

Excerpted from Close Combat - Note for Instructors, by W.E. Fairbairn

Part "B"

UNARMED

(For those who have been FOOLISH and caught unarmed)

Method No. 1 - Edge of Hand Blows

Fingers and thumb straight out. Strike with little-finger edge of hand.

Points of Attack: Forearm bone, wrist, side of neck, one inch below adams apple, back of neck, etc.

Method No. 2 - "Chin-Jab"

This is a close-in blow and must be given with all possible force in an upward direction.

Points of Attack: Up under the chin with the heel of the hand - fingers extended to reach the eyes.

Method No. 3 - "Tigers Claw"

Into the eyes and face with a poston-like forward jab. Fingers bent like a tiger's claw.

Weight of body to be behind blow with no "telegraphing" of the intention to strike.

This is the most effective hand blow ever worked out. It has the advantage of three inches additional length as compared to a "straight" left and can be achieved with lightening like speed.

It is a complete answer to any attempt at a frontal attack and permits one to deal effectively with one's opponent before he is really dangerous.

Method No, 4 - Kicking

Method of kicking: Turn right foot sideways to the left and kick forward. Make contact on the shin-bone with the outside edge of the sole of the boot. Follow through by transferring the weight of your body from the left to the right foot and smash down with your boot on to the small bones of opponent's foot.

Special Note:

1. Any student who thoroughly masters the three hand blows and the method of kicking (no matter what his strength or build may be) will be able to effectively deal with any unarmed opponent.
2. All these methods are ATTACKING, not DEFENSIVE and should be applied in conjunction with each other.