

THE ART OF JU-JITSU

Section 8
NERVE PINCHES & FATAL BLOWS

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Section 8

Nerve Pinches and Blows

WARNING.

It must be thoroughly understood that none of the methods described in this Section are allowed in Jujitsu Contests, and any person using any of the tactics described in this Section in a Contest would be immediately disqualified for using foul methods. None of the methods described in this book should be used under any circumstances, except in the case of absolute necessity, as the results of using some of them would be fatal. The British Jujitsu Society take no responsibility whatsoever in any case where damage has been done by the use of any of these tactics.

Vulnerable Parts of the Body.

The parts of the body which if struck may cause death are as follows:-

1. The temples.
2. The bridge of the nose.
3. The upper jaw, at the junction of the nose.
4. The point of the chin.
5. The back of the neck at the base of the skull.
6. The back of the jaw under the ears.
7. The Adam's apple.
8. The breasts.
9. The solar-plexus.
10. The kidneys.
11. The abdomen.
12. The testes.

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Blows.

Blows are struck in Jujitsu with the little finger edge of the hand, or with the finger tips, or with the second knuckle, or with the elbow, or with the toe, or heel, or knee, or head.

When a blow is struck with the edge of the hand, the hand is held open with all the fingers straight and touching each other. If the blow is struck with the right hand the right forearm is first brought across the body, with the right hand open, above the left shoulder.

Blows on the testes are usually given with the knee, either in a standing position, or on the ground. In a desperate struggle on the ground, supposing your antagonist is in the Astride Position. In the act of rolling him off it is possible to bring up a knee between his legs. This is an example of how this blow is used on the ground. If you are holding your attacker in the Kidney Squeeze Position it is just as well to remember the possibility of your receiving this blow if you are not prepared for it.

In Section 4 it has been described how the Kidney Squeeze Position may be obtained while you are underneath your opponent by inserting one knee between you and him so that your shin lies across the front of his body and your other leg encircles his back. Supposing, for example, your opponent has just had the Headways Position on you, and you have swivelled round out of it and brought your left knee across the front of his body. Now, in the act of bringing your right leg over his back, it is possible with the heel of your right foot to deliver a hard blow on his right kidney. This is an example of the way in which the kidneys may be struck with the heel.

If you have the Headways Position on your opponent, it is possible to hurt him severely by driving the point of your chin hard into his solar-plexus.

When attacked from behind it is usually very easy to swing round and deliver a hard blow with the point of the elbow in the solar-plexus of your opponent. In ground manoeuvres it is possible to hurt your opponent very seriously with your elbows. In the Kneeling Position, for example, it is a very simple matter to deliver a blow on the side of the neck, or the Adam's Apple, with the point of the elbow.

In the Kneeling Position it is also possible to deliver blows with the knee. For example, if your opponent tries to turn his back on you a blow can be delivered to the side of the neck, or at the base of the skull, with the knee. Amateurs who are awkward at ground manoeuvres are very fond of accidentally delivering blows with knees and elbows.

All the above vulnerable parts of the body can also be struck with the toe, by means of a kick, which is very similar to the French La Savatte. As is well known, the kicking methods employed in La Savatte may be practised until they are a fine art, and the kick can be delivered with such accuracy that the ash may be flicked off the end of a friend's cigarette every time without missing. The method as follows: -

If you intend to deliver a kick with your left foot you stand first of all with your right foot forward. Step back with your right foot, as if turning round, and in the act of turning, kick out partly sideways and partly backwards, with your left leg. Notice that this

is a kind of backward kick, because in the act of delivering it you are leaning sideways away from your opponent. Bring your left foot to the ground again, and continuing to turn round, in a right about turn, you deliver another partly sideways and partly backwards kick with your right foot. You are now ready to start turning round again to deliver another kick with your left foot. By following these instructions carefully it will be easy to understand how the kick is done, and after that only practice is required to be able to kick accurately and effectively. It is just as well to start practice by marking the wall about the heights of a persons solar-plexus, and kicking this mark. The mark can afterwards be raised to represent an antagonist's chin.

Nerve Pinches.

It is very useful in Jujitsu to know where nerves are situated, because pressure on a nerve will always serve to release your attacker's grip, whether he has you by the throat, or is holding you round the body, or in any other way. Instantly you touch the nerve he is forced to let go.

There are many nerves of the body that can be struck for the purpose of releasing a Hold.

