

JUDO

SELF-TAUGHT IN PICTURES



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2nd Dan (Master Grade)

Instructor of Judo at the University of Vienna

FOREWORD BY

E.J. HARRISON, 3rd Dan

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With a Foreword

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FOREWORD

By E. J. HARRISON, 3rd Dan.

THE object of this book is to instruct the reader in the use of Judo in self-defence. For this reason the author, who has a very enviable knowledge of this particular section of the art, lays emphasis on bone-locks and strangle-holds, coupled with defences against them. He has deliberately avoided the use of the orthodox technical terms which might be confusing to the newcomer to Judo, and certainly this omission by no means detracts from the value of his book. Since, however, it may interest some readers to take the briefest of glances at the customary terminology, I have indicated below the general classifications covering most of the falls, locks and throws described.

Chapter 2 of this book deals with Falls. In the original Japanese, the art of falling is classified under two general heads: UKEMI (Falling-Way), and CHUGAERI (literally, A Forward Somersault). The art of choking is called SHIMEWAZA, and defences against it are called EUSEGI and KAESHIWAZA, both of which terms are generally used to connote counter-technique.

The various defences described in Chapters 6, 7, 8, 9 and 10 are included in the branch of Judo, KIME-NO-KATA. Chapters 12 and 13 also come within this classification.

The locks described in Chapters 11 and 15 come into category KANSETSUWAZA (the Art of Bending and Twisting the Joints) which in its turn—if the locks are applied against a prone opponent—forms part of the overall position, KATAMEWAZA (Groundwork). This section also includes OSAEKOMIWAZA (Hold-downs or Immobilization Methods) and SHIMEWAZA (Art of Choking).

Throws (Chapter 16) are classified under NAGEWAZA

FOREWORD

(Art of Throwing), and can be effected from both a standing position—TACHIWAZA, or a lying position—SUTEMIWAZA. Instruction in the art is divided into RANDORI (Free Exercise), KATA (Pre-arranged Forms of Defence and Attack), and SHIAI, sometimes called SHUBU (Contest). The throws described by the author demonstrate the part played respectively by arm, leg and hip in destroying an opponent's balance.

In the "Ready Position" (Chapter 17), the author gives a slight variant of the orthodox Judo technique elaborated by the late Dr. Jigoro Kano, founder of the Tokyo Kodokan. According to the latter, the basic posture is called SHIZENHONTAI (Fundamental Natural Posture). This in turn is capable of modification into a Right Natural Posture (MIGISHIZENTAI) and a Left Natural Posture (HIDARISHIZENTAI). Thus in the fundamental natural posture you stand naturally, knees unbent, with the feet about twelve inches apart. In the right natural posture you stand with your right foot and hand outstretched, and in the left natural posture with your left foot and hand outstretched. The position described by the author is the right natural posture.

The methods described in Chapters 18, 19, 20 and 21, belong to the heretofore esoteric branch of both Jujutsu and Judo known as ATEMIWAZA (Art of Attacking Vital Spots in the Human Body). The Japanese term for these is KYUSHO and every such spot bears a Japanese designation corresponding to its English anatomical equivalent. But for the purpose of this book the author's system of identification by means of capital letters on the diagram is equally effective.

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INTRODUCTION

It is obviously more difficult to teach oneself Judo than to be taught by a good teacher, but as good teachers are not to be found everywhere, I have tried to overcome the difficulty by making this book consist mainly of diagrams, keeping the text as short and simple as possible. The student will need patience, but if he devotes himself to his study he should master most of the holds given in this book in a matter of three months or so.

It is most important that the locks and holds should be learnt in the order given, since they have been carefully graded and constitute a progressive course. The later ones should not be attempted until the earlier examples have been thoroughly mastered. The best plan is to learn one or two each day, and practise each of them at least fifty times. The student's aim should be to be able to put what he has learnt into practice, and this he can only do effectively when his reactions are automatic.

If possible, he should practise with someone of his own height and strength, and one of the most important points in practising is to use as little force as possible. The student who finds he is having to exert his full strength to carry out an exercise may be sure that he is not doing it correctly. There is no place for brute force in Judo.

In the first few weeks his partner should take care not to exercise too much strength in attack, otherwise the student's counters may be too strong for him. Both should remember that Judo needs to be practised with care and common-sense and an agreed code of signals should be reached which will ensure immediate release from any of the locks and holds.

For every form of attack I have described various

INTRODUCTION

defences which should be learnt in turn. If one grip is not practical, another will meet the case.

When you have mastered the elements of Judo you will realize what a powerful weapon it can be. For this reason it should only be used in self-defence, and only then with moderation and reserve.

A BRIEF HISTORY OF JUDO

THE art of defending oneself by skill and speed of movement against the superior strength of an antagonist has probably existed as long as the human race. For combat began with the advent of man, and where there is attack there is defence. The earliest pictorial illustrations of this kind of self-defence are the murals of the old Egyptian royal graves. Judo, as we know it, had its origins in China and Japan. One of the very oldest of Japanese writings, the "*Takanogawi*," deals with hand-to-hand fighting and relates that the gods Kashima and Kadori maintained their rule over their subjects by their skill in this form of combat.

Modern Judo probably dates from the seventeenth century, and there are various schools of thought about its historical development. According to one version, about the year 1650 a Chinese named Chin-Gen-pin or Chuen-Yuan-pin developed a few grips, called "tes", all of which were intended to kill or at least seriously injure the antagonist. It is said that Chin-Gen-pin then went to Tokyo (then called Yedo), where he sold his secret to three Samurai soldiers—members of the Daimyo caste—and that the art was developed by this caste.

Another school of thought maintains that a Japanese doctor from Nagasaki, named Akiyama Shirobei Yoshitoki, while living in China, studied hand-to-hand combat without weapons under a Chinese teacher named Haku-tei or Pao-chuan. Returning to Japan, the doctor came to realize that one of the "tes" he had learnt required considerable strength for effective execution. Watching the behaviour of a willow tree and a cherry tree during a storm one day, he observed that the strong branches of

the cherry tree stood up to the wind and were broken, while the weaker but more supple willow yielded to the wind and was undamaged. This is said to have inspired the doctor to evolve a system of combat whereby the weaker of the antagonists could win by yielding in the manner of the willow. He is said to have increased the number of "tes" to over a hundred, and then to have founded an academy called "Yoshin-ryu", or "Willow-heart School".

Soon many other schools of Judo sprang up all over Japan. Their systems were all named differently, but one of the best-known was named Jujutsu, which means literally "the gentle art".

Among the famous Japanese schools to-day are the Tenshin Shinyo-ryu, Ryoshinto-ryu, Takenouchi-ryu, Kiraku-ryu, Sinnoshindo-ryu, and Arata-ryu. The founder of the Tenshin Shinyo-ryu was Okayama Hochiroji, or Sekizai Minamoto, who studied Jujutsu for seven years under Hitosujanagi Oride, a disciple of Lord Hitotsuyanagi. It is said that Okayama Hochiroji, who was a wandering teacher, once engaged in battle with a hundred labourers, but with the help of a single assistant quite easily put them to flight. It was he who evolved the art of "Atemi", or killing one's opponent by dangerous blows and jabs on vital organs. He increased his repertoire of "tes" to one hundred and twenty-four.

After the death of the great masters the various systems were almost forgotten for a time, and this tendency increased with the "westernization" of Japan, when young people followed the fashion of giving up traditional native customs and imitating European customs instead.

Paradoxically it was a European who inspired the modern revival of Jujutsu in Japan. He was a German physician, Dr. Baelz, of Tokyo University, who took a course in "the gentle art" from the septuagenarian teacher Totsuka, and because he was so greatly esteemed as a university professor his students followed his example and took up the art of their ancestors. Once the renaiss-

sance had begun, it spread quickly, and eventually there were few Japanese who had not taken a course.

One of Dr. Baelz's pupils, Dr. Jigoro Kano, made a study of the various systems of self-defence, and came to the conclusion that all suffered from a lack of spiritual purpose—the various locks and holds were learnt and used mechanically as physical actions. Jigoro Kano, who became Rector of Tokyo University, therefore united the various systems into a single system, which he called "Judo"—the first syllable of the word being the same as "Ju" in Jujutsu, meaning "gentle"; but whereas "Jutsu" means "art", the syllable "do" in "Judo" means "way" in the Eastern religious sense.

In 1882 Jigoro Kano retired from his position as Rector of Tokyo University and founded the Kodokan Institute, the largest school in the country. The second syllable of "Kodokan" is the same "way", and the whole word means "school for the study of the way." By the word "way" Jigoro Kano meant life, and it was his aim that his students should not merely learn to "win by yielding" on the mat, but that in their whole lives they should raise themselves above mediocrity by a high standard of behaviour and of thought.

Interest in Judo was stimulated by the creation of grades, which were divided into those of pupils ("Kyu") and those of masters ("Dan"). The grade of an exponent of Judo can be recognized from the colour of his belt ("Obi"). The grades and colours are as follows:

Pupil ("Kyu") Classes

- Class 6—white
- „ 5—yellow
- „ 4—orange
- „ 3—green
- „ 2—blue
- „ 1—brown

Master ("Dan") Grades

- Grades 1-5—black
- „ 6-9—red and white
- Grade 10—pink

The beginning of the twentieth century marked the entry of Judo into all the civilized countries of the world. At an advanced age Jigoro Kano himself visited Europe

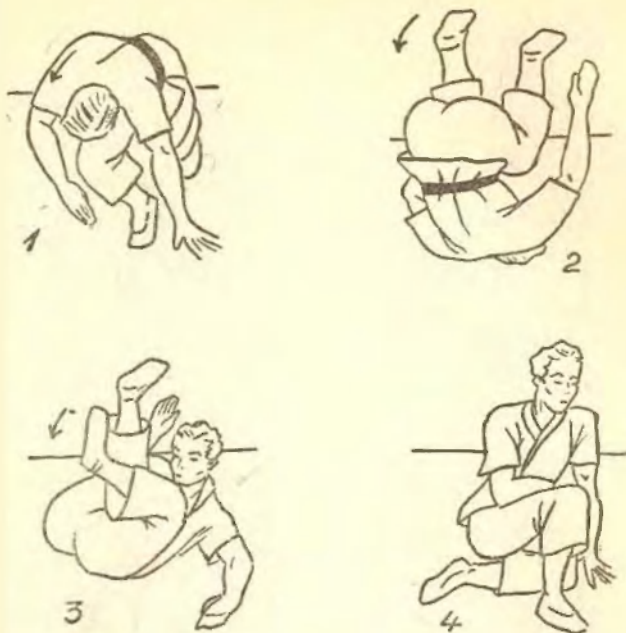
and America in the years before the Second World War.

To conclude this brief historical sketch of the development of Ju-Jutsu, I quote the words of a famous Japanese writer of the middle of the nineteenth century :

“ To master any of the arts of combat, it is necessary to learn from an experienced teacher. The pupil must be neither vain nor boastful. He must practise assiduously, always observing the advice of his mentor. Three evils that must be avoided are excessive love of alcohol and money and immorality. To the pupil I say this :

“ Keep your eyes on your opponent’s weapons if he has any, and on his arms and eyes—but do not trust his eyes. If he does not move, do not attack him; you must always wait for him to attack you. When you throw him to the ground, throw him like a stone, and do not throw yourself down as well. If you attack with the left hand, keep an eye on your right hand; if you grip with your right hand, guard your left side.

“ Do not be afraid when you are attacked by a man stronger than yourself; but do not despise a weaker man. When you are the weaker, do not try to match force with force. Use your knowledge, and attack unexpectedly in an unprotected place, drawing your opponent with a feint. In this way the weaker but more skilful man will beat a stronger opponent.”

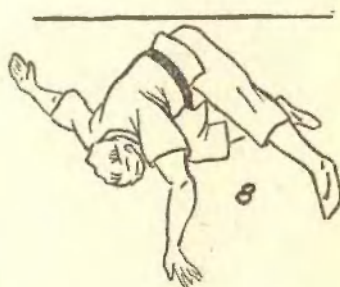


FALLS

Forward Roll. How to Fall when Charged from Behind

Figs. 1, 2 and 3.—Take half a pace forward with your right foot, holding your right arm in a semicircle in front of your body and placing the outside edge of your right hand on the ground. Then throw your left foot backward, and roll over on your right shoulder, diagonally from back to front.

Fig. 4.—Shows the final position after the roll, from which, when the necessary swinging movement is made, you can quickly regain your feet.



