





FIGURE 7-50 UPSIDE-DOWN REVERSE WRISTLOCK

When you apply a reverse wristlock, no matter what position you are in relative to your attacker, remember to take the wristlock low and prevent him from moving his hips away from the wristlock.

#### THE REVERSE ARMLOCK

The reverse armlock is an effective technique that is easy to learn. Grasp your opponent's right wrist with your right hand, and rotate your body to the right. Pass your left arm over his arm and grasp your clothing as high as you can with your left hand. Rotate his arm so that his elbow is down, then press down on his wrist with your right hand (Figure 7-51).

You can execute this skill from the inside as well. If your assailant is directly behind you, wrap your right arm over his right arm, then under his arm, and grab your left lapel with your right hand. Hold his right wrist in your left hand, and rotate his arm so that his palm is up and his elbow is down (Figure 7-52). Press down hard with your left hand.

The reverse armlock is an easy way to break an assailant's arm or dislocate his elbow. When it is applied, attempt to move your body backward into your opponent, thereby forcing more of his arm outside of your forearm. This increases the lever against which you are pressing, allowing you to exert still greater force. It is important that you have your hips in front of your assailant's, and that you have a wide, stable base.



FIGURE 7-51 REVERSE ARMLOCK (OUTSIDE)

# 8. Advanced Personal Defense Skills

Advanced fighting skills are usually more complex than the fundamental skills and more commonly used as counteroffensive techniques. In many of these skills you will attempt to put your assailant in a hold that produces good leverage. Then you will use one or more coordinated movements to magnify the leverage. To make such a move effective, the beginning leverage must be sound. If you do not apply good leverage at the start, you won't have much to magnify. Any student of mathematics knows that ten times zero is zero. The most important part of each technique is the connection. Then apply force and multiply your leverage.

Advanced skills also require a higher level of proficiency and coordination; frequently they use the whole body in the execution of the technique. Some of the advanced skills are extremely versatile and allow the performer a variety of opportunities in offensive and counteroffensive situations.

## THE FRONT HEADLOCK

The *front headlock* is really a strangle hold. It is effective when your opponent comes within range with his head lowered. (This is a common method of attack; many men, especially those with football or wrestling experience, tend to fight this way.)

As the attacker makes contact with you, his head will move to one side of your body or the other. In Figure 8-1 he has put his head to your right. Hook your right forearm under his throat and grasp the wrist of that arm with your left hand. His head is now locked under your armpit. If he attempts to strike you in the chest



FIGURE 7-52 REVERSE ARMLOCK (INSIDE)



FIGURE 8-1 CONNECTION

or stomach with his head, strike your left hand sharply against the right side of his head, with the heel of your hand down, driving it to your right. As his head moves to your right, hook your right arm around his neck, and connect your left hand on your right wrist.

As soon as you make this connection sit down hard, moving your seat forward as you do. Throw your upper body backward

and attempt to bring your forearm straight up in the air *through* your attacker's neck. By pulling a little to the outside with the arm barring his throat, you prevent him from rolling across your head (Figure 8-2). You should do this part of the skill explosively.

Once you are on the ground, only your eyes are within your assailant's reach. Keep your eyes covered with your free forearm and squeeze the strangle hold as hard as you can until he is unconscious (Figure 8-3).

As you slam your body to the ground, his head, which is under your armpit, is also slammed to the ground. Simultaneously as you drive your forearm upward through his neck, the leverage against his throat becomes overwhelming. As you can see in Figure 8-4, his body is a first-class lever, with his throat the



FIGURE 8-2 SLAM



FIGURE 8-3 FINISH



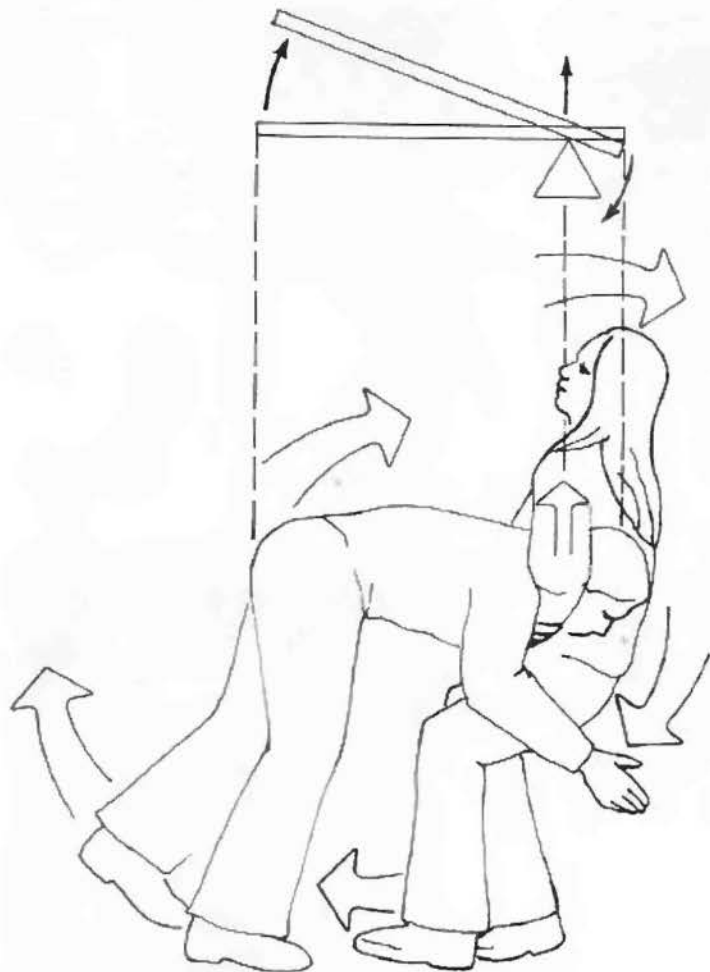


FIGURE 8-4 LEVERAGE INVOLVED

fulcrum. The distance between his throat and the base of his skull is an extremely short force arm, and the distance between his throat and his seat is a long, heavy resistance arm.

### THE HIPLOCK

The *hiplock* uses the same basic leverage as the flying mare. It is a more versatile skill and may be used as an offense or as a counter-offense. Grab your opponent's upper arm or sleeve with your left hand, while your right arm encircles his chest and hooks under his armpit (Figure 8-5). You may grab any part of him—hair, throat,

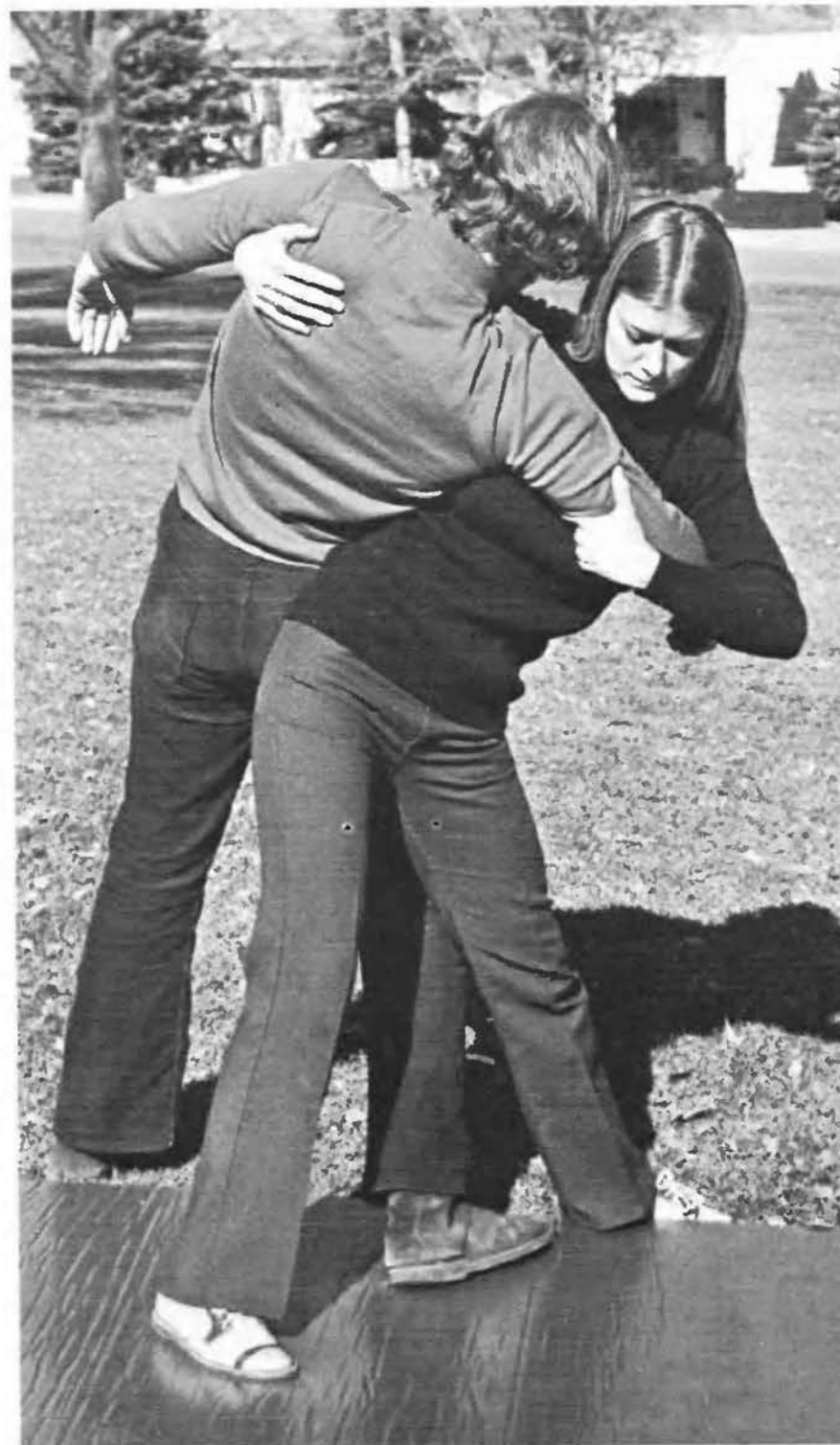


FIGURE 8-5 CONNECTION

clothing—just as long as it is high. Step behind him with your near leg and lock your hip under his.

Explosively slam your head forward, down, and away from your opponent. Sweep your left hand down and away, and sweep your right arm directly across him. Your hip is the fulcrum. As his head and upper body come down and across, his legs and hips sweep up and around (Figure 8-6). He should land on his head. After he hits the ground, he will be lying on his left side facing away from you, as in Figure 8-7.

You can use another variation of the reverse wristlock now to finish the fight. His right hand is locked behind your left armpit. Shift your left hand to a point behind his elbow, and drop to your left knee. You now have his arm in a reverse wristlock. Step over his body with your right leg and apply leverage by driving your right hip forward as you arch your back (Figure 8-8).



FIGURE 8-6 FLYING



FIGURE 8-7 SLAM



FIGURE 8-8 REVERSE WRISTLOCK



FIGURE 8-9 GRIP CHEST

### COUNTERHIPLOCK

If you are in a hiplock, both you and your attacker are in identical positions, as his hip is locked behind yours. Each of you has one hand gripping your opponent's upper arm or sleeve and the other arm around his chest and under his armpit. The deeper his hip is behind your hip, the deeper your hip is behind his. At the moment he locks his hip behind yours, slam your head forward, down, and away from him, and you may well convert his hiplock into one of your own.

If your attacker successfully initiates a hiplock against you, and you can't counterhiplock him, grip his chest tightly with both arms (Figure 8-9).

As his head stops its downward movement, your body weight locked to his chest will tip him out of balance and bring him to the ground. This will greatly cushion your fall (Figure 8-10) so that you strike the ground with little impact. As you both fall to the ground, continue your momentum and pull his body across yours (Figure 8-11). You should end up in the top position (as in Figure 8-12), ready to use a follow-up skill.



FIGURE 8-10 TIP



FIGURE 8-11 MOMENTUM ROLL



FIGURE 8-12 TOP POSITION





FIGURE 8-14 GRAB HAIR



FIGURE 8-15 ROLL

## COUNTER AFTER THE HIPLOCK

After being hiplocked you will find yourself lying on your side facing away from your opponent (Figure 8-13), with your hand locked behind his armpit. He is at the edge of his balance.

Reach up with your free hand and grab a handful of his hair (or the back of his neck) and plant your right foot on the ground (Figure 8-14). Simultaneously and explosively rotate your body away from him, push down hard with your right foot, pull down on his hair, and sweep your hand locked behind his armpit across you (Figure 8-15). He is tipped out of balance and ends up on his back (Figure 8-16), where he is vulnerable to one of your follow-up skills.

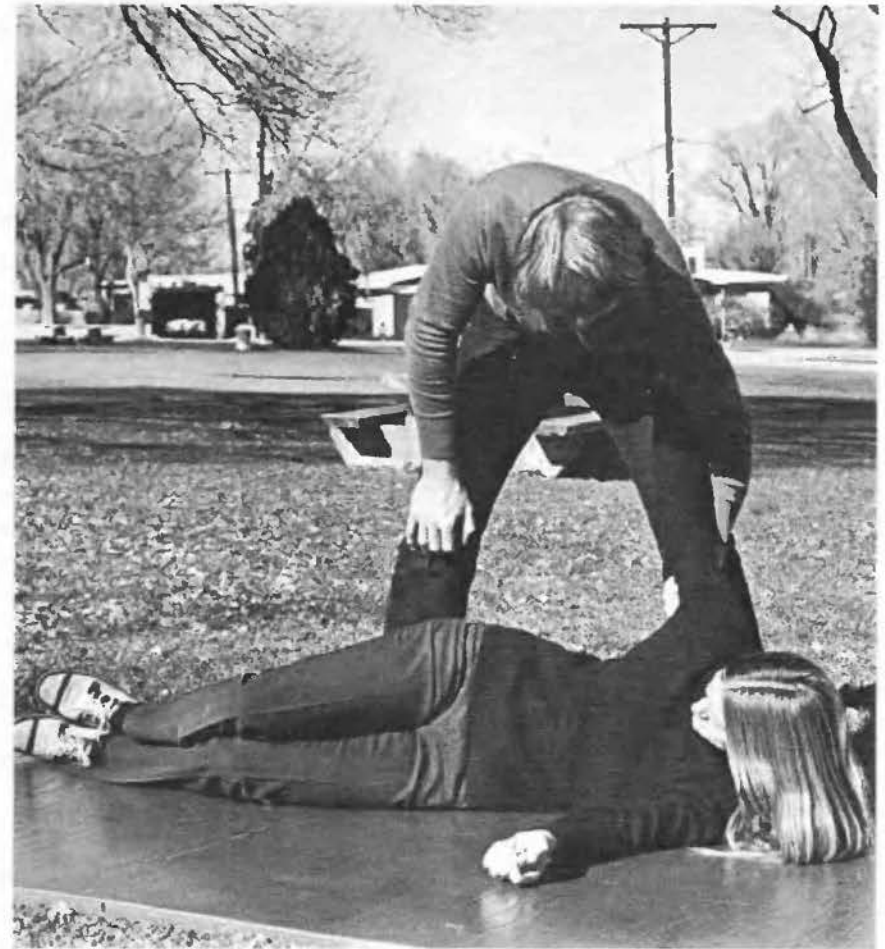


FIGURE 8-13 STARTING POSITION

You may have the opportunity to react to a slam or fall by using a counteroffensive technique rather than a defensive one. For example, if your opponent is standing down near your feet (as he would be after giving you an outside trip), you could use the *knee and ankle trip*.

**THE KNEE AND ANKLE TRIP** Roll to your side toward your opponent and hook the foot of your bottom leg (left) behind his ankle. Flex the top leg (right) and then sharply kick him on the kneecap of the



FIGURE 8-17 SIDE ROLL



FIGURE 8-18 PIVOT ROLL



FIGURE 8-16 FINISH

## GROUND FIGHTING TECHNIQUES

Anyone engaged in a fight may be knocked to the ground. If you are, your first problem is to minimize the effect of the fall or slam so that you are not injured and are able to defend yourself. Your next objective is either to remove yourself from the position of disadvantage the fall has placed you in or to counterattack from your position on the ground.

If you land on your back with your head toward your assailant, as you would after a flying mare, you must get out of that most vulnerable position immediately, before your opponent stamps on your head or drops on top of you.

This situation shows that people tend to persist in what they are trying to do. If you remain in this exposed position and spend time congratulating yourself on avoiding damage from the fall, your antagonist will eventually realize that he can launch another offense. It is imperative that you quickly execute another skill the instant you have successfully fallen.

