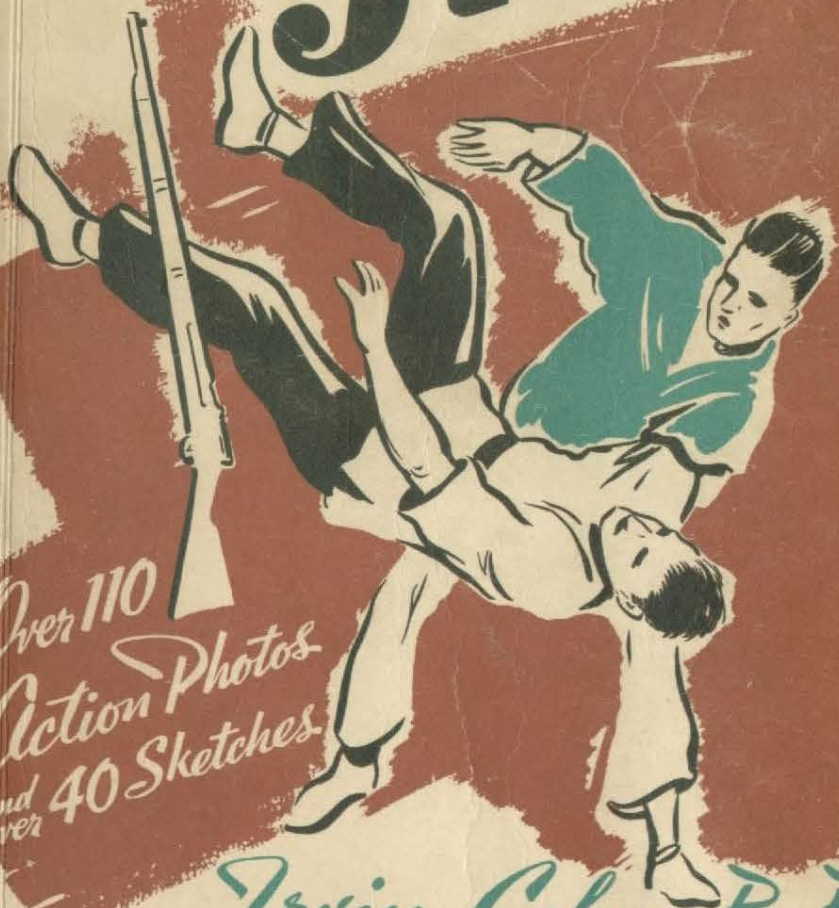


• A DEFENSE MANUAL OF •

Jiu Jitsu

COMMANDO



Over 110
Action Photos
and over 40 Sketches

Irvin Cahn, B. B.

MARINE CORPS INSTRUCTOR

HOUSTON WELCH
109 N. Twenty Second Ave.
HATTIESBURG, MISS.

A Defense Manual

of

COMMANDO
JIU JITSU

by

IRVIN CAHN, B.B.

Marine Corps Instructor



WILCOX & FOLLETT CO.
CHICAGO

IN REPLYING
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UNITED STATES MARINE CORPS
MARINE AVIATION DETACHMENT
TRAINING SQUADRON FOURTEEN
NAVAL AIR TECHNICAL TRAINING CENTER
87TH AT ANTHONY AVENUE
CHICAGO, ILLINOIS



14 April 1943

From: The Commanding Officer
To : Whom It May Concern

1. Mr. Irvin CAHN, has been active in Jiu Jitsu work giving weekly instructions to the men of my command since I have taken command of this station.

2. He has been active in Jiu Jitsu work for a number of years and his instructions have been invaluable to the men of my command in the art of self-defense.

C. G. James
C. G. JAMES
Major USMCR
Commanding

Author's Note

The author has been interested in Jiu-Jitsu for the past eight years.

The Jiu-Jitsu Institute of Chicago awarded him the Brown Belt Degree in November, 1938. In 1942, he took Military Jiu-Jitsu from the well-known Professor T. Shozu Kawashima (Fifth Black Belt), who was a captain in the United States Army in the First World War.

He has passed the physical test, as well as the Jiu-Jitsu test, of the U. S. Marines, and has taught Jiu-Jitsu to the Marines.

He wishes to thank the Marines and the young women of the University of Chicago who aided in the writing of this manual.

IRVIN CAHN, B.B.
Jiu-Jitsu Instructor

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Purpose of This Book

American men and women should be properly equipped to defend themselves when unforeseen emergencies arise. This DEFENSE MANUAL OF COMMANDO JIU JITSU teaches both men and women the Jiu Jitsu technique of defense under almost any condition.

For practicing, choose a partner who is also anxious to learn. It is of utmost importance that experiments are performed slowly and with great care, especially with the "throws" and "arm-breaks". Great caution should be taken, as all holds when properly applied will injure your partner easily and quickly. Extreme care is essential with the "slashes" as these are unusually dangerous. Practice "chokes" carefully also, as they are effective immediately when pressure is applied, and your partner will not be able to cry out to warn you.

Proper study of the methods described on the following pages will give you the ability to protect yourself and your loved ones.

Remember — practice carefully and use extreme caution while learning.

* * * *

Neither author nor publisher accepts or assumes any responsibility or liability for injuries as the result of the use or practice of the instructions and directions contained in this book.

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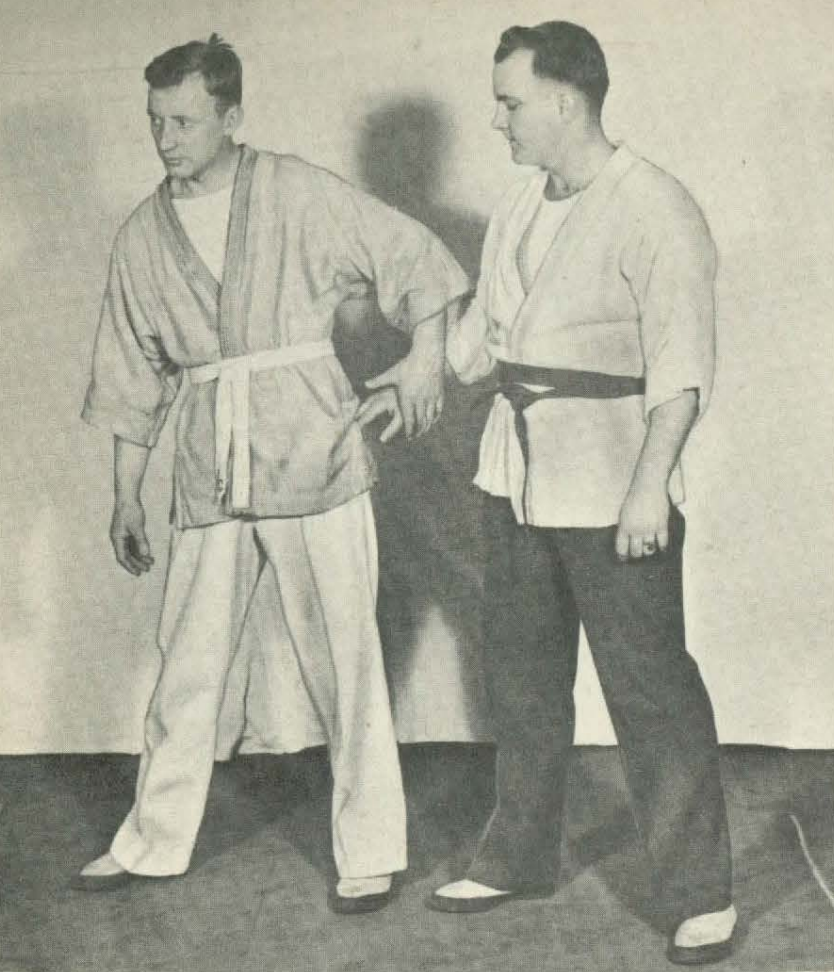


WRIST THROW

● The wrist break and throw is one of the first and most important things that you must learn to be successful in Jiu-Jitsu.

The first thing your opponent will do is to strike at you, which exposes his hand for a wrist throw.

Most successful throws are made when the palm is turned back and you apply plenty of leverage by pushing his arm back to the side. Very often when you grab a man's hand and attempt to force his wrist back, he will stiffen it so that you can't bend it. Pretend that you are going to pull the arm towards you; he will then try to pull it back. Step right in, and this will cause him to bend his own wrist. It is important that you use the same hand and the same foot in applying any wrist breaks.



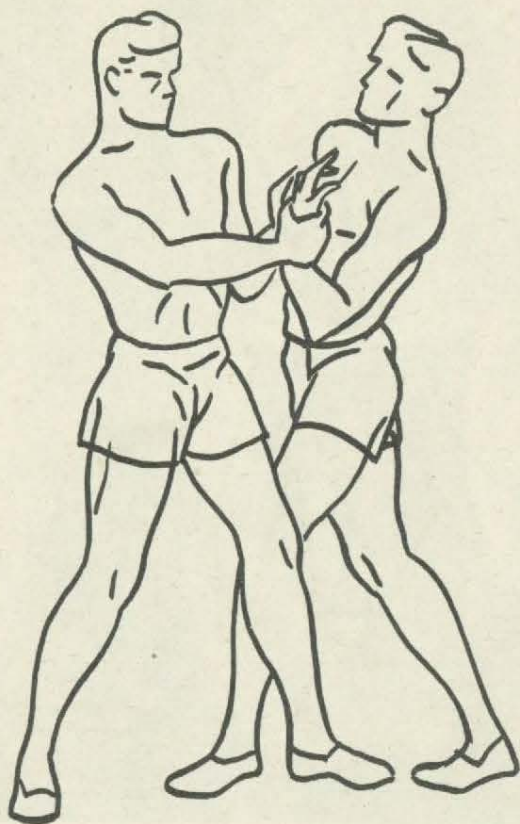
WRIST THROW (Start)

● Grasp opponent's right hand with your left hand, palm facing down. Your fingers are curled around the base of his thumb. Press your thumb hard against the back of opponent's hand. Raise his hand shoulder high, applying your right hand in the same manner. Twist and push to your left and force his wrist backwards and down.



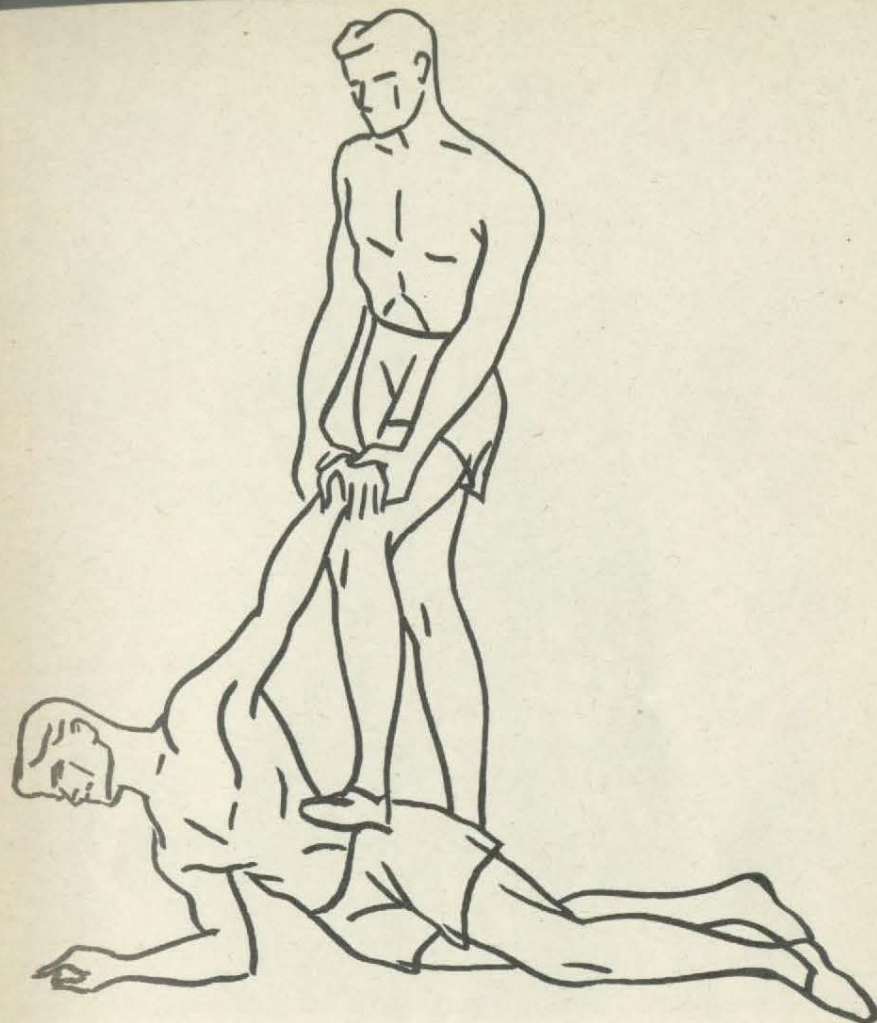
WRIST THROW (Finish)

● Place your right foot against his right foot, blocking it from the back, and throw him to the ground. Hold his right hand tightly and with the heel of your shoe stamp into head or groin.



WRIST THROW WITH KICK IN HEART (Start)

● Grasp opponent's left hand with your right hand, palm facing down. Your fingers are curled around his thumb. Press your thumb hard against the back of opponent's hand. Raise his hand shoulder high, applying your left hand in the same manner. Twist and push to your right and force his wrist backwards and down.



WRIST THROW WITH KICK IN HEART (Finish)

● Place your left foot against his left foot, blocking it from the back, and throw him to the ground. Hold his left hand tightly and with heel of your shoe, stamp into head, heart, or groin.



**WRIST-BREAK DEFENSE AGAINST MAN
ATTEMPTING TO GRAB YOU AROUND
THE WAIST FROM THE BACK
(Action 1)**

● As his right hand fastens itself around your waist, immediately wrap the fingers of your right hand around the fleshy part of his palm so that your thumb is against the back of his hand.



**WRIST-BREAK DEFENSE AGAINST MAN
ATTEMPTING TO GRAB YOU AROUND
THE WAIST FROM THE BACK
(Action 2)**

● Step to your right with your right foot, continue holding his hand in the same manner while raising it slightly, and with your left foot step close to your right foot. His hand will then be forced away from your waist.



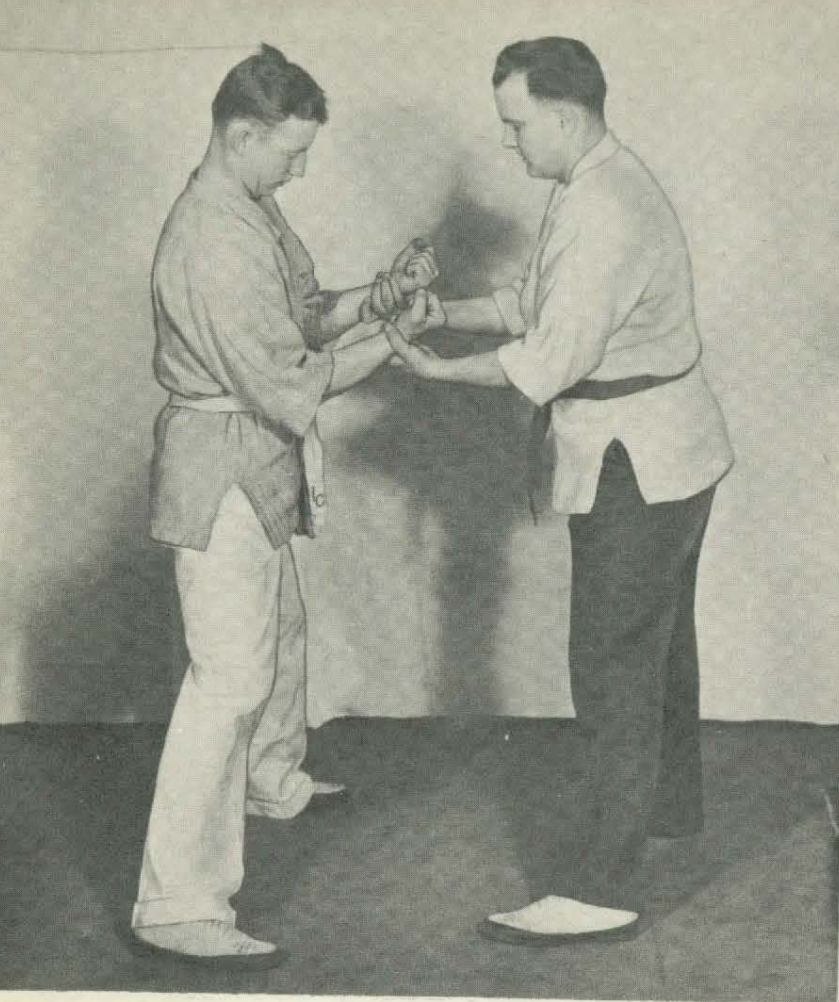
**WRIST-BREAK DEFENSE AGAINST MAN
ATTEMPTING TO GRAB YOU AROUND
THE WAIST FROM THE BACK
(Action 3)**

- Continue raising his hand to about your shoulder level. Now pivot on your left foot towards your right and bring your right foot back. Apply your left hand to the back of his right hand in the same manner as your right.



**WRIST-BREAK DEFENSE AGAINST MAN
ATTEMPTING TO GRAB YOU AROUND
THE WAIST FROM THE BACK
(Finish)**

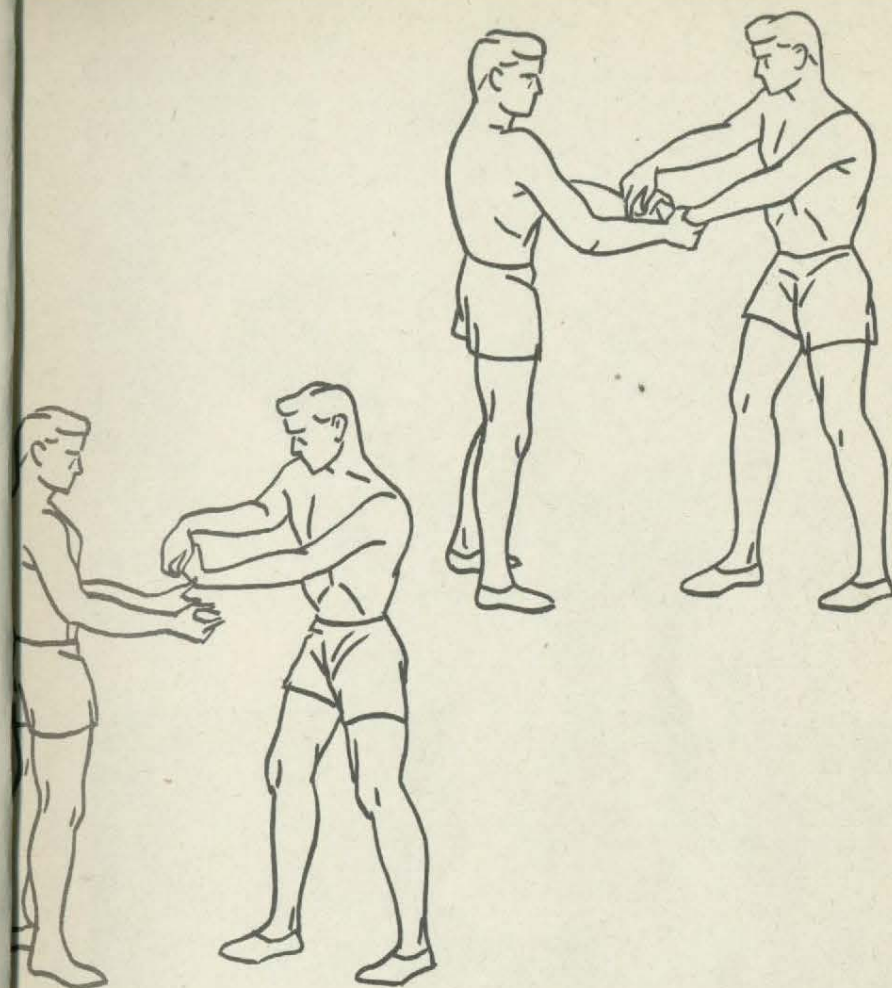
- Pull towards you, at the same time bending his palm towards his wrist with the pressure of your thumbs on the back of his hand. This will force him to bend down from the intense pain. When his face is close to the ground, kick hard with the toe of your right shoe into his face.



DOUBLE WRIST-HOLD BREAK

● Opponent grasps your wrists, standing directly in front of you with his thumbs up. To free yourself, press both of your elbows to your sides, stepping towards him at the same time, and draw your hands in and up against your opponent's thumbs.

If your opponent is very powerful, press your arms down and against him, then bend your forearms sharply in, up, and out.



BREAK FOR ARM CLASP (Start)

● Your opponent has seized your left arm with both hands. Reach over with your right hand and firmly clasp the fist of your captured arm.

BREAK FOR ARM CLASP (Finish)

● While holding your hands tightly clasped together, suddenly jerk your arms upward and a little toward the right. This will cause his hands to fall apart, thus freeing your arm.



DEFENSE AGAINST BLOW STARTING LOW (Start)

● Your opponent is standing directly in front of you and attempts to punch upwards with his right hand or slash with a knife.

Step in with your left foot and grasp his right wrist with your left hand. Your thumb must be up. Pull down slightly on his arm, at the same time stepping in with your right foot, and hook your right arm over his right arm so that you can grasp your own wrist, thumb down.



