

# COMBINED . . SELF-DEFENCE

By Professor W. H. GARRUD

One of the Founders of the GYMNASIIC TEACHERS' INSTITUTE,

Comprising a selection of method used in the Arts of  
JU-JU-TSU, WRESTLING, BOXING, LA SAVAT, &c.

JU-JU-TSU versus Boxing, Wrestling,  
La Savat, Knife, Revolver.



"The store which has wrestled for supremacy and won."

# GAMAGES

THE MARKET PLACE OF THE WORLD.

The largest sports outfitters in the world.

HOLBORN,

LONDON, E.C.

OUR whole 28 years here has been one long fight to give good value for a small profit: the gymnast, boxer, wrestler, cyclist, and all lovers of sport have faithfully stood by us and we hope to deserve their continued support.

Any of our 60 Departmental Books or our General List of 1300 pages, sent post free.

Mr. Garrud can and will confirm this.

# COMBINED SELF - DEFENCE.

---

---

By Professor W. H. GARRUD.

*One of the Founders of the Gymnastic Teachers' Institute.*

---

---

Comprising a selection of method used in the  
Arts of Ju-ju-tsu, Wrestling, Boxing, La Savat, &c.

---

---

JU-JU-TSU versus Boxing, Wrestling,  
La Savat, Knife, Revolver.



## INTRODUCTION.

In introducing this little brochure to those interested in the Noble Art of Self-Defence I do not intend to take up the reader's valuable time in going over the history of the various styles nor of giving a long account of my experiences, etc., but to go right to the point at once and endeavour to explain to the best of my ability a few selected methods taken from the Arts of Ju-jutsu, Boxing, Wrestling, La Savat, etc. I shall leave it for a future work to state a few facts about my career. If any reader wishes to continue in the study of this interesting science I can only advise him to attend my School for a course of lessons or to send for one of my Postal Instruction Courses, full particulars of which will be forwarded on receipt of a penny stamp to cover postage (see advertisement).

Yours faithfully,

W. H. GARRUD.

## THE BEST ATTITUDE TO ASSUME WHEN THREATENED WITH ATTACK.

Stand facing your opponent and between two and three feet away with your right forearm across your stomach—just below the arch of your ribs—the thickest part of the arm covering the middle where the "solar plexus" is situated (the mark). The back of your hand should be uppermost and the hand partly open with the fingers closed. The feet should be slightly apart, the left foot forward and pointing straight to your adversary, also the shoulders turned half to the right with the chin depressed. The left shoulder should be slightly raised ready to protect the jaw from a "knock out."

On the first sign of attack take a quick step back with the right leg so that the heels are about twice the length of one of your feet distant, bend both knees slightly and raise your left hand in a line with your left shoulder and extended half way. The thumb of the left hand should be upward and when hitting the big knuckle at the base of the second finger should strike your opponent.

This is the best position for defence or attack and the attitude may be transposed if desired, by placing the right leg foremost, etc., as often as the other way. The muscles must not be held stiff but should be relaxed until the time of action arrives.

### LESSON I.

In the first method of defence it will be assumed that your assailant leads off at your face with his left:—

Quickly duck your head to your right and slightly forward under your opponent's left arm, at the same time placing your left hand in the crook of his right elbow to prevent a blow in the ribs. Immediately after the duck look over your right shoulder and seize your adversary's left wrist

with your right hand. Notice the tremendous leverage you now have upon his elbow joint which is lying over the back of your neck and shoulders. With a sharp jerk downwards on his wrist it is quite an easy matter to break his elbow joint and if your assailant has any inclination to continue the fight he will be placed at an enormous disadvantage.

As it is always as well to be prepared with another method in case the first one fails owing to your adversary not being quite in the position you anticipated I give you an alternative one:—

Should your opponent's left arm bend when you seize the wrist and get your head in chancery hold, all you have to do is to turn round behind him and slip your right hand from his wrist to his hand and bend his wrist inwards thus giving you a wrist lock.

## LESSON II.

A second method of meeting an attack from a left lead at face.

Assuming that your opponent is in the act of leading off at your face with his left fist, guard his blow with your left forearm by raising quickly in front of your face with a circular motion to your left and with the hand open and the palm towards your assailant, instantly seize the deflected arm at the wrist with your left hand and jerk your adversary forward, at the same time drawing back your left leg and pressing down on the elbow with your right forearm until he is forced on his face where you immediately kneel on his elbow and pull up on the wrist giving an arm lock which will dislocate the elbow if necessary.

