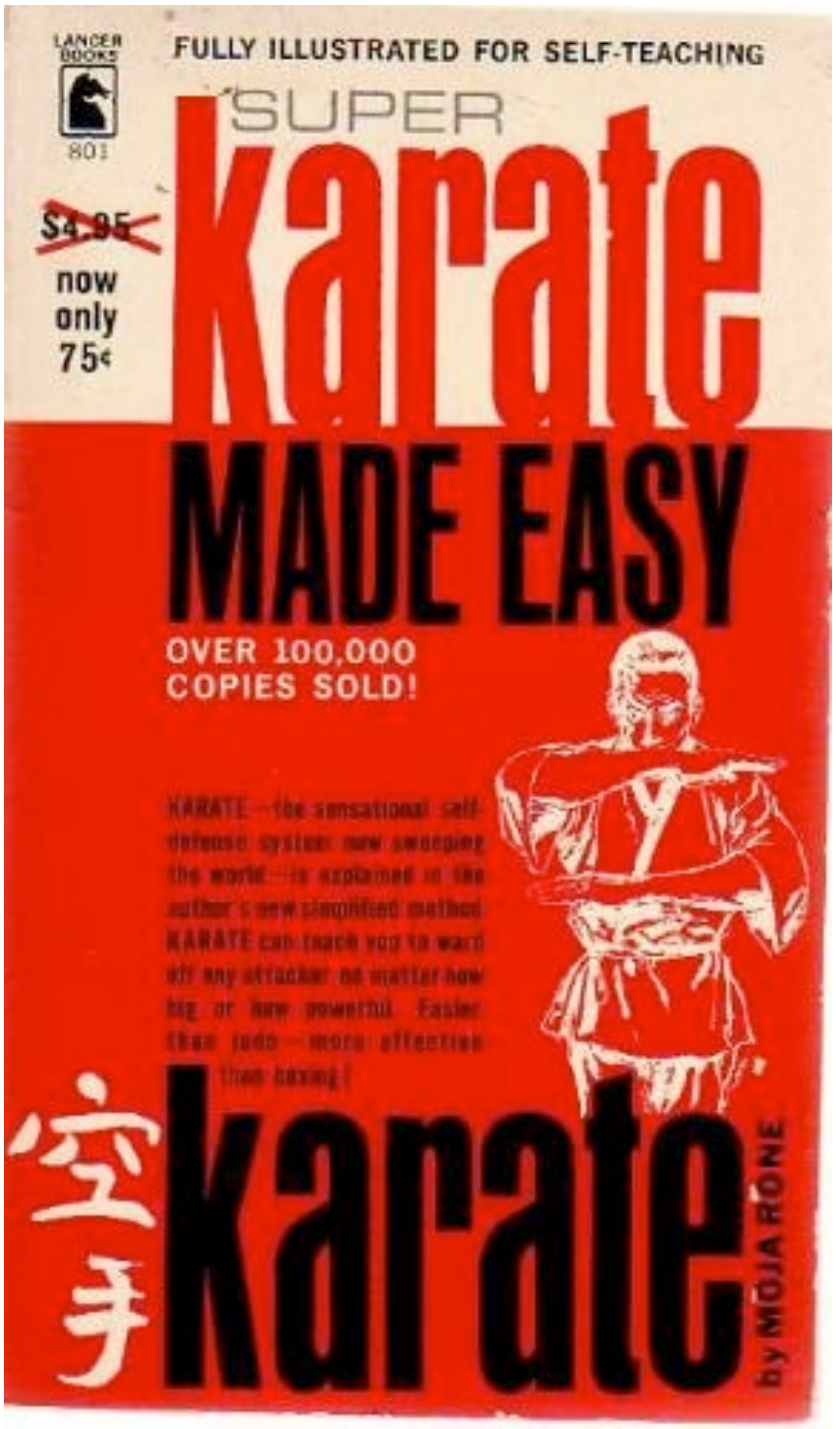
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空手
Karate
by MOJA RONE

The Story of Karate

Karate is the art of self-defense and counter attack without weapons. It is a Japanese word and in its native language means literally "empty hands". Karate as a method of self-defense originated hundreds of years ago in Japan. Originally, Karate (or earlier ju-jitsu) was practiced only by the nobility in Japan and especially by the Sumurai. The techni-ques were kept secret. The **hoi polloi** were denied the knowledge. It was a form of superiority that the upper class could demonstrate to the commoners to prove that they were superior physically—**even without weapons!**

This art of self-defense may be defined as "an application of anatomical knowledge to the purpose of offense and defense. It differs from wrestling in that it does not depend upon muscular strength. It differs from the other forms of attack in that it uses no weapon. Its feat consists in clutching or striking that part of an enemy's body as will make him numb, and incapable of resistance. Its object is not to kill, but to incapacitate one for action for the time being." (Inazo Nitobe, **Bushido; the Soul of Japan)**

The size and weight of your opponent may be used against him. Even a big 250 lb. brute can be toppled by a smaller, lighter man who employs the principles of Karate. The Karate man knows the pressure points and focal nerve centers of his bigger, heavier adversary—and strikes at these pressure point.

To quote from the **Encyclopedia Brittanica** "Several of these sensitive places, for instance the par tially exposed nerve in the elbow popularly known as the "funny-bone" and the complex of nerves over the stomach called the solar plexus, are familiar to the European, but the ju-jitsu expert is acquainted with many others which, when compressed struck or pinched, cause temporary paralysis of a more or less complete nature. Such places as the arm pit, the ankle and wrist bones, the tendon running downward

from the ear, the "Adam's apple," and the nerves of the upper arm. In serious fighting al-most any hold or attack is resorted to, and a broken or badly sprained limb is the least that can befall the victim..."

Karate was taught to the special imperial guards who protected the Emperor of Japan. During World War II, special Japanese shock troops were taught the secrets of Karate. Toward the end of the global conflict, thousands upon thousands of Japanese line troops were given accelerated courses in Karate, to help them overcome their physical and weight handicaps in hand-to-hand combat with the enemy. Many an ex-GI who served in the Pacific Theatre of Operations can tell you how even a puny Japanese soldier could perform super-human feats. Karate is faster than judo, quicker than ju-jitsu and more deadly than both! That is why Karate, when mastered, should be used with reservation and restraint. Karate never should be employed as an aggressive action, but only to defend yourself against an assailant.

Karate is highly dynamic and makes use of hun-dreds of body muscles. It helps develop body balance, posture, agility, coordination and grace. In fact, Karate is so popular in Japan today that thousands upon thousands of women and teenagers are studying it. In addition to its defensive qualities, it's ideal exercise for their figures; keeps them trim and lean. Many schools and colleges in America today are considering adding Karate to the curriculum.

The course in Karate, in the pages that follow, if taken at a college or special gym, might conceiv-ably cost you up to $250.00. The price of this handbook is $4.95. If you follow the instructions diligently and carefully, it can safely be said that you will have received the same "$250.00 course in print" for $4.95. And when you come right down to it, how can you measure, in dollars and cents, the value of Karate. If you apply just one striking point learned from this book, just once, and it saves your life, **HOW**

MUCH IS THAT WORTH TO YOU? How much is it worth to your wife, your children, or your mother, father, sisters and brothers?

Will you "suppose" with me? Suppose as you are walking home from work one night, a figure leaps from a dark alley and twins your arm behind your back. He threatens you. **What do you do?**

Suppose you're walking with a female companion and she is insulted by a tough looking hood. The roughneck is about 6 feet 4 inches tall, has big, sinewy arms and uses profanity that would make even a tough Marine sergeant blush! **What do you do?**

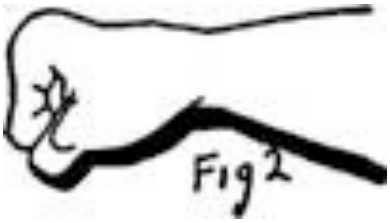
Your answer might be "that's never happened to me. Anyway, that's what we have police for". But remember, dear reader, an assailant or a thief never attacks when the law is around. Only when he thinks you are alone, unarmed, will he strike. And the tough hombre only gets wise when he thinks he's bigger and taller than you. Naturally, you cannot walk the streets armed, as the cowboys did in the Old West. But with a knowledge of Karate you turn your hands, feet and elbows into powerful weapons instantly!

The knowledge of Karate instills the exhilarant feeling of SUPER CONFIDENCE even into a "Casper Milquetoast". Yes, with the knowledge of Karate, YOU ARE SUPREME! YOU ARE KING! YOU FEAR NO MAN OR GIANT!

Offensive Thrusts

The Clenched Fist

This is the most frequently used striking point. However, it can only be mastered after constant practice and training. When properly executed toward the right pressure points, the Clenched Fist can drop your opponent for the count of ten— **and out!** Do not be fooled into thinking that the Karate Clenched Fist blow is as easy as it looks. Be sure to study the illustrations. Notice that the forearm and the knuckles form a perpendicular line. Notice also that the front of the fist and the top knuckles form a 90° angle. In order to carry the maximum striking power from your body, thru your arm, and to the fist, that line must be straight.

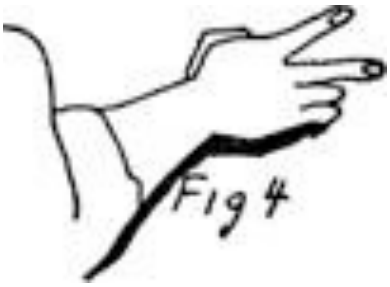


Even though your adversary is 50 lbs. heavier, 5 inches taller, with broad shoulders and a Rock of Gibraltar stature, you can knock him out . . . perhaps with one smashing blow! That is why even an experienced Judo man is afraid to "lock horns" with a good Karate man. **(See Fig. 1 & 2)**

Single Finger

Here is a relatively easy but effective form of attack. It can be mastered quicker than other Karate offensive moves. It is frequently used in striking your opponent in the solar plexus or, if you must, in the eyes. The striking force is the forefinger—your pointing finger. You curl your hand into a fist, except for the forefinger, which is kept straight as a ruler. See illustration. You can use the SingleFinger attack in three ways—upward, downward and straight forward. (See **Fig. 3)**

Two Finger



The Two Finger attack is often used when you want to render your opponent temporarily helpless. It is a quick, decisive, effective stroke. **But it must** be **used with caution.** Your striking points are your first two finger tips. Sounds rather ineffectual, **but alas no!** In Karate your two fingertips are like sharp spears. The Two Finger attack gives you twice the striking power of the Single Finger attack described above. The remaining fingers are curled into a fist. But if you are in a tight spot and the seconds count, do not hesitate to get the full force of this attack by spreading the two fingers out—in a horizontal V-for-Victory sign. Your target is your opponent's eyes. A quick, sharp stab will prove that the fingers are quicker than the eyes! **(See Fig. 4)**

The Hook

When you give your opponent "The hook" he won't know it—until he catches his gasping breath again! By that time you have the upper hand. When you employ The Hook in Karate, you will prove once again that size and weight per **se** mean little. You can be smaller than your enemy—20, 50, yes even 100 pounds lighter! You can be frail, even sickly. But do not despair. You pack TNT in your hand, if used according to the ancient Karate principles. To form The Hook, you place your hand in the shape of a clamp or hook. Where do you use it? You direct the Hook at one of the most vulnerable parts of the human body—the Adam's apple. And it's applesauce for your opponent! He will then use his big, hairy paws—not in attacking you—but in clutch-ing his aching throat. He will never expect the Hook, nor the tears of pain that will flow down his grubby cheeks.

