

# *Defensive Hand To Hand Combat*



By

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## **Introduction**

This chapter contains the complete text and some stills from a US Navy Aviation Bureau training film dated 1942. The presenter of this film is Lt. Commander Wesley Brown jr.



Career highlights of Wesley Brown jr.

- Police Officer - Evanston Ill
- Wrestling coach - Northwestern Uni
- Assistant Director of Training - Northwestern Uni Traffic Institute (He taught advanced courses for police: Physical fitness and self defense)
- Assistant Professor of Public Administration - Uni of Southern California
- Chief of Police - Redlands, California
- As a Navy Officer during WWII, when not on active duty overseas, he directed both Hand To Hand Combat Training and Survival programmes
- Presented the training film "Defensive Hand-To-Hand Combat" for the Naval Aviation Bureau.
- Authored the books, US Navy Aviation Hand To Hand Combat training manual and "Self Defense".

Many thanks to Dave Walmsley at Canadian Combato for this info.

There are 50 sections to this film with detailed instructions on defensive hand-to-hand techniques. What follows is the complete transcript of the film with some of the stills.

## **Introduction**

### **Preface**

Deeply ingrained in American youth is the depth and aptitude for good athletics. On the playing fields, in gymnasiums, in teamwork and individual exploits have all helped to develop attributes of body and mind. Here we have honed skills and techniques, which have helped to make Americans outstanding in man-to-man competitions. Long trained and inspired to excel in all fields of sports and games, we have always played to win, without pulling any punches but always in strict accordance with the rules of sportsmanship and gentlemanly conduct. Today, as we face enemies who recognize no fair play, the technique of man-to-man competition must be drastically revised to fit the tactics of war. Suspended for the duration is the code of sportsmanship. Now there is only one rule, to win.

## **US NAVY AVIATION BUREAU 1942.**

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### **Chapter 1 Introduction**

Hand-to-hand combat is not a sport; it is designed for emergencies when your life may depend on the ability to outwit or overcome an armed enemy, perhaps with only your two hands.



Presented by Lt. Comd. Wesley Brown

Naval Aviation Bureau 1942

These tactics of defence and counter attack combine the essential elements of Jiu Jitsu, Savate, American wrestling and plain rough and tumble fighting. But first, let us examine some of the basic fundamentals.

### 1-1. The Basic Body Stance



The basic body stance is one of easy balance, deceptively relaxed but yet actually always ready for quick counter attacks.

Arms are held lightly across the chest or spread with hands on the hips. From either position they are easily shifted to meet the assailants lead.

Feet are slightly spread and firmly balanced. They must never be crossed but always ready to shift or pivot according to the character of the maneuver.

### 1-2. Hand Attacks

Blows are delivered with the knife-edge of the hand to the points of greatest vulnerability.



These primary vital points include:

- The side of the neck, midway between the chin and the ear, just under the jaw bone.

- The larynx or Adams apple.

- The bridge of the nose.

- The upper lip, just at the upper junction of the nose.

- The back of the neck at the junction of the neck and spine.

- The kidneys at the lower edge of the ribs.

- The solar plexus, which may be attacked with the edge of the hand or the point of the hand in a straight jab.

This straight jab is well adapted applicably to the Adams apple or in a direct attack to the eyes.

One of the most vulnerable points of all is the groin. Here, even a light blow is capable of complete incapacitation.

### 1-3. Attack Strategy Utilizing the Feet.

Stamp on the opponents arch. Deliver a sharp blow to the shin or groin. The knee is also a weapon of counter attack, for striking into the groin, the face of an opponent when they are bent over or into the solar plexus.

#### 1-4. Basic Hand Holds And Leverages

Basic hand holds and leverages are designed to take greatest advantage of leverage on joints and bones.

**A. *The Wrist Lock.*** Holding the opponents wrist in both hands, the thumbs exert pressure on the back of the hands. This forces the wrist joint backward and upward at the same instance.



**B. *The Reverse Wrist Lock.*** The opponents hand is twisted inwards. As the elbow rises additional leverage is applied at the elbow. Any resistance on the part of the opponent only increases the pain and the effectiveness of the hold. Twisting the hand inwards imposes terrific leverage on the wrist. Pressure against the wrist also locks the elbow.



**C. *A Hammer Lock.*** With additional downward pressure for forcing the wrist joint.



**D. *The Basic Head lock.*** In this basic head lock, one arm is placed around the opponents neck and locked onto the other arm. The other hand is used to control the opponents head. Any attempt to escape only tightens the hold.