As Figure 8-17 shows, you should roll right or left from your back to a position face down, then quickly push back with your hands and cock back into the basic ground fighting position on your knees.

If you are lying on your back and your opponent is standing to one side of you, flex your outside leg (Figure 8-18), and roll toward it (away from your assailant). Plant the knee of your outside leg on the ground, pivot 90 degrees, and end up facing your opponent in the ground fighting position.

If you are knocked down backwards and your feet are toward your opponent, execute a back shoulder roll and land on your knees in the ground fighting position (Figure 8-19).



FIGURE 8-19 GROUND FIGHTING POSITION



FIGURE 8-20 KNEE AND ANKLE TRIP

leg that you have hooked with your foot (Figure 8-20). It would be wise to place one of your hands over your groin to protect it from a possible kick.

**THE DOUBLE ANKLE AND CROTCH TRIP** If your opponent is standing at your side (as he would be after having hiplocked you), roll towards him, hooking your near hand behind one of his ankles and your near foot behind his other ankle. Continue your roll towards him, flexing your outside leg. Then extend the leg and kick him as hard as you can in the groin (Figure 8-21). This is called the *double ankle and crotch trip*.

### NECKBREAKERS

The *neckbreaker* is a simple but lethal skill. It is surprisingly easy to break a human neck. Whatever grip you use, all you have to do is bring the victim's chin back over his shoulder and at the same time drive the top of his head forward sharply.





FIGURE 8-21 DOUBLE ANKLE AND CROTCH TRIP

**DANGER!** THE NECKBREAKERS ARE THE MOST DANGEROUS SKILLS IN THIS BOOK. YOU CANNOT ACTUALLY PRACTICE THIS SKILL BECAUSE OF THE GREAT DANGER INVOLVED. WHEN YOU ARE LEARNING THE NECKBREAKER, MAKE THE CONNECTION AND GRADUALLY APPLY PRESSURE. YOUR PARTNER SHOULD SIGNAL YOU TO STOP BY SLAPPING YOUR LEG. WHEN HE DOES, STOP INSTANTLY.

**THE REAR NECKBREAKER** To execute this move, grab your opponent's head with your hand on the side of his head and your forearm laying along its long line, his chin in the crotch of your elbow (Figure 8-22). With your other arm, hold his far arm so that

he cannot rotate his body. To break his neck, pull your elbows back sharply and lean forward against his head.

**THE FRONT NECKBREAKER** Wrap your arm around your opponent's head so that your forearm lays along the side of his jaw and the wrist of that hand is gripped by your other hand (Figure 8-23). His head is locked under your armpit. To break his neck, lift your arms straight up and arch your back.



FIGURE 8-22 REAR NECKBREAKER



FIGURE 8-24 JAWBREAKER

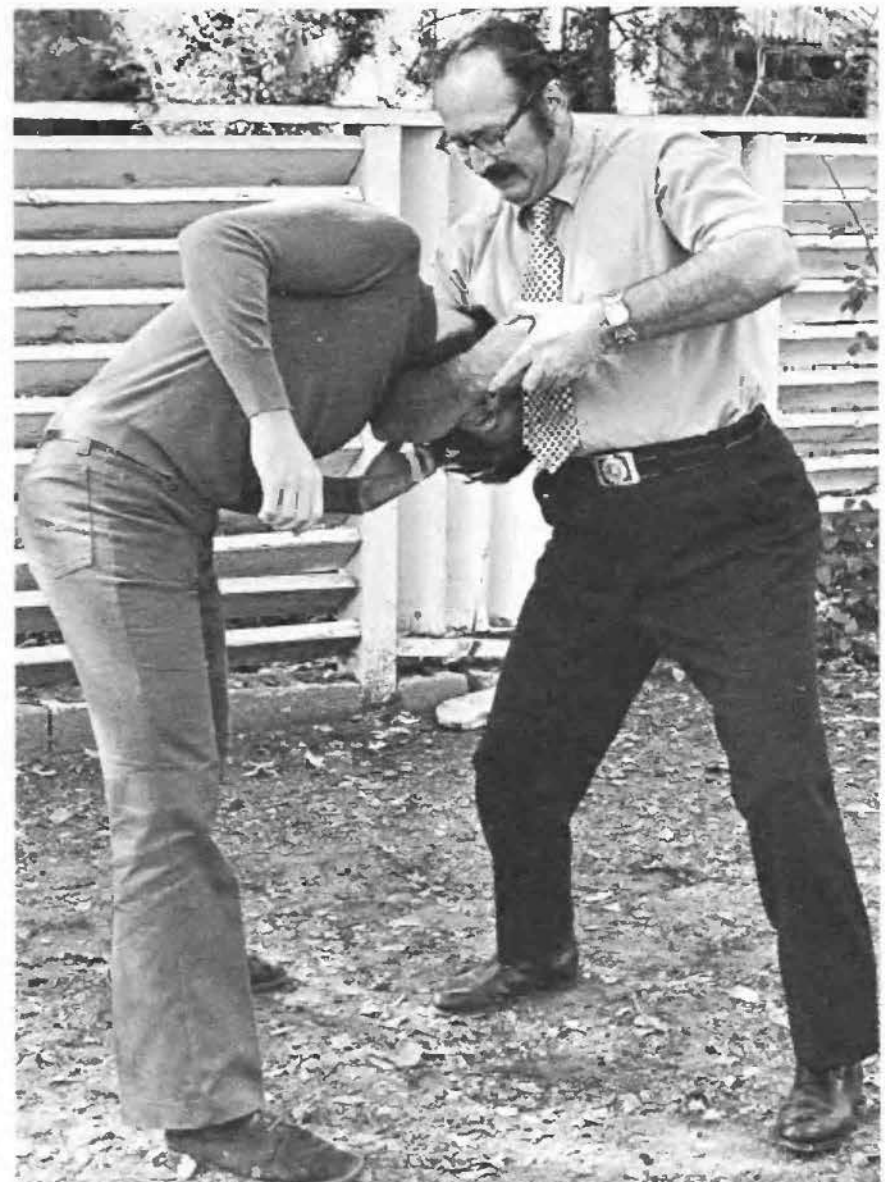


FIGURE 8-23 FRONT NECKBREAKER

**THE JAWBREAKER** This is really a neckbreaker. Lock your opponent's head under your armpit and pass your arm around his head so that your forearm lays along the side of his jaw. Your free hand is placed palm down on his shoulder. Connect your other hand on the wrist of the free hand (Figure 8-24). To break the neck, press down hard on both hands, arch your back, and attempt to raise your forearm through his head.

## THE REAR CHOKE

The rear choke is a means of strangling an opponent into unconsciousness. You are not actually asphyxiating him; in reality you are cutting off the supply of oxygenated blood to the brain by compressing the carotid arteries. If you apply adequate pressure your opponent may become unconscious in seven seconds.

To execute the rear choke you must be behind your opponent. Place one forearm across his throat with your palm facing forward. Place your other hand on the back of his head, as high as possible, with your elbow extended forward and the hand of your choking arm placed on your forearm (Figure 8-25). To strangle him thrust both of your hands forward as hard as you can.

You must assume that your opponent is a skilled fighter, who would treat the rear choke in the standing position as a high bear hug and would kick your shin, tramp on your foot, strike your groin, or execute a flying mare on you. Consequently, as soon as your connection is completed, vigorously pull him backward and to one side with your arm across his throat (Figure 8-26), landing on your side behind him as he falls on his side.

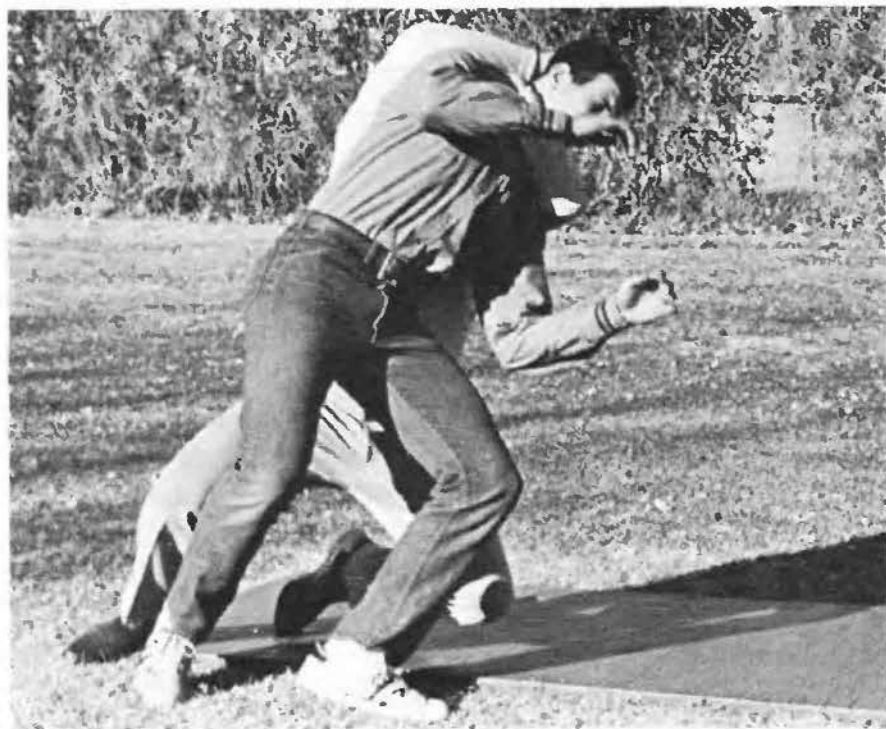


FIGURE 8-26 TAKEDOWN

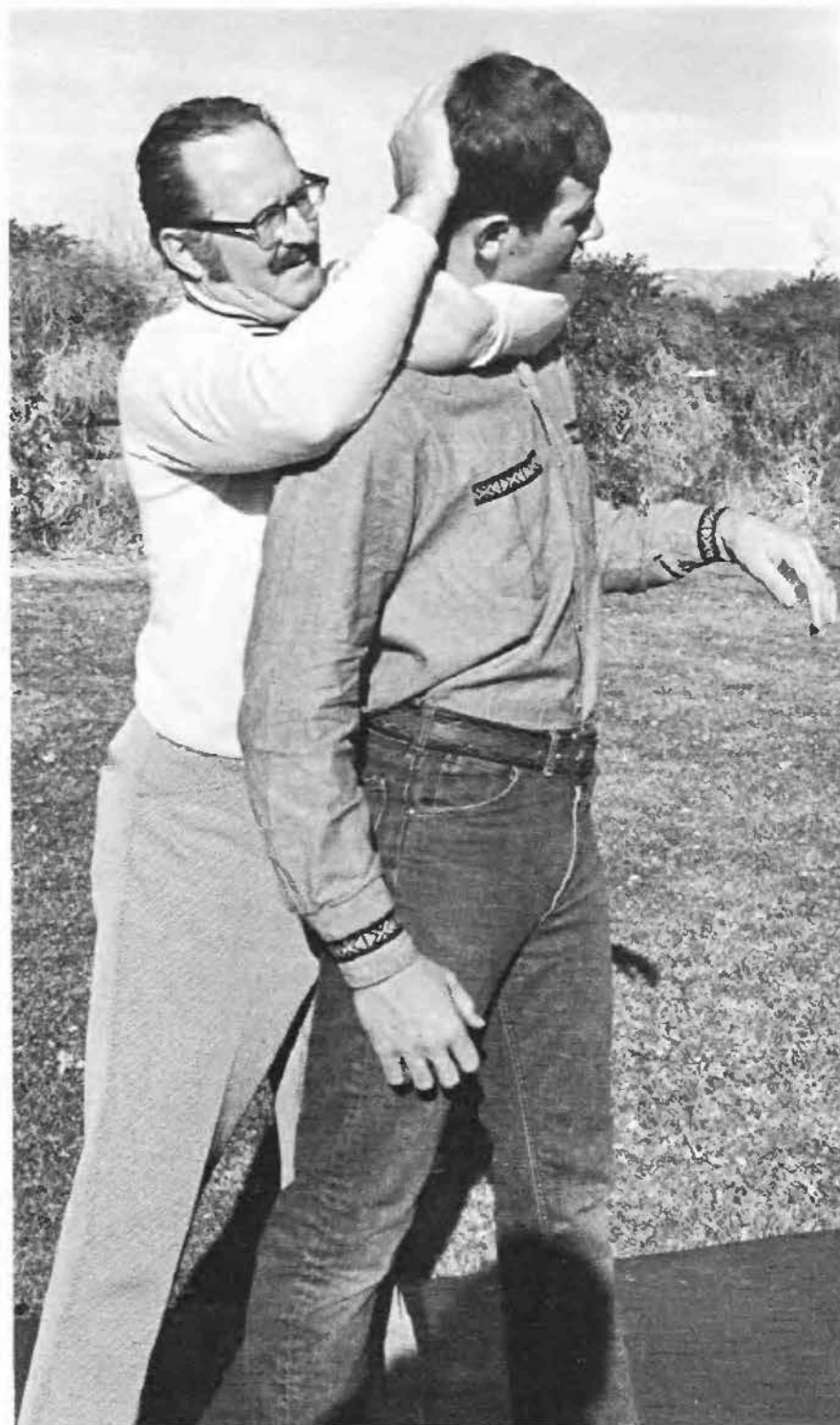


FIGURE 8-25 CONNECTION





FIGURE 8-27 SCISSORS



FIGURE 8-28 FINISH

Flex and raise your top leg (Figure 8-27), and drive the foot between his legs, attempting to strike him in the groin. Drive both your hands forward, pull back with your leg that is scissoring his (Figure 8-28), and arch your back. Continue until he is unconscious. Taking your opponent to the ground eliminates any chance he has to counter your choke.

## THE WRISTLOCKS

The most versatile skills in personal defense are the *reverse wristlock* and the *double wristlock*. You have already seen the use of

several reverse wristlocks as follow-ups to other skills. The upside-down reverse wristlock (page 98), the outside reverse wristlock (page 93), and the hiplock reverse wristlock (page 108) are examples of this skill.

When you use the pickup reverse wristlock and the double wristlock from a standing position, you get the greatest possible mechanical advantage. Each provides maximum leverage that is magnified by slamming your body to the ground at the end of the lever. A well-executed wristlock is catastrophic to the victim.

In my judgment, skilled fighters can find a way to use one of these techniques whenever they come into close contact with their assailants. Each of these skills in its basic form begins with a connection on your opponent's arm, which is in a V position. In the reverse wristlock, the antagonist's elbow is down. The double wristlock puts the arm in a V position with the elbow up. Each requires you to use your body's momentum and gravity to magnify the leverage.

**THE PICKUP REVERSE WRISTLOCK** This is one of the most devastating skills in all of personal defense. Facing your opponent, reach out and grab his left wrist with your left hand (Figure 8-29). Pick his arm up to his inside. When his hand points up, continue the rotation of his forearm to the outside.

As you are picking his arm up, place your right forearm inside his left forearm (Figure 8-30), and connect your right hand on your left wrist (Figure 8-31). You now have an outside reverse wristlock. As you make this pickup and connection, rotate your shoulders and hips hard to the right (the outside) to develop body torque.

There should be a great deal of momentum in the rotation of your body and the movement of the reverse wristlock to the outside. As this momentum increases, extend your right (lever) arm, drive your left elbow into your opponent's throat, jump your feet backwards, and drive straight down toward the ground. Attempt to smash your left forearm into the ground. You cannot, because his throat will be under your forearm. Continue to rotate your body to the outside. Your first impact will be on your left forearm and then on your left knee. Your opponent will land on his back (Figure 8-32) with your forearm and most of your body weight on his throat. (In these photographs, the forearm has been placed on the assailant's upper arm.)

After the impact, if your opponent is still conscious, move



FIGURE 8-30 PICK UP



FIGURE 8-29 GRAB WRIST

across his body, pull his arm down low (where the leverage is better), and then increase the leverage by raising your right elbow, spreading your legs, and rotating your body to the left (Figure 8-33).

**THE REVERSE WRISTLOCK FROM THE BOTTOM** You are held down by your attacker who straddles your body and lays his left forearm across your throat. By leaning forward and raising his hips he can put great pressure on your throat and strangle you. But you can use one of several skills that we have already seen, such as a fingertip jab to the eyes or throat. Or you can use a new move—the *reverse wristlock from the bottom*.

Grasp your attacker's left wrist with your left hand. Reach over his forearm with your right hand and connect on your left wrist. Flex your left leg and plant your foot on the ground (Figure 8-34). Explosively drive your right forearm down toward your feet. Thrust your left hand (and his) to your right (the outside) and push hard to the right with your left leg. (Figure 8-35).