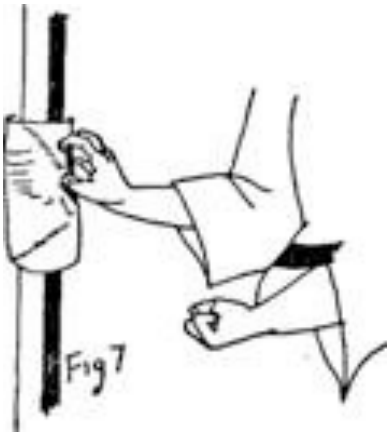
But from that moment on, you may not be the apple of his eye, but you can certainly expect RESPECT from any wisenheimer. **(See Fig. 5)**

The Knife Hand

This sounds like a misnomer, since no knife is used, but your opponent will swear that razor sharp cutlery was employed, that is, **after he recovers!** The Knife Hand can be used in two ways, both ex-tremely painful: The **downward** chop and the **side** chop. The downward chop is formed by crooking the arm at the elbow and swinging it down obliquely in a swift, slashing, hammer-like motion. Be sure to keep the fingers rigid and close together. Learn to strike fast. The downward Knife Hand is es-pecially effective on the forearm, the neck, the ribs. It can cause your

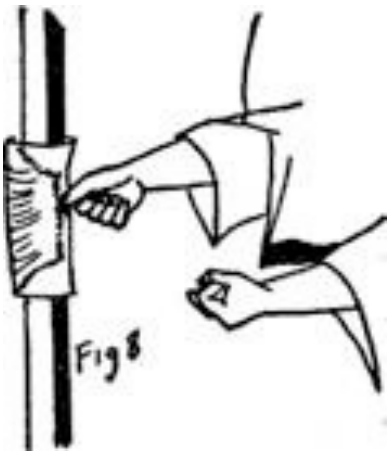
opponent stinging, excruciating pain. The second variation is the side chop. It is formed by swinging the hand out in a semi-circle from the elbow. The palm should be kept rigid. **(See Fig. 6)**

The Claw



The Claw is used mainly in attacking the ears. The tips of the four fingers and thumb are spread and bent. The hand is arched backward. Keep your fingers rigid. Both hands can be used to box your opponent's ears. You claw, dig, jab, twist and turn. Do it quickly before your adversary can anticipate your attack. **(See Fig. 7)**

The Thumb



In a baseball game when the umpire thumbs a player, the latter is ejected from the game. In Karate when you give your opponent the Thumb, he's ejected, rejected and dejected—in that order! First, he's ejected from his spot. Second, he's rejected from attacking you. Third, he's dejected because he thought YOU were the "soft touch" type. The Thumb attack is formed by extending the thumb with the fingers curled into a fist. You may direct this blow in an upward fashion, forward or down-ward. The beauty of the Thumb attack is that your opponent is prepared for, a blow to the head, and you give him the Thumb in the groin

or solar plexis. Quick, silent, painful. This is one Karate striking point that anybody can master, even if you're "all thumbs". **(See Fig. 8)**

The Kiss or Grind

At some time or other in your life you have seen a relative or member of the family off on a trip. As the train or ship pulls out, you wave and "blow a kiss". In blowing a kiss to a departing loved one, you bunch your fingers to a point with the hand arched back. In Karate you do the same thing . . . to a point. You don't blow your opponent a kiss. But you do "kiss" your opponent with a blow. The Kiss attack (also referred to as The Grind by many students of Karate) is employed as a gentle physical warning to somebody to watch out—or things will really get rough . . . for him! The Kiss or Grind may be executed in a corkscrew manner—digging its way into the stomach, cheek or eyes. **(See Fig. 9)**

One Knuckle

Curl your hand into a fist. Extend the knuckle of the forefinger out and hold it down with the thumb. Now watch that boorish boob knuckle down to YOU! Use the One Knuckle attack to your opponent's eyes, temple, or other vulnerable parts of the anatomy. You can jab or dig with this attack. (See **Fig. 10)**

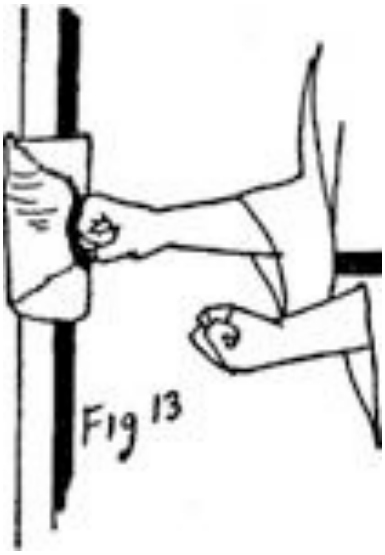
Middle Knuckle

This is an adaptation of the One Knuckle attack. In this case, the middle or center knuckle carries the brunt of the attack. The hand is curled into a fist but the center knuckle is extended. (See. Fig. **11)**

Fore Knuckle Fist

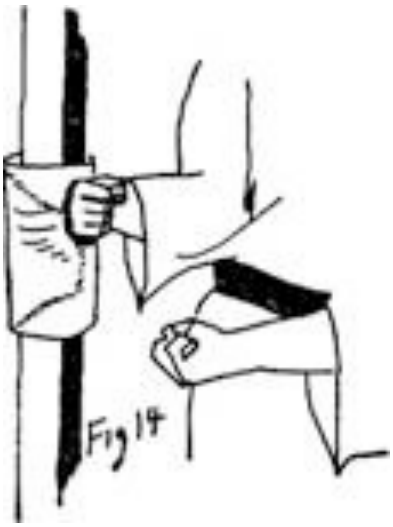
Press your fingers together with the thumb, but extend the fore knuckle. This striking method is particularly effective when attacking between the nose and upper lip, the temple or the stomach. (See **Fig. 12)**

Big Knuckles Forward



The tips of the big knuckles are the main striking points. You curl your hand into a fist. Overlap the fingers with the thumb. This type of blow is often a raking jab or hook. **(See Fig. 13)**

Big Knuckles Backward

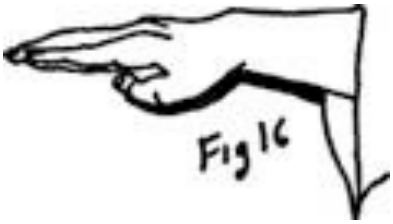


Here again the striking point is the tips of the big knuckles. However, the palm of your hand faces you. See illustration. This blow is similar to a slap or grind. (See **Fig. 14)**

Back Hand Lash

When someone gets fresh or tries to bully you and you give him the "back of your hand" in Karate, the poor guy might conceivably land on his back! The Back Hand Lash is one of the earliest striking methods in the art of Karate, dating back many centuries. In the Back Hand Lash you keep the entire hand stiff as a board, fingers extended straight out and close together. Arm should remain stiff. Use this blow in attacking the ribs or blocking an opponent's thrust. **(See Fig. 15)**

Side Hand Lash



This is similar to the Knife Attack except the **inside** or thumb area is used. The position is as follows: Hand remains open. Fingers are extended out and pressed close together. Use the Side Hand Lash in attacking the ribs or face. **(See Fig. 16)**

Side Hand Hammer Blow

This blow is facetiously called the "Hammer of Thor" because it hits like thunder and can result in temporary sense loss and paralysis. You form a clenched fist. Keep arm straight up and rigid. Then smash downward . . . **and look out below! (See Fig. 17)**

Bottom Fist

The Bottom Fist is employed when attacking hard surfaces, like the head, elbow joint and also in blocking opponent's blows. This Karate striking point is very effective when you're faced with two opponents, one on each side. Smash both in the ribs simultaneously. Before they can regain their composure, you're free ... to fight another day. **(See Fig. 18)**

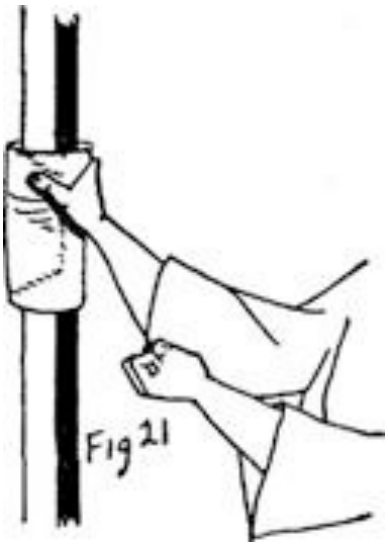
Back Fist

The back fist is formed almost like the clenched fist described previously, except the striking force is the area of the knuckles and back of hand. See illustration. This method is used mainly for blocking and in attacking your foe's ribs and face. **(See Fig. 19)**

Heel of Palm

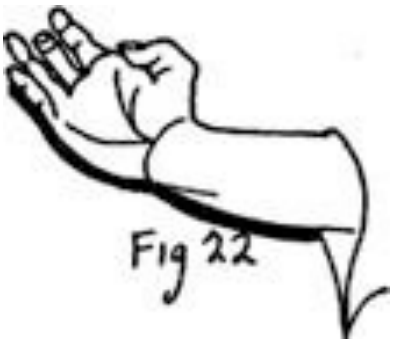
Give the heel of your palm to any obnoxious heel and listen to him howl . . . for mercy. The Heel of Palm is formed by arching the hand back, almost to a 90° angle. The fingers should be bent and slightly spread. Use this position when attacking the face, nose, chin or jaw. **(See Fig. 20)**

The Choker



Use the Choker on any smart aleck joker. It will make him think twice—and then turn the other way. The striking point of this position is the area be-tween the thumb and forefinger. **(See Fig. 21)**

Ox-Jaw Hand



You can give any annoying "pain-in-the-neck" a real pain in the neck for hours with the Ox-Jaw Hand blow. A swift smash to the neck or collar bone does the trick. **(See Fig. 22)**

Back Wrist

The joint at the back of wrist is the striking point of this blow. With the palm facing you, curl your hand into a fist and bend it inward. This is an ef-fective defensive position and will thwart most of your foe's attacks. **(See Fig. 23)**

Bent Wrist

A variation of the back wrist, except the fingers and thumb droop downward and away from you. This is strictly a blocking position. Use it accordingly. **(See Fig. 24)**

Chicken Head Wrist

A good Karate man must know not only offensive techniques but defensive or blocking motions too. Often it is not necessary to repel a foe with a swift, painful blow. If a roughneck tries to push his blubbery weight around, smart defensive tactics might make him look awfully silly. By adroitly blocking his blows, you can deflate any bag of wind. The Chicken Head Wrist is an excellent blocking position and will make a "turkey" out of many an op-ponent. Use it often. **(See Fig. 25)**

Outside Wrist

Did you ever knock on the front door, and not get an immediate "who is it" from inside? Then you pound with the side of a clenched fist. If somebody's home, you can rest assured that knocking will bring him a-running! In Karate the Outside Wrist blow brings results too. You strike sharply with the outside edge of the wrist joint. Be sure to keep arm rigid when delivering the blow. You can hit downward, sideways, upward or forward. The Outside Wrist motion can be used defensively or offensively. **(See Fig. 26)**

Shoulder Pinch

When a policeman disarms a burglar, rest assured the latter will raise his hands... to surrender. Similarly in a Karate match, if you can "disarm" your opponent, you need not strike another blow. You have won the match. In Karate a man's weapons are his hands, feet, elbows and legs. The purpose of the Shoulder Pinch is to immobilize your opponent's arms and hands. And if you can temporarily "paralyse" those vital organs, you're the victor! You can apply the Shoulder Pinch two ways: from the front and from behind. Just dig your thumb into the hollow under the collar bone; press your fingers into his back—and squeeze like an enthusiastic accordian player! You'll hear the sweet music of "I surrender, dear" from your foe. **(See Fig. 27)**

Forearm

This position is widely used in blocking. You can use the outside edge of the forearm or the inside edge of the forearm. Both are equally effective. **(See Fig. 28)**

Elbow Smashes

30

If you ask your next door neighbor what is the major function of the elbow, chances are he may answer "to rest it on a table or counter while eating—or holding up one's head while dozing off." Facetiously, he may be right. But in Karate, the elbow assumes a very important, indispensable role. It is one of the most damaging striking weapons. Listed below are some of the many positions that can be used with the elbow: **(See Fig. 29)**

Elbow Thrust—Straight Up

The striking point is the tip of the elbow. Clench fist, extend elbow. Bring forearm back toward you. Strike your opponent with a fast upward stroke. Strike an opponent on the chin with an elbow thrust and it's "chins up" for your foe—as he looks at the ceiling lying on his back! **(See Fig. 30)**

Elbow Thrust—Straight Down

Again the striking point is the tip of the elbow. Clench fist, extend elbow high up, bring forearm back toward you. Strike your opponent in a downward fashion.