DEFENSE AGAINST BLOW STARTING LOW (Finish)

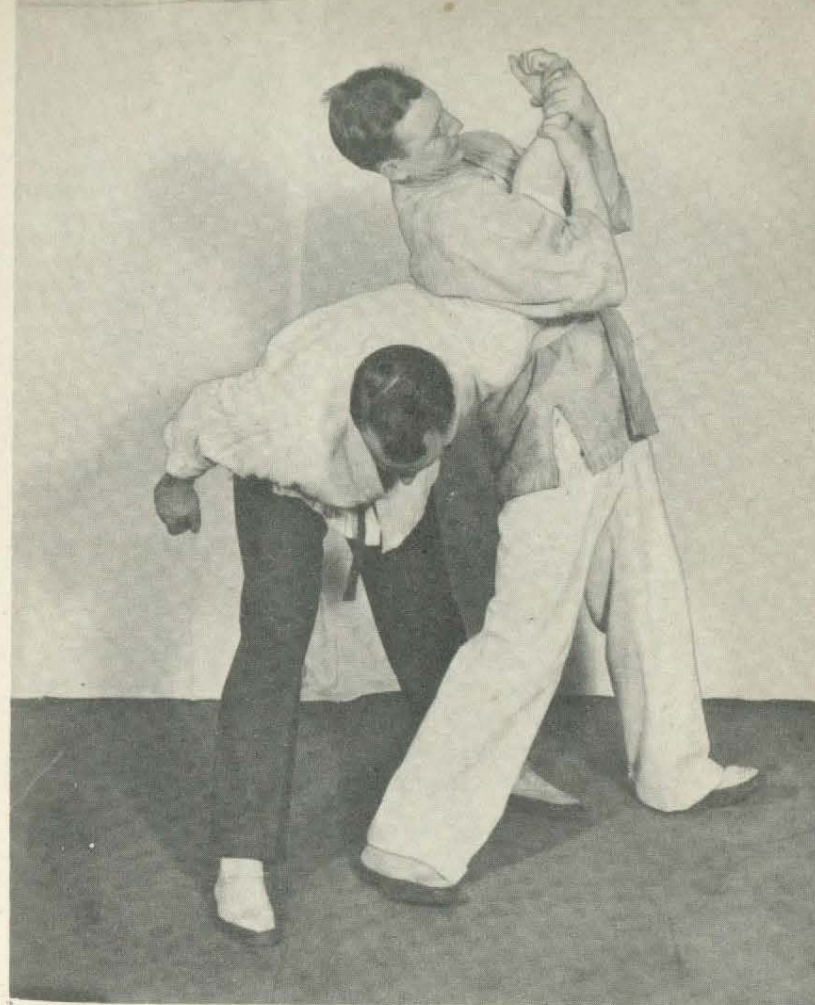
● Continue holding tightly and pulling down slightly. At the same time, step in front of him with your left foot, bringing his arm up high. This will rotate his body so that he is at a right angle from you.

You can apply pressure by holding tightly to your wrist and his wrist. Apply pressure with your right elbow against the center of his arm. If he tries to resist, bring your knee into his chest or face, thereby knocking him unconscious.



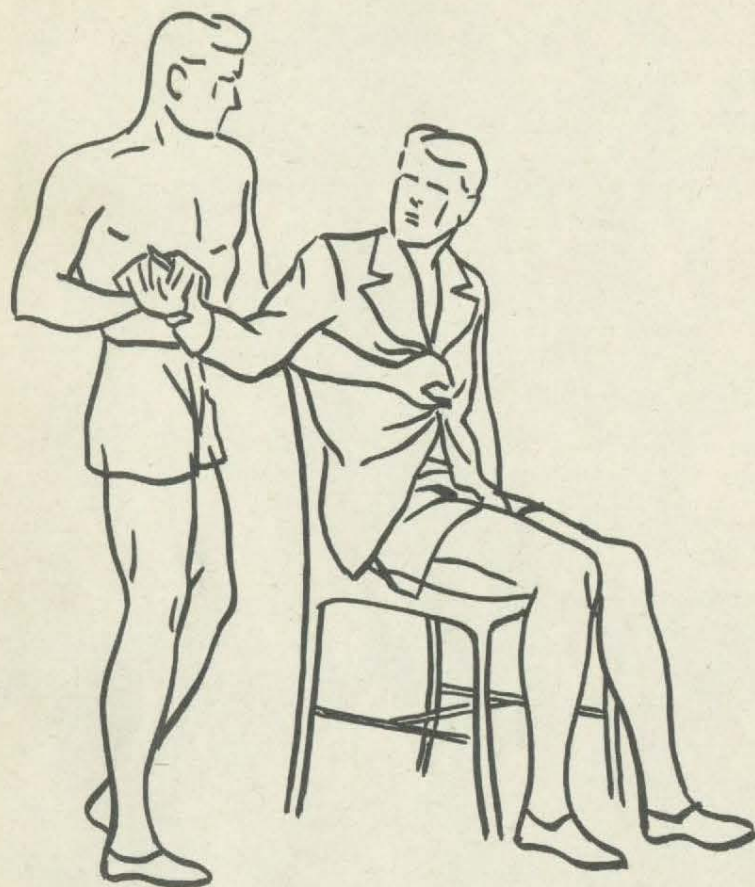
COLLAR-GRAB ARM BREAK (Start)

● Opponent grabs your collar with his left hand. Grasp his left wrist with your left hand, thumb down, and with your right hand on his wrist, also thumb down, force his hand against your shoulder.



COLLAR-GRAB ARM BREAK (Finish)

● Turn and bring your left foot behind you. You will be facing the same direction he is. Continue holding onto his left hand, at the same time rotating it so that his palm is up. Lean back in a falling position against his arm while pulling up on his wrist. By relaxing slightly and pulling down a little on his wrist and up suddenly, his arm can be broken very easily.



**REMOVING UNRULY PERSON FROM CHAIR
(Start)**

● Grasp his right hand with your right hand while standing to his right. Raise his arm slightly, insert your left arm under his armpit, and grab his shirt at his chest.



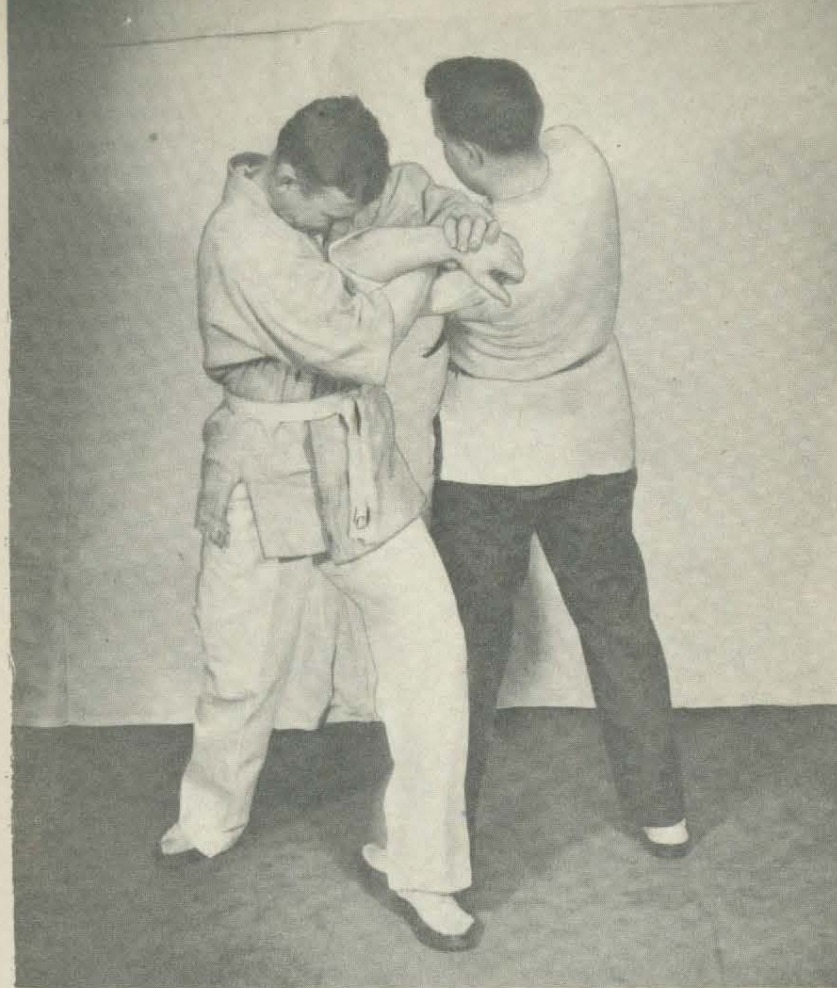
**REMOVING UNRULY PERSON FROM CHAIR
(Finish)**

● Rotate his arm so that his palm is up; push down on his arm with your right hand, at the same time straightening your left arm and using it as a lever, causing considerable pain to your opponent. You can then remove him without any trouble.



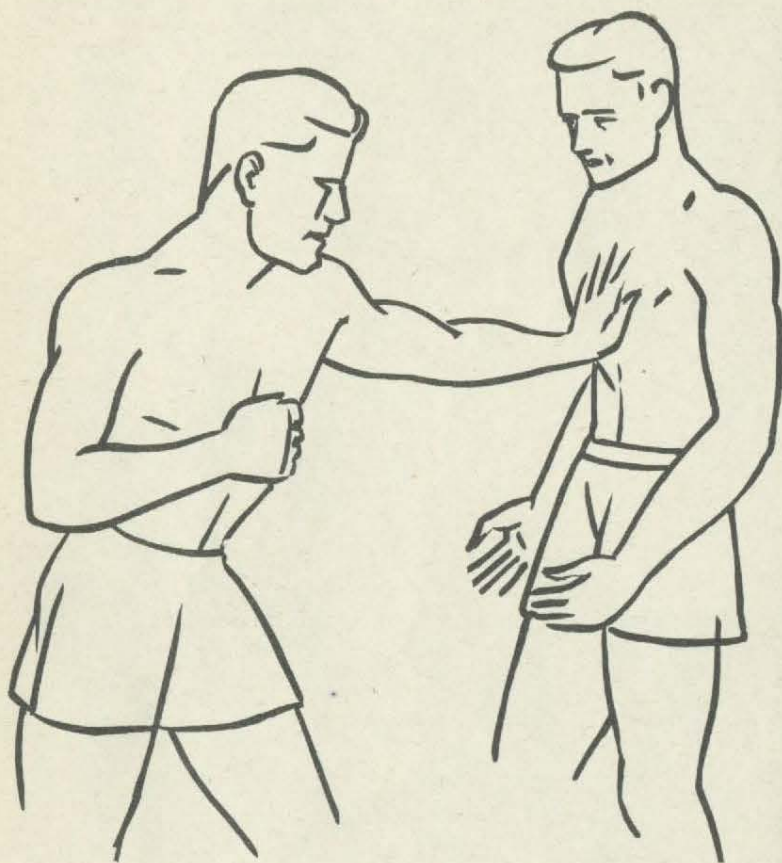
CROSSED-ARM HOLD AND CHIN BLOW (Start)

● Opponent attempts to strike you with his left hand. Step to your right and clasp his wrist with your left hand, thumb down, pulling him toward you slightly. Step forward with your right foot, at the same time wrapping your right arm around his left arm.



CROSSED-ARM HOLD AND CHIN BLOW (Finish)

● Rotate his arm upwards and backwards as you clasp your own wrist with the thumb down. Force your elbow hard into his face and step behind him, using a kickback to knock him down.



CLAMP-DOWN WRIST BREAK (Start)

● Opponent attempts to hold you back as he strikes you. His left hand is against your chest and he is ready to strike you with his right.



CLAMP-DOWN WRIST BREAK (Finish)

● Clasp both of your hands against his hand that is on your chest. Hold his hand tightly against you, step back one step, and bend down suddenly. This will force him to hit the ground or break his wrist. For additional punishment bring up your knee into his face.



COLLAR-GRAB THUMB BREAK

● Your opponent grasps your coat collar with his right hand. Grasp his right wrist with your left hand, thumb down. Place the heel of your right hand against his exposed thumb and push forcibly towards him. This will cause him either to let go or to suffer a broken thumb.



ARM BREAK AND OVER-SHOULDER THROW AGAINST KNIFE OR REVOLVER

● Opponent attempts to use weapon from his hip with his right hand. Step in with your left foot and left hand, grasping his wrist, with your thumb on the inside.

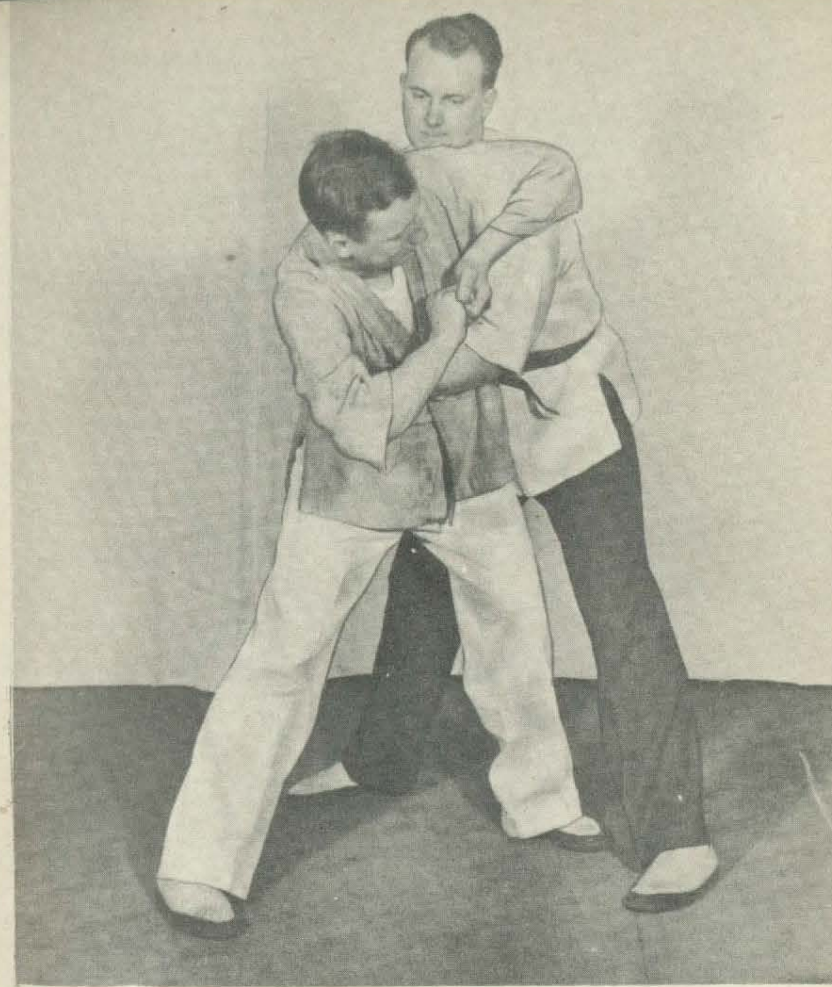
Continue holding his right arm, pulling down slightly. Step forward with your right foot and insert your right arm between his right arm and right side, forming an L with your right arm, forcing it hard against the crook of his arm and breaking it. Very dangerous.

Opponent may attempt to throw his left arm around your neck. Continue holding his right arm and go into an over-shoulder throw.



BELT-GRAB ARM BREAK

● Opponent attempts to side swing with his left hand. Grasp his wrist with your right hand, thumb up. Pull him slightly towards you so that his arm is straight. Lay your left arm across his left arm, close to his shoulder. Insert your hand at his waist so that you either grab his belt or coat. Press down on your left arm and pull up with your right. Be sure that his palm is down. Lean towards him while pulling up and this will cause his arm to break.

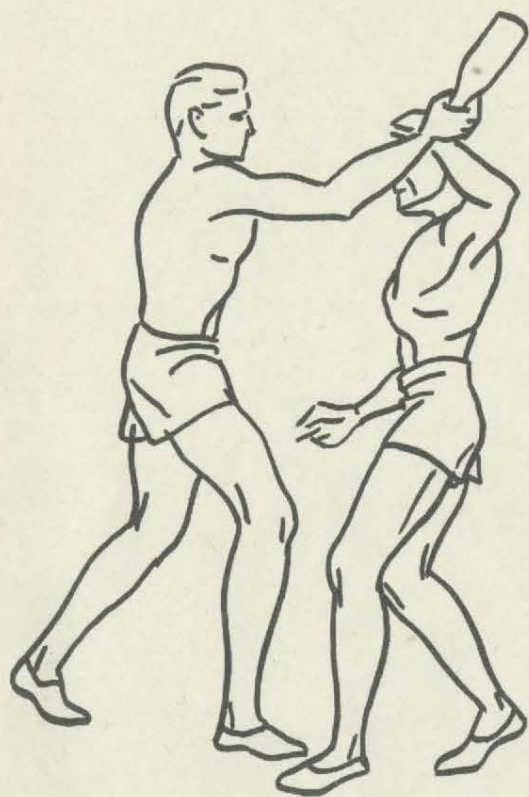


BREAK FOR BACK HUG UNDER THE ARMS

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

Or:

Grind heel of your shoe into his toes or instep or strike back into his groin.



DEFENSE AGAINST BLOW TO HEAD
(Start)

● Opponent attempts to strike your head with heavy object held in his right hand. Step towards him and block the blow with your left wrist against his right wrist.

•



DEFENSE AGAINST BLOW TO HEAD
(Finish)

● Push his arm upwards and backwards, at the same time grasping his wrist. Step forward so that your right foot is behind his right foot, and with a quick upward jab into his chin with your open palm, force him back against your right leg. This will cause him to take a very hard fall. Use caution in practice.



ARM LOCK FOR USHERS OR POLICE OFFICERS

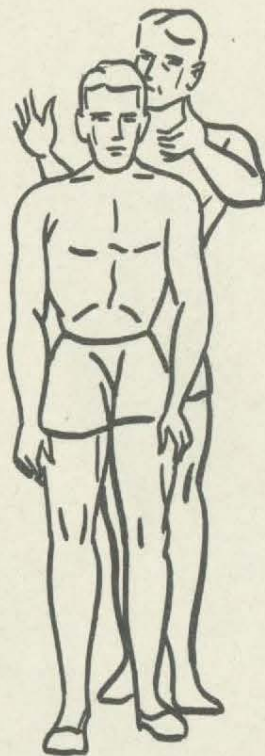
● To remove a noisy or unwelcome person seated, grasp his right hand with your right hand, thumb down. Wrap your left arm around his right arm, close to the shoulder. Grasp your right lapel near your neck, bending down slightly. Pull up with your left arm, holding securely to your collar, and push down with your right hand against his wrist. This will cause considerable pain. You can then march him out without any confusion.



KIDNEY BLOW AGAINST BOXER

● Opponent is aiming a blow at your head with his right fist.

Side-step to the left, bending down under his blow. Clasp your hands and smash your right elbow into his ribs or kidneys.



EAR-CONCUSSION BLOW
(Start)

● To knock out an opponent, or a sentry, while you are back of him, walk up silently and bring your hands about 10 inches away from his ears.



EAR-CONCUSSION BLOW
(Finish)

● Slap your hands together against his ears; this will cause a rush of air into his ears which will either knock him unconscious or break his ear drums.

CAUTION: YOU MUST NOT EXPERIMENT WITH THIS BLOW AS IT IS VERY DANGEROUS AND WILL CAUSE DEAFNESS.



KICK DEFENSE AGAINST CLUB OR BLOW

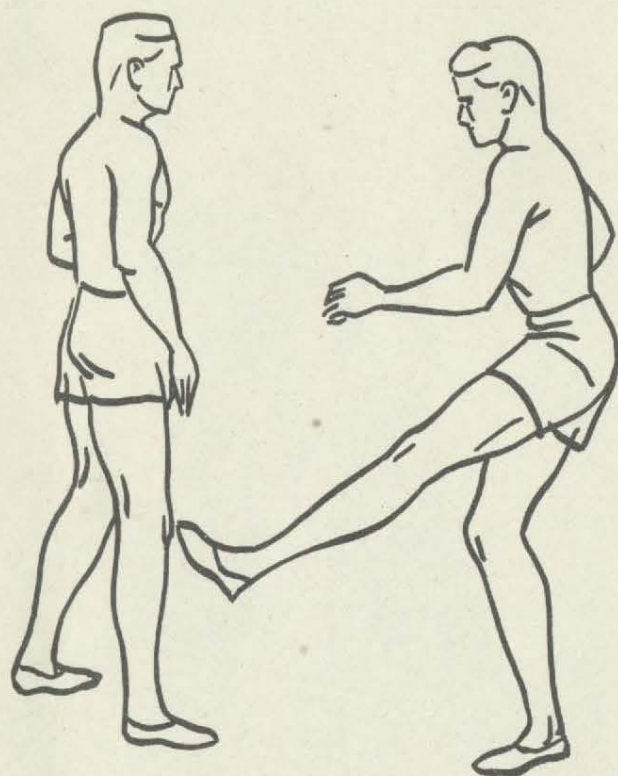
● Pivot so as to be at right angles with your opponent. Clasp hands in front of chest to maintain balance. Kick leg straight out from hip, bringing foot back fast for additional kick. Aim at vulnerable spots, knee caps, groin, heart, etc.

Use caution in practice.



KICK-BACK DEFENSE AGAINST CLUB OR BLOW

● Man standing in front of you attempts to strike you. Step to his left and at the same time grab his left sleeve with your right hand. Insert your left foot behind his left, and slash with your hand into his throat. This will cause him to go backwards against your leg. At the same time, kick with your left leg against his right, which will cause him to fall backwards violently.



**KICK DEFENSE WITH CHIN JAB
(Start)**

● Opponent attempts to kick you with his left foot; step in and grasp it with your right hand.



**KICK DEFENSE WITH CHIN JAB
(Finish)**

● Continue holding on to his leg; with your left hand jab upwards against his chin and with your left leg kick back of his right knee; this will cause him to take a very serious fall. Use caution in practice.



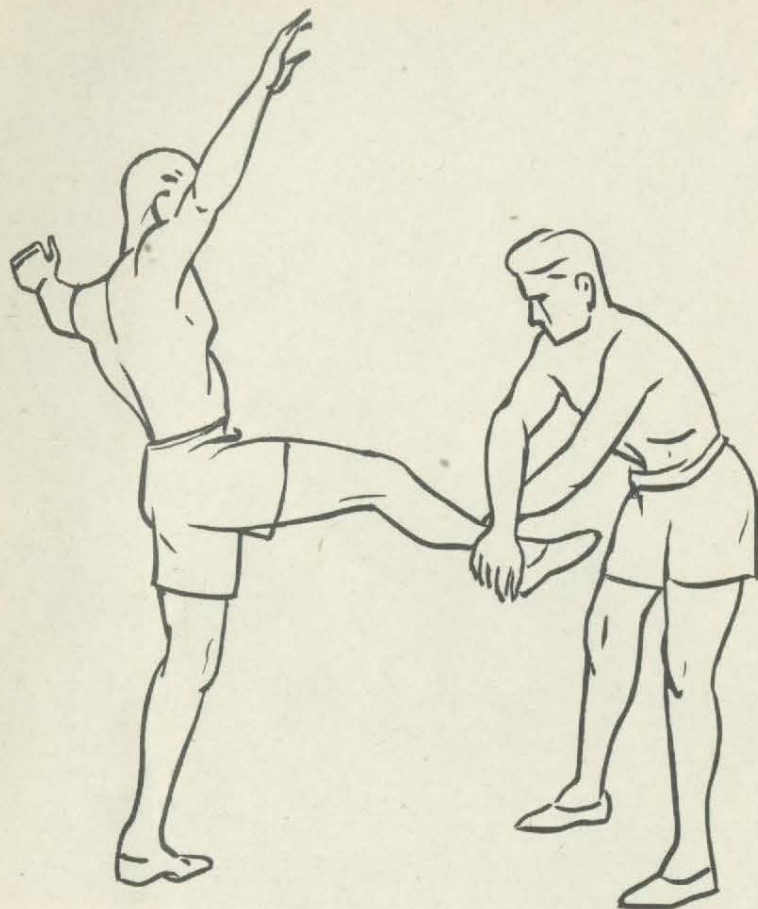
SWEEPING-FOOT TRIP

● You are struggling with your opponent and you have grabbed both of his arms near the muscle. If he is forcing you backwards, step a little bit faster than he is and sweep the sole of your right foot against his left ankle. Just as he is ready to step back, pull down with your right hand and pull up with your left. This action will cause him to fall very hard.



