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J. Blanke

"Famous Fights of the Ring"

By
TOMMY TURNER

(Ex-Instructor Police Force and A.I.F. on
Ju-Jitsu and Unarmed Combat).

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JU-JITSU
*And Other Methods
of Defence*
SIMPLIFIED

HIT EM HARD!

TOMMY TURNER
JU-JITSU EXPERT
**EX INSTRUCTOR POLICE FORCE
AND A.I.F. ON JU-JITSU AND
UNARMED COMBAT**

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SECOND REPRINT

FOREWORD

In compiling this book I have endeavoured to use as many holds and counters and other types of defence I think necessary for the average person to know. I have studied quite a number of books on all-round defence, but in most cases one would find them very complicated without a good knowledge of Ju-Jitsu and Wrestling.

It will be found that most of these methods can be mastered with very little practice. Although easily applied, are very effective and if carried to the extreme would prove fatal. Therefore I strongly advise my readers to practice with **GREAT CARE** to avoid injury.

I have instructed the Police Force, and since 1940 have instructed in the Army on unarmed combat, Ju-Jitsu, and Boxing. Previous to this I studied and practiced under some of Australia's greatest boxing, wrestling and ju-jitsu experts, and have given many exhibitions throughout the Commonwealth.

In ju-jitsu there are a large number of holds and throws. A big percentage the average person would never get the time to practice to become efficient enough to apply them if he found himself up against a ruffian, therefore I have selected a number of holds and counters that can be easily mastered. Throughout my years of instructing I have always pointed out to my classes that if you can stop your opponent by some simple and easy method of defence, why try something that is more complicated.

Any reader of this book will find that once he has mastered the methods shown in this first edition of **HIT 'EM HARD** he would be more than a match against the average person he is likely to meet trouble with.

I have hopes shortly to publish the second edition, which will show still a further number of valuable defensive tricks that can be used with drastic results.

I will vouch that anything shown in my book is a proven method of defence.

So, it's up to you.

TOMMY TURNER.

EDGE OF HAND BLOWS



PHASE 1.

At any time when striking with the edge of the hand the fingers should be extended and the hand held rigid. With practice you will find you can deliver the blow with terrific force with the palm facing up or down. It depends on what position you are delivering the blow from. Note Phases 1 and 2. The striking surface is between the base of the little finger and the heel of the hand.

EDGE OF HAND BLOWS



PHASE 2.

OFFENSIVE AND DEFENSIVE POSITIONS



PHASE 1.

If at any time you are expecting your assailant to deliver a punch at you, take up the position shown in Phase 1, standing side on to your opponent's left, with your arms across your body. Note position of arms.

CHOP TO SOLAR PLEXUS



PHASE 2.

Your opponent has made a move to strike you. Chop him hard with the edge of your right hand, striking him across the solar plexus. Your hand and fingers should be held rigid. This will knock your opponent out. Note how the left hand has been brought into the side ready to deliver a blow to the neck if necessary. It is also in a good position to protect you.

CHOP TO THROAT



PHASE 1.

Take up the same defensive position as in Phase 1. This time strike your opponent with the edge of the hand across the throat. A sure blackout.

CHOP TO SOLAR PLEXUS AND
RIGHT TO CHIN



PHASE 1.

This time as you deliver the chop to the solar plexus your opponent comes forward from the effect of the blow.

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CHOP TO SOLAR PLEXUS AND
RIGHT TO CHIN



PHASE 2.

Drop your right elbow, then follow with a terrific right uppercut to your opponent's chin. Note position of left in readiness if necessary.

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CHOP TO SOLAR PLEXUS AND THROW



PHASE 1

Take up your defensive position as already taught. Chop your opponent across the solar plexus with your right hand.

CHOP TO SOLAR PLEXUS AND THROW



PHASE 2

As your opponent comes forward, jump across in front of him, taking his chin over your right shoulder, at the same time throwing both hands up, gripping the back of his head. As you jump across in front of him, bend your knees. Now straighten your legs, pull hard on your opponent's head, bend slightly forward and throw him. This should be practised with great care to avoid injury. Don't complete the throw when practicing.

DEFENSIVE POSITION



The above defensive position can be used by two persons when you are in a crowded area and you are afraid of being attacked from the rear. You are now in a position to give your friend protection from both sides and rear. He is also protecting you likewise. You are both in a position to warn each other against any assailant who is likely to strike you from behind—in other words, king hit you.