There is a nerve at the base of the nose, where the middle cartilage joins the upper lip. Pressure on this, with the edge of the hand, is sometimes used as a release from a grip round the body, under the arms, from the front. The hand may be placed over the mouth, with the edge of the hand pressing against the base of the nose, and the head pressed backwards; or the hand may be placed over the eyes with the thumb at the base of the nose and the head pressed backwards. Pressure on this nerve will also afford a release from the Sitting Position. For example, if your attacker has a Sitting Position on your left side, with his left arm round your neck, bring your right arm over your attacker's left shoulder and press his head backwards with the edge of your hand against the base of his nose. This will force him to release you from the Sitting Position.

There is also a nerve centre at the back of the jaw behind the ear. Pressure on this nerve will afford release from Body Grips. Assuming, for example, that your opponent has gripped you underneath the arms, round the waist, from the front. Twist his head by pressing with your left hand on his chin, and by gripping his neck with your right hand, and pressing your right thumb on the nerve centre.

If you have thrown your opponent and wish to hold him down you

may do so by pressing his head sideways to the ground with your right hand over his eyes and your thumb pressing on this nerve centre.

There are also nerves in the side of the neck, in a straight line below the ear, which, if struck a hard blow with the edge of the hand will cause unconsciousness.

There are nerves in the muscle of the shoulder, behind the collar bone, half-way between the joint of the shoulder and the base of the neck. In order to find out where the nerve centre actually is you can discover it yourself by digging the fingers of your right hand into your own left shoulder. Feel first for your collar bone, then move your fingers an inch or two backwards and press. If you do not find the spot the first time, press all round this spot until you eventually find the right place. Next try it on a friend. Grip his shoulder with your hand and dig your fingers in.

There are nerves running down the inside and outside of the upper arm. In order to find them, grip your left upper arm about half-way between the shoulder and elbow with your right hand so that you are holding your biceps muscle in the palm of your hand. Now press with your fingers on the right side of your arm, with your thumb on the inside. By trying two or three times you will find the spot.

The joint above the back of the elbow which is called the Funny Bone is of course a famous nerve centre. If you explore your left elbow with your right hand you will soon find out exactly which is the most sensitive spot.

There is a nerve centre on the inside of the wrist, at the place where the doctor feels one's pulse. Take your left wrist in your right hand and press with your thumb in order to find the exact spot.

Another nerve centre is to be found at the base of the thumb just on the place where the thumb joins the wrist. To find this take your left wrist in your right hand and press with your right thumb.

There are also nerves between the bones at the back of the hand, about an inch or a little less below the knuckles. You can discover these by pressing with your thumb.

There are nerves at the tip of the thumb and the tips of the fingers under the nails. To find these, bend your left thumb towards the palm of your hand, then grip the end of your thumb with your right forefinger and with your right thumb at the base of your left thumb. Pressure on the end of the thumb in this way is useful in many cases. For instance, if you are gripped round the body, over the arm from behind, place your hand over your attacker's hand and press the end of his thumb with your fingers. This will give you instant release. If an attacker

takes hold of your coat lapel his hand can be taken off in a similar way.

There is a nerve centre at the back of the hip, in fact the sciatic nerve, just below the waist, a few inches from the backbone. If your attacker is turning round to give you the Hip Throw, a jab on this nerve centre with the protruding second knuckle will effectually stop him.

There are nerves in the groin. Assuming for example your attacker has gripped you round the waist from the back or from the front, over the arms, you may release his grip sufficiently to enable you to deal with him further by digging your fingers or thumbs into these nerve centres.

There are nerves on the inside and outside of the upper leg, corresponding to those in the upper arm. For example, one method of obtaining release from the Kidney Squeeze Position is to dig your elbows into your opponent's upper legs, as near as possible to the nerve centres.

There are also nerves at the knee, corresponding to those of the Funny Bone of the arm. The spot is to be found on the inside of the knee an inch or two from the knee cap, just above the knee joint. There is also a nerve centre just below the knee joint on the inside of the knee. A blow on either of these spots with the knuckle will paralyse the leg.

A nerve spot may also be found, just about two inches above the ankle, on the inside of the leg, and likewise nerves in the back of the foot and in the tips of the toes, corresponding to those of the hand. As an example may be mentioned the Toe Hold used in Catch-as-Catch-Can, or in Jujitsu when being held down by an opponent's leg, say in the Leg Lock, it is possible to make him release by pressure or by striking an appropriate nerve centre in the foot.

Finger Breaking.

Bending the fingers or thumbs backwards is sometimes used as a means of dislodging a grip. For example, if you are being strangled, if you catch hold of your opponent's little finger and pull it backwards he will be compelled to release his grip. Better still, if you can catch hold of two fingers in one hand and two fingers in the other and pull them apart, as if splitting his hand in two, you will compel your opponent to do anything you wish. Having once obtained this two handed grip on his fingers you can proceed to apply any of the Wrist Locks described below, or you may draw his arm over your shoulder and apply the Shoulder Throw.