**E. *Back Leverage.*** Using the application of leverage uses this simple strategy to force the back of the opponent. With one hand holding the opponents belt, the other hand applies pressure to the throat. As an alternative, use one arm around the waist and exert leverage at the chin.



**F. Leg Leverage.** Grab the opponent below the knee and lean against their waist line to lever the leg up and throw them on their back.

## **Breaking Grips and Hand Holds**

### **2-1. Breaking Grips And Hand Holds**

Holds applied by an opponent are easily broken, regardless of the opponent's physical strength. This is achieved by simply forcing the hand against the opponent's thumbs, either inward or outward.



### **2-2. Breaking Rear Strangle With Body Twist**

When a strangle hold is applied it is possible to escape by means of sudden body twist with lowered hip.

Hunching the shoulders and twisting breaks the hold while the hands are held in a position of defence against kicks or knee blows.

### **2-3. Breaking The Rear Strangle Hold With Thumb Lock**

When a rear strangle hold is applied at arm's length, the breaking hold may be applied to the thumbs.

With this leverage, the assailant's grip is most easily broken. Because of its acute twisting force locking the elbow, his power of resistance is minimized. His face is brought down into effective range of a knee lift.



#### **Points to note.**

Lock the thumbs.

Twist body.

Knee lift to face.

## **2-4. Breaking Rear Strangle With Flying Mare**

When a strangle hold is applied from the rear, do not attempt instantly to break the hold. Instead, use both of your hands to pull the assailant's arms in order to get a breath and loosen the strangle.

Strike him in the groin with the open hand or fist.

As his reaction throws him out of position, drop to the knee corresponding to the side of his approach and throw him over your shoulder with a flying mare.

As he lands, his natural position of his arms and body makes it easy to apply an elbow lock.

This advantage may be followed up with a vigorous counter attack to any part of the body.



### **Points to note.**

Gain a full breath.

Blow to the groin.

Drop to one knee.

The flying mare.

The elbow lock.

## **2-5. Breaking The Rear Body Lock With Leg Lift**

When your hands are resting on your hips, the natural inclination of the assailant is to clamp his hold inside your arms.

Before he can complete this hold, lean over and seize his nearest ankle, drawing his leg up between your own.

Having thus gained the initiative, follow it up by throwing him and landing on him with your full weight on either his chest or abdomen.

### **Points to note.**

Seize the ankle.

Pull up leg.

Drop on chest or abdomen.

## **2-6. Breaking Rear Body Lock With Standing Switch**

In this counter, the first move is to seize the opponent's arm with your hand. Then lock your left foot inside and behind his. Clinch your position by getting a grip on his leg or groin with your left hand then fall backward.

With your assailant on the deck, you can choose between breaking his arm or continuing the counter attack to the back of his neck while he is immobilized by using a leg spread clamp on his feet or legs.



**Points to note.**

- Secure his arms.
- Note the position of his legs and feet.
- Hand on crotch.
- Complete switch.
- Spread legs.

## **2-7. Breaking Rear Body Lock With Hip Lock**

As the assailant clamps on the body lock, turn into him, seize his arm just above the elbow and bring your other arm around, up to a point just below his shoulder.

Stepping across in front and leaning outward, you are in a position to apply the hip lock.

Land with your full weight on his chest or abdomen and with both his arms still secured and fully pinioned for further counter attacks.



**Points to note.**

- Seize upper arm with both hands.
- Apply hip lock.

## **2-8. Breaking Front Strangle With Arm Wedge**

Clasp the hands firmly together. Do this without intertwining the fingers.

Lunge upwards, striking with the full power of the arms and shoulders to break the assailants grip.

In the same continuous movement, bring down the clasped hands on the bridge of the opponents nose or other vulnerable part of his face.



**Points to note.**

- Clasp hands firmly.
- Lunge upward.
- Strike blow to nose.

## 2-9. Breaking Front Body Lock With Knee Lift Or Foot Kicks

The first objective in the front body lock counter is to force the assailant's body far enough away to maneuver. Then he may be forced off balance by stamping on his arch, a strong kick to the shin or a blow to the groin with the knee or a combination of all these.

The fallen man must then be approached from the rear, keeping out of range of his feet and staying in a position to continue the counter attack.



### Points to note.

Force his body away.

Stamp to arch.

Kick to shins.

Blow to the groin or combinations of all these.