DEADLY JAPANESE STRANGLE TAKEN FROM REAR



PHASE 1.

Your opponent has his back towards you. You want to take him by surprise and put him in the strangle hold. Creep up behind him, throw your left arm across his left shoulder, bringing your forearm across his throat, your fingers coming across his right shoulder. As your left hand is thrown across his shoulder, punch your opponent hard in the small of the back about three inches from the spine on the left hand side with your right hand.

DEADLY JAPANESE STRANGLE TAKEN FROM REAR



PHASE 2.

Pull your opponent back quickly with your left hand, push hard with your right which is still in the small of his back. Now step in behind your man, bringing him across your buttocks. Clasp your hands together, squeeze his neck slightly. He is now at your mercy.

JAPANESE FORWARD HEADLOCK



This hold, like the side headlock, is a very punishing hold to be caught in. It is applied by throwing your left arm around your opponent's neck. The upper part of the arm should be between his ear and shoulder, your left forearm coming across his jawbone. Grip your left wrist with your right hand or lock your fingers. Never interlace them. When your opponent's head is securely locked under your arm, lift up as if trying to lift him off the ground, at the same time forcing him backwards. In actual combat this hold is applied with a jerk, giving your opponent a blackout almost instantaneously. Practice both right and left.

COUNTER TO JAPANESE FORWARD
HEADLOCK



PHASE 1.

Your opponent has taken you in the above hold. To counter him you must act quickly. Brace your neck muscles and try and keep him off balance.

COUNTER TO JAPANESE FORWARD
HEADLOCK



PHASE 2.

Shoot your right hand between his legs, taking a firm grip of his right thigh. Place your left hand just below his knee as shown, thumb to your left, and check position of feet. Note: Your right foot is well to the rear.

COUNTER TO JAPANESE FORWARD HEADLOCK



PHASE 3.

Step in quickly with your right foot, placing it between your opponent's legs. The moment your foot touches the ground, it down quick by throwing him over your head. He will be forced to release his hold on you to avoid his face being driven hard into the ground.

COUNTER AGAINST GRIP OF CLOTHING



PHASE 1.

Your opponent has gripped you by the clothing from the front, as shown above, the grip having been taken with his right hand.

COUNTER AGAINST GRIP OF
CLOTHING



PHASE 2.

Seize your opponent's right wrist with your left hand, knuckles facing up. At the same time press hard with the heel of your right hand on his thumb, bending it in towards the centre of his hand. This will quickly make him release his hold on you.

COUNTER AGAINST GRIP OF
CLOTHING



PHASE 3.

Stick to your hold. You now have him in a position where you can smash your knee into his groin, knocking him out.

DEFENCE WITH A LONG STICK



PHASE 1.

If you are attacked by two or three opponents and have a stick four to six feet long, take up the position shown above, gripping the stick with your hands about eighteen inches to two feet apart. You are now in a position to use both ends.

DEFENCE WITH A LONG STICK



PHASE 2.

As your opponents close in on you, moving like lightning, drive the end of the stick into the neck, breast, solar plexus or groin. The above photo shows the end of the stick being driven into one of your opponent's neck.

DEFENCE WITH A LONG STICK



PHASE 3.

Without changing the grip on your stick smash the other end into the solar plexus of your nearest assailant or any of the vital points which are mentioned. If you are gripped around the neck from the rear, drive the end of the stick into his face over your shoulder or past your hip into his groin. This is the correct way to defend yourself with a long stick and can be used with great effect against three or four opponents.

DEFENCE WITH SHORT STICK



PHASE I.

The above photo shows the correct position to adopt if you are attacked by two or three opponents. You have a short stick about the length of eighteen inches or two feet, or even twelve inches. Grip the stick in the centre with one hand, using the other as a guard. It is also in a position to use the edge of the hand blow.

DEFENCE WITH SHORT STICK



PHASE 2.

You drive either ends of the stick into your adversaries' face, neck, breast, solar plexus or groin. This method speaks for itself, as no human frame can stand to have a stick driven into any of these vital points mentioned.

