

Practical Jiu-Jitsu

Methods of defence and attack teaching 100 means of stopping,
immobilising, grounding, transporting
or carrying away a criminal,
even if he is armed

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1906

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Disclaimer:

The information contained in this document is for historical edification only. The author does not accept liability for any injury or damage that may result from attempting these techniques in a practice or real situation.

Check locally for advice on self-defence law in your area.

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Preliminary Advice

Pressure points

These can be found-

Inside of the arm 1cm from the elbow

First joint of the little finger, bending the finger back on itself

The wrist- pushing with the thumb where the pulse can be felt

Grab the flesh on the back of the arm by the armpit

Press the thumbs onto the outside of the anklebone where it protrudes

Pressing both index fingers into the epiglottis or Adam's apple, bending back the second joint of these fingers

Pressing the muscles on each side of the neck and the ears near the nape

Pinching the skin on the abdomen above the pit of the stomach

Strikes

Strike using an open hand, with the edge of the little finger-

Foot- on the toes

Tibia- front of the middle

Femur- left and right of the middle

Kidneys- above the coccyx

Arm- front or side of the biceps

Forearm- between the wrist and elbow

Wrist- either side on the middle of the joint

Ribs- below the floating ribs

Chest- the solar plexus or pit of the stomach

Neck- on the sides between the clavicle and the jaw

Nape- base of the skull. This can be fatal if done with the hand. Use an upward palm-strike

Clavicle- in the middle

Nose- displacing it upwards

Brow- on the temple

Back- to the 6th and 7th vertebrae

Fighting the fear

Push your shoulders back. Breathe sharply and fill your lungs as deeply as possible.

When you feel a great pressure in the lungs hold it for two seconds. Slowly breathe out, relax and repeat four or five times. This will allow you to regain composure if practiced in the face of fear or difficulty.

Arresting a fugitive

Side step a running adversary, chop to throat and punch to stomach. Seize a wrist as you step behind him, twisting it, or get your body as close as possible to his back, launch your arm over his trapped shoulder and strike his throat, or place one leg between his legs and pull sharply backwards on his shoulders.



Place clothing over his head and hold it tight from behind.



Preventing a prisoner's flight

Fasten a belt to baton or cane. Place the baton down his trouser leg so he cannot bend his knee to run or drop down.



Transporting the unwilling

Facing each other take his left hand in yours and turn the wrist. Turn briskly while passing your outstretched arm under his left armpit across his chest. Use his arm as a lever to raise him on to tiptoe. Direct him as you wish as he cannot strike you or turn around.



Use both hands to grab one wrist which is raised in front of you as high as possible while turning him about. Place one leg between both of his and use your bodyweight to direct him as you wish.



From behind pass your left arm under his left armpit and place your hand on his nape, forcing his arm up. Grab his clothing with your right hand and pass one leg between his legs and direct him as you wish.



Seize the prisoner's wrist from behind as you turn him around. Use your free hand to press on the muscle between the ears and nape. Place your leg between his and direct him as you wish or pinch the shoulder joint strongly. This runs the risk of breaking his wrist if he struggles.



If you pin one of his arms pass rapidly behind him to grab his other wrist which will place them both by his spine. If he struggles apply a painful twist.

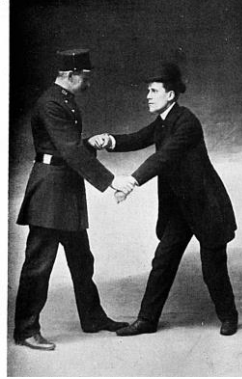


Take his right wrist with your right hand, nails up. Wrap his arm by passing your left arm under his and clinching it against your body to pin it. Grab two of the fingers of his right hand with your left hand and pull them back to prevent struggle or flight. Once this grip is certain you can let go with your right hand.



Hoisting and carrying a man

Seize his left wrist with your left hand while turning about. Pass your right shoulder under his left armpit while lowering and turning around slightly and he will lift off the ground, his feet in the air. Walk off with him while pulling his arm downwards. Facing him grab both his wrists with your hands, seizing them strongly. Cross them over briskly turning yourself about to bring both his arms over one of your shoulders.



