

Midori Yama Budokai: *Hanshi's* Corner
Written by Ron Rogers *Hanshi Meiyokyoju*

Defendu by W[illiam] E[wart] Fairbairn

WWII gave rise to a number of non-conventional systems of combat. I stress combat, not self-defense because they were designed for use on the battlefield or street. The men shown in the photographs were man-killers in back alleys and on battlefields. Fairbairn believed that combat was “10 percent technique and 90 percent attitude.” When asked about the “gentle art,” Fairbairn replied: “Gentle art? I don’t think so. Frankly, if it’s gentle, it’s got no place on the street or the battlefield. And, as I used to say to my students, ‘If you want to learn an art, take up painting.’”

W. E. Fairbairn created Defendu. He also helped create the fighting knife, which bears his name and that of its co-creator – Eric Anthony Sykes. The knife, of course, is the Sykes-Fairbairn dagger (also known as the Commando dagger) that was used extensively during WWII.

At the time of its creation, Fairbairn held the rank of *sankyū* in *Kodokan Judo*. You read correctly – *sankyū*, not *sandan*! He was a 3rd class brown belt when he created the system. Copies of his rank certificate and his letter for Permission of Entrance into the Tokyo *Jui-jitsu* [sic] University (*Kodokan*) are included in his book. Tamehachi Ogushi wrote the letter and the certificate was signed by *Kodokan Judo* Instructor Y. Yamashita.

At the time of writing (1926), Fairbairn had served 19 years with the Shanghai Municipal Police, arguably one of the most notorious and dangerous port cities in the world at that time. His system, in his own words, was “produced after considerable thought and several years spent in its preparation and is believed to be the most practical for the average man, who has neither the time nor the inclination to keep as physically fit as other methods require.” Historically, Fairbairn was involved in over 600 street fights during the implementation of his system. What he used worked – it had to!

Fairbairn not only taught combat methods, but correct methods of falling, rope tying, baton methods and the cane as a weapon. In addition, he showed follow-ups for his techniques if something went wrong.

Later, Fairbairn published *Scientific Self-defense*, which was a reprint of *Defendu* – the only differences were a foreword by Douglas Fairbanks, two certificates for 1st and 2nd black belt and two letters of recommendation from the Shanghai Municipal Council. Even the original illustrations were used. At this time (1931), Fairbairn had been promoted to *Nidan*, or second-degree black belt. Both his *Shodan* and *Nidan* certificates are shown in the back of the book. Kano Jigoro signed both. *Get Tough!* Was the American version of *All-in Fighting*, which was the British version. *Get Tough!* had an expanded introduction by Fairbairn, a preface by Lt. Colonel J. P. O’Brien and a section of rifle and bayonet fighting by Captain P. N. Walbridge. Fairbairn wrote *Hands Off! Self-defense for Women* in 1942, and he also wrote *Shooting to Live* with Captain E. A. Sykes.

All martial artists know that Theodore Roosevelt, while President, studied *judo* with the aforementioned Yamashita, receiving the rank of brown belt. Roosevelt has recently been awarded an honorary *Hachidan* (8th Degree) by the USJA. Due to problems with the demonstration for the inclusion of *judo* for the Secret Service, one of the Japanese instructors promised none of the persons he instructed would ever lose a fight. Maeda

went to Brazil and taught Helio Gracie, who founded Brazilian Jiu-jitsu. One of the Marine Raiders who learned what Fairbairn taught was Captain James Roosevelt, President Theodore Roosevelt's son. It leads one to believe in synchronicity.

Combat Conditioning Manual: Jiu-jitsu

In 1942, the above-mentioned book "as used by Major R. E. Hanley, USMC," was designed for the Marine Corps. Its full title was *Combat Conditioning Manual: Jiu-Jitsu, Defense, Bayonet Defense, [and] Club Defense*, and was actually written by I.C.King, B.B. Part of the book's stated purpose was: "...every able man owes it to America's loved ones to equip himself with the ability to give protection when the unforeseen emergency arrives." The very first part of the book was devoted to falls, which we know today as *ukemi*. In the next pages, methods of delivering blows alternating with throws were covered. Basic defense against common holds were covered next. The text also covered defense from the ground, defense against knife and machete (!) attacks, defense against threats of calibrated weapons (guns) and defense against bayonet attacks and club attacks. For the most part the illustrations were line drawings with a few photographs. Then final section of the book covered First Aid with emphasis on the treatment of wounds, and a combat conditioning program. All of this was covered in 95 pages [see below].