Approach from the rear to continue or conclude the counter attack.

## 2-10. Breaking Front Body Lock With Hip Lock

In this body lock counter, the assailant's arm is seized and clamped at the elbow.

Your other arm is passed under and around his opposite arm at the chest.

With both his arms secured and by extending the hip and bending to the side, you are set to throw him with a hip lock.

Land with your full weight on the assailant's chest or stomach and stay in position to continue the counter attack.

### Points to note.

Seize his arm at the elbow.

Extend hip to the side.

Apply hip lock.

## Grappling Skills And Throws

### 3-1. Backward Flip With Foot To Stomach

As your assailant attacks you, reach over his arms and grasp his clothing firmly.

Place your foot in his stomach as he continues with his forward motion.

Fall back, kicking the assailant overhead where he drops to the deck on his back.

You can retain the clothing grip for a strangle hold and control him for further attacks.



### Points to note.

Grasp clothing.

Place foot in stomach.

Fall backward.  
Kick assailant overhead.  
Retain hold.  
Conclude attack.

### **3-2. Chancery Against Low Frontal Attack**

As your adversary comes to you, ward him off with a stiff arm to the head and throw one arm under his shoulder.

Place your other arm across the side of his face and lock his head on the inside of your opposite elbow.

Pressure upward will break the neck.

A knee lift to the solar plexus can be used with a throw to the deck for further counterattack.



#### **Points to note.**

Quick stiff-arm.  
Apply chancery.  
Knee lift to solar plexus.  
Throw opponent.

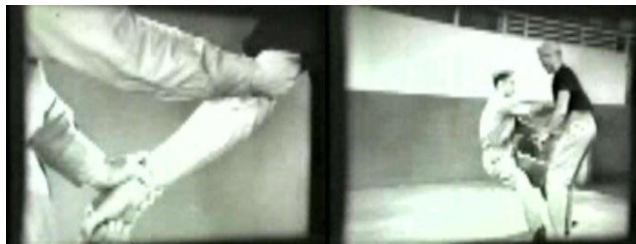
### **3-3. Arm Drag**

As your opponent rushes, reach straight over and grab your opponent's wrist and at the same time secure the upper arm on the underside with your other hand.

Simultaneously throw a foot across the assailant's instep or shin.

Then pull him back to fall over your leg or hip.

Carry out further counterattacks from the rear.



#### **Points to note.**

Secure arm.  
Throw leg across.  
Fall back.  
Trip.  
Conclude attack.

### **3-4. The Leg Pick Up**

As your opponent rushes you, knock his arm out to the side, step in with one knee to the deck, and grasp him firmly above the knees.

With your shoulder, hit him in the stomach to raise him off the deck.

Place one hand in his back, keeping the other round his legs and drop him to the deck on his head or neck.

Conclude with knee drop, kick to ribs or any other attack.



**Points to note.**

Knock hands to side.

Secure legs.

Lift knees off deck.

Switch hand to back.

Drop on head or neck.

Knee drop to ribs.

Conclude attack.

### **3-5. The Hip Lock**

Draw the arms of your opponent under your own. Lock his right arm with a grapevine, which places your hand between his chest and yours.

Grasp his left elbow with your right hand. Cross your left leg in front of him. Bend, and using your hip as a fulcrum, heave him over.



**Points to note.**

Draw opponent to you.

Lock the arms.

Step through.

Pull over.

### **3-6. The Reverse Hip Lock**

In this manoeuvre, the right arm slips under the left shoulder and the left arm secures the elbow of your opponent.

You step across him with the right foot. Use the right hip as a fulcrum and throw him over.

**Points to note.**

Secure the arms.

Step behind. The foot action is important.

Throw over hip.

### 3-7. The Offensive Wrist Lock

The wrist lock is a highly versatile offensive tactic.

In this example, it develops from an attempted one hand strangle.

The hold is broken by palming the opponent's hand and forcing forward. The wrist lock is then applied.

Fingers over the wrist and thumbs forcing the hand back.

The assailant must follow the lead of the hand or suffer a broken wrist.

With this lead, the opponent is easily thrown and subject to various forms of counterattack. Such as breaking the wrist or elbow. A kick to the ribs, solar plexus or the groin.

The opponent is also held in a helpless position without the use of the hands.



#### Points to note.

- Peel off the grasping hand.

- Apply wrist lock.

- Pull opponent to the deck.

- Break elbow or wrist.

- Continue with foot attacks to other vulnerable areas.