Backward Roll. How to Fall when Charged from the Front

Fig. 5.—Take half a pace back with left foot.

Fig. 6.—Drop as close to your heels as possible, and roll over backward with a completely rounded back. Reduce the shock of the fall by stretching both arms on the ground.

Figs. 7 and 8.—Turn your head on to your left shoulder, and continue the roll backward on your right shoulder until your feet again touch the ground. From this position you can quickly spring upright again.



Sideways Fall. Master this Fall perfectly before Starting to Learn the Throws

Fig. 9.—Swing your right arm and right leg to the left.

Fig. 10.—Do the same with your left leg, so that you fall on your side as shown in Fig. 11.

Fig. 12.—Shows the final position after the fall. The main weight of the body is taken by the right arm, which is held at an angle of about 30 degrees from the body, and on the sole of the left foot.



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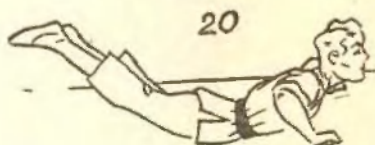
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Backward Fall. For Use when your Feet are pulled Forwards from under you

Fig. 13.—Swing your arms and feet upward in the direction of the arrows; in other words, spring from the ground.

Fig. 14.—While you are still in the air, drop both arms, fully outstretched, so that they strike the ground first (*Fig. 15*). Thus the fall is broken, and the back does not receive the main shock.

Fig. 16.—As your feet come to the ground arch your back so that your feet take the impact.



Forward Fall. For Use when your Feet are pulled from under you from Behind

Fig. 17.—Throw your feet back and up.

Fig. 18.—While you are in the air, stretch both arms forward.

Fig. 19.—Forearms, meeting the ground first, absorb the shock for the rest of the body.

Fig. 20.—Hollow your back so that the body comes to the ground with a “rocking-chair” movement.



BREAKING A WRIST-HOLD

These hand-grips may appear unimportant, but must be learnt in order to understand the system of levers.

Wrist-Hold

Fig. 21.—Attacker has gripped your wrists with both hands.

Figs. 22 and 23.—Turn your clenched fists outward so that the backs of your hands are underneath.

Fig. 24.—Take half a step forward with your right foot, and bend your knee until your forearms are almost directly beneath Attacker's hands. Straightening your knee and body, and by forcing both fists upward in the direction of the arrow, you can easily free yourself.



Wrist-Hold. Attacker has again gripped your Wrists with both hands, but this time with his Thumbs on the Outside

Fig. 25.—Push with both arms to force him to resist. The more he resists, the easier it is for you to break away from his grip.

Figs. 26 and 27.—By suddenly yielding with your arms and bending your knees slightly, and then swinging your outstretched arms shoulder-high you can break away.

Fig. 28.—If Attacker has long fingers he may still be able to hold in this position. In this case you can free yourself by taking a step backwards, and at the same time turn your arms in the direction of the arrows.



Wrist-Hold

Fig. 29.—Attacker has gripped your left wrist with both hands.

Fig. 30.—Putting your right hand between his arms, take hold of your own left fist.

Fig. 31.—Take half a step forward with your left foot, and bend your knee sufficiently to bring your left forearm directly under Attacker's hands. Now, by pushing up with your fist and at the same time straightening your knee, force him to break his hold.

Fig. 32.—Without pausing, strike him on the throat with the little finger edge of your left hand.



Wrist-Hold

Fig. 33.—Attacker is holding your right wrist with both hands, his arms outstretched. In this case you cannot put your other hand between his arms as in Fig. 30.

Fig. 34.—Put your left arm over Attacker's arms, and take hold of your right fist.

Fig. 35.—Bend your right arm sharply back, and thrust your fists to the left, making a large arc of a circle. Attacker's arms will be twisted into such a position that he is forced to release his grip.

Fig. 36.—Take advantage of his awkward position to give him a swift blow on the throat with the outside edge of your right hand.



Hold on the Forearm

Fig. 37.—Attacker has gripped your right forearm with both hands.

Fig. 38.—From beneath, put your open left hand against his left elbow, and press it in the direction of arrow. Take a quarter-turn to the right with your body, so that now you can more easily take hold of his left wrist with your right hand.

Fig. 39.—Place your left foot just in front of Attacker's right foot, to prevent him from stepping forward. Press his right elbow downward with your left hand, and with your right hand press his right wrist away from your body in direction of arrow. In this position you could easily break his arm.

Fig. 40.—Shows the final position.

BREAKING CHOKELOCKS AND STRANGLEHOLDS

THIS chapter shows a number of methods of breaking choke-locks and strangle-holds.* Learn each of these methods, because only from practice can you decide which one suits you best. In each case the important point to remember is that immediately an Attacker's hands touch your throat, you must force your chin down on to your chest, raise your shoulders and tense your neck muscles. By so doing the pressure of the Attacker's grip is less effective and you are able to withstand it until you are ready to reply to it.

* In practice the words "choke-lock" and "stranglehold" are indiscriminately employed in relation to attacks on an opponent's throat and neck, although perhaps, strictly speaking, a choke-lock constricts the victim's windpipe, whereas a stranglehold constricts his jugular vein and carotid artery. In the exercises which follow the word "stranglehold" has been used throughout.



Breaking a Stranglehold from the Front

Fig. 41.—Attacker tries to strangle you with both hands.

Fig. 42.—Swing your fully-extended right arm in a semi-circle in front of your face, as shown by arrow, and at the same time make a quarter-turn to the left with the upper part of your body. These movements will cause Attacker's hands to slip from your throat.

Fig. 43.—As a result of the sudden breaking of his hold, Attacker is off-balance.

Fig. 44.—Taking advantage of his momentary weakness, bring your right arm up to deliver a blow to his throat with the little finger edge of your hand.



Breaking a Stranglehold from the Front

Fig. 45.—Attacker is trying to strangle you with both hands.

Fig. 46.—With your right hand take hold of Attacker's right wrist.

Fig. 47.—Make a quarter-turn to the right with your whole body, swing your left arm over Attacker's right arm and take a long step forward with your left foot in the direction shown by the arrow.

Fig. 48.—With your left armpit pressing his right arm downward, and your left hand, which is now gripping his right forearm, pressing upward (see the arrows), you can threaten to break Attacker's arm. (Note the position of the feet.) At the same time you can threaten to break Attacker's right wrist with your right hand.



Breaking a Stranglehold from the Front

Fig. 49.—Attacker is trying to strangle you with both hands.

Fig. 50.—Raise your right arm and grip it at the wrist a few inches above your head.

Fig. 51.—Bend forward suddenly, drawing in your chest so that your forearms force Attacker's hands away. As he loses his hold, he will lose his balance and fall forward. The moment his hands release their grip, draw your right elbow back in the direction of the arrow.

Fig. 52.—Raise your arm forward again to hit Attacker on the bridge of the nose with the knuckles of your right fist.

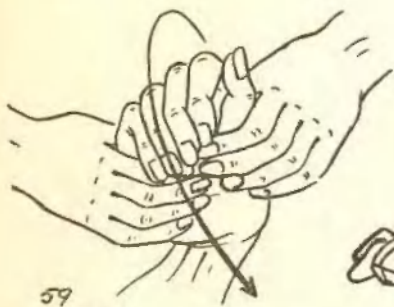


Breaking a Stranglehold from the Front

Fig. 53.—Attacker is trying to strangle you with his arms extended.

Figs. 54 and 55.—Push both your thumbs under Attacker's hands, and grip his little fingers. Without special effort force Attacker to his knees by pressing his little fingers in the direction shown by the arrows in Fig. 55.

Fig. 56.—To prevent his fingers from being broken, Attacker instinctively yields and in going down is an open target for a blow in the face from your knee.



Breaking a Stranglehold from the Front

Fig. 57.—Attacker tries to strangle you with his right hand. Take hold of his right hand with your left so that your four fingers lie in the palm of his hand and your thumb lies on the back of his hand.

Figs. 58 and 59.—Make a quarter-turn to the left with your body, so that you can use your right hand as well to grip Attacker's right hand. Now bend his right hand against his forearm, and by stepping backward with your left foot and at the same time pulling downward (as shown in *Fig. 58*), force Attacker to the ground.

Fig. 60.—Place your left knee on Attacker's neck, and you can threaten to break his arm with your right hand over your knee.



Breaking a Stranglehold from the Front

Fig. 61.—Attacker is trying to strangle you with both hands.

Fig. 62.—With both forearms push strongly upward between Attacker's arms.

Figs. 63 and 64.—As a result his arms are forced apart, and he is at once open to a blow on the neck from the little finger sides of both your hands. (Warning: this blow can be fatal.)



Breaking a Stranglehold from the Front

Fig. 65.—Attacker, with arms outstretched, is trying to strangle you with both hands.

Fig. 66.—Interlock your hands with the back of your left hand facing upward.

Figs. 67 and 68.—Thrust against Attacker's left elbow with both your hands firmly interlocked. Attacker must release his grip or his elbow will be dislocated.



Breaking a Stranglehold from the Front

Fig. 69.—Attacker, with arms slightly bent, is trying to strangle you with both hands.

Fig. 70.—With your clenched right fist thrust downwards from above between Attacker's arms, and at the same time make a quarter-turn to the left with your body. This will force Attacker to release his hold and stumble forward.

Figs. 71 and 72.—Strike him with your right elbow in the solar plexus. (Care should be taken when practising this.)



Breaking a Stranglehold from the Front

Fig. 73.—Attacker, coming towards you, tries to strangle you with both hands.

Fig. 74.—Lift both arms and stretch your hands, fingers close together.

Fig. 75.—Give Attacker a short, sharp blow in the kidneys with the sides of both hands. (Warning: this blow can be fatal.)

Fig. 76.—Bring your right knee up into his pelvis.



Breaking a Stranglehold from the Front

Fig. 77.—Attacker, with arms bent, tries to strangle you with both hands.

Fig. 78.—Put both hands between Attacker's arms and interlock your hands behind his head.

Fig. 79.—With a sudden movement pull his head downward, and at the same time bring your right knee up into his face.

Fig. 80.—By straightening your knee you can also bring your right foot up into his pelvis.



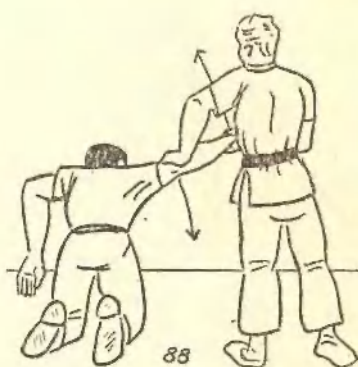
Breaking a Stranglehold from the Front

Fig. 81.—Attacker, with arms bent, tries to strangle you with both hands.

Fig. 82.—Take hold of Attacker's right hand with your left hand (thumb on the back of his hand and four fingers in his palm).

Fig. 83.—Make a quarter body-turn to the left, and with your left hand turn Attacker's right hand away from you. Now swing your right hand upward in the direction of the arrow, and place it on the back of Attacker's hand.

Fig. 84.—By forcing his hand against you (see arrow) you can threaten to break his wrist.



Breaking a Stranglehold from the Front

Fig. 85.—Attacker is trying to strangle you with his right hand, his right arm being fully outstretched.

Fig. 86.—With your right hand take hold of Attacker's right wrist and press it hard against your throat.

Figs. 87 and 88.—Place your left hand, from the outside, on Attacker's right elbow. Now make a quarter-body-turn to the right, taking a step forward with your left foot and pressing Attacker's elbow downward from the outside, with your left hand. He will have to loosen his grip and be forced to his knees. (Note the directions of the arrows in Fig. 88.)



Breaking a Stranglehold from the Front

Fig. 89.—Attacker, pressing strongly against you, is trying to strangle you with both hands.

Fig. 90.—Sit down suddenly as close as possible in front of Attacker, and at the same time press your right foot against his stomach.

Fig. 91.—With both hands grasp Attacker's clothing at the shoulders, and pull in the direction shown by the arrow, pushing vigorously upward with your right foot. Attacker will thus be somersaulted over you and thrown to the ground.

Fig. 92.—You yourself quickly regain your feet. (Warning: practise this only on a soft mat.)



Breaking a Stranglehold from the Side

Fig. 93.—Attacker tries to strangle you with both hands from your left hand side.

Figs. 94 and 95.—Thrust your left arm upward between Attacker's arms, and hook it round his right arm so that your left forearm comes exactly under his right elbow.

