

SHANGHAI MUNICIPAL  
POLICE

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Manual of Self-Defence.



SHANGHAI  
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## POLICE MANUAL OF SELF-DEFENCE.

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### INTRODUCTION.

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As a rule, the operation of taking a prisoner into custody in Shanghai does not present much difficulty. When once a Chinese offender is cornered he generally submits to his fate and goes quietly to the Station.

Sometimes, however, he offers a stout resistance and it then becomes the policeman's duty to overpower him without loss of time.

Muscular superiority will count for a good deal, of course, but even then, if used unskillfully, it may be no easy matter to get the better of an agile or desperate opponent who is fighting, possibly, for his life.

Moreover, unless the policeman has the advantage of strength, his efforts to do so are likely to result in an undignified struggle in which he himself may eventually be worsted.

Hence no member of the Force can reasonably afford to ignore the existence of a few simple methods whereby a refractory prisoner can speedily be secured and thereafter disposed of as required.

These methods are adopted mainly from the Japanese science of Jui-jitsu and depend for their efficacy on the fact that the average man can bear physical pain only up to a certain point, beyond which he will submit to the will of the person having the power to inflict that pain.

In Jui-jitsu much pain is inflicted by means of light blows on tender parts of the body, by pressure applied to nerve-centres and by leverage applied to limb joints.

It is obvious, firstly, that your opponent's attack (if any) must be effectively countered; secondly, that he must be closed with and brought to a position of physical restraint and, thirdly, that compulsion in some form must be applied to make him do as desired.

One of the essential principles of this science is to meet an attack quickly and by another form of counter attack; the suddenness of this will, in many cases, so bewilder your opponent that it will be possible to apply a hold from which he will find it impossible to extricate himself.

In many cases an opponent's greater strength may be turned to his disadvantage, as, when any of the various holds described are correctly applied, the more an opponent struggles, the greater will be the amount of discomfort he will experience.

In handling prisoners or refractory persons by the methods of Jui-jitsu it is well to remember that what is light punishment to one person may be torture to another because the reaction of individuals to pain varies.

The intensity of pain depends not only on the strength of the force producing the sensation but also on the receptive state of the individual to the sensation.

For example, an intoxicated person has his sensibility to pain deadened by the poison: a partially

unconscious person or a mentally defective one would also be less sensible of pain.

On the other hand certain individuals may feel pain acutely. This may be due to the fact that these individuals are weakened either by exhaustion or disease.

Therefore a policeman must always be careful to use his strength and methods of control over prisoners with judgment, particularly when dealing with the sick or injured.

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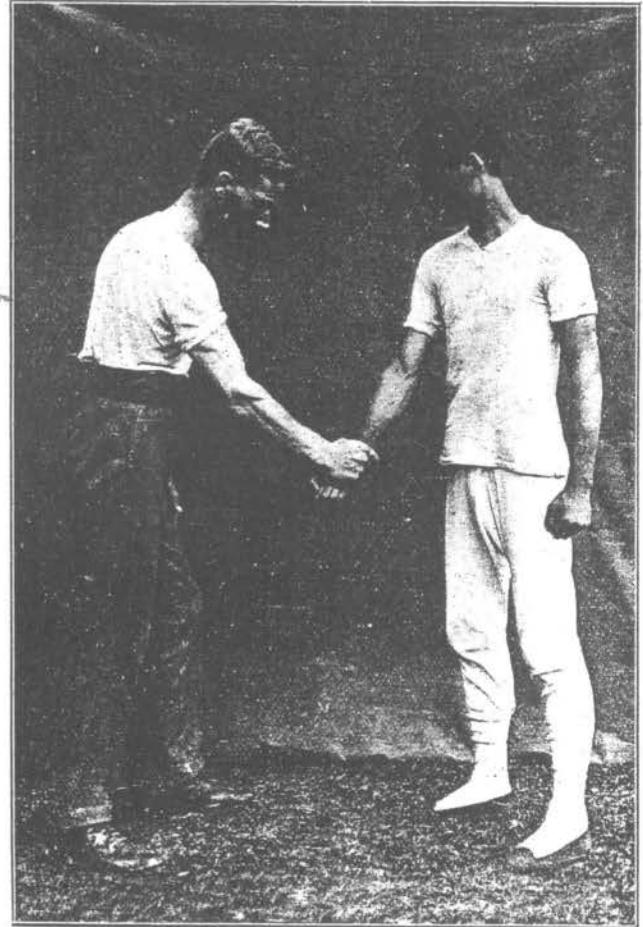
**Note.**—For the purpose of demonstration all holds, etc., shown are for the right hand, they can, of course, be applied equally well on either hand.

**No. 1.—Police Hold.**

Stand facing your opponent and slightly to his right side.

Seize his right wrist with your right hand. (Fig. 1).

Fig. 1.



POLICE HOLD.

**No. 1.—Police Hold** (*Contd.*)

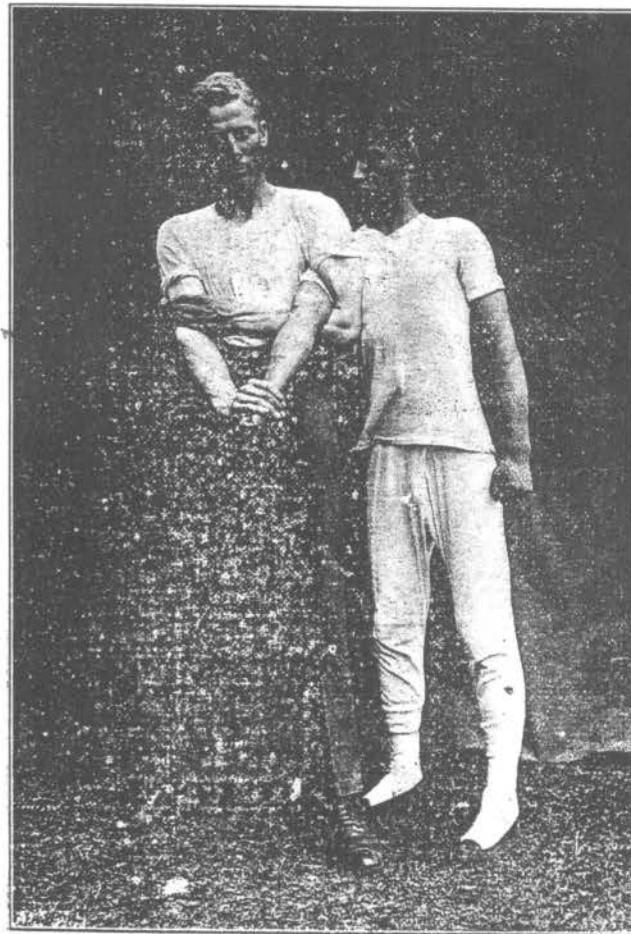
Pass your left arm over his right arm, catching your right arm by the biceps with your left hand.

Opponent's knuckles to be downwards.

Pull his right arm well through your left, so that your left forearm bone presses on the back of his right arm.

Force his right arm down by pressing downwards with your right hand (Fig. 2).

Fig. 2.



POLICE HOLD.

**No. 1.—Police Hold** (*Contd.*)

Should your opponent trip you, retain the hold; you cannot hurt yourself.

