

*KILL—*

*OR GET KILLED*

DEMO dimensione ridotta

By Major Rex Applegate

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## Preface

The importance of training the American soldier in techniques of close combat beyond the basic instruction in rifle and bayonet fighting is recognized under the conditions of the present war as never before in our military history. I have tried to outline in this book a system of training in methods to fit the realities of the case, including instruction in unarmed combat, disarming, knife fighting, and methods of fighting with unconventional weapons.

Throughout the book I have tried to make the instruction simple, specific, and practical. Indoctrination in the offensive is the basic idea on which all effective combat methods are built, and I have kept this requirement steadily in mind.

The enemy uniforms in many of the pictures were used for the sake of realism, but all the pictures were posed by United States soldiers.

For my own education in close combat technique, I wish to acknowledge a special indebtedness to Mr. Gus Peret of the Peters Cartridge Company, Mr. J. H. Fitzgerald of the Colt Patent Firearms Company, and to Major W. E. Fairbairn and Captain E. A. Sykes of the British Army, and also to those men presently collaborating with me in giving instruction in this field whose names I am not at liberty to mention.

REX APPLGATE.

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## Chapter 1

# UNARMED OFFENSE

### *Origin and Development*

As in the invention of gun powder and the compass, the Chinese are recorded in history as the first to develop a technique of unarmed combat. Chinese monks are reputed to have developed such a system to protect themselves against robber bands and nomad tribes. Over a period of centuries involving experiment, trial, error, and the loss of life, a system of unarmed combat has been developed which has remained basically unchanged.

The Japanese, soon after the twelfth century, became interested in this type of combat, and adopting Chinese ideas, began the development of their famous jiu-jitsu technique. They gave to jiu-jitsu a mythological background and developed a form of religion based on the application of its principles. Before 1900 many variations of jiu-jitsu were taught. Then a professor named Kano established a school for the purpose of studying and applying this method of unarmed combat. The new system was called judo. At present judo, which has been given an aura of mysticism, is used in body building to develop an offensive spirit. It is a part of every Jap soldier's basic training.

In the early 1920's a branch of a group teaching judo established itself in New York City and later the teachings spread throughout the larger cities in the United States. Initially it was practiced principally by Orientals and did not gain much popularity among Americans because, as in all things Oriental, it involved a tedious amount of practice

and a great deal of patience. In later years, some unscrupulous instructors set up schools and sought wealthy young men as pupils. The pupil was told that he was being introduced to an age-old secret method of combat, which had come down through centuries of Japanese history, and he was then initiated into some of its basic fundamentals. As time went on and he grew more interested, he was told that for an additional sum he could learn more holds and tricks. It was a lucrative racket. Naturally the majority of the schools of judo are sincere and run on a legitimate basis.

Between the last war and the present, a number of books were written by experts in judo, jiu-jitsu, and unarmed combat technique. Most of them have stressed defense as their sole purpose. Indeed, the new Army Field Manual on this type of combat, dated June 30, 1942, is called *Unarmed Defense for the American Soldier*. Instruction given in the past to police and other law enforcement men have all stressed self-defense and restraint as the background of unarmed combat.

With the advent of World War II, public interest, as always in time of war, has been directed toward fighting and methods of combat. The desire of the American soldier and the American common man for knowledge of fighting techniques has greatly increased.

#### *Present Day Status*

Throughout the country today numerous articles are being written for publication in our magazines and newspapers, and illustrations are being printed in the rotogravure sections of leading dailies of so-called "rough stuff" and underhand ractics. Throughout our armed forces various schools of instruction and courses are being given by individuals who are qualified along orthodox lines and in many cases have had a great deal of police or other restraining types of man handling. But no one has yet outlined a uniform system of instruction or a constructive training course for unarmed fighting with the grandstand and nonpractical methods eliminated. Moreover the Army needs a manual on "Unarmed

Offense" as well as one on unarmed defense. All unarmed combat should be taught on the theory that it is useful to a man only after he has lost his weapons.

The knife is the ideal weapon for close work. Its use should be encouraged and adopted by all units of our armed forces because of its deadly and silent effectiveness, the confidence it gives a man skilled in its use, and the psychological effect of a bright blade upon an opponent.