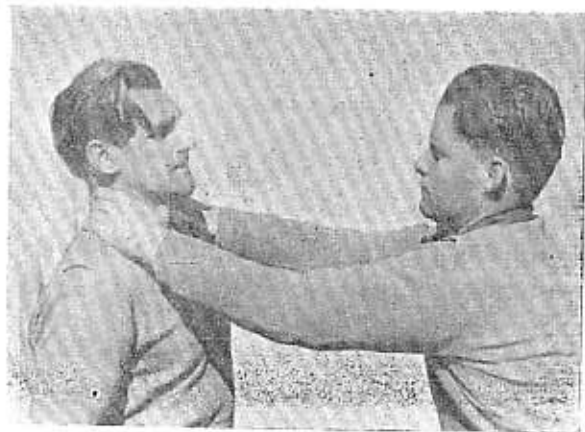
DEFENCE WITH SHORT STICK



PHASE 3.

Here the stick has been driven into your opponent's face, who has gripped you around the neck from the rear.

COUNTER TO TWO-HANDED GRIP OF THROAT



PHASE 1.

Your opponent has taken a two-handed grip of your throat with the intention of strangling you.

COUNTER TO TWO-HANDED GRIP OF THROAT



PHASE 2.

Here you must act very quickly. Wedge your hands together, shoot them straight up between your opponent's arms, the outer side of your forearms striking the inside of his forearms. This will break his hold. As his hands fly from your neck, step in close and drive your knee hard to your opponent's groin. This will stop the biggest bully. You are also in a position to use the edge of the hand blow with either hand to the side of your opponent's neck.

JAPANESE STRANGLE AND ARM BAR



PHASE 1.

Your opponent comes into you with his head down. Step aside, throw your left or right arm around his neck. Here the left arm has been used. Clamp his head close to your side, bringing your left forearm under his throat. Place your right hand on his shoulder, take hold of your right wrist with your left hand. Now squeeze his head hard, lift up on your left arm, (over)

JAPANESE STRANGLE AND ARM BAR



PHASE 2.

press down on your right wrist with the fingers of your left hand, at the same time bringing weight to bear on the back of his head, which is under your left armpit. This hold properly applied, there is no counter. Your opponent will have a black-out in a few seconds. Phases 1 and 2 show hold from either side.

COUNTER TO WAIST GRIP FROM THE
REAR WITH ARMS PINNED



PHASE 1.

Here your opponent has gripped you around the waist. The hold has been taken low down, pinning your arms. To counter this move, drive both thumbs hard into his groins. He will quickly step back, as shown in Phase 1.

COUNTER TO WAIST GRIP FROM THE
REAR WITH ARMS PINNED



PHASE 2.

As your opponent steps back and loosens his grip on you, step in behind him with your right foot, bend down quickly, picking him up by both legs.

COUNTER TO WAIST GRIP FROM THE
REAR WITH ARMS PINNED



PHASE 3.

You are now in a position to smash your opponent on his back. Go to the ground with him, driving your right elbow hard into his solar plexus as he hits the ground. This will put him out of action.

ARMS AND HAIR HOLD



PHASE 1.

To practice this hold face your adversary as in Phase 1.

ARMS AND HAIR HOLD



PHASE 2.

Slide your left hand under his left armpit with the palm facing upwards.

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ARMS AND HAIR HOLD



PHASE 3.

Step in behind your opponent with your left foot. Grip the upper part of his right arm with your right hand, pulling his shoulders together

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ARMS AND HAIR HOLD



Lock your opponent's arms with your left hand, as shown. Let go of his arm with your right hand. Quickly grip his hair, pulling his head back with a jerk. He is now at your mercy. This hold can also be taken by moving in behind your opponent, gripping his arms, as shown in Phase 3.

COUNTER TO A LEFT HOOK



PHASE 1.

Your opponent has attempted to strike you with his left hand. His arm is bent and brought around in a circular movement. This punch is termed as a left hook in boxing. Block the punch with your right hand, which has been braced hard to take the force of the blow. Be on the alert to block his right hand with your left if he attempts to use it.

COUNTER TO A LEFT HOOK



PHASE 2.

Move inside your opponent's guard after blocking his first punch. Chop him hard across the side of the neck with your right hand, as shown in the above photo.

COUNTER TO A STRAIGHT LEFT HAND PUNCH



PHASE 1.

