

COMBAT SANS ARMES

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Général, Canada.*

OTTAWA
EDMOND CLOUTIER
IMPRIMEUR DE SA TRÈS EXCELLENTE MAJESTÉ LE ROI
1951

UNARMED COMBAT

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PRINTER TO THE KING'S MOST EXCELLENT MAJESTY
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" UNARMED COMBAT "

Introduction

The object of this form of self-defence is to inculcate that spirit of self-confidence, initiative, and determination so necessary to the soldier. By these qualities, allied to a sound knowledge of the military art, a man is enabled to acquit himself as a soldier even though he finds himself in the most desperate of situations.

1. USE IN DEFENCE AND OFFENCE

Unarmed combat has hitherto been considered mainly as a means of defence in close-quarters fighting, when no weapons are at hand. Its use as a means of attack, however, cannot be overlooked, particularly on such occasions as those when weapons cannot be conveniently used—as, for example, the stalking of a sentry, when no noise must be made. Moreover, it should be noted that every defensive movement is invariably followed, if successful, by an offensive movement, whereby absolute mastery of an opponent should be obtained.

2. RUTHLESSNESS

War is a matter of life and death, even where unarmed combat is concerned; hence there must be no scruple or compunction over the methods employed. Complete ruthlessness is necessary in order to gain the mastery over one's opponent. Such brutal methods of attack as kicking, gouging the eyes, etc., though foreign and detestable to the Britisher, must be used without hesitation against a desperate enemy. At the same time, one must not underestimate the value of a good solid punch, should an opportunity for its use occur.

3. ESSENTIALS OF SUCCESS

Surprise, speed, and smoothness of execution, and, possibly most important of all, the gaining and retention of the initiative, are all essential if success is to be

achieved. These cannot be attained without a thorough knowledge of the art, allied to constant practice with a variety of partners and under different conditions; as, for example, in the matter of dress, or when one is tired, or when it is dark.

No two opponents will attack in precisely the same manner; but the skilled exponent of unarmed combat will, by virtue of his continual practice under all conditions, have a variety of moves at his command.

Although the initiative of an attack may appear to be with the combatant who is armed, the unarmed man can, and should, by a skilfully timed offensive action, seize the initiative, disarm his opponent, and thus secure the upper hand.

4. AVOIDANCE OF INJURIES

Great care must be taken during practice to avoid injuries; hence the speed of a movement may have to be partially sacrificed. Nevertheless, all movements should be made as realistic as possible. In an actual combat, do not be misled by false cries of an artful opponent into relaxing a lock or a hold until full control has been obtained.

5. USE OF THE STEEL HELMET

The steel helmet can be used with great effect as a weapon of offence, as well as serving its usual role as a means of protection. Even when kept on the head it can still be used to deal a vicious blow. Similarly, it can be used in the hand to deliver blows, full use being made of its sharp cutting edge.

Finally, it may be used as a shield, particularly against bayonet or dagger thrusts, or even against a thrown knife. The rubber lining of the steel helmet is intended as a shock absorber, which makes its use as a shield all the more suitable.

Whenever it is used in the hand, the chin strap should be wound around the wrist, to avoid dropping and possibly losing the helmet. For this reason the steel helmet should never be thrown.

PART I

*Simple Methods of Unarmed Attack and
Defence, Etc., Which Can Be
Taught to All Recruits*

Attack (Both Unarmed)

(1) Fig. 1.—Attack with a direct kick, bringing the foot back at once, to avoid it being caught by opponent.

If opponent is standing left foot forward, kick with the left foot, and vice versa.

Points to attack: Knee, fork, stomach and head, according to position.

A kick at the knee is the least easily countered, and is best.

(2) When fighting an opponent facing you at close quarters, seize him behind the shoulders with both hands, and pull him swiftly towards you; then proceed as in Fig. 2, or in any other way which will rapidly place your opponent hors de combat.

(3) Place corresponding leg, viz., left to left, behind your opponent's, kick backwards at his heel to force it forward; at the same time push his face away from you.

(4) Fig. 3.—When behind your opponent, seize his shoulders at the full extent of both arms, and pull him swiftly towards you, at the same time kicking the back of his knee with the hollow of your foot.