### 3-8. The Reverse Wrist Lock

When an assailant seizes your clothing or pushes, He is completely vulnerable to counterattack.

Reach over and grab the little fingers of your opponent's hand.

Place other hand on his elbow for leverage and roll his arm.

As his head is forced down, clamp your elbow over his shoulder.

Any resistance on his part can result in broken bones or forced joints.

You can use your foot or knee in the face if necessary.

#### Points to note.

- Reach over.

- Grasp little finger edge of opponent's hand.

- Step in.

- Apply pressure out and down.

### 3-9. Double Wrist Lock

In this illustration, a leg tackle is applied by the opponent.

Seize his wrist straight over with your hand. Slide your other hand over his arm above the elbow and clasp your own wrist, thereby completing a double wrist lock.

From this position, a natural development is a twisting hammer lock up the back, with a throw backwards.



**Points to note.**

Apply double wrist lock.

Apply twisting hammer lock.

Throw over with a kick.

**Standing And Grounded Defences Against Kicks**

**4-1. Standing Defence Against Kicks From The Front With Leg Lift And Kick**

In defending against kicks from the front, hold your position until the opponent starts delivery, then quickly turn and clamp the leg with one hand over the calf and the other hand under the heel. In this position, the opponent is completely off balance and helpless.

Follow through by kicking his standing leg from under him, at the same time lifting his kicking leg.

The resulting fall will stop the ordinary opponent, but in any case, you are in a position to conclude the counterattack with hands or knees.



**Points to note.**

Watch and wait.

Turn and clamp leg.

Kick standing leg.

Hoist attacking leg.

Conclude counterattack.

**4-2 Kneeling Defences Against Kicks From The Side**

From the prone position, time the approach of your assailant so that when he starts to deliver his kick, rise to your hands and knees and fall sharply against his upright leg and clamp it with your arm.

The momentum of his approach thus helps to throw him off balance.

Pulling his leg under you throws him to the deck. By the use of a toehold, turn him over; slip one leg behind his knee and clamp it with a bar toe hold.

In this position, little pressure is necessary to break the leg or dislocate the knee.

You may use either one or both hands to conclude the counterattack. This is because your body pressure against the foot is sufficient to hold the opponent down.



**Points to note.**

- Rise to hands and knees.
- Fall sharply against the knee.
- Pull leg up and under.
- Twisting toehold.
- Bar toehold to break leg or ankle.

### 4-3. Prone Defence Against Kicks

As the assailant advances, determine which leg will deliver the kick and start to apply knee lock to the opponents standing leg.

Hook one foot behind his heel, striking sharply with the other foot against his knee.

Usually the power of his momentum will force the knee joint. Otherwise throw him by following through.



In advancing to conclude the attack, use the knees to prevent him from rolling over and grabbing you.

Hook one foot behind his heel and strike sharply at the knees with your other foot.

### 4-4. Prone Defence Against Kicks From The Side

As the opponent advances from the side, keep the upper leg cocked for action.

As he starts to deliver the kick, swing your leg round behind his knees, thereby blocking his offence.



Strike downward with the top leg and upward with the under leg in a scissors action so that his own momentum will throw him.

From this position, roll up on the assailant, holding his leg, locked in your own.

Application of pressure will break the leg or dislocate the knee.

In any case, the assailant is completely at your disposal.

**Points to note.**

- Throw upper leg into position.

Carry through to bar toehold.  
Apply pressure.

## **CHAPTER 5**

### ***Defence Against Clubs***

#### **5-1. Defence Against Clubs**

In defence against clubs, cross the arms and step in to meet the blow. This close defence affords the greatest certainty of meeting and arresting the assailant's arm.

In order to execute the flying mare, the footwork is very important. Turn your body and grasp his arm at the forearm and shoulder and follow through with a flying mare.

On the deck, go into an elbow lock, breaking the arm at the elbow or lead in the various methods of concluding the counterattack by using the knees, feet or hands.

##### **Points to note.**

- Cross arms.
- Step into the blow.
- Flying mare.
- Conclude attack.

## **CHAPTER 6**

### ***Defence Against Knife Attack***

#### **6-1. Defence Against Knife – Downward Thrust**

The first objective is to stop the knives blow by seizing the assailants wrist with the outstretched hand, thumb downward.

Then cross the other hand under and around his arm in a reverse double wrist lock.

Using your shoulders as a fulcrum, apply leverage until he drops the knife or his arm is broken.