Fig. 96.—Now grip your left hand with your right, and raise your left elbow in the direction of the arrow, at the same time straightening the upper half of your body. By this means you can threaten to break Attacker's arm. (This grip is a little complicated and must be practised often in order to perform it proficiently.)



Breaking a Stranglehold from the Side

Fig. 97.—Attacker tries to strangle you with both hands from your right-hand side.

Fig. 98.—Grip Attacker's right wrist with your left hand, and thrust your right arm upward between Attacker's arms.

Fig. 99.—Step with your right foot behind his right foot, place your right armpit over his right shoulder, and take hold of his right forearm with your right hand.

Fig. 100.—Now pull with both hands in the direction of the arrow, lifting Attacker on your hips. With a scything motion of the upper half of your body throw Attacker in a large arc on to his back. (Warning: practise this only on a soft mat.)



Breaking a Stranglehold from the Side

Fig. 101.—Attacker attempts to strangle with both hands from the side.

Fig. 102.—Grip Attacker's right wrist with your left hand, and press your right forearm into the crook of his right arm.

Figs. 103 and 104.—Press your right shin against his thigh, making a quarter-turn to the left on your left foot. Now lift Attacker from the ground with your right forearm and right leg. Bend forward and drop your right shoulder, and Attacker will be thrown to the ground on his back.



Breaking a Stranglehold from the Front

Fig. 105.—Attacker tries to strangle you with both hands from the front.

Fig. 106.—With both hands take hold of Attacker's clothing at the shoulders. Now, with knees completely bent, spring with both feet on the Attacker's thighs. Fall backwards to the ground on your buttocks, close to Attacker's feet, and roll over on your completely rounded back as far as your shoulders.

Figs. 107 and 108.—Now pull with both hands in the direction of the arrow, and stretch your legs quickly upward. Attacker will be drawn over you and thrown to the ground on his back. (Warning: practise only on a soft mat.)



Breaking a Stranglehold from Behind

Fig. 109.—Attacker is trying to strangle you from behind with both hands.

Figs. 110 and 111.—Place your right hand on Attacker's right thumb in such a way that the side of your hand is just below the joint of his thumb. Now press his thumb hard against the back of your neck, and bend your head slightly backward.

Fig. 112.—By turning your body to the left, and at the same time forcing Attacker away from you with your left elbow, you can threaten to break his thumb.



Breaking a Stranglehold from Behind

Fig. 113.—Attacker is trying to strangle you from behind with both hands.

Figs. 114 and 115.—Raise your shoulders, thus making two small cavities above your collar-bones sufficient to allow you to push your thumbs under Attacker's little fingers. Grip his fingers firmly.

Fig. 116.—Press Attacker's hands upward, and make a turn of 180 degrees with your whole body. In this position Attacker is completely helpless, and you can threaten to break both his little fingers.



Breaking a Stranglehold from Behind

Fig. 117.—Attacker is trying to strangle you from behind with both hands.

Fig. 118.—With both hands take hold of Attacker's wrists.

Figs. 119 and 120.—By leaning quickly forward, you are in position to kick Attacker in the groin with your heel.



Breaking a Stranglehold from Behind

Fig. 121.—Attacker is trying to strangle you from behind with both hands.

Fig. 122.—With your right arm bent, swing upward in the direction of the arrow.

Fig. 123.—Move your body to the left enough to be able to deliver a backward blow with your right elbow.

Fig. 124.—Into the pit of Attacker's stomach.



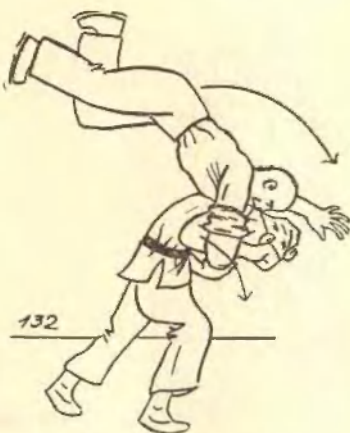
Breaking a Stranglehold from Behind

Fig. 125.—Attacker tries to strangle you from behind with both hands, pushing vigorously against you while doing so.

Fig. 126.—With your right hand grip Attacker's right hand in such a way that your four fingers come to rest over his thumb. Turn his thumb to the right, away from your throat, and he will lose his hold.

Fig. 127.—His right arm slips over your right shoulder. At the same time twist this arm so that his right elbow comes to rest on your right shoulder.

Fig. 128.—By adding your left hand to your grip of Attacker's right forearm and bearing downward, you can threaten to break his arm.



Breaking a Stranglehold from Behind

Fig. 129.—Attacker, coming towards you from behind, is trying to strangle you with both hands.

Fig. 130.—With the upper part of your body make an eighth turn to the right, and with your left hand grip Attacker's right wrist.

Fig. 131.—Swing your right arm upward between Attacker's arm and press your right forearm into the crook of his right elbow.

Fig. 132.—Lift Attacker on to your back and, by bending quickly forward, throw him over your head.



133



134



135



136

Breaking a Stranglehold whilst on the Ground

Fig. 133.—Attacker is kneeling between your legs and trying to strangle you with both hands.

Fig. 134.—Grip Attacker's wrists with both hands.

Fig. 135.—Draw up your knees far enough for you to be able to put your feet in Attacker's groin.

Fig. 136.—Thrusting with both feet, force Attacker away from you. (Note: This defence may not be practicable for a person with very long legs.)



Breaking a Stranglehold whilst on the Ground

Fig. 137.—Attacker is kneeling between your legs and, with arms bent, is trying to strangle you with both hands.

Figs. 138 and 139.—Pull Attacker down towards you with both hands and cross your legs over his body.

Fig. 140.—By stretching both legs upward, with your feet firmly locked, force Attacker to yield. Note your legs must grip Attacker round the kidneys; this hold is useless if your legs encircle his chest or hips. (Warning: this "scissors" hold is very dangerous, and should be practised and used with great care.)



Breaking a Stranglehold whilst on the Ground

Fig. 141.—Attacker is kneeling between your legs and trying to strangle you with both hands, both his arms being fully outstretched.

Fig. 142.—Grip Attacker's left wrist with both hands, and press it vigorously against your chest.

Fig. 143.—Swing your right leg in front of Attacker's head, and at the same time turn your body to the left.

Fig. 144.—With your right thigh press down on Attacker's left upper arm, and with both hands raise his left wrist. This movement carried too far could break Attacker's arm at the elbow.

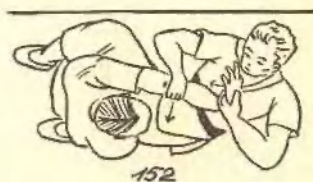


Breaking a Stranglehold whilst on the Ground

Fig. 145.—Attacker is kneeling between your legs and trying to strangle you with both hands, both his arms being fully outstretched.

Figs. 146 and 147.—Grip Attacker's wrists with both hands, and swing both your legs high enough to bring his head between your legs below the knees.

Fig. 148.—By pressing your knees hard together and pulling Attacker's forearms apart in the direction of the arrows, you can threaten to break both his arms.



Breaking a Stranglehold whilst on the Ground

Fig. 149.—Attacker is kneeling between your legs and trying to strangle you with both hands, his arms being bent.

Figs. 150 and 151.—With your left hand take hold of Attacker's left wrist, and with your right hand push from below against his left elbow. Now press his left wrist hard on to your chest, and with your right hand force his left elbow in the direction of the arrow, at the same time rolling over on to your left side.

Fig. 152.—In this position you can threaten to break Attacker's arm by forcing his elbow downward with your right hand. You can also threaten to break his left hand by bending it with your left thumb in the direction of the arrow.



Breaking a Stranglehold whilst on the Ground

Fig. 153.—Attacker is kneeling between your legs and trying to strangle you with both hands, both his arms being bent. Grip his right hand with your left hand (your thumb on the back of his hand).

Fig. 154.—Turn his right hand away from your throat. Using your right hand to assist your left, roll over on to your left side.

Fig. 155.—In this position Attacker is beaten, for by bending his arm so that a right angle is formed at the elbow and pressing his elbow against your left thigh, you can threaten to break his hand.

Fig. 156.—Shows an alternative defence: when you roll over to the left, take a sufficient swing to bring Attacker completely under you. If you now hold his elbow on the ground so that his forearm stands vertically upward, you can threaten to break his right hand by pressing in the direction shown by the arrow.



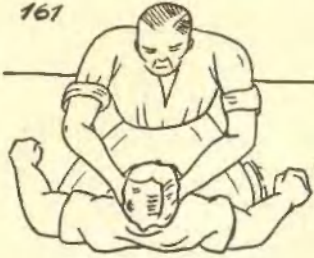
Breaking a Stranglehold whilst on the Ground

Fig. 157.—Attacker is sitting astride you and trying to strangle you. Tear his hands away from your throat as shown in the arrows.

Figs. 158 and 159.—Draw up your knees and press both hands on his abdomen. Push upward, lift your body, and roll to the left, throwing Attacker to one side.

Fig. 160.—Immediately swing astride Attacker, wind your right arm round his left arm, and grip your own left forearm with your right hand. Place your left hand on Attacker's left upper arm. Now if you bend back and thrust your right forearm away from you, you can threaten to break his arm.

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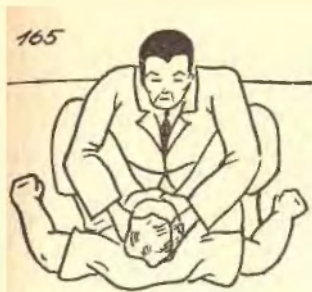
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Breaking a Stranglehold whilst on the Ground

Fig. 161.—Your attacker is sitting astride you and trying to strangle you with both hands.

Figs. 162 and 163.—Slip your right arm between Attacker's arms and wind it round his left arm in such a way that your right forearm rests exactly on his left elbow. At the same time raise your body, place your left hand under Attacker's right breast, and press to the right in the direction of the arrow so that Attacker is thrown to your side.

Fig. 164.—Lock Attacker's left hand under your right armpit, and then grip your right fist with your left hand and push both hands upward (see the arrow). In this way you can threaten to dislocate Attacker's left shoulder.

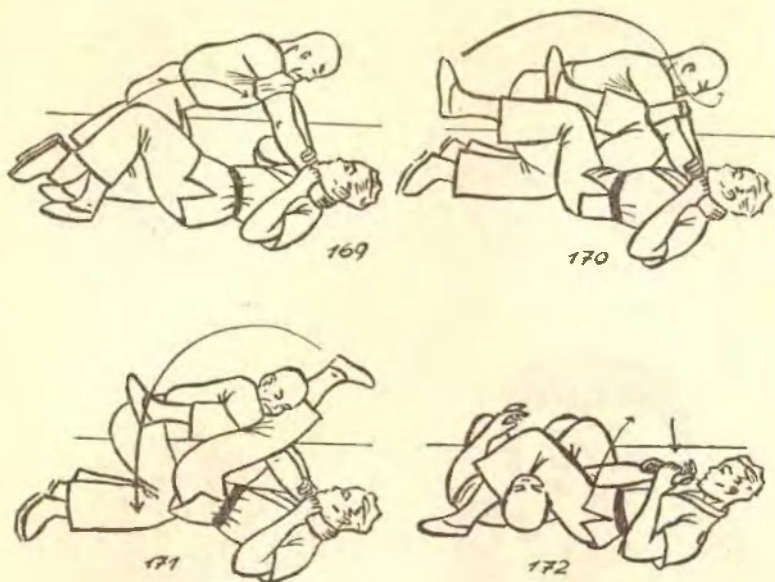


Breaking a Stranglehold whilst on the Ground

Fig. 165.—Attacker is kneeling between your legs and trying to strangle you with both hands, both his arms being bent.

Figs. 166 and 167—With arms crossed, place your hands high on Attacker's coat collar so that they are approximately under his ears. Grip firmly with your thumbs outside and fingers inside.

Fig. 168.—Draw up both your knees and place your feet against Attacker's thighs. Push Attacker away with your feet and pull him towards you with your hands; if, at the same time, you raise your forearms in the direction of the arrows you can turn the tables and threaten to strangle your assailant.



Breaking a Stranglehold whilst on the Ground

Fig. 169.—Attacker is kneeling beside you and trying to strangle you with both hands. Take hold of Attacker's right wrist with both hands, and keep pressing it hard against your chest throughout the defence.

Fig. 170.—Place your right knee under Attacker's left armpit, partly raising the lower part of your body to do so. Now swing your left leg in a large arc in front of Attacker's head.