Seize his right wrist with your left hand and raise it as high as possible. Lower yourself rapidly, sliding under his armpit and pass your right hand between his legs while pulling on his trapped arm which will be over your left shoulder. Stand up in a single movement always holding the trapped arm which will place him diagonally but upright with his feet far from yours and his free arm to far away to strike.



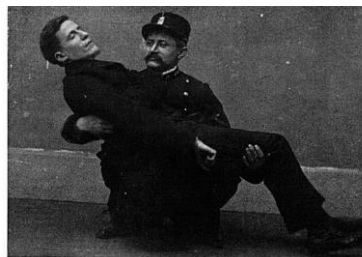
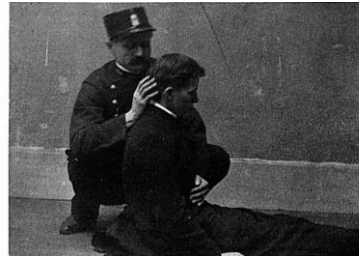
How to carry an unconscious man- lying with his back on the ground

Squat down to his left side. Having made sure nothing is broken then place him in a sitting position by supporting his torso.

Circling his torso, place his left wrist over his chest and take a hold of it with your right hand. Still squatting, raise his knees and place your left hand under them. Taking a firm hold bend gently backward while raising his legs and pulling on the grabbed arm to gradually move his body onto your legs and bring him onto your knees.

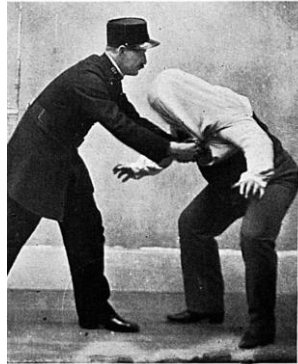
Stand up while continuing this backward movement, gently so as to not topple over as the load in your arms will act as a counter-weight.

You can make this easier by letting his legs dangle which frees up your left arm but makes walking difficult and disturbs the balance of the body you are carrying.



Immobilising a man

Pull his shirt sharply up over his head by the tails. Bind a limb either in front of behind with rope. Hold him at a distance to avoid being kicked.



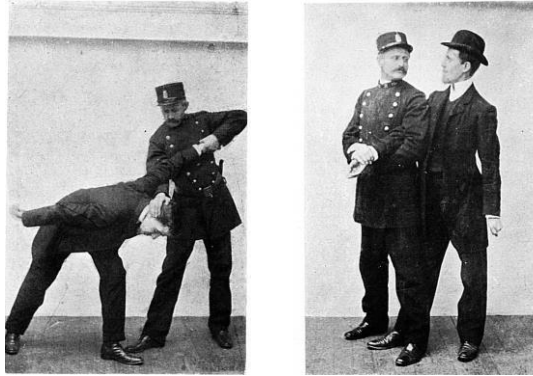
Seize his jacket at the back by the collar and pull it down over his arms like a straitjacket. Act as you see fit but guard against a knee to the stomach or heel to the foot.



Once alongside the adversary gather up his arm, turning it towards you to pin the elbow against your raised knee. Use your free hand to pull the shoulder joint of the other arm backwards.



Take his left wrist with your left hand and raise it up high. Pass your right arm under his left armpit and place it on his nape. Press his arm against his head while pulling hard upwards to force him toward the ground. Reduce resistance by twisting his wrist. This can be done to either arm, depending upon which one you seize.



This known by Apaches as the “Trousers attack”. It is good for immobilising someone so you can frisk him. Use both your legs to trap one of his legs, passing both arms under his armpits and push his head strongly by grasping both hands together.



No matter which side you find yourself; grab his arm with the hand which is nearest to it and twist, using your neighbouring leg to bar his leg to stop him stepping forward. Use your free arm to exert force on his pinned shoulder.



