

# SELF DEFENCE

JOHN M. CLELAND & ROB SEATON



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ARMED & UNARMED TACTICS

JOHN M. CLELAND & ROB SEATON/Griffin House, Toronto, 1988

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*To those officers  
who have lost their lives  
in the line of duty*

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# INTRODUCTION

## Physical Fitness

Novice or expert, a person can usually increase his or her strength, agility, and flexibility. Improving your physical skills — along with regular exercise, healthy foods, and a sensible life-style — is central to getting into and staying “in shape.” Those who need these skills cannot expect adequate performance without regular conditioning and training.

Fitness is also directly related to your ability to cope with stress. Reduced concentration, tension, slow reaction time, and lack of stamina can all be created — or aggravated — by stress. These factors also increase your

risk of injury and reduce your ability to control a situation.

If you have not been exercising regularly, you should begin a daily work-out first. Aerobics, fitness classes, weight-lifting, and self-defence programs are offered through a variety of clubs, gymnasiums, and health centres.

Exercise and training build positive attitudes, including self-confidence. It bears repeating; the more physically proficient you become, the more confidence you gain, the greater your ability to defend yourself.

## About this Manual

This manual was written for people who want to improve their knowledge and skills in self-defence. We hope it will be of use to novices, security personnel, police, instructors in defence tactics, and to those who just want to better their abilities.

Self-defence skills, like most physical skills, are acquired through practice. Your level of competence is directly related to your training: the more proficient you become, the greater your ability to defend yourself. And increased ability results in increased confidence — a vital ingredient in self-defence.

Throughout this manual, we have chosen to refer to your attacker or opponent as “him.”

Most of the moves have been written for left-handed and right-handed persons. However, in a few instances, left-handed users of this manual will have to switch “right” and “left.”

The tactics described are organized so that, to a certain degree, you make use of the moves you have learned as you progress.

# STANCES, BLOCKS, PUNCHES & KICKS

Natural Stance  
Defensive Stance  
Foot Movement  
High Block  
Outside Block  
Inside Block  
Low Block  
The Jab  
The Cross  
Side Kick  
Front Thrust Kick



## STANCES



### Natural Stance

Take this stance in any suspicious encounter.

1. Stand with your weak leg forward, strong leg to the rear, and feet approximately shoulder-width apart. Keep your knees slightly bent.
2. Hold your hands in front of you and above your waist. This gives you the ability to react quickly and to protect the vital areas of your upper torso and head.

3. Stand outside the striking distance of the person with whom you are dealing. Place your feet approximately 45 degrees to him and face him. Your eyes should focus on his vertical centre line. This will help you detect any sudden movement and allow time to react.

*Note:* The (critical) striking distance is the space within which an opponent can kick or punch you directly.





## Defensive Stance

Use this stance when you are being threatened physically. A proper defensive stance allows balance, leverage, movement, and power. It also permits you to defend yourself against attacks from any angle.

1. Stand upright with your feet shoulder-width apart, and raise your hands shoulder-high with your weak fist slightly forward.
2. Take a short step back with your strong leg.

3. Assume a slightly crouched position with your knees bent.
4. Distribute your body weight evenly over your hips. This stance gives maximum protection to your head and solar plexus. Your arms and legs should be relaxed but controlled so that you can block a blow or extend an arm or leg quickly.

## Foot Movement

Good footwork provides stability and enables you to evade an attack or move quickly to control an opponent.

1. Your feet should usually remain shoulder-width apart for stability before, during, and after most moves.
2. When moving forward, shift your weak leg ahead first, then follow with your strong leg.
3. When moving to the rear, move your strong leg first.
4. When moving left or right, don't cross your legs. In this way, you will always maintain a stable stance, have the ability to block an attack, and create power in a counter-offensive move.

## Introduction

Proper blocking is essential to self-defence. The aim of blocking is to stop an attack in order to avoid injury and to allow you then to counter-attack. A good block is accomplished by putting your opponent's moves to your advantage, while maintaining a strong, stable stance yourself.

There are four blocks: high, outside, inside, and low.

## High Block

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A high block will protect your head and neck from a blow or an object being swung by an attacker.

1. Take the defensive stance.
2. Move your lead or weak forearm, which is bent at 90 degrees to the upper arm, in a sweeping motion until it is a few inches over your head.
3. At the end of this extension turn the back of your fist

toward your face in a snapping motion. Your forearm should be approximately 45 degrees to the ground at the end of this move.

4. After a high block, return your lead arm to its original position. Your strong arm shouldn't move from the on-guard position.

## Outside Block



1. Take the defensive stance.
2. Swing your lead forearm, which is bent 90 degrees to the upper arm, to a position so that your fist is near your ear and your arm is at the side-centre line.
3. At the end of this extension turn your fist with a snapping motion so the palm faces you. Your arm movement should be accompanied by a body pivot in the same direction as the block.

4. At the end of the outside block, your forearm should be nearly perpendicular to the ground. Your arm protects your centre line, and your fist protects your head and neck.
5. After an outside block, return the lead arm to its original position. The strong arm shouldn't move from its on-guard place.

## Inside Block

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1. Take the defensive stance.
2. Swing your forearm, which is bent at 90 degrees to the upper arm, so that it is parallel to the ground, with your palm (fist) facing the ground.
3. At the end of this motion, turn your fist with a snapping action so the palm of the fist faces you.

4. This arm movement should be accompanied by a body pivot in the same direction as the block.

*Note:* Outside and inside blocks are both used to stop an opponent who is reaching for you or has already grabbed your clothing.

## Low Block



This block uses the outside edge of the forearm to deflect or block an attack to your abdomen and groin. The low block is particularly effective in defending against a kick.

1. From the defensive stance, pivot your lead foot 90 degrees so your heel begins to face your opponent and your body is sideways to him.

2. At the same time, extend the lead forearm so the

knuckles of your fist point to the ground. The lead arm should stop in line with the lead leg. Don't move your strong leg. The pivoting motion and your downward sweeping fist protect your groin from the attacker's kick or blow.

3. After blocking, immediately return your lead arm and lead foot to their on-guard positions.



## PUNCHES



### The Jab

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The jab (punch) is used to feint, usually in combination with the strong-arm cross. Use your weak (forward) arm for the jab.

1. From the defensive stance, punch forward, leaving a slight bend in the elbow at the end of the extension. NEVER overreach or hyperextend the elbow. You may injure your elbow and weaken your defences.
2. When you punch, the arm should be controlled. Snap your arm out quickly to create power, and then return the arm to the on-guard position.

