

WARM-UP

From Ten Minutes' Exercises for Busy Men, 1902

1. Extend arms, draw circles about a foot in diameter, 10X, rest, repeat 4x for a total of 50
2. Jog in place for about 1 minute.
3. With feet together and legs straight, bend at waist as far as you can go, 10x on each side. Repeat for a total of 40
4. Lift one leg, bent, and press thigh to abdomen, squeeze hard. Repeat 15x on each side for a total of 30.
5. With knees slightly bent, bend at torso, extend arms between legs, rise again, repeat 30x

SCIENTIFIC PUGILISM

The lead hand is extended, with the rear forearm "barring the mark" or covering the sternum area.
Elbows tucked, knuckles parallel to the body.
Straight to the mark left, right, then left cross to the jaw
Straight to the mark right, left, then right cross to the jaw
Shadow box for a minute or two as part of the warm-up.

SAVATE



Coup de pied bas

Sweeping kick aimed at the lower legs of an opponent. The kick is performed by pivoting the kicking foot from the hip. Your leg remains fully extended. Do not bend your spine but keep it aligned to your kicking leg with a 'pendulum' movement so that you are slightly leaning backwards. This can stop an opponent in his tracks or you can aim for their knees or ankles to inflict some pain. Kick upwards to the knee, downward to the ankle.

Chasse

Side kick similar to above but with the body turned sideways (perpendicular) to opponent.



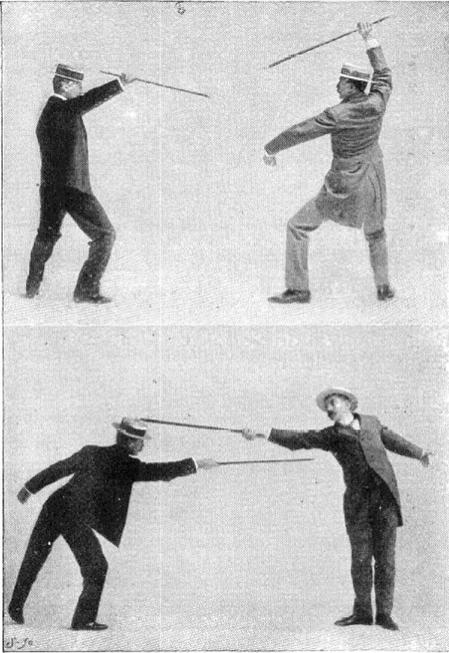
Practice the above two kicks with your partner standing still, but kicking very softly to the shin. Do not kick the knee or ankle. Switch and let your partner try. Then, practicing retreating while your partner kicks, and go back and forth, kicking and retreating, both front and side kicks to the shin.

VIGNY CANE

Solo movements

Grasp the stick with thumb overlapping fingers. The hand and wrist, not the fingers, maneuvers the stick. Rotate the stick forwards and backwards, keeping the stick in an even line, as if ascribing a hoop parallel to

one's body (not a cone shape). Retract and extend the elbow to generate the movement. Also rotate the stick from one side to the other, with the ascribed hoop perpendicular to the body.



No. 1.

No. 1.-- The Guard by Distance -- How to Avoid any Risk of being Hit on the Fingers, Arm, or Body by Retiring out of the Hitting Range of your Adversary, but at the same time Keeping Him within the Hitting Range of your Own Stick.

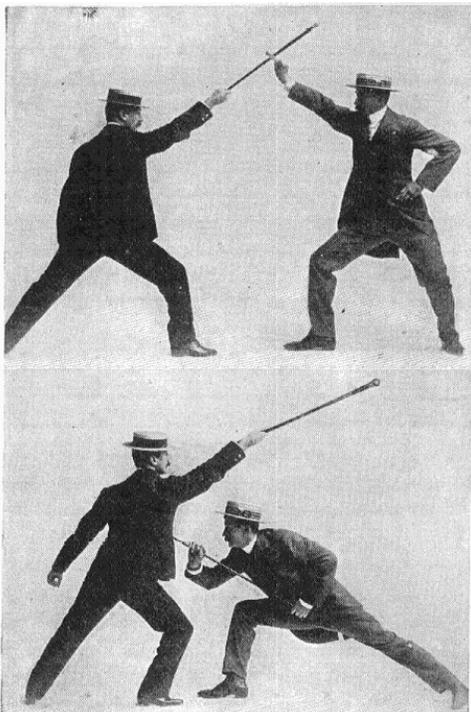
The mode of defence I am about to describe I have called "**The Guard by Distance**," to distinguish it from "**Guards by Resistance**." It will be noticed that in this method of defence the man attacked does not attempt to guard a blow by raising his hands to stop it, but simply by changing front from left to right foot--in other words, by swinging round from his original position, in which his left foot is advanced in front of his right, to a position in which his right foot is in front of his left. By so doing, he avoids being hit himself, with the certainty of being able to hit his adversary.