Fig. 171.—Hook Attacker's head with your left leg, and pull it down in the direction of the arrow, throwing Attacker on to his back. (Throughout, you must continue to press Attacker's right wrist steadily against your chest or the whole defence will be useless.)

Fig. 172.—By lifting the lower part of your body and pressing Attacker's right arm to your chest, with the palm of his hand upward, you can threaten to break his arm at the elbow.



Breaking a Stranglehold whilst on the Ground

Fig. 173.—Attacker is kneeling beside you and trying to strangle you with both hands. Take hold of Attacker's right wrist with both hands as in the previous grip.

Fig. 174.—Raise your body and lock Attacker's right upper arm between your knees. Now throw Attacker to the left, by turning yourself on to your left side. You can now threaten either (*Fig. 175*) to break Attacker's arm by forcing his right forearm downward with your right hand and raising his upper arm with your left knee (his elbow must be exactly on your knee).

Fig. 176.—Alternatively you can threaten to break his hand by gripping his right wrist with your left hand and pressing his hand inward with your right hand.

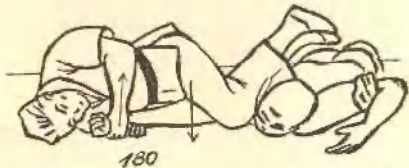
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Breaking a Stranglehold whilst on the Ground

Fig. 177.—Attacker is kneeling beside you and trying to strangle you with both hands, his arms fully outstretched and leaning so far away from you that you cannot use either of the last two methods described.

Figs. 178 and 179.—Take hold of Attacker's right wrist with both hands and press it hard against your chest. Then, raising your body, roll on your right shoulder so that Attacker's right shoulder comes between your knees.

Fig. 180.—If you were to continue to press Attacker's arm to your chest and at the same time allow yourself to fall with the whole weight of your body on to his elbow, you would break his arm. This defence should therefore be practised with caution.



Breaking a Stranglehold whilst on the Ground

Fig. 181.—Attacker is kneeling beside you and trying to strangle you with both hands.

Fig. 182.—Take hold of Attacker's wrists.

Fig. 183.—Draw your right knee up far enough to enable you to put your shin against his chest.

Fig. 184.—Suddenly raise your whole body, and push Attacker away with your right knee.



Two Methods of breaking a Stranglehold whilst on the Ground

Fig. 185.—Attacker is kneeling beside you and trying to strangle you with both hands, both his arms being slightly bent.

Fig. 186.—Slip your right hand under Attacker's left arm, and take hold of his right hand. (This is only a feint.)

Fig. 187.—The next instant strike out with the side of your hand against Attacker's carotid artery. (Warning: this blow can be fatal.)

Fig. 188.—Shows the second method of freeing yourself from this stranglehold: push your right index finger into the small cavity under Attacker's Adam's Apple. If you were in serious danger you would jab with your finger.



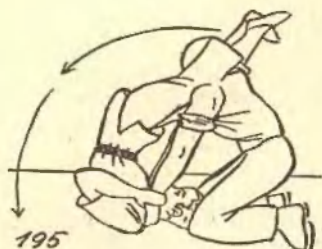
Three more Methods of breaking a Stranglehold whilst on the Ground

Fig. 189.—Attacker is kneeling beside you and trying to strangle you with both hands. Each of the other three diagrams shows how the hold can be broken. (Warning: these are only to be used when you are in serious danger.)

Fig. 190.—Jab hard in the kidneys with the side of your right hand (very dangerous).

Fig. 191.—With your right fist clenched jab Attacker in the solar plexus (very dangerous).

Fig. 192.—Push the index and second fingers of your right hand into Attacker's eyes (very dangerous).



Breaking a Stranglehold whilst on the Ground

Fig. 193.—Attacker is kneeling behind you and trying to strangle you with both hands.

Fig. 194.—Take hold of Attacker's wrists and raise your body quickly until you are "standing" on your shoulders; then clasp Attacker's head between your knees (the "scissors"), crossing your feet.

Fig. 195.—With the "scissors" firmly locked and your legs stretched, Attacker's head is imprisoned.

Fig. 196.—Using your legs, you can pull Attacker forward, bringing him to the ground on his head.



Breaking a Stranglehold whilst on the Ground

Fig. 197.—Attacker is kneeling behind you and trying to strangle you with both hands.

Figs. 198 and 199.—Take hold of Attacker's wrists with both hands, and throw your legs backward over your body so that you can place your left foot against Attacker's chest.

Fig. 200.—With a strong thrust against his chest, throw Attacker on to his back. You yourself can now get to your feet again instantly.



POLICE GRIPS

Police Grips. For Use when a Man forcibly refuses to accompany his Captor

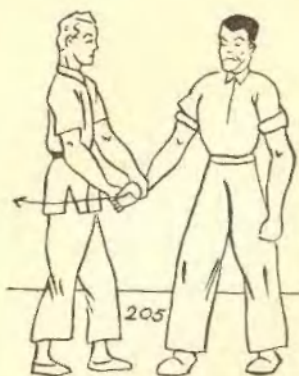
Fig. 201.—Take hold of Opponent's right wrist with both hands, and pull his arm in the direction of arrow.

Fig. 202.—At the same time make a quarter-turn to the right with your body, and push your left arm over Opponent's right shoulder.



Police Grip

Figs. 203 and 204.—Follow this by placing your left arm over and under Opponent's right arm, and anchor your hand to the right side of your chest. If your left forearm is exactly under Opponent's right elbow, by pressing down with your right hand on his wrist, you can force him to do your bidding.

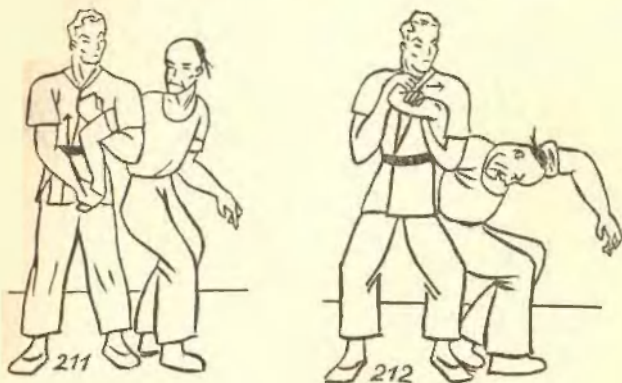


Police Grip

Figs. 205 and 206.—Take hold of Opponent's right hand with your right hand, and of his right wrist with your left hand. Now pull him towards you as in the previous example.

Fig. 207.—If, as you bring your left forearm round his right arm, Opponent bends his arm up, turn his forearm towards yourself (see arrow).

Fig. 208.—Now grasp his wrist from below with your left hand. Then, by pressing down with both hands, you can take complete command of Opponent.



Police Grip

Figs. 209 and 210.—This grip is similar to the last two. Again you have pulled Opponent towards yourself and brought your left arm round his right upper arm, and again he has bent his arm up. This time, however, you are unable to turn his forearm towards yourself.

Fig. 211.—Instead, with your right hand thrust his forearm downward and away from you far enough upward again.

Fig. 212.—Continue the circle until you can grip his right wrist with your left hand, when he is again in your power.



Police Grip. In this Case you are working with a Partner, and Opponent is resisting Arrest

Fig. 213.—You and your partner each grip one of Opponent's wrists, and you pull his arms in the directions of the arrows.

Figs. 214 and 215.—Each of you now pushes the shoulder of his free arm far enough under Opponent's armpit to enable you to link your arms in front of his chest.

Fig. 216.—When you straighten up, Opponent is lifted so that only the tips of his toes touch the ground. If he continues to resist, either of you can keep him quiet by bending his arms across your chest.



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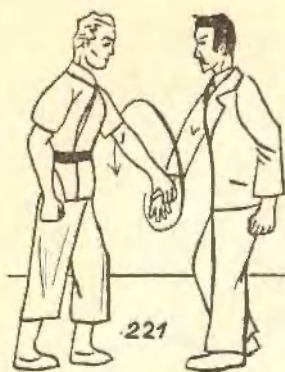
Police Grip

Fig. 217.—Take hold of Opponent's right hand with your right hand so that your thumb is on the back of his hand and your four fingers are in his palm.

Fig. 218.—Quickly turn his hand upward, as shown by arrow, so that the back of hand faces you.

Fig. 219.—Now take hold of Opponent's hand with your left hand as well, again with the thumb on the back of his hand.

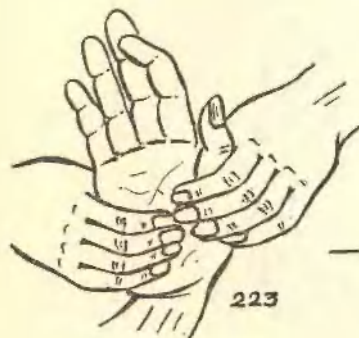
Fig. 220.—By pressing hard with both thumbs on the back of his hand, and at the same time pressing down, you force him to the ground.



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Police Grip

Figs. 221 and 222.—In this case seize Opponent's right hand with your left hand (with your thumb on the back of his hand), and turn his hand in the direction of the arrow, so that the back of his hand is facing you.

Fig. 223.—Now grip his hand with your right hand as well as the left (again with the thumb on the back of his hand).

Fig. 224.—If you now take a backwards step to the left and pull Opponent's hand in the direction of the arrow, he will be forced to the ground if he is to avoid having his wrist broken.



Police Grip

Fig. 225.—Opponent is standing quite naturally in front of you.

Fig. 226.—Seize his right wrist with your left hand and with your right hand grip him in the crook of his right arm. Bend the arm in the direction of the arrow.

Fig. 227.—Raise your left hand and bend his arm almost at right angles; then thrust your right arm through the angle made by his arm.

Fig. 228.—Press his elbow against your chest so that his forearm is at right angles to it. Slip your left hand on to the back of his right hand and press it towards yourself. If you carried this too far you could break his wrist.



Police Grip

Fig. 229.—Opponent is standing in front of you, and you want to lead him away.

Fig. 230.—With your right hand take hold of Opponent's right hand, and pull his arm suddenly in the direction of the arrow, past yourself and upward.

Fig. 231.—At the same time make a quarter-turn to the right, and step near enough to him to push your left shoulder under his right armpit. Then swing your left hand up to grip his coat at the right shoulder.

Fig. 232.—By pressing his right wrist down with your right hand, you can force him to accompany you by threatening to break his arm.



Police Grip

Fig. 233.—You are standing behind Opponent and you want to lead him away.

Figs. 234 and 235.—From behind, throw your right arm round his throat and grasp his left shoulder.

Fig. 236.—Make a half-turn with your whole body, and lift him on to your back. Your right forearm presses in the direction of the arrow. Now quickly start to run. Opponent, who can reach the ground only with the tips of his toes, is completely helpless. In an exceptional case you could put him totally out of action by running his head against a wall.



Police Grip

Fig. 237.—Opponent is lying on the ground and refuses to get up.

Fig. 238.—With your right hand grip his right wrist and twist his arm so that his elbow points to the ground.

Fig. 239.—With your left hand grasp his arm so that your four fingers come exactly under his elbow.

Fig. 240.—Lift with your left hand and press down with your right; Opponent must rise or his arm will break from the weight of his own body.



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Police Grip

Fig. 241.—Opponent is standing in front of you with body bent forward and arms hanging down.

Figs. 242 and 243.—Grip his right hand with your left hand (your thumb in his palm), and bend his forearm slightly back, so that you can hook your right arm from above round the crook of his arm.

Fig. 244.—Press his elbow against yourself so that his forearm is at right angles to your stomach. You can now threaten to break his right hand by pressing it with your left hand in the direction shown by the arrow.



DEFENCE AGAINST A KNIFE-THRUST

Defence against a Knife-thrust from above

Fig. 245.—Attacker is trying to stab you, striking downwards.

Fig. 246.—Parry the thrust with your right forearm held horizontally above your head, and take a step forward.

Fig. 247.—Slip your left forearm through the crook of Attacker's knife-arm, and grip your own right forearm with your left hand.

Fig. 248.—You can now threaten to dislocate Attacker's shoulder and to break his arm by pressing down with both hands.



Defence against a Knife-thrust from above

Fig. 249.—Attacker is trying to knife you, striking downwards.

Fig. 250.—This time parry the thrust with your left forearm, holding it horizontally above your head.

Fig. 251.—Now step with your right foot right up to Attacker, thrust your right arm under his right arm, and place your right hand on your own left wrist.