(5) If, when struggling with an opponent, you should both fall down, drive one of your elbows into his stomach or sharply against his chin.

Defence and Counter attack (both Unarmed)

(6) *Opponent grips throat with both hands from in front.*—Swing your right arm up and over opponent's wrists, at the same time vigorously turning the body on the hips. When opponent's hold is broken, cut at his jugular vein with the edge of the right hand, keeping the fingers outstretched and rigid.

(7) (*Same attack*).—(Fig. 4 (a)) Seize and push opponent's wrists outwards (Fig. 4 (b)) gripping his right wrist with your right hand. The moment his hold is broken (Fig. 4 (c)) grip his right arm from the back above the elbow with your left hand; if you then push with both hands, he is at your mercy.

(8) *When seized by an opponent from behind*.—(Fig. 5.) Throw your head violently backwards, in an endeavour to hit him in the face.

(9) (Fig. 6.) If unsuccessful in this, bend rapidly down with your legs astride, and endeavour to seize one of his legs and pull violently upwards.

(10) If opponent grips you round the arms and above the elbows, trap his arms, stoop swiftly forward and throw him over your head.

(11) If you cannot succeed with these counter-attacks, seize one of his fingers and break it back; this will make him release his grip, when you can attack him.

(12) *Standing Armlock*.—If opponent strikes at your face (Fig. 7), grip his wrist with both hands, turn quickly inwards, placing your back to opponent; at the same time pull his arm, palm upwards, as far as possible over your shoulder, and pull downwards.

(13) If, during a struggle, you should fall down and your opponent remains standing, lie on your back and parry his attacks with your legs.

Methods of Carrying Wounded

(14) *Standing up*.—(Fig. 8 (a)) Stand facing the wounded man, grasp his right wrist with your left hand; (Fig. 8 (b)) put your right upper arm under his fork and lift him on to your shoulders.

(15) *Lying down*.—Turn the wounded man on to his back (Fig. 9 (a)), kneel down on your inside knee, and raise him to a sitting position and then as high as possible; (Fig. 9 (b)) grasp his right wrist with your left hand, put your head under his right armpit; (Fig. 9 (c)) feel for the balance and lift; then put your right arm under his fork.

PART II

*More Advanced Methods for Trained Soldiers, Etc.***Attack (both Unarmed)**

(1) **Cross Buttock.**—(Fig. 10). Force your buttock into the small of opponent's back, and overbalance him with a strong swing of your arm round his throat.

If he kicks with his right leg, turn your left side towards and right arm should be used, and vice versa.

(2) **When attacked by an opponent who tries to kick.**—(Fig. 11). Turn sideways and hop towards him: on your rear foot, the front leg being raised and bent at an angle to act as a parry and to protect your vulnerable parts.

If he kicks with his right leg, turn your left side towards him, and vice versa.

When you have closed with him, act as in Part II, 1.

(3) **When seized from behind with one or both hands.**—Wrench off opponent's hand by seizing his thumb and pressing it backwards, and pull his arm over your corresponding shoulder.

By turning the palm upwards, he is secured with the "standing armlock" (I, 12).

By turning the palm downwards, he can be thrown with the "flying mare" (III, 3).

Defence and Counter-attack

(4) **Leglock.**—As your opponent kicks at you, turn quickly sideways and parry with the fleshy parts of your front leg. (Fig. 12 (a)) Seize opponent's leg as he kicks, and gripping his foot turn it sharply inwards; (Fig. 12 (b)) this will cause him to fall down; (Fig. 12 (c)) maintain your hold on his foot, and push the leg you are holding across his other leg, which must then be forced up and over the shin, thus securing a leglock.

Unarmed Defence against Attack with Rifle and Bayonet

(11) (Fig. 16 (a)) As opponent makes his "point" fend it off with the right hand; (Fig. 16 (b)) step forward and seize his left hand with both yours, the left under his palm, the right over his fingers, and give a sharp twist outwards.

(12) (Fig. 17 (a)) As opponent makes his "point" parry it outwards with the left hand, and (Fig. 17 (a)) stepping in seize opponent's left wrist firmly with the right hand; (Fig. 17 (c)) grasp the rifle just below the bayonet with the left hand, back of the hand down, and (Fig. 17 (d)) swing it violently upwards and over to the right, at the same time stepping in and kicking, or bringing the left knee into the lower part of the opponent's body.