Whether you are on the left or the right of the prisoner; take and twist his nearest arm to you with the corresponding hand. With your free hand grab the side of his neck, placing your thumb on his epiglottis and fingers in the hollow beneath the nape. This will quell any rebellion without risking his life.



Grasp the hair at the back of his head with one hand. Then, as you knee him in the stomach, with your free hand squeeze with your fingers and thumb on the muscles which descend from the ears to the side of the neck.



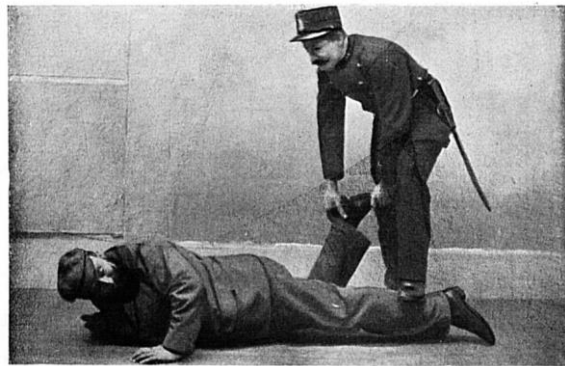
The above attack can be done from behind, grabbing his hair, kneeling him in the kidneys and grabbing his neck with the free hand.



This is an effective hold because you can apply this one gradually until you achieve capitulation. Holding your arms out with your palms upwards grab both sides of his collar very firmly. Secure your grip then turn your thumbs inwards to then press upon the epiglottis until he demands mercy.



If your adversary is lying on his stomach and tries to get up or strike you place one foot on his leg and twist his other foot around.



Approach a man on his back from the side. Seize the nearer wrist and stretch the captured arm out fully across your knee. Pass your free arm under his chin and grab his clothes, dropping your knee on his ribs and pulling his head backwards with your free arm to avoid being bitten.

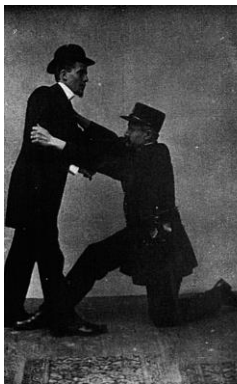


Throwing a man down

With one hand take the collar of his clothes. With your free hand grab his bicep on the opposite side to that seized. With a sharp kick sweep the inside of his leg on the same side as the trapped arm so that your arm delivers to the man's body a sharp movement contrary to the side that was swept.



Act differently if you fear that the kick to the ankle won't work. Seize him as previously but place your leg, the one on the same side as the hand that has grabbed the collar, between his legs. Drop to one knee and deliver a sharp movement to his body on the side opposite to the dropped knee.



Advance your right foot between his legs. Reach behind him with your left arm and push forcefully against his kidneys while the palm of the right hand is pressed against his chin. Turn his head briskly to the rear.



If you are beside the adversary, on the right for example, wedge your right leg against his left leg. Pass your left arm behind his kidneys and push his body forwards and with your right arm, extended over his shoulder, strike him mightily in the throat.



A variation on the previous attack; From the left side, pin his left leg with yours, your left arm hugging him violently while gripping his clothes. Make him fall forward with a great push with your right hand to his nape.



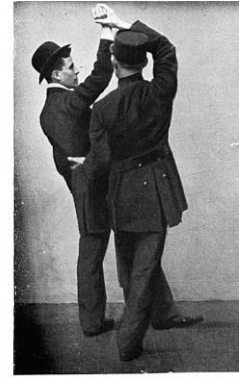
From the left side, as before, rapidly pass your left arm under his left armpit to seize his clothes on the right shoulder, arm pressing strongly on his throat. Turn around with your hips up against him, bend forward briskly and make him fall backwards.



From behind or to one side take one of his wrists in both hands. Pass the captured arm over the shoulder nearest to his body and pull as hard as you can toward the ground adding to the success of this by bending the corresponding knee then standing up quickly which will provoke a fall forward.



Pass an arm behind his nape and grab his clothes at the right shoulder on the opposite side to you. Press against the bicep of the same arm with your free arm. Lunge forward while turning yourself about to make him leave the ground.