When guarding by distance, you take up the position of rear-guard -- that is to say, you stand with left foot forward, slightly bent knees, right arm held above the head, and left arm thrown well out in front of you.

I ought to state here that this is not a very easy attitude to assume, and that a certain amount of training in physical culture is necessary before it can be adopted with ease; but when you have acquired the requisite suppleness of body it is a very safe and reliable position to take up.

You must be careful to maintain the same distance between yourself and your adversary, which you originally take up, by retiring (right foot first) as he advances, and advancing (left foot first) as he retires. Then play a waiting game, and entice your opponent to strike at your arm or head by exposing one of the two, so that you are prepared to retire instantly upon the first sign of danger.

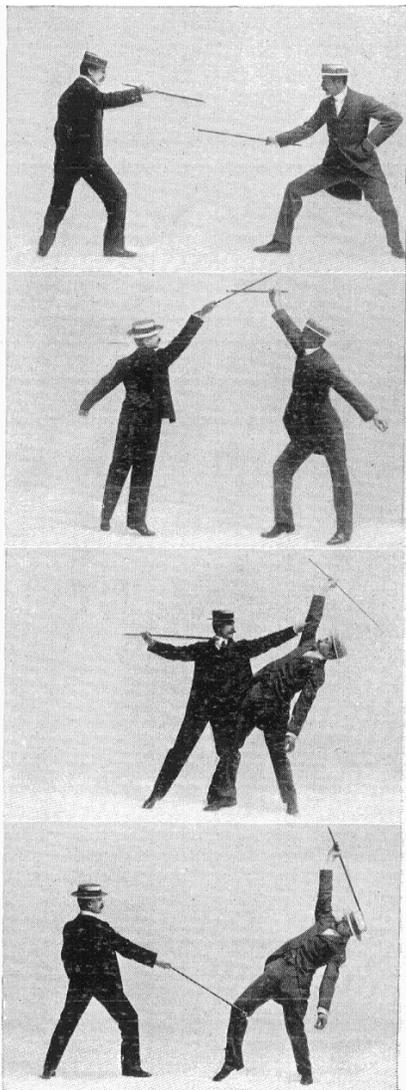
Your opponent, encouraged by the apparently exposed position of your left arm naturally strikes at it, but you, anticipating the attack, withdraw it very quickly, and swing it upwards behind you. This upward sweep of the arm automatically causes you to swing your left foot well behind your right, and to draw in the lower part of your body out of your opponent's reach; at the same time it imparts the initial momentum to your right arm, and assists in bringing your stick down very quickly and heavily upon your adversary's head before he has time to recover his balance after over-reaching himself in trying to hit you.



No. 9.--A very Serviceable Way to Disable a Taller Man than Yourself when Opposed to Him under Unequal Conditions.

Directly you have had time to catch your opponent's eye and judge your striking distance, you must expose your head, either by slightly lowering your guard, or by holding your hand and stick well on one side, so as to invite an attack at your head. You must rely on your own quickness to protect your head when the blow falls.

Directly your opponent sees the opening, he will lead off at your head. You protect yourself by receiving the blow upon your stick, as seen in the first photograph. Then, without losing any time, drop into the next position, and bayonette your assailant over the heart.



No. 5.--Another Way to Defend Yourself when your Adversary is Armed with a Stout Stick, and you are Carrying only an Umbrella or an Unreliable Cane.

In case the student of the art of self defence with a walking-stick finds difficult in mastering the preceding method of defence, here is an alternative, equally effective, and, perhaps, somewhat safer for beginners to practise.

As before, appreciating the unreliability of your weapon, you assume the offensive at once before your opponent has time to discover your disadvantage. You begin operations precisely as described in the last trick, by striking high at your assailant's head, and forcing him to guard high. Simultaneously you spring into the position shown in the third photograph, seizing your opponent just below the elbow, thereby completely disturbing his balance, and so preventing him from hitting you. You can now deliver a heavy right-handed blow with your fist upon his chin, or over the heart, which will render him unconscious.

A nine-stone man who is active, and who timed this movement nicely, could completely upset the balance of a man twice his weight and bring him to the ground in a second.

In case you are carrying a stick which might be strong enough to deliver a heavy blow, another method of attack is as follows: After you have disturbed your assailant's balance by seizing him by the elbow, you retire quickly, by withdrawing your left foot well behind your right, and then, holding your head and body well on one side out of possible danger, you deliver a heavy blow with your stick across your assailant's kneecap.

When practising this trick it is well to remember that a sharp blow on the kneecap is very dangerous, and would utterly incapacitate a man if well delivered. It is advisable, therefore, not to hit too hard when showing the trick to a friend.