(13) As opponent makes his "point" parry it outwards with the right hand, and stepping in kick at lower part of body or shin. (Fig. 18 (a)) Grasp the rifle just below the bayonet with the right hand, back of the hand down, (Fig. 18 (b)) and swing it upwards and over to the left; (Fig. 18 (c)) force the point of the bayonet to the ground, and stepping in (Fig. 18 (d)) either charge opponent down or trip him.



Fig. 1.



Fig. 2.



Fig. 3

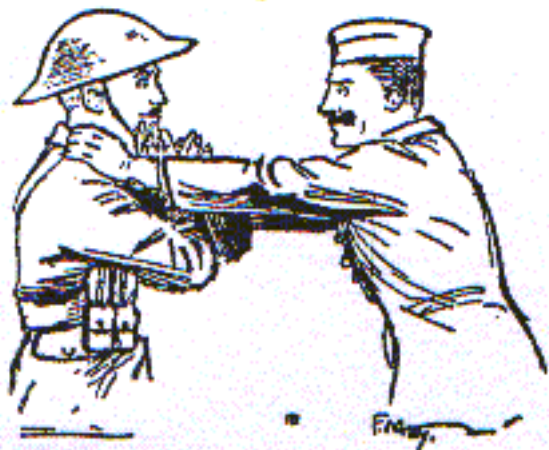


Fig. 4 (a).



Fig. 4 (b).

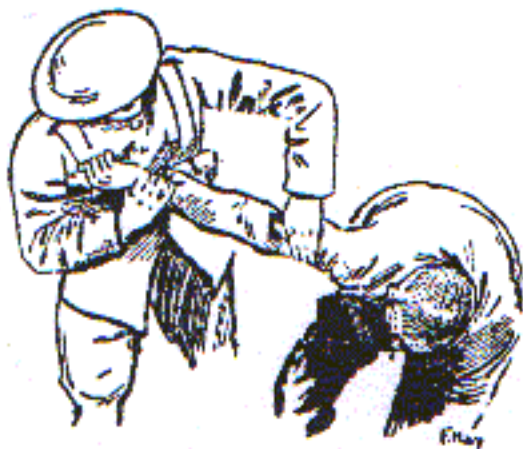


Fig. 4 (c).



Fig. 6.

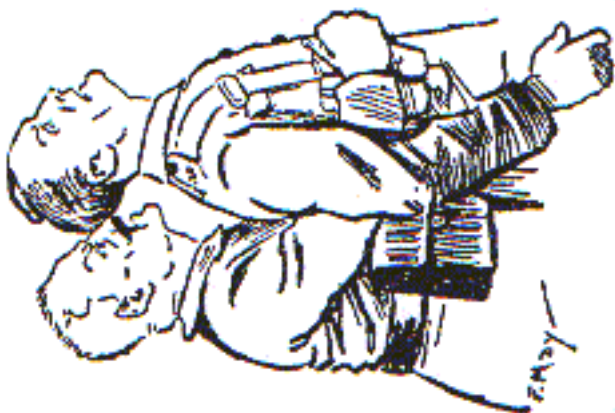


Fig. 5.

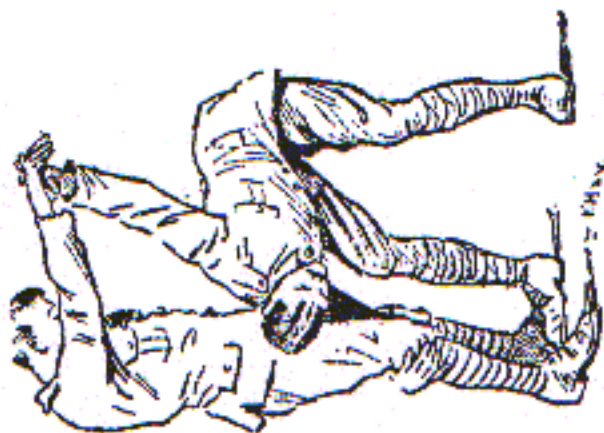


Fig. 8 (a)