Figure 3 shows the position in which you will then be.

Fig. 3.



POLICE HOLD.

## No. 2.—Handcuff Hold.

Stand facing your opponent.

Seize his right wrist with both of your hands.

(Fig. 4).

Fig. 4.



HANDCUFF HOLD.

**No. 2.—Handcuff Hold.**

Stand facing your opponent.

Seize his right wrist with both of your hands.

(Fig. 4).

Fig. 4.



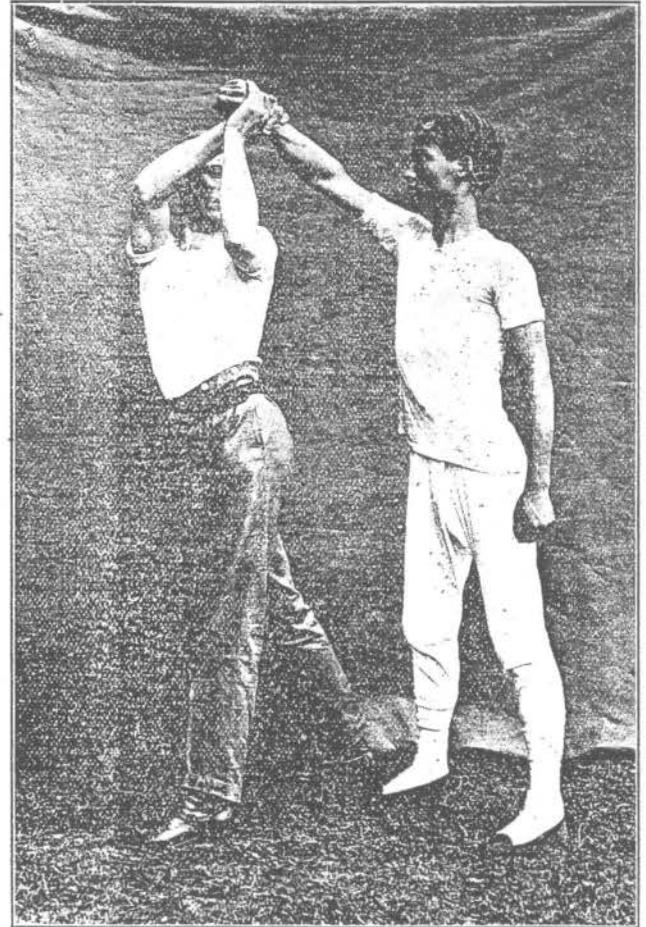
HANDCUFF HOLD.

No. 2.—Handcuff Hold (*Contd.*)

Swing his arm up high.

Pass under it by turning inwards with your back towards him. (Fig. 5).

Fig. 5.



HANDCUFF HOLD.

No. 2.—Handcuff Hold (*Contd.*)

---

Step to his back with your left foot.

Bring his hand well up his back.

Retain grasp on his wrist with your left hand and seize his right elbow with your right hand. (Fig. 6).

Fig. 6



HANDCUFF HOLD.

No. 2.—Handcuff Hold (*Contd.*)

If your opponent is too small for you to pass under his arm, apply this hold as follows:

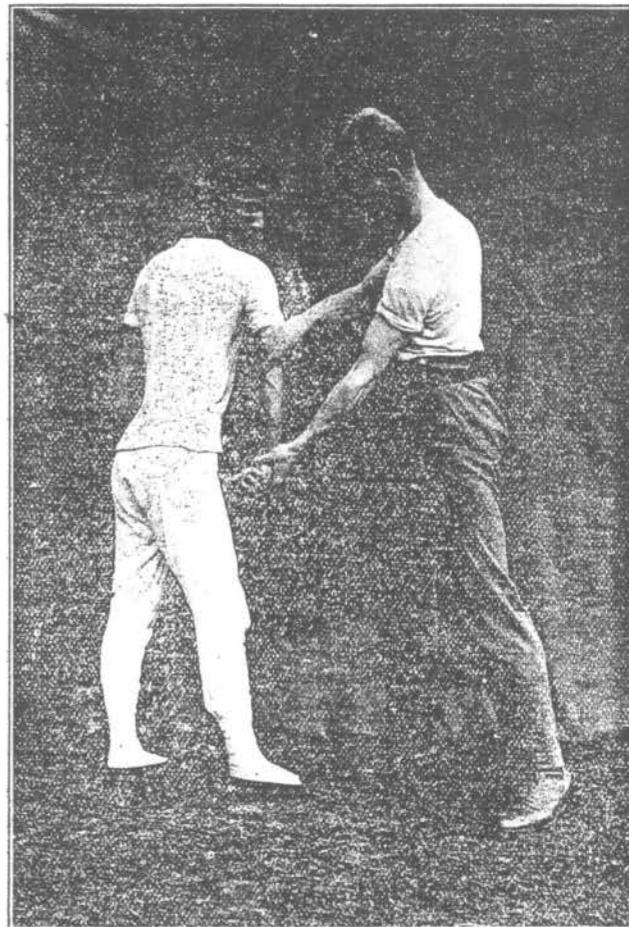
Stand slightly to his right side.

Seize his right wrist with your left hand, your knuckles downwards and thumb to the left.

Take his elbow with your right hand. (Fig. 7).

Push his hand up his back by pushing away with your left hand and pulling his elbow towards you with your right as in Fig. 6.

Fig. 7.



HANDCUFF HOLD.

### No. 3.—Arm Hold.

---

Stand level with your opponent on his right side and facing the same way.

Seize his right wrist with your right hand, back of your hand to the front, back of his hand downwards.

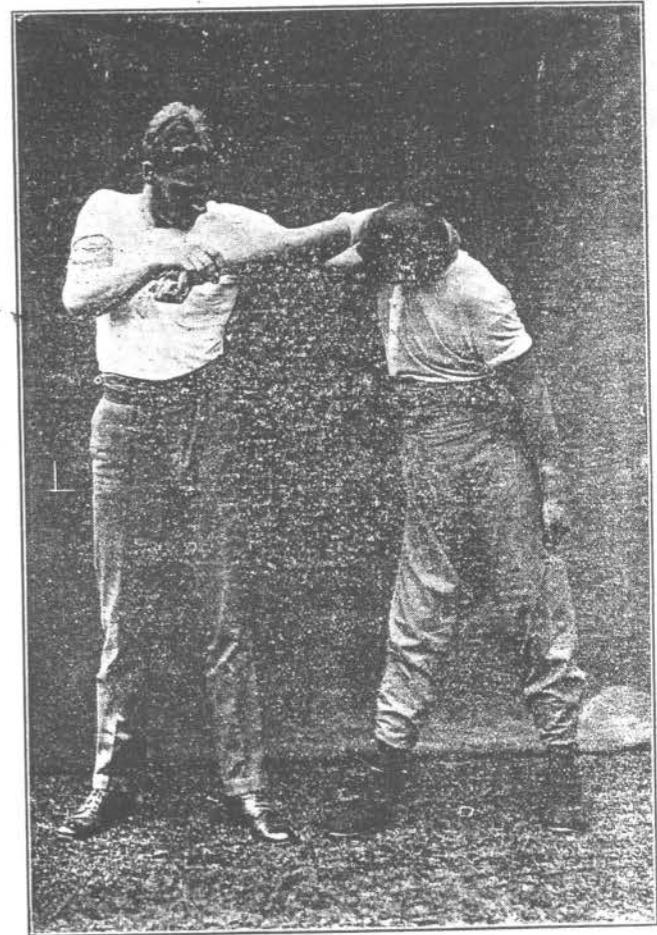
Raise his right arm with your right hand.