Force him to the deck and conclude the counterattack.



##### **Points to note.**

- Lock arm.
- Apply double reverse wrist lock.
- Throw to deck.
- Conclude counterattack.

#### **6-2. Defence Against Knife – Upward Thrust**

In countering the upward thrust with a knife, both hands form a 'V' and are used to seize the wrist and arrest the blow.

While forcing the wrist back, throw the assailant off balance with a sharp knee lift to the groin.

Swing under his arm and apply a hammer lock.

To force release of the knife, apply pressure downward against the wrist

Then maintain the hold for either control or leading.

**Points to note.**

Block thrust with V.

Knee lift to groin.

Turn out and apply twisting hammer lock.

Wrist down.

### **6-3. Defence Against Knife – Side Thrust**

To block this manoeuvre with a knife, both hands are used in a 'V' to seize the opponent's wrist.

Then the right hand is slipped round the assailants arm to apply a double wrist lock.

Stepping back, this hold develops into a twisting hammer lock, exerting leverage which will tear the opponents shoulder should he resist.

When the knife grip is broken, the hammer lock can be retained with one hand while the knife can be recovered with the other to complete the counterattack.

**Points to note.**

Block manoeuvre.

Apply double wrist lock.

Throw, using proper leg action.

Liquidate.

### **6-4. Club Defence Against Knife**

If armed with a stout stick, wait for the thrust to expose the assailants arm, then strike the forearm.

One blow should either break or paralyse the arm.

If not, jab sharply to the solar plexus and continue the counterattack with both stick and knife.

## **CHAPTER 7**

### ***PRISONER HANDLING***

#### **7-1. Elbow Lock With Half Nelson**

Among hand holds suitable for controlling prisoners without the use of weapons is the elbow lock with half nelson.

Grasp the inside of the wrist with your hand, slipping your free hand under his arm, across the shoulder and anchoring your hold on the neck.

Resistance is countered by application of pressure to the elbow.

A variation of this are lead is obtained with the anchor hand grasping the prisoners clothing across the chest.

## 7-2. Finger Lead

Another effective arm lead is obtained by grasping the fingers, elevating the elbow and bending the fingers against the joints.



## 7-3. Finger Lock

An effective and inconspicuous lead is obtained by placing one hand on the elbow to keep it from bending while the other hand secures two fingers and the thumb exerts pressure on the back of the hand.



## 7-4. The Goose Neck

A simple one hand lead control is this.

With a bent wrist and elbow locked within your arm and hand.

There is little likelihood of any attempt to make use of his free hand.

Any resistance meets in agonizing pressure against the bent wrist.

## 7-5. Searching Prisoners

A primary objective in preparing prisoners for search is to arrange them so that they are incapable of counterattack.

Line them against a wall with feet extended backward. They are now at such an angle so that only by placing both hands in firm contact with the wall can they maintain position.



After completing the search of one man, step back and order the second man into the outside position.

Thus you keep all prisoners within your range of vision and you are never exposed to simultaneous attack from both sides.

When searching a man, always keep one foot inside of his and keep your weapon side away from him.

At the first sign of resistance, jerking your foot will throw him.



### **7-6. Kneeling Prisoners**

Another effective position for search is that in which the prisoner kneels with both hands drawn up behind his back.

This position not only prevents any sudden resistance, but it is so awkward that any attempt to gain balance is readily apparent.

### **7-7. Prone Prisoners**

In approaching a prone enemy, always assume that his helplessness is a pretence.

Failure to observe this precaution may result in a surprise attack on you.

For your self-protection, first clamp his leg in a bar toe hold to counter any resistance and search him thoroughly for any concealed weapons.

Clamp one of his ankles in the back of your other knees and apply pressure with your body and search for concealed weapons.

## **Standing Defences Against Firearms**

### **CHAPTER 8**

### ***DISARMING ASSAILANTS ARMED WITH RIFLES***

#### **8-1. Disarming Assailant With Bayoneted Rifle – Frontal Approach**

First move in to deflect the bayonet with a quick inside blow.

Then seize the rifle with one hand under the barrel and the other hand at the breach.

Twist the rifle overhead, then as the assailant resists, reverse the twist.

Wrest the rifle from his hands.



#### **Points to note.**

Deflect the rifle.

Secure weapon.

Twist from grasp.

Complete with backstroke.

## 8-2. Disarming Assailant With Bayoneted Rifle – Rear Approach

In a counter against a rifle or bayonet at your back, the first sweep knocks the barrel out of the line of fire or thrust.