Use this against a man who defends himself with his hands held out in front. Seize both his wrists and raise them up briskly while simultaneously kneeling him in the abdomen to make him fall over quickly.



Preventive Procedures

To be used as pre-emptive strikes when in public and not wanting to draw any attention from members of the public

The “Coup de Blair”

Palm strike to the nose, rising upwards.



The Pinch

As above but pinch the nose between thumb and index finger, press hard with the thumb to add pressure then twist.



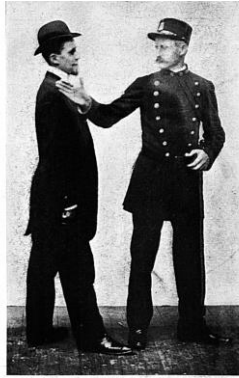
The Push

Appear conciliatory and while making submissive gestures, continue to converse as you strike the pit of his stomach with your extended, rigid fingers.



The Clavicle

Make as if to pat him on the shoulder in a friendly manner but instead strike him hard in the middle of his collarbone with a slap of your hand. Do not be too hard or you will break the bone.



The Heel

Let him come near and, feigning a moment of impatience, stamp your heel strongly on his toe. Anyone watching will think that it was an “accident”.



The Hat

Be wary when certain individuals are being polite by tipping their hat in greeting or when, during a conversation, they adjust their hair as they will seize the brim or peak of their hat to strike you in the face. Parry this by making a military style salute at face height.



The Fork

This can result in bursting the eyes. Approach making peaceful gestures to gain trust then suddenly thrust the index and middle finger in a "V" shape into the eyes. Parry this by raising your hand edge-wise along the bridge of your nose.

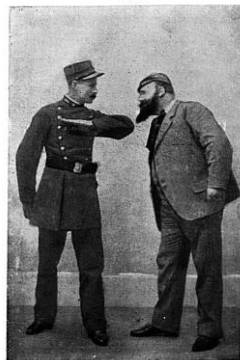


The Gizzard

Useful for overcoming a man quickly as it requires little strength. Extend your arm and hit the throat on the epiglottis with a hand strike. If he is too close; Seize his nearer wrist, extend his arm fully and strike his throat as before.



Strike his throat. Then turn your right side toward him briskly while launching your left arm under his chin so that your hand can grab his collar as high up as possible. At the same time, using your left arm to bring up his chin, punch him on the nose with your right hand thus "stamping his coupon". This attack will cause other aggressors to back off allowing you to retreat.



Vicious dog

No matter the size or breed of dog it will always be afraid of the unusual. Place a piece of cloth such as a handkerchief or shawl over your head and walk forwards on all fours or simply grip your hat between your teeth and sway, making mewling noises to add to the animal's distress.



Cane blow

A man about to be struck with a cane will become fixated on defending the targeted body part and the middle of the cane which will be used against him. Thus provoke a defensive action by feinting a blow, he will uncover all of one flank in his defence. Lower your cane suddenly, turn the tip to the rear and strike him with the butt where he isn't looking.



Feigned feinting

When in a deserted spot you may find a man lying on the ground or leaning over a railing. Enquiring after his health is risky as he may trap your leg, arm or head then pull you over to rob you at his ease. Approach from the side and squat down, turning him over slightly. Hold his nearer arm, passing your other arm behind his head to pinch his shoulder joint. If it is a real feint the pain won't be enough to revive him. If it is faked it will reveal his evil plan and shove him away briskly. If he tries to elbow you in the face kneel on his ribs.



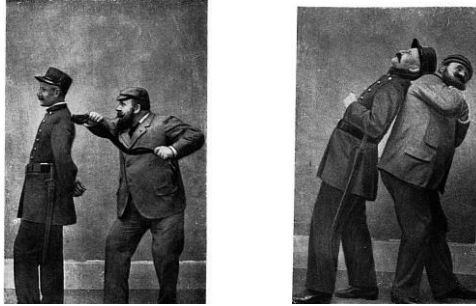
Fig. 61. - L'évanouissement simulé.

