
American Combat Judo

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PREFACE

This handbook of American Judo is a thorough study in the methods and techniques of hand-fighting. It is based upon the classic jiu-jutsu but incorporates the most recent improvements in the scientific development of modes of personal combat. It also borrows from wrestling, boxing and la Savatte (footfighting), those special features that are peculiarly adapted for a system of hand-fighting.

The purpose of The American Judo is twofold. The first is to develop a technique of disabling and, if necessary, seriously injuring an opponent. The second and of no lesser importance is to give the reader adequate skill and knowledge in defending himself against an assailant. In both instances it is perfectly obvious how important it is to perfect to the highest degree the mechanical efficiency of the various holds, grips, etc., that are employed in the system of American Judo. It cannot be over-emphasized that the slightest defection in the application of any given hold may mean serious injury. Furthermore, every superfluous movement, no matter how slight, must be eliminated. The essence of success in the method of American Judo is speed, combined with a complete knowledge of the proper moves based on the element of surprise. Another point is that the holds taught are broken with the greatest difficulty. Each hold is created with one dominant purpose: to secure the maximum effect with the greatest economy of time, movement and effort.

The large number and variety of holds and maneuvers have been presented not with the intention of having the student master each and every one; rather, they have been enumerated and illustrated to afford him an opportunity

to select those best fitted to his personal physical equipment. The hold that one man excels in cannot always be mastered by another. In this connection it is well to remember that absolute proficiency in a few holds is a wiser policy than an incomplete mastery of a hundred.

SUGGESTIONS TO THE READER

1. Whenever possible deliver a kick or blow to the testicles or to the Adam's apple.
2. Every move must be made with a snap or jerk. A slow move is absolutely worthless.
3. Any of the holds in this book can result in extreme injury, therefore, exercise extreme caution in practice.
4. Don't try to resist your opponent, on the contrary, give way to his pressure and use his original force and momentum to his own disadvantage. In fact, the counter move for most Judo holds is to move with your opponent's hold faster than he expects you to. In that way you can often escape from an otherwise unbreakable hold.
5. The secret of falling is to be completely relaxed. This is often quite difficult, because when a person feels himself falling his instinctive reaction is to tense his muscles. Although instinctive, this reaction is to be avoided because muscular tension places a strain on the bones to which the muscles are attached, enabling these bones to be more easily injured.
6. Work all the holds from both sides so as not to limit yourself to becoming "one-sided" in your abilities.
7. Every move in Judo should be made with a maximum of speed and carried through to its logical conclusion. Be sure that you have the procedures clearly in mind. Never stop a movement half way because injuries to yourself might easily result.
8. All moves should be smooth and flow one into the other with no awkward halts or delays between them.

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DISABLING BLOWS

THE HACK AND THE JAB IN JUDO

The hack is a hand blow delivered with the little finger side of the open hand. The fingers are held extended, stiff and close together. The thumb may or may not be extended. The blow is given with a swift, sharp, hacking movement with such abrupt force that it can either break a bone or paralyze a nerve. Continual practice of pounding the underside of the hand upon a hard, flat object such as a table is advised for toughening the striking surface of the hand. After the hand is thus prepared it can be further toughened by pounding the edge or corner of an object.

When administering the blow, contact is made with that surface of the edge of the hand between the wrist and the base of the little finger. The fingers themselves are not used in striking, because they may slide over each other and make the blow less effective.

The jab is made with the closed fist, the knuckle of the middle finger protruding. The blow with the fist covers too great an area, whereas the knuckle of the finger, being pointed, will localize the blow and thereby intensify it.

CHART OF DISABLING BLOWS

Type of Blow	Areas Affected	Reactions
Fig. 3. Hack	Upper Lip	pain, broken nose, loosened teeth
Fig. 4. Hack	Temple and ears	headache, pain, possible unconsciousness
Fig. 5. Hack	Wrist or bones of thumb	possible fracture
Fig. 6. Hack	Biceps muscles	temporary paralysis of arm
Fig. 7. Hack, punch, squeeze or knee	testicles	unbearable agony, complete paralysis, collapse
Fig. 8. Hack	Adam's Apple	physical collapse, gagging and nausea
Fig. 9. Hack or fist blow	kidneys	temporary paralysis, physical collapse
Fig. 10. Hack or jab	collar bone	fracture
Fig. 11. Hack	sides of jaw	possible dislocation and unconsciousness
Fig. 12. Hack or jab	temple bones	unconsciousness and possible bone fracture
Fig. 13. Hack	bridge of nose	fracture
Fig. 14. Hack (Rabbit punch)	back of neck	stunning pain, possible unconsciousness, followed by severe headache

CHART OF DISABLING BLOWS

Continued

Type of Blow	Areas Affected	Reactions
Fig. 15. Thumb jab	throat below Adam's Apple	gagging, nausea
Fig. 16. Thumb jab	tissue over eyes	pain
Fig. 17. Thumb jab	hollow of armpit	pain
Fig. 18. Thumb jab	behind ear lobe	pain, temporary disability
Fig. 19. Thumb jab	tissue between jawbone and throat	pain
Fig. 20. Thumb jab	calf	internal pain
Fig. 21. Knuckle dig	sides of spine	excruciating pain
Fig. 22. Punch	pectoral or arm pit	pain, disabling arm
Fig. 23. Punch and twist of fist at point of contact	solar plexus	nausea, physical collapse
Fig. 24. Clap of hands over ears	ears	rupture and pain
Fig. 25. Stamp heel	instep	fracture and pain
Fig. 26. Clawed hand	nostrils	torn and lacerated tissues, extreme pain.