This time you are up against an opponent who has a good left hand punch. Move in towards him with your hands well up. As he leads his left hand, duck slightly to your right, at the same time parry the punch with your left hand. The parry is only a slight flick of the wrist.

COUNTER TO A STRAIGHT LEFT HAND PUNCH



PHASE 2.

If the punch has been timed, your opponent will be thrown off balance to your left. You are now in a good position to chop him hard across the left side of the small of his back below the kidneys, as shown in Phase 2. When practising use the flat of the hand, as this blow can prove fatal. **Note:** Keep your hands up when practising.

COUNTER TO WADDY BLOW



PHASE 1.

Block the blow with your right forearm, that is if he is using his right hand, at the same time ducking slightly to your left.

COUNTER TO WADDY BLOW



PHASE 2.

Bring your left forearm over quickly, chopping him hard in the bend of his right arm. Force the fingers of your left hand through the bend of his arm, gripping your right wrist,

COUNTER TO WADDY BLOW



PHASE 3.

Now smash your opponent to the ground backwards, breaking his arm. Little force should be used when practising to avoid injury of the arm.

FULL NELSON



This hold can be applied with drastic results, but I have rarely seen it applied correctly. You have slipped your arms under your opponent's arms from behind, place one hand on the back of his head, say your left. Now place the palm of your right hand over the back of the left. Pull your opponent off balance by dragging him backwards. Now step to the side of him. Here the step has been taken to the right. Force down hard on the back of his head, at the same time lifting up hard on his arms, which are in line with his shoulders, endeavouring to make the elbows touch behind his back. If properly applied it is almost impossible to counter this hold.

COUNTER AGAINST KNIFE ATTACK



PHASE 1.

It is your assailant's intention to drive the knife into your stomach in an upward thrust. Ward the blow off with your left forearm as shown.

COUNTER AGAINST KNIFE ATTACK



PHASE 2.

Step in quickly, chop him hard across the neck with the edge of your right hand, or drive your right knee hard to his groin. With practice, both these methods can be used in a split second.

COUNTER TO RIGHT HAND PUNCH



PHASE 1.

As your opponent leads with his right hand, take a pace to your left, at the same time turning right about. If this is timed, the punch will miss you, as shown in Phase 1.

COUNTER TO RIGHT HAND PUNCH



PHASE 2.

As the punch travels past you, bring both hands up, gripping his wrist with your right hand. At the same time drive the heel of your left hand behind his left elbow. Your hands working with a down and upward action, take your opponent to the ground without releasing your hold. Phase 2 shows the position of the hands before reaching the ground,

COUNTER TO RIGHT HAND PUNCH



PHASE 3.

Keep your hold on your opponent. Drive your left knee in behind his shoulder blade, pulling his arm up straight. Transfer your left hand to his wrist. Now push his arm off from you in the direction of his head. Practise very slowly and with great care. You will find with practise you can take your adversary to the ground in a split second into a hold from which there is no escape.

COUNTER TO LEFT HAND PUNCH



PHASE 1.

As your opponent leads the punch, slip in under his arm by dropping on your right knee, the punch going over your left shoulder. Your knee should just touch the ground. Your left foot is well advanced. As the punch travels over your shoulder, grip your opponent's ankle with your right hand, pulling his foot up quickly. At the same time push hard on his right thigh with your left hand, as shown in Phases 1 and 2.

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COUNTER TO LEFT HAND PUNCH



PHASE 2.

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COUNTER TO LEFT HAND PUNCH



PHASE 3.

Your opponent will be thrown heavily on his back as he hits the ground. Come up into position shown in Phase 3, still maintaining your hold on his leg.

COUNTER TO LEFT HAND PUNCH



PHASE 4.

Move in quickly, bringing your opponent's left foot under your right armpit. Now place your left hand just below his knee. Slide your right hand through and grip your left wrist. Force down with your left hand, grip hard with your right, lifting up, at the same time force back on his toe, which is under your right armpit. Finish your opponent off by smashing your left foot into his groin.

COUNTER TO HAND BEING PLACED
OVER MOUTH



PHASE 1.

Here is a hold that can be used by the fairer sex. If at any time a ruffian places his hand across your mouth from behind, his intentions are to stop you from calling for help if he has placed his right hand across your mouth. Turn slightly right, at the same time bringing up your left hand, seize his thumb or fingers. Note Phases 1 and 2

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COUNTER TO HAND BEING PLACED
OVER MOUTH



PHASE 2.