Pass your left arm under his right and place your left hand behind his neck.

Straighten your left arm and pull downwards on his right arm with your right hand. (Fig. 8).

Note the position of your opponent's elbow at the finish of the hold.

Fig. 8.



ARM HOLD.

#### No. 4.—Bent Arm Hold.

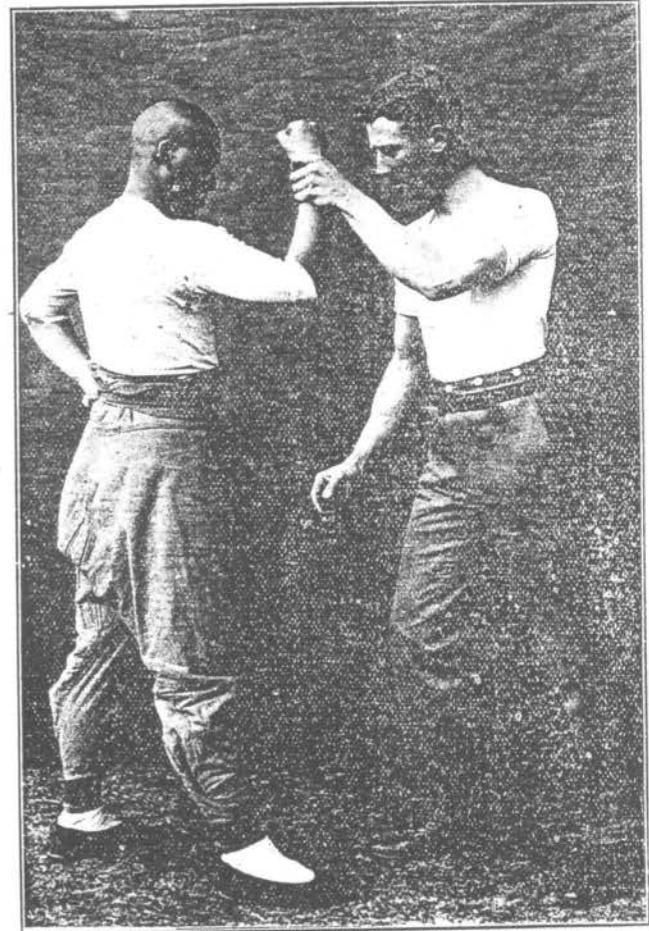
---

Your opponent raises his right arm.

Stand facing him, seize his right wrist with your left hand, bend his arm at the elbow towards him.

(Fig. 9).

Fig. 9.



BENT ARM HOLD.

No. 4.—Bent Arm Hold (*Contd.*)

---

Pass your right arm under the upper part of his right arm, seizing his right wrist with your right hand from the front.

Keep the upper part of right arm against your body and force his wrist backwards with your hands. (Fig. 10).

**Note:** This hold can be obtained when you are close up to your opponent and when attempts at other holds have failed.

Fig. 10.



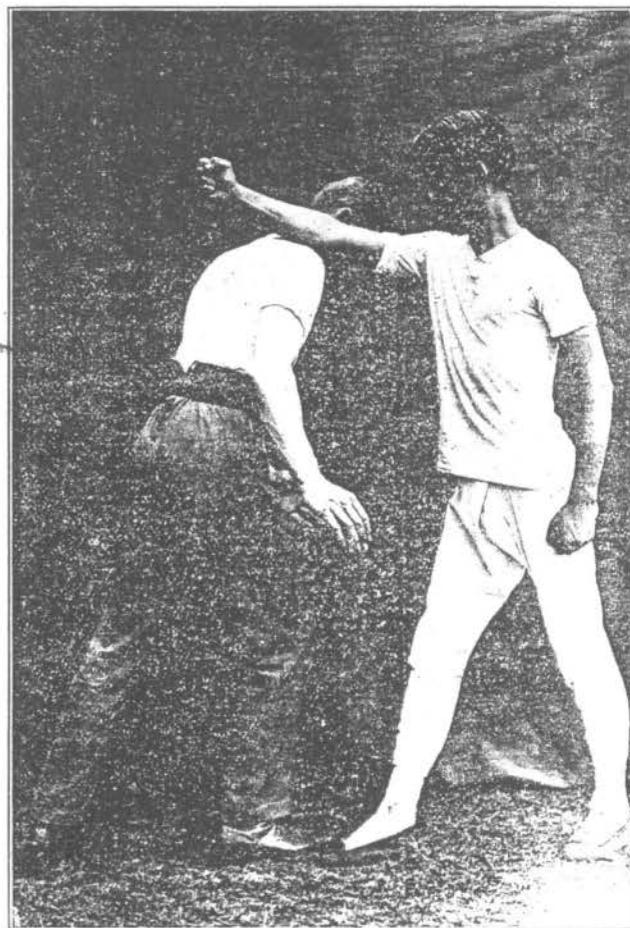
BENT ARM HOLD.

### No. 5.—Front Strangle.

For defence against a right handed downward or swinging blow at the head with a stick, etc.

Duck your head to the left and rush in under your opponent's right arm to his right side. (Fig. 11).

Fig. 11.



FRONT STRANGLE.

**No. 5.—Front Strangle (Contd.)**

Pass your right arm around his neck, catching your right wrist with your left hand.

Bring your right hip into the small of his back and bend his body backwards.

Apply pressure by pulling on your right wrist with your left hand, forcing your neck against his right arm. (Fig. 12).

Note: Take care that your right forearm bone presses against the muscle on the left side of his neck and that your body is thrown well forward to bring him off his balance.

Fig. 12.



FRONT STRANGLE.

### No. 6.—Ground Hold.

---

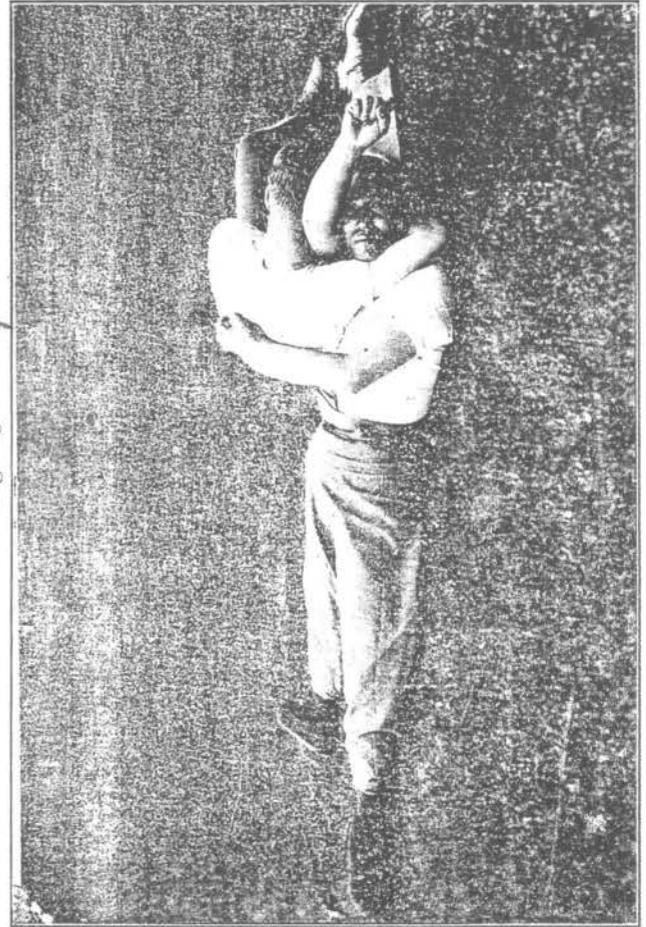
(Continuation of Front Strangle (Fig. 12. Page 35).