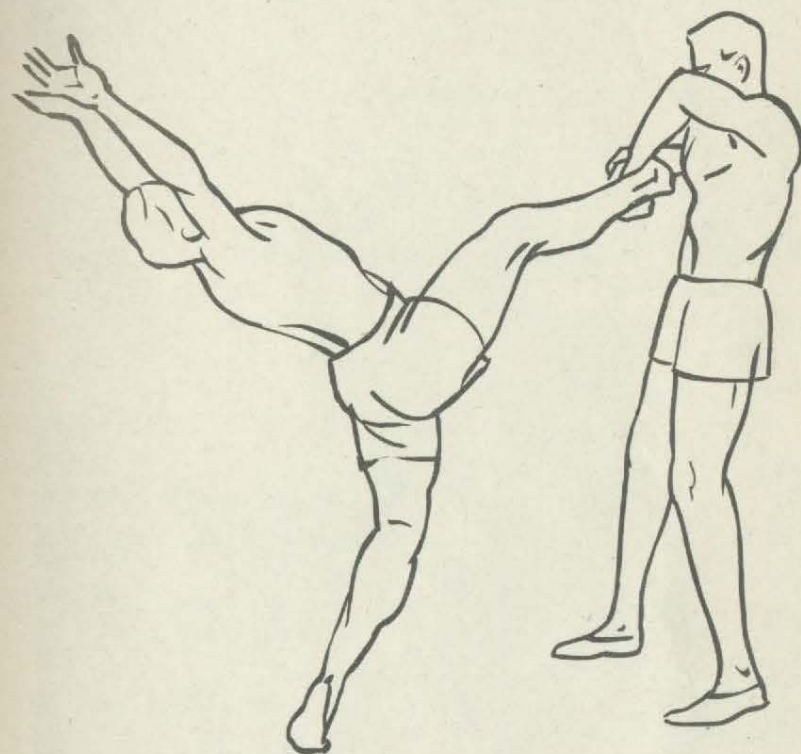
KNEECAP THROW

● You are struggling with your opponent. Grab both his arms near the muscle. If he is forcing you backwards and his right foot is ready to move forward, stop suddenly and apply the sole of your left foot to his knee. Rotate him to your left by pulling hard with your left hand and pulling up with your right. This action will cause him to fall very violently.



KICK DEFENSE (Start)

● Your opponent is directly in front of you and attempts to kick you. Cross your arms and receive the kick in the V of your arms.



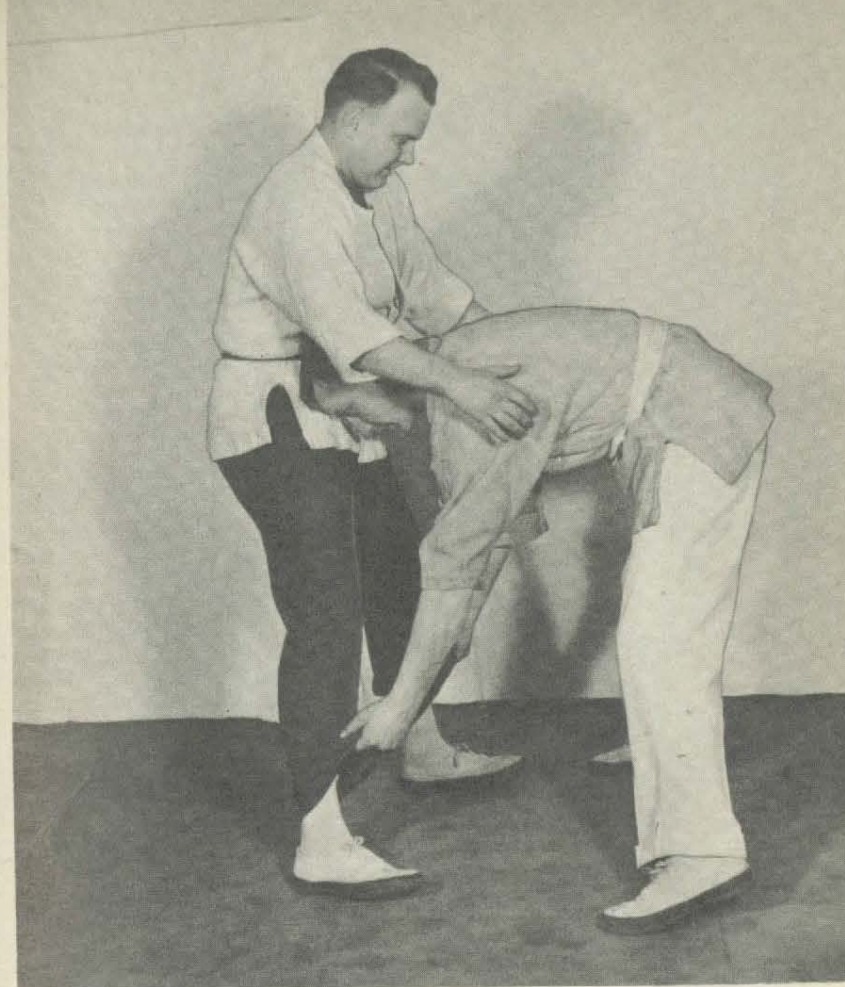
KICK DEFENSE (Finish)

● Clamp his leg with your right hand and jerk it upward suddenly. Pull up as hard as you can and this will cause him to take a violent back fall.



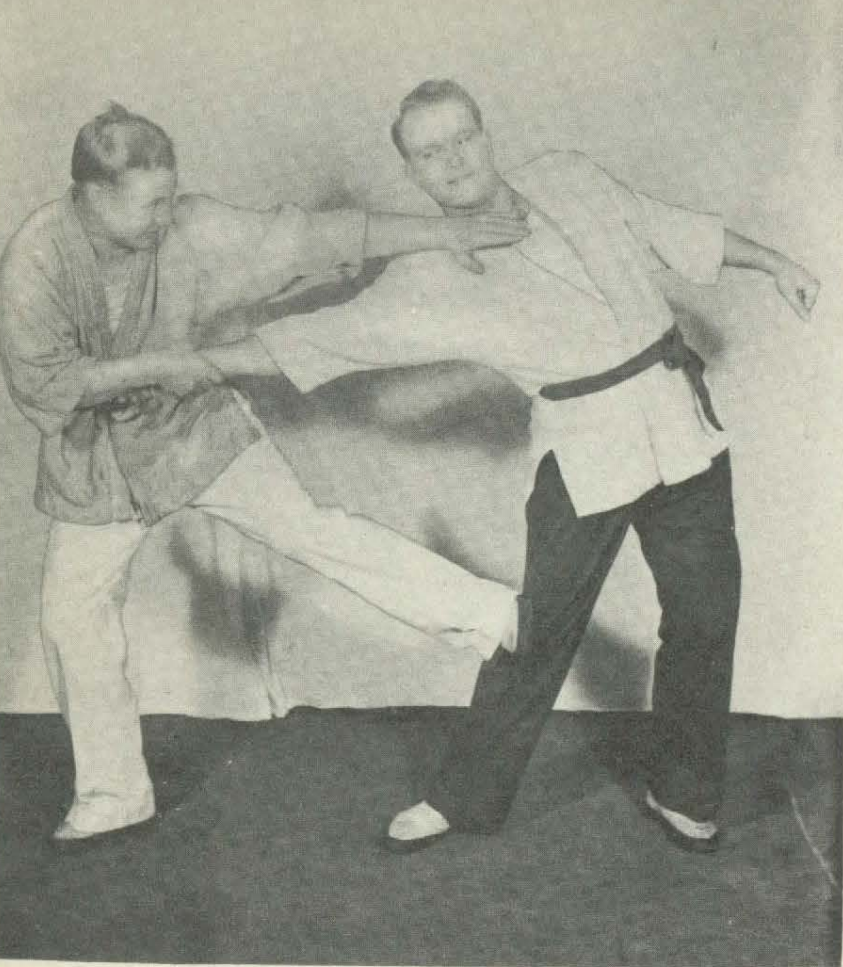
ANKLE-GRAB THROW FROM THE REAR

● To throw an opponent forward violently if you are behind him: bend down quickly, grab his trousers at the cuffs or his ankles, and pull up quickly, at the same time butting him with your head in the small of his back. This is a very dangerous forward fall, so use caution in practice.



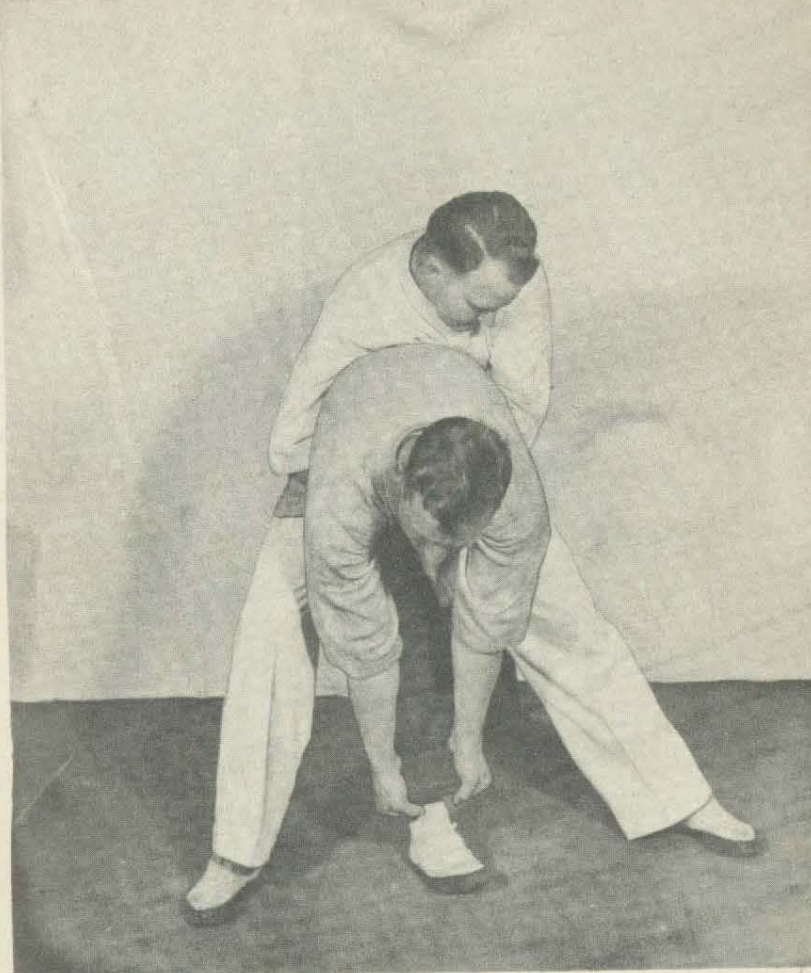
ANKLE-GRAB THROW FROM THE FRONT

● Your opponent has pulled you down so that your head is either near his stomach or under his arm. Bend down suddenly and grab the cuffs of his trousers or his ankles. Pull upward and forward violently; at the same time push him backward with your head or shoulders. This fall is very dangerous, so use caution in practice.



KNEE BREAK WITH SLASH IN THROAT

● Your opponent attempts to strike you in the side with his right hand. Grasp his right wrist with your right hand, thumb up. Pull him towards you slightly, at the same time kicking him in the side of the knee—which will break it—or the back of his knee—which will cause him to fall forward violently. For additional punishment, slash back at the same time with your extended hand into his throat.



BREAK FOR BACK HUG UNDER THE ARMS— FOOT GRAB

● Opponent grasps you around the waist from the back, holding you tightly. Attempt to grab his hair; then suddenly bend forward, grasping his leg with both your hands. Pull forward and lean back, causing yourself to fall back on him; if your fall is hard, you will injure him severely. Use caution in practice.



BREAK FOR FRONT HUG
(Start)

● Your opponent attempts to throw his arms around you while standing directly in front of you. As he closes in, dash the side of your head into his face.



BREAK FOR FRONT HUG
(Finish)

● Finish by raising your knee forcibly into his groin, which will cause him to step back. Jab the palm of your right hand against his chin with an upward motion. This will knock him out. Use caution in practice.



BELT THROW (Start)

● Your opponent is directly in front of you, attempting to grapple with you. Grab his belt with your right hand and go down on your left knee, extending your right foot directly in front of him, blocking him.



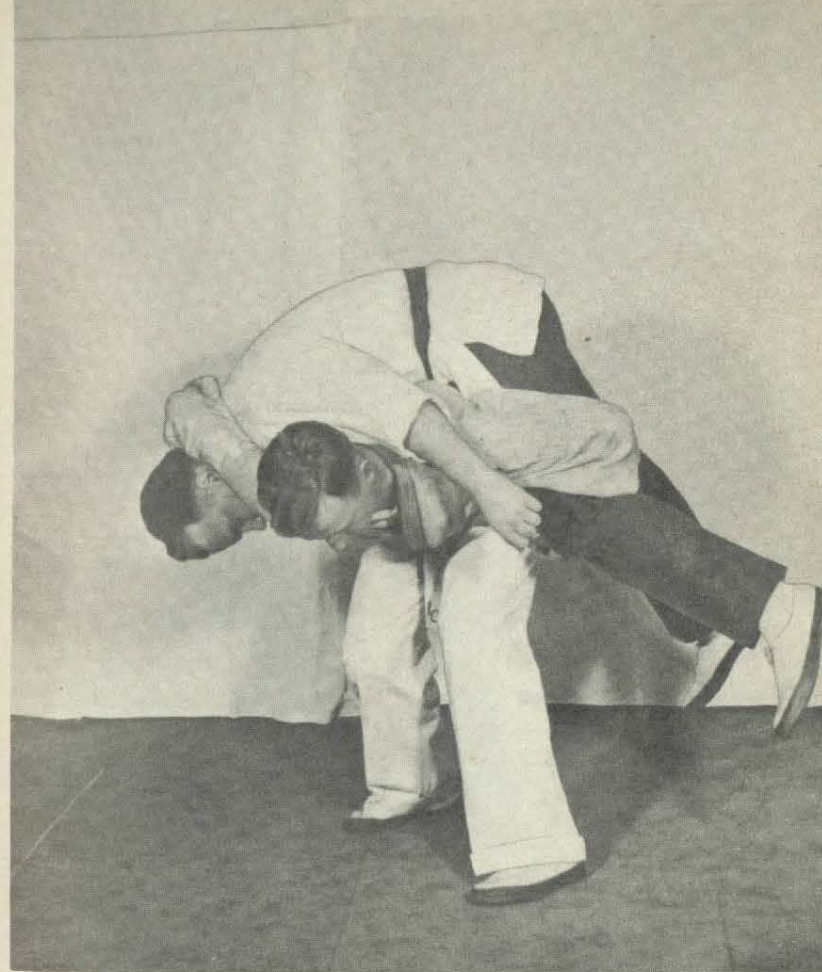
BELT THROW (Finish)

● Grab him with your left hand at his right coat collar. Push up with your right hand that is anchored at his belt and pull down with your left hand; continue blocking with your right foot. This will cause him to fall forward violently. This is very dangerous—use caution in practice.



SPINE-BREAK PRESSURE HOLD (Action 1)

● To capture opponent, step in close facing him directly. Throw your right arm around his neck; step to the left with your right foot so that his body is directly behind yours.



SPINE-BREAK PRESSURE HOLD (Action 2)

● Slide him onto your back with a hip movement to your right, lowering your body at the same time. Wrap your left arm around his left leg. He is then directly across your back.



SPINE-BREAK PRESSURE HOLD (Finish)

- Grasp the inside of your thighs with both hands, thumbs up. Hold on to your thighs and, to apply pressure, bring your legs together. This will crush your opponent in a few minutes.

THROWS WITH THE HIP

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

OVER-SHOULDER THROW

- In the over-shoulder throw, your opponent is pushing you backward; you turn suddenly so you are facing the same direction as he is. In this case, you use your hips and shoulders combined in throwing your opponent.



BREAK FOR FULL NELSON (Start)

● Your opponent puts a full nelson on you from the back. This will force your neck down slightly and your arms up. Step to your right with your right foot and suddenly insert your left foot behind your opponent's right foot.



BREAK FOR FULL NELSON (Finish)

● Bend down suddenly, grasping the cuffs of his trousers in both your hands. This will lift him up. If he continues holding on, fall back on him. You will most likely knock all the wind out of him, or crush his ribs. Be very careful in practice as this is a very dangerous fall.



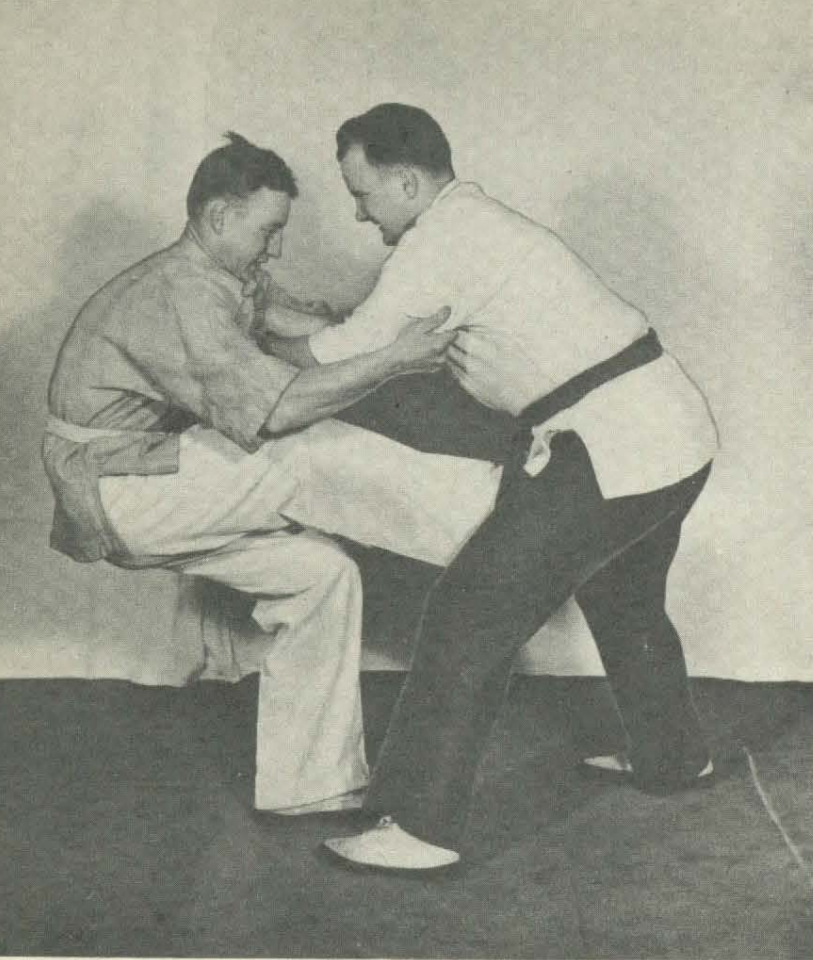
FIGHTING OFF TWO MEN (Start)

● Your opponents have attacked you, one from the front and one from the rear. The rear one has a full nelson on you, the one in front is attempting to choke you. Bring your foot up high and kick the man in front of you in the groin.



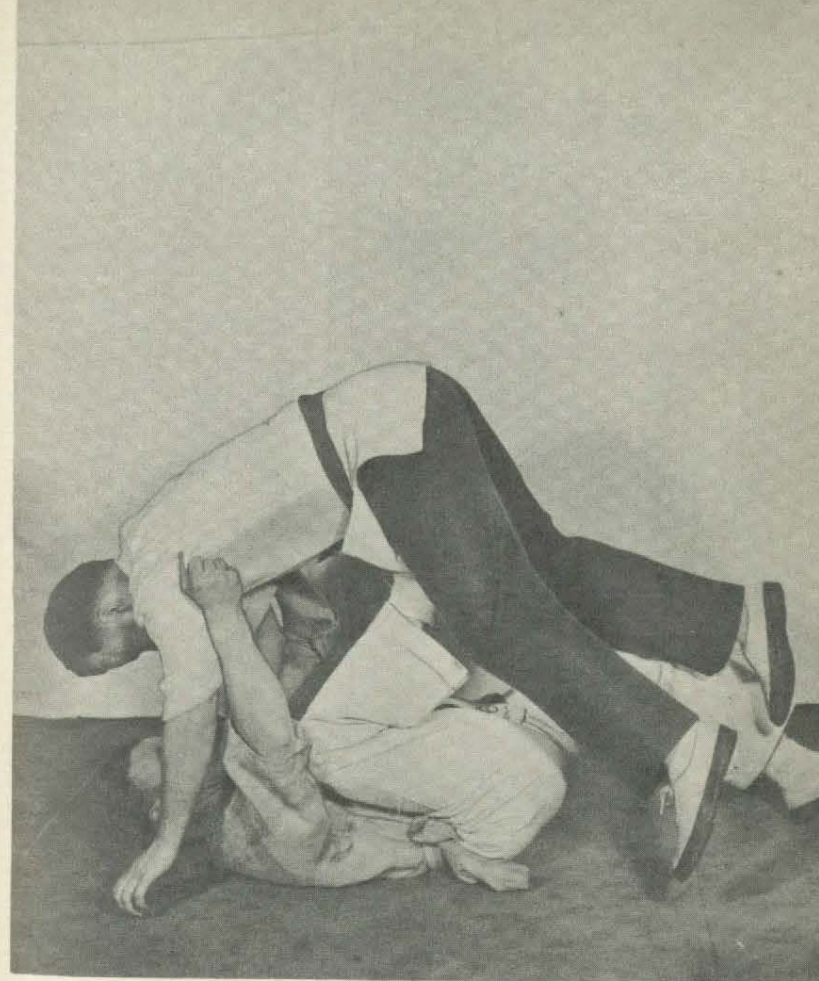
FIGHTING OFF TWO MEN (Finish)

● Immediately slide your left foot behind your rear opponent's right foot. Bend down quickly and grab him around the knees, falling backwards on him. You will knock him out completely.



CIRCLE THROW (Start)

● Your opponent is struggling with you. Grab him with both hands near his muscles, pushing him backward slightly. He will then push you backward.



CIRCLE THROW (Finish)

● Bring your right foot against his stomach, falling back slowly. When your back hits the ground, push forward and upward with your right leg, throwing him violently over your head. Either leg may be used. Use caution in practice.



CIRCLE-THROW DEFENSE
(Start)

● Man attempts to grab you from the front. Grasp him with both hands at his coat collar or his coat sleeves. Pull him forward slightly, at the same time bringing your left foot against his stomach.