Elbow Rake Thrust

Extend the elbow away from you. Clench your fist. Bring forearm back close to you. Charge your foe by moving elbow side to side in raking or jabbing motion.

Elbow Back Thrust

Bend forearm at the waist. Extend fingers straight out, stiff and close together (as Li the Knife Position). Stab or jab an opponent straight back. **(See Fig. 31)**

Elbow High Rear

Here is another powerful Karate striking point. Extend fingers straight out and close together, keep palm down and arm rigid. Bend forearm to the waist. Strike your opponent upward and to the rear by slightly turning your body away from him at the precise moment you attack. You should practice this movement carefully, preferably in "slow mo-tion" in front of a large mirror. Proper balance and stance are vital to execute this motion with a high degree of perfection. **(See Fig. 32)**

Elbow Circular Thrust

Another good striking point with the tip of the elbow is called the Elbow Circular Thrust. Fingers are held straight out and close together, palm to you. Attack to the rear in a circular, grinding movement. Strike to the solar plexus or ribs. **(See Fig. 33)**

Knee

The knee is mainly used in close range attack to the groin, thigh, solar plexus and chest. You can strike in many directions with the knee—up, down, sideways, forward, inside and outside. When size and weight are in your adversary's favor, you can use his own superior weight and girth *against him***.** By using your knee movements adeptly, by attack-ing his weakest pressure points, a good small man can cut a brute down to his size with a few sting-ing knee smashes. **(See Fig. 34)**

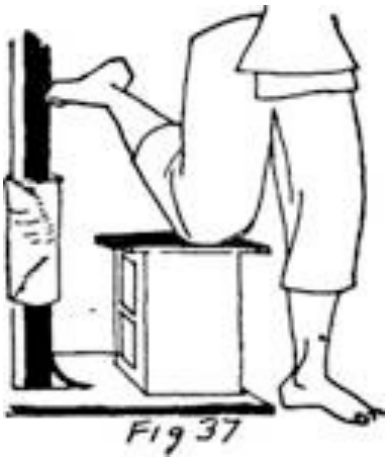
The Knee Smash

This is the most effective knee attack and can tem-porarily disable a foe. Bend knee and bring up your leg. Point the knee toward your target. Zero in! Smash upward! Use the Knee Smash only when an emergency demands it. It is so acutely painful that your opponent may double up in extreme pain, then collapse. Apply first aid immediately. Then call a doctor. **(See Fig. 35)**

The Knee Side Smash

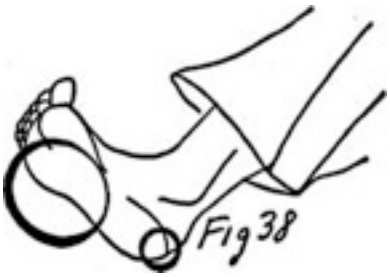
Bend the knee and bring your leg up. Point the knee toward your target. Hook the knee side to side. A few Knee Side Smashes will convince your enemy that you ain't fooling around! **(See Fig. 36)**

The Knee Down Smash



Here is a Karate offensive thrust that might pulverize your opponent. Bend the knee and bring the leg up behind you. Strike by dropping the knee straight down on your opponent like an anchor plummeting into the open sea! **(See Fig. 37)**

The Heel



They say that everybody has an Achilles' Heel, a soft spot. In Karate the heel can become a formidable striking point. You can feint your opponent off guard with your hands and elbows, then strike with the heel. Use the heel movements to kick and stamp your opponent's groin, solar plexus, instep —and even the jaw! The specific heel movements follow: **(See Fig. 38)**

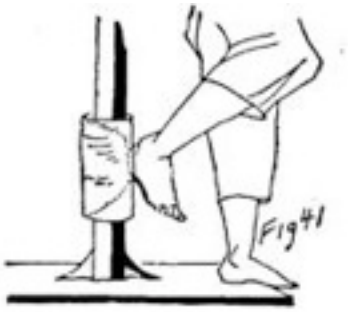
Back Heel Stamp

Raise foot slightly and point downward, bend knee forward. Strike your opponent by stamping backward. **(See Fig. 39)**

Inside Heel Stamp

Raise foot slightly and point the toes away from your body at 45° angle. Bend the knee forward. Strike by swiftly stamping the inside of the heel to the rear. Your opponent may not give you the stamp of approval for this movement, but then you are not expecting it, are you? (See **Fig. 40)**

Outside Heel Stamp

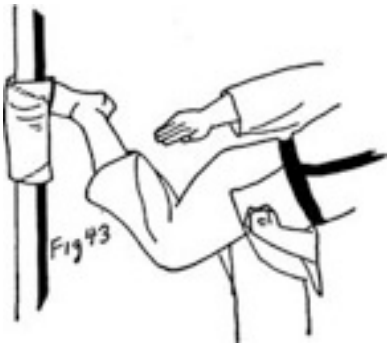


Raise foot slightly and angle the toes away from the body. Bring knee forward. Strike by suddenly stamping the outside of the heel to the side or rear. **(See Fig. 41)**

Downward Heel Stamp

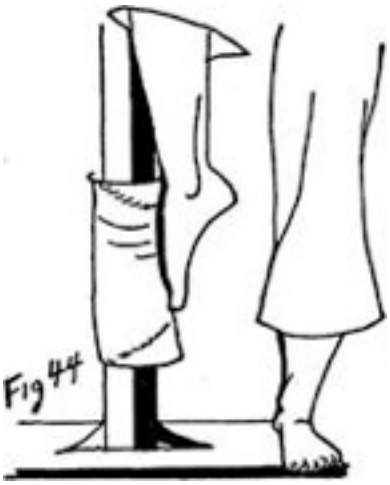
Raise the knee upward about 18 inches with the toes slightly arched. Strike by smashing straight down. Stamp any heel with the heel stamp! **(See Fig. 42)**

Roundhouse Instep Smash



Turn your body sideways away from your opponent, as if you were off balance. Raise leg high up and bend foot so that the curve of your instep is parallel to the floor. Strike your opponent by hooking the instep in a sweeping horizontal hook. This is especially effective in smashing at the groin. **(See Fig. 43)**

Forward Instep Smash



Raise the knee straight up with the toes pointing straight down and close to you. Strike by directing the instep forward or to the side, as the case may be. The forward instep smash is the **coup d'etat** when directed to the groin in close range fighting. But it should be used with extreme caution for it can seriously injure your opponent, perhaps permanently. **(See Fig. 44)**

Front Skull Smash

In the art of Karate as in the sport of soccer, the head plays a vital role. You use your head to outwit an antagonist—and you also stay ahead in a match by using your head literally. The front skull smash is used when you can almost feel the grizzly beard of your foe scratching your face. Bring your head slightly back, tense your neck muscles, then strike suddenly by snapping your head forward. If your combatant doesn't see stars, he certainly will see the nearest exit—and stagger to it! **(See Fig. 45)**

Back Skull Smash

Your opponent is right up close behind you. You can almost feel him breathing down your neck. Tilt your head slightly forward, tense your neck muscles, then snap your head back in a swift, smashing motion on the bridge of your adversary's nose. (See **Fig. 46)**

Bottom of Foot

Karate is the art of self-defense with unarmed weapons. No clubs, knives or pistols are used. No sticks or baseball bats. Your weapons are right on your person—the legs, arms, hands, head, elbow. . . and even the feet—corns, calluses and all! There are six different foot positions involved:

Ball of Foot—Downward Glide

Raise the foot high, bend the knee, curl toes upward as far as possible. Strike by stamping ball of foot straight down in grinding fashion. **(See Fig. 47)**

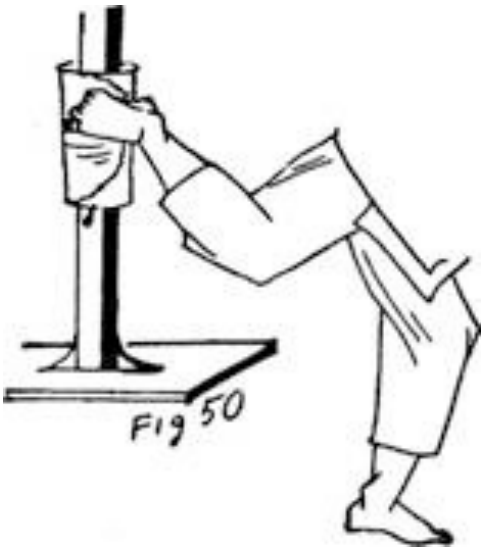
Ball of Fool—Rear Grind

Raise the foot high, bend the knee so foot is horizontal to floor, curl toes up so that the ball of foot is projected. Strike by stamping ball of foot to the rear in grinding fashion. **(See Fig. 48)**

Ball of Foot—Straight

Bend the entire body slightly back with the weight on the left foot. Raise the right foot up and back with knee only slightly bent. Curl the toes up. Strike by smashing the ball of the foot straight ahead. **(See Fig. 49)**

The Mule Kick



In its execution the Mule Kick resembles the swift kick of a mule. Raise your foot up under you and toward the rear. Bend your body downward from the waist. Then wham your opponent with a rear thrust, using the arch as the striking point. **(See Fig. 50)**

Vertical Underfoot Stomp

Bend the knee slightly up and forward. Bring the foot back. Toes pointing forward. Strike by driving the heel straight back in a stomping or grinding motion.

Side Underfoot Stomp

You turn your body to the side. Raise the knee and foot to the rear; angle the toes toward the side. Strike by stomping the arch back and up in a grand-ing motion. **(See Fig. 51)**

Karate Stance and Posture

Stance or posture is a vital element in any sport. In baseball the proper stance and swing at the plate may mean the difference between a clean single to left or a whiffing strikeout! In boxing the proper stance may mean the difference between ducking a right hand across or getting tagged on the chin. In football the men on the line must be balanced and poised to charge when the signals are called. In Karate too the proper stance is of great importance. You are able to face a foe better when you adopt the approved Karate stance. Here are a number of stances that should be employed in specific circumstances.