Should your assailant succeed in bending his arm as soon as you are going to press on the elbow to force him down, you can instantly turn this method into the following as an alternative.

### LESSON III.

A third method of defeating an assailant who leads at your face with his left fist.

Guard his oncoming blow at your face with your left forearm as before, but instead of pressing on his elbow with your right arm you must push it up with the heel of your right hand, causing the arm to bend, then instantly



place your right forearm across his back and push his wrist up over it as high as possible and at the same time step forward with your right leg which you place in front of his left leg, and if desired you can throw him with a back kick on the knee. When you are forcing his wrist up his back you must press well on his elbow with

your right hand. If your opponent does a forward roll on the ground and frees himself from the arm up the back you must instantly follow him up with the arm lock given in Lesson IV.

## LESSON IV.

### Yet another Defence for Left Lead at Face.

Guard your assailant's left blow at face with your right forearm this time and instantly catch his wrist slightly twisting his arm outwards ; at the same time you must place your left hand upon his left shoulder which you press down, and, drawing your right foot up to your left advance your left leg behind your adversary's left leg, give a back kick with your hock against his hock ; this will, with the simultaneous twist on his wrist and press on the shoulder, upset your opponent and bring him to his back where you can bring the following arm-lock into operation:— The instant your assailant's shoulders touch the ground, plant your left foot close to his left armpit, bend at the knee lowering your body to your haunches and at the same time making a semi-circle with your right leg, which you keep straight, over his face and across his throat. Simultaneously with the circling of your right leg seize your opponent's left wrist with your left hand, your right hand still retaining the grip which you took after guarding, and pull his arm as high up between your legs as possible. Do not make any pause in the movements but immediately roll back on to your shoulder blades, press your knees together, and raise your stomach thus arching your back and causing such a strain upon your adversary's elbow joint as to cause dislocation if his wrist is pulled in to the chest at the same time and with thumb uppermost. This is the following-up arm lock mentioned in the previous lesson.

## LESSON V.

### A Method of Defence for a Right Blow at Face.

Guard your assailant's right blow at your left jaw with your left forearm in an outward direction and with the palm of your hand towards him as before explained. Instantly



catch hold of his wrist, swing your right leg forward in front of his legs making a left about turn and getting him across your back as in the "Buttock" in ordinary catch hold wrestling, and throw your right arm round his waist or neck according to the position of his left arm whether up or



down. Now give him the buttock throw by straightening your legs and twisting him round to your left and down to the ground where you follow him keeping in the same relative position and secure an arm lock by bringing your right thigh under his right upper arm and then your right heel over his right wrist. When you throw your opponent and follow him down you sit

down at his side with your back to him and your right arm round his neck, and you force his right wrist under your right heel with your left hand. The lock is brought into operation by pressing down with your right heel and up with your thigh under his upper arm. The counter for this throw and lock is given in my Postal Instructions, as also are other methods for meeting a right attack at face.

## LESSON VI.

### How to meet an attack at your "Mark" from a Left Lead.

Deflect the direction of your adversary's left lead at your body by slightly lowering your right fore arm from its position and in an outward direction with the palm of the hand outward, your forearm meeting his wrist. At the same time

place the tips of your left fingers round his elbow joint from above and pull up, thus bending the arm. Continue bending your assailant's arm by pulling the elbow and pushing his wrist up his back with your right hand then quickly bring your right leg in front of his left leg and strike it away with a back kick thus bringing him to his face when you lean on his hips to prevent him turning and apply the lock by forcing his arm higher up the back.

This is very similar to the arm-lock in lesson three but not exactly the same.

## LESSON VII.

### Defence for a right attack at body.

The method explained in the previous lesson may be employed for this attack or you can use the following:—

Guard the blow by lowering your left forearm in an outward direction and immediately seizing your opponent's right wrist with your right hand, then, still keeping your left arm over his right, jerk the arm towards you, at the same time turning your body to your right and wrapping your left arm round his right until you can grasp your own right wrist. This will give you what is called the "Come Along" hold. You must see to it that your left forearm comes round *under* your opponent's elbow joint and that his right wrist is palm uppermost and to bring the lock into effect an upward pressure must be brought on his elbow whilst a downward one must be given on his wrist.

There are many other ways of meeting all blows at face or body and these are taught personally at my school or can be had by sending for my Postal Course of Instruction.