Fig. 252.—Make a one-eighth turn to the right with your body, and press Attacker's forearm downward with both hands. You can now threaten to break his arm.



Defence against a Knife-thrust from above

Fig. 253.—Attacker is striking at your head with a downward blow.

Fig. 254.—Quickly get a hold on Attacker's wrist as he raises his arm.

Figs. 255 and 256.—Bend his wrist hard back, and with your right hand push up against his right elbow.



Defence against a Knife-thrust from above

Fig. 257.—Attacker is striking at your head with a downward blow.

Fig. 258.—Parry the thrust with your left forearm.

Fig. 259.—Immediately seize Attacker's right wrist with your left hand, turning at the same time to bring your right shoulder under his right armpit.

Fig. 260.—Now twist his right arm until the palm of his hand faces upward. By pulling his wrist downward you can now threaten to break his arm.



Defence against a Knife-thrust from the Side

Fig. 261.—In this case Attacker is holding the knife in the same way as in the previous examples, but he is striking with it from the side.

Fig. 262.—Parry the thrust with your right forearm, held vertically and at right angles to your upper arm, and bring up your left hand and place it against his right elbow.

Fig. 263.—Grasp Attacker's right wrist with your right hand, and with your left push his elbow in the direction of arrow.

Fig. 264.—You can now threaten to throw Attacker to the ground and break his arm.



Defence against a Knife-thrust from the Side

Fig. 265.—In this case Attacker is holding his arm straight and is thrusting from the right towards the left-hand side of your body. (Note how he is holding the knife.)

Fig. 266.—Parry the thrust with your left forearm held vertically and at right angles to your upper arm.

Figs. 267 and 268.—Jab Attacker's Adam's Apple with the outstretched finger-tips of your right hand, at the same time placing your right foot behind his right leg to stop him from stepping back. (Warning: practise carefully as the blow with the finger-tips can be fatal.)



Defence against a Knife-thrust from the Side

Fig. 269.—Attacker is striking, with arm extended, from the right towards the left-hand side of your body.

Fig. 270.—Parry the thrust with your left forearm, held in the same manner as in the previous examples, and swing your right arm over Attacker's right shoulder.

Fig. 271.—At the same time make a quarter-turn to the left, moving your body very close to Attacker. Bring your right arm round his right arm so that your forearm comes exactly under his elbow, and anchor your right hand by gripping your clothes on the left-hand side of your own chest.

Fig. 272.—Press down with your left hand on Attacker's right wrist and threaten to break his right arm at the elbow.



Defence against a Knife-thrust from the Side

Fig. 273.—In this case also Attacker is striking, with arm extended, from the right towards the left-hand side of your body. Again parry the thrust with your left forearm, held as before, and step very close to Attacker.

Fig. 274.—Quickly grasp his right wrist with your left hand, swing your right arm over his right shoulder, turning so that your back is facing him, and grip his right forearm with your right hand.

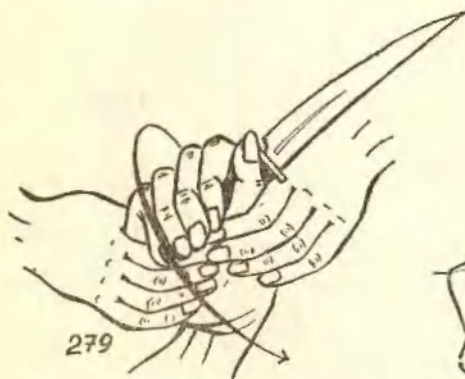
Figs. 275 and 276.—By bending forward, and at the same time straightening your knees, you can lift Attacker on to your back, and by dropping your right shoulder throw him to the ground.



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Defence against Upward Knife-thrust

Fig. 277.—Attacker is trying to stab you in the stomach. Parry the blow with your left forearm, held horizontally.

Fig. 278.—Immediately grip Attacker's right hand with your left hand (your thumb on the back of his hand), and lift it with a slight turning movement, so that (*Fig. 279*) you can grip his fist with your right hand as well (again, your thumb must be on the back of his hand).

Fig. 280.—Now press with both thumbs on the back of his hand, at the same time pull his hand to the left. Holding him thus, you can threaten to break his wrist.



Defence against Upward Knife-thrust

Fig. 281.—Attacker is trying to stab you as in the previous example. This time parry the thrust with your right forearm, held horizontally.

Fig. 282.—Immediately grip Attacker's right fist with your right hand (your thumb on the back of his hand), and turn his fist in the direction of the arrow so that you can also grip it (*Fig. 283*) with your left hand (your thumb must again be on the back of his hand). Press with both thumbs against the back of his hand and force it downward.

Fig. 284.—Attacker will be compelled to drop the knife and forced to his knees.



Defence against a Knife-thrust. Four different ways of forcing Attacker to release his Knife during a Struggle on the Ground

Fig. 285.—This lock is a continuation of No. 248, and it is employed if you have failed to make Attacker drop his knife while in the standing position. Press the back of his right hand hard against the ground, and threaten to break his wrist by pushing his elbow away from you with your chest.

Fig. 286.—A continuation of No. 252. Here again, press the back of Attacker's hand hard against the ground, and push his elbow forward with your chest.

Fig. 287.—A continuation of No. 256, master Attacker by doubling his wrist inward with your left hand.

Fig. 288.—Having thrown Attacker to the ground, drop with your right knee on to his right upper arm, and pin his right upper arm to the ground with your right knee. At the same time jab at his Adam's Apple with your finger-tips.



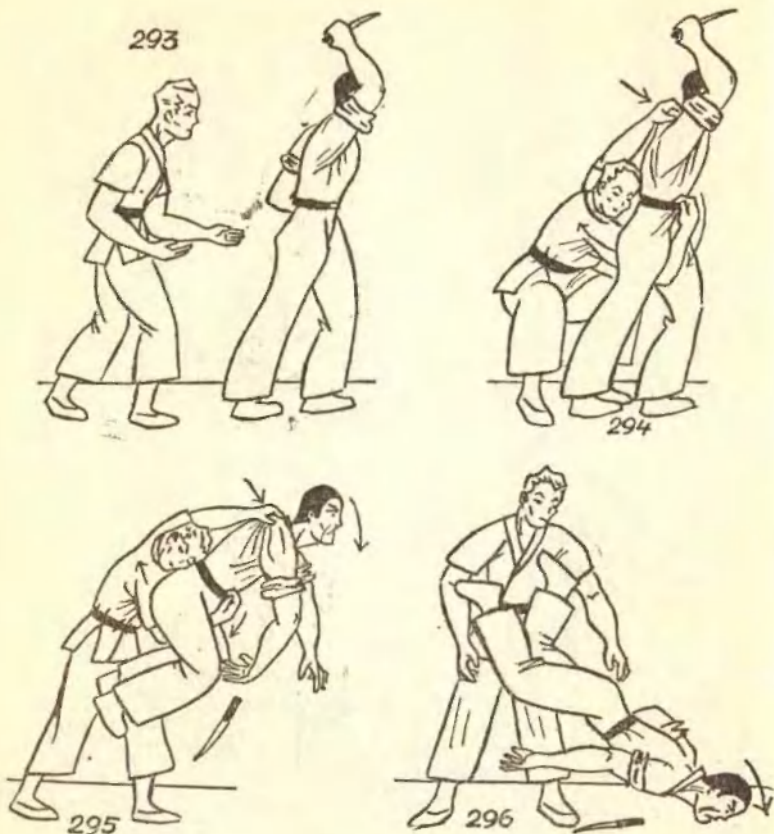
Defence against a Knife-thrust at another Person

Fig. 289.—You are standing behind Attacker who is about to stab another person.

Fig. 290.—Grip Attacker's wrist with your right hand, and kick the back of his left knee with your left foot.

Fig. 291.—At the same time throw your left arm round Attacker's throat.

Fig. 292.—Pull him backwards, drop to your left knee, and press his head with your own in the direction of the arrow. You can now threaten to throttle him.



Defence against a Knife-thrust at another Person

Fig. 293.—Again you are standing behind Attacker who is about to stab another person.

Fig. 294.—Grip Attacker's collar with your left hand, and swing your right arm between his legs, anchoring your right hand on to his clothes or belt.

Fig. 295.—Lift him off the ground with your right arm (very painful for Attacker). Press downward with your left hand, so that (*Fig. 296*) the Attacker falls forward on to his head.



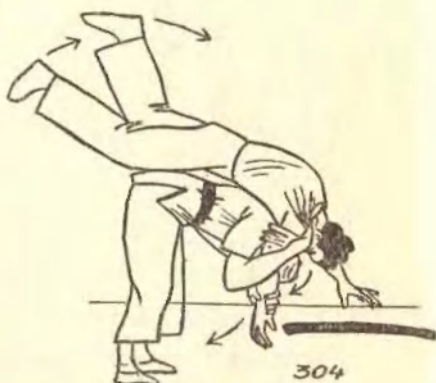
Defence against a Knife-thrust at another Person

Fig. 297.—Again you are standing behind Attacker who is about to stab another person.

Fig. 298.—Grip Attacker's right wrist.

Fig. 299.—Throw your left arm round his throat, jump on to and pull him to the ground.

Fig. 300.—Cross your legs round his waist ("scissors") and stretch your legs. (Warning: be careful when practising). Even in a serious action only use this grip on reasonably soft ground (moss, grass, etc.), as the fall is a very hard one for yourself.

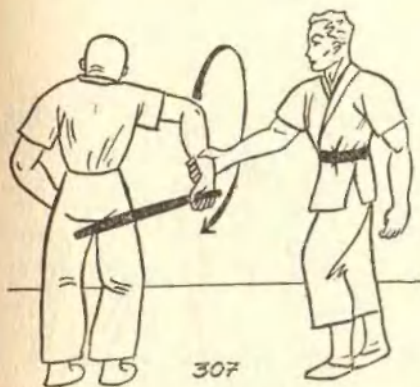


DEFENCE AGAINST A CUDGEL OR AXE

Defence against a Blow from a Cudgel

Figs. 301 and 302.—Parry the blow with your left forearm.

Figs. 303 and 304.—Turn to the left, and lift Attacker on to your back. By bending forward and pulling with your hands, throw him to the ground.



Defence against a Blow from a Cudgel

Fig. 305.—Attacker is about to strike at your head with a cudgel.

Figs. 306 and 307.—This time parry with the right instead of the left forearm, holding it horizontally above your head. Now grip his right wrist with your right hand, and twist his arm with a wide swing to the right.

Fig. 308.—Grip the cudgel with your left hand, and take it from Attacker by pressing it against his thumb (see arrow).



Defence against a Blow from a Cudgel

Fig. 309.—Attacker is about to strike at your head with a cudgel. This time parry the blow with your left forearm.

Fig. 310.—Immediately grip Attacker's right wrist with your left hand, and make an eighth turn to the left.

Fig. 311.—Now grip Attacker's forearm with your right hand too (note the exact grip).

Fig. 312.—With an increasing outward twist of Attacker's forearm, you can threaten to dislocate his shoulder.

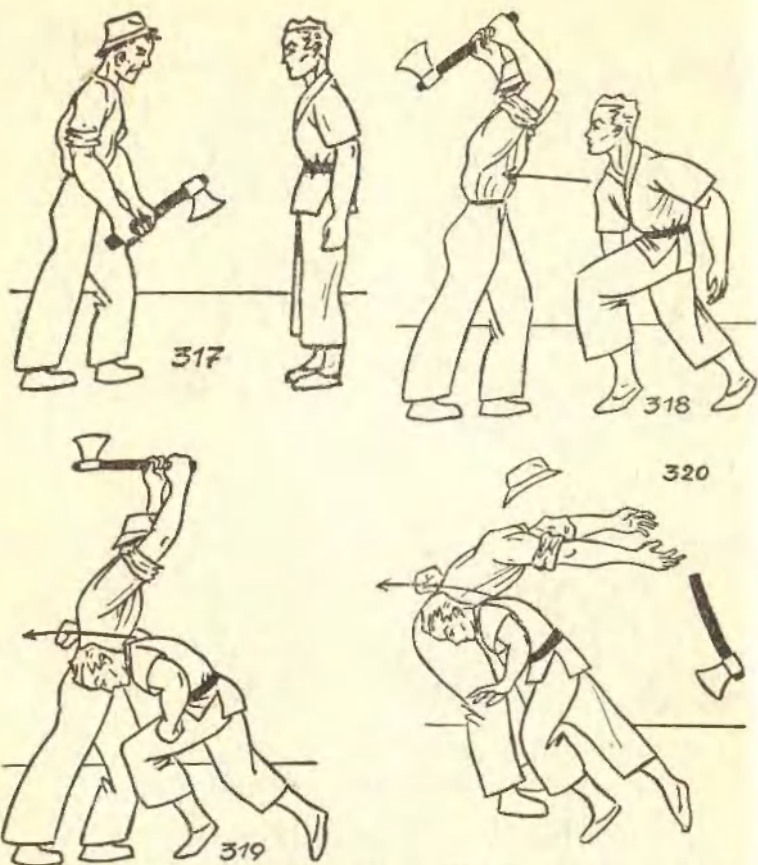


Defence against a Blow from an Axe

Fig. 313.—Attacker is trying to cleave your skull with an axe. In this case to try to parry the blow as for a cudgel would be useless as the falling axe would break your guard; nor would jumping backward ensure success.