Defensive Procedures

Coordinated attacks used by professional criminals

The Father Francis

The aggressor approaches from behind, having crossed over the road and turned back toward his victim and throws a sash around his throat. The aggressor turns himself around, passing the ends of the sash over one shoulder forcing his victim to be lifted off the ground and bent over backward. An accomplice will rifle the strangled victim's pockets who will then be abandoned as he will take a long time to recover and be unable to identify them.



As soon as you feel the scarf do not seek to grip it with your hands as you will not be strong enough and its effect is too fast so it will not work. Turn rapidly toward him so that sash is still around your neck but can do nothing and so that you are face-to-face with him. Strike him with your free hand as you see fit as his hands will be full. If he lets go of the sash to defend himself then you must put him out of the fight before his accomplice arrives.



If you feel the sash but cannot turn about then raise your feet off the ground to put all your weight on the scarf which will only squash the ears and jaw. Then sit down making your aggressor fall with you. This position is not favourable for resisting the accomplice's attacks but you can put any ground defences into action.



The See-Saw

This is a common improvised attack to make a man keel over. The aggressor wraps his arm around one of the victim's arms to immobilise him. He traps one leg with his leg on the same side and shoves him hard with his free hand in the chest to make him fall backwards. As soon as you are assaulted from behind turn around rapidly on the heel of the trapped leg. Now face-to-face with the aggressor you are in a better position to give him a riposte.



An aggressor may face you and try to throw you backward by capturing an arm and twisting it. Turn as before on the heel of the trapped leg so that you find yourself behind him. Make him fall by lowering yourself and raising up one of his legs to the rear briskly.



The Armlock

From behind seize one of his arms at the bicep with your hand. Take the wrist of the captured arm with your free hand and twist it. Defend against this by turning away from the trapped arm and elbowing him to the face. If the aggressor takes your arm far up your back all movement will be impossible and struggling will only increase the hold.



Headbutt

This is used as a surprise attack against those who only watch out for punches and kick. Drop into guard as he gets closer, lowers his head and falls forward. Uppercut into his face then strangle him by trapping his head by your elbow, passing your forearm under his throat, gripping your free wrist and rising up.



The Little Chair

In this attack a knee is placed against your back at kidney height and you are made to fall backwards with a brisk pull of the shoulders. As soon as you feel the threat turn on your heel to remove the effect of their knee. Drop down and lift up the aggressor's leg to make him fall over.

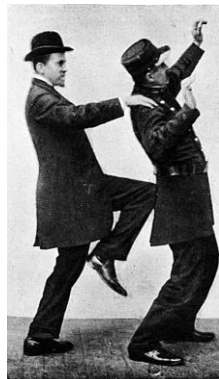


Fig. 79. — La petite chaise (la parade).

Neck Grabs

Either done with the hands or the forearms. Very effective as they bring about suffocation quickly so it is important to break their grip as soon as you feel it. The adversary will grab you with both hands, hook his fingers into your collar and press on your epiglottis with his bent fingers in a most dangerous manner. Put your fists together and lift them up briskly between his arms so that he has to let go, at the same time striking his face.



If this is not enough or if you fear a follow up attack, keep your hands together and seize his head from behind and violently bring his face onto your raised knee.



If grabbed by the collar but not the throat then close immediately, grab his head with both hands and drive the top of your skull into his face.



Fig. 33. — Etreinte de la gorge

When strangled from behind with an arm, upon which the other arm is used as a lever, immediately place a fist upon your thigh and strike him in the floating ribs with your raised elbow by turning toward him briskly. This also works against the “Father Francis” attack.



If grabbed with only one hand take his wrist in both hands and lunge backwards slightly, returning briskly without letting go of his arm. Pass his outstretched arm over your shoulder and use the wrist as a lever to break his elbow, should you wish to.