The hands are then shifted to the breech and barrel and the rifle twisted to the left.

In a quick reverse twist, step across the front of the assailant, throw him off balance, crossing his arms to break the grip[.

The leg actions are very important in this maneuver.

### **Points to note.**

Turn and block.

Secure weapon.

Twist out.

Counter if you wish.

## **CHAPTER 9.** ***DEFENCE AGAINST HAND GUNS***

### 9-1. Disarming Assailant With Gun In Shoulder Holster

As the assailant starts to reach for the shoulder holster, knock his elbow up and outward with your hand.

This action does not prevent the draw, but it will throw him off balance and position his arm for you to slip your arms through and under to apply a reverse wrist lock.

Pulling down and swinging backward with twisting pressure on the wrist forces the elbow and shoulder joints and keeps the gun pointed constantly away from you.

Inward pressure on the gun wrist breaks the hold and makes disarming easy.

By maintaining the wrist lock, the assailant can be disposed of with the captured weapon or taken prisoner.



### **Points to note.**

Knock elbow up and out.

Apply reverse wrist lock.

Break the gun hold.

Disarm.

### 9-2. Disarming Assailant With Gun In Side Holster

When the assailant attempts to draw a gun from a side holster, your initial move is to block this movement by seizing the gun arm at the bend in the elbow. Step to the side of the assailant and slightly to the rear.

Then force the assailants arm up and over into a twisting hammer lock.

Your other hand applies additional force, pressing the shoulder downward.

Your elbow and body lock the assailant's gun arm. Your right hand is free to twist the gun from the opponents grip.



**Points to note.**

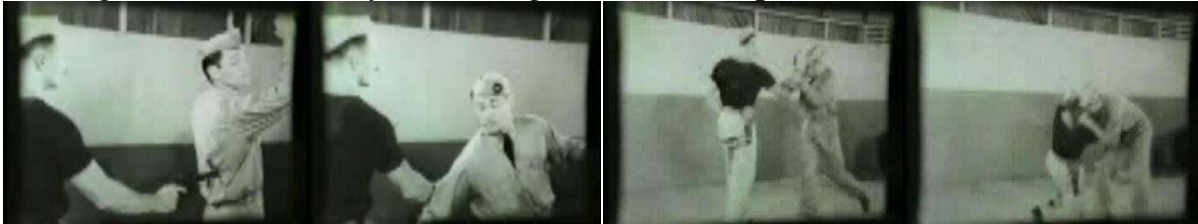
- Seize the gun arm.
- Apply the hammer hold.
- Disarm.

### **9-3. Disarming An Assailant With Pistol In Back – Outside Turn**

Preparing to counter gives your assailant the impression of surrender. But by raising your arms and turning your head enough to see which of the assailant's hands actually holds the gun. Strike with the corresponding arm, deflecting the gun and turning out of the line of fire.

Follow through to apply a bar hammer lock from which the opponent can neither escape nor use the gun against you.

Reaching over, immediately twist the gun free and step out of reach.



**Points to note.**

- Give the impression of surrender.
- Turn and deflect the gun.
- Lock the arm.
- Twist the gun from his grasp.

### **9-4. Disarming Assailant With Pistol In Back – Inside Turn**

An effective defence against a gun in your back is the inside turn.

By turning into your assailant, you are again turning out of the line of fire and clamp the gun hand under your arm with an elbow lock.

From this position, counterattack with hands to face and knees to groin, forcing him back and causing him to loose his grip on the gun.

**Points to note.**

- Turn in.
- Clamp gun arm.
- Frontal counterattack.
- Retrieve firearm.
- Liquidate.

### **9-5. Disarming Assailant With A Pistol At Your Head**

In this surprise counterattack, it is important not to betray your intentions.

Notice that the eyes should be steady ahead, even though the counterattack has already started.

The upward throw of the arm breaks the gun grip and places you in a position to deliver a punishing kick to the groin.

No further action is necessary.



**Points to note.**

Bring arm up quickly.

Kick to groin.

**CONCLUSIONS**

In this analyses of hand-to-hand combat tactics, basic maneuvers were illustrated as applied to certain specific combat situations.

Obviously however, there can be no predetermined procedures to fit all circumstances.

You must master the basic techniques so thoroughly as to be able to improvise the best counterattack as required.

And such flexibility of adaptation means practice, practice and more practice.