The thumb may be bent back in a similar way. You grip your opponent's right hand with your right hand, or vice versa, with your fingers round the base of his thumb, and your thumb pressing back his

thumb. the grip can be continued into the Come Along Hold. Conversely, if the grip on your opponent's right hand is taken with your left hand, and vice versa, the grip can be continued into the Hand Twist Throw.

Wrist Locks.

There are four types of Wrist Locks, namely those in which the wrist is

- (1) bent inwards,
- (2) bend backwards,
- (3) twisted inwards,
- (4) twisted outwards.

Come Along Wrist Lock.

Link your right arm inside your opponent's left arm, and grip his hand with your fingers round the back of his hand so that his wrist is bent inwards, holding it up nearly on a level with your shoulder. Make sure that his elbow rests firmly in the crook of your right arm, and press his upper arm close to your body with your forearm. Very little pressure on the bent wrist is necessary to cause great pain, and your antagonist is forced to do exactly what you wish him to.

Backwards Wrist Lock.



If your attacker pushes you on the chest, clap both your hands instantly on top of his hand, so that the edge of your hand presses against the joint of his wrist, and bend your body forward. Fig. 10. Sec. 5. In the act of bending forward draw back your left leg. The effect of this is to bend back your opponent's wrist so that he is forced to his knees. You may, if you wish, by stepping well back bring him face downwards on the ground and proceed to apply the Straight Arm Lock or any other appropriate Lock.

If while you happen to have, say your left arm in front of you across your body, your attacker grips your left wrist or left forearm, immediately bring your right forearm across his wrist, so that the bottom edge of your forearm presses against his wrist joint. This action is very much like folding your arms. Now bend forward and step backwards with your left leg as before and your attacker will be forced to his knees. Of course these movements are done quickly before your attacker has a chance to snatch his hands away.

The Outward Hand Twist Throw.



If your attacker grips your coat or threatens you with his right fist, grip it with your right hand so that your right thumb presses on the third bone of his hand, and with your fingers round the inside of the base of his wrist. Twist his hand outwards and away from you, at the same time bring up your left hand taking a similar grip with your left thumb crossing your right thumb and with your left fingers round the inside of his wrist over your right fingers, Fig.12. Sec.5. By continuing the twist of his wrist outwards you can bring your attacker to the ground, either gently or heavily according to the force which you put behind the twisting.

When you have brought your attacker to the ground you may hold him there if you wish, by continued pressure on his wrist. In holding your attacker down make sure that his elbow is on the ground, and that his forearm is upright, so that you can effectively apply your pressure in bending the wrist inwards.

The Inwards Hand Twist Throw.

Assuming your attacker puts his right hand round your waist from behind, say with the object of picking your pocket, grasp his hand with your right hand, with the thumb on the back of his hand on the second

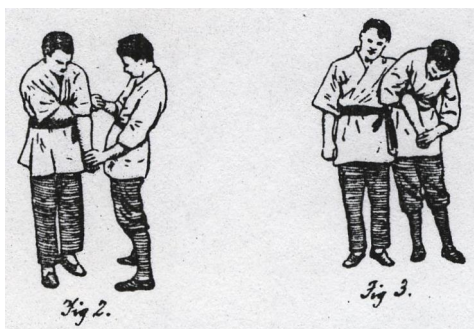


bone and your fingers round the inside of his wrist. Turn away from your attacker in a right-about turn. As you do this he will be forced to turn back towards you with his arms straightened out behind him, Fig.14. Sec.5. At the same time bring up your left hand and take a similar grip with your thumbs crossing and with your left fingers round the inside of his wrist over your right fingers. Hold his arm up and keep the pressure on his wrist so that it is bent backwards with the palm of his hand towards you. In this position you can compel your opponent to do whatever you wish.

You may, if you wish, from this position throw your opponent to the ground, face downwards, by twisting his hand further. When on the ground you can bend his arm up his back in a similar manner to the well-known Police Hold, thus converting your Wrist Hold into the Trussed Arm Lock.

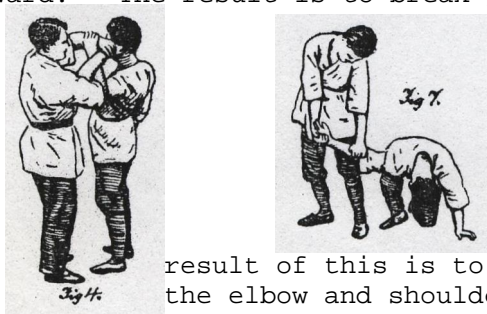
An opponent face downwards on the ground may be held in the Trussed Arm Lock by means of the foot only. Bend his arm up his back in the usual way, then insert your left foot under his forearm, in the crook of his elbow, and tread on his upper arm with the ball of your foot. By pressing your foot forwards and upwards you may cause your opponent extreme pain and hold him in this position for as long as you wish.