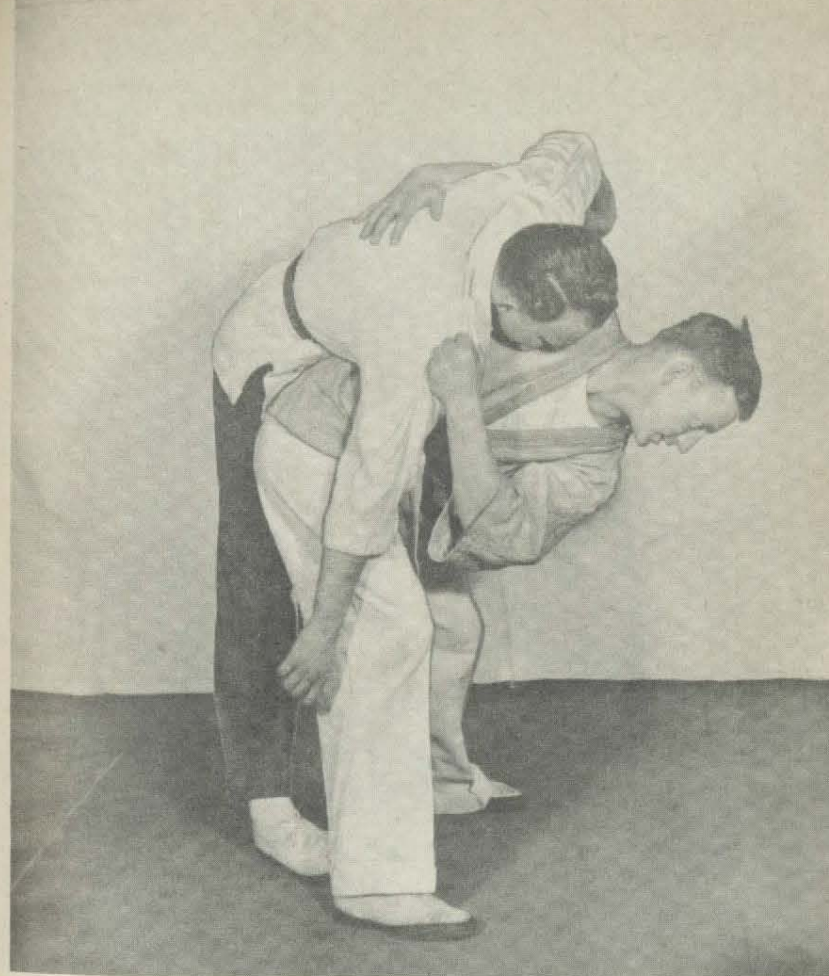
CIRCLE-THROW DEFENSE
(Finish)

● Fall backwards in a sitting or lying position and when your back is flat on the ground, push upward with your left foot, at the same time pulling him forward with both of your hands. This will throw him over your head. Very dangerous fall—use caution in practice.



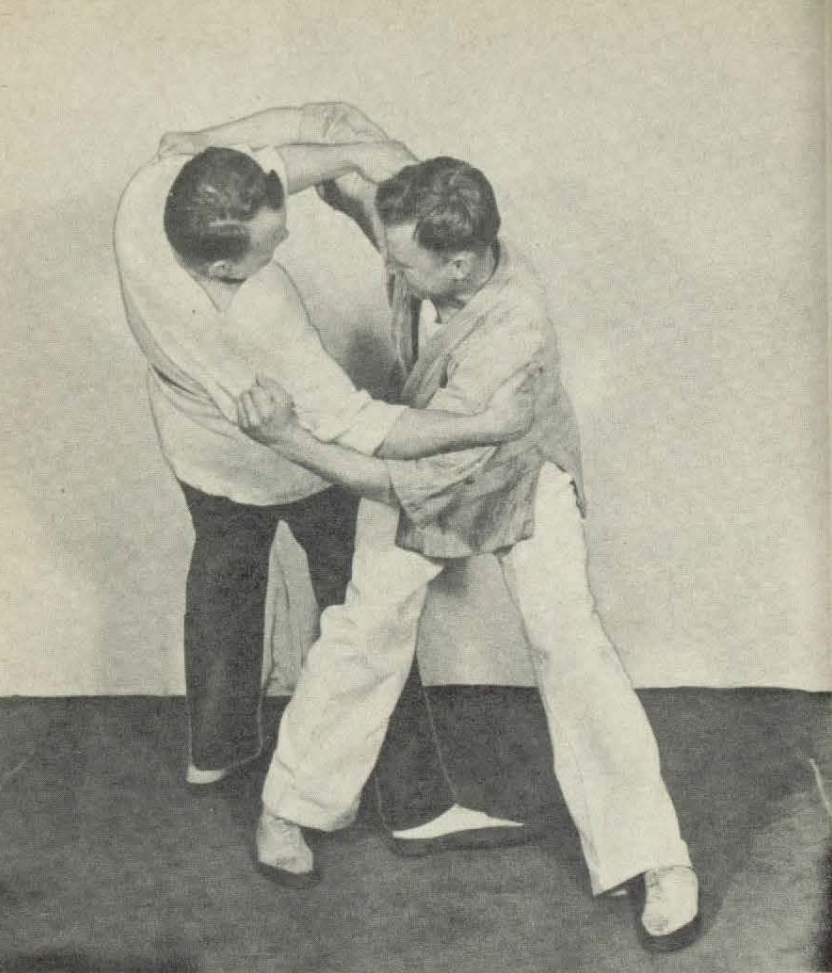
FRONT HIP THROW (Start)

● Grab your opponent's right arm at the muscle with your left hand, wrap your right arm around his waist, and turn, forcing your right hip into his stomach.



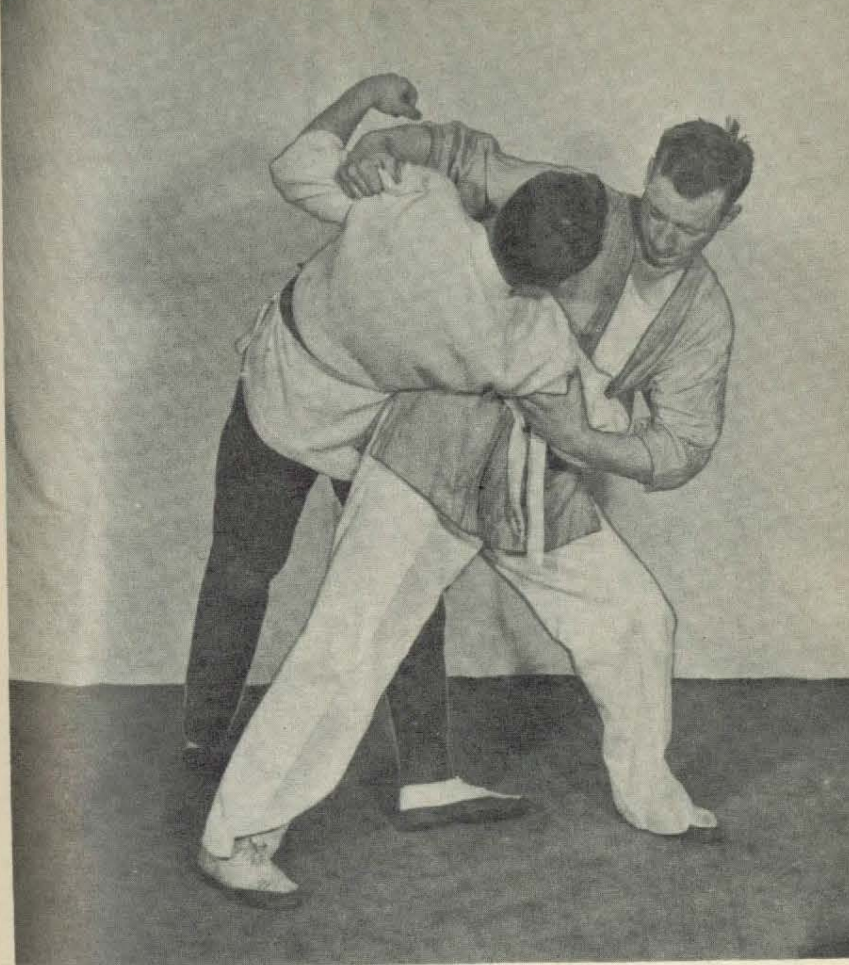
FRONT HIP THROW (Finish)

● Lean forward to your left and pull down on his right arm—throwing him violently forward.



BACK HIP THROW (Start)

● **CAUTION:** This fall is very dangerous. Grasp your opponent's right arm at the muscle with your left hand. Step behind him with your right foot, inserting your hip against the back of his.



BACK HIP THROW (Finish)

● Grasp his left arm with your right hand, pulling up with your right hand and down with your left while bending your knees slightly; rotate hip upwards, thus throwing him to the ground.

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



OVER-SHOULDER THROW (Start)

● If opponent attempts to grasp you from behind with his arms around your arms, step forward with your right foot; at the same time clasp your hands together, forming a V. Pull up suddenly against his arms, releasing them. At the same time reach up and grasp his arm at the elbow with your left hand, while grasping his clothes at his right shoulder with your right hand.



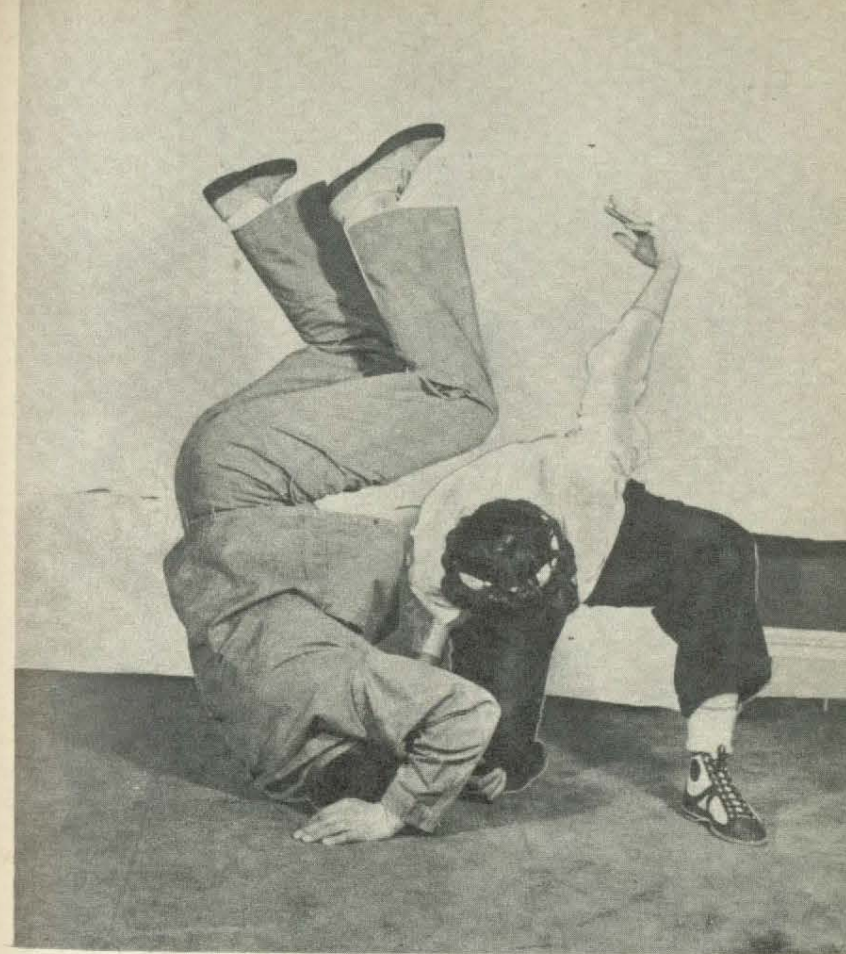
OVER-SHOULDER THROW (Finish)

● Stoop forward suddenly, and by forcing your hips violently into his stomach, pull him over your shoulder.



**BACK THROW AGAINST MAN ATTEMPTING
TO STRIKE YOU
(Start)**

● Man attempts to strike you. Grab his left coat collar with your right hand. He will then attempt to strike you with his left. Block it with your right arm. He will then attempt to strike you with his right.



**BACK THROW AGAINST MAN ATTEMPTING
TO STRIKE YOU
(Finish)**

● You will then suddenly bend down towards his left foot so that your hand is touching the floor right near his foot. Continue holding on to his coat, pulling him forward slightly. The force of his action and your sudden bend will throw him over your back. This fall is very dangerous—use caution.



DEFENSE AGAINST CLUB WHEN KNOCKED DOWN (Start)

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

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



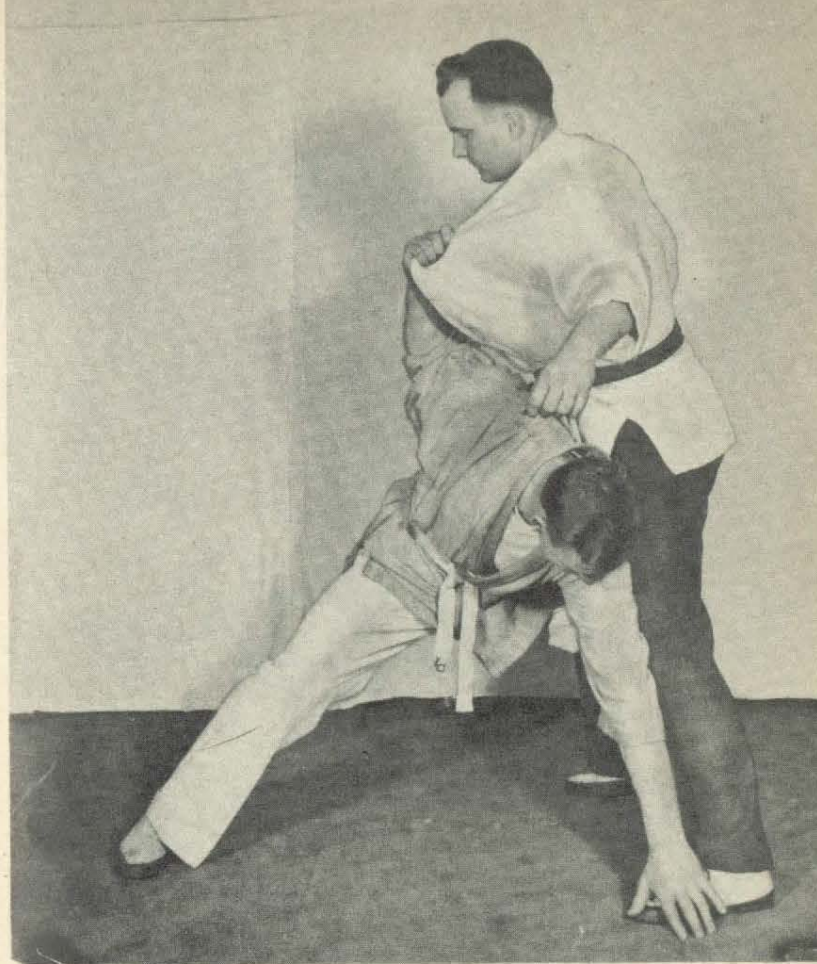
DEFENSE AGAINST CLUB WHEN KNOCKED DOWN (Finish)

● Wrap your legs around him, at the same time locking your arms around his ankles. This knocks him backward. Hold him down with one foot and kick down hard with the other. This will either knock him unconscious or kill him.



BACK THROW AGAINST BOXER (Start)

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



BACK THROW AGAINST BOXER (Finish)

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



**HIP-THROW DEFENSE AGAINST MAN ATTEMPT-
ING TO GRAB YOU FROM THE FRONT
(Start)**

● Man attempts to grab you from the front. Grab his right arm at the muscle with your left hand. Put your right arm around his waist, pivot so that you will be facing in the same direction he is, and force your hip hard against his stomach.



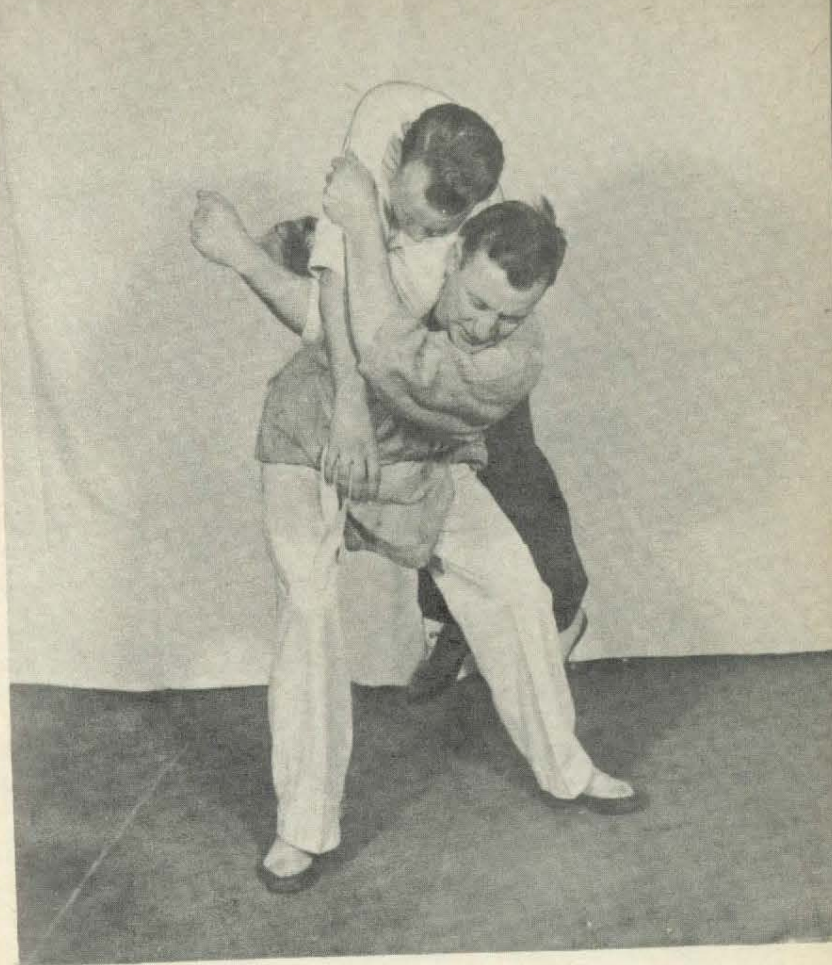
**HIP-THROW DEFENSE AGAINST MAN ATTEMPT-
ING TO GRAB YOU FROM THE FRONT
(Finish)**

● Pull downward with your left hand and pull up with your right hand, bending down at the same time. This will cause your opponent to fall forward very violently. For additional punishment, hold on to his right sleeve and kick into his head with your heel.



CROSSED-ARM THROW WITH HIP ACTION (Start)

● Opponent is directly in front of you, and attempts to grab you with both arms extended. Step slightly to your right, at the same time grasping both of his arms at the elbow. Pull both of his arms together so that they cross each other. His left arm must go under his right. At the same time, step in so that you are practically facing in the same direction as he is. Continue holding his arms.



CROSSED-ARM THROW WITH HIP ACTION (Finish)

● Stoop down suddenly so that his left shoulder is resting on your right. Insert your hip and pull downwards with your left hand. This will throw him violently forward. This throw is very dangerous. Since you have his hands blocked, there is no way of breaking his fall. Extreme caution must be used in practice.



FRONT-GRAB SPINE BREAK (Start)

● Opponent is directly in front of you, and attempts to grab you. Step forward with your right foot so that your foot is on the outside of his right foot; at the same time insert your right hand between his legs so that you can grab the back of his coat, the seat of his trousers, or his belt.



FRONT-GRAB SPINE BREAK (Finish)

● Your left hand should then be on his collar. Pull up with your right hand and down with your left. Get down to a kneeling position so that his spine is across your right knee. Crush his spine down against your knee or drop him on the ground. Either one will knock him out, or kill him. Extreme caution must be used in practice.



ANKLE THROW

● Grasp your opponent's left lapel with your right hand, thumb up. At the same time grasp his right sleeve near the shoulder with your left hand. Spring in towards him on your left foot, at the same time laying your right ankle against his left knee. Force your hip into his stomach and, in one motion, pull up with your right hand and down with your left, bending slightly towards your left and forcing your right ankle against his left knee in a raising motion. Pull down with left hand and at the same time raise him with your ankle, causing him to take a very violent forward fall. This throw requires much practice and is very dangerous.

CHOKE BREAKS

● The following pages consist of a variety of choke breaks. When an opponent attempts to choke you, the most important thing to remember in most cases is: Do not grab for his hands, which seem to be choking the life out of you. Instead, use one or more of the following:

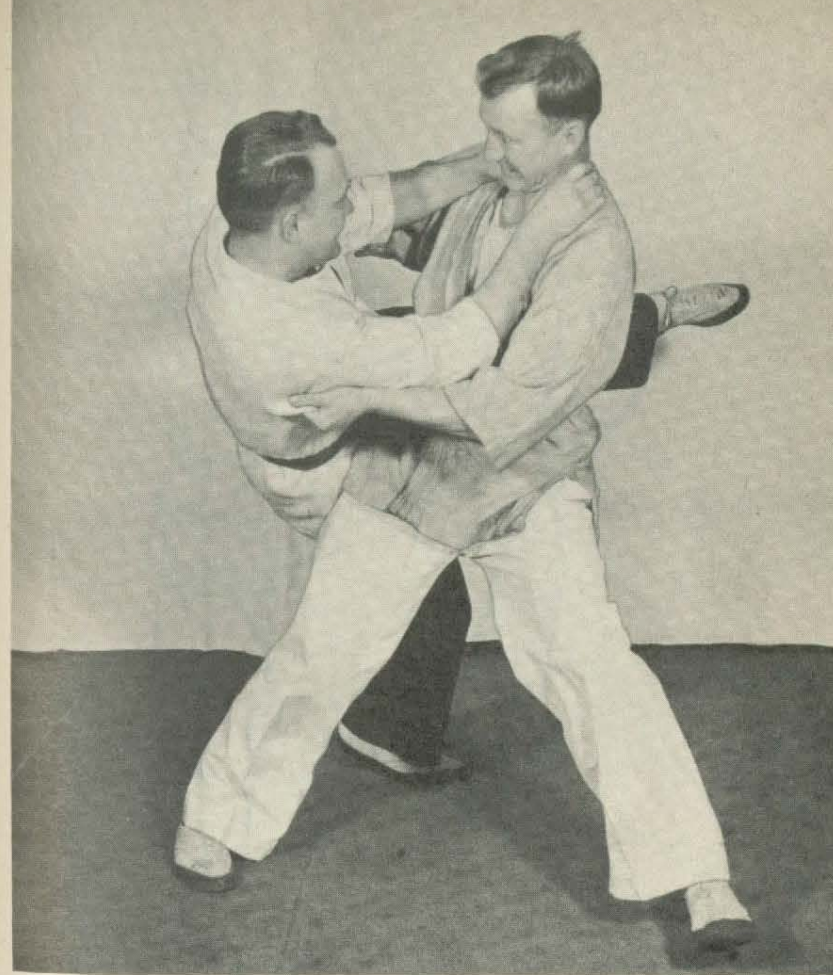
- (1) The straight jab with the arm and stiffened fingers into the windpipe.
- (2) The slash into the throat from the side.
- (3) The V-thrust into the face or the pit of the stomach.
- (4) The pull forward and the kick with the knee into the groin.
- (5) The arm breaks and the pull downs with the kick of the knee into the face.