3. Don't stop at your target. Follow through.
4. Strike your target with the index and middle knuckles of your fist. The shock will be absorbed uniformly through the bones of your hand and wrist, preventing any injury.
5. Shift your body weight as you punch by pivoting your hips from the weak side to the strong side. This creates a great deal of power.

*Note:* When delivering a jab, always hold your strong arm in front of your face in the on-guard position, for protection.



## The Cross



The strong-arm cross is also called the power punch.

1. Use your strong (rear) arm.
2. Follow the same steps for a cross as for a jab. However, with a cross, pivot your hips to the weak side.
3. Always keep your lead arm in front of your face in the on-guard position, for protection.

## KICKS

### Side Kick

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The side kick enables you to defend yourself when being attacked from your left or right side, without having to turn and face your attacker. This cuts down reaction time. It also allows you to strike your attacker without moving inside the critical striking distance of his hands.

The technique for kicking with your weak leg is exactly the same as it is with your strong leg.

1. Take the defensive stance.

2. Curl your toes and extend your heel. This creates tension in the foot and ankle, and reduces the risk of self-injury.

3. Lift your foot, keeping it close to your body, with the instep facing the opposite leg. Lift your knee as high as possible to obtain maximum power.

4. When it reaches the highest point, extend your foot toward the target with a snapping motion. Use the heel of your foot as the striking surface, to prevent injury. Don't hyperextend the knee.

*Note:* It is very important to look at your opponent and be ready to shift your arm guard to protect your head. After striking your opponent, immediately return your leg to the on-guard (defensive) position.

## Front Thrust Kick



The front thrust kick enables you to strike your opponent's lower extremities without moving into the critical striking distance of his hands. The technique for kicking with your weak or strong leg is exactly the same. However, the strong leg (as in strong-arm cross punch) delivers the power kick.

1. From the defensive stance, pull back the toes and extend the heel to create tension in your foot and ankle, to prevent injury.

2. Lift your knee as high as possible. This raises your centre of gravity and enables you to create power in the

kick. At the end of the lifting motion, snap your foot and, at the same time, pivot in the same direction as the kick. This pivoting action (as in punching) creates power.

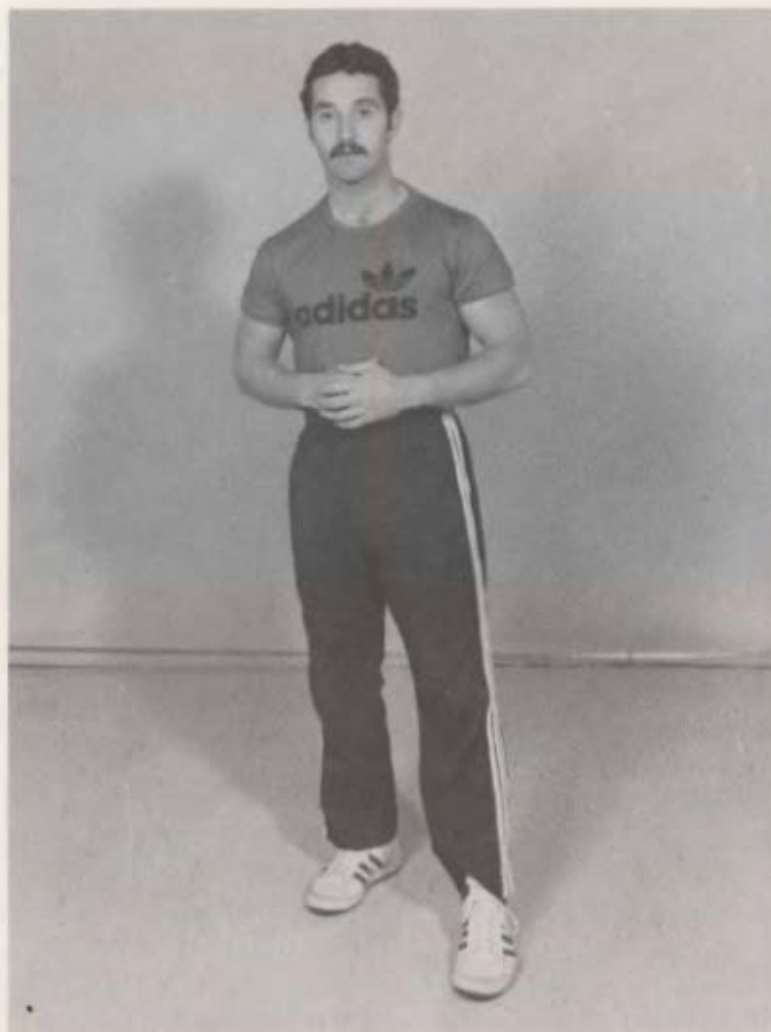
3. Use the ball of your foot as the striking surface.

4. After striking with your foot, return your leg immediately to the on-guard (defensive) position.

Remember: don't hyperextend your knee. This can cause injury and open your defences. There should be a slight bend in the knee when the leg is extended.

*Note:* Keep your hands in the proper on-guard position when kicking, for balance and protection.