## LESSON VIII.

There are many ways of dealing with an assailant who uses kicking tactics. The following will be found to be useful:—

Assuming your adversary makes a kick at your body with his left foot, seize his ankle with both hands, swing his leg to your left side, place your right hand just behind his left shoulder, which has been turned with the swing of the leg, swing your own right leg forward and in front of his right leg and by keeping your grip on his left ankle with your left hand, pushing his shoulder with your right hand and giving a back kick on his knee with your right hock, your assailant will be thrown forcibly to the ground to his face where you instantly place your right hand in his left hock and force his leg over it by pressing on his toes with your left hand. The counter for this throw and lock are given in my Postal Course together with several other illustrated methods of defence against kicks.

## LESSON IX.

One of the positions a catch-hold wrestler may get you in and your defence for same is as follows.

Assuming your opponent seizes you round the body with his right arm and places his left hand round your right arm with the probable intention of throwing you by a "buttock," the buttock can be easily stopped by pushing away his hips with your right hand. Whether he tries the buttock or not as soon as he gets into this position step back a little with your right leg and slightly to your left thus causing your opponent to step forward with his left leg. Immediately turn your shoulders to your left, lay down on your right side, pull on his right arm which should be held tight under your left arm, and extend your left leg in front of his right leg so that the sole of your left foot meets the instep of his right foot and your weight will pull him over your leg.

As you lay down sideways your body must keep turning to the left all the time and your opponent, if he does not know the Ju-Jitsu method of breaking the force of the fall, will be thrown on to his right shoulder, probably dislocating the joint. When you have thrown him you can roll round into the position described in lesson five, and do the heel over wrist lock. The "Break Fall" is described in my Postal Course.

### LESSON X.

#### One way of defence against a knife attack.

There are various good methods of defence against the attacks of assailants armed with a knife. The following one, taken from my Postal Course, is one excellent form:— Assuming that your adversary is attacking you, armed with a knife, which he is grasping in his right hand, with the hilt at the little finger (if your aggressor has the knife in his left hand you can transpose the movements) and that his arm is raised ready to strike, step in towards your assailant's right side and seize his right wrist with your left hand, your own knuckles towards you, at the same time pass your right arm under his right arm, palm towards you, and with your stiffened thumb jerk the

crook of his elbow causing his arm to bend so that you can catch the wrist with the right hand which is open for that purpose. Now, as soon as you have this grip you twist his arm by pulling his wrist down with your right hand or both hands and pressing up on his upper arm with your right forearm. If this is done with a jerk your assailant's arm will be broken at the elbow.



crook of his elbow causing his arm to bend so that you can catch the wrist with the right hand which is open for that purpose. Now, as soon as you have this grip you twist his arm by pulling his wrist down with your right hand or both hands and pressing up on his upper arm with your right forearm. If this is done with a jerk your assailant's arm will be broken at the elbow.

## **LESSON XI.**

### **An Assailant armed with a Revolver.**

A very effective method of getting the best of an assailant who is in the act of drawing a revolver from his hip pocket to shoot you is to use the following method of procedure :—

Whilst your adversary is reaching for his pistol, say with his right hand step into his right side seizing his right elbow with your hand, knuckles upwards, and jerk his arm towards you, at the same time grip his wrist with your left hand and force his arm up his back as described in lesson six. The pull on his elbow must be vigorous and will cause him to almost turn his back to you. Keep hold of his wrist and if he fires the bullet will not go in your direction. Bring him to his face by knocking back his right leg with your left as in lesson six, and slip your left foot under his forearm and your toes on his upperarm and by bending your knee you will be able to force his arm further up his back and dislocate his shoulder or hold him still whilst you wrench the firearm away from him. There is an excellent way of tying up your victim now either with his own cravat or belt or anything in the shape of rope handy, also of getting his other arm up his back. A full description of these methods are given in my Postal Course.

## **LESSON XII.**

### **Method for a Man with a Stick.**

Assuming you are being attacked by a man with a stick and that he has aimed a blow at your head with the stick in his right hand. Step in towards him ducking your head to your right so that about the middle of his arm goes across the back of your neck. Instantly seize his right wrist with your right hand and place your left hand on his right shoulder, withdraw your head from under his arm, knock away his right leg with your left leg similar to the

method in Lesson XI and bring him to his face, where you kneel on his elbow and pull up on his wrist, thus giving an arm lock.