These breaks are very important, and much time and practice should be spent on them. Be very careful in practice, as they are all very dangerous.



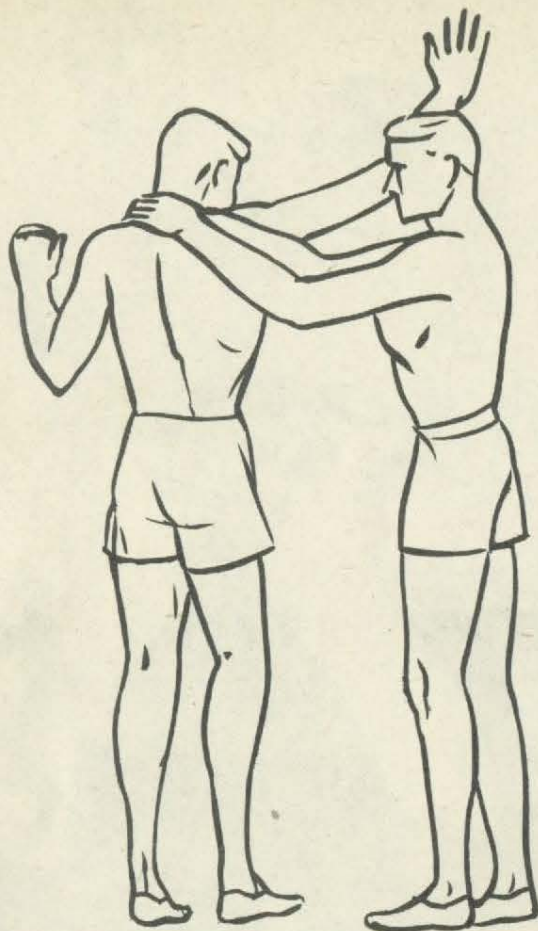
CHOKE BREAK—CLASPED-HAND THRUST

● Opponent is choking you, standing directly in front of you. To break choke, clasp your hands, forming a V. Thrust up hard against the side of his arms or between his arms, breaking the choke hold. To further punish him, grasp him by the shoulders, pulling him towards you; then drive your knee into his groin.



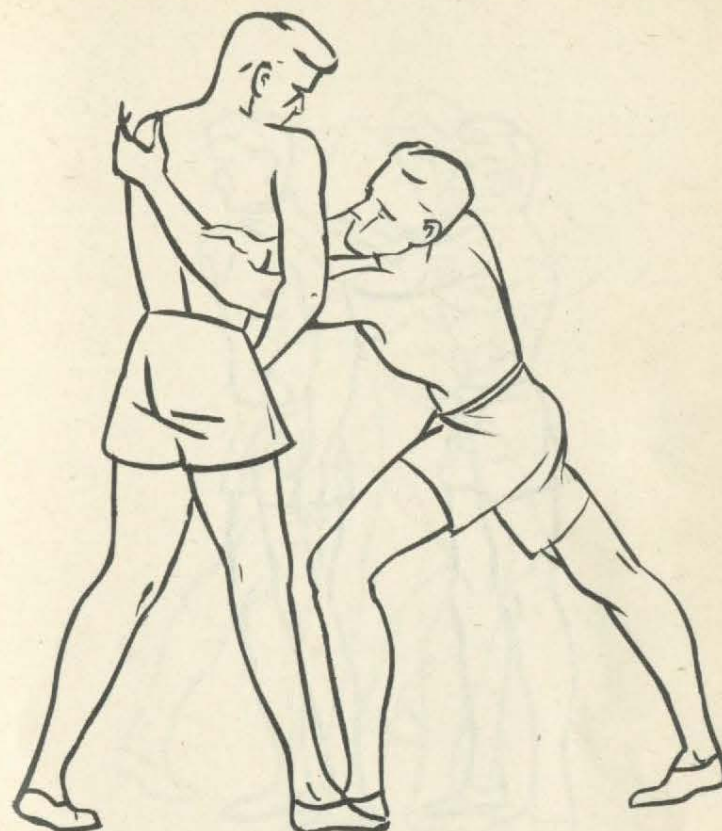
LEG-TRIP CHOKE BREAK

● Your opponent is directly in front of you, choking you. Grab both of his arms at the muscles, step to his right, and insert your right leg behind his. Kick back with your right foot against his right foot, at the same time pulling violently downward with your left hand and upward with your right. This will cause him to fall backward violently. Use caution in practice.



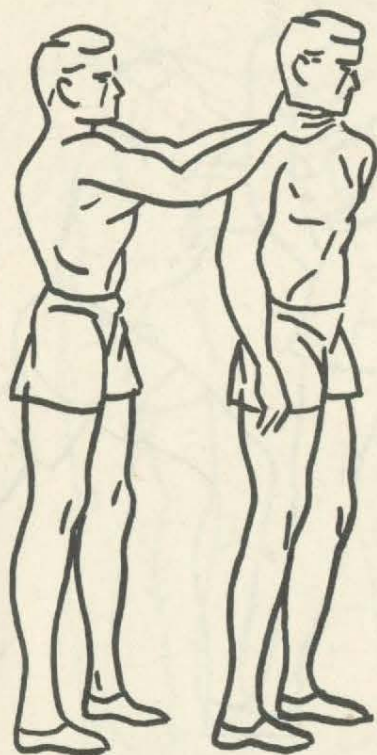
REAR CHOKE BREAK (Start)

● Opponent attempts to choke you from the rear. His fingers are clasped around your throat. Raise your right hand high.



REAR CHOKE BREAK (Finish)

● Pivot towards your right, at the same time bringing your right hand over both of his hands; turn quickly so that you are almost facing him, at the same time locking both of his hands and breaking the choke.



**BREAK AGAINST THROAT GRAB FROM BEHIND
(Start)**

- Your opponent grabs your throat from behind. Stiffen your neck muscles to ease your breathing.



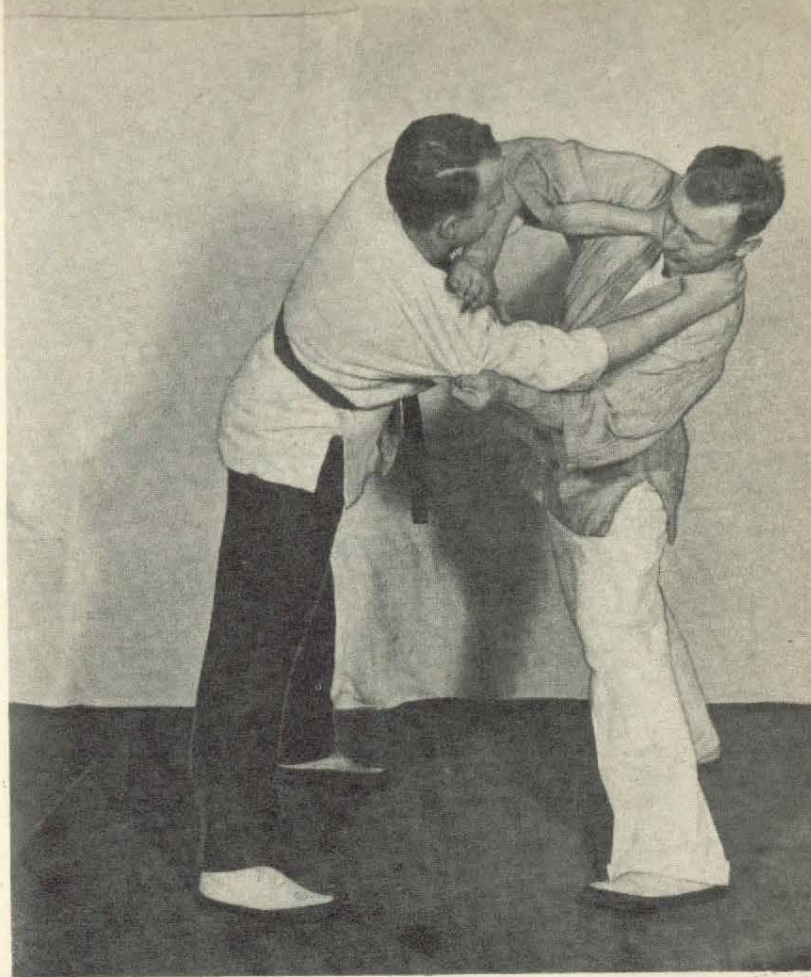
**BREAK AGAINST THROAT GRAB FROM BEHIND
(Finish)**

- Stoop down suddenly and bring your left or right elbow into his kidneys. Extreme caution must be used with this blow.



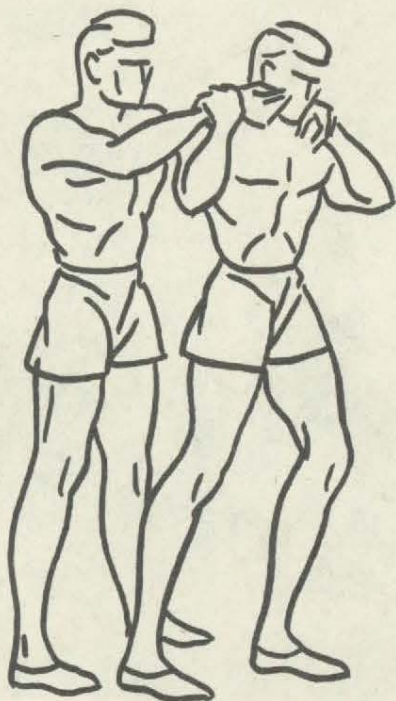
CHOKE BREAK WITH BLOW IN THE STOMACH

● Your opponent attempts to choke you from the front. Clasp both of your hands, forming a V, and jab hard into his stomach or heart. For additional punishment, raise your knee forcibly into opponent's groin.



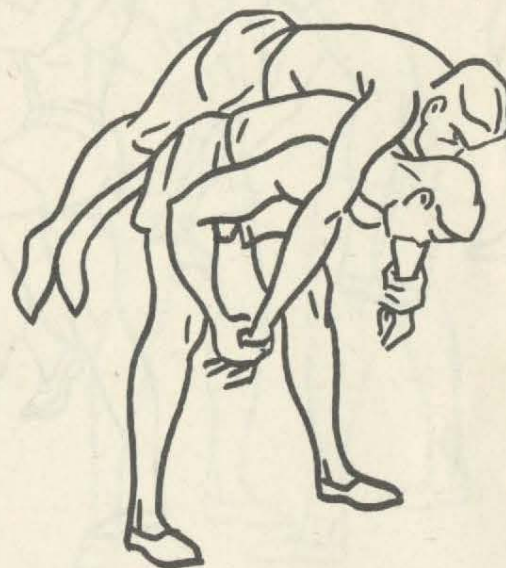
CHOKE BREAK WITH ARM SLASH

● Opponent attempts to choke you from the front with both hands. Slash to the right side of his throat with your right hand. Your palm must be turned down. Use either hand. Very dangerous in practice.



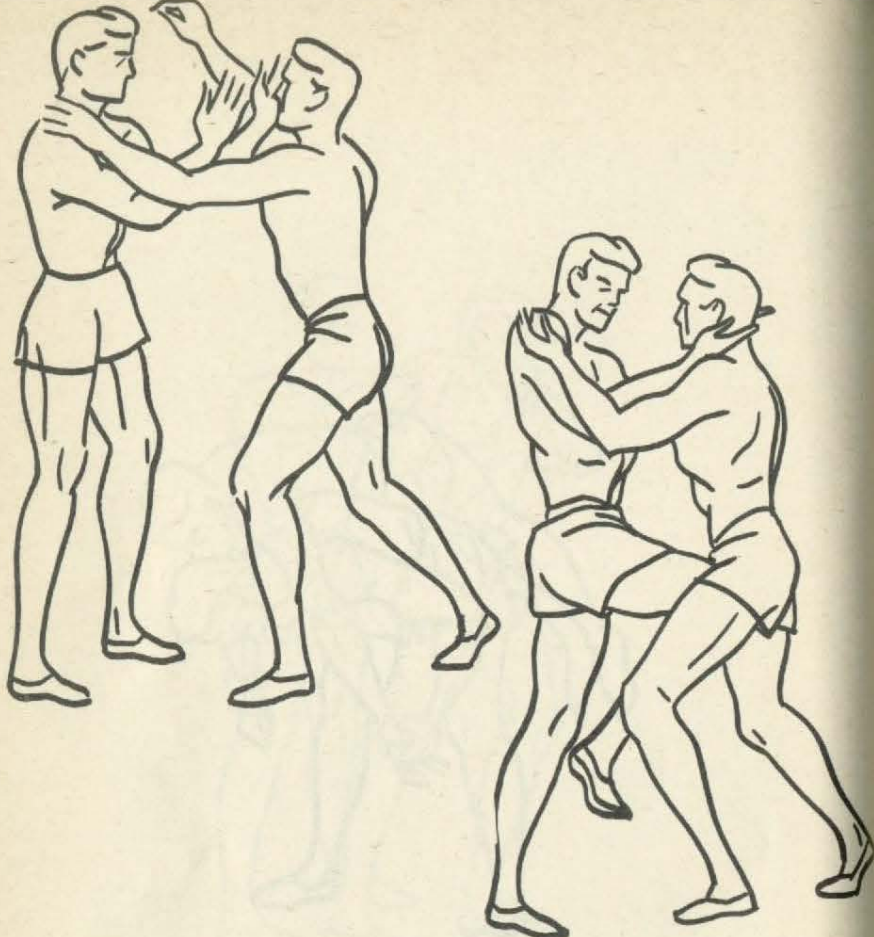
THROW AGAINST BACK CHOKE (Start)

● Opponent attempts to choke you from the back. Hold your neck rigid to ease breathing, and grasp both of his wrists.



THROW AGAINST BACK CHOKE (Finish)

● Bend down suddenly, keeping your knees stiff. This will force him on your back. At the same time pull his arms sideways away from your throat. Continue holding on to his wrists, pull down hard, and throw him over your head. Use caution in practice.

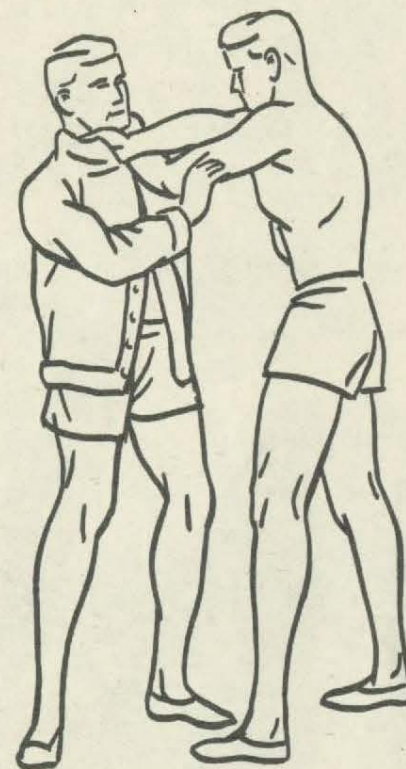


CHOKE BREAK WITH DOUBLE SLASH (Start)

● Your opponent attempts to choke you, standing directly in front of you. With your fingers held rigid, force both of your arms between his arms with an upward and outward motion. This will force his arms apart and away from your throat.

CHOKE BREAK WITH DOUBLE SLASH (Finish)

● Turn your arms so that your palms are up and bring both of them back hard against your opponent's neck. At the same time jab your knee into his groin.



COLLAR-GRAB CHOKE

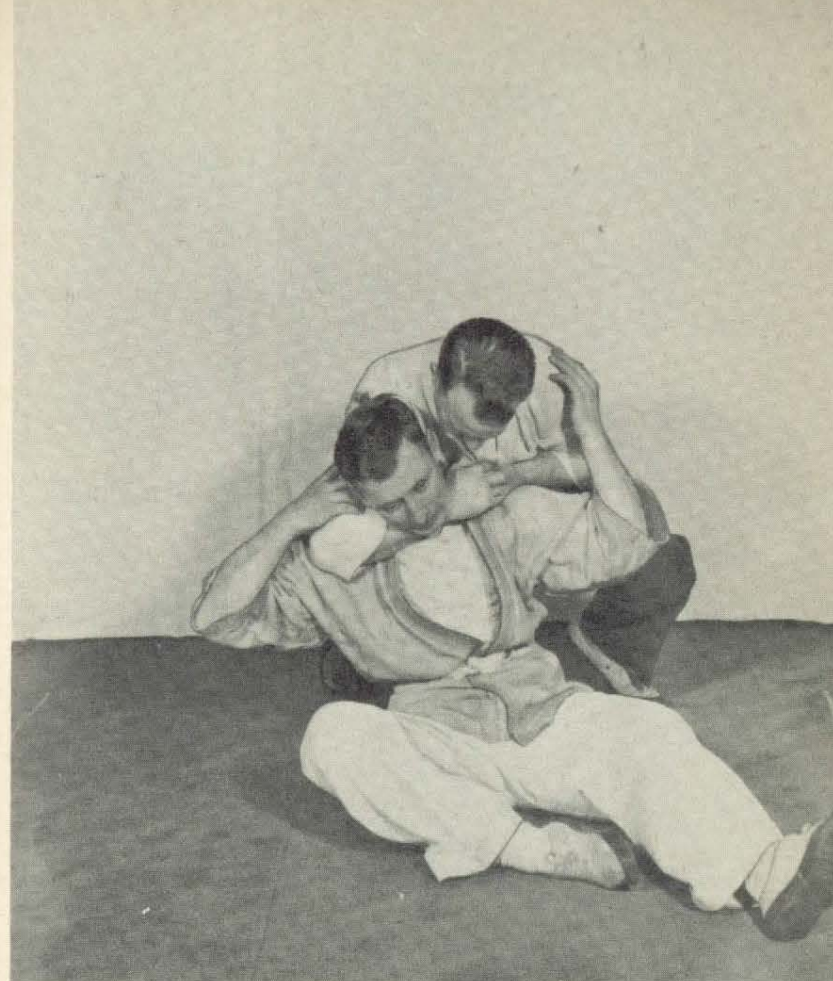
● To choke an opponent directly in front of you, cross your hands and grasp him by the collar so that your right hand is on his collar to his right and your left hand is on his collar to his left.

Now pull your wrists apart; this will cause considerable pressure against his neck and windpipe. Be very careful. This is a dangerous choke.



DOUBLE-PRESSURE BACK STRANGLE (Start)

● Throw your right arm around opponent's neck from the back; clasp your own right hand with your left, forcing your opponent's head against your shoulder and head.



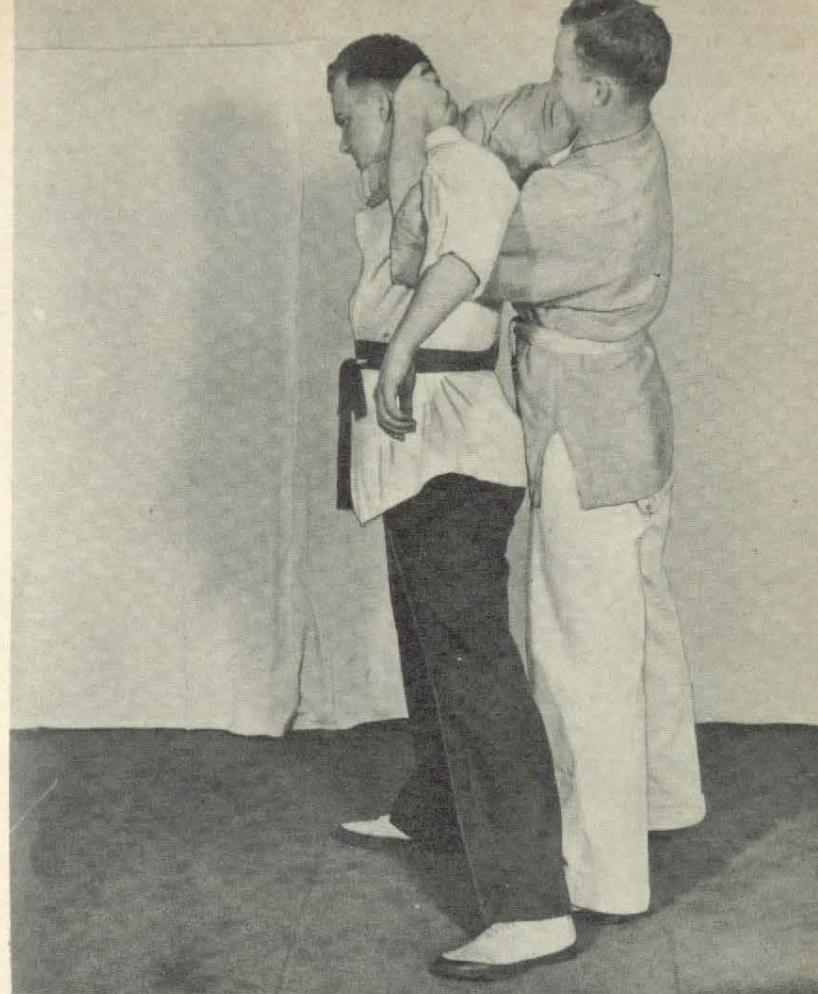
DOUBLE-PRESSURE BACK STRANGLE (Finish)

● Force your opponent down in a sitting position so that his back rests on your right knee. Pull back hard on your right arm and push forward with your head and right shoulder, thereby causing immediate strangulation. Very dangerous.



COLLAR-GRAB BACK CHOKE (Start)

● You are behind your opponent. Throw your right arm around his neck. Grab his collar behind his left ear, pulling back tightly.