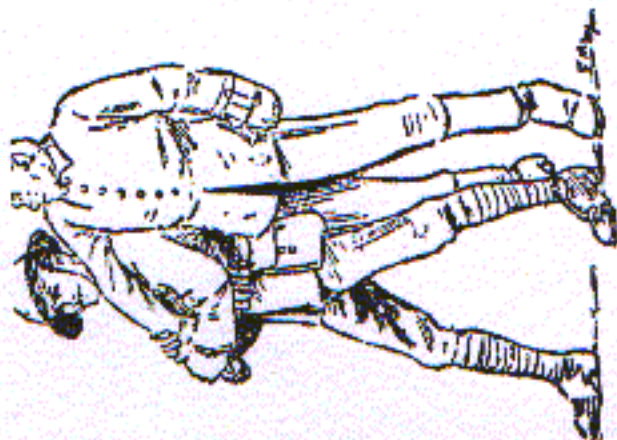


Fig. 7.

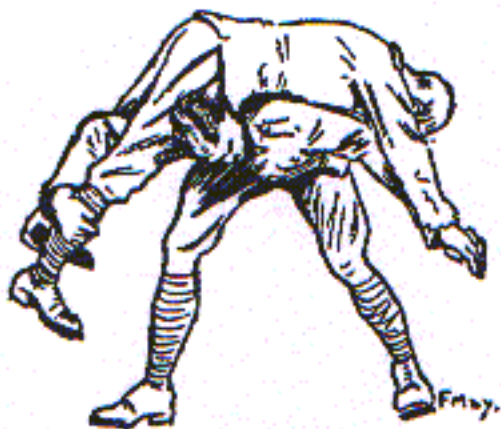


Fig. 8 (b).



Fig. 9 (a).

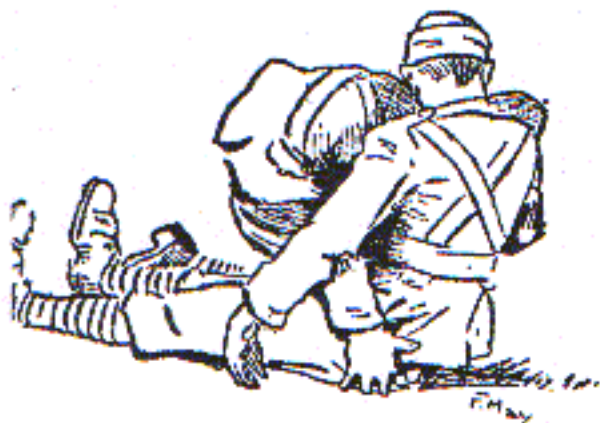


Fig. 9 (b).



Fig. 9 (a).



Fig. 10.

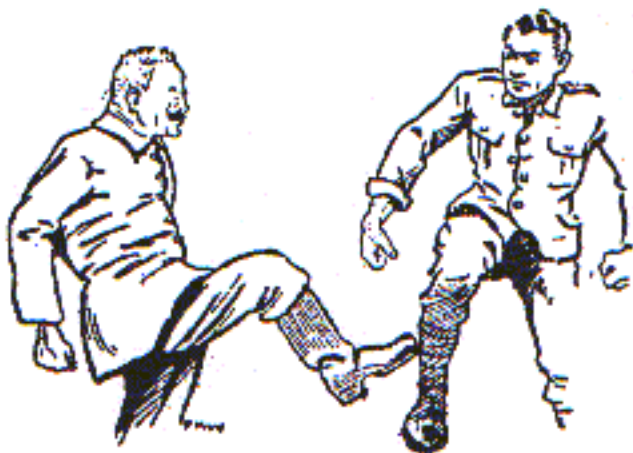


Fig. 11.

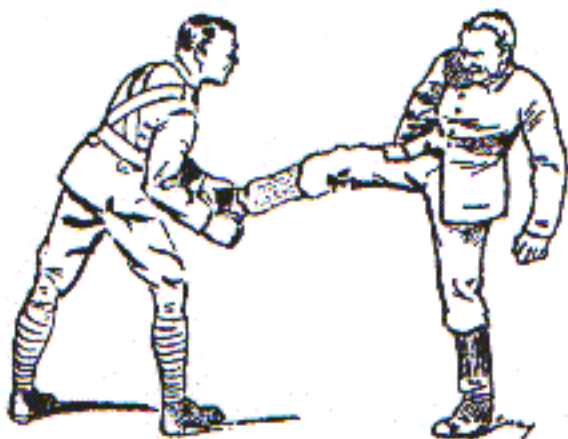


Fig. 12 (a).