## TARGET AREAS



Face

Throat

Stomach

Groin

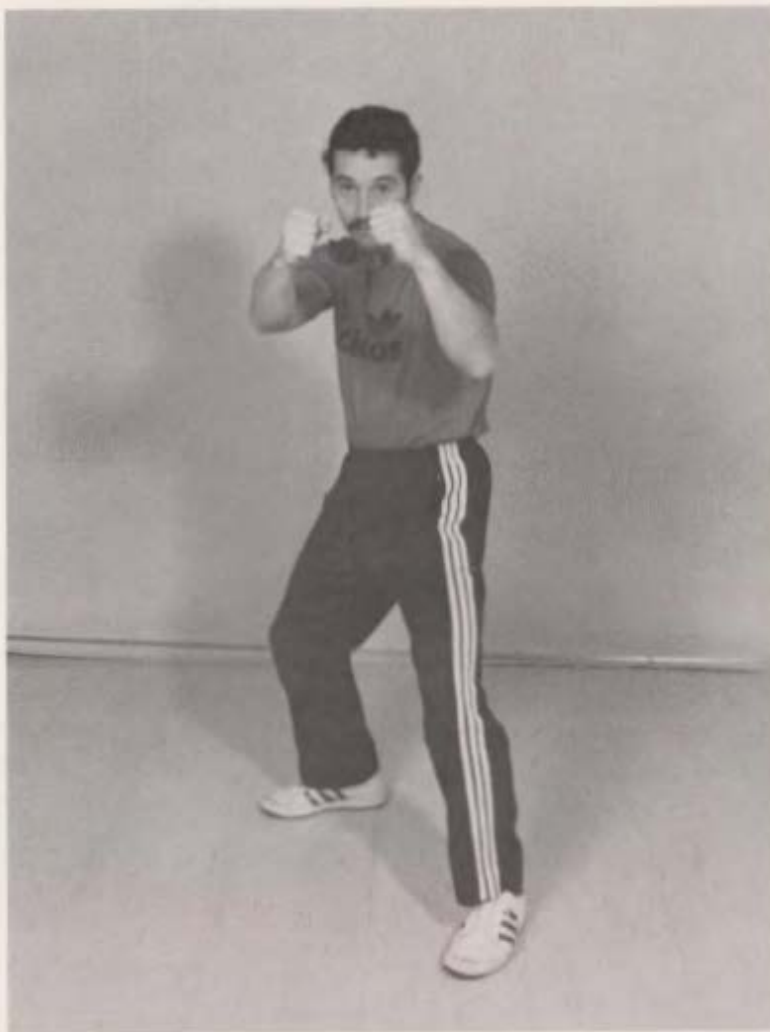
Kidneys

Knees

Shins

Feet

## PERSONAL WEAPONS



Head

Hands (Fists)

Elbows

Knees

Feet

# BREAKFALLS & THROWS

Rear Breakfall

Side Breakfall

Forward Breakfall

Outer Reaping Throw

Shoulder Throw

Wrist Throw

# BREAKFALLS



## Introduction

Breakfalls can be particularly useful during fights, but they should be used any time you fall. When done properly, they help you stay free from injuries.

Knowing how to do breakfalls — and feeling comfortable when you do them — will also help you gain confidence. Breakfalls are easy to learn.

To avoid injury when falling or being thrown, there are three kinds of breakfalls you should practice: rear, side, and forward.





## Rear Breakfall

1. When falling backwards: lower your centre of gravity by dropping your body weight and bending to approximately a 45-degree angle.
2. Tuck your chin and clench your teeth.
3. Curve your back so that it acts as a wheel.
4. Hold your arms approximately 45 degrees out from your body, and roll backwards.
5. As your back strikes the ground, slap the ground with the fleshy part of your forearms and palms. This will help absorb the shock and also prevent your head from striking the ground.



## Side Breakfall

The principles involved in the side breakfall are the same as for the rear breakfall. However, use this move only if you are being pushed or thrown and are falling to your side.

1. Tuck your chin and clench your teeth.
2. Hold the arm that will be nearer the ground at 45

degrees out from your body, with the inside of the forearm and palm facing outwards.

3. As you fall, slap the ground with your palm and forearm.
4. Keep your feet apart for better balance and to prevent injury to your ankles and legs.

## Forward Breakfall



Use this breakfall if you fall from a height or are pushed from behind with any force.

1. Take the defensive stance.
2. Tuck your chin and clench your teeth.
3. Bend forward. Point your strong elbow forward, palm on the ground, near your strong foot, and balance yourself with your weak hand.
4. Arch your back.

5. Roll forward. As your back strikes the ground, use your strong shoulder to absorb the shock. Roll forward in a straight line.

6. Before you complete the roll (before your feet stop the motion), slap the ground with your strong arm and palm. This slows your forward momentum.

7. Do not cross your feet or legs.

# THROWS

## Introduction

Throws are very useful defensive techniques if someone grabs, pushes, or pulls you. The direction of the attack will usually determine your best throw. For example, if someone pushes you from the front, you would throw him forward. When someone pulls on you from the front, you would throw him backward, using his own momentum.

## Outer Reaping Throw



1. Stand facing your opponent. Let him grab you with his right hand.
2. With your left hand, grab his right elbow.
3. Strike your opponent's head with your right hand.
4. Step forward with your left foot and, at the same time, pull down on his right arm.

*(continued on page 24)*



## Shoulder Throw



**5.** With your right leg, sweep the attacker's right leg out from under him.

**6.** With your right hand, push the attacker's chin up.

**7.** Once the attacker is on the ground, maintain control over him.

*Note:* Also practice this move against a left-hand grab.

**1.** Take the defensive stance.

**2.** As the attacker reaches towards you with his right hand, grab under his right elbow with your left hand. Deliver a strike to his head or stomach with your right hand to break his balance.

**3.** Pivot 90 degrees to the left and make an L-shape with your right toe and his right toe. Keep turning.



4. Pull attacker forward and place your left heel at his left toe.
5. Lower your centre of gravity by crouching.
6. Grab the attacker's right triceps with your right hand, and his right wrist with your left hand.

7. Straighten your knees quickly and pivot from right to left.
8. As you pull the attacker over your back and shoulder, keep control over his right hand.

## Wrist Throw

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The wrist throw is a useful throw in many situations, particularly if someone has grabbed you from the front.

1. Take the defensive stance.
2. If the attacker grabs you with his right hand, place your left thumb on the back of his right hand, with your fingers curled over his thumb and into the palm of his hand.



3. Deliver a right jab or cross to break his balance.
4. Pull his right hand in an outward direction with a pivoting motion.
5. Then place both of your thumbs on the attacker's index and middle knuckles, with your fingers in his palm.
6. Push the attacker's hand towards his forearm in a downward or small circular direction.



# CONTROLS

Wrist Come-Along

Hammerlock

Rear Choke

Cross-Handed Choke

The Takedown

## Wrist Come-Along



The wrist come-along is a useful control: you can apply it from almost any position in a variety of situations.

1. Step forward with your right foot. Place your right thumb on the back of your opponent's right hand and curl your fingers around the little-finger side of his hand into his palm. Rotate his hand so his palm is up. This should force your opponent to turn away from you.
2. Grab his left thumb with your right hand and bend his hand toward him as you lift his arm shoulder-high.
3. Keep his wrist bent toward him and roll it forward,

keeping his arm straight as you move out to the side and toward his head. Maintain pressure on his wrist.

4. Grasp his right arm with your right hand beneath his elbow. Push his right hand under his right armpit.
  5. When his hand is in front of his armpit, pull his elbow into your left armpit and hold his arm firmly between your left arm and body.
- Pain is inflicted by forcing his hand back and then twisting it outward (toward you). For a stronger hold, put your right hand over the back of his right hand.
- Note:* Practice this move using your opponent's left hand.

## Hammerlock



The hammerlock is also known as the hammerlock-and-bar. This control is particularly effective on large and violent attackers. The basic steps of the hammerlock are shown here; with practice this hold can be applied from any number of positions.