Throws From The Standing Defences.



If you have your attacker in the position of the Crossed Arm Straight Arm Lock, Fig. 2 Section 5, you may break his arm by throwing him backwards to the ground. This is done by tripping his left leg from behind with your right leg, that is to say, sweeping his left leg forward while you have the lock on him.

If you have your attacker in the position of the Come Along Hold, Fig. 3 Section 5, you may throw him backwards by tripping up his left leg from behind with your right leg, that is to say, sweeping it forward. The result is to break your opponent's arm.



result of this is to dislocate your opponent's arm at the elbow and shoulder.

If you have the Bent Arm Lock, Fig. 4 Section 5, on your attacker you may throw him forward on his face by placing your right leg in front of his knees and twisting your body to the left, while still retaining the Bent Arm Lock. The

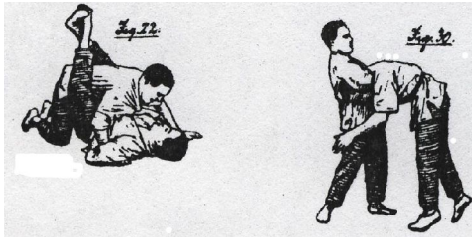
If you have your opponent in the position of the Outward Straight Arm Lock, Fig. 7 Section 5, you may break his arm by bringing up your left knee and jabbing his arm downwards with your knee above the elbow. You may jab with your left foot instead of your left knee if you prefer.



If you have your opponent in the position of the Reverse Under Arm Straight Arm Lock, Fig. 8 section 5, you may break his arm or dislocate it at the shoulder by sitting down sharply, so as to fall on your opponent.

If you have your attacker in a position of the Trussed Arm Lock, Fig. 15 Section 5, you may dislocate his arm by throwing him forward on his face. This is done by sweeping backwards your attacker's right leg with your right leg.

Neck Breaking.



If your opponent has you in the Kidney Squeeze Position, Fig. 22 Section 3, it is possible to break his neck by gripping his legs, pressing your head on his chest, and turning a forward somersault so as to carry his legs

with you. This can also be done from a standing Leg Lock.

If you have your opponent in the Neck Lock from Front, Fig. 30 Section 3, his neck will be broken if you give him the Ankle Roll, so as to throw him on his back, while you arrive in the Astride Position, keeping the Neck Lock on all the time.

Katsu.

Katsu is the Japanese art of remedying injury, such as dislocation, or stopping a flow of blood, or bringing back to life an unconscious person.

There is no need to describe the various methods of restoring dislocated joints, as all this may be found in considerable detail in English medical books. So also are to be found in First-Aid books various methods of applying tourniquets for stopping the flow of blood. One Japanese method of stopping a nose bleeding may be mentioned. This is done by pressing the second knuckle at the base of the skull, a little to one side, and giving the knuckle, whilst pressing, a sharp twist. Practice is necessary to find out how this is done effectively. It is, however when done properly an excellent cure not only for stopping nose bleeding, but for curing headaches.

Before proceeding to describe the method of restoring consciousness, readers should be warned that in the case of serious injury of any kind a doctor should be sent for at once. It is hardly necessary to state that neither Katsu nor the cleverest doctor can bring back to life a man who has been killed as a result of a broken neck.

In a case of unconsciousness from drowning, it is first necessary to lay the patient face downwards on the ground, and while standing astride to intertwine your fingers beneath his stomach and lift him up and down. The object of this is to empty water from the stomach and lungs. So far Katsu is exactly similar to English first-aid methods.

When this has been done the Japanese method is to place the

patient in a sitting position and with the thumbs in the hollow of the neck behind the collar bone, and the palms of the hands pressing on the chest, the hands are moved up and down. While this is being done the patient should be supported in a sitting position with the left knee. A blow should also be delivered with the right knee on the spine, about the seventh vertebra. At the same time as this shock is given to the spine, shout loudly into the patient's ear. The object of the up and down movement of the hands on the chest is both to stimulate the nerves of the pectoral arch and to induce breathing. The blow on the spine is given to stimulate the pneumogastric centre, and the should to stimulate the auditory centre of the brain.

A person rendered unconscious by means of a Neck Lock may be restored by placing him on the ground face downward and rubbing up and down his spine with the closed fist. The bumping or rolling effect of the knuckles on the spine stimulates the nerve centres. Make sure that the patient's head and mouth is in a position that he can breathe freely. Flicking the calves with a wet towel and slapping the heels with the hand a few times will assist.

The methods of artificial respiration given in first-aid books should be well studied.