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COUNTER TO HAND BEING PLACED OVER MOUTH

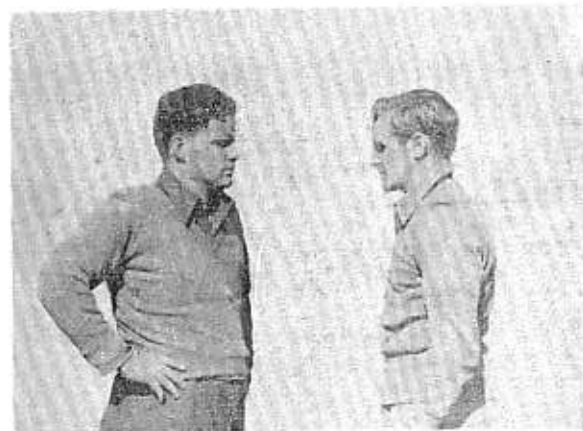


PHASE 3.

As you force his fingers back, bring your right arm up quickly just behind his elbow, clamping your fingers over his wrist, which will put you in the position, as shown in Phase 3. Now with a quick jerk in a downward direction you will break his arm. This hold calls for very little strength. Caution: Do not apply the jerk downwards when practising.

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THE DEADLY STRANGLE HOLD

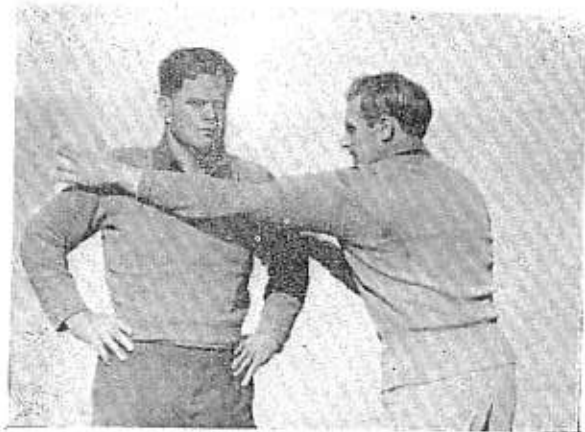


PHASE 1.

This hold must be applied with great speed. You are facing your opponent as in the above photo. You are standing with both hands by your sides or on your hips.

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THE DEADLY STRANGLE HOLD



PHASE 2.

Like lightning, push your opponent's right shoulder with your left hand, at the same time pull hard on his left upper arm with your right hand. This will turn your opponent side on to you.

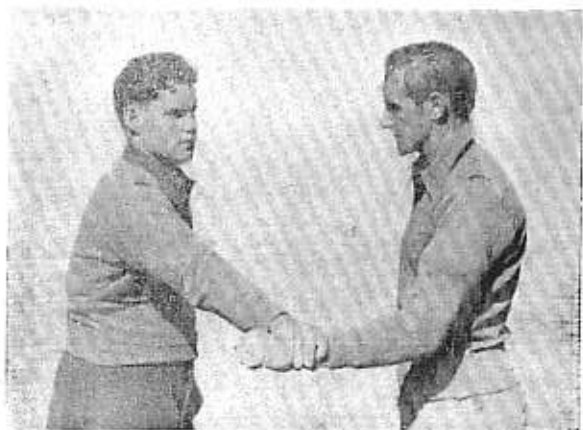
THE DEADLY STRANGLE HOLD



PHASE 3.

As your opponent turns, step in behind him, bringing his shoulders across your buttocks. Slide your left arm around his neck, your upper arm coming across his throat. Lock your hands together and squeeze hard on your opponent's neck. It is impossible to get out of this hold, which can be applied with deadly effect and, once mastered, applied with ease and great speed.

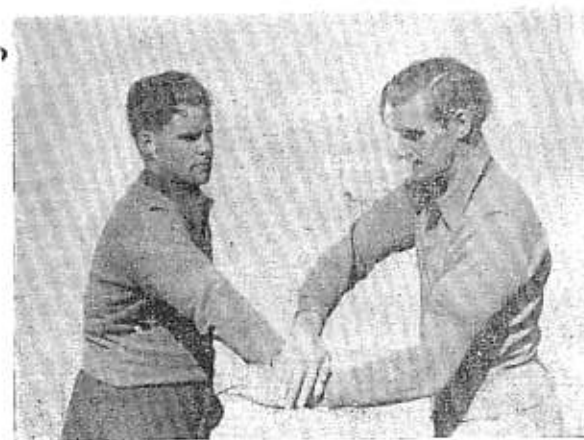
COUNTER TO WRIST GRIP



PHASE 1.