1. From a position slightly behind and to the left side of the attacker, grip his left elbow with your right hand.

2. Grab his left hand with your left hand, so his palm faces you.

3. Shift your right hand above his elbow so your fingers are on top of his triceps.

4. Step forward and continue to apply pressure down on his triceps and up on his hand. This will break his balance and he will lean forward.

5. Fold his forearm behind his back and hold it there with your right hand.

6. Place your left hand on his forehead and pull up. This puts the attacker off balance and prevents any further attack or resistance.

*Note:* You should also practice applying a hammerlock to your opponent's right arm.

## Rear Choke

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The rear choke is a very effective way of subduing a violent person. Use caution and control in the amount of pressure applied.

1. From your position behind the attacker, pass your right arm over his right shoulder and in front of his throat, with the middle of your forearm against it.
2. Cup the palm of your right hand over the upturned fist of your left hand — near his left shoulder.
3. With your head and shoulder, strongly press the attacker's head forward. Simultaneously, pull back on

your right arm. This will break his balance and will also have a constricting effect.

### *Notes:*

1. The pressure should be applied to the side of the attacker's neck.
2. It is important to apply the constricting action while breaking his balance.
3. A variation of this technique: Place your right arm around his neck. Put the fingers of your right hand around your left elbow. Apply pressure to the back of the attacker's head with your left hand.

## Cross-Handed Choke



1. In a defensive stance, face your attacker. Reach with your right hand across to the right side of his neck. Grab his collar as high as possible. Make sure your palm faces down: this makes the rest of the move more effective.
2. With your left hand, reach over your right arm and grab the attacker's left collar.

3. Draw the attacker forward and pull him down to a bent-over position. This will create pressure on both sides of his neck.  
*Note:* Keep your body to his side to protect your vital areas.

## The Takedown



The takedown is an excellent method of restraining an individual who has become violent or uncontrollable.

1. If the attacker grabs or punches with his right hand, push his right arm across his chest with your left hand.
2. Place your right arm under his right arm, around the left side of his neck, and over to his right shoulder.
3. Place your left arm behind his head.

4. Clasp your hands and squeeze the attacker's head and right arm together.

5. Place your right leg behind his right leg and sweep his foot out. He will fall, but follow through and go to the ground with him. You will then end up on top of him, but keep your hold firm.

*Note:* You should also practice the takedown, with the attacker grabbing or punching with his left.



# DEFENCES TO BODY GRABS

Against a Bearhug  
Against a Rear Strangle  
Against a Headlock





Against a Bearhug



As soon as you feel an attacker gripping you in a front or rear bearhug, immediately tense your chest muscles. This will help prevent any further constriction. Bend your

knees quickly to lower your centre of gravity. This helps to break your attacker's balance and pull him off his feet.



If the attacker traps your arms:

1. Drive your heel into his instep or shin.
2. Lift your arms while lowering your centre of gravity.
3. After breaking the grip of your attacker, swing your elbow back into his solar plexus, or raise your knee to his groin if you are facing him.

4. Then step sideways. This will allow you to use the hammerlock or the wrist throw, shown in the photos.

### Against a Rear Strangle



The rear strangle is a common attack hold. The attacker wraps his arm around your neck and tries to pull you backwards.

1. Immediately tighten your neck muscles and drop your chin.
2. Use your hands to grab both sides of his elbow and pull it down. Turn your head towards his elbow at the same time.

3. Continue pulling down and turn to the outside so that you are facing away from your attacker.

4. Wrap your leg around his closer leg and sweep your leg backwards. Swiftly bend from the waist to cause your attacker to fall to the ground.

## Against a Headlock



If the attacker grips you around the neck from your right side:

1. Swing your right hand up to the attacker's head or grab one of his shoulders.
2. Place your left hand behind his left knee.
3. Pull his head or shoulder back hard with your right

hand. At the same time, lift his left leg as high as you can with your left hand.

4. As the attacker falls, grab his closer hand to maintain control.

*Note:* Practice this move against a headlock applied from your left side.

# TONFA & STRAIGHT BATONS

## Tonfa:

Grip  
Natural Stance  
Defensive Stance  
Foot Movement  
High Block  
Low Block  
Outside Block  
Inside Block  
The Jab  
The Chop  
The Slash  
Strike from Overhead  
Strike from Left Side  
Strike from Right Side

## Straight Baton:

Grip  
High Block  
Low Block  
Inside Block  
Outside Block  
The Kendo Strike  
Strike from Overhead  
Strike from Right Side  
Strike from Left Side

For Both Batons:

Baton Retention

Defences to Body Grabs

Wrist Throw

Hammerlock

## Introduction

Batons are an excellent means of defence. However, your skills with these weapons are only gained with careful and continual practice. Your skills, when proficient, can only be maintained with frequent exercise.

These weapons are capable of great defensive and offensive power. Be careful. Serious injury or death can result with improper use.

# TONFA & STRAIGHT BATONS

## Tonfa:

Grip  
Natural Stance  
Defensive Stance  
Foot Movement  
High Block  
Low Block  
Outside Block  
Inside Block  
The Jab  
The Chop  
The Slash  
Strike from Overhead  
Strike from Left Side  
Strike from Right Side

## Straight Baton:

Grip  
High Block  
Low Block  
Inside Block  
Outside Block  
The Kendo Strike  
Strike from Overhead  
Strike from Right Side  
Strike from Left Side



For Both Batons:

Baton Retention

Defences to Body Grabs

Wrist Throw

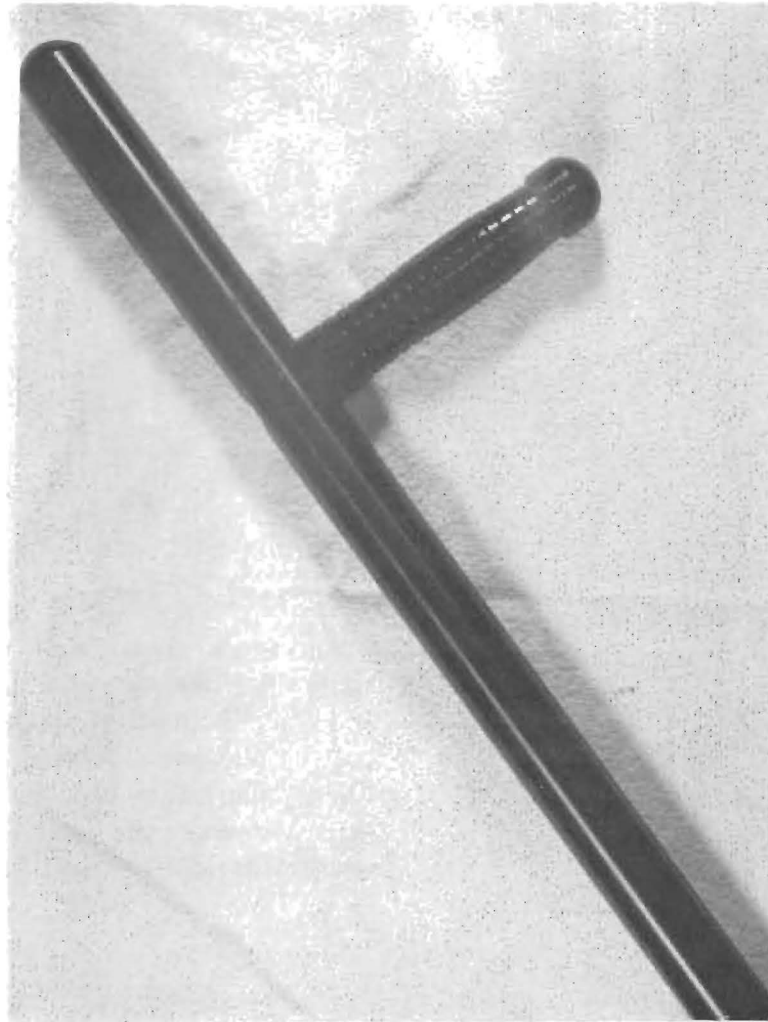
Hammerlock

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# TONFA



Butt end

Yawara handle

Barrel

Tip end (or point)

## STRAIGHT BATON



Butt end

Grommet

Barrel

Tip end (or point)

## TONFA

### Grip

Grasp the yawara handle in your strong hand so that the barrel rests along the bottom of your forearm. Your grip should be tight enough to hold the baton securely, yet relaxed so that your energy is not wasted.

### Natural Stance

Use this stance in most circumstances. To review: the weak leg and arm are always forward so that your groin and centre line are 45 degrees to the other person. The tonfa rests in your strong hand, hidden behind your strong leg.





### Defensive Stance

Use this stance when you have to defend yourself. It is almost the same defensive stance as is used in unarmed situations. However, in this stance the tonfa is held in your strong hand in the on-guard position. The baton is nearly parallel to the ground, ready to block or strike. Put your weak leg forward and your strong leg to the rear. Distribute your weight evenly; lower your centre of gravity by slightly bending your knees. This enables you to move more effectively, to defend or to go on the offence.

### Foot Movement

Your foot movement is the same as when you are unarmed. The leg that moves first is determined by the direction you move. To move forward, move your front leg first; to move to the left, move your left leg; and so on.

## BLOCKS



### High Block

Lift the tonfa in front of your head. Stop immediately above the head so that the baton is at a 45-degree angle. In this position, the tonfa will deflect the fist or object being swung. Always return to the on-guard position after blocking.



## Low Block

---

This block is used to defend your lower body. The tonfa is swept 90 degrees so that the butt points to the ground. Combine this movement with a pivot to your weak side. This develops power in the block. Lower your body by bending your knees. This enables you to protect your knee and shin area.





## Outside Block

Use this block to protect your upper body. Hold the tonfa vertically, then sweep it across the front of your body from the strong side to the weak side. Stop the baton just past the middle of your upper body. Return to the on-guard position.



## Inside Block

This block is used to protect your upper body. Hold the baton in the perpendicular position, then sweep it from the centre line of your body to your strong side, stopping just past the upper torso. Return to the on-guard position.

## STRIKES



### The Jab

The mechanics of this strike are exactly the same as the jab with a fist. The striking surface is the butt. Throw a jab with your fist but with the yawara handle of the tonfa in your hand.

## The Chop



There are two chopping strikes: the vertical chop and horizontal chop. These strikes are used when the attacker is inside the critical striking distance. Both strikes are delivered with the same body moves and the same portion of the baton.

The body pivots in the same direction as the chop for both the vertical and horizontal strikes. The butt and grip of the baton are used to deliver the chop. Sweep the baton in a vertical or horizontal motion.

## The Slash

---

This strike may be delivered from your strong or weak side. The body action is the same as when delivering a punch.

**1.** Release the grip of your last three fingers, keeping some tension around the yawara handle with your index

finger and thumb. Swing the tonfa from right to left and/or from left to right.

**2.** Pivot your hips in the same direction as the strike. The barrel of the baton is the striking surface.

**3.** Return to the on-guard position after striking.



# DEFLECTING SWUNG OBJECTS

## Introduction

To defend yourself from a swung object, your grip on the tonfa is different from one-handed blocks or strikes. With your strong hand, grasp the butt area so the yawara handle faces away from you.

Place the centre of the palm of your weak hand approximately one-third of the distance from the tip of the baton. This prevents injury to your fingers.

## Strike from Overhead

1. If the attacker strikes in a downward thrusting motion, step forward and to your left side so that you are not in the same line as the strike.
2. Sweep the baton above your head to a 45-degree angle directly in front of your body.

*(continued on page 52)*





3. As the object contacts the baton, sweep it away from your body in a downward direction.

4. After redirecting the object to the ground, strike the attacker's forearms or hands to cause him to release the weapon.



### Strike from Left Side



1. If the object is swung from left to right, step forward with your weak leg and pivot your body 90 degrees toward the object.
2. Assume a wide base-stance, feet shoulder-width apart, in a crouch position.
3. Hold your baton in a perpendicular position, weak hand up, in order to stop the blow.

4. After contact, sweep the object away with your baton in a downward motion.
5. Once the object has been directed safely away, strike the attacker's forearms or hands with the baton.

### Strike from Right Side



1. If the object is swung from right to left, step forward with your strong leg so that your body pivots 90 degrees.
2. Assume a wide base-stance.
3. Hold the baton in a perpendicular position to stop the blow.

4. After contact, sweep the object away in a downward direction.
5. Once the object has been safely directed away, strike the attacker's forearms or hands with the baton.

## STRAIGHT BATON



### Grip

Grasp the baton approximately one-third of the distance from the butt to the point (against the grommet) with your weak hand. Adjust your grip so that it feels comfortable, allowing the baton to become an extension of your arm. You must remain relaxed. The butt or the point can be forward, depending on the move.

## BLOCKS

### Introduction

Start all blocks from the defensive stance. Blocking is done with the butt end of the baton forward.