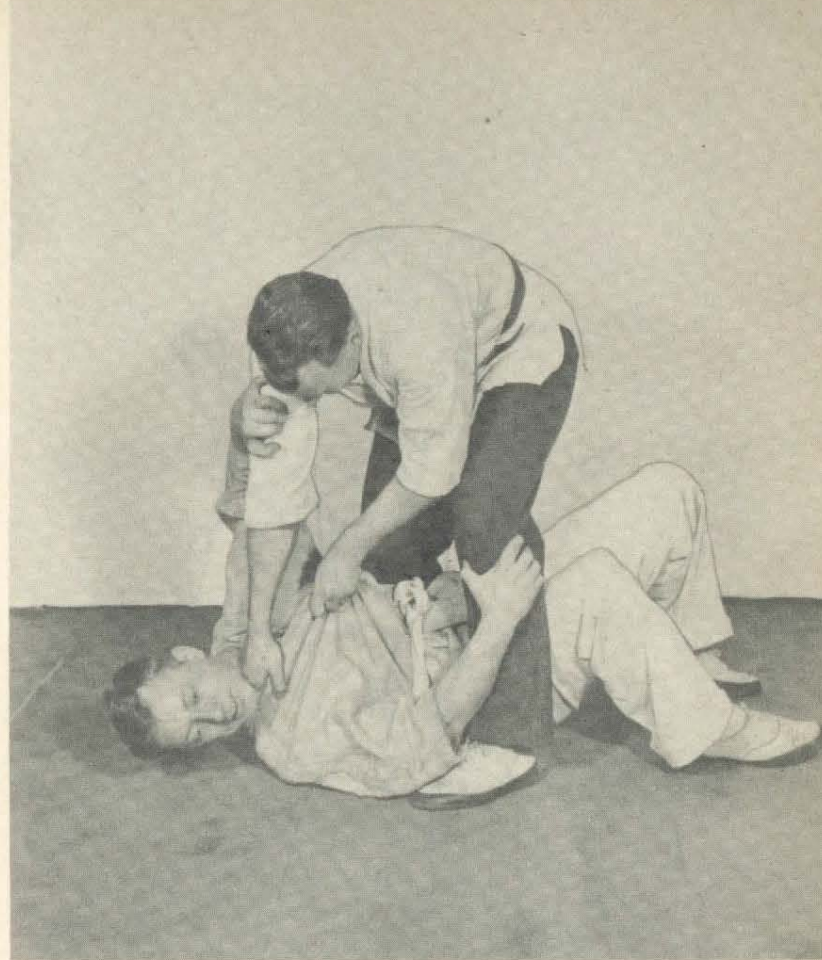
COLLAR-GRAB BACK CHOKE (Finish)

● Insert your left arm under his left arm so that your palm is resting against the back of his head. Push downward hard with your left arm and pull backwards hard with your right arm. This will strangle him immediately.



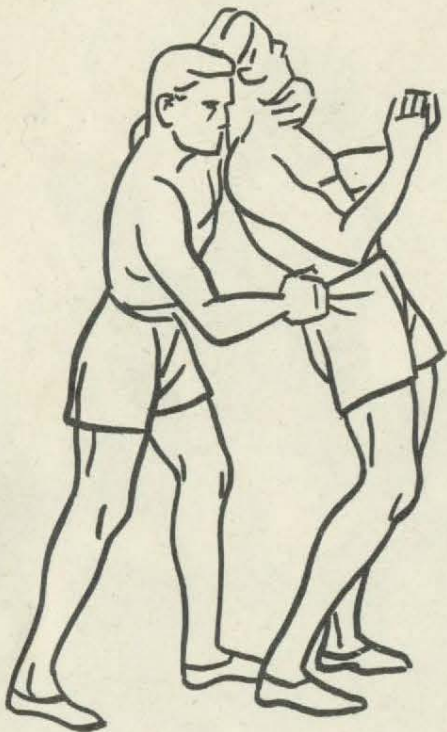
CHOKING AN OPPONENT AFTER HE IS KNOCKED DOWN

● You have knocked your opponent down. Grab his collar with your right hand behind his right ear. Keep your hand anchored on collar tightly. Lean towards your right so that your forearm is across his throat. With your left hand grab his lapel and pull towards you. This will cause immediate strangulation.



CHOKING AN OPPONENT AFTER HE IS KNOCKED DOWN

● Opponent is lying on the ground; you are directly over him. Grab both of his lapels in your right hand, close to his neck, and with your left hand pull his right lapel up towards you, at the same time forcing your right arm held stiff into his neck. This will cause immediate strangulation.



BACK STRANGLE
(Start)

● To silence and choke an opponent quickly, step behind him and throw your left arm completely around his neck, at the same time punching him in the small of the back. This will bring him down a little.



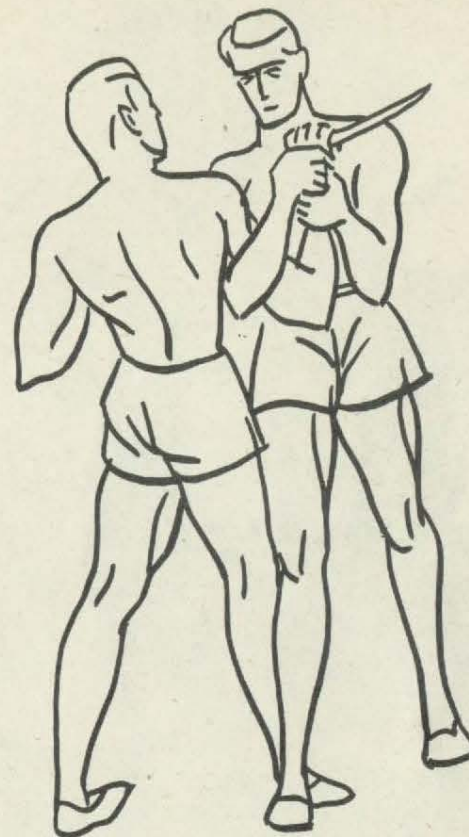
BACK STRANGLE
(Finish)

● Bring your right arm under your left hand fingers so they can grasp your own right muscle; then curl your right hand and fingers around the back of his head. To strangle pull back on your left hand and push forward with your right hand.



WRAP-AROUND CHOKE

● With your opponent directly in front of you, reach out with your left hand and grasp his collar behind his right ear, thumb down. Grab his left arm at the muscle with your right hand and pull him violently toward you, at the same time stepping directly behind him. Keep a tight grasp on his collar with your left forearm stiff against his windpipe. Bend him back slightly and grab his left arm at the wrist. Pull down slightly and bend it back. Continue holding on tightly to his collar. This will cause strangulation.



BENT-ARM HOLD

● Opponent attempts to attack you. Grasp his wrist with your left hand shoulder high. Step in with your right foot and force your right arm under his shoulder; grasp the top of your left hand and apply downward pressure on the wrist while pushing up with your shoulder. Keep a firm grip. Kick with your right foot against his right heel to disarm him while knocking him down. Jump on his body with both feet—heels first.



DEFENSE AGAINST UPWARD JAB WITH KNIFE (Start)

● Your opponent attempts to jab his knife towards you with his right hand. Cross your hands so that your right is on the top of your left.



DEFENSE AGAINST UPWARD JAB WITH KNIFE (Finish)

● Receive the blow in the V of your arms. With your right hand, grab his hand near the wrist and turn it upwards towards your right. Apply your left hand in the same manner, bending his wrist backwards. This will cause considerable pain or break.



**DEFENSE AGAINST SIDEWARDS AND
UPWARDS SLASH WITH KNIFE
(Start)**

● Your opponent is attacking you with knife held in his right hand. Step in and block his jab with your left elbow, forcing his arm downward and backward.



**DEFENSE AGAINST SIDEWARDS AND
UPWARDS SLASH WITH KNIFE
(Finish)**

● Step in with your right foot and quickly wrap your right arm around his arm near the shoulder. Pull down on his arm. Continue rotating his arm backwards with your left arm. This will capture his arm close to your shoulder. Bend down and dislocate the arm.



DEFENSE AGAINST KNIFE WITH KICK BACK (Start)

● Your opponent attempts to strike you with knife held in his right hand. Grab his left arm with your right; pull him towards you slightly.



DEFENSE AGAINST KNIFE WITH KICK BACK (Finish)

● Step to your right and place your left leg behind his right leg. Jab in the throat with your left hand and knock him backwards. This fall is very dangerous—use caution in practice.



**DEFENSE AGAINST DOWNWARD SLASH
WITH KNIFE
(Start)**

● Your opponent is directly in front of you, attempting to jab knife in your face. Grab his wrist with your left hand, thumb down. Bend his arm backwards.



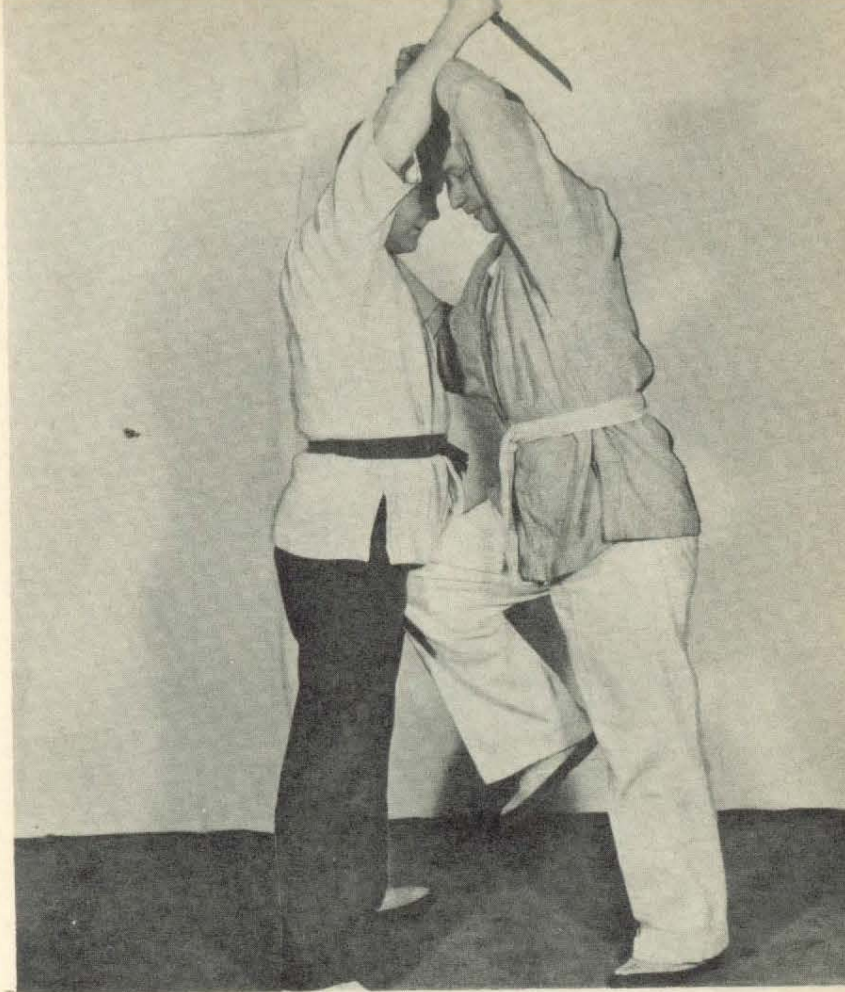
**DEFENSE AGAINST DOWNWARD SLASH
WITH KNIFE
(Finish)**

● Step in with your right foot and apply additional pressure to his arm at the elbow. Keep pulling down on his wrist with your left hand. For additional punishment, place your right foot behind his and throw him backwards.



DEFENSE AGAINST KNIFE WITH FINGER JAB INTO STOMACH

● Your opponent is close to you and attempts to stab you in the head with knife. Step in and block his right arm with your left forearm. With your right hand, stiffen fingers and jab into stomach.



DEFENSE AGAINST KNIFE WITH KNEE KICK INTO GROIN

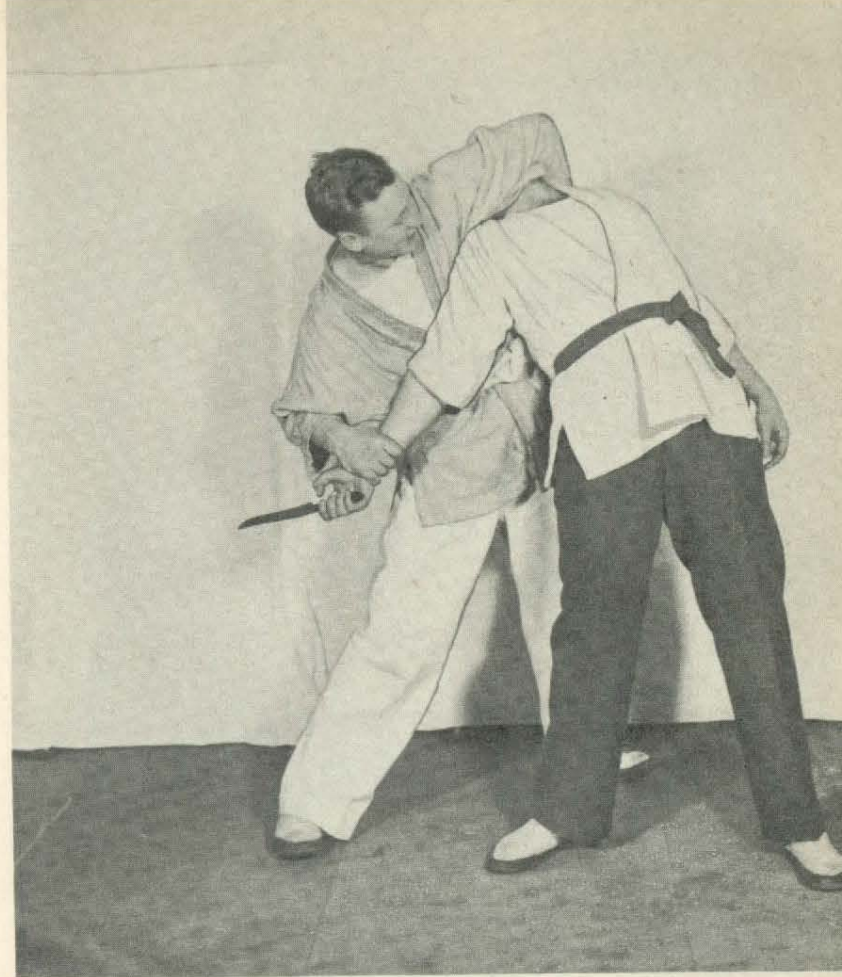
● Your opponent is close to you and attempts to stab you in the head with knife. Step in and block his right arm with your left forearm. Bring your knee into his groin.



ARM-LEVER BACK STRANGLE (Start)

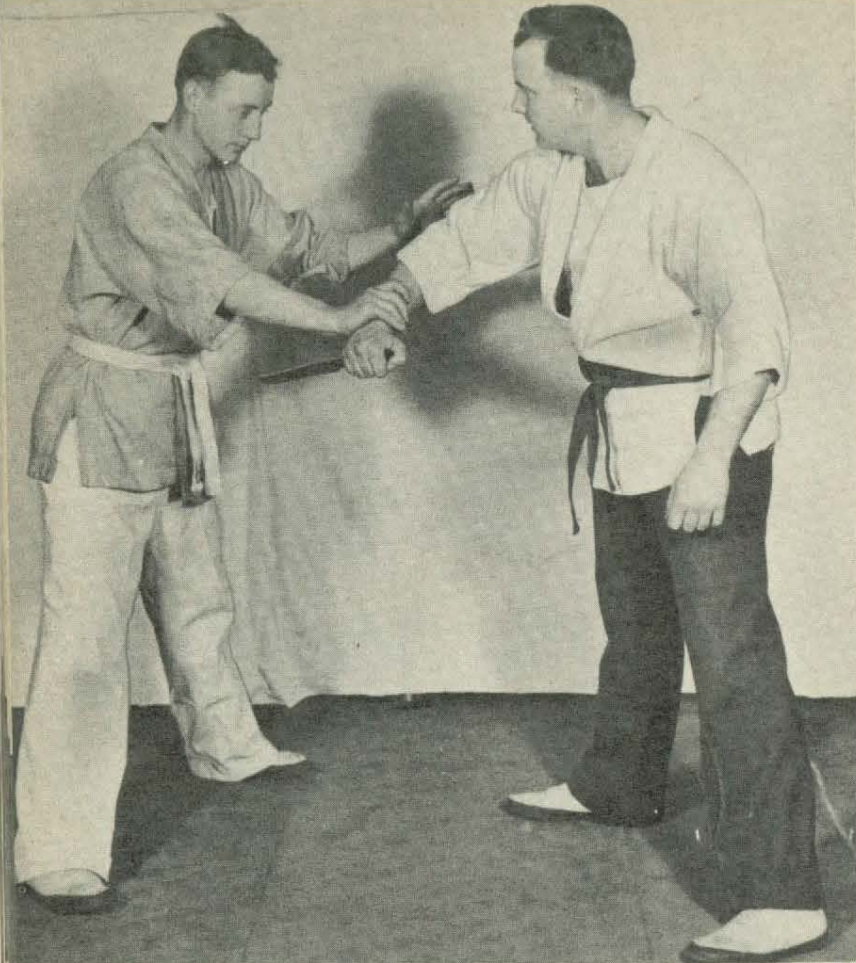
- Opponent attacks you with knife in his right hand:

Seize his right wrist with your right hand with your thumb to the left. Turn so that you are behind him. Extend your left leg behind him.



ARM-LEVER BACK STRANGLE (Finish)

- Wrap your left arm around his neck from the front, forcing his head back, at the same time pulling his right arm across your chest—thereby strangling him.



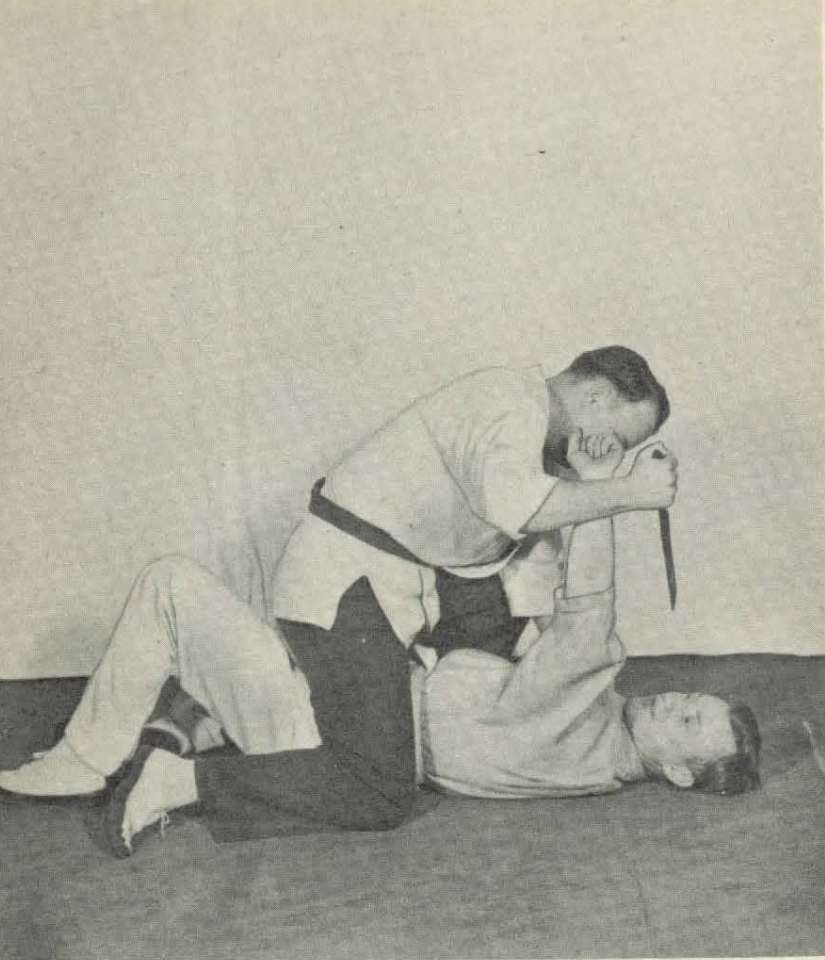
SHOULDER BREAK AGAINST KNIFE (Start)

● Opponent attempts to jab you from the side with knife in his right hand. Grasp his right wrist with both hands, thumbs down; push down on his arm, then suddenly pull his arm upwards.



SHOULDER BREAK AGAINST KNIFE (Finish)

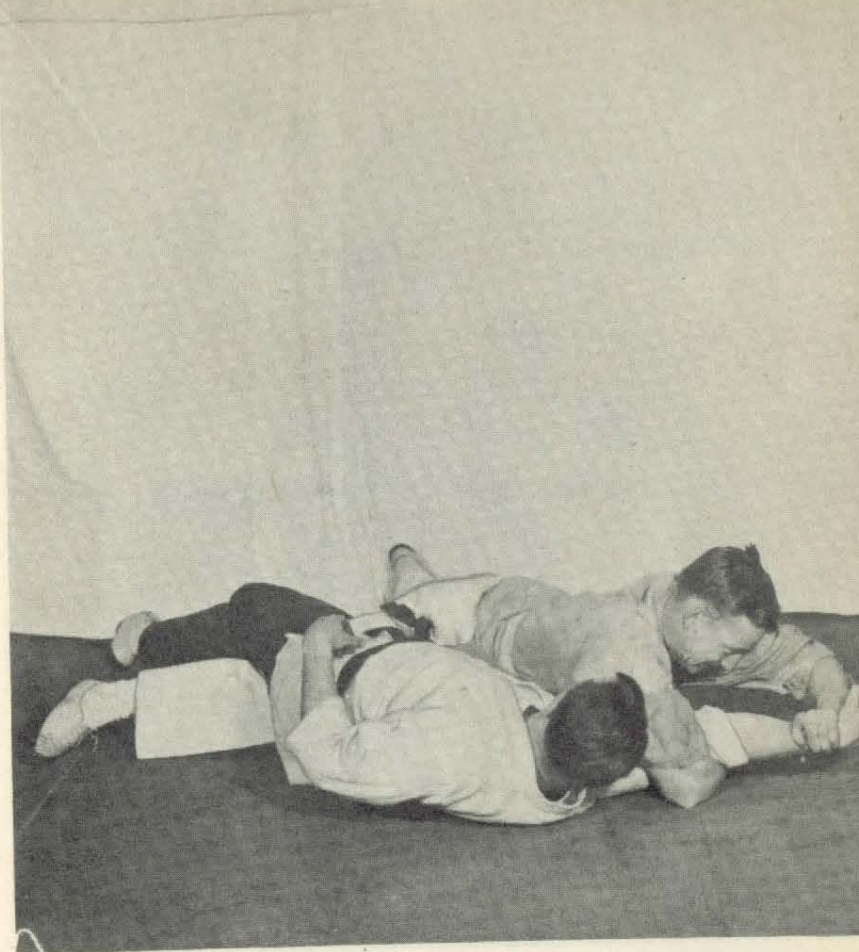
● Bring your right foot behind you, bending down slightly, which will face you in the same direction as your opponent. Force your left shoulder under his raised right arm; rotate his arm so that his hand is palm up. Pull down hard on his arm and push up with your shoulder. This will break or dislocate his arm and shoulder.