---

Should you both fall, retain the hold and maintain the pressure, taking care that your legs are well away from his. (Fig. 13).

If properly applied, your opponent cannot escape from this hold.

Fig. 13.



GROUND HOLD.

### No. 7.—Back Strangle.

---

Stand at your opponent's back.

Place your right arm around his neck with your forearm bone bearing on his Adam's Apple.

Place back of your left arm on his left shoulder and clasp your left biceps with your right hand.

Grasp back of his neck with your left hand.

Pull up with your right forearm and press forward with your left hand (Fig. 14).

Fig. 14.



BACK STRANGLE.

### No. 1.—Hand Throw.

Your opponent seizes you by the throat with right hand.

Seize opponent's right hand from above with your right hand, your thumb between his thumb and fore-fingers, your fingers passing over the back of his hand to the palm.

Place your left hand under his right elbow, thumb to the right. (Fig. 15).

Fig. 15.



HAND THROW.

No. 1.—Hand Throw (*Contd.*)

Swing upwards and with a circular motion of your right hand bring his arm downwards to your right side, at the same time pressing with your left hand on his elbow and bend his right *wrist* towards him. (Fig. 16).

Continue pressure on elbow till he falls to the ground.

Fig. 16.



HAND THROW.

## No. 2.—Wrist Throw.

Seize opponent's right hand with both yours and turn his palm towards him.

Force your right thumb into the back of his hand between third and small fingers and your left thumb between fore and second fingers.

Bend his hand towards him by pressing your thumbs into the back of his hand. (Fig. 17).

Force his hand to the ground keeping the wrist bent.

If you have any difficulty in throwing your opponent give his wrist a sharp turn to your left and pull. This will cause him to lose his balance and fall.

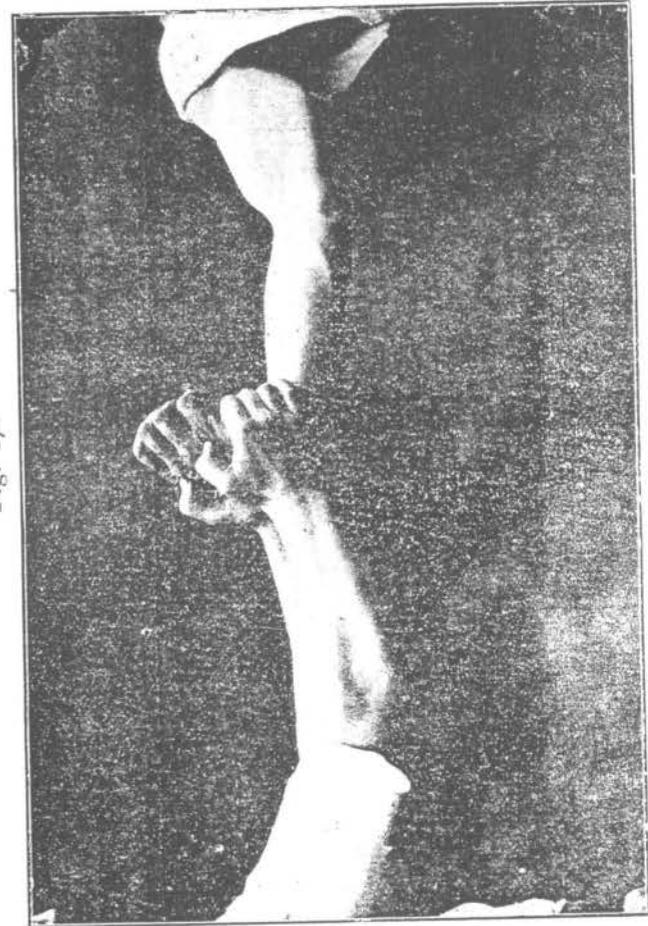


Fig. 17.

WRIST THROW.

### No. 3.—Arm Throw.

Stand facing your opponent.

Seize his right wrist with both of your hands, right  
above left. (Fig. 4).

Fig. 4.



ARM THROW.

**No. 3.—Arm Throw (Contd.)**

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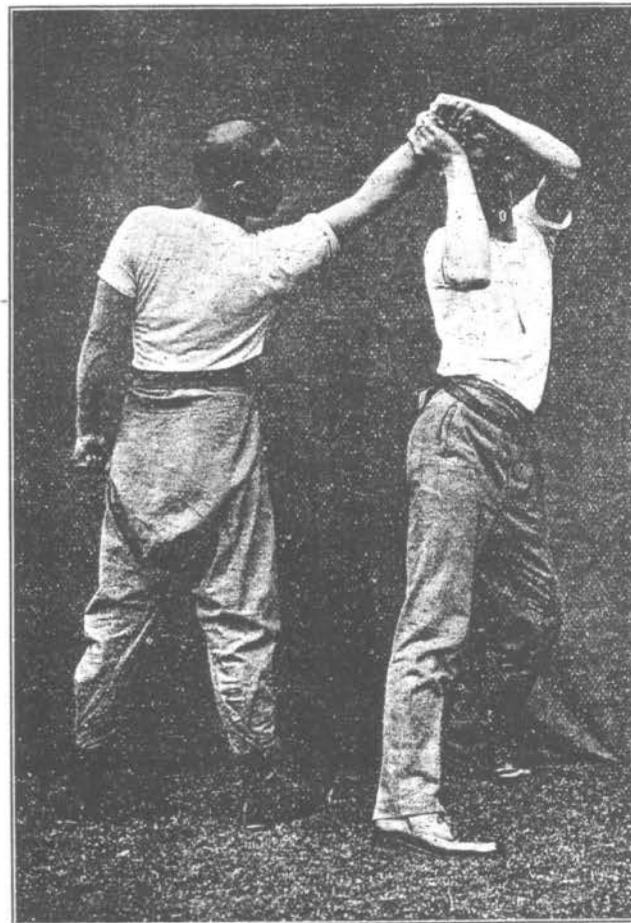
Swing his arm up high.

Pass under it by turning to your right.

Keep firm hold on his wrist, this will cause his arm to twist as shewn in (Fig. 18).

**Note:** Do not allow his wrist to turn in your hands.

Fig. 18.



ARM THROW.