## High Block

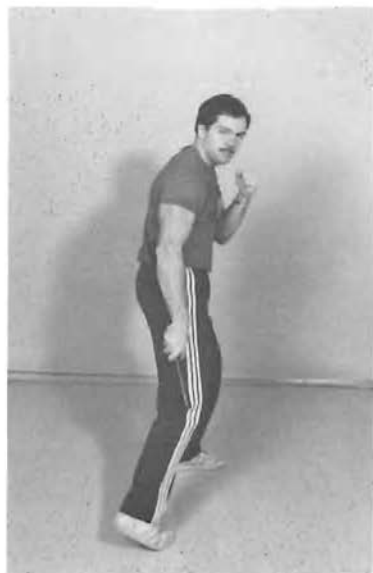
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1. Lift the baton to a position immediately in front of your head, and at a 45-degree angle.
2. Deflect the limb or object being swung.
3. Return the baton to the on-guard position after blocking.

## Low Block

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Use this block to protect your lower abdomen, groin, and legs.

1. Sweep the baton 180 degrees from the on-guard position down to the right, so that the tip is pointing to the ground.
2. Accompany this movement with a pivot of 90 degrees on the lead toe to the right.
3. Lower your body; bend your knees as you lower the baton. This will enable you to protect your knee and shin areas.

## Inside and Outside Blocks

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These blocks are used to protect your upper body from fist attacks and kicks.

1. In the defensive stance, hold the baton in a perpendicular position.
2. For an inside block, sweep from the front and centre of your body to your strong side, stopping a few inches past your upper torso.

3. Return to the on-guard position.
4. For an outside block, sweep from the front and centre of your body to your weak side, stopping a few inches past your upper torso.
5. Return to the on-guard position.

## STRIKES



### The Jab

The jab can be used as a follow-up after a block or strike is made. Keep in mind that the delivery of the jab with a baton is exactly the same as with the fist.

1. Start from a defensive stance (butt end forward).
2. Push the butt straight out, making contact with the

attacker's stomach. At the same time as you are extending your arm and baton, pivot your weak hip to your strong side to develop more power.

3. Always return to a good defensive stance.



## The Upper-Cut

The upper-cut is used to strike the groin area, as a secondary strike, or as a follow-up strike.

1. Assume the defensive stance.
2. Sweep the long end of the baton toward the attacker's

groin in a vertical, snapping motion. Use the tip of the long end of the baton as the striking surface.

3. Return to a proper defensive stance.



## The Kendo Strike



The Kendo strike is the most common of all the strikes. You can use this strike to knock weapons from opponents' hands, or to disable attackers. The Kendo strike is delivered with the long end of the baton; the striking surface is approximately four to six inches from the tip of the long end.

1. From the on-guard position, raise the baton and pivot so that your weak hip is facing the opponent.

2. Drop your body weight on to your lead leg (in a wide base-stance).

3. Strike your attacker in a downward motion, at a vulnerable point (wrist, collar bone, knee, etc.).

4. Return to a good defensive stance.

As you practice this strike, you will develop more power by pivoting your hips.

# DEFLECTING SWUNG OBJECTS

## Introduction

You may have to defend yourself from a swung object. The objects used may be golf clubs, shovels, pipes, baseball bats, or sticks.

An attacker may strike with an object from straight over his head or from over his left or right shoulder.

All strikes with swung objects should be redirected, not met with direct force.

Try to get as close as possible to the attacker's hands. Reducing the distance lessens the force of the swung object, and limits the attacker's options.

Remember to keep a solid grip on your baton.



### Strike from Overhead

1. Start in a defensive stance (long end of baton forward), with the baton in your weak hand.
2. As the strike is coming down, take a step forward with your strong foot.
3. Raise the baton to 45 degrees to the swung object, putting your open strong hand behind the long end of the baton.



4. Using the baton and strong hand, push the swung object away.
5. After redirecting the swung object, follow up with a baton strike to the attacker's hands, causing him to drop the object.

### Strike from Right Side



In this attack, the swung object is being delivered from the attacker's right side to his left side at waist height.

1. Start in a defensive stance (long end of baton forward).
2. Step forward with your weak leg, so that you are 90 degrees to your attacker and facing the swung object.
3. Place your strong hand on the long end of the baton.

4. Keep the baton vertical and hold the swung object as close to the attacker's hands as possible. This will stop the swung object.
5. Follow up with a butt strike with the short end of the baton. This will cause the attacker to drop the swung object.
6. Return to a proper defensive stance.

### Strike from Left Side



A left-side strike is delivered from the attacker's left side to his right side at waist height.

**1.** Start in a defensive stance (long end of baton forward).

**2.** Take a step forward with your strong leg, so that you are 90 degrees to your attacker.

**3.** Place your strong hand along side the long end of the baton.

**4.** With the baton, redirect the swung object to the ground.

**5.** Follow up with a strike to the attacker's hands. This will cause him to drop the swung object.

## MOVES FOR BOTH THE TONFA & STRAIGHT BATONS



### Baton Retention

If the attacker grabs the barrel of your baton, place your free hand on the tip. Push the barrel against the attacker's gripping thumb; at the same time deliver a front thrust kick to his leg. As his grip weakens, pull back on the tip.

Continue these techniques until the baton is released, then assume a defensive position.

*(continued on page 66)*



## Defences to Body Grabs

The moves described here are for right-handed defenders.  
If the defender is left-handed, just substitute the other  
hand for all the moves.



## Wrist Throw

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- 1.** If the attacker grabs with his right hand, grasp the base of his right thumb.
- 2.** Deliver any type of strike with the baton to loosen the attacker's grip. This will weaken him so that you can perform your next move.

- 3.** Place the barrel of the baton on the inside of his right wrist. Switch your grip so that your fingers are over the barrel and your thumbs are over the attacker's index and middle knuckles.



4. Rotate the baton so that you are pushing his arm down. Apply pressure with your thumbs. At the same time, pivot your body to the left. This increases the force.

*Note:* Once the attacker falls to the ground, keep the pressure on his wrist. Keeping his palm away from you, walk around him in a clockwise direction. This will put him on his stomach and allow you to use a hammerlock or handcuffs.

## Hammerlock

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1. If the attacker grabs with his left hand, place the palm of your free hand on the top of his left hand, with your fingers around his baby finger area and into his palm.
2. Deliver a jab with the baton to loosen the attacker's grip.
3. At the same time as you strike, pivot your body to the

- right. This should free the attacker's hand and also cause him to bend forward.
4. Twisting his left arm with your free hand, place the barrel of your baton in a perpendicular position, just above his elbow, and apply pressure.
5. Once the attacker is sufficiently off balance, shift the



barrel to his shoulder, with the tip pointing away from you.