You have now tipped him over onto his back, and you are between his legs on top of him (Figure 8-36). Pull his arm down low, raise your right elbow, and rotate your body to the right.

**THE ARM SCISSORS** This is in fact a reverse wristlock, at least to your assailant. Your opponent lies on his back as he would if you had executed an outside trip. You sit next to him with your near thigh against his body and under his upper arm. Grab his left wrist with your right hand and put his arm into a V position. Push his wrist under your calf and flex your leg so he can't remove it.



FIGURE 8-33 APPLY LEVERAGE



FIGURE 8-31 ROTATION



FIGURE 8-32 SLAM



Drive your left elbow hard against his temple and flex your right leg, planting your foot on the ground. To increase leverage, extend your right leg and raise your right hip (Figure 8-37).

**THE WRISTLOCK ON THE FOOT (OUTSIDE)** It is not at all unusual in a fight to find both yourself and your opponent on the ground, with your head toward your opponent's feet. If you do find yourself in this position, the wristlock is an excellent way to end the struggle in your favor.

You are on the ground facing your opponent, your head toward his feet (you can also do this move if you are on your back with your antagonist on top of you). Place your right hand, palm down, on his toe as far out as you can (to make the lever longer) and point his toe to the outside. Pass your left arm over and around his foreleg and connect to your right wrist (Figure 8-38). Bend his leg, and then exert leverage by pulling your left elbow away from him parallel to the ground. This technique will break his ankle or his leg. Once in a while this skill will dislocate a knee. If it is used explosively, it will make your opponent quit.

**THE WRISTLOCK ON THE FOOT (INSIDE)** This skill is identical to the previous one, except that your opponent's toe is turned to the inside instead of to the outside. Place your right hand on his left toe as far out as you can and point his toe to the inside. Pass your left arm under and around his ankle and connect to your right



FIGURE 8-37 ARM SCISSORS



FIGURE 8-34 CONNECTION



FIGURE 8-35 ROTATE



FIGURE 8-36 APPLY LEVERAGE



FIGURE 8-39 WRISTLOCK ON THE FOOT (INSIDE)

rotation towards him, flex your left leg, and roll onto your right knee (Figure 8-42), then your left knee, across his head. Place your right foot on the ground in front of his face or throat (Figure 8-43). To increase the leverage, continue to rotate your body to the right.

In ninety-nine out of a hundred cases, the person in a double wristlock fails to roll forward when the skill is applied, even if he is highly trained. Either he does not recognize soon enough that he is in a double wristlock, or he tries to resist the pressure, driving his head into the ground. If your opponent hesitates at all, he will be unable to roll through, and the entire force of both bodies driving to the ground will be delivered to his head and neck. His arm, which is being forced up his back by the double wristlock (Figure 8-44), will be broken when his head strikes the ground.

The double wristlock is very effective as a counteroffense. If your assailant rushes at you with his head down and attempts to tackle you, you can use the double wristlock exactly as illustrated in Figures 8-41 through 8-44. The only difference is that you let your opponent make contact with your body, but turn your body to the left side and give ground. Reach down with your left hand, grab his wrist, pass your right arm over his right arm and grasp your left wrist (Figure 8-45). The instant the connection is made, rotate your body hard to the right, push his hand up his back with your left hand, pull your right elbow hard to the rear, and lay your



FIGURE 8-38 WRISTLOCK ON THE FOOT (OUTSIDE)

wrist (Figure 8-39). Bend his leg and exert leverage by driving your lever (left) elbow forward parallel to the ground and his toe toward his groin.

**THE DOUBLE WRISTLOCK** This skill is tremendously versatile and damaging. It provides such great leverage that a person of any size or strength can use it to defeat an opponent.

Facing your opponent, grab his right wrist with your left hand. Pass your right arm over and around his right arm and connect your right hand to your left wrist (Figure 8-40). Simultaneously sit straight down, hard; rotate your body hard to the right, push his hand up his back with your left hand, pull your right elbow hard to the rear, and lay your body back so that you land on the ground on your right side, facing your opponent. The leverage exerted by the takedown tends to hit your opponent in the back of the head with his own hand. The effect is to snap his head down towards the ground with great force (Figure 8-41).

If your opponent is expert and quick enough, he may manage to tuck his head and do a front roll. As you lie facing him and as soon as his feet clear his head in the roll, continue your body

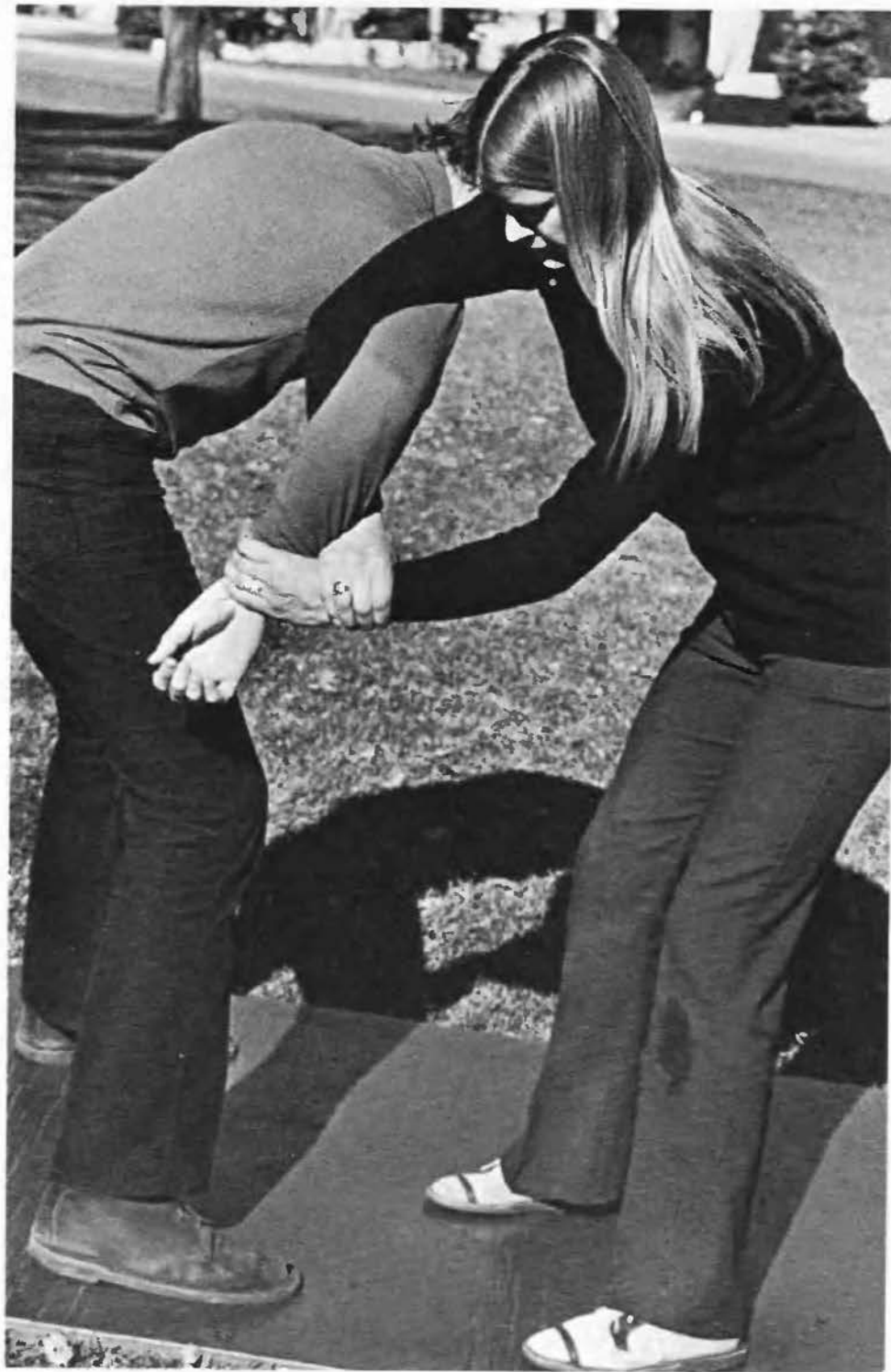


FIGURE 8-40 CONNECTION



FIGURE 8-41 TAKEDOWN



FIGURE 8-42 LAY OUT



FIGURE 8-43 OVER HEAD





FIGURE 8-44 FAILURE TO ROLL



FIGURE 8-45 PICK UP COUNTERING A CHARGE

body back so that you land on your right side, facing your opponent.

When you use this skill as a counteroffense, you greatly diminish your assailant's chances of being able to roll out. If he attempts to tackle you, he probably has been a wrestler or a football player. Both have been coached to employ a "bull neck" to prevent their

heads from being driven into the ground, so they attempt to resist your driving their heads down. This resistance magnifies the impact when the head strikes the ground.

In other situations the double wristlock is equally effective as a counteroffensive technique. For example, if your opponent has you on your back on the ground, it is quite possible to use a double wristlock to turn the tables. Grab his right wrist with your left hand and pass your right forearm over his arm and connect on your own left wrist (Figure 8-46). Move your head and shoulders to the left and rotate your body to the right, pulling hard on your right elbow and sweeping your left hand toward the back of his head. His head will be driven forward and into the ground as in Figure 8-44. You would be wise to spread your legs so that they lay on each of his legs to prevent him from executing a front roll.

If you are put in a bear hug under your arms from the rear, you can use the double wristlock to break the hold and win the fight. Grab your assailant's right wrist with your left hand, pass your right forearm over his arm, and connect on your own left wrist (Figure 8-47). Now pivot to the right on your right foot until you are facing him. Continue to rotate, and do exactly what has been shown in Figures 8-41 and 8-42.

Figure 8-48 demonstrates the variety and complexity of the leverages involved in the double wristlock. As you can see, three different leverages are applied simultaneously. As the defender rotates her shoulders to the right, her left hand drives the attacker's hand up his back. At the same time she pulls her right



FIGURE 8-46 CONNECTION



FIGURE 8-48 LEVERAGES INVOLVED

arm toward her, pulling his hand toward his head, and sits hard to the ground, driving her assailant's head to the ground.

Executing these three movements smartly and simultaneously applies so much leverage that no one can withstand it.

#### COUNTER TO A KICK AT THE GROIN

You should be alert to an attempted kick at your groin. If your opponent kicks at your groin, he must shift his body weight off the kicking leg (Figure 8-49), which should give you ample warning of his move.

As your assailant's foot comes forward, rotate your hips sharply to the right (Figure 8-50). The rotation will move your groin to the right of the aiming point and behind your hip. His foot will strike your hip and will stick there. Scoop your left hand across to the right and grab his foot (Figure 8-51). Hold his foot with your left hand on the heel and your right hand on the toe.

You are now free to kick him sharply in the groin (Figure 8-52). Since he is standing on one foot and has a precarious balance, it is safe for you to kick at his groin.



FIGURE 8-47 CONNECTION



FIGURE 8-50 ROTATE AND SCOOP



FIGURE 8-51 CATCH FOOT



FIGURE 8-49 WATCH FOR BODY SHIFT



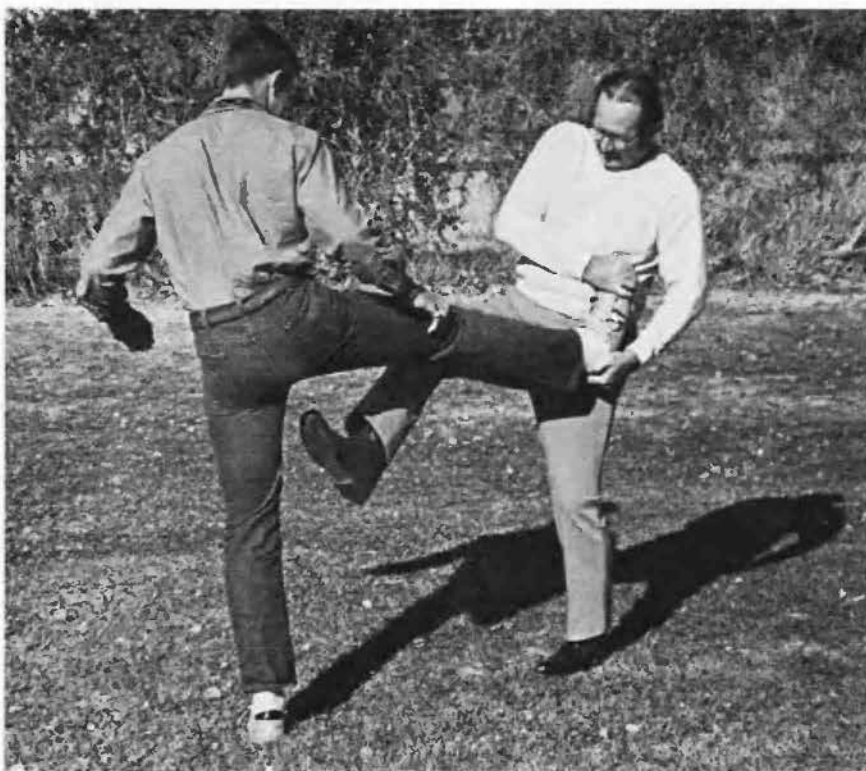


FIGURE 8-52 KICK GROIN

### THE STEP OVER TOEHOLD

Your opponent may drop to the ground when you grab his foot (Figure 8-53). From this position you can still direct a kick to the groin. If he attempts to roll either way onto his stomach, you can break his leg by allowing him to begin his roll one way and then you are using his momentum to break his leg. With his whole body rolling one way and his foot and leg going the other way, something's got to give, and it's going to be his leg.

If he does manage to roll face down, place your left foot on the ground about ten inches away from his thigh and parallel to it. Bend your left leg so that your foreleg lays directly across the back of his knee joint, and catch your body weight on your left hand as you drop (Figure 8-54).

Place his toe on your chest (Figure 8-55), and roll your body forward toward his head. Applying pressure will dislocate his knee or break his ankle.



FIGURE 8-53 KICK AT GROIN



FIGURE 8-54 STEP OVER

## COUNTER TO A KICK TO YOUR SIDE

If your assailant attempts to kick you with a waist-high kick, rotate your body to the right and grab his leg with your left arm (Figure 8-56). Hold his right leg with your left arm, rotate your body to the left, step behind his left leg with your right leg. Continue rotating your body to the left and strike him in the throat with your right hand (Figure 8-57). You could also strike him with the chin jab. This skill is called an *inside trip*.



FIGURE 8-57 INSIDE TRIP



FIGURE 8-55 APPLY LEVERAGE

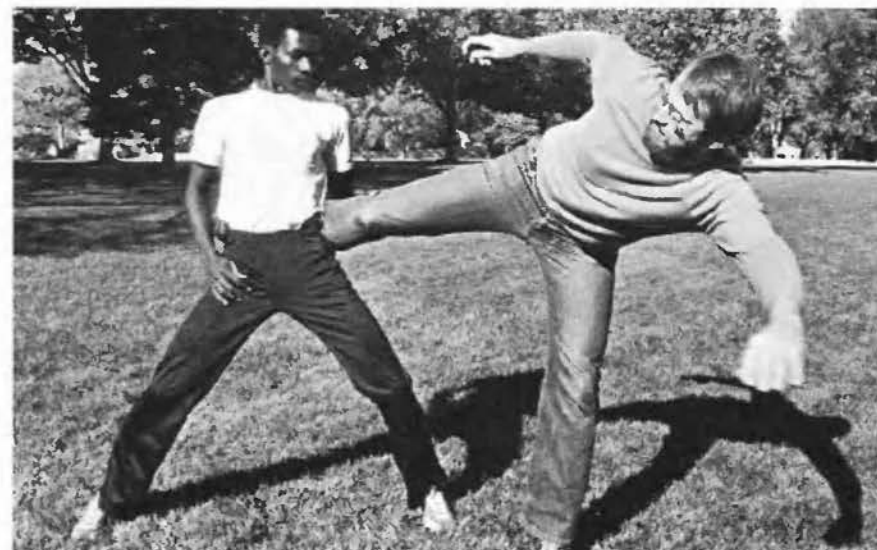


FIGURE 8-56 CATCH LEG



FIGURE 8-59 BODY SCISSORS



FIGURE 8-60 OVER SCISSORS



FIGURE 8-58 PARRY KICK

### COUNTER TO A KICK TO YOUR HEAD

If your assailant attempts to kick your head, he places himself at a disadvantage. His foot must travel at least seven or eight feet and he must place all his body weight on one foot. As his weight shifts and his right foot moves toward your head, rotate your body to the right, move your head to the right, and parry his leg to the left with your left arm (Figure 8-58). Grab his right leg with your left arm, hold it high, and counter with an inside trip, an outside trip, or a hiplock.