How to Use Jiu Jitsu

The section, "About the Author [I. C. King, B.B.]," informs us "[t]he techniques described in this pamphlet are part of his 160-page [sic] book entitled *Combat Conditioning Manual, Jiu Jitsu Defense*." There are 45 defenses, with variations, in this pamphlet (with some repeats!). However, there are some unique ones for women such as a defense against someone getting too familiar while seated at the movies, defense against a one-arm back hug, in which he attempts to grasp the breast, and a defense against "a person who attempts to get familiar with you" in an automobile. Defenses against knife attacks and gun disarming are also covered. The illustrations alternate between photographs and well-drawn line drawings. A unique concept is the inclusion, in the book, of instruction of the picture on the front of the pamphlet. All of this is covered in 48 pages (and cover).

Combat Without Weapons

Captain E. Hartley Leather wrote this small (39 page) book in 1942. Unlike others of the era, this book was written "not for Commandos or professional wrestlers [sic], but for the Home Guard – that is, for ordinary people." Captain Leather, of the Royal Canadian Artillery, states that these methods are those employed by the International Police Force at Shanghai – again, we have a connection to Fairbairn's methods.

Captain Hartley espouses ruthlessness in his system, which he defines as speed and brutality. He further states that it doesn't matter what you do as long as you do it quickly and as though your life depended on it.

In describing the vulnerable points the author points out that the arm has three joints: the shoulder, elbow and wrist. These joints are made to bend one way and one way only. If you force them the other way they must break or the man goes down. It's his choice and

immaterial to you. The book is then divided into defense against unarmed and armed opponents.

One of the unique aspects of the book is a method of quickly firing a revolver that makes use of nervous reaction and is instantaneous. Also included are stalking a sentry and tying a prisoner. The basic use of a club and ground work are also part of this book, which is – you recall – only 39 pages in length.

How to Fight Tough

Lt. [William Harrison] “Jack” Dempsey, United States Coast Guard, and Frank G. Menke were credited with authorship for this 1942 book. One only needs to realize that Frank G. Menke was noted as a hand-to-hand “expert,” and that the military was using Dempsey’s name as a champion boxer to give credibility to the book. As with most books of this era, it was designed for combat not self-defense in the accepted use of the word today. Dempsey writes: “Lieutenant Leonard Mooney, one of the greatest boxing and wrestling teachers in this country, who has been with Ohio State University for 18 years or so, became my first assistant. Bernard J. Cosneck, who graduated in physical education from the University of Illinois, and who was tutored in jiu jitsu by the greatest Japanese teachers of the art, was added to the staff. So was Andy Filosa, who has been a teacher of boxing, wrestling, and free style combat on land and sea for many years. Mario Ghisello, who fought under the ring name of Matty Mario, became another member, and within a short time I had a staff of 32 assistants – and we went to work.”

The actual manual is very well illustrated. A unique (and somewhat distracting) feature has Dempsey in his uniform (or sweats) defending against Cosneck, or Filosa, who are wearing socks, shoes and swimming trunks. The text covers basic strikes, kicks, locks and strangles. Also covered are searches of prisoners, disarming techniques and defenses against common holds of the era.

Hand-to-Hand Combat

This book is one of your *Hanshi Meiyo Kyōju*’s most prized editions. It is, he believes, the same book studied by Wilson *Kanchō* during WWII. The Training Division Bureau of Aeronautics of the United States Navy published it in 1943. According to the Introduction, the methods taught are derived from commando tactics (Fairbairn), jiu jitsu, boxing, wrestling and other systems. “It makes use of all known forms of personal combat, and any other means that will accomplish a quick kill. ... It simply is a cold, efficient method of overcoming your enemy in a manner most suitable to the performance of your mission or the saving of your life.”