The Natural Stance

You face your opponent naturally, keep your legs and shoulders relaxed, feet together but poised for action. **(See Fig. 52)**

Spread Eagle Stance

Spread your legs about 18 inches apart, toes pointed outward a bit. Keep legs straight and body relaxed. You are poised now to spring into action. **(See Fig. 53)**

Half Moon Stance

Plant your heels firmly on the floor; point the toes straight ahead and spread your legs far apart. The knees should be bent outward slightly. The muscles of the legs and the hips should be taut. Weight should be equally distributed on both legs. **(See Fig. 54)**

Forward Stance

Move either the left or right leg straight ahead about 18 inches, bend the knee slightly. Move other leg back. Both feet should be planted firmly on the floor. **(See Fig. 55)**

Backward Stance

Bend the rear knee and direct outward; move the other leg forward. The weight is not evenly distributed in the backward stance. Two-thirds of the weight should be on the rear leg; one-third on the front leg. This is a good stance to use in kicking— gives you proper leverage. **(See Fig. 56)**

Black Cat Stance

In this stance you are poised like a black cat on a hot tin roof ready to spring into action. Front left knee is projected, slight weight on the ball of the foot. Heel is raised slightly from the floor. The rear right foot remains backward and flat and bears most of the weight of the body. The back should remain rigid. **(See Fig. 57)**

Defensive Fighting Stances

In addition to the stances mentioned previously, there are a number of other, less formal stances that the Karate man should know. The author hopes that these stances never need be put to use, but in today's chaotic world of teen-age gangs, hoodlums roaming the street, and vicious degenerates preying on the innocent, the wise old adage of "an ounce of prevention is worth a pound of cure" should certainly be heeded.

Spring Attack Stance

In this stance you are poised and alerted for any sneak attack by your enemy. Suppose you're arguing with somebody. He may be bigger, taller, stronger than you. Naturally, when the verbal dispute becomes red-hot, tempers flare. Your antagonist feels superior, confident, cocksure. As you stand there defending your rights, you must also anticipate his moves. Nonchalantly you assume your Spring

Attack Stance. (See illustration) You pretend you are merely holding your fingers, but you are poised like a tiger for surprise attacks from any direction. Your striking arm is held stiff and your other hand grasps the fingers of the striking hand. As you pull back with the second hand, you force the striking hand to snap forward. This is like a coil spring being released. It produces devastating effects! **(See Fig. 58)**

Smash Attack Stance

This stance is taken when you have reason to believe your opponent is ready to hit you. You have maintained your composure long enough. In other words, you have given your foe enough rope . . . to hang himself. But as a decent, law-abiding citizen, you are not looking for trouble. You prefer to settle a dispute or a misunderstanding by peaceful negotia-tion . . . but your opponent is truculent, belligerent, downright nasty! He sizes you up and down. He has you set up as a "soft touch", a "patsy." He can finish you off everyday of the week and twice on Sundays, **so he thinks!**

You have your work cut out for you, so you unobtrusively take the Slash Attack Stance. The split-seconds will count, for or against you. You stand erect, turn to the side to give him a smaller target. You form the "T" position. You raise your right arm. Your entire body is ready to defend any surprise attack. You can slash with the hand, thrust upward with the knee, follow thru with the clenched fist. In short, you can flail away in any direction. **(See Fig. 59)**

Double Knife Stance

Stand straight, body rigid, face your opponent at a slight angle. Bend your knees slightly to give you leverage and balance. Keep both arms straight up at the elbow, palms facing each other, but about 6 or 7 inches apart. In this stance you can zoom your blows straight ahead, sidewards, down—both hands at a time in a double-barreled attack! **(See Fig 60)**

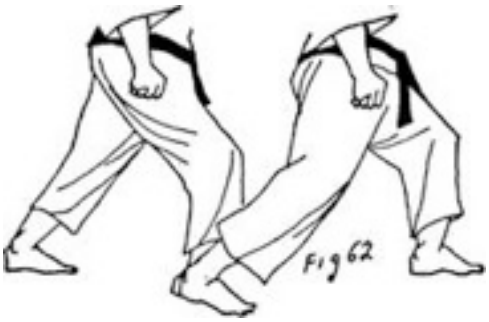
Side Knife Defense

Stand erect, body tense, face your opponent at a modified angle. Bend knees slightly to give you proper balance and leverage. Raise both arms in a horizontal position, about 6 or 7 inches apart. This is an excellent defense, since you can block blows directed to your head with one hand, and parry blows aimed at your mid-section with the other hand. **(See Fig. 61)**

Body Shifting

In addition to stance and posture, body shifting comprises an important phase of Karate. There are various forms of body shifting, each is primarily designed to throw your adversary off balance, to thwart his blows, reduce his target, surprise, con-fuse and befuddle him.

Side Shift



This is used when you want to shift your entire body. Your right foot is forward and your left is planted firmly to the rear. You quickly shift position. Snap your right leg back and your left leg moves forward. Remember to keep the moving leg close to the inside to avoid exposing the groin to a blow. **(See Fig. 62)**

Turnabout Shift

You are in a forward stance. Move your rear foot sideways and pivot on the balls of the feet. You have accomplished a full 180° turn. The Turnabout Shift very often befuddles an opponent and throws him off stride. You can then plunge into the offense. **(See Fig. 63)**

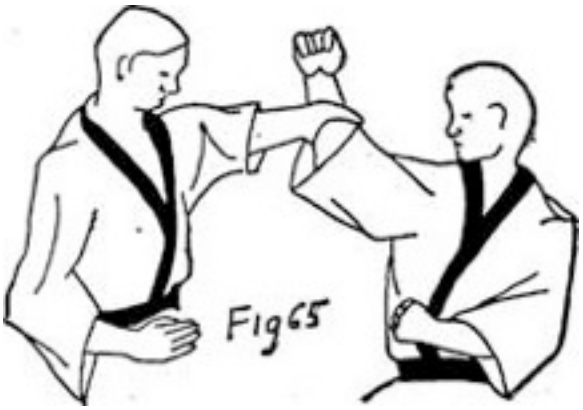
Cross Over Shift

When you are forced to vacate your position fast, the Crossover Shift is the right move. You cross your right foot over the left quickly and then as-sume your fighting position. **(See Fig. 64-A, 64-B, 64-C)**5.

Karate Blocking Techniques

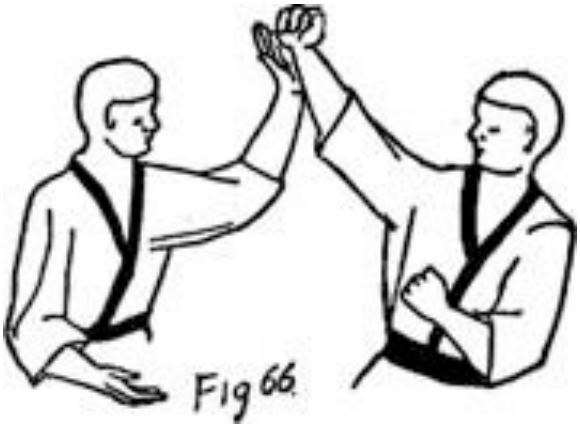
When asked what was the secret of his team's success, a famous coach of a championship pro football team replied, "the best offense is a good defense." In other words, he believed in keeping the other team from scoring touchdowns, and assembled the greatest array of defensive stars the league ever saw. His theory was to keep the opposing team from his goal line, hoping that sooner or later the breaks would come his way. In Karate too self-defense plays a major role. The true Karate devotee doesn't want trouble; he doesn't seek it in any shape, manner or form. By the same token, courtesy and polite-ness should not be misconstrued as timidity and fear. The Karate man prefers to prevent or block an antagonist's attack, rather than provoke one. With this in mind, let us describe a number of defensive moves against any aggressive action by anybody:

Defense Against a Right Hand Blow



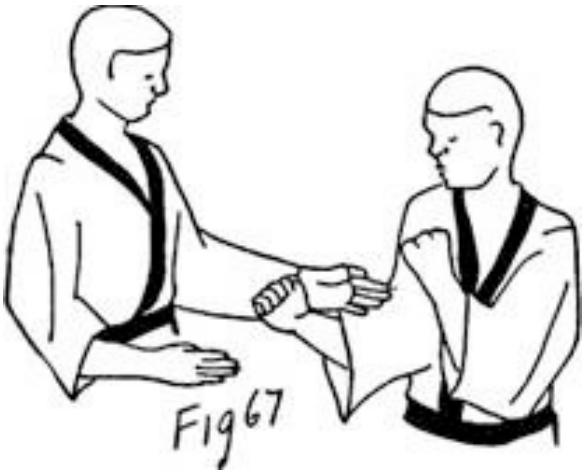
You can parry a right cross, a roundhouse blow or a hook to the chin by slashing up and at a sharp angle with the outer edge of your hand. In this way you are able to deflect the blow in mid-air. You then follow thru with an offensive thrust of your own. **(See Fig. 65)**

Defense Against a Straight Jab



To defend yourself against a straight jab, bend your body back and to the side, away from the punch. At the same time, parry with your open hand to catch your opponent's fist. This will take the steam out of his jab. **(See Fig. 66)**

Defense Against an Upper Cut



Your opponent wants to end it quick. He's aiming at your chin...a quick, clean knockout. You have no time to lose, less time to think. Split-second action is called for. You have to defend yourself against an almost certain K.O. Move your head to the right or away from the uppercut; this will reduce the chances of a direct hit on the vulnerable part of your chin. At the same time slash downward with your hand or arm at your opponent's arm or wrist. You have "caught" the blow—on your arm—not the chin. **(See Fig. 67)**

Defense Against a High Straight Punch

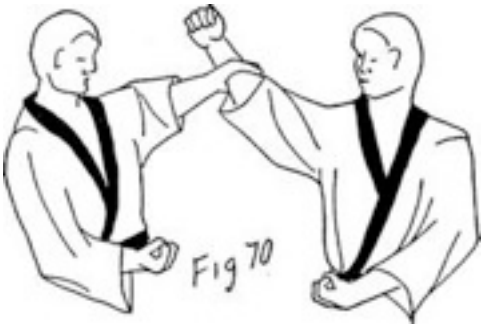
A bully or wise guy who is much taller than you has lots of confidence, most of it false. He's living in a fool's paradise. He thinks that because he towers over you, he can defeat you with one high straight jab—and then go home to watch the Late Show on television. Let him try it. You are ready. As he throws his punch, you bend your body back and to the side and parry the blow with your open hand. You have deflected the blow cleanly. The bully's pride is hurt—and that isn't all. You follow thru with an offensive thrust of your own, and your tormenter is licking his wounds! **(See Fig. 68)**

Defense Against a Left Hook

Your opponent delivers a left hook—and it has your jaw written on it. But you can intercept the blow if your natural reflexes are sharpened and honed by Karate practice and conditioning. Remember, your first line of defense is your natural reflex. As a serious student of Karate, you will be amazed how almost automatically—as if your opponent's punch hit a radar warning screen—you bend your head to the side and back and slash up and right at an angle. You have cushioned the blow with the side of your hand or forearm. Soon your

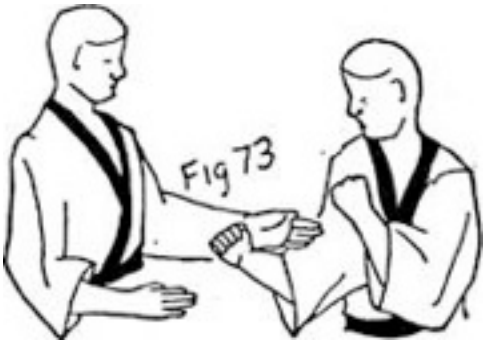
opponent will need a cushion—to rest his battered face after you counterattack! (See **Fig. 69)**

Defense Against a Right Fist



It's Tuesday or Wednesday, but your opponent is not waiting to deliver his Sunday punch. He uncorks a corking right. You ward off the blow by grasping his wrist with your left hand or slashing up and left and striking with the side of your hand or forearm. You've taken his Sunday best. Now you retaliate and knock him into the middle of next week! **(See Fig. 70)**

Defense Against a Low Right Hook



Your opponent tries to use psychology to jog your physiognomy. He's a Rhodes scholar, but strictly from the road! This cunning codger wants to outfox you. So he feints with a high left, to throw you off guard, and comes in with a low right hook. This is a tough one to defend because you must outwit or anticipate the strategy. What should you do? Defend against the high left or the low right hook? An unwritten law in Karate is to play it smart and safe . . . you defend against both blows! Yes, as he feints with the left, you raise your right hand to cover your face. When the "surprise" right comes your way, you slash down on his wrist with the outer edge of your left hand, but hard! Even if you can't stop both blows, you will have slowed down the impact at least.