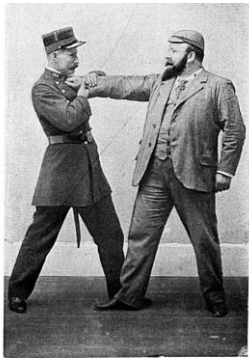
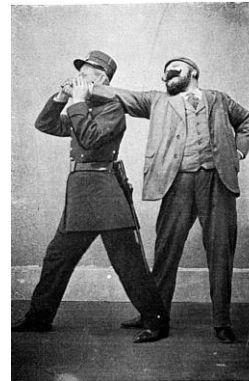
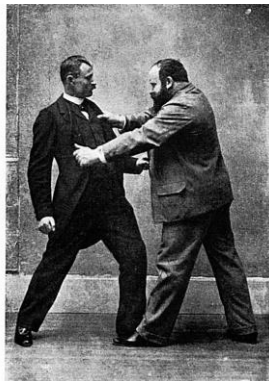


Fig. 86. — Étréinte de la gorge



Clothing Grabs

If grabbed and pinned by your overcoat lunge back as far as possible, lower your head rapidly and pass between your aggressor's arms. Turn around and the side briskly. This will twist his arms and force him to open his hands.



Pinning the Arms to the Body

These attacks from the front, behind and side and are known as “bearhugs”. There are moderately dangerous if one or both arms are pinned.

Bearhug from the front, both arms free

Advance one leg between the adversary’s legs. Grip one of your wrists, raise your arms and press into his throat. Shove him violently away from you. If his face is too close to press into with your arm then grab his head and twist it strongly.



Bearhug from the front, one arm trapped

Use your free hand to push on his eyeball vigorously so the pain will cause him to back off.



Bearhug from the front, both arms pinned

Drop down while sliding along his chest until you can reach behind one of his legs. Lift his leg briskly to make him fall backwards. If he has too strong a grip then knee him between his legs and stamp on his toe with your heel. This will allow you to use the above methods to escape.



Bearhug from the rear, both arms pinned

Bend as far forward as possible. Extend your arms towards the ground to avoid being tripped by your adversary. Lunge forward as far forward as you can so that you cannot be lifted or thrown backwards.



If the adversary is of a similar height use this to headbutt him backwards, hurting his face with the back of your skull.



Parries and ripostes against punches

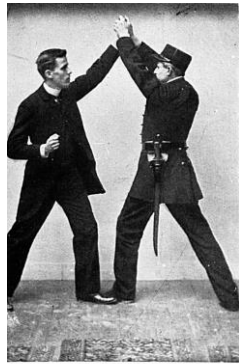
As he prepares to attack note his guard. Do not retreat as he may follow up and his punch will have more force. Step obliquely as he launches his attack, passing under his extended arm. Strike him in the kidneys, the ribs or the nape.



Turn to one side as he punches. Punch his arm as you get as close as possible. Seize his wrist with your other hand and turn it outwards. Raise it as high as possible and pass underneath it. Strike him as you see fit.

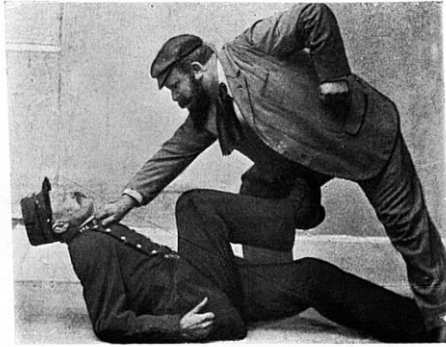


As he prepares to attack you hold your arms in an upside-down "V". Catch his punch with your hands, pressing with the thumbs. Raise or lower the captured arm rapidly to parry any attacks he makes with his free hand. To finish the fight quickly step closely in to him, beside his arm. Turn his arm back over his shoulder to make him fall backwards.



Defence on the ground

As your adversary closes to profit from your fall kick him in the stomach.



If you are weakened by injury &c raise one knee to prevent close-fighting.



If he is in close then grab and twist his groin until he lets go.