Figs. 314 and 315.—Spring at Attacker with your full weight. The force of the impact should make him drop his axe and throw him on to his back.

Fig. 316.—Anchor your right hand just below Attacker's right shoulder, and press down with your right elbow against his throat.



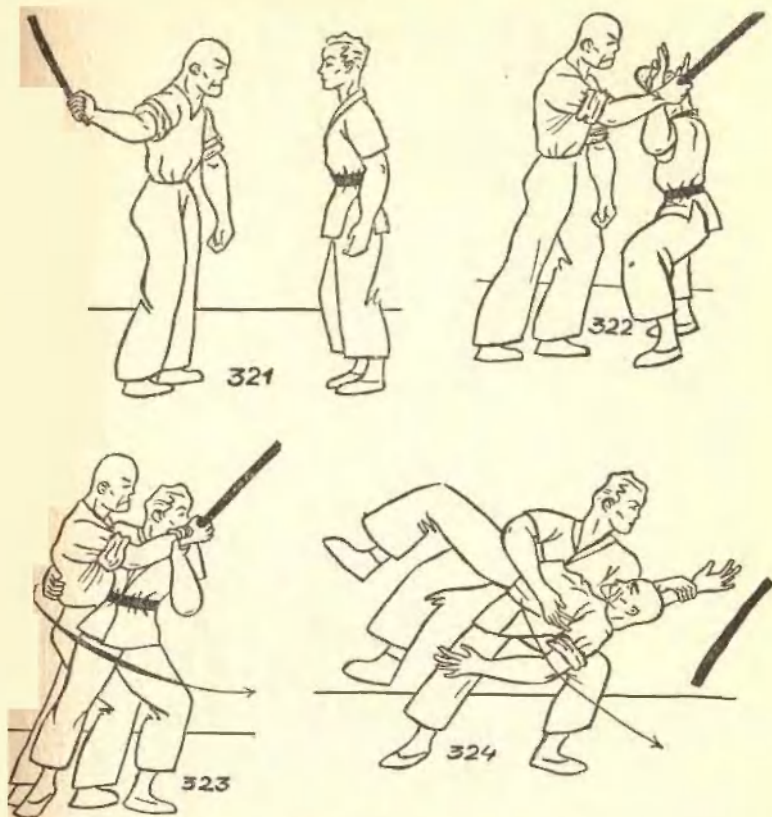
Defence against a Blow from an Axe

Fig. 317.—Again Attacker is aiming a blow at your skull with an axe.

Fig. 318.—As he raises his arms to deliver the blow, crouch in readiness to spring.

Fig. 319.—Hurl yourself at him so that your right shoulder strikes him in his lower ribs.

Fig. 320.—The force of the impact makes him drop his axe and throws him on to his back.



Defence against a Blow from a Cudgel

Fig. 321.—Attacker tries to strike you on the left side of the head with a cudgel held in his outstretched right hand.

Fig. 322.—Parry the blow with your left forearm held vertically and at right angles to the upper arm.

Fig. 323.—Grip Attacker's right wrist with your left hand, place your right foot behind his right leg, and throw your right arm round his waist.

Fig. 324.—Lift Attacker with your hips and throw him to the ground.



DEFENCE AGAINST THUGS AND HOODLUMS

Defence against Garotter

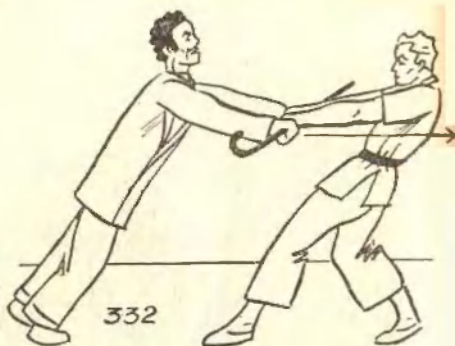
Figs. 325 and 326.—Attacker throws a thin cord or wire round your throat from behind, turns his back on you, and tries to strangle you by lifting you on to his back. It is useless to try to insert your fingers between your throat and the loop.



Defence against Garotter

Fig. 327.—Instead, grip the cord with both hands behind your neck and slip them forward inside the loop to protect your throat from the cord. At the same time spring from the ground with both feet.

Fig. 328.—Your unexpected weight pulling him suddenly backwards should bring Attacker heavily on to the ground.



Defence against Attack with a Walking-stick

Figs. 329 and 330.—Attacker attempts to strike you across the face with his walking-stick. (The first rule in defence against such attacks is alertness: if, for example, a stranger walks closer to you than necessary at night, you must be both mentally and physically prepared for an attack.)

Fig. 331.—In this case parry the blow with forearms held vertically in front of you.

Fig. 332.—Instantly grip the stick with both hands, and pull it with all your might towards you. If your pull is powerful enough and takes Attacker completely by surprise, you could break his neck by this counter. It should therefore be practised with great caution.



BREAKING A BODY-HOLD

Breaking a Body-hold from the Front

Fig. 333.—Attacker grips you from the front with his arms inside your arms.

Figs. 334 and 335.—Clench both hands, leaving the thumbs protruding, and bore your thumbs into the little cavities behind the lobes of his ears. (This is extremely painful for Attacker.)



Breaking a Body-hold from the Front

Fig. 336.—As in the previous example, Attacker is gripping you from the front with his arms inside your arms.

Fig. 337.—Place your left arm round his waist, and bring the palm of your right hand up against his nose from below.

Fig. 338.—Force his head away with your right hand, and press his body towards yourself with your other arm. He will be forced to break his hold and if you release him suddenly he will fall back on to his head.



Breaking a Body-hold from the Front

Fig. 339.—Attacker is gripping you round the waist.

Figs. 340 and 341.—In this case place your left hand behind Attacker's neck and press his head against yourself. Place the side of your right hand immediately under his nose, and press obliquely upwards (as shown by the arrow). The pain immediately forces him to release his grip.



Breaking a Body-hold from the Front

Fig. 342.—Attacker is gripping you round the body above your waist.

Fig. 343.—Raise both forearms, and stretch your hands out so that the sides are in a straight line with your forearms.

Fig. 344.—Strike Attacker hard in the kidneys with the sides of your hands, and at the same time bring your knee up into his crutch. This defence is dangerous and should be practised with caution.



Breaking a Body-hold from the Front

Fig. 345.—Again Attacker is gripping you round the body above your waist.

Figs. 346 and 347.—Place your thumbs in the corners of his mouth (not between the teeth), and pull outward in the direction shown by the arrows.



Breaking a Body-hold from Behind

Fig. 348.—Attacker is gripping you from behind with his arms inside your arms.

Figs. 349 and 350.—Quickly reach down with both hands, and through your legs grip Attacker's ankle. Lift his leg in the direction of the arrow, and throw him on his back.

Fig. 351.—Place your left hand round the toe of his boot, and pass your right hand under his ankle and grip your left wrist. You can threaten to break his ankle by forcing it away from you with your left hand.



Breaking a Body-hold from Behind

Fig. 352.—Attacker is gripping you round the stomach from behind.

Fig. 353.—Grip his right-hand little finger with your right hand.

Fig. 354.—Force him to release his grip by bending his little finger outward.



Breaking a Body-hold from Behind

Fig. 355.—Attacker is gripping you round the chest from behind.

Fig. 356.—Raise your right arm backward, and clasp the back of Attacker's neck; bend your knees slightly, and push the lower part of your body hard against him.

Figs. 357 and 358.—Straighten your knees, and at the same time pull down with your right arm in the direction of arrow. Bend forward sharply, and attacker will be catapulted over your head.



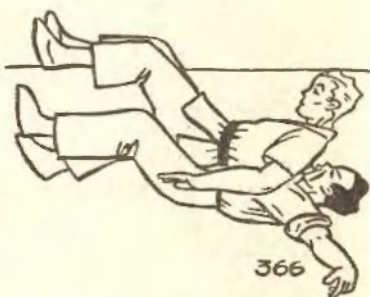
Breaking a Body-hold round your Arms from Behind

Fig. 359.—Attacker is gripping you round your arms from behind.

Fig. 360.—Simultaneously, push your forearms forward and your buttocks backward (see arrows). This gives you room to move, and permits you to thrust your right shoulder under Attacker's right armpit.

Fig. 361.—Grip Attacker's clothing at his right shoulder with your right hand, press your buttocks hard against him, and lift him on to your back by straightening your knees.

Fig. 362.—Pull in the direction shown by the arrow and bend forward, and throw Attacker over your head to the ground.



Breaking a Body-hold round your Arms from Behind

Fig. 363.—Attacker is gripping you round your arms from behind at elbow height.

Fig. 364.—Press Attacker's arms tightly to your chest with both your forearms, at the same time stepping backward with your right leg so that Attacker cannot move forward.

Fig. 365.—Throw yourself forward and as you fall twist your body through 180 degrees to the left.

Fig. 366.—Fall on Attacker with the whole weight of your body. (Warning: practise with caution.)



Breaking a Body-hold round your Arms from Behind

Fig. 367.—Attacker is gripping you round your arms from behind at elbow height, and has lifted you off the ground.

Figs. 368 and 369.—Hook both your feet behind Attacker's knees and press them towards the front. At the same time push your fists upward in the direction of the arrow and hollow your back.

Fig. 370.—Attacker is thrown backward to the ground with you on top of him.



Breaking a Body-hold round your Arms from Behind

Fig. 371.—Attacker is gripping you round your forearms from behind.

Fig. 372.—Hook your right foot behind Attacker's knee, bend forward, and pull out your arms one after the other from his grasp.

Figs. 373 and 374.—Reach between your legs with both hands and grip Attacker's right ankle and pull it upward. At the same time sit down backward. Attacker will be thrown on his back, and you can apply the grip shown in Fig. 351.



Breaking a Body-hold round your Shoulders from the Side

Fig. 375.—Attacker is gripping you round your shoulders from the side.

Fig. 376.—Throw your right arm round Attacker's waist, and with your left hand press his elbow against your chest. At the same time bend your knees slightly and place your right hip against Attacker's right hip.

Figs. 377 and 378.—Press Attacker hard against you and straighten your knees, lift him up off the ground, and with a scythe-like movement throw him from you.



Breaking a Body-hold round your Arms from the Front

Fig. 379.—Attacker is gripping you round your shoulders from the front.

Fig. 380.—Take a half-step forward with your left foot, and bend your left knee. At the same time swing your left arm sideways and upwards.

Fig. 381.—Place the palm of your left hand under Attacker's nose, and throw your right arm round his waist.

Fig. 382.—With your left hand push his head in the direction of the arrow, and with your right hand press him towards you. He will be forced to release his grip.



Breaking a Body-hold round your Arms from the Front

Fig. 383.—Attacker is gripping you round your arms from the front at elbow height.

Fig. 384.—In order to get room to manœuvre, jab Attacker in the groin with your finger-tips.

Figs. 385 and 386.—Grasp his waist with both hands, place your right leg behind his right leg to prevent him from stepping back, and with both hands throw him to the ground.



Breaking a Body-hold Round your Arms from the Front

Fig. 387.—Attacker has lifted you from the ground.

Fig. 388.—Cross your feet round his waist to form the “scissors.”

Fig. 389.—If he releases you quickly, drop to the ground close to his feet (Fig. 15), grip both his heels and pull vigorously towards you to throw him on his back.

Fig. 390.—Clamp his right foot under your left armpit, throw your left arm round his right calf, and grip your own right forearm with your left hand. Place your right hand on Attacker’s shin. Now you can threaten to break his right foot by raising your left forearm.



BREAKING A NECK-HOLD

Fig. 391.—Attacker is gripping you round the neck from the side.