Fig. 12 (b).



Fig. 12 (c).



Fig. 13.

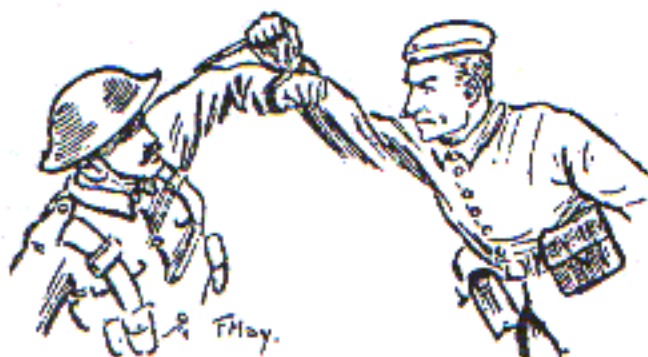


Fig. 14 (a).



Fig. 14 (b).

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Fig. 14 (c).



Fig. 15 (a).



Fig. 15 (b).



Fig. 15 (c).

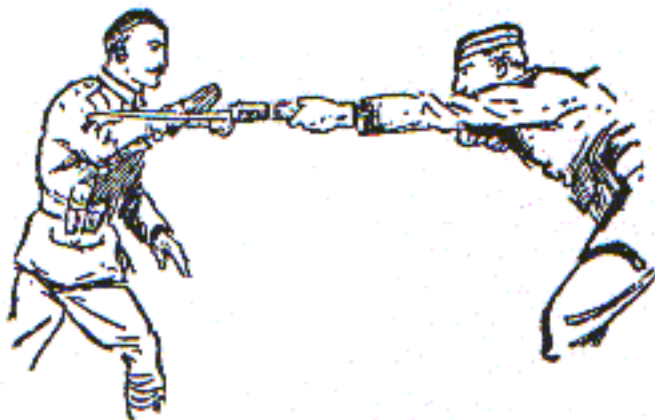


Fig. 18 (a).

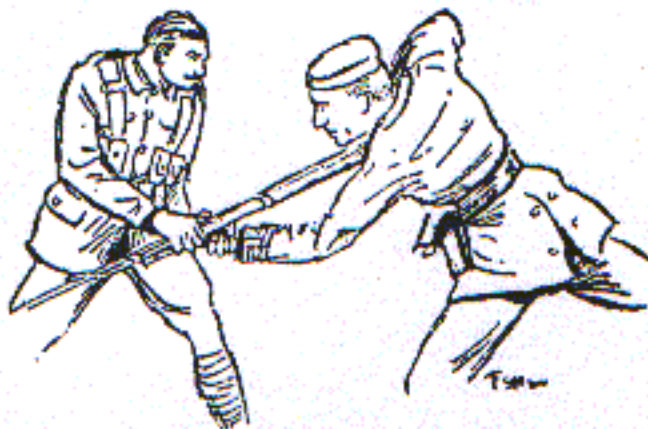


Fig. 18 (b).

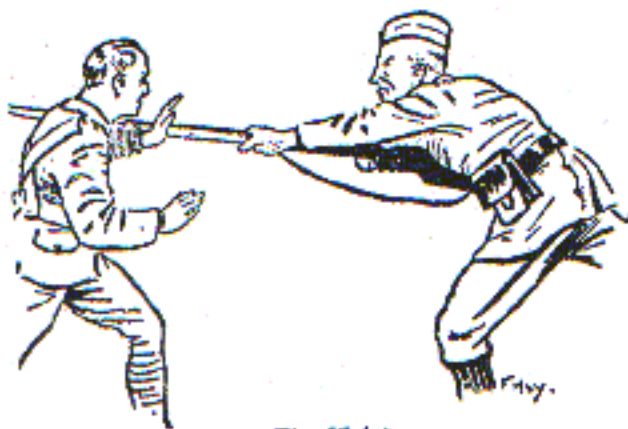


Fig. 17 (a).