Most of the unarmed combat which is taught in our armed camps today is ineffective and not practical from the operational standpoint. This is because we lose sight of the fact that what a man is taught in this type of training must be simple, able to be executed with great speed and practiced intensively until he instinctively reacts with the few blows, kicks, and releases that are necessary for his fighting education. Too many of the tricks taught to our men are not practical because they are not quick enough, or because they do not permanently disable an opponent. They are useful only as a means of restraint. A good many instructors rely too greatly on the assumption that an opponent will stand still, allowing the student to apply a hold.

Any one indulging in close combat cannot expect to get away without injury to his own person. Too many people have been given the impression that such methods of combat provide a magical means of subduing an opponent, without personal risk.

Books on this subject illustrate many effective releases from grips around the waist, under the arms, and other encumbering holds. But their proponents have all lost sight of the fact that although these holds and releases are effective in the isolated cases of a few highly trained and experienced men, no one but an absolute fool would ever allow a man to apply them while his arms were free and his own animal fighting instincts were aroused.

Any individual in combat in which his life is at stake very quickly reverts to the animal. There is a few seconds of lucid thinking (varying with individuals), and, if he is well-trained, he will then automatically plan his offense. After a

few seconds, and especially after he has been hit or jarred by his opponent, the blood-lust is so aroused that from then on his combat is instinctive. Hence the reason for a simple type of instruction with a great deal of emphasis on the few elementary methods which can be easily and instinctively used in combat after practice.

### *Queensbury Rules Obsolete*

This chapter on combat without weapons is written with two objects in view: brevity and simplicity. Numerous texts have been written on this subject, but most people will find that they are rather complicated and contain a good many useless things. We shall endeavor to reduce it to its lowest common denominator. We do not want to make a professional out of the average individual, but rather to teach a few simple tricks which he can learn in a few minutes and use after practice. Although the style of fighting which involves kicking a man when he is down, gouging out his eyes, and kicking him in the testicles does not appeal to the average American, we must forget the Marquis of Queensbury rules of sportsmanship when dealing with our present enemies.

Ruthlessness is what we seek to achieve. It is best defined in two words: speed and brutality. In this type of fighting, it does not matter much what is done so long as it is done fast and as if life depended on it, because it probably does.

The two chief elements of success are surprise and speed. This applies as much to the individual as it does to the strategy of armies. We are aiming at attack alone and never at defense. Attack should be such that each blow will be intended to kill or disable. Each attack is also defense.

This type of instruction teaches a man to fight and kill without the use of firearms, knives, or other lethal weapons. It is designed for use when those weapons have been lost, which should be avoided at all costs, or when the use of firearms is undesirable for fear of raising an alarm.

At some time or other all of us have been taught the rudiments of boxing under the Queensbury rules. These rules enumerate, under the heading of fouls, the principle targets

which the boxer is not trained to defend. At the present time we are in a war. Our aim is to kill our opponent as quickly as possible. A prisoner is a handicap and a source of danger if we are without our weapons. Forget the rules and use the so called "foul" methods. These methods help to kill quickly. Hit the opponent in his weakest points. He will attack yours if he gets a chance. As a course of instruction of this type is designed to teach to kill, its practice and methods are dangerous without adequate instruction and supervision.

The principles of unarmed combat are largely those of judo, various other styles of wrestling, boxing, Chinese boxing and self-defense devices and rough and tumble tactics. The importance of this type of combat lies not alone in the extreme offensive skill which its students can achieve, but also in the fact that any man, regardless of size or physique, once well trained in this technique has a supreme self-confidence in himself and his fighting abilities which he could not achieve in any other way.

To pick up a book on unarmed combat, no matter how well illustrated or clearly explained, is not sufficient to develop a fighter of this type. Actual demonstration by an instructor and supervised practice with other students is supremely necessary.

It is best to pair off smaller men with larger men in practice. That is the only way in which a man of small stature can gain confidence in his fighting ability, because no matter how many times he sees these offensive techniques demonstrated by larger men, he will never have confidence in their use for himself. He will always subconsciously feel that "that's all right for those big guys, but how about me?"

Any hold should be regarded as a means of getting a man into a position where it will be easier to kill him, and not as a means to keep him captive. The whole idea of releasing yourself from a hold or in applying one is to enable you to kill. The disengaging move should form the beginning of an attack. This same emphasis should be placed on disarming technique.