No. 3.—Arm Throw (*Contd.*)

---

When his hand is over your right shoulder pull sharply downwards to your right. This will cause him to fall on his back (Fig. 19).



Fig. 19.

ARM THROW.

### No. 4.—Arm Drag Throw.

Stand to the right of your opponent.

Seize his right wrist with your right hand, back of your hand to the front, back of his hand downwards.

Seize his right elbow with your left hand. (Fig. 20.)

Fig. 20.



ARM DRAG THROW.

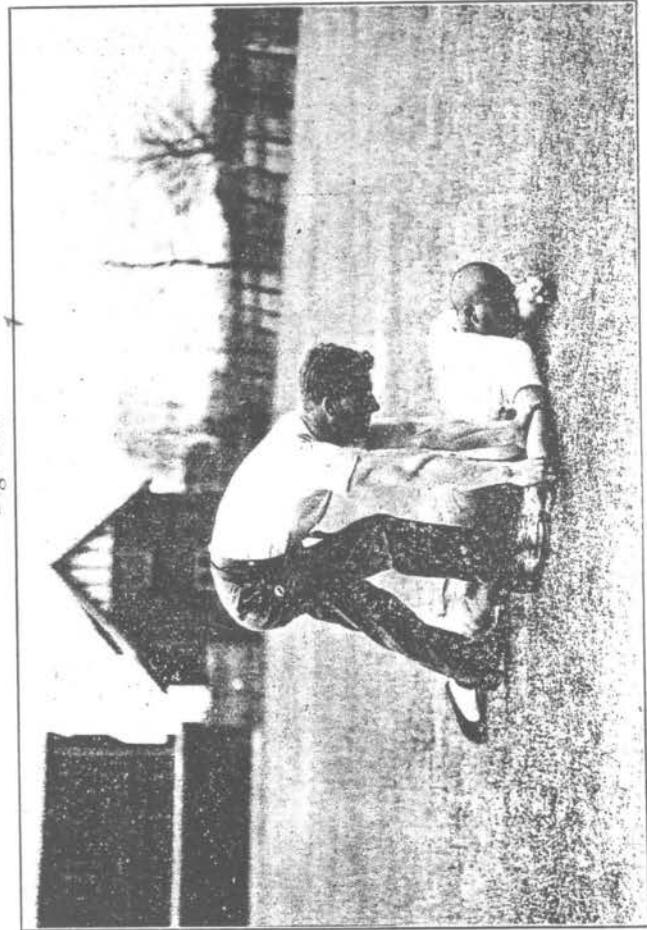
**No. 4.—Arm Drag Throw** (*Contd.*)

Pull him by the wrist towards the ground on your right side, at same time pressing on his elbow with your left hand.

This will cause him to fall on his face.

To keep him on the ground, press on his elbow with your left hand and pull up on his wrist with your right hand. (Fig. 21.)

Fig. 21.



ARM DRAG THROW.

No. 5.—Back Hip Throw  
or  
Continuation of Front Strangle.

---

For defence against a right handed downward or swinging blow at the head with a stick, etc., or if opponent is very strong and there is a chance of his getting away from Front Strangle. (Fig. 12).

Fig. 12.



FRONT STRANGLE.

No. 5.—Back Hip Throw (*Contd.*)

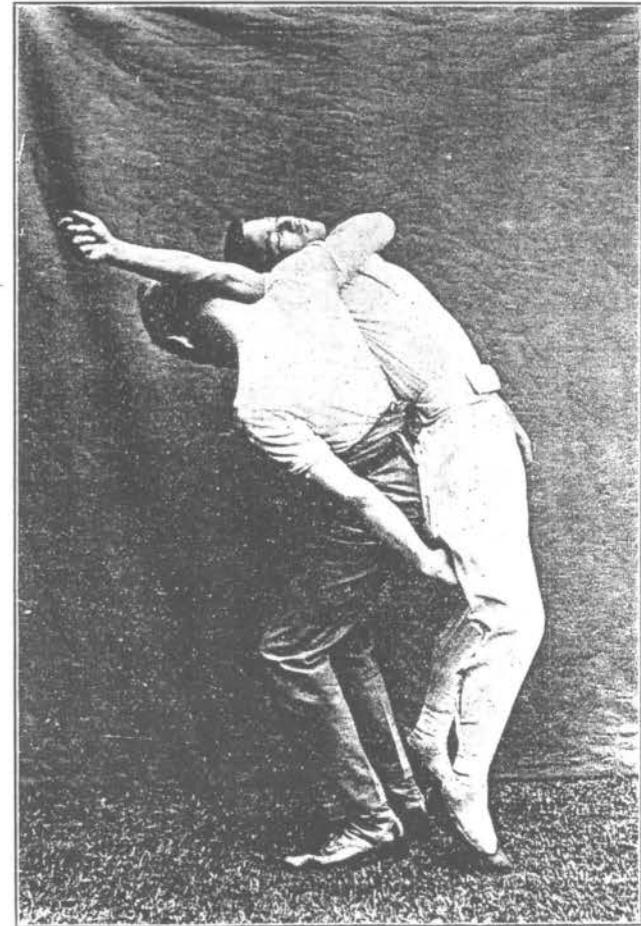
Retain the hold on his neck and arm with your right hand.

Bring your left hand down to your left side and seize his right leg from underneath. (Fig. 22):

Push up with your left hand, pull forward with your right arm and bend your body towards the ground.

This will throw your opponent on his back with his head towards you.

Fig. 22.



BACK HIP THROW.

### No. 1.—Side Trip.

Stand facing your opponent.

Seize both his arms above the elbows.

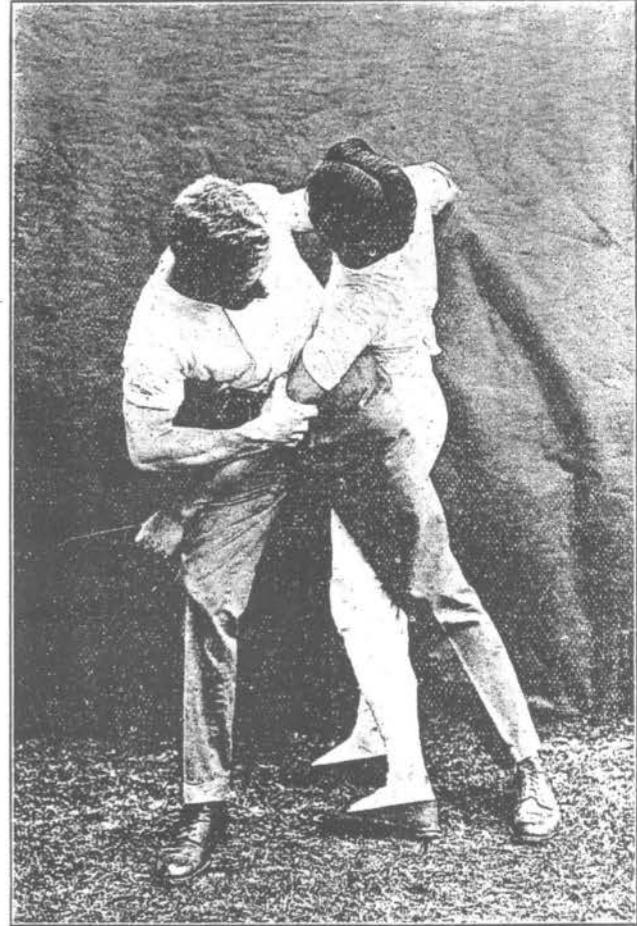
Jerk him sharply to your right by pulling downwards with your right hand and pushing upwards with your left, thus putting him off his balance.