Defense Against a Kick

Your opponent has a kick—and it's coming your way. He sends a mean left foot to your groin. How do you defend? Quickly you swing the fist of your left hand diagonally downward to deflect the kick. **(See Fig. 72)**

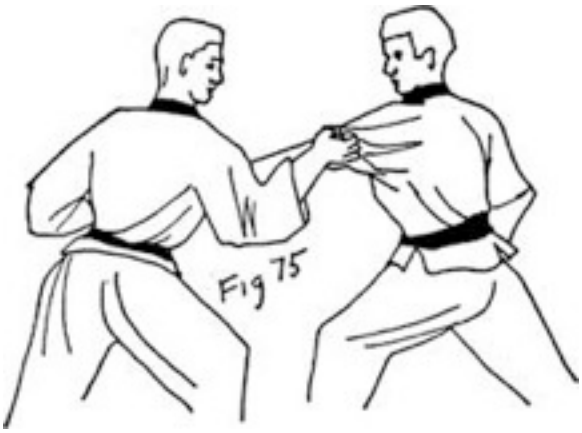
Defense Against Attack to the Face

A very successful defense against an attack to the face or stomach is called the X-Defense. You can block upwards against an attack, or downward to defend against a blow to your groin. The X-Defense is so named because the arms form an X (see illustration). This is comparatively easy to master. Remember to leave your hands open; this gives you an opportunity to grasp your opponent's wrist or thumbs in a counterattack. Then you can use the X to mark the spot where your foe will drop—**kar-plunk! (See Fig. 73)**

Peek-A-Boo Defense Against Two Fisted Attack

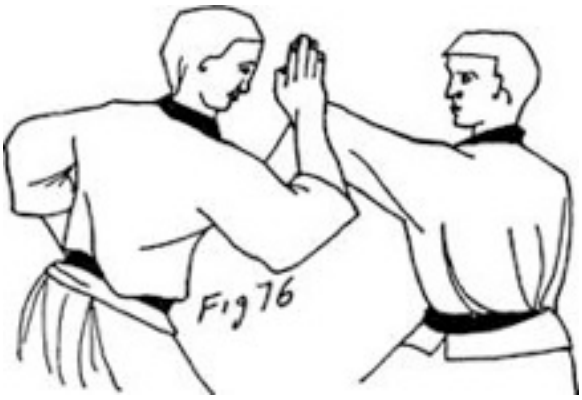
Occasionally a foe might try to overpower you with a double fisted attack, or try to grab your coat lapels and throw you to the ground. A good block-ing technique against this aggression is called the Peek-A-Boo defense. You put up both fists in front of your face, knuckles pointed outward, elbows should be pointed downward. You peek over the fists. In this way, your adversary has a small, concentrated target to shoot at —yet you are able to observe his every move. **(See Fig. 74)**

Hook Defense Against a Blow to the Ear



Your opponent likes to box things, especially your ears. He throws a sharp overhead left to the side of your head. A quick and easy defense is called the Hook Defense. You bend your right elbow sharply and swing the forearm back with your wrist almost cupping your ear. You have successfully thwarted the overhead punch with your wrist. You then seize your foe's upper sleeve and yank downward. Follow thru with a left smash to the face or solar plexus. **(See Fig. 75)**

Sweep Defense Against a Back Handed Jab

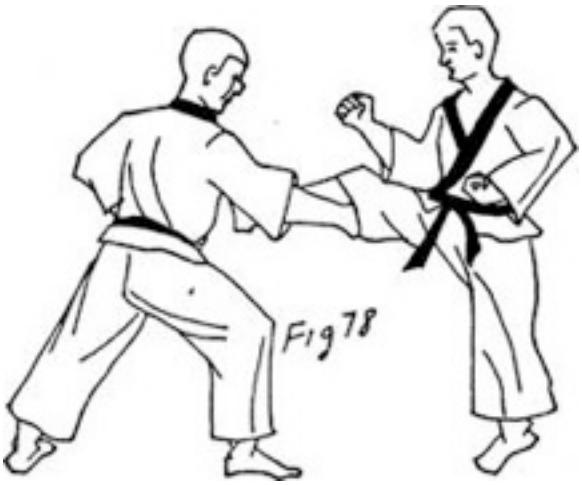


Here is a relatively easy defense that requires a minimum of energy. Your enemy tries to strike you with a back handed fist; you quickly sweep aside the blow with your palm or wrist. He's thrown off balance, and you're ready to throw him for a loop. (See **Fig. 76)**

Sweep Down Defense Against Blow to Groin

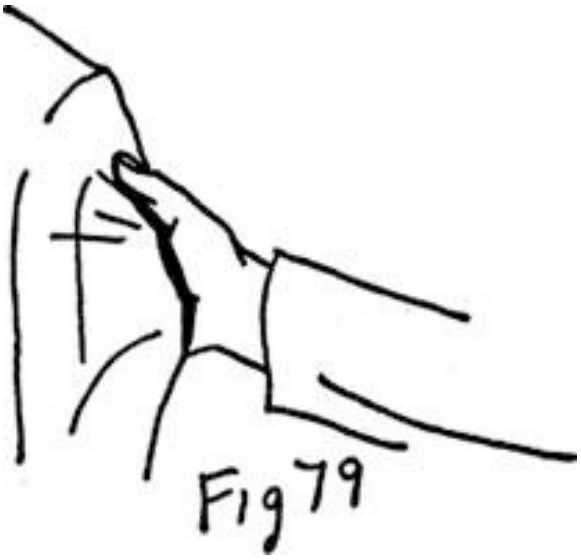
Your opponent tries to strike you in the stomach or groin. The correct defense is the Sweep Down Block. Similar to the Sweep Defense mentioned previously except that the opponent's hand is pressed or swept downward and away. **(See Fig. 77)**

Scoop Defense Against a Leg Attack



You face your foe. He sends a leg thrust toward your groin. You use the Scoop Defense to stop it. Briefly, you scoop the leg in mid-air and jerk it up, away from the target. The enemy is thrown off balance. **(See Fig. 78)**

Sleeve Defense Against a General Attack



In Karate you must take every fair advantage at your disposal. The Sleeve Defense is simple but an effective blocking technique. Seize your adversary's coat lapel, sleeve, tie, shirt, etc. and divert the full force of his thrust, thereby helping to throw him off balance. **(See Fig. 79)**

Punch Defense Against a General Attack

In the Punch Defense you kill two birds with one stone. You defend against your opponent's blow and you reciprocate with an attack yourself. With one movement you ward off the punch with the outside part of your arm, and smack your foe on the jaw bone. **(See Fig. 80)**

Heel of Palm Defense Against Sneak Attack

Here you use the heel of your palm to block a sneak attack from a heel. Usually the sudden attack is directed to your face or solar plexus. Shift your palm from the side, downward or upward—but stop the blow! **(See Fig. 81)**6.

Karate Blocking and Counter Attack

In the previous chapter we described many Karate defensive moves to repel an attack. Now we shall go a step further. We shall now describe not only blocking techniques but retaliatory action. Remember always to aim for the pressure points and nerve focal centers of your opponent's face and body and legs. (At the end of this book you will find com-plete diagrams showing 68 pressure targets and focal centers on the human body—from the top of the head right down to the toes!) These are his "weaker spots." Continue with various counter strokes until your opponent surrenders.

Low Right Counter Attack

Your opponent attacks with his left hand low. You parry with your right hand and slash down and counterattack with your arm or elbow tip to his nose. **(See Fig. 82)**

1-2 Counter Attack

You face a crafty opponent. He attempts a combination attack with a 1-2 of high left and low right strokes. You counter with an upward slash with your left hand and a low slash with the right hand. Then you counterattack with a good swift kick to your opponent's shin or a powerful slam on his foot. **(See Fig 83)**

High Left Counter Attack

Your assailant sends a high blow to the left side of your face. You parry with the outer edge of your left hand and counter with a knuckle jab to his adam's apple or stomach. **(See Fig. 84)**

Knee Kick Counter Attack

Your competitor sends a swift knee kick toward your groin. You defend yourself with the palm of your left hand. You protect your vital area and push the knee across your body. Then you counter with a move behind your opponent. Grab his ear or hair and yank downward. Then give him a swift kick into the back of his knee. (See **Fig. 85)**

Foot Kick Counter Attack

Your combatant tries to kick you with his foot. You defend by raising your leg up and kicking forward, thereby deflecting his kick. You counter attack with combinations of knife hand slashes to the face and knuckle jabs to the groin. **(See Fig. 86)**

Hand Crush Counter Attack

Your rival squeezes your hand like an ice crusher. You dig into his hand with center knuckle and follow thru by twisting his thumb back or slashing at his body. **(See Fig. 87)**

Double Hand Counter Attack

Your opponent tries to overpower you by grabbing both of your hands. You counter attack by kicking into his legs with the side of your shoe and bring up both your hands, forcing your opponent's thumbs back. **(See Fig. 88)**

Poking Counter Attack

You've met the poker. He's the poker-faced wise guy who likes to poke you in the chest while driving home a point. You can cure him of his bad habit by grabbing his hand in both of yours and squeezing to your chest; then step back with one foot and bend over to force your opponent's hand back at the wrist. This is extremely painful to him. **(See Fig. 89-A, 89-B)**

Pushing Counter Attack

Second cousin to the Poker is the Pusher. He likes to push his way around, especially your chest. How to handle him? Clamp both hands on his hand and squeeze to your chest. Then step back with one foot and lower your body. Then bring up your knee quickly and smash it into your opponent's face. This undoubtedly will cure Mr. Pusher of his nasty habit. **(See Fig. 90)**

One Hand Counter Attack

Your opponent grabs one of your hands with both of his. You defend yourself by kicking into his knee or thigh with the edge of your foot. This will distract him. Make a fist with your free hand and wallop him on the chin. **(See Fig. 91, 92)**

Back of Head Counter Attack

Your antagonist sneaks up behind you. Gets arm lock around your neck. You defend with knuckle jabs and stabs to his ribs. At the same time kick with your legs and side of knee. Loosen his grip and pull head away. Counter attack by pulling his hair and striking other pressure points. **(See Fig. 93, 94)**

Waist Squeeze Counter Attack

Your opponent grabs you around the waist. You defend by smashing your head back into opponent's mouth & nose. For good measure, kick back with foot to your assailant's shin. Hand slash at his side and also twist your body to force your elbow under his jaw. Then apply other body weapons. **(See Fig. 95)**

Arms Pinned Counter Attack

Your opponent comes up from behind and pins your arms and body. Quickly you counter by snapping your head back, smashing his nose and mouth. Bring hands together and push elbows up and dig them into his body. **(See Fig. 96)**

Front Hair Counter Attack

Your assailant grabs a lock of your hair and starts pulling. You counter by squeezing his wrist, thereby stopping the hair pulling. Then you knuckle jab his ribs and kick his shins. **(See Fig. 97)**

Rear Hair Counter Attack

Your opponent tip-toes behind you and grabs your hair. To stop the hair pulling throw both your hands above your head and grab his hand. Follow thru with repeated smashes of the foot to opponent's shin or down hard on his instep. That will be the last time this ingrate will get into your hair! **(See Fig. 98)**

One Hand vs. One Hand Counter Attack

Your foe grabs your right hand with his right hand. Give him a knife slash across the throat with your left hand. As his head snaps back pull your hand away and follow thru with blows at opponent's nerve centers and pressure points. **(See Fig. 99)**