*Balance—Mental and Physical*

One of the basic fundamentals of unarmed body combat which must be firmly ingrained in a pupil from the very start is body balance. The man whose body is not perfectly balanced cannot utilize his strength, but can have his lack of balance used against himself to the benefit of his antagonist. The use of balance, as well as the use of your opponent's weight and strength when he is unbalanced, is one of the basic fundamentals of the famous jiu jitsu technique. Body balance depends entirely on the position of feet. If the feet are kept the same distance apart as the width of the shoulders, you are balanced. Consequently, the feet must never be stretched wide apart or placed close together. It is advantageous to keep the knees slightly bent and arms hanging loosely at the sides.

In exciting circumstances, such as in vital combat, the condition of physical balance can only be retained by having mental balance. The first thing to do when on the offensive is to weaken the opponent's balance mentally and physically. Anything you can do to shake his mental processes may be the deciding factor. Yells, screams, grimaces, groans, etc., are all important.

A push or pull applied to shoulders or other part of the body weakens and breaks his body balance. Once off balance, his offensive powers or his strength cannot be utilized to any great extent. In this manner a man who attacks first and throws his opponent off balance has a decided advantage regardless of difference in size. In this type of combat, we hit, chop, thrust, poke, or kick vital points of the opponent with the fist, the elbow, the knee, the feet, and the heel, edge or palm of the hand.

*Practice Essential*

All types of hand to hand combat which demand set positions for the attacker and his opponent are useless when you find yourself projected into accidental actual combat at an unexpected time. The only solution for those who have been students of this type of fighting is months and years of

practice so that they react instinctively to set positions of an opponent. The other answer is the type of combat which we are trying to achieve which does not depend upon any certain stance or position to achieve results. We must learn to hit not only "where" and "how," but from all positions by acquiring skill in striking, poking, and kicking, by constant practice with the aid of dummies.

To achieve the best results in unarmed combat, practice, as in all things else, is desirable. The British armed forces, Commandos, Home Guard, and certain units of the United States armed forces, have been given instruction of this type. A few basic holds and blows dealing with the edge of the hand, chin jab, and kicks, can be easily mastered by any individual regardless of his size or strength. Some of the releases and offensive tactics will certainly not be as easy for individuals of smaller physique as for a larger man, but with few exceptions, everything in this book has been tried and tested as a means of attack and was selected because it was a simple, deadly system of fighting. Basis of selection was the theory of what the smallest man can do to the largest man.

### *Vulnerable Parts of Body*

A man's body is made up of many parts; some are soft, some are hard, some bend, some do not, in some places nerves are near the surface. The following are the weak points of man's anatomy which are most vulnerable to attack.

*The Crotch:* The testicles are the most vulnerable and sensitive part of a man's body. Any strong foot or hand blow delivered in the crotch will enable the weakest man to knock the strongest man senseless or to disable him to the point where he is easily finished off by some other means. The strongest holds can be broken at any time by grasping an opponent's testicles and pulling and twisting them.

*The Chin:* The time-honored American punch on the jaw is hard to beat. Delivered by a skilled boxer it puts a man down for the count. The force of the blow on the point of the chin causes a form of concussion and we have the

so-called "knockout." This same result can be obtained by a blow from the heel of the hand, which packs a terrific wallop. Further, it is much easier for those inexperienced at boxing, has more of an element of surprise, and can be used from shorter starting distance.

*The Windpipe:* A blow with the edge of the hand across the edge of the windpipe causes temporary, if not permanent, blackout. The blow has the same effect as results in crushing a piece of copper tubing with a sharp-edged instrument. Blows on the sides of the throat and on the large cords at the back of the neck will cause dislocation, concussion and very often a break. Very few physiques will stand edge of the hand blows on these spots, the only exceptions being those individuals, like wrestlers, having exceptionally well-muscled necks. The effects of such a blow on the windpipe can be easily demonstrated by having some one place his thumb in the small hollow at the base of your throat, pressing gently.

*The Bridge of the Nose:* An edge of the hand blow delivered at the point where the nose joins the bony structure of the brow causes a crushing of the most fragile part of the bony structure and brings unconsciousness and possible death from cerebral hemorrhage.

*The Kidneys and Small of Back:* A glance at a physiology book will show you that the main muscle cords and nerves of the body branch out from the base of the spine at a point very near the surface. In this area, a sharp sudden blow has a great stunning effect. The entire section across the back about six inches above the base of the spine, including the right and left kidneys, is sensitive to this form of attack.