Turn your body to your right and shoot your left leg to his left side.

Take care that the back of your left leg is against his body. (Fig. 23).

Continue pressure on his arms till he falls.

Fig. 23.



SIDE TRIP.

## No. 2.—Ankle Trip.

(Only useful when opponent's feet are close together).

Stand facing your opponent.

Seize both his arms above the elbows.

Jerk him sharply to your right by pulling downwards with your right hand and pushing upwards with your left.

At the same time strike his left ankle with *sole* of your right foot without bending your leg. (Fig. 24).

This will cause him to fall on his left side.

Fig. 24.



ANKLE TRIP.

### Methods of Defence.

---

(1) Your opponent seizes you round the body from in front, leaving your arms free.

---

To make him release hold:—

(A) Strike his chin a hard upward jab with the heel of your wrist. (Fig. 25) "Chin Jab".

Either or both hands may be used.

Fig. 25.



CHIN JAB.

**Methods of Defence (Contd.)**

---

**No. 1. (Contd.)**

Your opponent seizes you round the body from in front leaving your arms free.

---

(B) Seize his neck with both hands; fingers touching behind, thumbs in front, one on each side of the Adam's Apple.

Press inwards with your thumbs and jerk his head sharply backwards. (Fig. 26) "Adam's Apple."

Fig. 26.



ADAM'S APPLE PRESSURE.

**Methods of Defence (Contd.)**

---

**No. 1. (Contd.)**

Your opponent seizes you round the body from in front, leaving your arms free.

---

If your opponent keeps his head well down so that you cannot apply either of the foregoing methods.

(C) Seize the back of his neck between the thumb and the fingers of one hand.

Grip strongly and force him to the ground.

(Fig. 27) "Nape of Neck Pressure".

(D) Force the lower part of his body away from you by pressing with your hands or jab him sharply with your fingers in the stomach, which will generally have the same effect; then kick him sharply in the pit of the stomach with your knee.

Fig. 27.



NAPE OF NECK PRESSURE.

**Methods of Defence** (*Contd.*)

---

(2) Your opponent seizes you round the body from in front, encircling your arms with his.

To make him release his hold:—

(A) Jab him sharply in the groin with your fingers and if necessary apply the Knee Kick in the Testicles.

---

(3) Your opponent seizes you round the body from behind, leaving your arms free.

To make him release his hold:—

(A) Strike the back of his hand with your knuckles.

(Fig. 28) "Knuckle Blow".

Fig. 28.



KNUCKLE BLOW.

**Methods of Defence (Contd.)**

---

**No. 3. (Contd.)**

Your opponent seizes you round the body from behind leaving your arms free.

---

(B) Seize either of his little fingers and bend it backwards. (Fig. 29) "Little Finger Pressure."

(C) Stamp on his foot with the heel of your boot.

---

(4) Your opponent seizes you round the body from behind, encircling your arms with his.

To make him release his hold :—

(A) Apply methods 3 (B), (C), or strike him a blow in the face with the back of your head.

Fig. 29.



LITTLE FINGER PRESSURE.

### Use of the Baton.

---

(1) To bring your opponent to the ground, hit him on the Shin bone below the knee-cap. This is more effective than a head blow.

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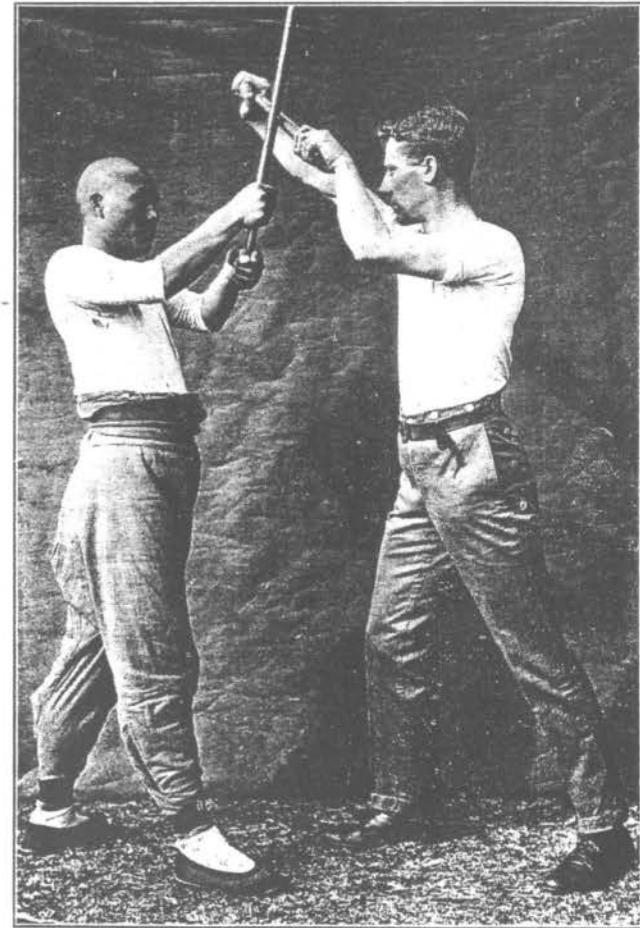
(2) To make your opponent release his hold of any weapon with which he may be armed; hit him on the forearm and at the same time strike him with your knee in the testicles.

---

(3) To ward off a blow with a stick or similar weapon at your head, grasp your baton with both hands near the *ends*, rush in as close as possible; take the blow on the baton (Fig. 30); release the hold of your left hand and strike with baton held in right hand at your opponent's shins. This will bring him to the ground.

**Note:** It is to be noted that an opponent armed with a stick or other striking weapon can do you little injury if you keep close to him.

Fig. 30.



USE OF BATON.

## Edge of the Hand Blow.

An "Edge of the Hand Blow" is given with the inner or little finger edge of the palm, fingers straight and close together. (Fig. 31.)

- (1) Across the wrist
- (2) " " forearm
- (3) " " biceps
- (4) " " side of neck
- (5) " " shoulder or on the collar bone
- (6) " " Adam's Apple
- (7) " " back of neck
- (8) " " upper part of the leg (in front)
- (9) " " lower part of the leg (on the outside)
- (10) " " lower part of the leg (at the back)
- (11) On the waist
- (12) Over the kidneys
- (13) Over the base of the spine

**Note:** All the above blows can be given with the baton.

Fig. 31.



EDGE OF HAND BLOW.

### Finger Jabs.

---

“Finger Jabs” are given with the points of the fingers close together.