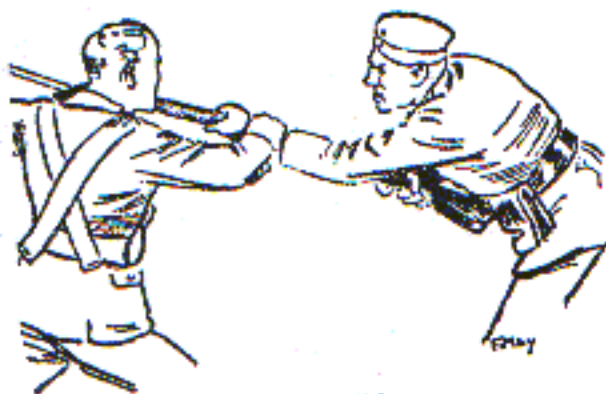


Fig. 17 (b).

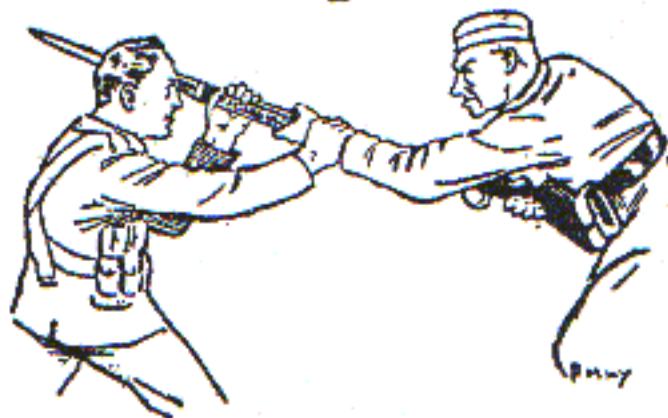


Fig. 17 (c).

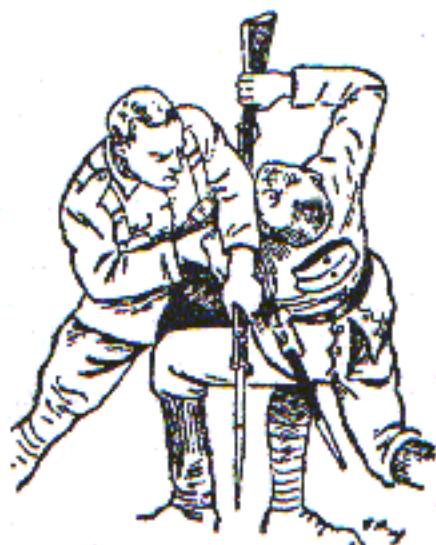


Fig. 17 (d).



Fig. 18 (c).

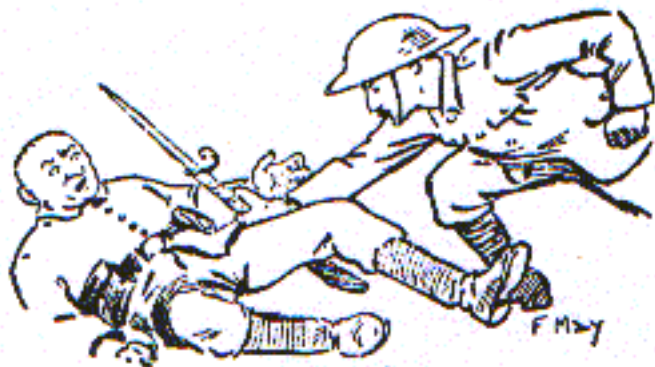


Fig. 18 (d).



Fig. 19 (a).



Fig. 19 (b).

PART III

Special Methods for Military Police, Etc.

(1) *Headlock*.—When opponent is holding with both hands on to some fixed object, swing one arm round his neck, push your buttocks into his, and pull him away.

(2) *Crutch hold from a "punch"*.—Grip the wrist of your opponent's outstretched arm, and place your other arm between his legs; this will bring your head under his outstretched arm.

Lift him off the ground and throw him over your head.

(3) *Flying mare*.—(Fig. 19 (a)) Grasp opponent's wrist, turn inwards quickly, getting your shoulder well under his armpit: (Fig. 19 (b)) pull his arm over your shoulder, and, stooping smartly forward, fling him to the ground.