*End of Spine:* A blow with the edge of the hand on the end of the spinal column will often result in unconsciousness especially if an individual is stooping over. Although it is not always certain, it is often easy to give this blow when locked in combat and grappling with an opponent.

*The Nose:* A blow with the edge of the hand directed underneath the nose in an upward direction toward the forehead causes a crushing of the frontal bones, unconsciousness, and cerebral hemorrhage.

HEEL OF THE HAND

*The Navel and Solar Plexus:* One inch below the navel is another vulnerable spot, which, if hit by a finger jab or other sharp blow, will cause unconsciousness. However it is not too easy to find this spot. It must not be confused with a blow to the solar plexus which is delivered above the navel in and up under the rib structure.

*The Knees:* The knees are particularly susceptible, because of their hinge type of structure, to hard blows, especially those struck by the feet. If we kick a man from behind on the back of his knee, he will fold up off balance and may be polished off that much faster. Blows or kicks delivered directly at the knee cap from the front or directly from the right or left side of the knee when the leg is straight will cause a break. Even light blows delivered in this manner cause dislocations of tendons and cartilages, such as are common among football players, known as "football knee."

*The Arms:* The arm has three joints, the shoulder, the elbow, and the wrist. Nature made them to bend one way only. If you force them in the opposite direction of the hinge, they will either break or cause your man to go down.

#### *Blows Using the Hands*

The best blows using the hands are delivered with the fist or the heel of the hand or the edge of the hand. Blows struck with the fist (uppercut, haymaker, jab) are most effective when the user has had considerable experience in boxing. It will take up to six months to learn to deliver a positive knockout blow with either fist.

The heel of the hand blow to the jaw is the simplest and most effective of all blows of this type and when used in conjunction with a kick to the testicles, which causes the opponent to bend forward, will often result in a neck fracture. The beauty of this last blow is its simplicity. In applying the fist blow technique, a man not used to using his fists may easily break a finger or cause a dislocation or cut himself on his opponent's bony facial structure.

*Kicking*

A kick delivered toe foremost and aimed at a narrow target is not accurate enough, particularly when the slightest move on an opponent's part will cause you to miss and leave you off balance and wide open for his retaliation. Kick with either the inside or outside of the foot. This blow delivered with the aid of heavy footwear, gives a striking surface of the length of the foot from heel to toe. When properly delivered with the body bent low in the opposite direction of the kick it does not leave you unbalanced in case of a miss or a near miss. The kick should be delivered from the front directly at or a few inches below the knee cap. If the kick is delivered in a downward direction instead of in a horizontal direction at the knee, allow the foot to scrape on down, putting the weight at the finish across the ankle joint. This has the effect of bruising the tender shin bones and crushing the small bones on the top of the foot which are very fragile and unprotected.

If this blow is delivered properly, the knee will go out,



Kick delivered directly at knee from front. Note the crouch and balance of the attacker, and how he uses the side of his foot.

The kick follow-through—crushing the bones on top of the foot.



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Above: Hand blow to forearm.

Below: Hand blow to windpipe.



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Above: Hand blow to base of skull.

Below: Hand blow up under nose.



## FRONT STRANGLE

Initial guiding blow leading head under left arm pit.

Final application with forearm across throat. Push hips forward and lift up.







Hands up!



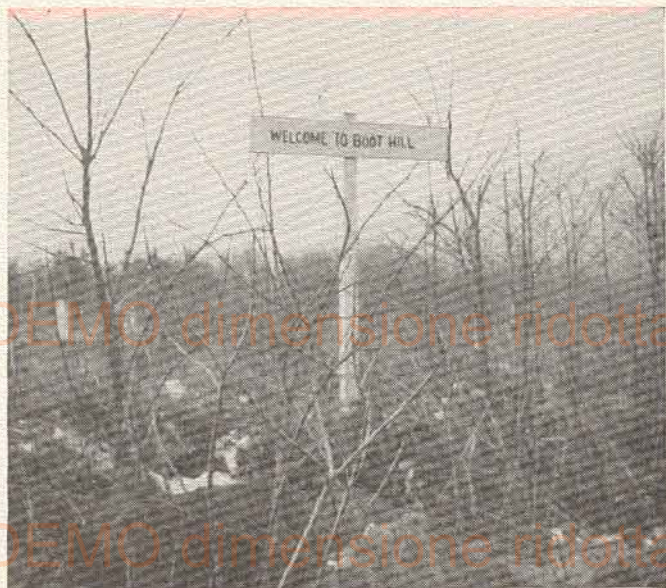
Pivot to inside, left arm over gun arm.