- (1) In the solar Plexus
  - (2) In the Pit of the Stomach
- 

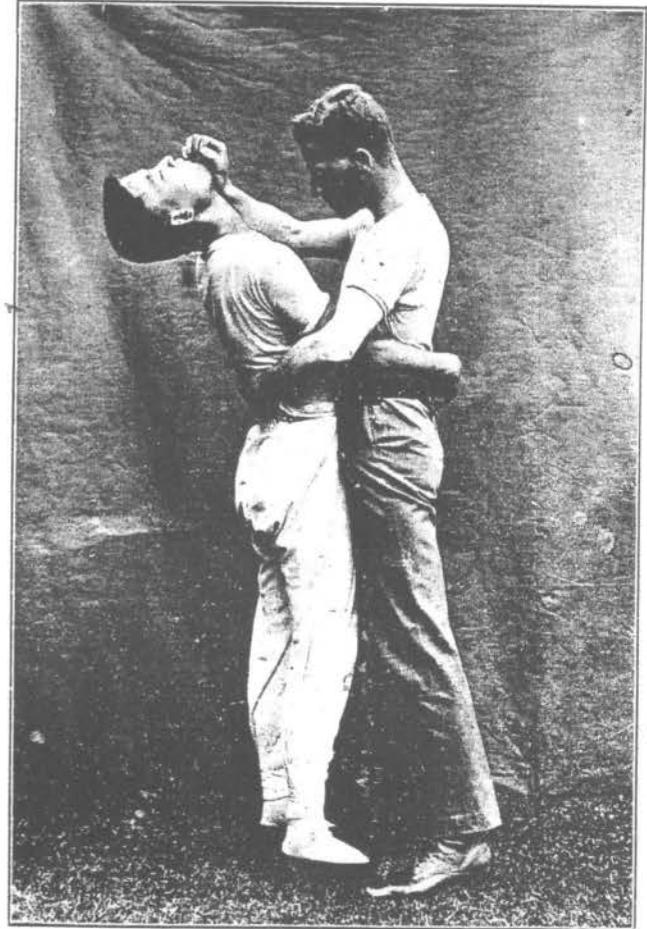
### Palm Jabs.

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The “Palm Jab” is given with the heel of the hand (Fig. 25); “Chin Jabs”—

- (1) Under the Chin.

Fig. 25.



CHIN JAB.

## How to arrest a man known to carry firearms.

---

In firing a pistol or revolver, the average man uses his right hand. It can therefore be taken for granted that your man has the weapon concealed on his person within reach of his right hand.

A Chinese, when dressed in his national costume, carries his pistol under his gown or jacket, usually tucked away in a belt. It would be impossible for him to get at it with the left hand, owing to his clothing fastening on the right side. The right hand is therefore the better one to secure.

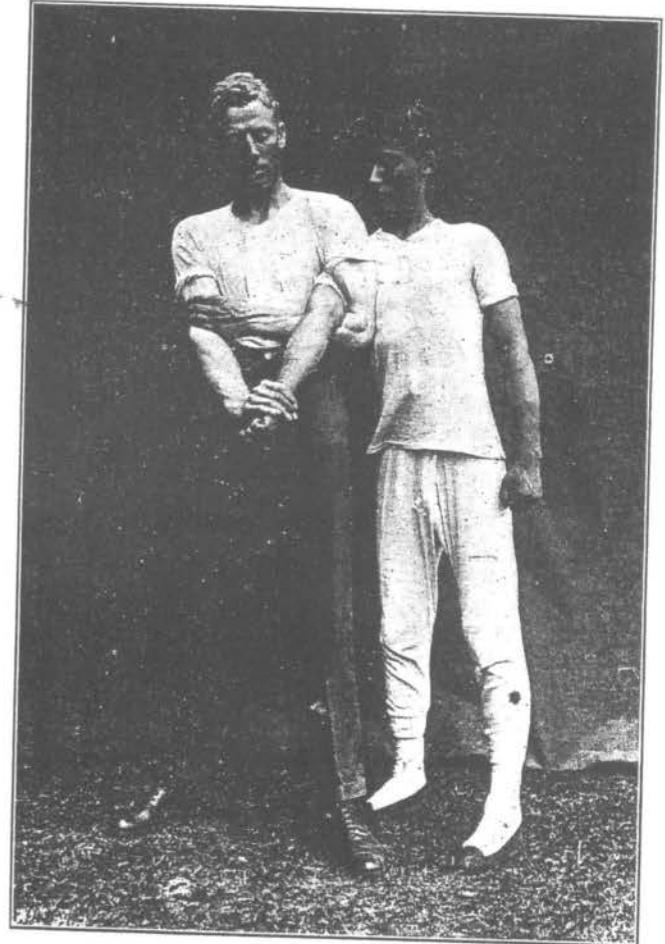
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## To arrest a man approaching you.

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Apply (1) Police Hold (Fig. 2) on right arm.

Fig. 2.



POLICE HOLD.

To arrest a man approaching you (*Contd.*)

---

or (2) Handcuff Hold (Fig. 6) on right arm.

Should you be unable to obtain either of these holds; apply Side Trip (Fig. 23; Page 62) on his left side; you would then have no difficulty in applying Handcuff Hold (Fig. 6) whilst he was on the ground.

Fig. 6.



HANDCUFF HOLD.

To arrest a man whom you are  
overtaking.

Apply—Back Strangle (Fig. 14).

Fig. 14.



BACK STRANGLE.

To take a pistol or revolver from a person  
pointing at another.

Should you come across anyone pointing with a pistol at another man, and he is unaware of your presence, seize his hand and revolver with your right hand, from underneath, jerk his hand upwards and backwards (Fig. 32). This will break his trigger finger and cause him to release his hold on the weapon.

**Note:** Take care to keep the muzzle of the revolver away from your head when forcing his hand backwards.

Fig. 32.



TAKING AWAY PISTOL.

### Defence against Strangling.

---

Your opponent seizes you by the throat with his right hand. To make him release his hold:—Strike his right arm a sharp blow with your right hand towards your left side.

### Defence against a Wrist Hold.

---

Your opponent seizes your right wrist with either of his hands. To make him release his hold:—

Bend your hand towards your body and twist your arm in the direction of his thumb.

### Tying an effective knot.

Practise tying this knot on a stick, pole or anything similar, as follows:—

Take a piece of cord or silk rope about a quarter of an inch in diameter, and from 5 to 7 yards in length, this can be carried or tied around the waist under the jacket.

Hold the cord in the left hand about two feet from one end; pass it, in the form of a loop, round pole as in Fig. A.

The *short* end of the cord to the left and the *long* end to the right.

Pass the right cord, in a loop, through loop A. forming loop B. Pass left cord, also in a loop, through loop B. forming loop C. Holding loop C. in left hand and pulling long end of cord will now complete the knot as shewn in Fig. D. (Fig. 33).