DEFENSE AGAINST KNIFE WHEN KNOCKED DOWN (Start)

● You are knocked flat on your back—

Opponent is holding you down with his left hand and with his right hand he is attempting to stab you. Slash your left hand against his arm, at the same time grasping his wrist.



DEFENSE AGAINST KNIFE WHEN KNOCKED DOWN (Finish)

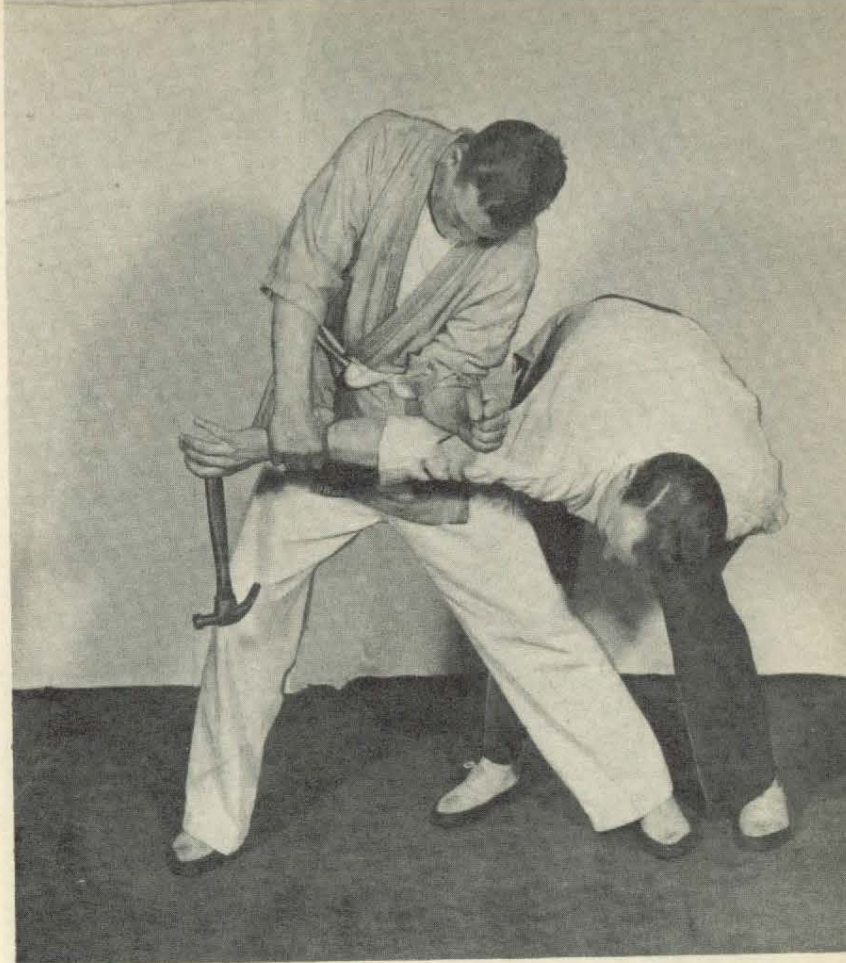
● Throw him to your left by raising your right leg and hip; hold on to his right wrist and wrap your right arm over his right arm. Apply pressure by clasping your left wrist with your thumb down.



DEFENSE AGAINST KNIFE, CLUB, OR MACHETE (Start)

● Your opponent attempts to strike you across head and shoulders with weapon in his right hand:

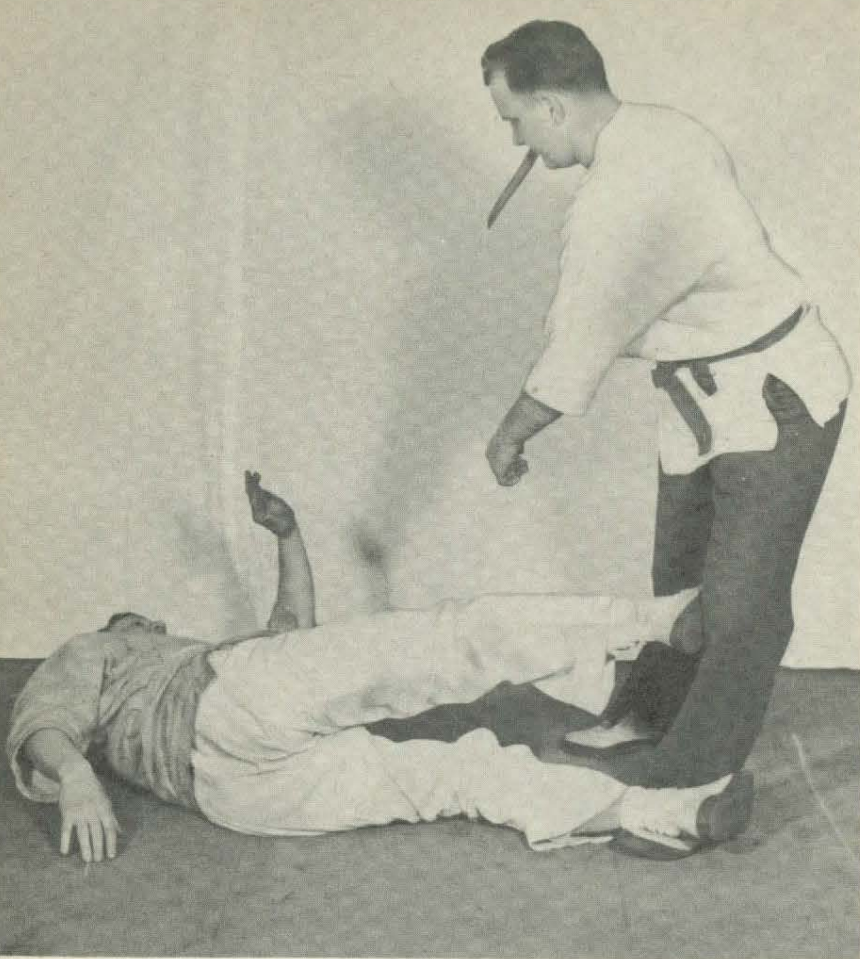
Cross hands above your head, left hand in front of right. Receive the blow in the V formed by hands. Then grasp his wrist with your right hand, rotating his arm towards you so that his hand will face up.



DEFENSE AGAINST KNIFE, CLUB, OR MACHETE (Finish)

● At the same time slide your right foot back about 50 degrees. Apply pressure downward on his elbow with your left forearm.

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



DEFENSE AGAINST KNIFE WHEN KNOCKED DOWN

● If knocked to ground and attacked, hook left foot about your opponent's ankle, toe in. Pull towards you, and push with other foot against inside of knee joint.

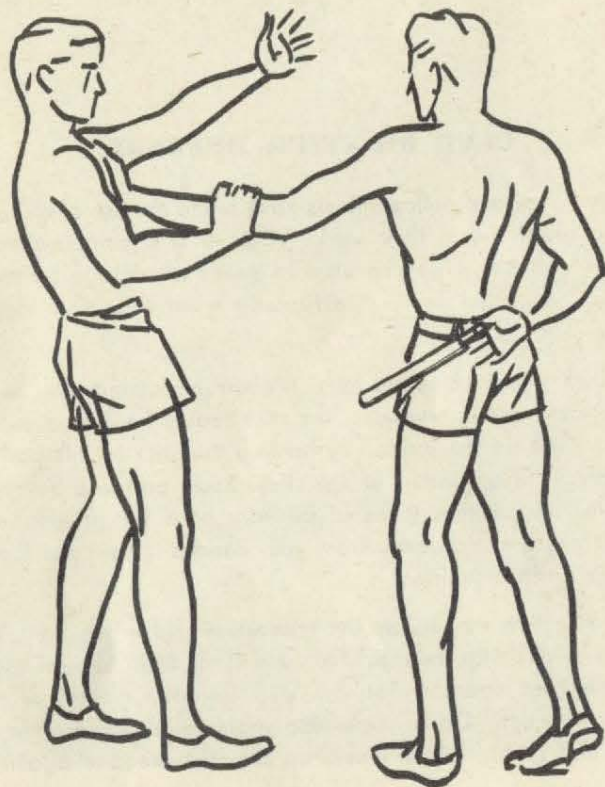
CLUB OR STICK DEFENSE

● Military Police and police officers have found the use of club or stick defense a great aid in their work. While it is a comparatively new method of defense, it can be used to great advantage by men and women in the armed forces, particularly when they find themselves without a weapon.

A short stick about 18 inches long, preferably pointed, can be made into a very dangerous weapon. The stick should be laid alongside of your right hand on the inside. By holding the stick in this position, it will not break. Three inches of the stick should protrude beyond your fingers. In this position it would be very hard for an opponent or enemy to take the stick away from you; besides it does not look dangerous held in that position.

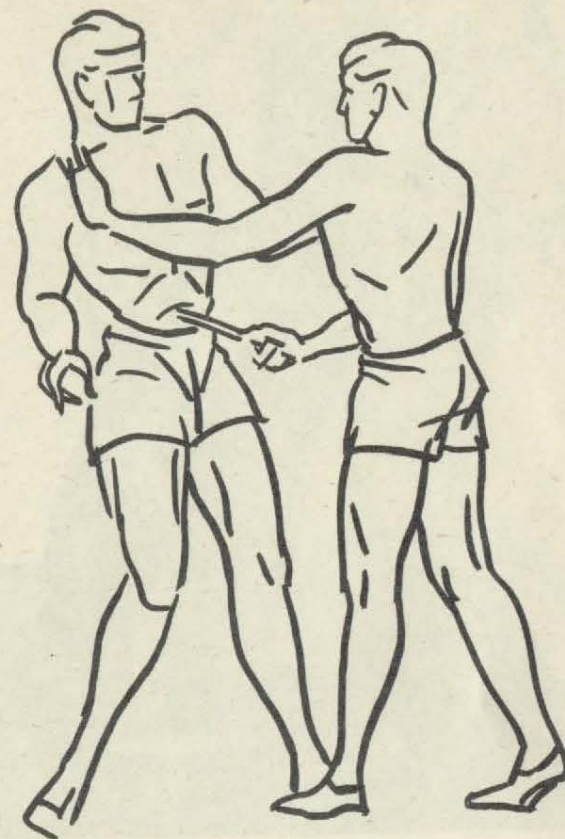
The most effective way to use the stick when held in the right hand is to step in quickly with the right foot and slash down against the face, tearing the face open; or jab the stick into the mouth; or slash it against the throat. Other vulnerable spots to attack are the heart, stomach, and groin. It also makes an effective weapon against knife attack.

The following pages should be studied closely.



**CLUB OR STICK DEFENSE FOR M. P. OR
POLICE OFFICER
(Start)**

● When opponent attempts to close in on you, hold him back with your left hand and reach back with your right hand. Grasp your club as sketched.



**CLUB OR STICK DEFENSE FOR M. P. OR
POLICE OFFICER
(Finish)**

● Jab hard into stomach, heart, neck, mouth, eyes, windpipe; slash against the back or side of neck or against the wrist; jab in the groin. Use caution in practice.



CLUB OR STICK DEFENSE AGAINST BOXER

● Your opponent attempts to strike you. Hold him off with your left hand and jab stick hard into stomach, heart, neck, mouth, eyes, or windpipe; slash against the back or side of neck or against the wrist; jab in the groin. Use caution in practice.



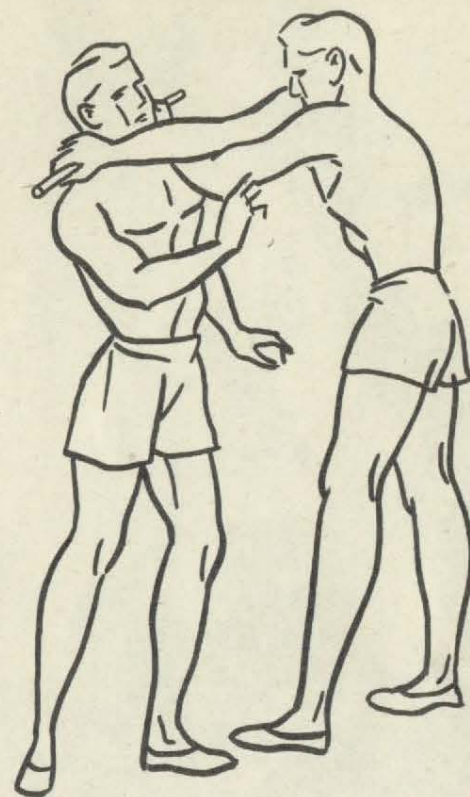
CLUB OR STICK DEFENSE AGAINST MAN ATTEMPTING TO GRAB YOU FROM THE FRONT

● Grasp stick at both ends with both hands, thumbs up. Slash it against his forehead, bridge of the nose (this is very dangerous as it will kill the man instantly), or underneath the nose—which will knock him unconscious. These are very dangerous blows—use caution.



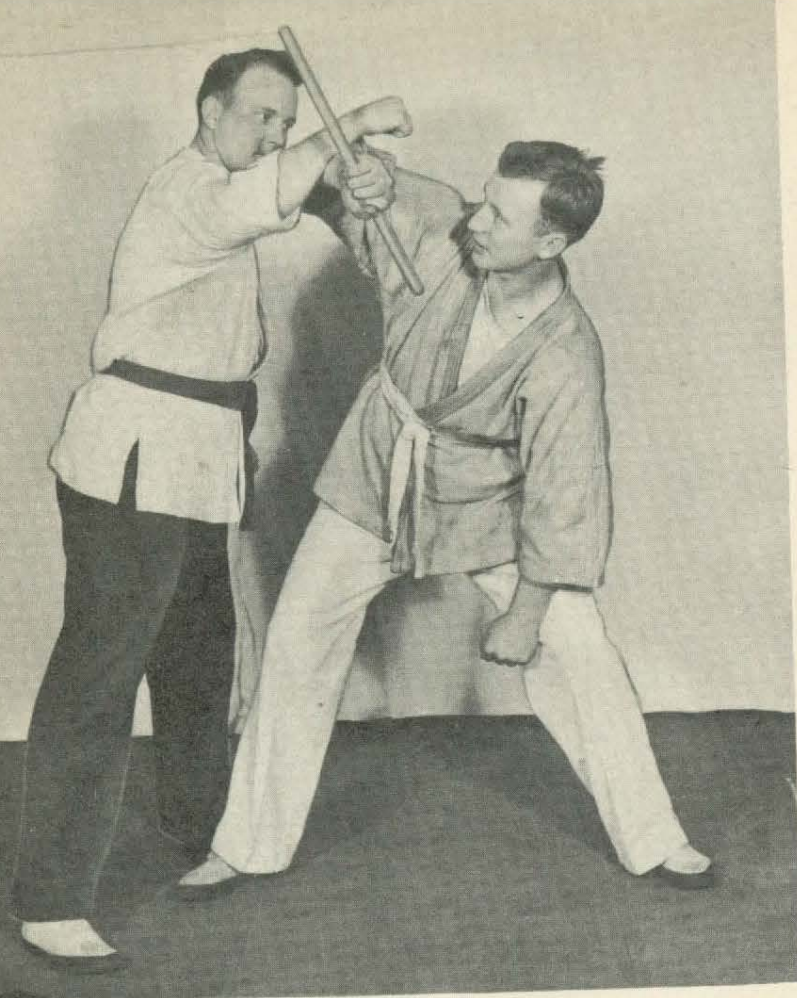
CLUB OR STICK DEFENSE AGAINST MAN ATTEMPTING TO GRAB YOU FROM THE FRONT

● Ward him off with one hand and hold your stick in the proper manner. Jab it into his windpipe or pull it down against his face, tearing his face open, or jab it into the heart or stomach. For additional punishment, you can kick with your knee into his groin. These are very dangerous blows—use caution.



CHOKING WITH STICK FROM FRONT

● Your opponent attempts to grapple with you, standing directly in front. Hold your stick in the prescribed manner, cross your hands in front of his neck, bring the stick around back of his neck, and grasp it with your other hand. Force your arms apart and pull down, breaking opponent's neck. Use extreme caution in practice.



CLUB OR STICK DEFENSE AGAINST BLOW OR SHARP WEAPON (Start)

● Opponent jabs knife at you, or attempts to strike you. Do not step back.

Step towards your opponent and block his hand with your right hand, which is holding the club. With your left hand, cross your right, thus locking the club against his wrist.



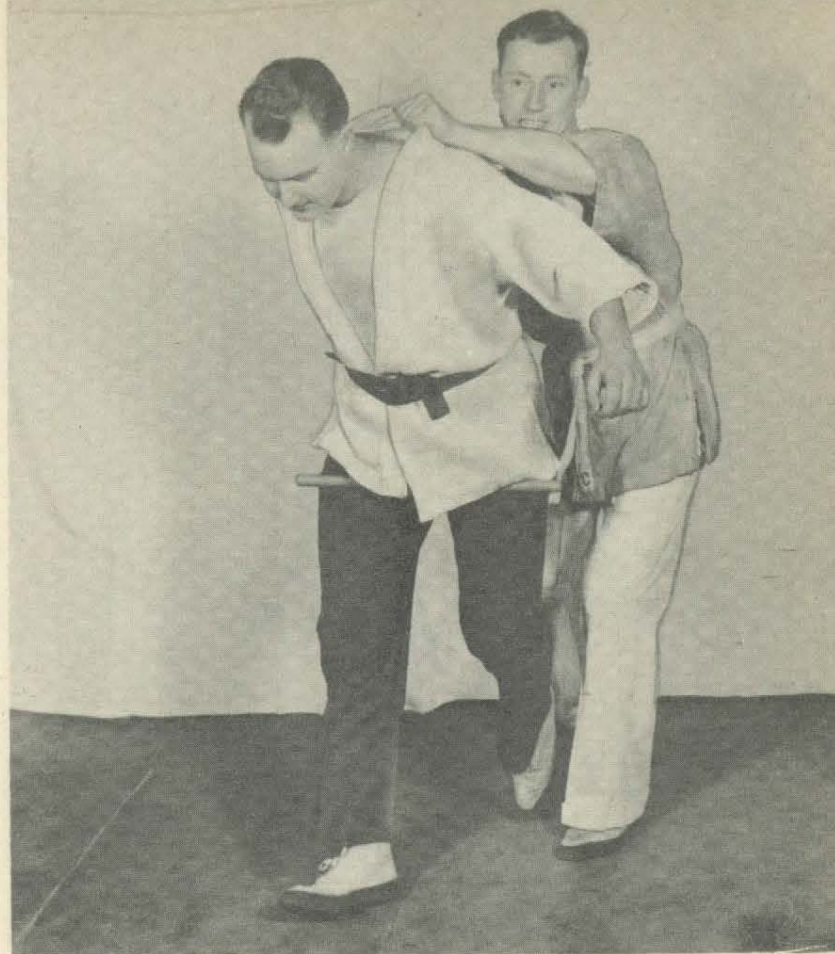
CLUB OR STICK DEFENSE AGAINST BLOW OR SHARP WEAPON (Finish)

● Force down on the club, thus causing him to bend forward. Step towards him and kick hard with your knee in the chin or groin. Continue pressing down on the forearm, causing it to break. **USE CAUTION IN PRACTICE.**



**CLUB OR STICK DEFENSE TO HANDLE
UNRULY PRISONER
(Start)**

● Grab opponent at the back of his collar, so that you are directly behind him. Hold your club in the middle with your right hand.



**CLUB OR STICK DEFENSE TO HANDLE
UNRULY PRISONER
(Finish)**

● Force your club and hand between his legs so that your fingers are pointing up. Pull up hard on your club and push him forward slightly with your left hand, which is still holding his collar tightly. By pulling steadily on your club, you will force him to march forward.



**CLUB OR STICK DEFENSE —
ACTION AGAINST HEAD**

● Clasp club or stick with both hands, thumbs up, and strike your opponent against the forehead or in the mouth. Use caution in practice.



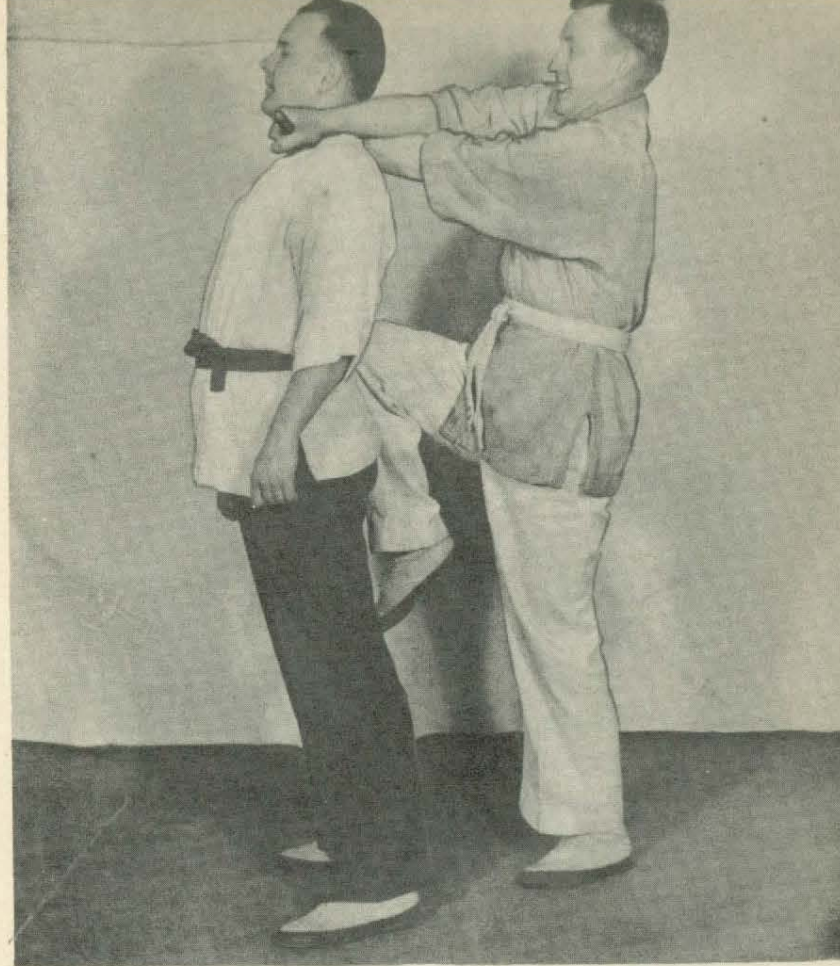
**CLUB OR STICK DEFENSE —
ACTION AGAINST THROAT**

● Clasp club or stick with both hands, thumbs up and strike your opponent in neck. Follow up by driving your knee into groin. Very effective is blow across the bridge of the nose. It will kill a man instantly.



**CLUB OR STICK DEFENSE —
CHOKING FROM THE BACK
(Start)**

● Silencing and disarming a sentry. Approach silently; then quickly cross your left hand under your right, which is holding the club. Force the club around his throat. Grasp it quickly with your left hand. Force it against his windpipe, crushing it. VERY dangerous in practice.