### THE OVER SCISSORS

It is not uncommon for your opponent to attempt to use a body scissors on you (Figure 8-59). If his left foot is crossed on top of his right foot, hook your left leg over his left toe and cross your right leg over your left foot. Sharply extend both your legs and arch back into him (Figure 8-60). You will break the hold and his ankle.



## THE FRONT CHOKE

This technique is effective if your opponent is wearing a coat or a jacket. Drive your left thumb up under his collar on his left side, and your right thumb up under his collar on his right side (Figure 8-61). Grasp both lapels tightly. Now sharply pull both your hands toward you. As you choke him, drive your knee sharply to his groin (Figure 8-62). You can also use the outside trip (page 93). Use either the knee to the groin or the outside trip to prevent your antagonist from treating your choke as a bear hug and initiating an attack on you with one of his hands or feet.



FIGURE 8-61 CONNECTION



FIGURE 8-62 KNEE TO GROIN

## THE CHICKEN WING

The *chicken wing* is an explosive offense that is very effective against someone facing you with his hands on his hips or attempting to draw a weapon.

Block his left wrist with your right hand, and reach your left hand inside and behind his elbow, as in Figure 8-63. Explosively, pull his elbow forward with your left hand, and drive his wrist to the rear with your right hand. As you do, rotate your body 180 degrees to the left, slipping your right forearm under his wrist and placing your right hand on the back of his upper arm, just above the elbow. (See Figure 8-64.)

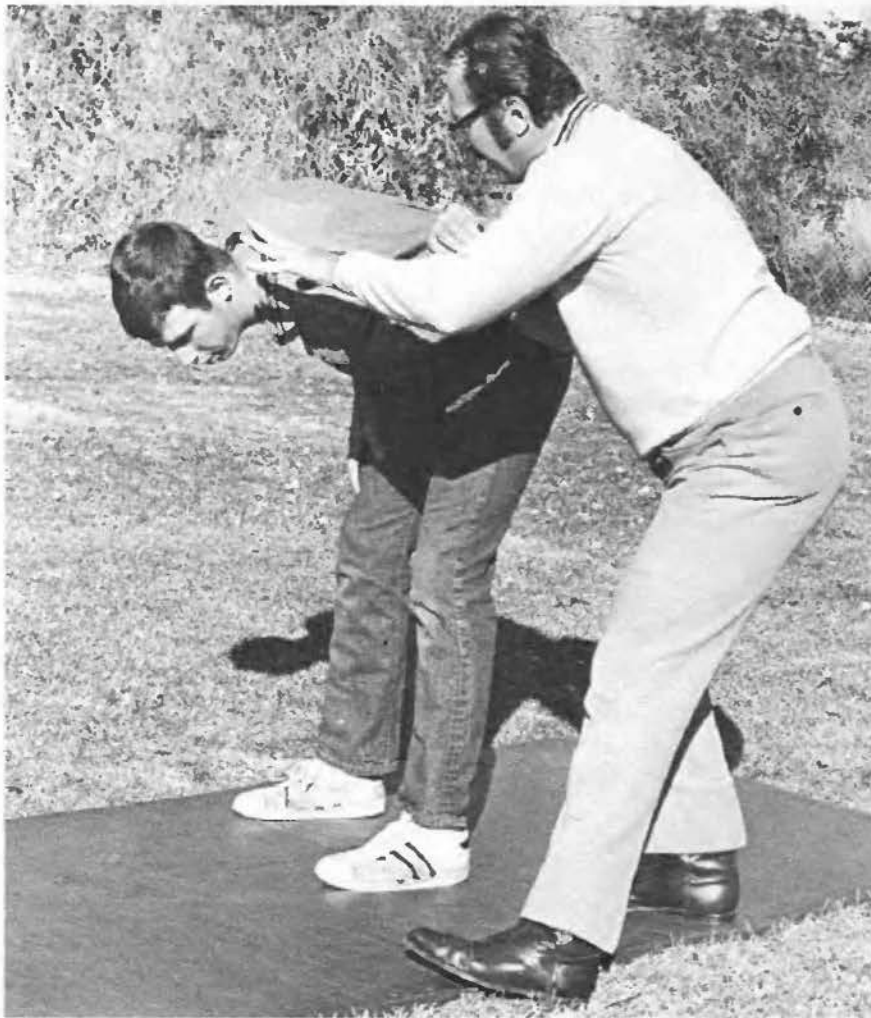


FIGURE 8-64 ROTATION

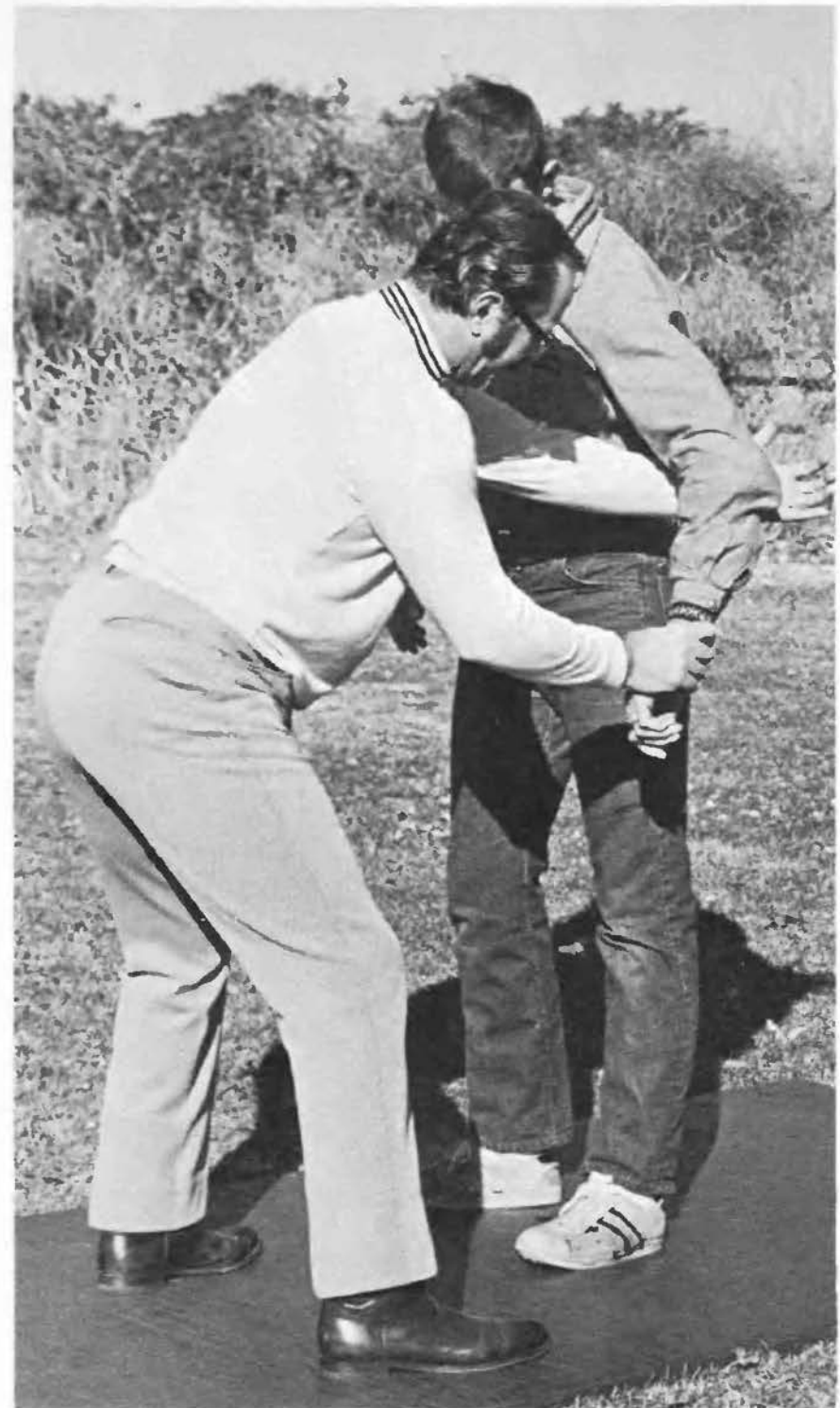


FIGURE 8-63 CONNECTION



FIGURE 8-66 CONNECTION



FIGURE 8-65 SLAM

Place most of your weight on your right forearm, slam it straight down to the ground, and drop to your right knee. Your assailant will be driven head first into the ground, as shown in Figure 8-65.

#### THE COLLAR AND CROTCH SLAM

If your opponent is facing you within your reach, you can execute the *collar and crotch slam*.

Slip the thumb of your left hand under his left lapel, or collar, and grab the lapel (or collar) with that hand. At the same time flex your knees and place your right elbow directly under his crotch with your palm and forearm vertically against his buttocks (Figure 8-66).

Suddenly extend your legs, arch your back, and swing him up into a horizontal position, face down (Figure 8-67). When he reaches the top of the swing, throw your feet back and dive straight down, slamming him to the ground on his back. You will land on one or both knees, as Figure 8-68 shows.





FIGURE 6-68 SLAM



FIGURE 8-69 SLAM ON KNEE



FIGURE 8-67 SWING

If you really want to damage him, drop straight down to one knee and one foot after he reaches the top of the swing, and slam his body straight down, so he lands with the small of his back on your upraised knee (Figure 8-69).

This technique requires that you keep your body erect and use the strength of your legs to raise your opponent. A small man or woman might find it difficult to execute this move.



FIGURE 8-71 ROTATION



FIGURE 8-70 CONNECTION

### THE SHOULDER DISLOCATOR

The *shoulder dislocator* is very effective against an opponent who attempts a thrust at you. Grab his right wrist with your right hand, as in Figure 8-70. As he moves forward, rotate your body toward him and place your left hand on his wrist next to your right hand (Figure 8-71).

Carry his right arm to a position at right angles to his body, elbow up. Suddenly, strike his upper arm with the left side of your rib cage, holding his wrist as you do so (Figure 8-72). Drive your body through his arm to the ground, landing on your left side, with your left elbow forward (Figure 8-73). He will land flat on his face and chest, with his right arm extended at right angles, elbows up. Your body weight will be on his upper arm and you can apply upward pressure on his wrist. This hold will dislocate his shoulder and cause him great pain. In this position he is held flat on his chest, and there is nothing he can do.

Sometime you may find an assailant who attempts to hurt you



FIGURE 8-72 STRIKE



FIGURE 8-73 SLAM



FIGURE 8-74 PRESSURE WITH FORELEG

and ends up flat on his face in front of you. You can use the shoulder dislocator effectively in this situation. Place your right foreleg on his upper arm with most of your body weight on it (Figure 8-74). Grasp his right wrist with your left hand and apply upward pressure. Or you can lie on your right side with your upper ribs resting on his upper arm (Figure 8-75). Grab his right wrist with both hands and apply upward pressure.





FIGURE 8-75 USING BODY FOR LEVERAGE

## DEFENSE AGAINST THE BOXER

Boxing has been called the manly art of self-defense. This phrase has misled many people into believing that striking with the fists is the best way to defend oneself. This is extremely unfortunate for many reasons. Boxing skills are not very useful for personal defense. Anyone with expert knowledge of scientific personal defense can defeat the boxers—even the best ones—who are foolish enough to depend on boxing skills.

The doubled fist is an extremely poor weapon. It cannot stand contact with the bony structures of the head or body without being crippled. Many people think that boxers wear gloves to protect their opponents from damaging blows, but this is not so. Boxers wrap their hands with yards of tape and don boxing gloves to protect their hands, not their opponents. In fact, some students of boxing history feel that the sport was more humane back in the days of bare knuckles than it is today. In those days blows to the head had to be used with caution, and fighters had to punch sparingly to avoid injuring themselves. Boxers today carry what amounts to a mallet in either hand.

Another reason that boxing skills are of little value in personal defense is that there are no referees around to break clinches in street fights. As soon as a clinch is established, boxing techniques are out. From then on the techniques of the personal defense fighter take the stage.

There has been much debate over the years about which style of fighting—boxing or wrestling—is more effective. The only real competition that I know of took place at the University of Illinois many years ago. The varsity wrestling coach, Dr. H. E. Kenney, had been telling his class that a wrestler could defeat a boxer. A retired professional boxer who was a student at the university disagreed with Dr. Kenney.

After considerable debate, they resolved to hold a match between five boxers and five wrestlers. They decided that each bout would last three rounds, and each round would be two minutes long. Any blow landed to a vital area (head, face, or body) of a wrestler would end that round in favor of the boxer. If the boxer was tied up and thrown to the mat, that round would end in favor of the wrestler.

At first the retired fighter wanted to require two blows to a vital area before the wrestler would be considered out of that round. But the wrestling coach wanted this affair to be interesting to the public and actually competitive, so he insisted that only one blow would decide a round in favor of the boxer.

This unique contest, held in the Men's Old Gymnasium at the University of Illinois, was open to the public. The gymnasium was filled, with almost all standing room taken. Three qualified boxing judges decided when a blow had been landed to a vital area of a wrestler. In these five bouts, a total of fifteen rounds were fought. The boxers won one round—only one punch landed in the fifteen rounds of so-called fighting. Each round was over in five to thirty seconds.

Wrestlers have no questions in their own minds about their skill at self-defense. Even those with a small degree of skill feel that they can defeat any one who tries to punch them. All they have to do is initiate a clinch; after that boxing skills are useless. Boxers who dispute this seem to forget that clinches are not broken in hand-to-hand fights and that anyone who has some skill in close combat is not going to be easily knocked out by one punch, even one from a great fighter like Jack Dempsey or Joe Louis. Of course, one punch could knock a person out, but the odds are certainly against it. Clinching is a significant part of self-defense, and the trained person will be very quick to clinch an assailant who is trying to strike him.

The skills of personal defense are the most effective skills known. They cannot be used in wrestling or boxing because they would be illegal. Because boxing and wrestling are sports, any techniques that would cause strangulation, fractures, dislocations, or severe pain are ruled out. The skills of personal defense are used to prevent assaults on innocent people. Because there are no rules in self-defense, the best possible skills are taught with the objective of stopping the assault and the assaulter.

This is not to say that personal defense fighters are athletically superior to boxers or wrestlers. The skills of personal defense



FIGURE 8-78 WRISTBREAKER

simply offer more advantages from a mechanical standpoint than those of any other system. Their only objective is effectiveness.

If you are defending yourself against a boxer, you have several built-in advantages. The first is range. To be effective, the boxer must be able to strike you in the head or torso. If you stand facing a boxer just far enough from him that he cannot reach your head or body, you can reach his hands, wrists, and arms, as you can see in Figure 8-76.

If a boxer attempts to strike you in the body with a left jab, catch his fist in your right hand (Figure 8-77), and immediately execute a front wristbreaker (Figure 8-78). If the boxer swings a right hand at your head, block his right arm with your left forearm (Figure 8-79), step into him, and use a hiplock.

If the boxer attempts a left hook to your head, step back and parry his left arm so that it continues around (Figure 8-80). As his momentum carries him around to his right, move to your right and you will find yourself behind him. From this position you can use several skills, such as the rear choke or the rear knee clip.