Your opponent has gripped your left wrist with his right hand, as in Phase 1.

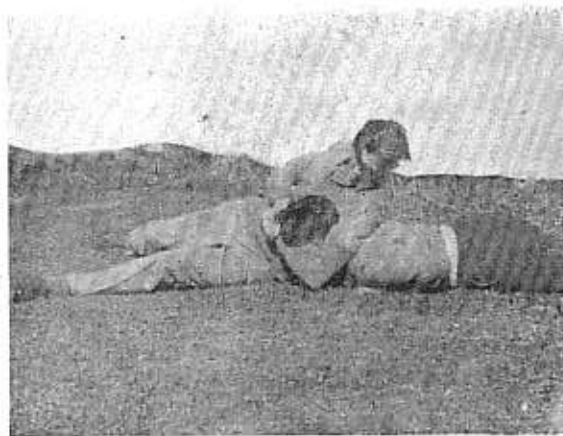
COUNTER TO WRIST GRIP



PHASE 2.

Clamp your opponent's fingers to your wrist by placing your right hand over his.

JAPANESE SIDE HEADLOCK



PHASE 2.

Jump the feet well forward, bringing your opponent down on his stomach. The moment he hits the ground, jerk back hard as if trying to force the back of his head between his shoulders. Keep your feet well apart so as to hold your balance. This is a sure neck breaker.

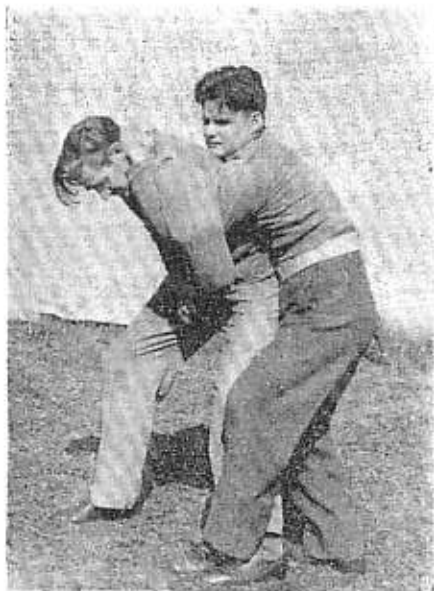
COUNTER TO FULL NELSON



PHASE 1.

The moment you have been caught in this hold, throw both your arms out in line with your shoulders.

COUNTER TO FULL NELSON



PHASE 2.

Now bring your arms down hard, clamping your opponents arms to your side just behind his elbows. Having locked his arms, making it impossible for him to release his hold on you, turn slightly to your left, at the same time slide your left foot behind his left heel. This will block him from moving his foot.

COUNTER TO FULL NELSON



PHASE 3.

Having locked your opponent's left heel, force your left knee hard into the inside of his leg. This will force your opponent to the ground. As he is falling, reach down with your right hand, taking a firm grip of his toes. Your left hand has been placed on the ground to steady yourself. Phase 3 shows the position you should be in when the toe has been grasped.

COUNTER TO FULL NELSON



PHASE 4.

Now bring your left hand up, taking a two-handed grip of your opponent's toe. Slide back into position shown in Phase 4. Practise with great care to avoid dislocating the knee and ankle.

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COUNTER TO JAPANESE SIDE HEADLOCK



PHASE 1.

Your opponent has trapped you in the above hold with his left arm around your neck. Throw your right arm around his waist, taking a firm hold of his clothing. Place your left foot as near to his left heel as possible, at the same time gripping his left leg behind the knee with your left hand. Your right foot is well to the rear.

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COUNTER TO JAPANESE SIDE
HEADLOCK



PHASE 2.

Step in quickly, placing your right foot across the back of his right heel. As the foot touches the ground, sit down quickly behind your opponent, throwing him as far from you as possible with one mighty heave. This is a sure counter and can be used against any opponent regardless of his weight.

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