If you cannot bring him down by the back kick try pressing on his elbow with your left forearm or your knee if you can reach. If when you bring him to his face, his arm bends towards you place your right foot on his upper arm and force his forearm over your foot thus coming to the position described in Lesson XI. The stick can easily be twisted out of his grasp by bending his hand into his forearm.

### LESSON XIII.

**How to punish a Pick-pocket caught red-handed.**



Assuming that you are looking in a shop window and a thief attempts to steal your watch by placing his right arm under yours and reaches for your vest pocket as in the first illustration: Seize his right hand by placing your right thumb between the

third and fourth knuckle of his hand and the fingers round the edge, at the same time place your left thumb between the first and second knuckle of his hand with the fingers wrapped round his thumb. Instantly tighten your



grip, press your thumbs into his hand: raise your right elbow and turn sharply to your right thus turning your assailant round and rotating his arm (see second illustration). Now, as soon as you have faced round push still more with your thumbs and double his hand in towards his forearm obtaining a wrist-lock which will break the wrist.

There are many other methods for a thief, and these will be found in my Course.

### **LESSON XIV.**

#### **Wrist-lock for Assailant who seizes you by Coat.**

If a man catches hold of your coat to shake you, or places his hand against your chest to push you, instantly place one of your hands upon his to hold it to your chest and with your other hand pull his elbow inward and upward, thus forcing his hand in towards his forearm as in the illustration, and so enabling you to break the wrist. Other methods equally effective are given in my Postal Instruction Sheets. I shall always be pleased to demonstrate the effectiveness of any of these methods to gentlemen favouring me with a call at my School, at 31, Golden Square, Piccadilly Circus, W., during School hours (see Prospectus, which can be had on application).

### **LESSON XV.**

#### **The "Scissors" used in Ju-jutsu versus Boxing.**

When your assailant has started his lead off at your face with his left fist, assuming you have your right leg forward, place your hand on the ground with a rapid stoop of the body your hands resting on the floor between the legs and about a foot in advance, get all the weight on the arms and shoot out your legs straight to your adversary, the right leg going in front of his hips and your left leg going straight behind his. Your opponent will be thrown on to his back where you im-

mediately catch his left leg just below the calf under your left arm by slipping round alongside him: seize your own left hand with your right hand and jerk your body back and arching the back still keeping your right leg over him to prevent his rising. If you are quick enough it would be better to also slip your left leg between his legs and on to your own right leg and cross them thus adding more power to your hold. This is a very good leg-lock and will so injure your assailant that he will be unable to stand upon the leg.

## LESSON XVI,

### A Wrist-Lock when on Ground.

Assume that you are overtaking a man whom you wish to punish for some injury he has caused you. You are walking on his left side: as you get almost alongside of him seize his left hand in your right, your thumb pressing in the back of his hand and your fingers covering his palm. Immediately



raise his arm level with his shoulders and make a right-about-turn twisting his wrist and pressing it inward toward his forearm and your victim will be thrown down where you at once kneel on his stomach with your

left knee to prevent him turning and change your grasp on his left hand by placing your thumb into the palm and the fingers along the back: hold his elbow with your left hand and twist and double his wrist into his forearm with your right hand (see illustration), and you will be able to dislocate his wrist.



## • Testimonials •

A few appreciative letters, the originals can be seen at any time at the School.

From Sir Percy Jakins.

120, Harley Street, W.

Prof. W. H. Garrud, Dear Sir—I have much pleasure in testifying to the fact that my daughter has received great benefit from the remedial exercises through which you have taken her during the past six months, and although previous to commencing treatment with you she was unable to walk for quite a twelvemonth owing to effusion into knee joint, she now takes long walks daily and her general health and strength has improved 80 per cent. I have no hesitation in recommending you to anyone requiring remedial, developing or toning up exercises.

Yours faithfully, PERCY JAKINS, M.D.

From University College, London.

Gower Street, W.C.

We have great pleasure in recommending Prof. W. H. Garrud as a competent and most able Instructor in Boxing and Gymnastics.

ARTHUR C. D. NEWTON, Hon. Sec. Boxing Club.