FIGURE 8-76 RANGE



FIGURE 8-77 GRAB HAND



FIGURE 8-60 PARRY AND GO BEHIND

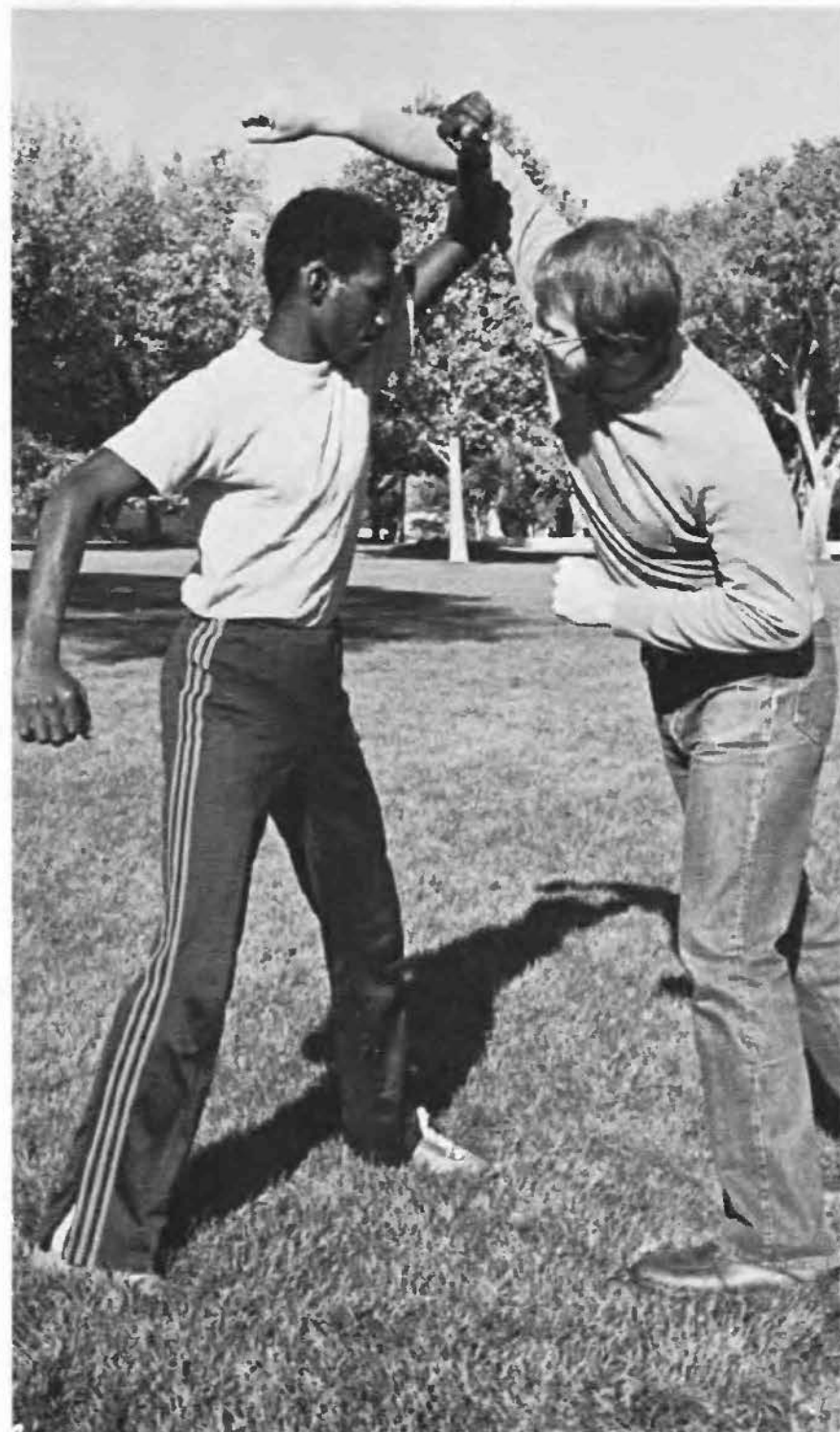


FIGURE 8-79 PARRY



wristbreakers provide an excellent way to disarm your antagonist and at the same time subdue him. Your attacker will not be able to hold anything in his hand if you apply a wristbreaker on that hand.

If you regard the skills of personal defense as tools to be used to defend yourself, then it is easy to see that a particular skill (tool) may fit a number of different situations. When an assailant attempts to attack you with a weapon, in most cases the skills you have already learned in personal defense are applicable. As you prepare to make a defensive or counteroffensive move against a weapon, watch the weapon.

#### DEFENSES AGAINST KNIVES AND CLUBS

If your opponent threatens you with a knife, you face great difficulty because his weapon is deadly, relatively light, and can be moved as quickly as a hand. This means that in such a situation you must surrender the initiative to him. It does not mean that you must lose, but it does mean that you must rely on mobility to prevent yourself being cornered or backed against a wall or a car, and it means that you must use a counteroffense. If your foe has the initiative, then you must be able to react.

If you are threatened with a knife, it may be desirable to wrap a jacket, shawl, or coat around your lead forearm (Figure 9-1). By



FIGURE 9-1 USING JACKET

## 9. Defenses Against Weapons

It is obvious that your problems are compounded when your assailant is armed. You should always seek ways to avoid physical combat if it is at all possible. Make every effort to avoid hazardous situations, summon help, attract attention, or flee. But if you do find yourself threatened by a weapon such as a gun, knife, or club, in most cases you should willingly surrender your valuables and not resist.

However, your assailant may not ask for your valuables, but simply attack you with a weapon. Or, as he threatens you with a weapon, what he says or does may convince you that you or your companions will be subjected to actions that you cannot tolerate. If your assailant demands more than you are willing to give, you may decide to resist. If you do, certain things could help your chances considerably. You may have or be able to find a weapon such as a cane, a stick, a large pocketknife, or even a rock that you could use as a counter to his weapon. For example, you can use the cane, the stick, or the knife to strike your opponent, particularly the arm in which he is holding his weapon. If you find a rock, you could use it to strike your opponent, or if you have several rocks you could throw them at your attacker. If you can't find anything, proper use of the skills of personal defense may enable you to successfully defend yourself.

You will observe that many of the skills that you can use as defenses against weapons have already been covered in this book. For example, you have already seen that the reverse wristlocks are excellent follow-up skills or good offenses. Now you will see that they are also very effective counteroffensive skills that you can use to defend yourself against some weapon attacks. Similarly, the

using this arm to block, you may succeed in entangling the knife in the material around your arm. Then you can attack your opponent while he is deprived of the use of the knife.

**THE REVERSE WRISTLOCK AS A COUNTER** If your assailant attempts to strike you with a knife or club using a downward blow, turn your body sideways (you present a smaller and less vulnerable target this way) and block his descending forearm with your forearm (Figure 9-2). If you have blocked his right forearm with your left forearm, quickly step into him and grasp his right wrist with your right hand (Figure 9-3). You now have him in an *inside reverse wristlock*.

Turn your body to the left (outside), lower his arm into a V position, pull your right elbow back (Figure 9-4), then jump back and slam your right forearm to the ground. You should land on your forearm and your right knee, turned a little to the left (outside) (Figure 9-5). He will land on his back, hard.

As soon as he hits the ground, move your body across his, pull his arm lower, and apply tremendous leverage by spreading your legs and by rotating your body to the left and raising your right (lever) elbow (Figure 9-6).

**THE OUTSIDE REVERSE WRISTLOCK** If your body is turned to the side with your right arm and shoulder advanced, block his descending forearm with your right forearm (Figure 9-7). Now slide your arm to the right and grasp his right wrist with your right hand. Place your left hand behind his forearm and connect on your right wrist (Figures 9-8a and 9-8b). You have him in an *outside reverse wristlock*.

Lower his arm, rotate your body to the left (outside), extend your left (lever) arm, and jump back. As you do so, slam your right (inside) elbow into his throat and dive straight down to the ground, landing on your right forearm and knee (Figure 9-9).

As soon as your assailant strikes the ground, move your body across his, pull his arm lower, and exert leverage by spreading your legs and rotating your body to the right and raising your left (lever) elbow (Figure 9-10).

When an assailant attempts to strike you with a weapon using a downward blow, you should always use your forearm to block his, just below the weapon. Your forearm and hand together are from fourteen to sixteen inches long. If you try to block his blow



FIGURE 9-2 BLOCK



FIGURE 9-4 ROTATE



FIGURE 9-3 CONNECT





FIGURE 9-7 BLOCK



FIGURE 9-5 SLAM



FIGURE 9-6 APPLY LEVERAGE

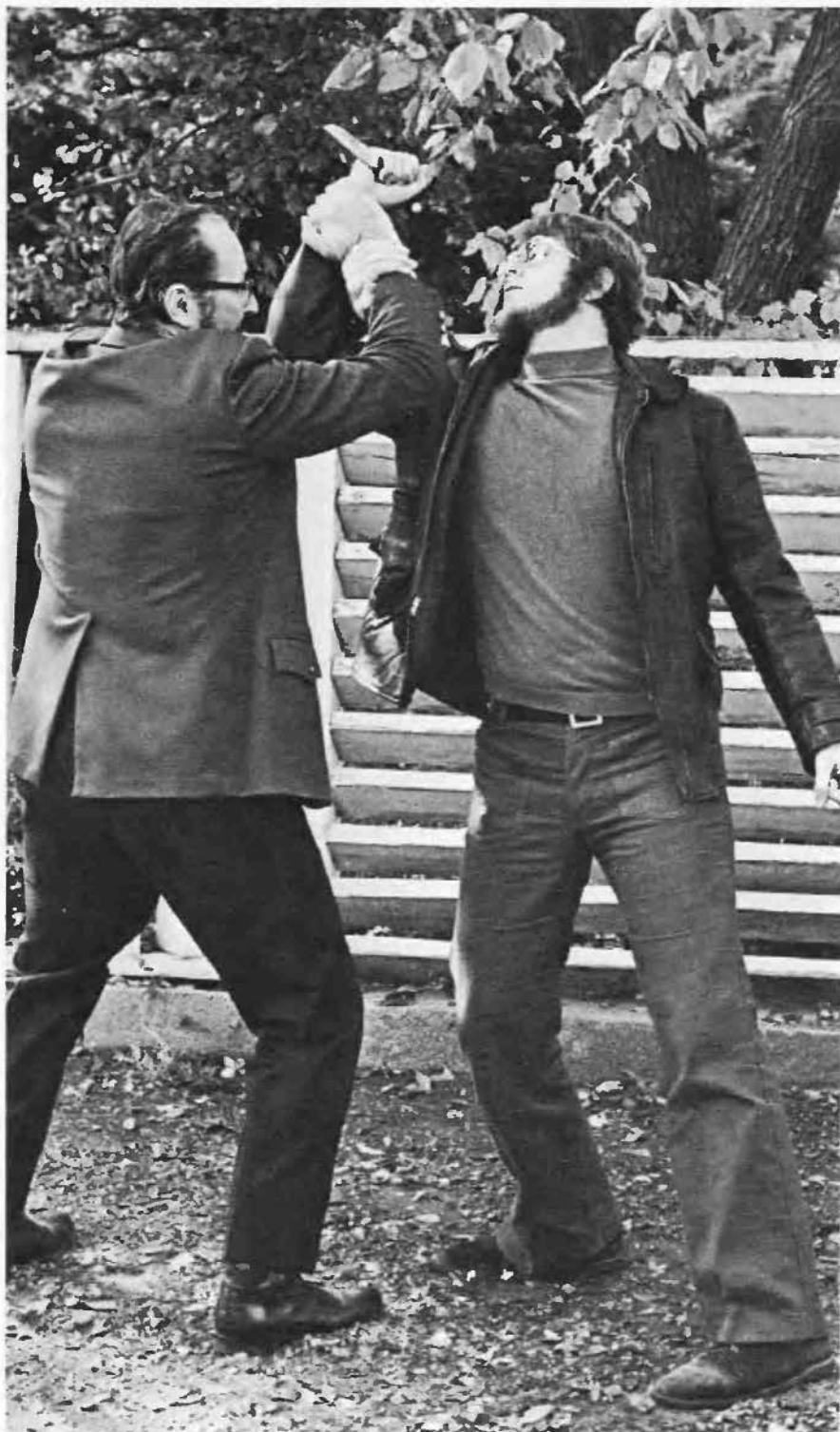


FIGURE 9-8a CONNECT



FIGURE 9-8b DETAIL



FIGURE 9-9 SLAM

Drive hard on your thumbs and pull back with your little fingers. Drive his head down low (Figure 9-13). As you put strong pressure on his cocked wrist, give him a hard kick in the face (Figure 9-14).

**THE FRONT WRISTBREAKER** If your opponent attempts to stab you in the abdomen with an upward thrust, block his forearm with your left forearm, and pull your stomach back out of the range of the knife (Figure 9-15). Place both your hands on his knife hand, thumbs on his knuckles (Figure 9-16), fingers around the sides of his hand, fingertips touching in the center of his hand. Lower his hand and cock his wrist by driving on your thumbs and pulling on your little fingers. His fingers should point straight up.

Keeping his wrist cocked and as low as possible, rotate your



FIGURE 9-11 BLOCK



FIGURE 9-10 APPLY LEVERAGE

with the center of your forearm, you have a considerable margin for error, seven to eight inches, either way, to still make the block. If you were to try to block the blow with your hand, your blocking area would be at best six inches (from the end of the index finger to the end of your thumb). There is a good possibility that you would miss his wrist or forearm, and even if you do manage to get your hand in the way, a strong blow might easily go right through your thumb, breaking it in the process. Some self-defense manuals suggest that you attempt to block a downward blow by facing your opponent squarely and crossing your arms in front of you. Standing squarely makes you a much wider and hence more vulnerable target, and crossing your arms makes it extremely difficult to follow-up effectively if you do manage to block the blow.

**THE REAR WRISTBREAKER** If your assailant attempts to stab you with a knife using an upward blow, turn your body so that you present a smaller, less vulnerable target. Lean forward and keep your abdominal area back. As your assailant brings his knife (right) hand forward and upward, block his forearm with your right forearm (Figure 9-11) and pull your belly backwards, away from the thrust.

Quickly shift your right hand to his knife hand, placing your thumb on his knuckles and grabbing the little finger side of his hand with your fingers. Place your left hand so that your thumb is on his knuckles and your fingers are grasping his thumb. (See Figures 9-12a, 9-12b.) Point his fingers up and cock his wrist.





FIGURE 9-13 DRIVE HEAD DOWN



FIGURE 9-14 KICK HEAD



FIGURE 9-12a CONNECT



FIGURE 9-12b DETAIL



FIGURE 9-15 BLOCK



FIGURE 9-16 CONNECTION

body to the left, turn the palm of his hand to the outside, and shift your body weight behind him by taking a step past him with your near leg (Figure 9-17). As he hits the ground, keep his wrist cocked and place his elbow on the ground with his forearm vertical (Figure 9-18). Press down hard on his knuckles. He will drop the knife, and you will have broken his wrist.

Some knife fighters attack by holding the knife hand back and the free hand in front. To defend yourself against this type of



FIGURE 9-17 STEP THROUGH



FIGURE 9-20 WRISTBREAKER

attack, start by keeping your body inclined forward and your abdomen back (Figure 9-19). Grab his lead hand (left) with your right hand in a front wristbreaker position. Place your left hand on his lead hand and cock his wrist, keeping it low. Step hard to the outside with your right leg, shifting your body weight in that direction, and sweep his cocked wrist in the same direction. This movement causes his body to rotate away from you (Figure 9-20) and keeps your body out of range of his weapon.



FIGURE 9-18 FINISH



FIGURE 9-19 READY





FIGURE 9-21 FINISH



FIGURE 9-22 READY



FIGURE 9-23 ROTATE AND GRAB

As his body strikes the ground, pin his elbow on the ground. Holding his forearm vertical, press down hard on his knuckles (Figure 9-21) until he drops the knife, which is in his other hand. If the pressure you apply is severe enough, he will do whatever you tell him to do.

In my judgment, the most dangerous knife attack is the fencing-style attack, shown in Figure 9-22. Since the point of the blade comes straight at you, there is nothing for you to attack. Your only option is to stay out of range and try to counter his thrust when he makes it. Be alert for the thrust and keep your hands ready to move quickly.

As your assailant lunges, thrusting the point of the knife at your middle, rotate your body sharply to the right. Bring your left hand down onto his wrist (Figure 9-23), placing your thumb in the center of his knuckles and holding the thumb side of his hand with your fingers. Place your right hand on his knife hand in a front wristbreaker grip, cock his wrist, and rotate your body to the left (Figures 9-24a and 9-24b).



FIGURE 9-24a WRISTBREAKER



FIGURE 9-24b DETAIL

Continue your body rotation to the left, lower his hand, and turn the palm to the outside. Step through hard with your right leg and shift your body weight forward (Figure 9-25). As your attacker lands on his back, plant his elbow on the ground, forearm vertical, and put great pressure on his knuckles (Figure 9-26).

**USE OF A STICK TO COUNTER A KNIFE** You can use a stick, a screwdriver, a ruler, a tire iron, or any other object of the same general shape as a counteroffensive weapon against a knife or club.



FIGURE 9-25 STEP THROUGH



FIGURE 9-26 FINISH



FIGURE 9-27 STRIKE

As your assailant advances toward you, sharply strike the outside of his forearm with the stick (Figure 9-27). Or, you can sharply strike the inside of his forearm (Figure 9-28) with the stick. A third option is to hold the stick directly in front of you, pointing at your assailant's midsection. Advance your right leg and shoulder so that your body is sideways and presents a narrow target (Figure 9-29). Use your stick exactly as you would a knife, attempting to stick him in a vulnerable area.



FIGURE 9-28 STRIKE



FIGURE 9-29 ON GUARD



## DEFENSE AGAINST A CHAIN

Being struck with a chain would undoubtedly be very unpleasant, but usually this kind of attack is easier to cope with than a knife attack. Since a chain has no shape, your assailant must take a long backswing in order to use centrifugal force to extend the chain. This gives you two opportunities to attack your antagonist. In both you must concentrate on mobility and maintain a range that is at the end of the chain when it is extended toward you.