Lock gun arm with left arm and exert upward pressure.



Chin jab and knee.



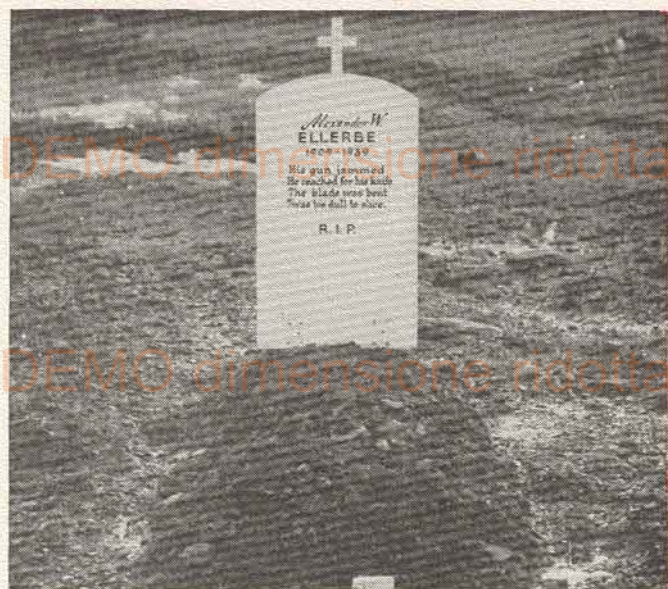
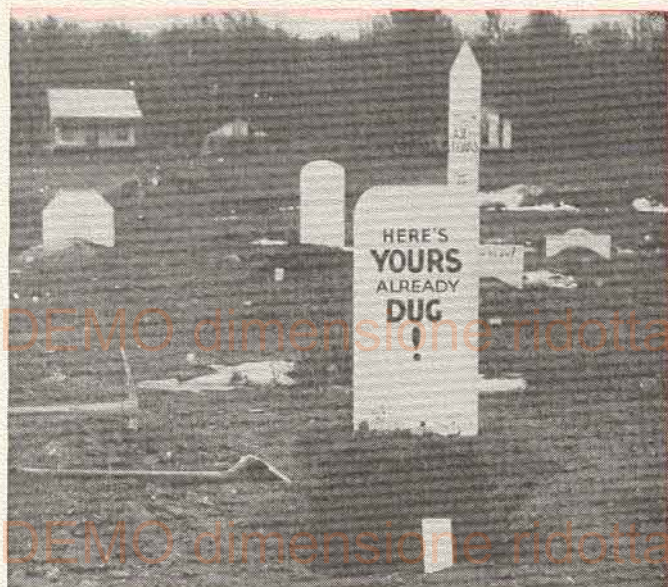
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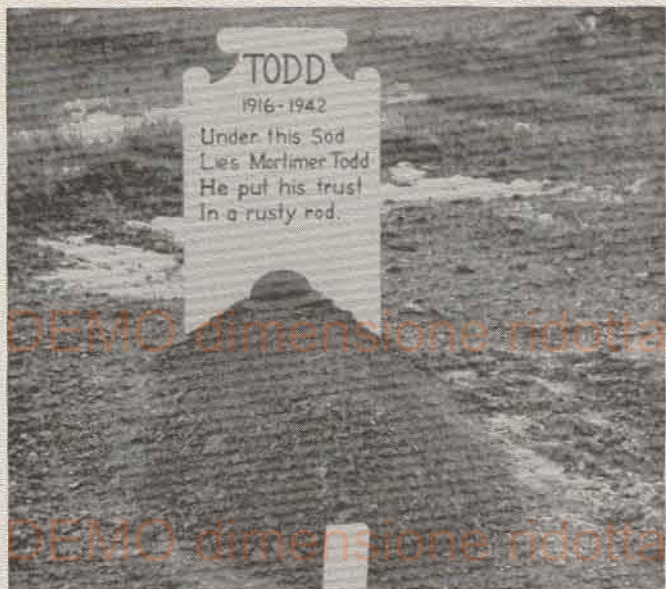