Dear Mr. Garrud—If my testimony as to the utility of Ju-jutsu can be of any use to you I shall be only too happy to give it. I was invalided home from India with Interc, a perfect wreck, and after a Course of Twelve Lessons with you I am feeling quite strong, have greatly increased my weight and my strength is twenty times what it was a fortnight ago. I am quite ready to take anyone on, providing of course he is not a graduate of the finest system of self-defence we have yet seen. I cannot too strongly advise anyone who is not in very robust health to take up the best system on earth, *i.e.*, Ju-jutsu, and in Prof. Garrud they will find a good Teacher and a jolly good fellow.

Yours sincerely, C. H. SEYMOUR, Lieut, 13th Rajputs.

Thornleigh, Mannam, Plymouth.

Dear Sir—I find your Correspondence Course in Combined Self-Defence and Attack most interesting and instructing. With the help of a friend to practise on I find no difficulty in following your instructions.

Yours truly, (Capt.) A. HAMILTON-JONES.

Royal Naval College, Greenwich, S.E.

Dear Professor Garrud—I am much obliged to you for sending on the Correspondence Course and also for the trouble you have taken in the personal lessons you have given me. I should have the greatest pleasure in recommending you as a teacher of Ju-jutsu should you wish to refer anyone to me, as I am certain not only of your knowledge of the system but also of your ability to instruct in it.

Yours faithfully, J.L.C. (Lieut.)

# Indigestion Positively Cured!

Eat all you want, after doing so take one of STUART'S DYSPEPSIA TABLETS and Indigestion will not trouble you, Prepared for Stomach troubles only. Should be taken after meals and carried in the pocket to be used whenever there is any trouble with the digestion.

Obtainable of all Chemists and Stores. Price 1/1½, 2/3 and 4/6 per box.

## Sandow's Magazine OF PHYSICAL CULTURE.

*The only weekly Magazine devoted to Physical Culture & Health Publication*

YOU CAN IMPROVE YOUR HEALTH AND STRENGTH  
OF BODY AND BRAIN 100 PER CENT. BY BUYING AND READING

**Sandow's Magazine.**

**LARGEST, BRIGHTEST AND BEST ILLUSTRATED**  
Of all Health Papers.

Send for specimen copy to-day, you will then become a regular reader.

*Your Newspaper will do, or Subscription Form can be obtained from The Publisher,  
101, Temple Chambers, London, E.C.*



Japanese Self-Defence for  
Ladies, Taught personally or by  
correspondence by  
**Edith Garrud.**

Full Particulars sent on receipt of post  
card to

**31, GOLDEN SQUARE, PICCADILLY**

= School of =  
**Japanese Self-Defence.**

Established 1900.

The Wonderful Japanese Art of Self Defence and Physical Training.

**31, GOLDEN SQUARE, PICCADILLY CIRCUS, W.**

*Through Gloucester St. and Silverwood St. from Piccadilly, and through Bank St. and  
Tippis Lane St. from Regent St.*

Boxing, Fencing, Wrestling, Clubs. Gymnastics also Taught  
Ju-ju-tsu Methods against Boxers, Wrestlers, La Savat, etc.

Proprietor and Chief Instructor: **Prof. W. H. Garrud**, one of the founders of the  
Gymnastic Teachers' Institute.

Lady Superintendent: **Edith Garrud.**

**Some reasons why you should learn JU-JU-TSU,  
BECAUSE:**

- 1.—Ju-ju-tsu is the highest grade of strategy. It is a means for defeating the strong by science, skill and cunning.
- 2.—The strongest men of to-day can be more easily "put to sleep" than was Samson of old—even by a little woman, if she has some knowledge of this "Gentle Art" of the wonderful Japanese.
- 3.—Ju-ju-tsu is a safer and more effective means of self-protection than a pistol, club or knife, and will defeat anyone using either against you.
- 4.—It is a perfect defence against the use of fists and all the ordinary forms of wrestling.
- 5.—It will make you healthier in every particular, and will increase the mental and physical capacity.



**Professor GARRUD'S Postal Instruction Course on "COMBINED SELF-  
DEFENCE AND ATTACK."**

A complete type-written and illustrated Course of Instructions, comprising all the most valuable Tricks and methods in Ju-ju-tsu, Boxing, Wrestling, Stricks, etc., and showing how these can be combined, will be sent to any Address for **5s.** P.O. post free, or can be had on application at my School.

**Open Daily all the Year round.**

"At Homes," Garden Parties, "Gymnastic Displays," attended on reasonable Terms.  
Teachers, Male and Female, sent out to Schools, Clubs, Gymsnasia, etc.