Against an Armed Man

A man armed with a cane

A stick blow is generally not very dangerous unless the butt is used, especially if one can put a parry with the arm into effect. As soon as he raises his tick then drop into guard: holding the right arm up to protect your face. Seek to parry the attack once launched but also to seize and lower the cane which can be levered in such a way as to open up his fingers.



A man armed with a knife

To defend against a knife one must act as a toreador. Take up your overcoat, shawl, clothing or a handkerchief at a pinch, or even your hat and hold it out from you. The aggressor will launch himself upon you like a bull. Protect yourself with your out-held shield which will stop and turn aside his weapon. Benefit from his proximity by kicking him.



If he realises his attack is futile and tries to turn upon you then use this brief instant of respite to put any and all obstacles you can between him and you- chairs, furniture &c.

If surprised suddenly in the street then throw anything that comes to hand at his face- sand, stones, snuff. Use the seconds gained as he pauses to go on the defensive.



Then, having parried the blow aimed at you, seize his weapon arm, pass rapidly to the outside of this arm which you will immobilise by seizing the biceps with your left hand and his wrist with your right hand; then, placing your thumb on his pulse point, squeeze strongly to make his fingers open.



Drop backwards into guard as a man throws himself at you with a knife. As he thrusts seize the outside of his arm below the elbow with your left hand, fingers on top. With your right hand grab his wrist and force him to let go his weapon with a sharp twisting action.



If you haven't immobilised his wrist, following on from the previous action, rapidly throw your right arm toward his neck while placing your right leg forward to block his legs. In this position his weapon arm will be under your armpit and unable to reach you. The aggressor's arm should be held throughout. By reversing him briskly backwards you will cause him to fall during which he will instinctively let go his knife so as to not be injured. But if he keeps hold of his weapon while on the ground do not try to snatch it from him as you will be hit in the legs or stomach; instead make him capitulate with heel blows to the ribs or stomach.



If then, during his fall, the criminal falls on his stomach, fall upon him; pin his right arm against his body with your left hand and press vigorously with the right thumb either upon his pulse-point or on the muscle between the ring and little fingers.



There is another effective method to make a criminal let go his knife or object which he seeks to strike you with. After a parry which results in seizing his wrist, pin his wrist forcefully and drop his hand with force toward the ground. Under the effect of this pressure the fingers will open themselves.



A man armed with a revolver

For when you wish to avoid gunfire or are only threatened by an aggressor holding a gun pass quickly to the right side of the weapon arm so that your left arm can be placed upon his bicep, thumb uppermost to pin his arm. Lower the captured arm while turning towards the left watching that the barrel of the gun is always pointed at the ground turning this turn then bring his arm behind his right leg while forcing the man, using a strong hold, to tilt toward you. Apply force with your right shoulder against his shoulder to avoid a blow from his left hand: place your head behind his back and, from this position, squeeze energetically with your thumb either on his pulse-point or on the muscle of the hand of the afore-mentioned hand.



A Ruse

In those cases of attack or defence when one finds oneself in the presence of someone who is on guard or does not present any circumstance to that allows you to seize him as you wish there is a method which rarely fails in its effectiveness; that is to turn his attention for some seconds while pretending to speak or call out to an imaginary person who is behind him. Instinctively he will turn to see who you are addressing and to assess what manner he needs to adopt for this new arrival; you can use this short distraction to scam, strike him or seize him under more favourable conditions.



Defences for Ladies

To overcome a pest

The stalker, the plague of Paris, terror of all women, is not likely to commit violent acts. He contents himself with walking behind his victim, talking too close them and breathing down their neck. Overcome them with this movement which requires little force or energy expenditure. Increase your allure, he will approach to address you with his ardent pleas; at this moment place one fist upon your thigh and turn yourself briskly to the side so that your elbow will strike your pursuer in the pit of his stomach or the ribs which will make him your conquest, even if it is an unpleasant one, and he will find suddenly that you lack any charm.



Instead of hurting his chest you can, if the fellow is slightly leaning forward and is rather over-familiar and thus in bad taste, deliver, by any means possible, an elbow-strike to the side of the head.