Head Lock Counter Attack

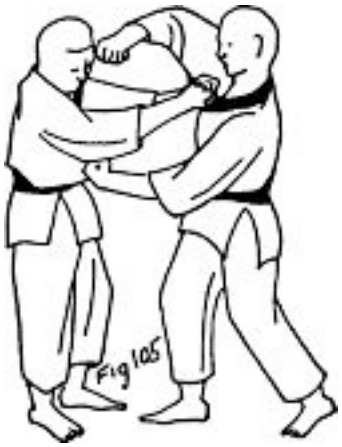
Your opponent rushes you and gets a head lock from the front. The first thing to do is ease the pain, so you tug on his shirt sleeve and pull it down. With your other free hand you smash into his stomach, kick with knee into groin. As opponent's grip loosens, you free yourself and retaliate with a knife hand attack to the throat. **(See Fig. 100,101)**

Coat Lapel Counter Attack

Your opponent yanks on your coat lapel and is about to deliver a blow with his other hand. Step back away from the intended punch, slash hand downward on opponent's forearm. This will force him to relinquish his lapel grip. Then give him a two-finger thrust to the eyes or knuckle jab to the Adam's apple. **(See Fig. 102, 103)**

Front Choke Counter Attack

Your opponent begins to choke you. He's up close and his arms are best. You slash down on his nerve centers in the forearms. This will release the choke. Now retaliate with combination of slashes and kicks to render him helpless. **(See Fig. 104, 105)**



Extended Front Choke Counter Attack

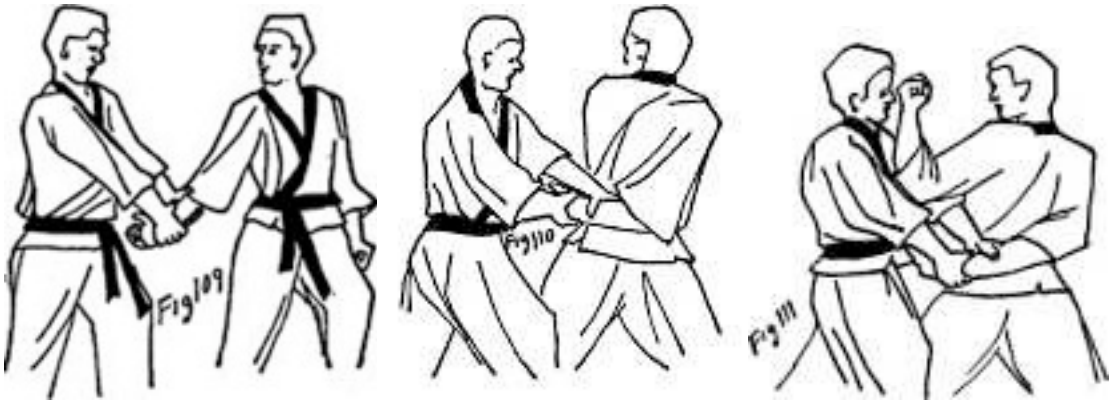
Another variation of the front choke is when an opponent attempts to choke you and still keep his distance. His arms are straight out. You grasp each of his arms or his sleeve and pull in toward you to help relieve the pressure; then smash his groin with an upward thrust of the knee. Continue smashing away at vital nerve centers. **(See Fig. 106, 107)**

Solar Plexus Counter Attack

Your assailant attempts to punch you in the stomach. You step in and thwart the blow with a downward block; then counter attack with a knee into his solar plexus. **(See Fig. 108)**

Karate Defenses Against Street Attacks

The crime rate has risen rapidly in the past few years—and many penal experts predict it will continue to soar! In New York City alone last year more than 108,000 felonies and 153,000 misdemeanors were committed. Multiply those gigantic figures by the crimes in thousands of other towns and cities of America and you have a shocking overall picture. And what is even more frightening is that thousands of other attacks are never entered on the police blotter. These attacks occur every minute of the day by street gangs on unsuspecting citizens. Hoodlums, punks, and juvenile delinquents are on the loose, terrorizing innocent men, women and children. These street ruffians annoy, molest and browbeat. They respect only the Iron Fist. Naturally, the average American does not walk around with a chip on his shoulder. He doesn't spend his spare hours in a gym with the boxing gloves on. And yet in today's "dog eat dog" society, he must learn how to defend himself against the roaming roughnecks. And Karate is the answer! Yes, Karate, the super judo of the 20th Century! Best of all, you don't have to lift weights to practice Karate. No bar bells, no stiff and rigorous exercises at the gym are needed. Size and weight are not the primary factors in overcoming your attacker. In Karate you need fear no man! Even a 200 lb. brute can be overpowered ... If YOU know how to use his own weight and size against him! Let us now demonstrate the proper defense against street attacks: 1. You are walking down a dark street. A man creeps up behind you. He grabs your right hand, pulls and twists it from behind in an attempt to get a strangle-hold on you. **HOW TO DEFEND:** Swing the foot opposite the hand being held and attack his face with smashing blows. **(See Fig. 109, 110, 111)**



2. You're standing still on a street corner. A wise guy walks close behind you. Perhaps you had a few disagreeing words with him last week. Now he wants to get "even" with you. He suddenly pulls your right hand back and with the same motion pushes your shoulder forward. **HOW TO DEFEND:** Don't hesitate a moment. Give him the mule kick from the rear—and right to his solar plexus. He will loosen his grip and then you really go to work on him. **(See Fig. 112, 113)**

3. Two men sneak up behind you. Each grabs a hand, pulls it back and pushes your shoulders for-ward. **HOW TO DEFEND:** Attack one opponent with a rear mule kick. Attack second opponent with elbow blow to ribs. Free your self and run for safety. **(See Fig. 114, 115 116)**

A man goes berserk and tries to attack you with a knife. He attempts to strike you from an overhead position. **HOW TO DEFEND:** As he plunges down, you leap off at a 45° angle, land on your left foot and kick with your right foot at the maniac's knee. This will throw him off stride. Follow thru with any of your Karate weapons. **(See Fig. 117, 118)**

5. A maniac tries to knife you in the stomach. **HOW TO DEFEND:** Fall forward to the floor diagonally and throw a roundhouse kick to the nut's groin with your right foot. This will make him double up with pain. With the same leg you thrust at the man's knee joint, throw him to the ground and disarm him. **(See Fig. 119, 120)**

6. A punk, reeking of liquor, tries to whack you with a back hand blow from across his body. **HOW TO DEFEND:** Step in with your right foot and slash at his forearm with your right hand. Disarm him and strike at any nerve center. **(See Fig. 121, 122)**

7. A seedy looking, beady-eyed tramp tries to hold you up with a knife. He surprises you and holds the weapon against your stomach. **HOW TO DEFEND:** Make a motion with your right hand to distract his attention; then slash down with the left. If possible grab the tramp's wrist. Turn your body away from the knife and smash him in the Adam's apple. **(See Fig. 123, 124)**

8. A wild teenager tries to club you on the top of the head. **HOW TO DEFEND:** Move quickly with your left hand and push against the elbow joint of the attacking arm; then move in fast and counter attack with the elbow with smashes to the face and kicks to the groin. **(See Fig. 125, 126)**

9. An opponent tries to club you with a round-house swing. **HOW TO DEFEND:** Block the blow with a knife hand defense against his forearm and with your righthand deliver a stinging, smashing knife blow to your opponent's neck. **(See Fig. 127, 128)**

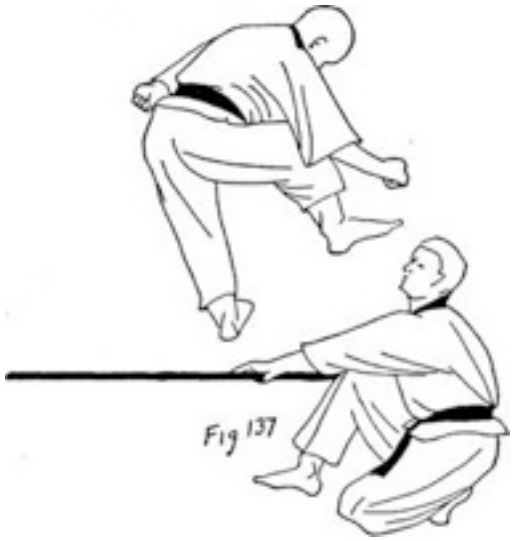
10. A man attempts to attack you with a back-handed swing of the club. **HOW TO DEFEND:** Lean to the side to dodge the attack and then counter with a sweeping roundhouse kick to the solar plexus or groin. **(See Fig. 129, 130)**

11. Man attempts a backhanded smash to your stomach with a club, stick or baseball bat. **HOW TO DEFEND:** Fall forward diagonally and deliver a roundhouse kick to the stomach. **(See Fig. 131, 132)**

12. Man attempts to strike you to the head with a long pole or broom stick. **HOW TO DEFEND:** Step to the side quickly to dodge the blow. Your opponent will bring his arm back to try and hit you again. This time deliver a well aimed kick with your foot to his arm pits—this will sap his strength. At the same time, throw a punch to his face. **(See Fig. 133)**

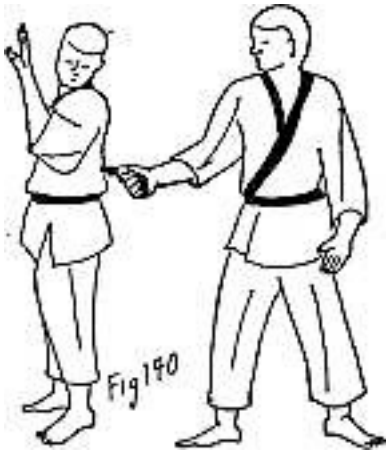
13. Man attempts to smash you on the head with a long rod. **HOW TO DEFEND:** Step inside and thwart the blow with your left hand; this will throw the man off balance temporarily. Follow thru with a smashing punch to the face. **(See Fig. 134, 135)**

14. Man attempts to smash your legs with a long pole. **HOW TO DEFEND:** Jump up to dodge the blow. At the same time, send a swift kick to your foe's face; then punch away at him. **(See Fig. 136, 137)**



15. A man has a long pole and tries to jab at your face and chest with it. **HOW TO DEFEND:** Quickly dodge to the inside, grasp pole with both hands, then quickly deliver a kick to opponent's solar plexus. (See **Fig. 138, 139)**

An assailant presses a pistol into your back. **HOW TO DEFEND:** Try to distract his attention with a slight, innocent movement of your hand; hen quick-as-a-flash, step back & slash downward against his gun hand. Smash away until drops gun. **(See Fig. 140, 141)**



17. An opponent holds a pistol against the back of your head. **HOW TO DEFEND:** Distract his attention with nonchalant movement of the hand, then quickly step back and slash across your rear, striking his wrist or forearm. Turn body away from the gun and smash opponent with Karate blows until he crumbles. **(See Fig. 142, 143)**

18. Opponent presses gun against your stomach. **HOW TO DEFEND:** Slash downward on opponent's gun hand. Follow thru by grasping arm and twisting it, forcing opponent to drop pistol. Then deliver repeated Karate blows. (See **Fig. 144,145)**

19. Opponent holds a gun at the side of his hips about a foot away from you. **HOW TO DEFEND:** Distract his attention with your hand. As he looks up, slash left hand down and across, grab gun; deliver punch to Adam's apple with right hand. **(See Fig. 146, 147)**

A WORD OF CAUTION: Unless you have mastered every phase of Karate, do not attempt to defend yourself against a pistol or knife threat. The intention here is to show you the proper Karate defense, but not to encourage an amateur to take a foolish risk in a moment of extreme danger.