Fig. 392.—Swing your left arm upward from behind, and place your left hand on Attacker's face (nose). Place your right hand against his thigh from behind.

Fig. 393.—Bend his head back with your left hand, at the same time lifting his right leg with your right hand. Go down on your left knee, and Attacker will be thrown on his side.

Fig. 394.—In this position you can threaten to break his spine by placing your right knee on his back and pulling with both hands as shown by the arrow. In cases of serious danger you could strike your Attacker on the Adam's Apple with the side of your hand, but remember that such blows can have fatal results.



Breaking a Neck-hold

Fig. 395.—Again Attacker is gripping you round the neck from the side.

Fig. 396.—With your right hand grip the clothing on Attacker's right shoulder. Step forward so that you stand close against Attacker, and press your left hand against his right thigh. Simultaneously pull with your right hand and push with your left (see arrows).

Figs. 397 and 398.—Sink to your right knee, and Attacker will be lifted and thrown to the ground on the other side.



Breaking a Neck-hold

Fig. 399.—This time Attacker is gripping you round the neck from the front.

Fig. 400.—Grip his right forearm with both hands, and place your right shin against his crutch.

Figs. 401 and 402.—Squat close to your left heel and push with your right leg in the direction of the arrow. Attacker will be thrown through a wide arc to the ground.



Breaking a Neck-hold

Fig. 403.—Again Attacker is gripping you round the neck from the front.

Fig. 404.—Place your right arm round Attacker's waist, and your right foot close behind his right leg. Drop to your left knee. Now pull Attacker in the direction of the arrow, and he will be thrown over your knee.

Figs. 405 and 406.—As he hits the ground release yourself from his grip by rolling the whole weight of your body on to his face.



Breaking a Neck-hold whilst on the Ground

Fig. 407.—Attacker is gripping you round the neck as you both lie on the ground.

Figs. 408 and 409.—Raise both legs and, by pressing your left hand on Attacker's face, force his head back until you can clamp it between your knees. Now cross your legs and then stretch them, holding Attacker in the "scissors" grip. If the grip is correctly applied, Attacker will already be beaten in this position.

Fig. 410.—You can also place your legs to the side and sit up and, by gripping Attacker's right wrist with your left hand, threaten to break his arm over your left hip.

LOCKS FOR USE WHEN FIGHTING ON THE GROUND



Lock for the Straddle Position

Fig. 411.—Opponent is lying on his back. Pass your left hand under his head and grip his left wrist. Pass your right hand under his bent arm and grip your own left wrist. By pressing the back of his hand against the ground, and pushing his elbow with your shoulder in the direction of the arrow, you can threaten to break his wrists.



Lock for the Straddle Position

Fig. 412.—Opponent is lying on his back. Throw your right arm round Attacker's left arm and grip your own left wrist. Place your left hand on Attacker's left upper arm. Now, by bending backward and pressing Attacker's left elbow away from you, you can threaten to break his arm.



Lock for the Straddle Position

Fig. 413.—Opponent is lying on his back and has grasped the nape of your neck with the intention of pulling you down towards him. With the palms of your hands push steadily from the outside against his elbows. (This could break his arms.) This lock is only possible when Attacker's arms are outstretched.



Lock for the Straddle Position

Fig. 414.—Opponent is lying on his back and has drawn up his knees. Hook your feet inside his legs, lower your weight on to his chest and stretch out both your legs. This grip is very painful to Attacker. It can only be applied when his feet are close together and his knees are well apart.



Lock for the Straddle Position

Fig. 415.—Opponent is lying on his back. Quickly move your right hand backward and grip his left foot by the toe. Then raise your right knee, bringing your right foot forward, and press Attacker's left calf against it. The levering can cause great pain to Attacker.

Fig. 416.—Opponent is lying on his back. Grip deep in his collar with both hands. If you vigorously straighten both arms, Attacker will be throttled by your fists in his windpipe.

Fig. 417.—Opponent is lying on his back. With your left hand grip the right lapel of his coat and pull it over his throat. Grip the other lapel with your right hand. By pushing in the direction of the arrow with your left hand, and at the same time pulling with your right hand, you can threaten to strangle him.



Lock for the Straddle Position

Fig. 418.—Opponent is lying on his stomach. Cross your hands under his chin, and at the same time draw up your left leg into the position shown in the diagram. Then, by bending back and pulling with both hands in the direction of arrows, you can threaten to break Opponent's spine.

Fig. 419.—Opponent is lying on his stomach. Grip his right arm by the wrist. By pushing this arm in the direction of the arrow, you can threaten to dislocate Opponent's shoulder.

Fig. 420.—Opponent is lying on his stomach. Throw your right arm round his neck, and grip your own left upper arm with your right hand. Place your left hand on the back of Opponent's head. Then, by pushing with your left hand and pulling with your right, you can threaten to throttle him.



Lock for the Straddle Position

Fig. 421.—Opponent is lying on his stomach. You have succeeded in raising his right arm from his side and bending it behind his back. Now grip his right wrist with your left hand. Push your right forearm under his left forearm, and place the palm of your hand between his shoulder-blades. By lifting your right forearm and pressing down with your left hand, you can threaten to break Opponent's arm.

Fig. 422.—Opponent is lying on his stomach. This grip is similar to that of Fig. 419. This time, however, grip both Opponent's arms by the wrists and press them forward and away from you. By this movement you can threaten to dislocate both Opponent's shoulders.

Fig. 423.—Opponent is lying on his stomach. Again, you have succeeded in bending back his right arm. Now push your right arm from the front through Opponent's bent right arm, and grip your own left wrist. By pressing with your left hand in the direction of the arrow, you can threaten to break his arm.



Lock for the Straddle Position

Fig. 424.—You are on your back with Opponent on his back on top of you. Cross your legs round him and straighten them, in the “scissors” grip. You can also threaten to strangle him by pulling his left coat-lapel across his throat with your right hand, at the same time pressing his head with your left hand in the direction of the arrow.

Fig. 425.—Opponent is lying on his stomach. Grip his left coat-lapel with your right hand and pull it across his throat. At the same time, insert your left arm under his left armpit, and place your left hand on the back of his head pressing it in the direction of the arrow. You can now threaten to strangle Opponent. This lock is also useful in the standing position.

Lock from the Side on the Ground

Fig. 426.—Opponent is lying on his back. Insert your right forearm under his neck and bring your right knee up so that you can grip it with your right hand. Now anchor your left hand on your right elbow. By pressing your left elbow downward, you can threaten to strangle Opponent.



Lock from the Side on the Ground

Fig. 427.—You are beside Opponent and locking his head with your right arm. Now draw up your right knee. With your left hand grip Opponent's right wrist, and bend his arm up until you can (Fig. 428) push his right wrist under your right lower leg. By raising your thigh and pressing your knee on the ground, you can threaten to break Opponent's right arm.



DEFENCE AGAINST A DOG

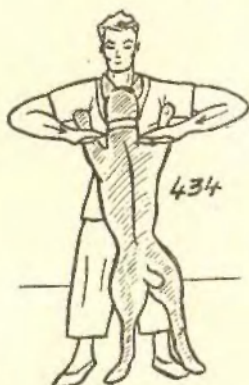
Defence against a Dog

Fig. 429.—Dog has buried his teeth in your forearm.

Fig. 430.—With the edge of your other hand strike a sharp staccato blow on the bridge of the dog's nose. This is an extreme measure, for this blow can immediately kill the strongest animal.

Fig. 431.—A dog has thrown you to the ground and is now standing with its forepaws on your chest.

Fig. 432.—Cross your feet round the dog in the "scissors" movement. As the dog's kidneys are scarcely protected by muscle, the "scissors" grip is often fatal (bleeding kidneys). In any case the animal will be put out of action.



Defence against a Dog

Fig. 433.—A dog has attacked another person, and you have succeeded in getting behind it. The following movements must be well co-ordinated and carried out very quickly. Swing your right arm round the dog's throat, and grip your left forearm. Now place your left hand on the animal's nose. With both legs grip the dog in the "scissors" and throw yourself on to your back. If you now press hard with your left hand in the direction of arrow, and pull your right forearm towards yourself, it will be impossible for the dog to free its head.

Fig. 434.—A dog has attacked you and is standing on its hind legs with its fore paws on your chest. Lift both arms shoulder high, and jab the dog powerfully in the throat with your fingertips. This blow may be fatal; at least it is usually sufficient to drive the animal away.



Defence against a Gunman

Fig. 435.—Gunman is holding a pistol close to your chest and has forced you to raise your hands above your head.

Fig. 436.—Quickly drop your left hand and knock his pistol-hand to the side, at the same time turning your right shoulder forward so that the shot passes under your left armpit.

Fig. 437.—Grip gunman's right wrist with your left hand, place your right foot close behind his right heel, and hit him in the throat with the tips of the fingers of your right hand.



Defence against a Gunman

Fig. 438.—Gunman is holding a pistol between your shoulder-blades and has forced you to raise your hands. Raise your arms only so high that when you suddenly turn gunman's pistol-arm is brushed aside by your right forearm.

Fig. 439.—While still turning, straighten your left arm and jab gunman in the throat with your finger-tips.



Defence against a Gunman

Fig. 440.—You have succeeded in getting behind a gunman who is holding up another person with his pistol. From below, strike the gunman's pistol-hand upward and grip his right wrist.

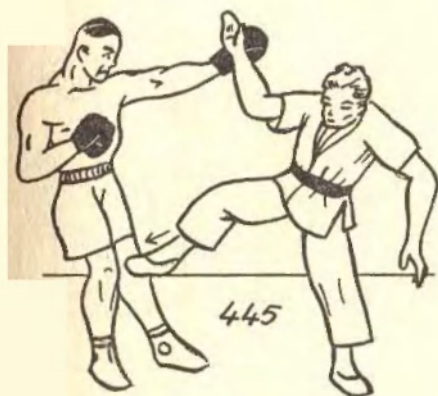
Fig. 441.—Grasp his coat-collar with your left hand, and kick hard with your right foot behind his right knee. This will throw him to the ground, and it should now be easy for you with the help of his intended victim to take the pistol from him.



Defence against a Gunman

Fig. 442.—Again gunman has placed the muzzle of his pistol between your shoulder-blades and has forced you to raise your hands.

Fig. 443.—Make a lightning turn to the right, and hit gunman in the neck with the edge of your right hand. If the turn and blow are made in one sharp movement, the shot will pass behind your back. The blow with the side of the hand against the throat artery can be fatal, and will at least render gunman unconscious.



Defence against a Boxer

Fig. 444.—You are attacked by a boxer. Take up the Judo “ready” position; that is, the left (heart) side away from Attacker, your weight evenly balanced on both feet, your hands hanging in front of your thighs, and all nerves tensed.

Fig. 445.—The boxer has thrown a straight left. With your right forearm divert the blow upward, and with your right foot kick the boxer’s knee. This kick can result in torn muscles at the back of the boxer’s knee.



Defence against a Boxer

Fig. 446.—Boxer leads with a straight left and his left side is therefore turned towards you. Your right forearm parries the blow. Now spring at him from the side, right leg in front of his stomach and left leg stretched behind his knees.

Fig. 447.—By turning your body to the right, and at the same time pressing your left leg hard into the back of the boxer's knees and your right leg into his stomach, you can throw him heavily on to his back.

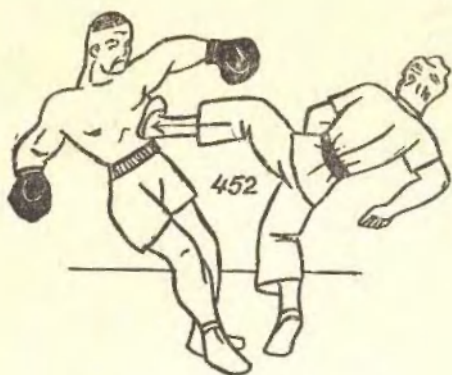


Defence against a Boxer

Fig. 448.—In this case you lead the boxer on with thoughts of easy victory. With back arched, turn to the left away from him. Protect your face with both hands from blows from the sides.

Fig. 449.—Bend down, and drop to the ground on your hands (hands close to your feet). Stretch your body backward so that the boxer's forward leg is between your legs. Turn sharply to the right and (*Fig. 450*) press with both legs in the direction of arrows. Boxer will be thrown to the ground.

Fig. 451.—Immediately his body touches the ground, sit up, catch the toe of his left foot with your left hand, and press in the direction of the arrow.