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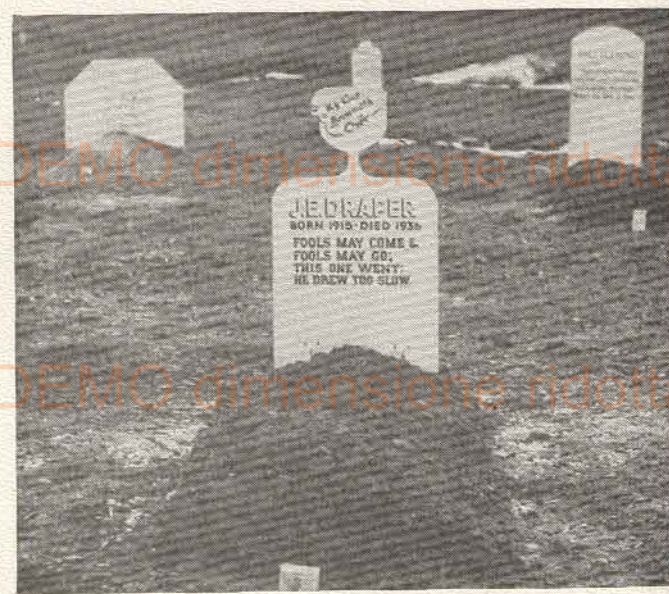
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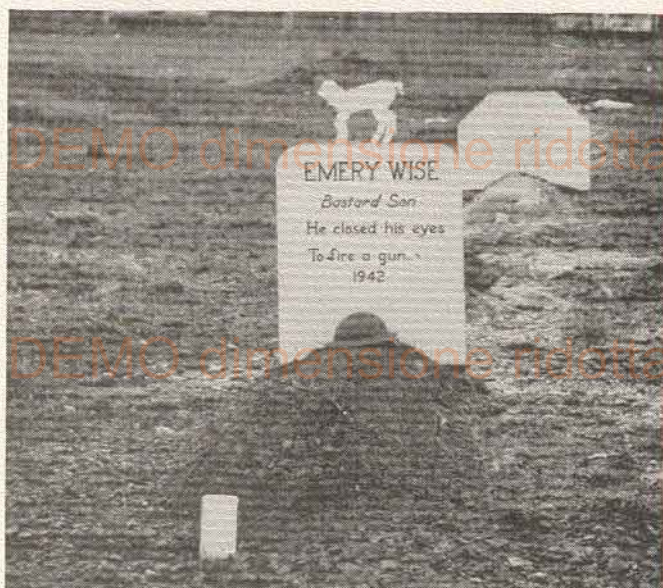
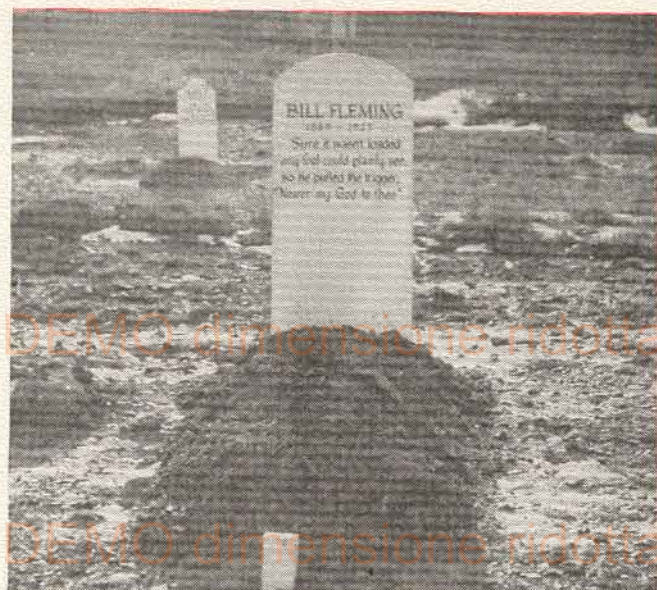
. . . laid out something like this . . .







. . . that Kill or Get Killed . . .



. . . means exactly what it says.



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The long thrust of the American technique.



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Dropping down to dodge long thrust while impaling onrushing opponent.