One of the unique statements is that concerning jiu jitsu: “Jiu jitsu, [is] said to have originated in Japan, but [was] actually taken from the Lama Monks of China [who] developed the jiu jitsu form of combat to protect themselves, though unarmed, from the armed robbers on the desolate roads of old China.”

The book is extremely comprehensive in its content. It contains the body as a weapon, giving not only the natural weapons to be used, but how and where to use them. Throws, locks and chokes are taught. As it was a war-oriented text, searching and control of prisoners are also included. Methods of disarming the opponent of a pistol, rifle, club and knife are also given. The final chapter pretty well gives the essence of the book: “Offensive Methods of Liquidating an Enemy.”

The book is illustrated with clear photographs and detailed written instruction. All in all, it is one of the better books on hand-to-hand fighting, although geared toward military, not civilian, situations.

Arwrology: All-out Hand-to-Hand Fighting for Commandos, Military and Civilians

During this same period, Gordon E. Perrigard, M. D., created the method of Arwrology. Arwrology is derived from the Welsh *arwr*, meaning Hero, or an all out hand-to-hand fighter. Dr. Perrigard combined his knowledge of medicine with advanced *ju-jitsu* to develop this system of combat. In 1943, its year of inception, Arwrology was considered a superior and devastating fighting method. The inclusion of a medical doctor's knowledge of what strikes to certain areas really caused was ahead of its time. Also unique was the way in which Arwrology was taught. Basic methods were shown and practiced, then the combatants were instructed to find any way to prevent the methods from succeeding, or to find any weaknesses in the application of these techniques. They were not handed down as invincible techniques, but the idea was to question anything and everything. "All knowledge was not new, but much quietly becomes obsolescent." If it could be used against an all out attack (although controlled, for practice), it was kept. If it could not meet this criterion, it was discarded. This was the same principle later espoused by Bruce Lee: "Keep what is useful; discard that which isn't." We seem destined to reinvent the wheel.

Dr. Perrigard stated that Arwrology had "emotional reinforcement." By this, he meant that the fighter kept in mind what was to be done, rather than think about himself. His method was to develop conditioned reflexes for fighting. Motions used in exercise should have a conterminous relationship with the motions used in actual fighting. When this was accomplished, muscle memory would take over during and actual struggle. Psychophysical calisthenics would develop individual muscle groups to an extraordinary degree of proficiency, giving the fighter a specialized neuro-muscular coordination necessary for unarmed combat. Self-reliance had to be developed as well as muscular skill. This hearkened back to the four "Nelsonic" principles of Admiral Lord Fisher of Kilverstone for winning: 1) Self-reliance 2) Fearlessness of Responsibility 3) Fertility of Resource 4) Power of Initiative.

The system, stated to have over 3000 techniques, contained the aforementioned conditioning exercises, "blow power" to knock out your opponents, fundamental throws, holds and defense movements, death locks and the use of, and defense against, a dagger. Dr. Perrigard intended that one skilled in Arwrology would attempt to do the unexpected quickly and accurately, based on understanding of neuro-vascular anatomy and physiology. It was to use balance and leverage to the best advantage.

Kill or Get Killed

Colonel Rex Applegate's book was the book by which all others were compared. Colonel Applegate served as an infantry officer, with military police units, a member of the Office of Strategic Services (OSS), with the Counter Intelligence Corps and the Military Intelligence Division. He was assigned to special duty as one of President Roosevelt's bodyguards. Earlier in his career, he studied with W. E. Fairbairn and F. A. Sykes, who are mentioned above.

This book included unarmed offensive and defensive combat techniques. There are also sections on knife attacks, both offense and defense, combat use of the hand gun, combat firing with shoulder weapons, disarming techniques, prisoner control, raids and room combat, police baton techniques and riot control. Other specific military techniques are included, making this the most comprehensive book on the subject. Techniques are well illustrated with photographs of soldiers in uniform, as well as excellent line drawings of subjects, especially in the use of the fighting knife (Fairbairn's, of course!). Applegate even has disarming techniques against concealed weapons! The (new revised and enlarged) edition your *hanshi* owns has 421 pages complete with an index.