JU JUTSU

Goals

1. To disturb the equilibrium of your assailant.
2. To surprise him before he has time to regain his balance and use his strength.
3. If necessary to subject the joints of any parts of his body, whether neck, shoulder, elbow, wrist, back, knee, ankle, etc. to strains that they are anatomically and mechanically unable to resist.

No. 1.-- A Good Way of Conducting a Person out of the Room

Here is an excellent method of forcing an undesirable person out of your room. It will be found particularly useful in case he should attempt to strike you.



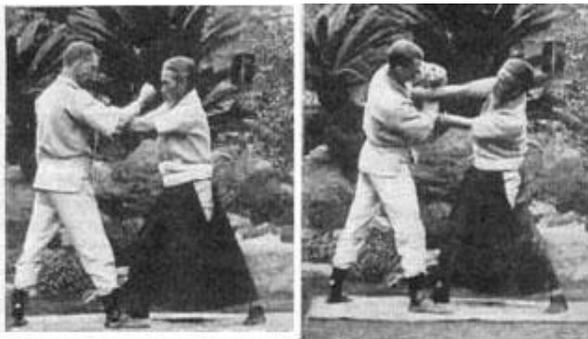


You seize your opponent by the left wrist or left hand with your left hand, raising your right hand to guard your face from a blow. Pull him towards you with your left arm, without altering the position of your legs. Then turn upon your heels, and pass your right arm over his left upper arm.

You then pass your right hand under his left fore-arm, and lock his arm by seizing your own wrist. Finally, by straightening both your arms, you are able to exert such leverage, and to throw such a strain upon his elbow, that you could break it if he attempted to resist. Moreover, if the leverage be exerted in the proper way, it will also be found that it is quite impossible for your opponent to hit you or to retaliate in any way.

In case anyone should fight shy of making practical use of this trick, it may be added that the person to be experimented upon, if he resists, would feel such pain that he would be compelled to submit meekly long before any serious injury could be done to him.

It will not be necessary to impress upon the reader the importance of knowing how any undesirable visitor may be promptly ejected from a room. Thousands of cases have occurred in which a knowledge of this method would have been of inestimable service. No one could resist the treatment I have suggested, as the reader will be able to understand for himself by testing it on his friends.



No. 6.-- When Seized by the Lappets of the Coat, how to Release yourself, and Overthrow your Assailant.

When a man seizes you by the lappets of your coat, he forgets or often overlooks the fact that in this method of attack his face is undefended. Your first movement will be, therefore, to strike him (or if you are practising the feats with a friend pretend to strike him) in the face with your right fist.

This advice may seem unnecessary. It is not, however, so often followed, for the chances are that, when the occasion arises to which it applies, you will follow the natural and instinctive desire to free yourself by placing your hands upon your opponent's arms, and pressing upon them, which is as feeble as it is an unavailing method of resistance.



Remember, then, that your first movement should be to strike your assailant in the face with your right fist. If this does not cause him to release his hold, follow up the movement by passing your right forearm between his outstretched arms, and bring your right fore-arm up on the outer side of his right

forearm. Then grasp your right wrist with your left hand, and with the leverage thus obtained you may easily force his arm upwards, and break his hold.

This movement of breaking the hold should be made with suddenness and a quick jerk if your opponent be a strong man with a powerful grip. He will then be partially turned round. Take the opportunity to place your left leg behind him, and, passing your left fore-arm across his chest, and seizing his right leg as shown in the third photograph, you proceed to tip him over backwards.

SELF-DEFENSE WITH A PARASOL



She thrusts her umbrella with all her force into his neck.

Locking defense against a lapel grab

By rotating the parasol and slipping it under the attacker's shoulder, you can lock and torque the arm, forcing the person to bend over. Applied correctly, it can also lock the wrist. From there you can take the person down or hold until help arrives. Of course you can also break their arm and hope that causes them to lose motivation.

Brought to the ground (not sure about this one)

Suppose, for instance, a lady is walking along a lonely street carrying a purse in her hand, with her umbrella swinging on her arm. A lurking ruffian suddenly approaches her and snatches her purse from her hand. The correct thing for her to do is to relinquish her hold of the purse, grasp her umbrella about two-thirds of its length from the point, and swing it rapidly towards the fellow's head. Instinctively he will throw up his arm to ward off the blow, and if he understands boxing will probably strike out with his fist. The lady draws back on her left foot and suddenly, with a dexterous twist of the wrist, lunges forth, as with a rapier, and strikes her

assailant with the point of her weapon behind the ear

Ankle hooks

Suppose, on the other hand, that the purse is so rapidly snatched that the fellow is making off with his booty before the lady has time to perform the evolutions described above. Nothing is simpler than to "hook" him by the ankle as he is running off, and bring him to the ground in confusion.