Defence against a Boxer

Fig. 452.—In this case keep boxer at a distance. Then spring high and lunge at him in the chest with your left foot. Correctly performed, this will be sufficient to throw him on to his back. It can be practised against a wall.

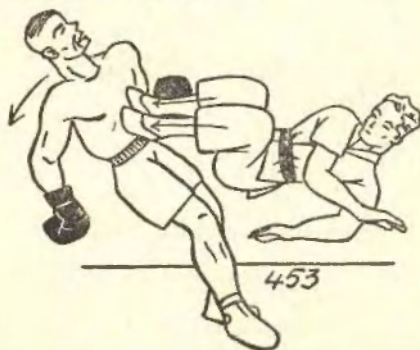


Fig. 453.—This defence is similar to the one above, but here you spring on the boxer's chest with both feet. Your legs should be bent at the moment of impact. Now suddenly straighten them and Boxer will be thrown on to his back. You yourself will fall on your side, and from your knowledge of how to fall (see Figs. 11 and 12) will not hurt yourself.



Defence against a Boxer

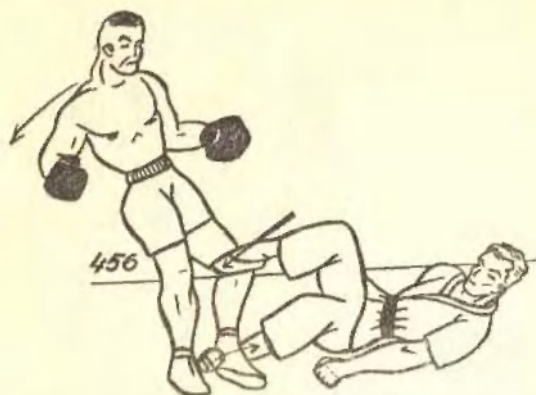
Fig. 454.—Allow Boxer to approach only close enough to come within range of your foot, then kick him under the chin. Such a blow carries great weight. In serious cases you can also kick him below the belt. (There are further details on countering with the foot at the end of this book.)



Defence against a Boxer whilst you are on the Ground

Fig. 455.—If Boxer is proving menacing, throw yourself on your back on

the ground. In ground combat a Judo fighter has the advantage of every boxer. Here your feet are in the defence position. The following examples show ways in which Boxer can be brought to the ground.



Defence against a Boxer whilst you are on the Ground

Fig. 456.—Lie on your left side and hook your left foot behind his left heel. Kick hard against his left knee with your right foot and pull his left foot towards you with your left foot. As he falls, throw yourself on him and put him out of action with one of the locks previously described.



Fig. 457.—In this case Boxer has succeeded in approaching you from the side. Grip his left ankle with your left hand, stretch out your left leg and press it from behind against the back of his right knee. Push hard with your right foot against the boxer's stomach, and bring him down on his back.



Defence against a Boxer

Figs. 458 and 459.—Here you make use of the forward roll. (Figs. 1-4.) Begin the roll right in front of Boxer and carry it out very quickly so that your heels strike his stomach.



Defence against a Boxer

Fig. 460.—You feint in order to make Boxer lift his guard and bend slightly backward. Quickly grasp his ankles with both hands, and make a quick forward hand-stand.

Fig. 461.—The force of your moving body throws Boxer on his back and you will land on top of him.



Defence against a Boxer

Fig. 462.—Throw yourself to your knees just in front of Boxer, press your right shoulder against his right knee and grip his ankles. Pull his ankles with both hands to you and at the same time push with your right shoulder in the direction of arrow.

Fig. 463.—As Boxer hits the ground follow up with one of the ground combat locks.



Defence against a Boxer

Fig. 464.—Throw yourself sideways in front of Boxer and bring your right arm round his right lower leg. By turning your body to the left, and at the same time pressing your right elbow in the direction of the arrow, Boxer will be thrown on his back.

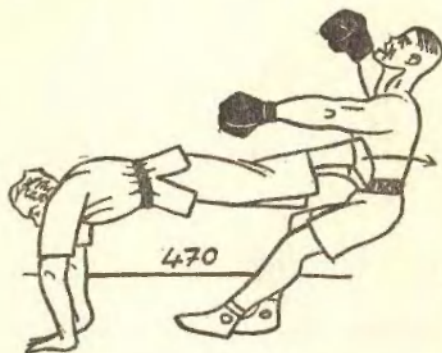
Fig. 465.—Now grip your own left wrist with your right hand, and place your left hand on the toes of Boxer's right foot. Press his right foot down with your left hand, lifting with your right forearm and at the same time, and bend back. You can now threaten to break his ankle.



Defence against a Boxer

Fig. 466.—Duck to avoid a right hook, and grip Boxer's right ankle with both hands. Pull in the direction shown by arrows. Pass your right shin obliquely under Boxer's knee and press it away from yourself. This will throw him on to his back.

Fig. 467.—Now bring your right leg under his right knee and place your right foot by his side. With your right hand grip the toes of his right foot and threaten to break his ankle by pressing downward.



Defence against a Boxer

Fig. 468.—As Boxer strikes at you turn to the left and place your hands on the ground (staying close to Boxer).

Fig. 469.—Suddenly pull both knees up to your chest, and put the Boxer out of action by kicking him in the stomach with both feet. (*Fig. 470.*)



Defence against a Boxer

Fig. 471.—In this case you have clinched with Boxer and have gripped his right wrist with your left hand. Now bring your right arm round his waist, and place your right foot behind his right foot and your buttocks against his right hip.

Fig. 472.—Straighten your knees and lift him before swinging him in an arc to the ground.



ARMLOCKS

Armlock in Ground Combat. You have thrown Attacker and must now put him out of Action

Fig. 473.—Drop to your left knee and push the toe of your right foot under Attacker's body. Grip his right wrist with both hands, and press it tightly against your chest. Now swing your left leg over Attacker's head and let yourself fall on to your back.

Fig. 474.—Make certain that Attacker's right elbow points to the ground and pull his wrist to your chest as you raise the lower part of your body. This lock only works successfully when your buttocks are close against Attacker.



Armlock in Ground Combat

Fig. 475.—You are sitting astride Attacker who is lying on his back. Raise your left foot, and with both hands grip his left wrist. Press it to your chest. Now swing your right leg (as shown by the arrow) over his head and let yourself fall (*Fig. 476*) on to your back.

Fig. 477.—Press Attacker to the ground with your legs. With your right hand grip his left wrist and press it tightly to your body. By pressing his left elbow away from you with your left hand, you can threaten to break his arm.



THROWS



Throws in Sporting Combat

Fig. 478.—Pull Opponent towards you with your left hand so that the main weight of his body is placed on his right foot.

Fig. 479.—Place your right arm round his right thigh and your neck under his right hip. Pull with your left arm in the direction of arrow.

Fig. 480.—Straighten up and lift him on to your shoulders.

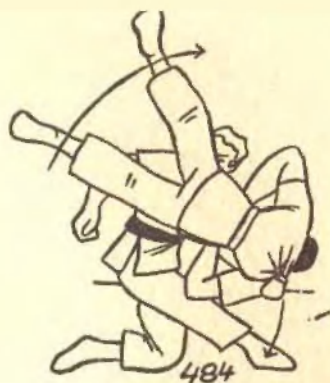
Fig. 481.—Now swing him with both hands in the direction shown in the arrows, and somersault him to the ground.



Throws in Sporting Combat

Fig. 482.—For this throw again grip Opponent's jacket at the shoulders with both hands, and force him off his balance by pulling his right shoulder towards you with your left hand.

Fig. 483.—Drop suddenly to your left knee, close in front of Opponent, making a quarter-turn in doing so. Press your outstretched right leg hard against his right shin, and pull with both hands in the direction of the arrows.



Throws in Sporting Combat

Fig. 484.—Your right leg prevents him from stepping forward, and he falls over with considerable weight on to his back, (Fig. 485.)



Throws in Sporting Combat

Fig. 486.—Grip Opponent's jacket at the shoulders with both hands, and pull him towards you with your left hand so that the weight of his body is on his right leg.

Fig. 487.—Swing your right leg forward and hook it from behind round Opponent's right leg.

Fig. 488.—Pull your right leg backward and push Opponent from you with both hands. (Fig. 489.)



Throws in Sporting Combat

Fig. 490.—Grip Opponent's clothing at his right shoulder with your left hand. Bring your right arm round his waist. Then place your left foot exactly between Opponent's feet.

Fig. 491.—Turn through 180 degrees to the left, lift your right knee and push the lower part of your leg against his thigh.

Figs. 492 and 493.—By transferring the weight of your body to your left foot, and lifting Opponent with your bent right leg, throw him to the ground with a reaping movement.



THE "READY" POSITION

The "Ready" Position

Figs. 494 and 495.—When about to be attacked, adopt the "ready" position—right shoulder facing Attacker and left (heart) side turned away from him; weight spread evenly on both feet, so that you can quickly move either backward or forward; hands dropped to protect the lower part of your body. From this position many counters are possible with either hands or feet, and the many locks and holds described in this book. Protect yourself from Attacker's kick to the lower part of the body by lifting the right knee slightly. Protect the face by lifting the right shoulder.



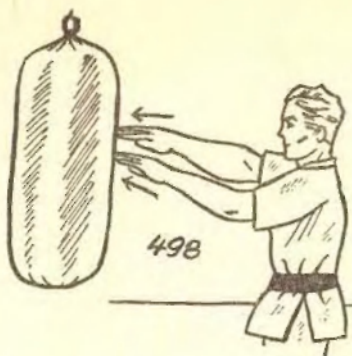
BLOWS WITH THE EDGE OF THE HAND

Incorrect Blow with the Edge of the Hand

Fig. 496.—This error is often seen in demonstration Judo contests. The incorrect blow, made with the inside (thumb) side of the hand, is useless, and it carries with it the danger of breaking the thumb in the process. Furthermore the thumb edge is not so sharp as the outer (little finger) edge and consequently less effective.

Blow with the Edge of the Hand : Practice

Fig. 497.—Hardening the side of the hand by striking a table or other hard object, which is sometimes recommended, is a mistake. It can cause bruising and pain for weeks afterwards. Use a hard pillow or other non-rigid article for this practice. The exercise consists merely of making quite short and sharp blows.



JABBING BLOWS WITH THE FINGERTIPS

Fingertip Jabs

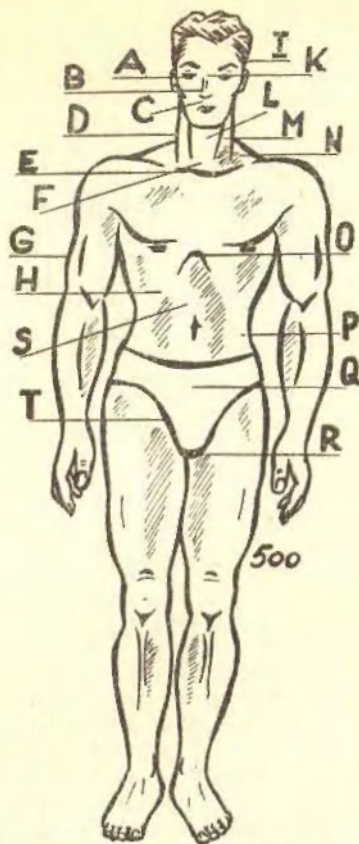
Fig. 498.—The exercise for jabs with the fingertips is most important for the Judo exponent. You can best practise with a sandbag or similar vertically suspended object. The hands must be held completely stretched and rigid. The jab itself must be short and sharply executed.



KICKS

Kicks

Fig. 499.—A Judo man's kick differs from the ordinary kick of the untrained man, who swings his outstretched leg upwards, and leans backward. This naturally places him at a disadvantage. The Judo kick is made by first lifting your knee high and then swinging your lower leg, with toe fully pointed, quickly upward. The body is held upright throughout. For practice, hang up a sack or rope and gradually increase the height every week until you can easily kick to head-height. It is also highly important, in order to ensure the maximum efficacy of the kick, that, after delivery of the kick, the foot should be withdrawn with lightning-like rapidity. This movement equally applies to blows delivered with any other member, e.g., finger-tips, fist, elbow, etc.



VULNERABLE POINTS OF THE HUMAN BODY

Vulnerable Points of the Human Body

Fig. 500.—Pressure points (“scissors” and nerve-pressures):

A B C F S T L M N O R

Points vulnerable to blows with the finger-tips, fist, knee, head, foot and elbow:

A B C H S T I K L M N O P Q R

Points vulnerable to blows with the edge of the hand:

B C D E G I K L N R

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