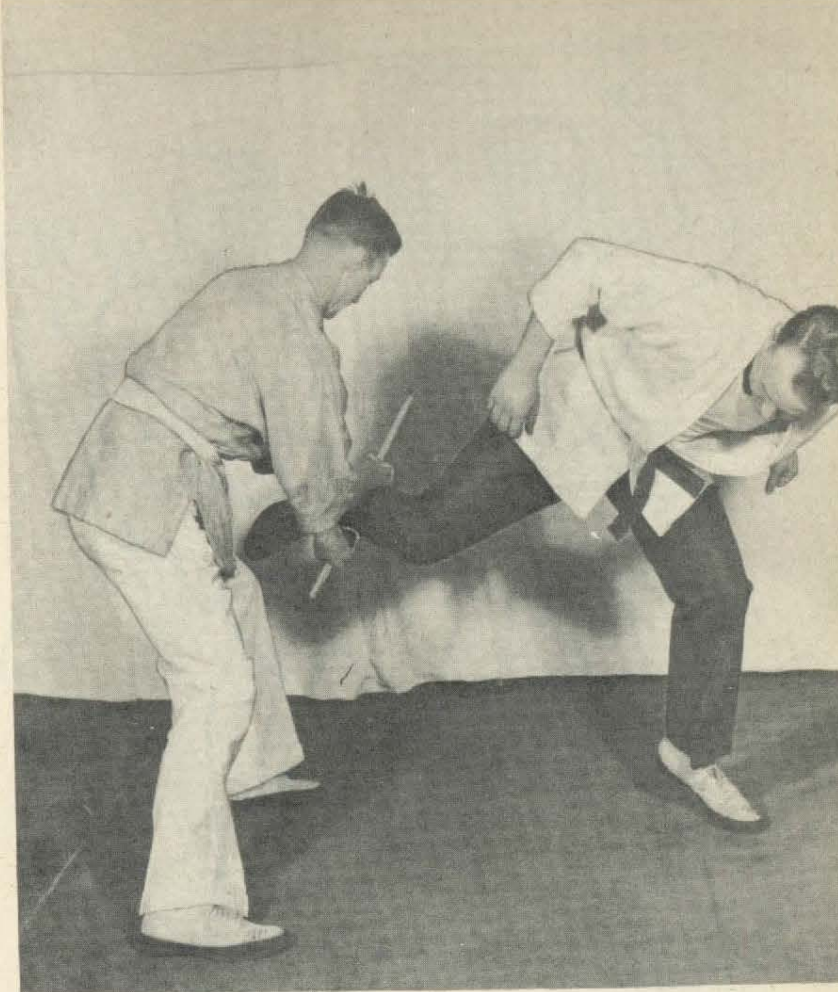
**CLUB OR STICK DEFENSE —
CHOKING FROM THE BACK
(Finish)**

● Pull back on club and push knee into his back violently, breaking his spine. Force body to ground slowly, holding tightly to stick, which will strangle him. Very dangerous to practice. Use caution.



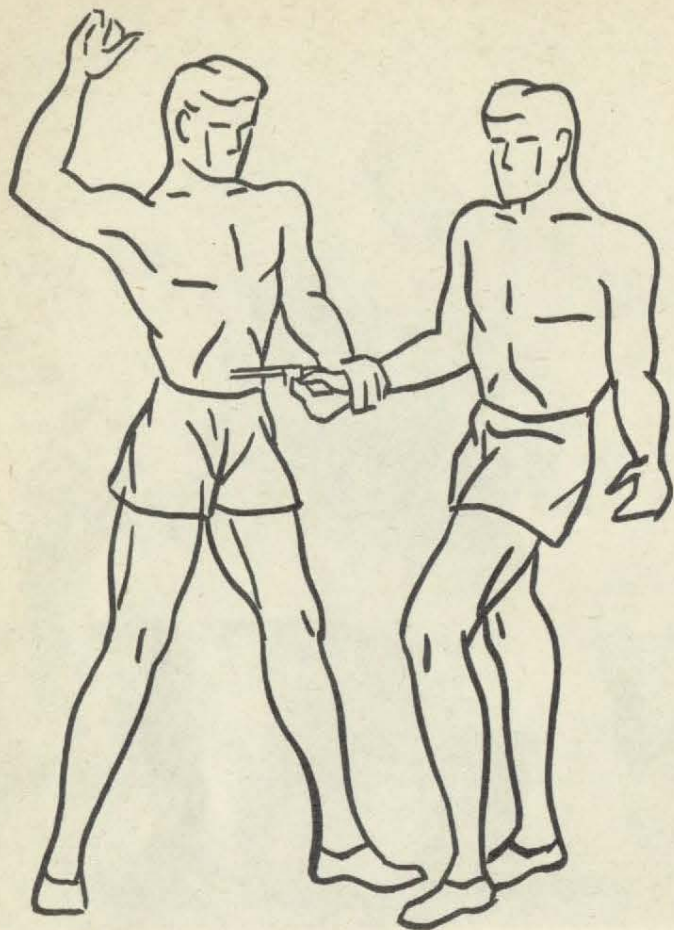
CLUB OR STICK DEFENSE AGAINST KICK (Start)

● Opponent attempts to kick you with his right foot. Grasp your stick with your right hand and cross your arms so that your right hand is over left, holding stick. Receive the kick in the V of your crossed arms. Twist stick so that it is behind his ankle.



CLUB OR STICK DEFENSE AGAINST KICK (Finish)

● Grab loose end of stick with your left hand, pulling up suddenly, and twist to the right. This will throw him on his back or break his ankle.



GUN DISARMING FROM THE FRONT
(Start)

● Your opponent attempts to capture you and holds weapon to your stomach. Clasp his right hand at the wrist with your left hand (your thumb facing down). At the same time step back with your right foot—180 degrees—holding his arm and pulling slightly while rotating and twisting it palm up towards your body.



GUN DISARMING FROM THE FRONT
(Finish)

● Lean back and down against his arm, clamping your elbow against his arm and holding it tightly to your side. Disarm by turning gun toward his face with your right hand. Strike him with captured weapon on the back of his neck. Continue holding him by leaning back against his arm.



THREE MEN DISARMING ACTION (Start)

● Opponent is holding up your companion. You come upon them suddenly. Step quietly with your right foot extended and with your right hand grasp his wrist holding the gun. Your thumb must be up.



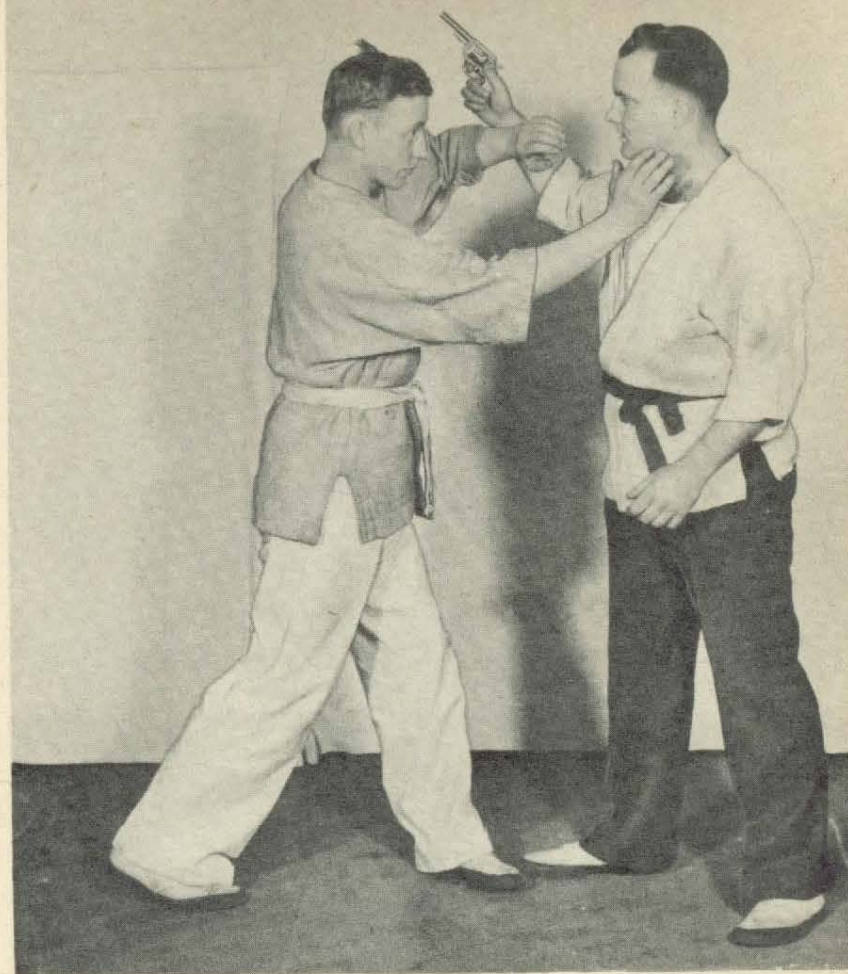
THREE MEN DISARMING ACTION (Finish)

● With your left arm, grasp his muscle, push up suddenly with your right hand, and pull down with your left. At the same time pivot so that your right foot is behind his right foot. Force his arm backwards against his shoulder. He will either be disarmed or he will break his arm.



**GUN DISARMING IN HOLDUP FROM THE SIDE
(Action 1)**

● Your opponent is standing at your left side holding a gun to your head; your hands are raised. To disarm him, swerve suddenly to your left.



**GUN DISARMING IN HOLDUP FROM THE SIDE
(Action 2)**

● As you swerve to the left, your left hand should knock the gun away from your head. Wrap your left arm around his forearm, pulling down. Step in with your right foot and jab upward with your right hand into his chin.



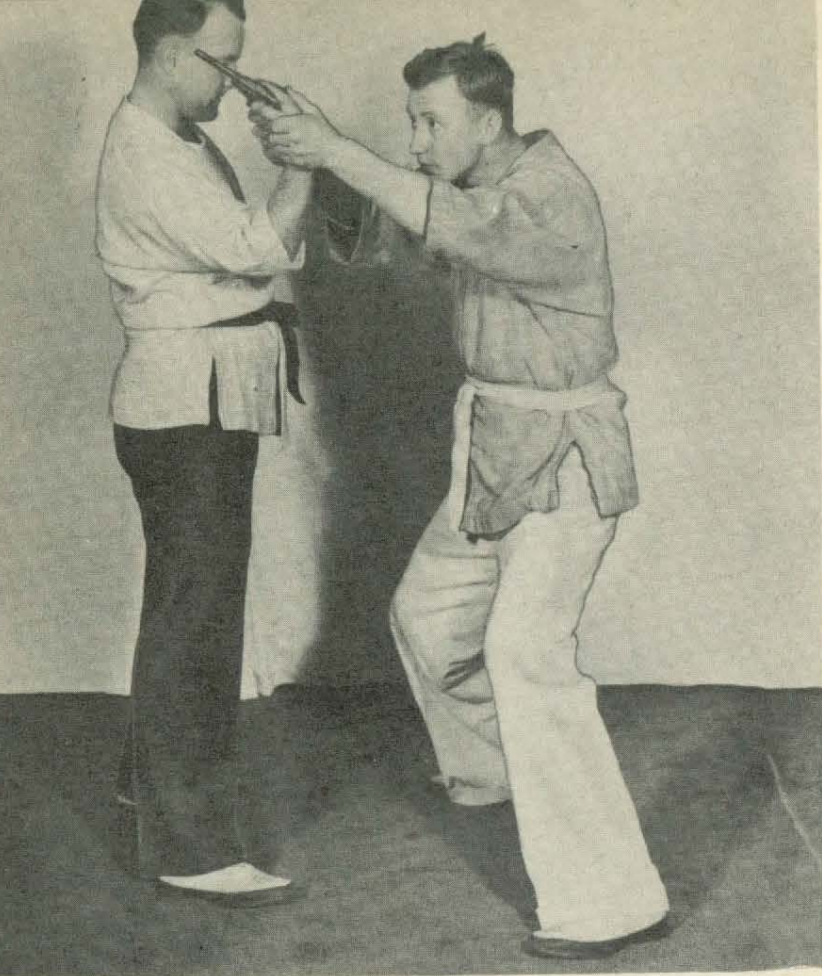
GUN DISARMING IN HOLDUP FROM THE SIDE (Finish)

● Continue holding on to anchored arm. Step behind with your right foot behind his right foot, tripping him and knocking him backwards. If you continue holding on to his arm as he is falling, you will break his arm.



GUN DISARMING FROM THE FRONT (Action 1)

● Your opponent pushes gun into your chest. Your hands are up.



GUN DISARMING FROM THE FRONT (Action 2)

● Stoop down suddenly, at the same time grab his hand in both of yours so that your thumbs are in back of his hands. Force the gun backwards; apply wrist break.



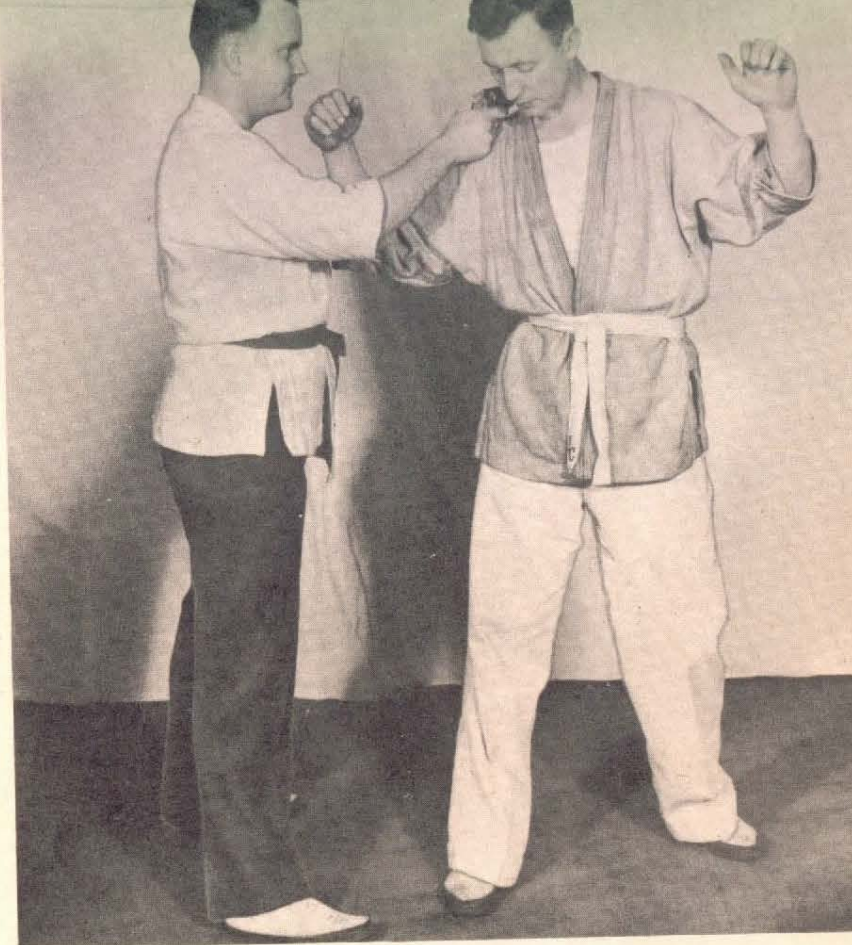
GUN DISARMING FROM THE FRONT (Finish)

● To disarm him and break his wrist, step in with your right foot blocking his right foot. Continue pressing his arm backwards and sideways towards your left. This will either disarm him or completely break his wrist.



GUN DISARMING FROM THE REAR
(Action 1)

● You have been captured and your opponent is marching you with gun in back of your neck. Your hands are up.



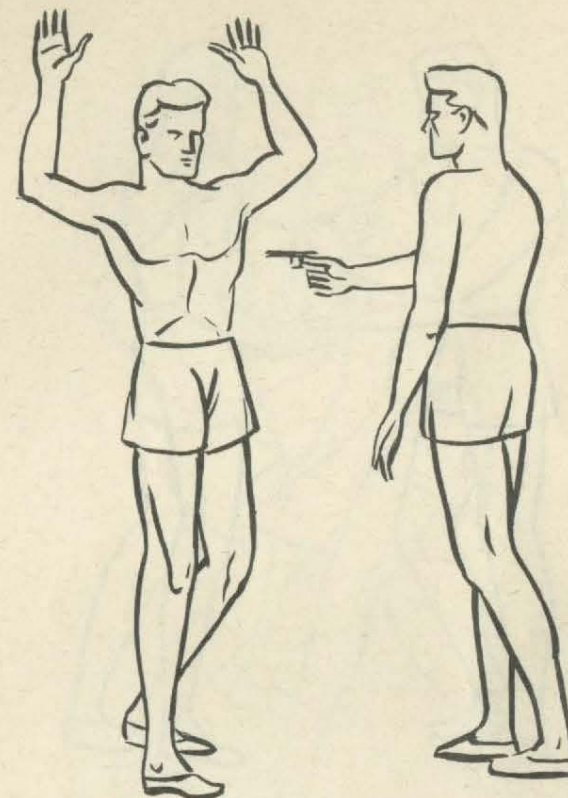
GUN DISARMING FROM THE REAR
(Action 2)

● To disarm, suddenly swerve to your right so that you are almost facing him. Grasp the wrist of his gun hand in the crotch of your right arm.



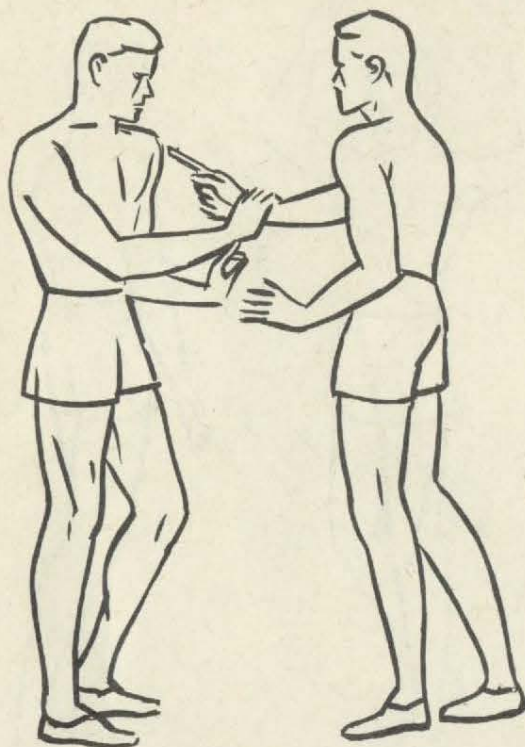
GUN DISARMING FROM THE REAR (Finish)

● Continue holding tightly to his wrist and continue pivoting, so that you will be facing in the same direction he is. His right arm will then be across your chest. Lean against this and at the same time slash back into his throat with your left hand. Continue holding on to his gun arm and leaning forward violently, while blocking him with your left hand. This will break his arm or disarm him.



GUN DISARMING (Action 1)

● Your opponent is holding you up, forcing you to hold your hands up. He is within arm's reach of you.



GUN DISARMING (Action 2)

- Grasp his right wrist in your right hand, at the same time pivoting to your left.



GUN DISARMING (Finish)

- Grasp his revolver with your left hand, bending upwards against his wrist, and at the same time step in and kick him in the groin.

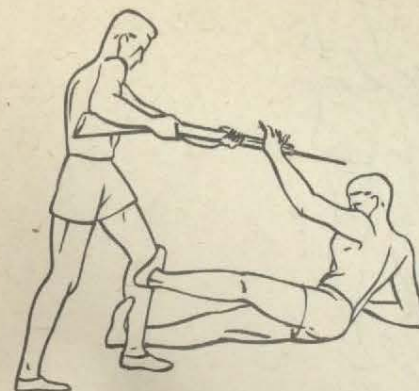


FORCING BAYONET TO THE GROUND (Start)

● You are being attacked by opponent armed with bayonet. He is aiming for your body. Bring your right foot behind you and grasp the muzzle of his rifle with your right hand palm down; your left hand grasps the balance of his rifle, palm up. Push up with your left hand and down with your right hand—pushing bayonet into ground.

FORCING BAYONET TO THE GROUND (Finish)

● Keep your right foot to the left of bayonet by stepping directly behind him, pushing him forward violently. This will force him to let go of rifle. You will then be able to attack him with his own rifle.

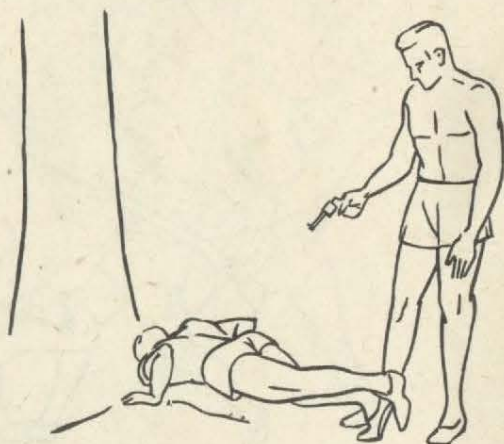
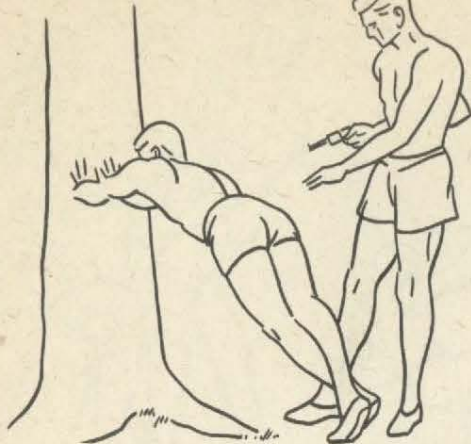


DEFENSE AGAINST BAYONET WHEN KNOCKED DOWN

● If knocked to ground and attacked, hook right foot about your opponent's ankle, toe in. Pull towards you and push with other foot against inside of knee joint. Parry bayonet thrust and disarm.

DEFENSE AGAINST BAYONET WHEN IN FOX-HOLE

● Coming out of foxhole, clasp enemy's leading foot, using hand on same side. Thrust hard with forearm against inside of knee joint, pushing out and back. Climb across enemy after he falls, using knee in groin and choke. This may be performed with either hand.



SEARCHING PRISONER (Start)

● You aim your muzzle behind your back and

● It is very dangerous to search a captured prisoner as he will try to take your gun away from you; so at the point of your gun, walk him to the nearest tree or wall and, with his hands up, make him lean against it.

SEARCHING PRISONER (Finish)

● Keep your back to him and go on

● While still holding his hands against the wall, make him step back so that he is literally standing on his toes; put your foot alongside of his toes so that if he makes any move you can slide his feet from under him.