This is another simple idea for changing the mind of a suitor. Remember that men will always let go when struck on the tip of the nose. A palm-strike it is enough to make him let go with sufficient energy. Take care to show pity to the enemy as lack of care will leave him shredded by this riposte which will leave him doubly worse-off, firstly the damage to his skin and secondly the infinite wounding of his self-esteem as he buries his teary eyes and nose into his handkerchief.



When seeking to distance yourself from a pest you will extend your arm and use your hand to repel him: if you wish to hurt his chest your platonic defence will not be enough to discourage his insistence, but if you extend the fingers and strike with the tips to the pit of his stomach you will hit him with a stop-hit which will prevent an unfortunate impression. You can adapt this so as to not compromise your long nails: in this case bring together the fingers and, with a dry blow as if you wish to chop something, strike a percussive blow to the middle of the clavicle.



128. — Pour se débarrasser d'un importun de manière.

This act will not alert onlookers. Instead of using your fingers flat against your adversary's face hurt him with the percussion of your hand upon his Adam's apple.



If trapped in a crowd which will not allow you to escape the over-familiarity of a fellow behind you make a calculated guess as to where his foot will be near to you, aim for a moment then, without showing your intention, give him a good heel blow to his toes.



To escape a violent encounter

The means of defence by which one can break the grip of a man who uses his size and seeks to place his face next to your. Place your bent arm in front of you while gripping your thumb with your other hand: deliver blows with your forearm against the assailant's throat, then push him violently away from you. The effect will be greater if, instead of placing your arm across his neck to throw him backwards, you seize your wrist and, both arms thrusting together, you hurt his epiglottis.



A man can, with intent, imprison one of your arms and under these conditions render it impossible for you to use the previous defence. All is not lost! This is a fine time to make use of the expression "To catch a man's eye". Use the thumb of your free hand to press upon one of his eyeballs. The pain will certainly inform him as to how to adjust his attitude when in your presence.



When your assailant takes the use of your hands from you by trapping your hands to your body this is the moment to turn his head in a way that your charms are not able to do. Having grabbed his head you give it a violent shake which, without him slipping his head backwards, will cause sufficient pain however you deliver it.



This is discrete but effective but I cannot insist on the results; in every case when your reasons decide that a fellow is taking liberties you cannot raise your knee briskly without adding pleas to his silent argument, but it is assertive.



To immobilise a man

Do not seek your salvation in flight or wrestling as your energy will dissipate as a result; fall to one side but remain as close as possible, grab one of his wrists, gathering it and raising it quickly to the rear with a twist; then seize his nape to prevent him turning back; you will have plenty of time to assure your safety and, in all cases, he will not be able to move without a great deal of suffering. <image missing>

This next method doesn't differ from the previous except that instead of holding the adversary by the nape you render him immobile with his captured arm by enveloping his arm from underneath with your own. This will cause an enormous pressure and you can, by accentuating the twist, disarticulate his elbow or wrist. <image missing>

When in a tight spot do not exhaust yourself trying to escape but stand your ground against an aggressor. When he advances with arms outstretched to seize you charge at him and pass your left arm under his right arm as far as possible; do this with such ease that the fellow can do nothing to avoid this contact. As soon as your left arm engages with his pin it by clamping it against your body. Pass rapidly behind his back so that you can grab his right arm with your right hand, shooting it vigorously backwards so that it can then be seized with your left hand. These two actions, quickly done, will leave your right hand free so that you can strike or simply push him forwards by pushing on his nape: but if you do not pass his right wrist into your left hand you can keep him trapped by holding his right arm by the sleeve. <image missing> <image missing>



Toppling a man

A man who lets himself be beaten by a woman has no glory and will have the demeanour of a cockerel who has been denuded of his prestige by a pullet. If you wish to administer a humiliating defeat you should tip him over in one move thus; at the instant that he comes at you with his arms ready to launch at you, seize both his wrists at once, raise them up briskly as high as possible while forcing them backwards at the same time kneeling him in the groin which will rock him somewhat.