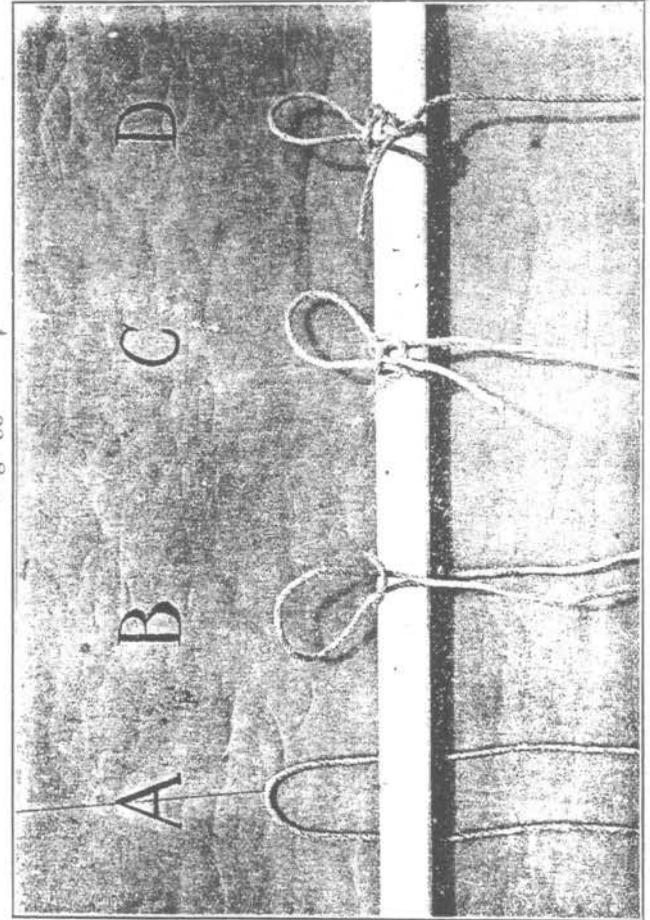


Fig. 33

## Tying a prisoner.

As is the case when using handcuffs, your prisoner is always more secure when his hands are fastened together behind his back: you would naturally compel him to precede you and you would then at once notice any attempt he might make to release his hands.

The knot shewn on page 92 forms a very good substitute for a pair of handcuffs.

Tie knot D. (Fig. 33) on your prisoner's wrist, pass his other hand through the loop which is shewn, pull taut and tie two half hitches to prevent slipping. (Fig. 34)



Fig. 34

To Lift a man on to his feet,  
from the ground.

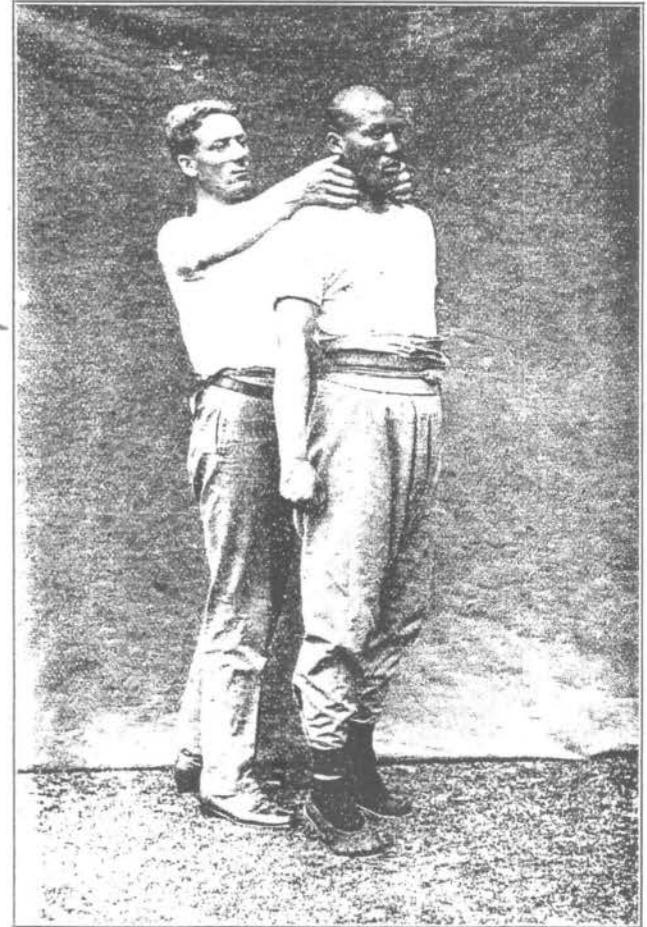
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Your opponent lies on his stomach on the ground and refuses to stand up.

Seize him round the neck with both hands, your fingers pressing into his neck alongside the "Adam's Apple."

Force the points of your thumbs into the hollows under the Lobe of the ears and lift upwards. (Fig. 35)

Fig. 35.



LIFTING MAN FROM GROUND.

### Methods of Attack.

---

Certain of these methods are intended to be used only in extreme cases, such as a desperate attack by an opponent armed with a knife or similar weapon.

For all ordinary cases there are suitable holds and throws, etc., which, whilst being quite effective and causing considerable discomfort to the person to whom they are applied, do not cause any bodily injury.

### Methods of Attack and How Dealt with.

---

(1) Your opponent rushes at you with a knife.

Kick him in the testicles or stomach with the toe of your boot.

## Methods of Attack and How Dealt with.

---

(2) Your opponent attempts:—

(A) To strike you with his fist

(1) Front Strangle (Fig. 12)

(2) Bent Arm Hold (Fig. 10)

(3) With baton strike forearm a smart blow from below.

(B) To strike you with a knife (downward blow)

(1) Strike forearm with baton.

(2) Strike collar bone with baton.

(3) Kick him in the testicles or stomach.

(C) To strike you with a knife (side or upward blow)

(1) Strike forearm with baton.

(2) Strike collar bone with baton.

(3) Kick him in the testicles or stomach.

## Methods of Attack and How Dealt with.

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**No. 2.**—(Contd.)

(D) To strike you with a stick (downward blow)

(1) Front Strangle (Fig. 12)

(2) Back Hip Throw (Fig. 22)

(E) To strike you with a stick (side or upward blow)

(1) Arm Hold (Fig. 8)

(2) Strike forearm with baton from above.

(F) To Kick you.

(1) Strike shin bone or thigh with baton.

(G) To close with you.

(1) Cuts with hand as in (Fig. 31)

(2) Chin Jab (Fig. 25)

### Methods of Attack and How Dealt with.

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(3) Your opponent closes with you:—

(A) Seizes you by the throat (with one hand)

(1) Hand Throw (Fig. 16)

(2) Chin Jab (Fig. 25)

(B) Seizes you by the throat (with both hands)

(1) Chin Jab (Fig. 25)

(2) Knee Testicle Kick

(C) Seizes you round body from front (leaving your arms free)

(1) Adam's Apple (Fig. 26)

(2) Chin Jab (Fig. 25)

(3) Nape of Neck (Fig. 27)

(4) Knee Testicle Kick.

### Methods of Attack and How Dealt with.

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(3) (Continued)

(D) Seizes you round the body from front (encircling your arms)

(1) Groin Jab with point of fingers

(2) Knee Testicle Kick

(E) Seizes you round body from back (leaving your arms free)

(1) Small Finger Pressure (Fig. 29)

(2) Knuckle Blow (Fig. 28).

(F) Seizes you round body from back (encircling your arms)

(1) Stamp on his foot.

## Methods of Attack and How Dealt with.

(3) (Continued)

(G) Seizes you round neck from back

(1) Stamp on his foot

(2) Reach over your shoulder and seize hold of his clothing, bend sharply forward from the waist, pulling at the same time.

**Note:** After having made your opponent release his hold you should have no difficulty in applying any one of the various holds herein described.