6. Fold his forearm over the yawara handle to prevent him from straightening his arm.

7. Place your left hand on his forehead and lift him to the upright position.

*Note:* Left-handed defenders should practice against right-handed grabs. For right handers, it's easier to use a hammerlock against a grab with a left hand, and a wrist throw against a grab with a right hand. Left-handed defenders would switch these.

*(continued on page 72)*



### Hammerlock

*(When opponent is seated)*

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This is an excellent means of moving a person who is refusing to co-operate. The sequence is nearly the same as when applying a regular hammerlock. However, if the unco-operative opponent is sitting, stand behind him. To get his arm in the correct position to apply the hold, take either of his wrists and turn his palm toward you. The steps are now exactly the same as with the standing hammerlock.





# HANDCUFFING

Definition and Maintenance

Handcuffing a Passive Suspect

Handcuffing a Violent Suspect

Handcuffing after Arrest at Gunpoint

Leading a Suspect — non-violent

— violent



# HANDCUFFS

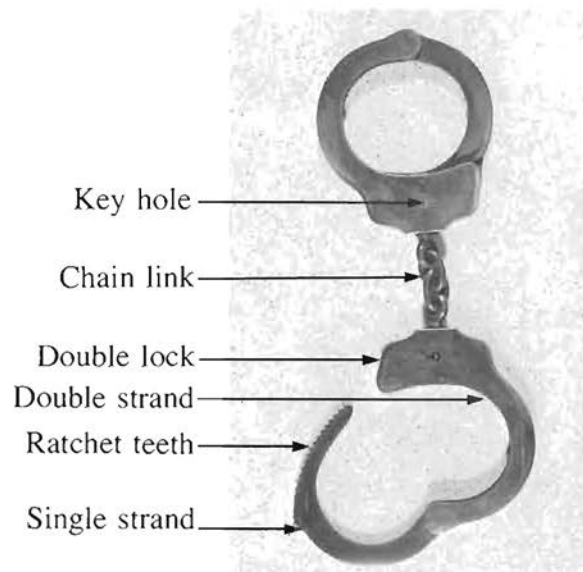
## Definition & Maintenance

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Handcuffs are used to restrain a prisoner or suspect. They are a mechanical device, so they can break down. Therefore, it is important to inspect and maintain your handcuffs regularly. Check that the strands are not bent, that the teeth are not burred, and that the swivel is not

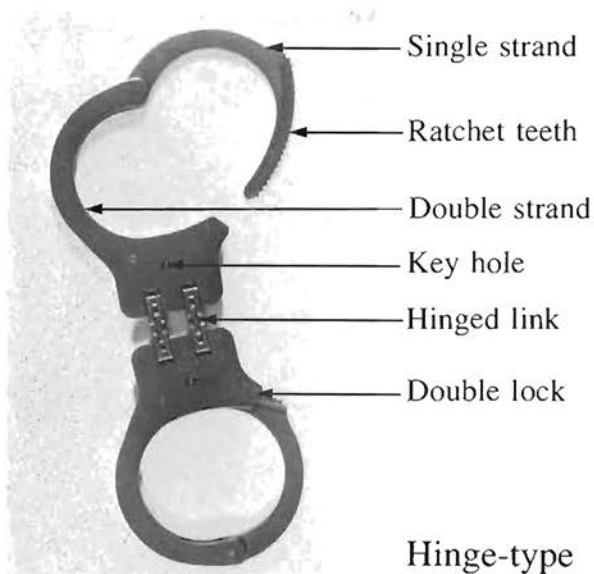
## Chain-type

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corroded. Apply a light oil to the cuffs every three to four weeks.

There are two types of handcuffs: the chain-type and the hinge-type. The chain-type have a swivel. They can be used more easily in a struggle. The hinge-type are



### Hinge-type

quicker to apply, and are usually larger. Both types have double-lock capabilities.

Handcuffs are only a relatively safe method to restrain a person. They can be opened with a safety pin or a piece of metal inserted and turned in the key hole. The chain

type can also be snapped if it's twisted in a particular way. For these reasons, be sure to use the proper method of handcuffing.

## Handcuffing A Passive Suspect

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1. If both you and the suspect are standing, stand behind the suspect in a natural or a defensive stance, depending on the degree of his resistance.
2. Place the open handcuffs in your weak hand with your thumb over the key hole, and with the single strand down.
3. Take control of one of the suspect's hands by grasping his fingers with your strong hand. Bring his hand behind his back with his palm facing outward.

4. Place the open cuff on the inside of his wrist and lock the single strand against the wrist.
5. Transfer the chain to your strong hand.
6. Grasp the suspect's other fingers with your weak hand and pull his hand back, with his palm facing outward.
7. Place the second cuff around the wrist and lock it.
8. After the cuffs are applied, double-lock them to ensure that they will not open if a mechanical defect occurs.

## Handcuffing A Violent Suspect

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This should be done with the suspect face down on the ground, in a hammerlock, so that you can restrain him completely.

1. Place the single strand of the cuff on the inside of his wrist and lock the cuff.
2. Transfer the chain to your opposite hand, keeping his arm in a hammerlock position.
3. Place your knee in the suspect's back to aid in

restraining, and cuff his wrists so that his palms are facing outward.

*Note:* Cuffing the suspect's hands behind his back with his palms outwards ensures that he will not escape or strike you. When cuffed in this position the suspect's balance is broken. This method also makes picking the lock or snapping the chain impossible.

## Handcuffing After Arrest at Gunpoint

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**1.** Order the suspect to: drop any weapon and turn so that his back is facing you; put his hands behind his head with his palms facing out; and kneel with his legs crossed.



**2.** As you approach him, holster your weapon before entering the critical striking distance. The procedure for cuffing now is exactly the same as the cuffing procedure for a passive suspect.



## LEADING A SUSPECT IN HANDCUFFS



### Non-Violent Suspect

If you move your suspect by gripping his triceps and staying slightly behind him, you reduce the possibility of escape or assault. You can easily detect movement by feel or sight.



### Violent Suspect

You should lead a suspect who is or has been violent by using a wrist control. This means you should stand behind the suspect and walk him backwards to keep him off balance. The wrist control is applied by pressing one of his cuffed wrists back toward his elbow. Keep your free hand on the suspect's shoulder for added control.

# HANDGUN RETENTION

Defence to Front Attack

Defence to Rear Attack

Defence to Rear Attack with Strangle



## Introduction

The two most important ways of preventing an attacker from removing your firearm are your balance and your use of surprise.