As your opponent swings the chain toward his rear, charge and close with him. The outside trip (Figure 9-30) could be very effective here.

As he swings the chain at you, step back slightly so that you



FIGURE 9-30 STEP BEHIND



FIGURE 9-31 SIDESTEP AND GO BEHIND

are out of range (Figure 9-31). Its momentum will carry it along in an arc. As soon as it passes you, charge toward your assailant. You will be behind him and can effectively stop the attack with a rear choke.

## PISTOL DISARMING

In most cases, if you are threatened with a gun, you would be well advised to do what the gunman tells you. The loss of your valuables is not as serious a matter as getting shot or killed. However, the stakes may be high enough that you are willing to take the risk and attempt to disarm your assailant. If you do intend to try, the following conditions must be met if you are to have any chance of success:

1. The gun must be within reach.
2. You must know exactly where the gun is.

Keep your hands as low as possible, and attempt to mentally disarm the gunman by acting scared (it probably won't take much acting). He is already somewhat disarmed because he knows the



FIGURE 9-32 HELD UP



FIGURE 9-33 ROTATE AND GRAB

gun is loaded and doesn't expect you to jump it. Also, since he did not shoot you before you were close to him, he may not actually plan to shoot you.

**FRONT PISTOL DISARM** As the gunman threatens you, hold your hands up, but don't raise them any higher than he makes you. (Most people are not strong enough to hold them high for long.) Look at the gun. (Figure 9-32). Talk to the gunman, asking him to spare your life, and so on. In the middle of a syllable, suddenly rotate your body to the right and move it to the left, out of the line of the gun. As you do, snap your left hand down and grab his right wrist (Figure 9-33). Push the wrist away so that he cannot point the gun at you. Continue to hold his wrist.



FIGURE 9-34a REMOVE GUN

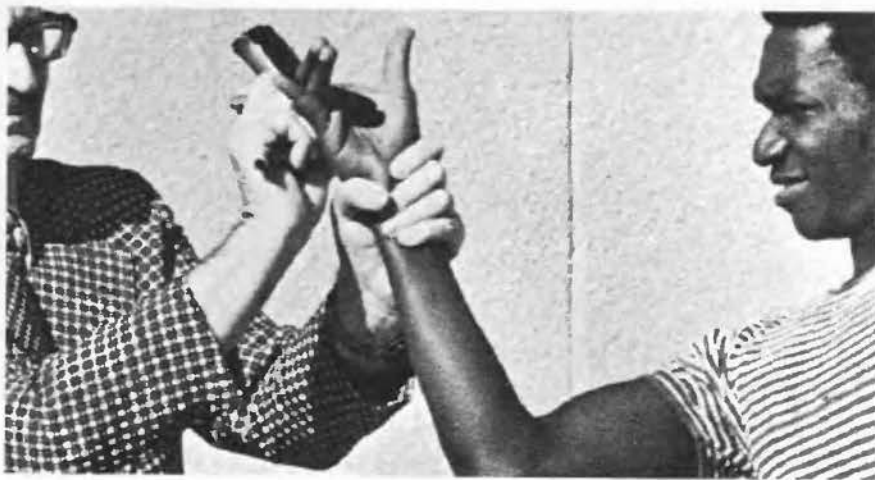


FIGURE 9-34b DETAIL

Using your right hand, grab the barrel of the gun and pry down hard, driving the gun butt against his thumb and using his trigger finger as a fulcrum. Hyperextend your wrist, rotating the butt of the gun up in the air (Figures 9-34a, 9-34b). It is quite likely that this will break his forefinger. No one can hold a pistol when this type of leverage is applied.

Hold the gun in your right hand, continue to retain your hold on his right wrist with your left hand. Move toward the gunman and strike him as hard as you can in the forehead with the muzzle of the gun (Figure 9-35). Do not strike him with the butt because



FIGURE 9-35 STRIKE HEAD





FIGURE 9-36 HELD UP

the gun might go off on impact and would be pointing at you. Or, step back and hold him up with the gun, if you are positive the gun is loaded.

**REAR PISTOL DISARM (GUN LOW)** When a gunman holds you up from behind, he will frequently press the muzzle of the gun against your back to make sure you know it is there. Hold your hands up as low as he will let you. Turn your head to talk to him and observe which hand is holding the gun (Figure 9-36).



FIGURE 9-37 ROTATION

In the middle of a sentence, or as he puts his hand on your pocket, or both, suddenly rotate your body (to the right if the gun is in his right hand). If the gun is pressed against your back, it will roll with the movement so that it no longer points at you. At the same time bring your right hand down quickly and block his right (gun hand) wrist with your right wrist (Figure 9-37). Do not strike his wrist hard—you want to maintain contact with it so you know exactly where it is.

Continue your body rotation until you are facing him and



FIGURE 9-38a REMOVE GUN



FIGURE 9-38b DETAIL

spread your feet in a comfortable stance. Grab the barrel of the gun and pry down hard, driving the gun butt against his thumb and using his trigger finger as a fulcrum. At the same time rotate the gun so that the butt is up (Figures 9-38a, 9-38b). Still holding his right wrist with your left hand, move toward him and strike him sharply in the forehead with the muzzle of the gun (Figure 9-39).

**REAR PISTOL DISARM (GUN HIGH)** The gunman holds you up from the rear and presses the gun between your shoulder blades (Figure 9-40). Make sure that you know which hand is holding the gun (in this case, his right hand).

While begging for mercy, suddenly rotate your shoulders and body to the right, flex your knees, and bring your right arm down and around toward the gunman (Figure 9-41). At this point the muzzle of the gun has rolled off your back and is no longer pointing at you. As your right arm swings around and under his right (gun) arm, explosively rotate your shoulders to the left and whip your right forearm against the middle of his right forearm (Figure 9-42). In most cases this blow will cause him to drop the gun.



FIGURE 9-40 HELD UP



FIGURE 9-39 STRIKE HEAD





FIGURE 9-42 COUNTERROTATION



FIGURE 9-41 ROTATION



FIGURE 9-43 CONNECTION



FIGURE 9-44 TAKE GUN

Continue the blow, driving your fist down against his elbow and your upper arm against his wrist, putting his arm in a reverse wristlock position (Figure 9-43). If he still has the gun, grab the barrel with your left hand and rotate it down and away so that the butt is driven against the gunman's thumb (Figure 9-44).

Obviously, if you attempt to take a gun away from an assailant, you are risking your life. When you are required to defend yourself you are frequently forced to choose between two possibilities. We like to think that we can choose between good and bad. But when your life is at stake, the choice may be between bad and worse. If a gunman holds you up and you strongly get the idea that he plans to kill you, then disarming him may be risky, but it is a better choice than abject submission, which may give you no chance at all.

# 10. Prisoner Control Methods

Personal defense does not end with the disarming or incapacitating of an attacker. It may be necessary or desirable to control your opponent as you attempt to move him to another place, hold him stationary, or search him. Thus, prisoner control methods constitute an important area of self-defense skills.

## COME-ALONGS

The come-along is a technique that enables you to control an opponent while moving him.

**THE LIP LEADER** Catch most of his upper lip between your first and second fingers and squeeze tightly (Figure 10-1). Place your other arm behind him, and hold his far arm back so that he can't turn his body toward you.

**THE CHEEKWALKER** Hook the second finger of your right hand into the corner of his mouth, and pull his head hard down to the right (Figure 10-2). Hook your left arm over his left arm. Pull him back out of balance. If he tries to turn his head to the right in an attempt to bite you, pull down harder with your finger and take up the slack.

**COLLAR AND CROTCH** Grasp his collar with your left hand. Grab a handful of scrotum with your right hand (Figure 10-3). Push hard forward with your left hand and pull hard backward with your

right, making him walk on his toes, out of balance. This come-along is frequently used by bartenders.

**HAMMERLOCK AND HAIR** Grab a handful of his hair with your left hand and pull down and back. Shove his right wrist up toward the back of his head with your right (Figure 10-4). Pull him out of balance to the rear.

You may also use the *rear wristbreaker* come-along, which is probably the best of them all (see Figure 7-40, page 91).



FIGURE 10-1 LIP LEADER





FIGURE 10-2 CHEEKWALKER



FIGURE 10-3 COLLAR AND CROTCH



FIGURE 10-4 HAMMERLOCK AND HAIR

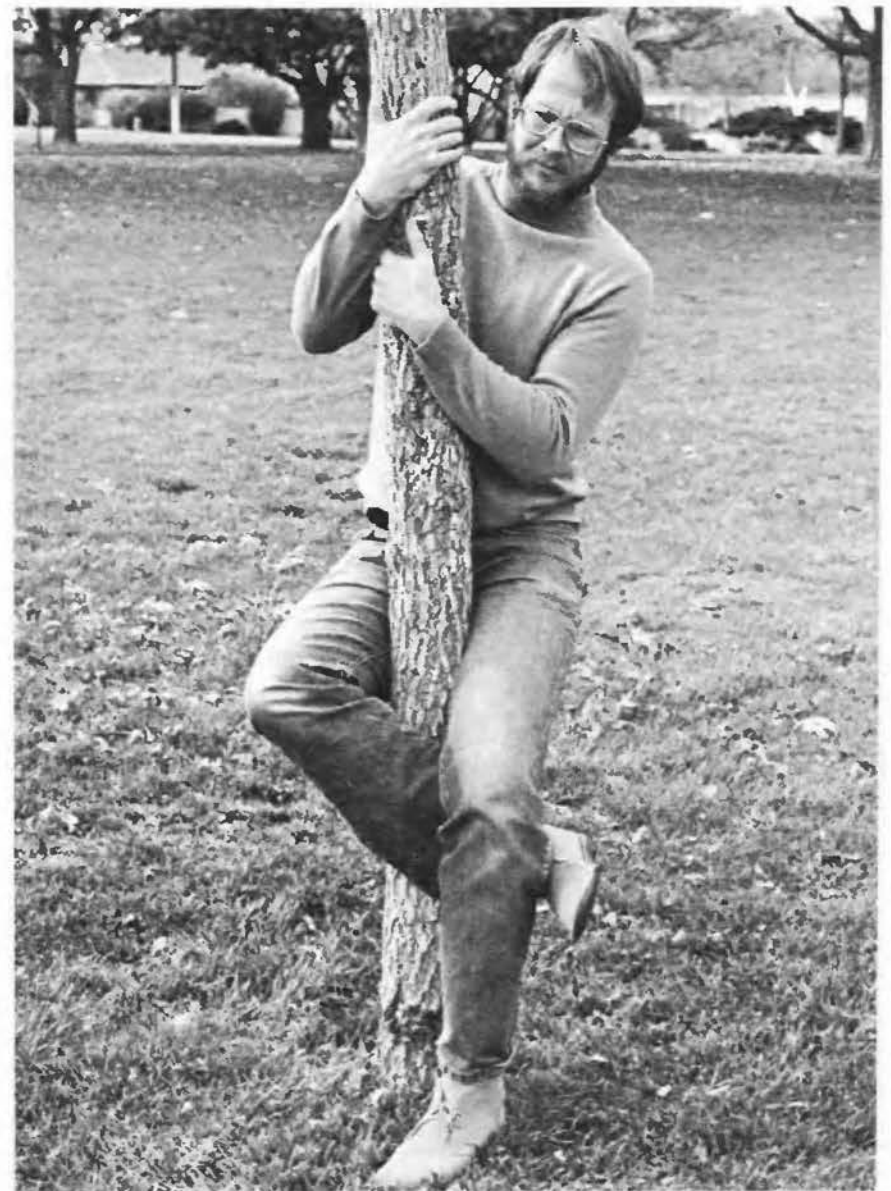


FIGURE 10-5 WRAP LEG

#### THE INDIAN DEATH LOCK

This is a foolproof way to hold a prisoner for as long as you wish. Use a tree or a post approximately eight inches in diameter. Make the prisoner wrap his right leg around the tree and hook his right foot behind his left knee in the shape of the numeral 4 (see Figure 10-5). Bend his left foreleg behind the tree and press the prisoner down to the ground (Figure 10-6). From this position he will find

it impossible to free himself, even though he has the use of his hands and arms, unless someone lifts him up.

Although I have called this technique the Indian death lock for many years, I have never met an Indian who has ever seen it. According to legend, this was a favorite way to execute a criminal. Even though his hands were free, he was unable to release himself and so he starved to death.

#### POSITIONS FOR PRISONER SEARCH

If your antagonist has surrendered and you now want to search him safely, make him place his hands on a tree, car, or wall and lean so far forward that he will fall if he moves. His legs should be spread wide (Figure 10-7). In an open area, make him support himself on widespread hands and feet (Figure 10-8).

If you wish to move your prisoner, place his hands inside his belt and then pull it tight (Figure 10-9). This will effectively handcuff him.



FIGURE 10-7 ON TREE

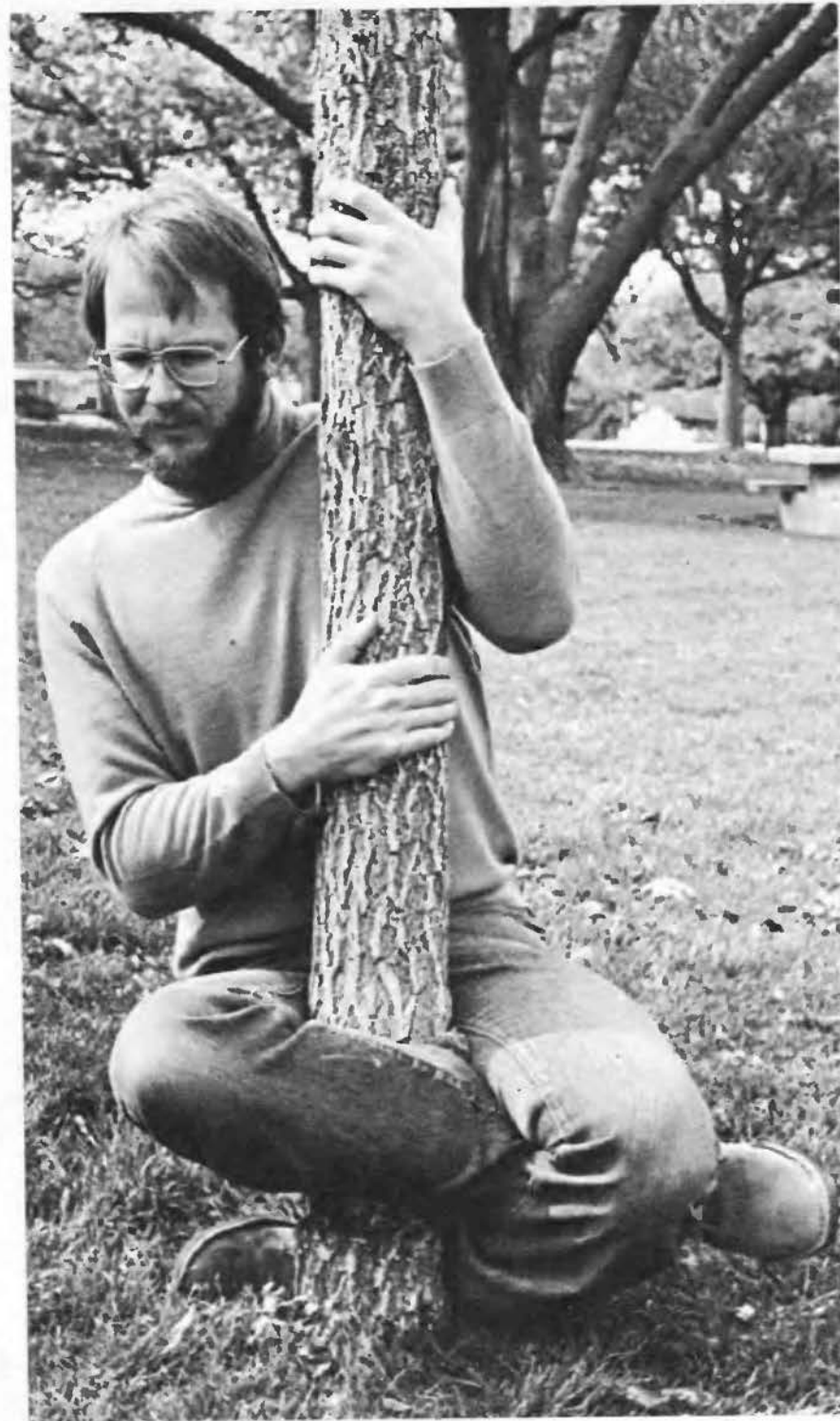


FIGURE 10-6 LOCKED



# 11. Personal Defense and the Law

As you study methods of personal defense, you may wonder what you can do and how far you can go legally to protect yourself. Where do you draw the line? Obviously, you should do your best to avoid situations that would place you in jeopardy. If you find yourself in such a situation, you should attempt to get help from the police, if possible. Another suggestion is to run like hell, but only if it appears that you have a good chance to outdistance your attacker.