Karate Self-Defense
Especially for Women

In Colony, Oklahoma an attractive 21-year-old wife of a basketball coach was brutally slain with a baseball bat... In a popular resort town near San Francisco, a young woman was found murdered in a little cottage off the shore.... In a plush Kentucky country club, two female attendants surprised a burglar and were bludgeoned to death. In Akron, Ohio a slim, happy, carefree waitress was strangled to death while walking home from work.... In Queens, N. Y. a doctor's receptionist was bound, robbed and gagged by a teen-age thug.... In Kansas City, Missouri a pretty 17-year-old high school coed was accosted by a fresh youth and, when she resisted his advances, was terribly beaten.

How often have you read newspaper stories as the above? These are true stories. Brutal, savage attacks on women have reached an all-time high—and there seems to be no end in sight. As you read these words, somewhere in your state, perhaps in your own town—yes, **even within a mile radius of where you are now sitting—a woman is being assaulted!** That's the ugly truth, dear reader. But what match can a slim 115-lb. girl be against a 6-ft, 200 lb. brute?

You might say that there is no defense for the poor, frightened woman? **You are wrong!** Karate knows no gender. Male **and** female can learn the rudiments and defensive principles of Karate equally well. Yes, if a female knows Karate, she can defend herself against any roughneck. Every American female, including your wife, mother or sister, should equip herself with Karate knowledge. It may save them trouble some day ... or night. It is worth more than any life insurance! And the premiums cost practically nothing—you spend just a few minutes of your time each day for a specified period. But once the knowledge has been grasped, once the

strokes have been learned, the female Karate specialist can put them to good practice for a lifetime!

The following illustrations indicate some of the more common attacks that women can defend against with Karate counter strokes:

1. An assailant tries to paw and touch your body. **HOW TO DEFEND:** Don't draw away. Step closer to him, but stamp on his foot hard. At the same time shove his chin back forcefully with the palm of hand counter attack. **(See Fig. 148)**

2. You're sitting in a movie theatre. The man next to you begins to feel your leg. **HOW TO DEFEND:** Jab your elbow sharply into his side.

Another defense. Gently hold and lift his hand. He will think you are responding to his advances. Then using both your hands, yank his thumb back as far as possible. (See **Fig. 149,150)**

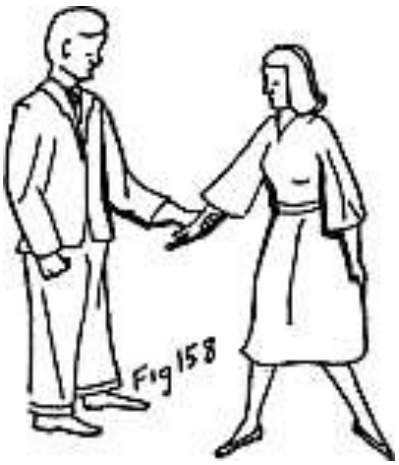
3. An attacker grabs your wrist. **HOW TO DE-FEND:** Raise the captured arm as high as you can and follow thru with a knee kick to his groin. **(See Fig. 151, 152)**

4. You're standing on a street corner waiting for a bus. It's a dark, foggy night. A man sneaks up behind you and puts his arms around your chest. **HOW TO DEFEND:** Grab his left wrist with your left hand and jab your right elbow into his ribs. If possible also try to stamp on his feet with your heel. **(See Fig. 153,154)**

5. Man tries to embrace you, pulls you close to his body. **HOW TO DEFEND:** Give him two-finger attack to his eyes. With your left hand, apply the knife slash to his neck. Step on his feet. **(See Fig. 155)**

6. Man tries to kiss you in back of the neck. **HOW TO DEFEND:** Snap head back fast and apply elbow thrust to the rear toward his ribs. **(See Fig. 156)**

7. Man tries to put hand around your waist. **HOW TO DEFEND:** Deliver a sharp side blow with your elbow. Follow thru with a knife slash to the neck. (Sec **Fig. 157)**



8. Man tries to pull you close to him. He yanks your arm toward his body. **HOW TO DEFEND:** Move in but deliver swift kick to his groin or genitals. **(See Fig. 158)**

Karate Training Equipment

If you want to master Karate, you must develop the latent strength in your fingers, knuckles, hands, hand edges, feet, elbow, toes, etc. These parts of your body are your weapons. Unlike the weapons of the soldier or policeman, the Karate weapons cannot be purchased at a gunsmith. They are not ready-made. You **yourself** must forge them on the anvil of practice, training and self-discipline. To attain the highest degree of proficiency in the art of Karate, you must practice diligently day by day. Remember the words of a famous inventor. When asked the secret of his success, he replied, **"1% inspiration and 99% perspiration".** So too with Karate. Practice **practice, PRACTICE!** And practice will make perfect!

To help you speed your way to perfection faster and easier, it is suggested that you use the following pieces of equipment.

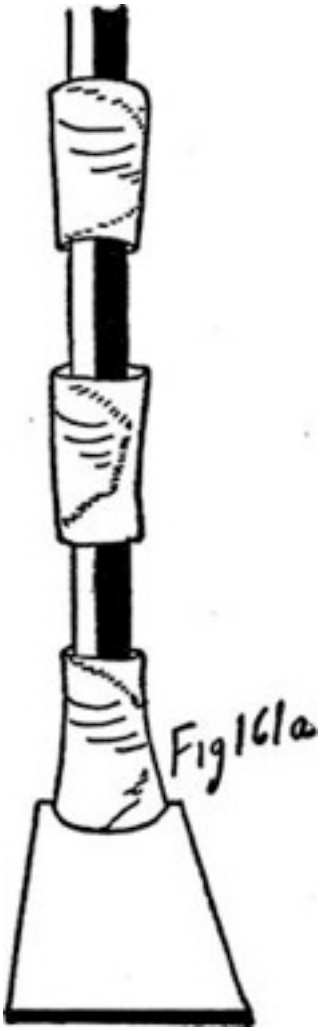
Karate Sand and Gravel Box

You can construct a Karate Sand and Gravel Box or use any old wooden box in the cellar. At the beginning, you should fill the box with rice. To help strengthen your fingertips, thrust your hand into the box about 20 times daily. Use both hands. After a while, remove the rice and fill it with dirt. Then as your hand becomes callused, remove the dirt and fill it with gravel. After constant training the striking points will become less and less sensitive. **(See Fig. 159)**

Karate Cement Blocks

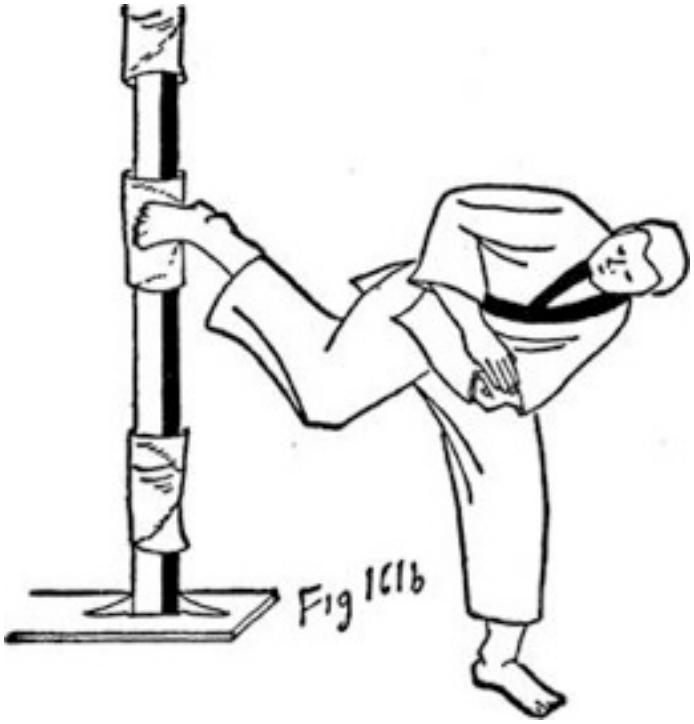
If there is any construction job in the works in your neighborhood, walk over to the superintendent and ask him politely for one or two chipped cement blocks. Explain that you'd like to practice Karate with the help of the blocks, and that you'd gladly report any hoodlums loitering around his job as a reciprocity for his kindness.

Set up the cement blocks in your backyard or basement. At first they should be covered with a thick blanket. Pound away with the side of your hand, with your elbow and with your fist. Do this about 15 times a day. After a short period, remove a layer of the blanket; then remove the entire blanket **(See Fig. 160)**



Karate Striking Pole

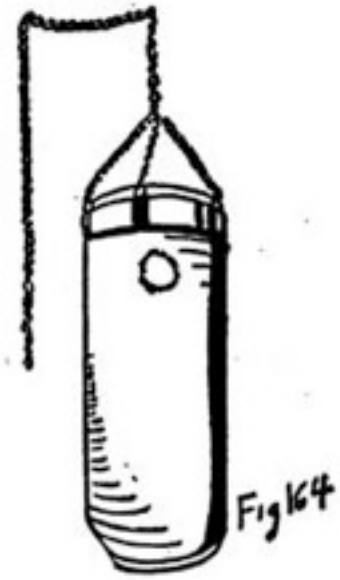
You can build your own Karate Striking Pole. It should stand about 6 feet high with Karate straw pads, padded towels, or old pillows placed at three heights —shin height, stomach height, face height. The striking pole is an ideal -way to get the "feel" of Karate techniques. Also it will help you toughen and harden the skin of your knuckles, elbows and feet. You can practice all the striking methods previous described. (See **Fig. 161-A and 161-B)**



Karate Moving Ball Target

The purpose of this target is to sharpen the ac-curacy of your kicking. You attach a small ball at the end of a rope & hang it from the ceiling. Practice various Karate kicks and hand blows on the small ball. Try to raise or lower the ball. The theory behind this is simple. If you can strike a small mov-ing object, then you will find it easier to strike a larger object. **(See Fig. 162,163)**

Karate Heavy Bag



You probably have an old laundry bag at home. Fill it with old rags, straw, excelsior and pack it tight. Suspend it from a rope. You now have a good punching bag to practice various Karate movements. **(See Fig. 164)**

Karate Fortifier

One of the best ways to strengthen the muscles of your hands, wrists and forearms is by using your Karate Fortifier daily. You will develop a strong, vise-like grip in a matter of weeks—if you practice on the Fortifier 10 minutes a day. The Fortifier may be purchased at any sporting goods store for about $1.98. **(See Fig. 164-A)**

Karate Practice Dummy

This is a life-size lithographed dummy with the major pressure targets and focal nerve centers printed right on it. Mount it on the wall or back of a door. Practice striking the pressure points on your 6-ft. "opponent". The life-size manikin may be pur-chased for $1.00 to $1.49 at many medical supply houses. If none is available, send $1 plus 25¢ to cover mailing costs to Kimberly-Jones Corporation, 80 Montgomery Street, New York, N. Y. **(See Fig. 164-B)**

Karate Practice Clothes

Don't throw away those old clothes! You can put them to good use when practicing Karate. Use them as your own "official" Karate Practice Uniform. Old, lightweight shirt and loose trousers are ideal. A sash belt completes the uniform. It is suggested you wear a jock-strap for added protection when practicing with a friend. (See **Fig. 182, 183, 184)**

Calisthenics

Fig 165

Fig 166

An integral part of Karate training is Calisthenics. It is essential that the student conduct a 15-minute warm-up or limbering up exercises to strengthen and loosen his muscles. You should loosen the body, indulge in neck twisting, arm stretching, back stretching, leg swinging, leg stretching, leg spreading, trunk twisting, etc. A few illustrations are shown below. **(See Fig. 165, 166, 167, 168, 169)**