Balance is maintained in any defensive or offensive movement if you use the defensive stance, and surprise is used to break the attacker's balance before he gets a firm hold on you or your weapon. A quick strike to the attacker's body or a stomp on his foot will surprise him.

Because the holster is worn on the strong side of your body, you can prevent your firearm from being withdrawn by placing four fingers of your strong hand around the front edge of the holster, and your thumb over the release tab. Always use your strong hand on your holster.



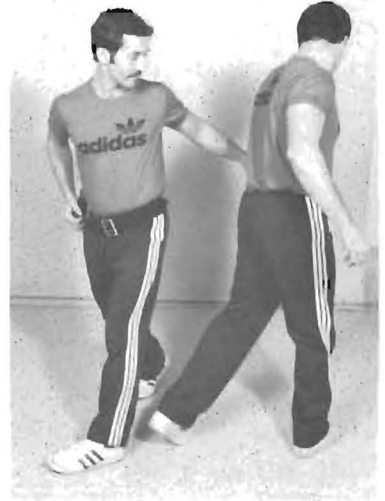


### Defence to Front Attack

If the attacker places his hand on your firearm, grasp your holster with your strong hand, no matter which hand he grabs with.

Pivot your hips from your weak side to your strong

side, delivering a forearm smash to his forearm. This should cause him to release his hand from your weapon and enable you to counter-attack.



## Defence to Rear Attack

If the attacker places his hand on your firearm from behind you, grasp your holster with your strong hand. Pivot on your strong leg 180 degrees so that you face him. At the same time strike the attacker's forearm with

your weak forearm. You can also stomp on the attacker's foot to cause more pain.

## Defence to Rear Attack, with Strangle



If the attacker grabs you from the rear and is strangling you, your reaction time must be fast. The attacker will probably have his left arm around your neck and his right hand on your weapon. Immediately defend your holster with your right hand. Place your left hand on his biceps

and pull down to alleviate the pressure. Stomp on top of his foot with your heel. Pivot 90 degrees to the right. Place your right leg behind his right leg, reap his leg out, and bend at the waist. This should cause the attacker to fall to the ground and release your firearm.

# BODY SEARCH

Introduction  
Procedure

## Introduction

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When searching a suspect it is very important to maintain your own safety. Any objects found on the suspect could be used to harm you, or you may want them as evidence. Perform the search in a organized manner. Divide the body of the suspect into quarters and search each one separately. The upper two quarters are above the waist and the lower quarters are below the waist. Use your

discretion as to the need for handcuffs. However, keep your safety in mind at all times. When searching a suspect, talk to him and let him know what you want him to do. This will make your job a lot easier. Don't pat over clothing; crimp it so as not to miss any items taped to the suspect's body.

## Procedure

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1. Approach the suspect with caution.
2. Take control of the suspect by grabbing his left elbow with your right hand.
3. Ask the suspect to turn around so that his back is facing you.
4. Place the backs of both his hands together, and grab his fingers for control.
5. While maintaining control of his fingers with your

right hand, search the back area: head, belt, and waist band with your left hand.

6. Turn the suspect 90 degrees to the left. Shift your right-hand grip to his left elbow. Begin the search of his left-front upper quarter with your left hand, staying above his waist.

*(continued on page 90)*





**7.** Turn the suspect 180 degrees to the right away from you. Maintain a grip on his right elbow with your left hand. Begin the search of the right-front upper quarter with your right hand, staying above the waist.

**8.** Once you have searched his upper torso, place the suspect against a wall, car, or other stationary object to search the lower portion of his body.

**9.** To avoid a kick to your head or upper body, have the suspect stand with his feet together and knees bent against the stationary object.

**10.** Search his lower legs, one at a time. Maintain a slight pressure on the suspect's lower back with your right shoulder to hold him against the wall. Be sure to search his boots or shoes. Keep an eye on any crowds



that may gather to watch. They may want to help the suspect escape. Shift your shoulders to search his other leg.

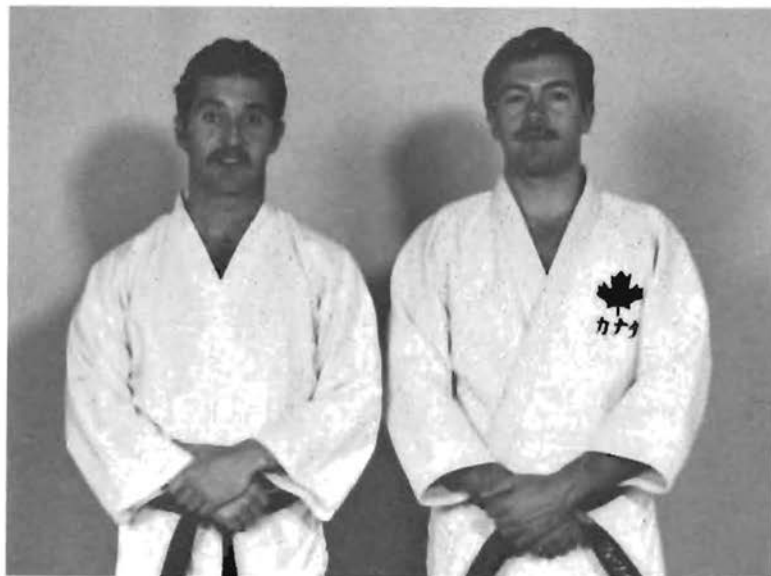
**11.** After the search has been completed, walk the suspect away in a controlled hold.



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Rob has taught physical training, defensive tactics, and weaponry at the Toronto Police College and at the Ontario Police College.

Since his early teens, Rob has been studying martial arts. He earned his black belt in karate in 1972. After joining the Metropolitan Toronto Police in 1976, he became active in amateur boxing as a participant and as a coach.

For several years, Rob was a member of the special weapons and tactical team for the Toronto Police. His skills, learned in karate, combined with his extensive athletic participation (including the World Ironman Triathlon in Hawaii in 1982 and 1983) gave him the necessary credentials to instruct police officers.

John has taught self-defence at the Ontario Police College and is a certified instructor of baton and tonfa (Monadnock). He trained with the Tokyo City Police, the U.S. Secret Service, and the London (England) Metropolitan Police.

He earned his black belt in judo at 16 years of age and has been a member of the Ontario and the Canadian National Judo Teams. He is also a member of the Justice System Training Association.

John holds General Certification from the Canadian Police College, and Advanced Police Studies Certification in co-operation with the University of Western Ontario.