The law states that if you are attacked, you may defend yourself by any reasonable means. This means that you may use tactics or weapons appropriate to the situation you face. As soon as your assailant is defeated, injured, or unable to continue the attack, you are obliged to cease your defensive activities.

Even though most of us have heard of instances in which an attacked person was arrested for using a weapon in self-defense, it seems logical that if you are attacked, you should defend yourself using whatever weapon you have at your disposal necessary to repel your assailant. Familiarize yourself with the legality of using a weapon. Then, if and when you are threatened, your sole concerns should be (1) to avoid the attack, if possible, (2) to get police protection, if possible, or (3) to stop the attacker as quickly as possible. Every second that your assailant is in good shape, you are in jeopardy.

The law does not protect the individual who initiates an attack on another. Neither does it condone arranging to have a fight. It is not wise to fight at any time, unless there is no alternative. You should make every effort to avoid a fight, since even a victory



FIGURE 10-8 ON GROUND



FIGURE 10-9 BELT HANDCUFF

could prove costly. Therefore, don't fight, unless it is your only option.

The law is designed to allow you to defend yourself, your loved ones, and your property against an unprovoked attack. In a holdup in which property is the target, it is usually advisable to give up your valuables and avoid conflict. If it appears that there is more at stake than your property, you will have to decide whether the stakes are high enough to warrant the risks inherent in an attempt at self-defense.

You must remember that the police will provide whatever assistance they can. If you cannot notify the police or obtain help from anyone else, the burden falls on you to protect yourself or suffer the consequences of the attack. Under these circumstances a determined defensive action is the only alternative to defeat and what may follow. Once you begin to fight, it is imperative that you concentrate on stopping your opponent.

Many people wonder what might happen if they successfully defend themselves against an attacker but are unable to produce a witness to support their contention of self-defense. If there are no witnesses to an attack, as is frequently the case, any resolution of conflicting claims will probably be decided on the character or reputation of the individuals in the fight. Most likely, your character and reputation will be much better than your assailant's.

If you are a reasonable person, you may have difficulty visualizing a situation in which reason would not prevail or one in which someone in authority would fail to enforce the rules or the law. Perhaps this true story will illustrate the dilemma that a law-abiding person might face.

Some years ago, a skinny, fourteen-year-old, 140-pound high school freshman football player was playing his first game. His opponent was a 240-pound man who played defensive left tackle. On the first play of the game, the freshman attempted to execute a legal block on his giant opponent. He didn't see what happened, but he woke up with a sore nose (face guards were not worn then). On the next play, he saw his opponent punch him in the nose. And on each succeeding play he found it necessary to avoid his opponent's illegal blows aimed at his face.

He attempted to remonstrate with his opponent, but to no avail. Following his coach's instructions, he told the referee that his opponent was slugging on every play. The referee told him

that if he couldn't take it he should quit. His predicament was annoying. He was being slugged by an older, stronger, heavier opponent and was being almost totally ineffective as a player. He had no idea what to do and had no place to turn for help. His only apparent option was to engage in a contest of exchanging illegal punches with a superior antagonist.

After a few minutes of this very unsatisfactory situation, the young player was running across the field and came upon his opponent who, having missed a tackle, was lying on his back. Without any hesitation, the young man kicked his supine opponent in the jaw. His antagonist had to be helped from the field, spitting blood and teeth.

After about thirty minutes, his opponent re-entered the game and lined up opposite the freshman. "Kid, are you crazy?" he asked. The young man replied, "If you want to play fair, according to the rules, that's fine with me. On the other hand, if you want to play dirty, I'm not going to play only as dirty as you—I'm going to try to cripple you! I don't want to play dirty, but if I'm forced to, there will be a lot more at stake than just a punch in the nose!"

His opponent followed the rules for the rest of the game, and, as the young man pursued a football career through four years of high school and four years of college, he was never unfairly pushed around by his opponents. He attempted to play football as it is supposed to be played, hard but fair. When opponents attempted to intimidate him illegally and were not controlled by the officials, he then made it clear by his actions that there was more risk involved in dirty playing than the dirty player had anticipated or was willing to risk. As a result, he had a rewarding football career.

As this story illustrates, you may face an antagonist who attempts to impose his will on you, when no one is around to protect you. In such a case, it would be ineffective for you to do to your assailant only as much as he appears to be doing to you. Most hoodlums would be content to exchange punches in the mouth with you. They are not afraid of being struck in the face. The mugger is afraid of someone who might blind him or break his neck or his arm. If you must tangle with a larger, stronger antagonist, don't attempt to beat him at his own game. Do *your* thing. Use the best that you have to eliminate him as a threat to your welfare.

# 12. Fitness for Personal Defense

Some authorities advocate a graded response to a threat. They suggest that you evaluate the intensity of the attack and respond with just enough force to stop it. The problem is that none of us is a mind reader. Nor is this a game; you are defending yourself against an unprovoked attack. Remember, ladies and gentlemen do not fight. If you possibly can, avoid a fight. On the other hand, if you must fight, do not be an ass and fight like a lady or a gentleman! As Teddy Roosevelt said, "Speak softly and carry a big stick."

In a society in which average citizens have to defend themselves, the realization that life is reduced to essentials becomes foremost in their thinking. One of your most basic concerns should be your personal fitness. In most aspects of your life, particularly your ability to defend yourself, fitness is a major factor.

If you need to flee from someone, your capacity to run fast or far may determine your ability to get away. If you are forced to close with an opponent, your ability to exert force may depend to some degree on your strength, and your capability to continue for any length of time depends on your endurance. Your speed, strength, and endurance are all reflections of your physical fitness.

Thus, for many reasons, among them the need to defend yourself, you must be fit. If you are, you will feel and look better, and you will be able to learn and perform skills better with much less likelihood of injury or soreness. Further, you will greatly enhance the quality of your life as well as the ability to defend it.

## WARM UP

It is essential that you properly warm up before engaging in strenuous activity. Any rhythmic endurance activity is helpful in increasing circulation to the working parts of the body, thus increasing your flexibility and lessening your chances of pulling or straining a muscle. A few minutes spent warming up is always a good investment because it minimizes the likelihood of injury and makes you feel more like exercising.



Of course, if you must defend yourself, you will probably have no opportunity to warm up. If someone suddenly grabs you in a bear hug or a strangle hold, asking him to let you go so that you can run around the block and warm up isn't going to work. If your assailant is dumb enough to let you do it, when you get to the end of the block, keep running!

## EXERCISES

The following activities are designed to improve your overall condition and to increase your speed, strength, agility, flexibility, and endurance.

**RUNNING AND JOGGING** You should run and jog on a regular basis (Figure 12-1). Running is a skill that improves with practice. After you are in relatively good condition, intersperse your run with some explosive sprints. When you run for your life, a sudden spurt may get you out of danger. The ability to run for distance may keep you out of it.

**SKIPPING ROPE** This is an excellent conditioning exercise (Figure 12-2). A skipping rope is very inexpensive and easily obtained. With practice, you can develop fine cardiovascular endurance, excellent rhythm, and considerable grace and coordination. Using a weighted rope with heavy handles will contribute much to hand, wrist, arm, and shoulder strength.

Rope skipping is a lot of fun, requires little space, and helps develop qualities that can make you better able to defend yourself. As you acquire proficiency, you will find that you can change from a slow rhythm to a rapid spurt and that you can put in tricky and complex steps. These abilities will contribute to your fighting skill.

**PUSH-UPS** Since finger, hand, and arm strength are very important, you should do push-ups, preferably on your fingertips. This is a fine exercise to practice. It will enhance your ability to execute karate chops, fingertip jabs, wristbreakers, and a variety of wristlocks. Lie flat on your chest with your fingertips on the floor under each shoulder. Keeping your back and legs straight, extend your arms until you are in a front support position (Figure 12-3).



FIGURE 12-2 SKIPPING ROPE



FIGURE 12-3 FINGERTIP PUSH-UP



FIGURE 12-5 BENT KNEE SIT-UP

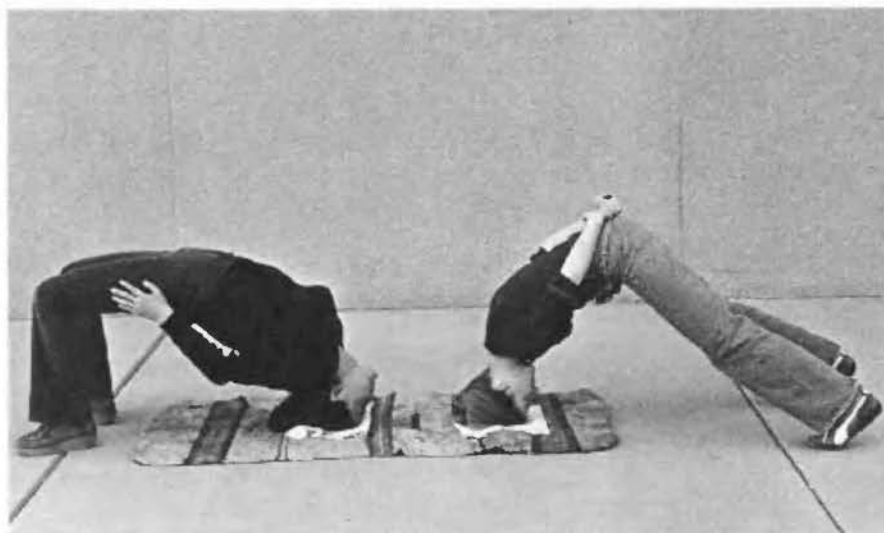


FIGURE 12-6 BRIDGING

Support your weight on your head and your feet with your trunk high (Figure 12-6). As you acquire proficiency, you may be able to rotate your body to a face-down position, with your rear end high and your weight supported on your head and your feet.

This exercise is a fine flexibility exercise and greatly strengthens the neck.



FIGURE 12-4 MODIFIED PUSH-UP

Lower your chest to the floor and repeat, doing as many as you can. Do this exercise regularly until you can do at least twenty at a time.

If you are not strong enough to do a push-up, begin by doing a modified push-up. Lie flat on your chest with your hands flat on the floor under each shoulder. Keep your back straight, but bend at the knees as you extend your arms (Figure 12-4). As your arms and shoulders gain strength, begin to do full-length push-ups. As you get stronger, move up on your fingertips.

**BENT-KNEE SIT-UPS** These are very good for strengthening the stomach wall. This exercise will reduce lower back pain and will greatly improve your posture. Lie on the floor with your fingers laced behind your head. Hook your toes under a couch or a chair and bend your knees to some degree. As you sit up, attempt to keep your chin as close to your body as you can (Figure 12-5). Curl back down to the supine position, keeping your chin close to your body. As you acquire abdominal strength you can do the sit-up and touch your right elbow to your left knee, then on the next one touch your left elbow to your right knee, and so on.

Repeat as many times as you can. You should do at least twenty at a time.

**BRIDGING** Lie on your back and bring your heels toward your buttocks. Arch your head back and raise your body off the floor.

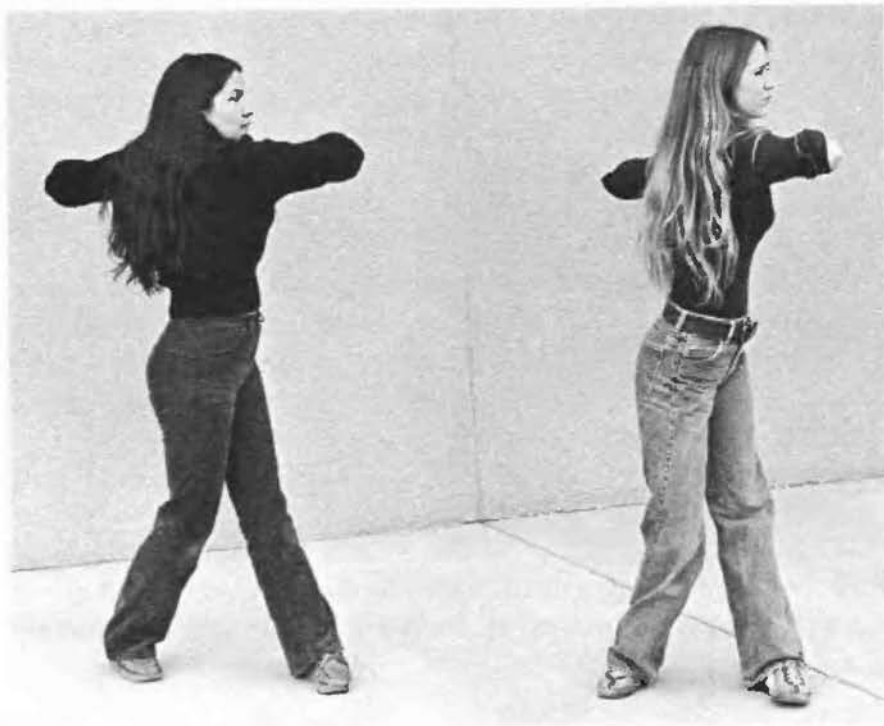


FIGURE 12-8 BODY ROTATION

your left elbow as far back as possible (Figure 12-8). Next, rotate as far to the right as you can, pulling your right elbow as far back as possible. Do these alternately, left and right, and with maximum rotation. As you become more highly conditioned, attempt to make each rotation explosive.

You should do these exercises daily. As you become more fit you will find that you can do them harder, faster, and for a longer period of time. You will feel better and stronger, and you will be able to practice the various skills of personal defense with better results, less soreness, and less fatigue. Not only will you feel better physically, but your improved fitness will make you a more effective fighter.

**ALTERNATE TOE TOUCHING** Stand with your arms overhead and spread, and your legs spread (Figure 12-7). Bend forward and touch your left toes with your right hand. Straighten up, then touch your right toes with your left hand. Straighten up. This exercise is a fine flexibility and midriff toner. You should do it at least twenty at a time.

**BODY ROTATION** Since people defending themselves are almost always smaller and weaker than their assailants, they have to seek ways to maximize the force available to provide a successful defense. The greatest source of power for anyone is body torque (rotation around the long axis of the body). Torque uses the large muscle groups of the body—the legs, the buttocks, the shoulders, and the oblique muscles of the trunk.

To develop your ability to generate body torque, stand with your feet comfortably spread, knees flexed, elbows carried out to the side. Rotate vigorously to the left as far as you can, pulling



FIGURE 12-7 ALTERNATE TOE TOUCHING



#### *In your home:*

When you move into a new home, change the locks.

Always keep your doors and windows locked.

Use chain locks and peepholes on doors.

Always ask strangers for credentials before opening the door.

If a stranger wants to use your phone, make the call for him and let him wait outside.

Keep windows secured, or install window locks that limit the degree of opening.

Leave lights on in different parts of the house.

Keep window shades down after dark.

Do not get into entranceways, elevators, stairwells, corridors, storage areas, or laundry rooms alone with strangers.

If it appears that someone is in your home, do not enter. Call the police.

If you suspect any threat to yourself, your property, or your neighbors, call the police.

Have your key in your hand as you approach your house.

Leave entrance lights on when you leave home.

Keep the area around your house well lighted and free from hiding places.

Know where self-defense weapons are in each room, and rehearse what you would do if you were accosted there.

If you live alone it might be well to conceal a self-defense weapon under your pillow.

#### *On the street:*

Avoid walking on dark streets and alleys.

Never hitchhike or accept a ride from a stranger.

Stay near the curb and away from entrances and doorways.

If you must walk in a dangerous area, try to walk with others.

Avoid being on the street alone at late hours and in unfrequented places.

Carry your purse over your shoulder, with the flap toward you.

If you hear running footsteps behind you, quickly turn and face in that direction and be prepared to sidestep.

## 13. General Advice

In general, it is a good idea to avoid conflict of any kind if it is possible to do so. Civilized people should treat others with courtesy and respect. If we all did, there would be no need for a book entitled *Defend Yourself*. The problem is that throughout history, there have always been people who covet the possessions of others. In the past two thousand years there have been almost one thousand major wars, and we appear unable to stop the fighting.

On an individual level, we have been called on throughout history to lock our homes, to protect ourselves and our families, to guard our possessions, and to pass laws to govern behavior in our society. Despite considerable effort to enforce laws, individuals too often have had to rely on their own abilities to protect themselves and their own. Never has this condition been so pronounced for so many people as it is now.