Self-Defense for Women: Combato

Corporal William J. Underwood originally developed Combato as a method for military hand-to-hand fighting. His book, first published in Canada, was titled, *Combato—The Art of Self-Defense*. Later he devised Combato especially for women. The seed for Combato was planted when Underwood met a *judo* expert at the approximate age of fifteen. You read correctly – fifteen, not fifty. Later, during the battle of Ypres in 1915, he was captured, but managed to escape by applying the *judo* he had learned and Combato began to germinate. He combined the boxing techniques learned as flyweight champion of the Canadian Army and the *judo* he had learned. However, he did away with the formalized science of each and took only what worked in real-life combat. Once again, “keep what is useful, discard that which isn't.”

The first, and most prevalent, principle is that of balance. Two considerations are required. First, is being in balance or having the body under control to use the hands and weight with greatest efficiency. Second, is overbalancing, which is what is done to the opponent. The second major principle is leverage, which is used to cause overbalancing, exert greater pressure on nerve centers and make the various locks more effective. An arm, leg or finger bent back on itself as far as possible has a minimum of strength left for recovery. The third principle is diversion. This concept is based on the fact that the grip you have causes so much pain, the opponent can think of nothing else.

Combato uses seven nerve centers (vital points). They are the Groin, Head, Adam's Apple, Wrist, Kidney, Shin and Instep.

Combato was considered mental preparation in which one outthought, outgeneraled and surprised the opponent. Though it was taught as not requiring much strength, Combato did require timing.

One of the unique aspects of this art was that it was taught wearing the clothes one wore every day. The idea being if one were attacked there would be no time to change into any type of workout uniform. This included high heels, as the lady demonstrating was wearing.

American Combat Judo

Bernard J. Cosneck (see *How to Fight Tough*) wrote this book in 1944. There are over 200 photographs illustrating Jiu Jitsu, Wrestling, Foot Fighting and Police Tactics. We are told, “he became interested in all forms of hand to hand fighting, learning all the tricks of Japanese Jiu Jitsu, French Foot Fighting [referred to as “la Savatte”] and Chinese Boxing. In training thousands of men for the United States Coast Guard, he

helped devise new methods in personal combat and tested and improved old ones.” Further in the book we are informed that techniques from wrestling and boxing were also included. One of the unique features is an eight-page dissertation on “disabling blows.” The first two pages have a chart listing the type of blow, areas affected and reactions. The following six pages have photographs illustrating these blows.

Cosneck was ahead of his time in many ways. He warns that what one man excels in cannot always be mastered by another. He also was adamant that absolute proficiency in a few techniques was better than incomplete mastery of a hundred. In 1944, Cosneck was already teaching that the man, not the art, was the important component and that one should keep what worked and get rid of what didn’t. The chapters included the aforementioned Disabling Blows, Holds and Locks, Breaks and Releases, Throws and Trips, Police Tactics (which include disarming techniques) and Situations. In the section of Police Tactics, Cosneck includes how to fight multiple opponents. The distracting feature, at least to your *hanshi*, is that all participants are attired in shoes, socks and swimming trunks.

Other manuals of interest are the *US Navy Seals Combat Manual*, which contains a short, but precise, section on hand to hand combat and the *SS Werwolf Combat Instruction Manual*, which mentions hand to hand, but does not specifically instruct it. However, the advice is given that the guerilla does not need a large variety of close-quarter combat methods, but to choose those that suit him best and make them second nature. A list of vital points designed for a quick kill is given. The Japanese manual, *Night Movements*, gives very little on hand to hand, but does include a chapter on the use of the bayonet for night fighting. Two excellent books on the use of the fighting knife are *Secrets of Modern Knife Fighting* by David E. Steele and *Cold Steel, Technique of Close Combat* by John Styers.

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