Famous Fights of the Ring

by

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FOREWORD

In compiling this book I have endeavored 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. Prior 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 hence 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 warn 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.
OFFENSIVE AND DEFENSIVE POSITIONS

PHASE 1

If at any time you are expecting your assailant to advance and you have made the necessary arm or foot movements, you can then punish your aggressor. Keep your fist at the end of your forearm to aim at the face and neck and keep your arm in a straight line. If you have practiced your movements, this phase should not be difficult for you.

EDGE OF HAND BLOWS

PHASE 2

Keep your edge of hand blowing to the face or neck to make it very uncomfortable for your aggressor. Keep the arm in a straight line for the first and second phases.
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 blow to the solar plexus your opponent comes forward from the effect of the blow.

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.
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.

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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 practiced with great care to avoid injury. Don't complete the throw when practicing.

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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. 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 I.

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 forearms 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 this you must act quickly. Brace your neck muscles and try and keep him off balance.

PHASE 2.

Shoot your right hand between his back and upper arm and just below his knee. 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, sit 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.

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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.

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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.

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.

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 1.

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 at 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 adversary's 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.

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.

PHASE 2.

Here you must act very quickly. Wedge your hands
outside of your forearm 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. Clump 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 holds properly applied, there is no counter. Your opponent will have a black-out in a few seconds. Phases 1 and 2 show hold from other 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 groin. 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 loosen his grip on you, step in behind him with your right foot, bend down quickly, picking him up by both legs.

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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

Look 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 2.

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COUNTER TO A LEFT HOOK

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 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.

PHASE 1

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COUNTER TO A LEFT HOOK

PHASE 1.

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
HANDB PUNCH

PHASE 1.

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

PHASE 2.

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.

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. New 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 done, 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.

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. Practice very slowly and with great care. You will find with practice 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.
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.

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

PHASE 2.
THE DEADLY STRANGLE HOLD

PHASE 1.

This hold must be applied with great speed. You are facing your opponent. He is on the opposite side of your hips.

COUNTER TO HAND BEING PLACED OVER MOUTH

PHASE 2.

As you force his fingers back, bring your right arm up behind his neck, which will pull him down downward direction. This hold can be very effective. Caution: Do not apply the hold downward.
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.

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.

PHASE 2.

Clamp your opponent’s fingers to your wrist by placing your right hand over his.
PHASE 1

The moment you have caught in this hold, throw both your arms out to the sides with your shoulders.

PHASE 2

Jump the ball forward, bringing your opponent down on his head 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 2.

Now bring your arms down hard, clamping your opponent's 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.

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 JAPANESE SIDE HEADLOCK

PHASE 1.

Your opponent has trapped you in the above hold with his wrist gripping your left hand from the inside. Your right arm around his waist, keeping your right leg back. Keep your left leg back as well, bringing your right foot in front of his knee. At the same time, goop your left leg back behind the knee with your left hand.

COUNTER TO FULL NELSON

PHASE 4.

Now bring your left hand up, making a two-handed grip of the arm and ankle. Practice with great care to avoid dislocating the arm and ankle.
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.