The logical concern for the individual should be, "What can I do to minimize threats to my person, my family, and my property?" Here are a number of things you can do that should improve the odds to some degree. Remember that distance is a good defense, loud noise is your ally, passivity is rarely a defense, and forethought, planning, and alertness are needed to keep you out of danger.

Police departments and other law enforcement agencies have made a number of suggestions that could certainly help the ordinary citizen. Avoiding situations that might cause you trouble can be likened to defensive driving. If you are constantly on your guard and alert to the possibilities of danger, you can minimize the chances of getting caught in a dangerous trap.

Never pick up hitchhikers.

Always keep your car in good running condition.

Make sure you always have air in the tires and plenty of gas.

Do not park in dark, out-of-the-way places, such as lovers' lanes.

*At the movies:*

If you are alone, sit near an aisle. If you are bothered, call an usher or run up the aisle.

If you are molested, scream and attract attention.

Stay out of the balcony.

If you are at a drive-in, keep yourself locked in the car. If anyone tries to get in, blow the horn.

*In a parking lot:*

Carry a police whistle and use it if anyone suspicious or threatening approaches you.

Have your car key in your hand, get into the car quickly, and lock yourself in.

If someone is loitering near your car, stay away and get help.

*If you are threatened with rape:*

Say that you are pregnant.

Say that you have V.D.

Scream and run.

Fight.

Holler "Fire!"

Carry a police whistle, and if you are molested, use it.

If you are approached and feel threatened, scream and run.

Carry a weapon such as a nail file, pencil, or screwdriver in your hand when you feel threatened.

Avoid being a bystander at riots, brawls, arrests, and so on. If you do not wish to be a participant, get out of there. You will be in the way of the authorities, and you may end up an innocent victim.

If you wish to walk evenings in your neighborhood for exercise, have a large dog and take it with you, or carry an implement (a golf club or large stick will do) to use against an animal or person who bothers you. The club in your hand will discourage attempts against you. Also, walk in familiar areas.

*In your car:*

Do not aid disabled motorists, but inform police so that they may.

Carry a flashlight in your car and use it to illuminate dark areas that you may have to enter as you leave your car.

Keep your car locked at all times.

Always lock yourself into your car.

Never leave your purse or packages where they are visible in the car.

Avoid driving on dark streets and alleys.

Keep your car in gear when stopped for a light.

Park in well-lighted areas.

Always look in your car before entering it, and then immediately lock yourself in.

Always look around the area near your car before leaving or entering it.

Have your key in your hand as you approach your car.

If you are bothered while in your car, lean on the horn.

If you believe another car is following you, do not drive to your home. Drive to a service station or nearby fire station and ask someone to call the police.

If someone attempts to break into your car or to block your passage, stay in your car and use it as a weapon.

# Appendix A

## Seidler's Laws

1. *The natural move is always the wrong one* It is natural to resist any action initiated by an enemy. If your opponent has a hold on you, any resistance to his efforts will magnify the force applied to your body. If your antagonist attempts to strangle you, your natural reaction will be to put your chin down to protect your neck, thus changing the offense from a strangle hold to a neck-breaker. This is like jumping from the frying pan into the fire. A natural reaction to any fall is to resist the fall, which increases the impact and compounds the damage. The trained combatant learns not to resist, but to go with the pressure and attempt to minimize the force of the blow or the fall.

2. *All hands hang crotch high* When a person is standing, his or her hands hang crotch high. So if someone grabs you, your hands will be about the level of his groin. Since the groin is an extremely vulnerable area, you can strike or grab your assailant's groin and effectively end the encounter.

3. *Always assume that your opponent is damned good* When fighting for your life, assume that your opponent is very good. You should execute any skill against him explosively and with the correct technique. Always use maximum force. If your opponent is very good, it will take your best effort to defeat him. If he is not as good as you expected, your total effort will beat him easily. It is always better to use all your force and ability and have too much than to use less than your utmost and have too little. When your life is at stake, you owe yourself your best effort.

4. *It costs just a little more to go first class* When you are learning anything, it is essential to concentrate on the fundamental concepts and the subtle nuances that distinguish a winner. To be a winner you should work harder and longer so that you can be the best.

5. *People tend to persist in what they are doing* It is characteristic of human beings to persist in what they are doing. In a fight, the fighter tends to continue to strike, trip, slam, or choke his opponent even after the attempt has succeeded or failed. The trained fighter learns to recognize instantly when it is time to change tactics, and does so.

6. *Speed overcomes size and strength* The smaller, weaker person can substitute quickness for size and strength. Beating an opponent to the punch or applying leverage with speed provides an advantage that cannot be obtained any other way.

7. *Explosiveness is the characteristic of the winning fighter* All combative champions are explosive. The skills performed by a winner demonstrate both excellent mechanics and explosive application.

8. *Winners do not let themselves be distracted* Successful fighters concentrate on the problem at hand. They attempt to achieve total focus and avoid splitting their attention. Don't try to do more than one skill at the same time. You will end up doing neither right.

9. *A skill is a habit* If a skill is to serve you in a crisis, you have to learn it so well and practice it so thoroughly that it is a habit that you can use instantly in response to a stimulus.

10. *The most effective way to fight is to use your skills as responses to stimuli* You must learn not to intellectualize during a fight. You only have to recognize the particular situation and select the skill (habit) best designed to deal with it. You develop the ability to select the appropriate skill through constant practice.

11. *To develop high speed combative skills, one must practice at high speed* Practice makes perfect, but you only become good at what you practice. Practicing at slow speed makes you good at slow speed. If you want to be good at high speed, then you must practice at high speed.

12. *Fight to defend yourself now* Many people are concerned about being involved with the law because of the means they have used to defend themselves. Become familiar with the laws of your



19. *The armed opponent does not expect resistance* If your opponent threatens you with a gun, give him your valuables without a struggle. If he indicates that he wants more than you are willing to give, you may be able to surprise him. If he had planned to shoot you, he would have done so before he came close to you. The fact that he did not may indicate that he doesn't plan to. This does not mean that he won't, but if you act frightened and then move explosively to disarm him, you may really surprise him.

20. *A fight is continuous* When you defend yourself against an assailant, you should realize that the fight will continue until one of you is stopped. Since all the skills you learn in personal defense are fight stoppers, apply the appropriate one with full vigor and stop the conflict in your favor. If it does not succeed, instantly follow with an appropriate counter or follow-up. The longer the fight lasts, the longer you are in jeopardy.

21. *Integrate your offense and counters* You must learn to look at a fight for your life as a total picture. The isolated skills that you use are the tools with which you work. You must integrate your offense and counters; practice until you use them spontaneously in every conceivable situation. When you have worked and practiced until you have learned to carry the battle to your opponent, regardless of the position in which you find yourself, you can be classed as a dangerous fighter.

22. *Don't watch his eyes* When you face your opponent, look at his chest and let your eyes go slightly out of focus. Use your peripheral vision so that you can detect any movement he makes. Don't watch his eyes. He will never attack you with them.

23. *You are always on offense* When you fight, you should be on offense. Being on offense is a state of mind. It means that you are trying at every moment to eliminate your opponent. Even if he is attempting an offense directed at you, you should perform your defensive move and counter aggressively.

24. *Put the sun or the light at your back* Whenever you can, attempt to position yourself so that your opponent faces the sun or the light if it is after dark.

25. *Use misdirection as a weapon* Try to fool your opponent by beginning a movement in one direction, and then explosively going in another direction. Getting him to react to a fake or feint sets him up for a counteroffense. Even getting your enemy to

state. When your life is threatened, do whatever is necessary to save it. Knowledge of the law allows you to defend yourself without being distracted by uncertainties about legal complications.

13. *Don't be the tail on the dog* It is not uncommon to see a person using personal defense skills throw an assailant and then be pulled out of balance by the movement of his opponent's body. To prevent this, you must maintain a stable base and apply the skill you are using with great force. If you do it properly, your victim will go where you want him to go, and he will be the tail on the dog!

14. *Manipulate your opponent* In an actual fight your opponent's arm or leg may very well not be exactly where it should be so that you can perform a particular skill. If it isn't where you want it, grab it forcefully and put it where it should be.

15. *Run if you can* It has been said that track is the best defense. If you can run away, do so. However, study the situation first. If your assailant is on crutches, has a cast on his leg, or is fat, you can assume that you can run faster and farther than he can. If you do, run like hell. However, if you are dressed in heavy clothing or clumsy shoes, or if you are out of condition, it may be unwise to turn your back on your opponent, because he just might catch you!

16. *Control him so he doesn't get ideas* Regardless of which skill you are using against an assailant, you will usually apply the hold to one part of his body, leaving at least two or three of his limbs free. The only way to prevent him from using a free limb to attack you is to apply your hold so forcefully that his pain gives him no opportunity to think about hurting you.

17. *In a self-defense situation know the terrain* When you fight, know the terrain. It is stupid to lose because you stepped into a hole, bounced off a wall, or dove off a cliff. Be aware of the features of the area you are in. Avoid moving into spaces that are hazardous to you, and attempt to move your opponent into dangerous places.

18. *Mobility is essential against multiple opponents* When you are attacked by more than one assailant, keep moving so that one of them is between you and the others. If you can cripple him, you improve your odds. Sometimes the best tactic is to get your back against a wall so that none of your assailants can get behind you.

## Appendix B

### Common Questions About Personal Defense

Q Can a small person or an old one really learn to defend himself?

A Yes. Knowledge and skill can overcome brute strength.

Q Isn't a little knowledge a dangerous thing?

A Of course, but if you practice the skills in this book as recommended, you will have adequate ability to really defend yourself. If you do not practice enough, that is your concern.

Q Won't I sprain my finger if I jab it into someone's eyes or throat?

A The chances are good that you might. You may have a sore finger tomorrow, but you will be alive to tell about it.

Q Why not knock him out with a good old-fashioned American right cross?

A The human fist, regardless of propaganda, is not a very effective device for striking blows. It is composed of a collection of chicken-type bones that are weak and brittle. If you strike your fist against your opponent's head or elbow, there is a good chance that the bones in your hand will break, and one does not fight well with a broken hand.

Q What damage will I inflict on a man if I strike him in the groin? Will this not handicap him in the future?

A If such a blow is necessary to stop an attack, execute it. If a man attacks you, let him worry about the consequences.

Q Isn't there a danger that I might blind someone by striking him in the eyes?

listen to you and then suddenly launching an offense can be very effective.

26. *Strike through a target* To make a blow effective, strike through the target, not to the target.

27. *Do not telegraph your movements* Avoid telegraphing your movements. Most people signal their intentions by staring at a point they plan to strike or by drawing a hand or foot back in preparation for delivering a blow. Try to hide or disguise your movements in order to minimize the time that your attacker has to react.

28. *Each skill must start with good leverage* The leverage you begin with in each skill must be good if you want to multiply it. Ten times zero is zero.

29. *There may be no good choice* When you are defending yourself, you cannot always choose between good and bad. Sometimes the choice you get is between bad and worse.

30. *A paradox* Whenever you perform a skill in which you attempt to magnify the leverage you have on your opponent by slamming your body to the ground, you will find that the harder you go down, the faster you fall and the easier you hit the ground. Conversely, the more slowly you fall, the harder you hit. This happens because your momentum is transferred to your assailant as you approach the ground, and this acts as a brake on your fall.

31. *Always grab your opponent's wrist as if you were shaking hands* Whenever you reach for an attacker's wrist, hold your hand straight. If you grab his wrist or foot on the ground, always grab it palm down.

32. *The strongest muscle in the world is the human brain* Your knowledge and skill are far superior to any strength. Personal defense attempts to use the brain to overcome your assailant's power.

33. *There is no easy way* People are always looking for the easy way to be young again, to get rich, to become a skilled fighter. There is no easy way. If you want to be able to defend yourself, you must study personal defense and practice it constantly.

- Q If I am attacked, and I kill or injure my attacker, won't I be involved in a lawsuit?
- A It is possible, although unlikely.
- Q What about a boyfriend who gets carried away?
- A Women have been beaten, raped, and murdered by boyfriends who got carried away. Stop him.
- Q What if I am injured, but still conscious?
- A If the assault on you has stopped with your injury, stop fighting. If the assault continues after you indicate that you are willing to stop, you must do whatever you can to defend yourself, even though you are injured.
- Q What can I do against a weapon?
- A In general, give up your valuables without a struggle. If it appears that the person with the weapon intends to harm you or someone with you, then it may be worth the risk of attempting to disarm him. Refer to Chapter 9, "Defense Against Weapons."
- Q What items are normally carried in a woman's purse that might be used as defensive weapons?
- A A woman's purse contains many items that could be used for defensive purposes. These include pens and pencils, nail files, rat-tailed combs, rulers, perfume bottles with pointed caps, key rings, tweezers, scissors, and many other similar items. I suggest that every woman carry a screwdriver in her purse.
- Q How does personal defense compare with judo, jujitsu, karate, aikido, kung fu, and so on?
- A Personal defense is based only on physical education. It is scientific and uses principles of biomechanics and kinesiology. The oriental arts are greatly concerned with ritual, costume, and artistic movement.
- Q Is personal defense the same as boxing?
- A No, blows with the fist are not used.
- Q Can I learn to defend myself against a boxer?
- A Yes. The skills taught in this book are more efficient than the skills used in any other form of fighting.
- Q What can I do to lessen the likelihood of an attack?
- A The best way is to be extremely careful. Stay out of areas of high risk such as dark or rough neighborhoods and areas that

- A Yes, there is considerable danger of that, but if your life is in jeopardy, then you must stop the attacker as quickly and as positively as possible.
- Q Shouldn't I rely on the police for protection?
- A We hope that our police will be able to protect all of us, but the record indicates that over a million people were physically assaulted in this country in the past year.
- Q Should I have a bodyguard?
- A Can you afford one? Very few of us can. A large dog might well serve this purpose.
- Q Can a small woman defend herself against a powerful man?
- A Yes, a woman with the knowledge and skills of personal defense and the willingness to use them can protect herself from anyone.
- Q When should I run?
- A When it appears that you could successfully escape by running. If you are overweight, or slow, or dressed so that you cannot run fast or far, don't try it. You may find that your antagonist can run faster than you, and he might run right up your tail pipe.
- Q What self-defense actions can I take other than fighting?
- A You can scream, run, or pray.
- Q How do I decide what to do?
- A Studying *Defend Yourself* will help you decide what to do.
- Q Should I carry a weapon?
- A Most police prefer that you do not carry a weapon. However, many people regard a weapon as an equalizer. In fact, most people carry things that can be effective weapons. If you plan to use something as a weapon, review the laws of your state to make sure such an action is legal. Rehearse what you would do and how you would use it.
- Q Legally, what can I do to defend myself?
- A You can use any reasonable means to defend yourself against an unprovoked attack. Legally you may not use any more force than is needed to stop the attack. However, it is usually quite difficult to predict the severity of an attack.



are unlighted or relatively deserted. Keep your house and car securely locked at all times, be suspicious of strangers, and demand identification from service people who want to enter your home.

Q How important is physical fitness to my ability to defend myself?

A If you are fit, you may be quick enough to escape or have enough endurance to outrun your assailant. If you are fit, you will be better able to outfight him.

Q If I hear someone running behind me what should I do?

A Quickly turn around and face the runner. If he is aiming at you, step aside smartly and assume the standing defensive stance. If you do not face him, he may knock you down from behind or snatch your purse or briefcase. If you avoid his run, he may decide to run right by and away from you.

Q There have been many assaults on people in large parking lots. What can I do to avoid this type of problem?

A Carry a police whistle and something you could use as a defense weapon. If anyone suspicious approaches you, blow the whistle and be prepared to run or fight.

## Appendix C

### Guidelines for Defense

1. Always be alert and on guard with strangers.
2. Avoid a fight if you possibly can.
3. Stay out of places and situations that could prove hazardous to you.
4. If someone threatens you with a weapon, surrender your valuables without a struggle if it appears that they are all that is at stake.
5. When accosted, run and scream if it is feasible to do so.
6. Always assume that your assailant is a formidable opponent. If he is, you get what you expect. If he is not, it will be a pleasant surprise.
7. Be aware of all the vulnerable and sensitive areas of the body—his and yours.
8. Be alert to the opportunity to use common implements as self-defense weapons.
9. If you must fight, fight ferociously. Attempt to stop or incapacitate your assailant.
10. Execute all skills as explosively as you can.
11. Never stop fighting until your opponent is unconscious or completely subdued.
12. Be alert to the opportunity to shift from a blocked skill to another, or to counter your antagonist's missed skill with one of your own.
13. Be steadfast. You are not defeated as long as movement is possible.