Fig 167

Fig 168

Fig 169

This is Leg-Lifting. Place hands against a wall, lean your body forward and quickly lift the knee as high as you can. After steady practice you will be able to lift it right to your upper chest! **(See Fig. 170, 171)**

Other Forms of Calisthenics

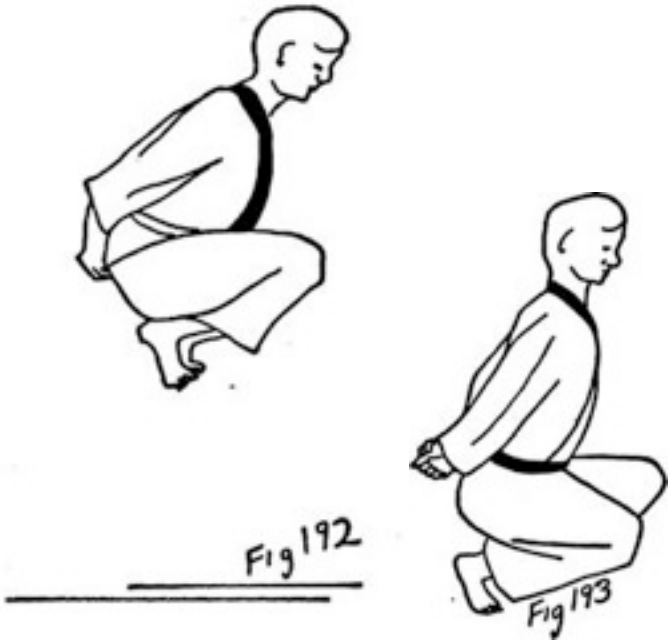
As many of you know, rope skipping is not just for little girls. Professional boxers in every weight divi-sion—from the lightweight division right up to the heavyweight division—practice rope skipping be-fore each training session. Try one jump and when you have gained confidence and perfection, attempt two jumps per revolution. **(See Fig. 172)**

Punching the bag is an excellent way to sharpen your reflexes, get more steam into your overhead punches. Keep slugging away according to the cor-rect principles of Karate. Practice the one-knuckle, middle knuckle, knife hand, back of hand, clenched fist strokes. Dance around the bag. Strike from awkward positions. **(See Fig. 173)**

To develop and strengthen the muscles which are so important in executing Karate techniques and motions, it is wise to practice these advanced calisthenics. Push-ups will help strengthen the legs and arms. You should be able to do 15 or 25 push-ups a day. Push-Ups are one of the basic muscle strengthening exercises practiced by the United States Marines, by tough Commando troops, by F.B.I, men and police trainees everywhere. Push-Ups, too, should be practiced by the Karate Man in Training **every day!** It's the ideal exercise for the chest, arms, stomach, back, ankles, wrists! **(See Fig. 185, 186, 187, 188, 189)**

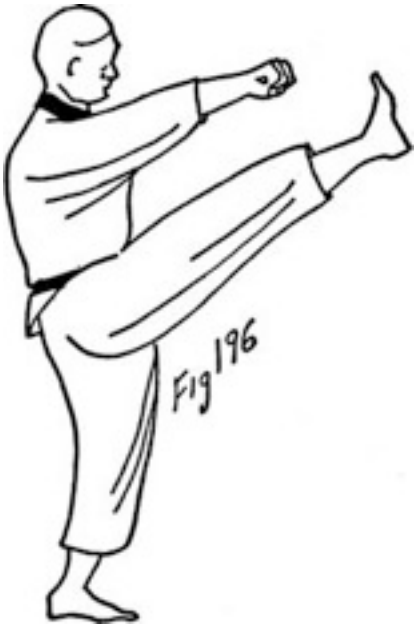
Another good limbering-up exercise is called Rabbit-Hopping. And, as the name implies, you hop around the room like a rabbit. It sounds easy but once you try it, you'll wonder how rabbits do it so gracefully! But don't despair! Keep trying it and you'll master it as well as Bugs Bunny. This exercise strengthens muscles used in jumping and kicking. Hop a few feet each day; then increase the distance until you can rabbit-hop about 75 feet! **(See Fig. 190, 191, 192, 193)**

Fig 191



Another good limbering-up exercise consists of throwing your right straight out—as if you were punching a bag. This helps give you proper leverage. Try it a few times when warming up. **(See Fig. 194)**

Try marching around the room like a wooden soldier. This helps improve your knee thrusts. **(See Fig. 195)**



If you've ever visited New York City, you've undoubtedly seen and admired the precision dancing and leg kicking of the world-famous Rockettes on the stage of the Radio City Music Hall. You should try kicking your leg up too. This is an excellent exercise for strengthening leg muscles. **(See Fig. 196)**

Breathing Exercises

If you're an average human being, you may be alive but you are **not** breathing . . . correctly, that is. Americans take breathing for granted, but did you know it is really an important exercise. Proper breathing habits stimulate heart action, increase the circulation, drain the carbon dioxide from the blood, and make for better, more active muscular coordination. But alas, so many of us indulge in shallow breathing, mouth breathing and some of us —in a moment of intense concentration—even for-get to breathe!

In Karate you need the maximum physical and psychological strength at a critical moment. Often you are surprised by an opponent; he has you at a slight disadvantage. You become excited, flushed; you miss a heartbeat; gasp for breath! That is when your Karate Breathing Exercises will come to your rescue. These exercises, when properly per-formed, will train your body to operate at peak ef-ficiency even in a moment of extreme danger! Even if you are caught unaware, caught short of breath, you will be able to defend yourself successfully.

Proper Posture

The most important prerequisite to proper breathing has nothing to do with the respiratory system at all. It's proper posture! If your shoulders slump for-ward . . . your neck droops . . . your stomach bulges ... if your spine curves as you walk and your back looks like the letter "S", then brother, **ATTEN-TION!** You can learn all the Karate techniques and principles, but without proper posture you can never perform correct breathing exercises. Resolve now to stand erect, back straight, head up, shoulders back. Now we shall describe the most popular breathing positions.

Standing Positions

Stand straight, arms at your side, abdomen relaxed, head up. Exhale completely. Then wait a second. Now inhale. Hold the breath a second, then exhale. This is the basic breathing exercise. It teaches you control of the breathing muscles and the proper filling of your lungs.
Another exercise in the standing position is ac-complished in the following manner: Clasp your hands behind your neck. As you exhale you raise your hands high up the back as far as possible and extend downward, straightening the arms as you inhale. Do this a number of times.

Still a third exercise is done the following way: First, raise your arms high above your head. Bend forward and touch your toes as you exhale. Return to the original position as you inhale. This breathing exercises really empties the lungs of impurities.

A fourth method of breathing exercise while standing is this: Stand erect. Place your arms straight ahead of you, and on the level with your shoulders. As you inhale you bring the hands back to the shoulders. Bend your elbows but be sure they are on the level with your shoulders. Force your elbows well back. This method helps expand your upper front chest.

A fifth method is jokingly called, "rocking the boat" exercise. After you exhale, you bend the body to the right side and raise the left arm straight up as you inhale; then lower the arm and return to the original rigid position as you exhale. Then bend your body to the left, raise the right arm as you breathe in, and return to the original erect position as you exhale. This method helps raise the lower ribs.

Sitting Positions

The proper basic sitting position is as follows: Sit erect, keep your head up, hands resting on your hips, abdomen relaxed.

The first exercise: Close the left nostril by press-ing your forefinger on it. Then breathe in and breathe out thru your right nostril. Reverse the procedure. Place your finger on the right nostril with one hand; inhale and exhale thru the left nostril. Do this about 10 times. Notice how your nostrils feel clear afterwards.

A second breathing exercise that can be performed while sitting is called the "slow motion" exercise. Here you breathe as you normally would, but when you inhale and exhale you do it at a very s-l-o-w pace. The "slow motion" method teaches you proper breath control.

Remember the story of the 3 Little Pigs? Well, keep that children's tale in mind when performing this exercise. First exhale. Then breathe in slowly and long. Now with the mouth wide open exhale in one great puff! Push the air out like the big bad wolf blowing the straw house down!

Supine Position

The basic position: Lie flat on your back, stretch out your legs as far as you can. Keep the arms at your side. Just lie relaxed.

The first method: Place your right or left hand on your stomach, palm flat. Inhale as much as you can until the hand sinks well down. Then as you exhale push the hand up as much as you can al-most as if you are pushing the air out. This exercise teaches you control of the diaphragm.

Another exercise in the supine position Raise the head and shoulders and stretch forward with the arms, almost as if you are about to get up. But return to the supine position as you inhale and raise the arms straight up. Do this several times.

Third breathing exercise while lying on your back: Breathe in slowly but don't let the chest ex-pand; try to draw it in while you are inhaling. This helps expand the ribs.

The Prolonged Yoga Breath

Have you ever seen an experienced swimmer dive into a pool? You wait for him to come up but he doesn't. Then you hear a voice. It's your friend calling to you from the other end of the pool. He swam the entire length underwater. That re-quires good breath retention, good strong lungs, good breath control.

Here is how to develop the prolonged Yoga breath. Stand up erect, inhale slowly. Then hold the breath for as long as you can without causing strain or undue discomfort. Then exhale, but in rapid, forceful style thru the mouth. In fact, the air should gush out. The more air you draw into the lungs the more oxygen you receive and the longer you can hold your breath. When you exhale, you are clearing your lungs quickly, thus permitting an immediate inhalation. Repeat this exercise every day, but hold your breath longer each time. This exercise is excellent for underwater swimming, but also useful in any encounter with an opponent in Karate maneuvers.

Diet

"You are what you eat" a famous doctor once said. And he was so right. Eat well. Eat an abundance of high protein foods. Keep away from too much sugar, starches, fats. Take plenty of liquids. Avoid intemperate drinks, creamy rich pastries, fried foods, etc. Remember that your body needs the proper amount and variety of vitamins. Vitamin deficiency often causes rundown conditions, makes you susceptible to colds and illness. A sufficiency of vitamin intake is one of natures great safeguards against the premature aging process. Science has shown that vitamin deficiency robs you of vigor and energy. Let us quickly review some of the vitamins that are so important to the human body and list some foods containing these health-building vita-mins.

Vitamin A

An early symptom of vitamin A deficiency is night blindness. Many motorists who find it difficult to drive at night may be suffering from vitamin A deficiency Some times brittle, scaly skin indicates deficiency of vitamin A. You can get enough vitamin A in foods such as spinach, carrots, broccoli, oysters, peaches, chard, apples, cherries, lemons, oranges, prunes, peas, squash, asparagus, string beans, but-ter, eggs and cheese.

Vitamin B

A deficiency of vitamin B may lead to nervous conditions, poor appetite and malnutrition in chil-dren. You can get enough vitamin B in such foods as follows:

Vitamin B1, B2 and Niacin—beef liver and kidneys, fowl, brains, green leafy vegetables, broccoli, corn, peppers, spinach, onions.

Vitamin B1 alone—ham, pork, beef hearts, brown rice, nuts.

Niacin alone (Niacin was originally called vitamin G and is another vitamin in the B complex)—pea-nuts, pig liver, salmon, kidneys.

Vitamin C

Have you ever seen a person with bleeding gums or a person who feels depressed and tired all the time? He may lack enough vitamin C. Symptoms of vita-min-C deficiency appear as swollen gums, sallow complexion, lack of pep. Foods containing vitamin-C—citrus fruits, Brussels sprouts, tomatoes, liver, bananas, etc.

Vitamin D

Everybody knows how important vitamin D is to proper bone function. A lack of vitamin D may cause soft and weak bones that might easily break or fracture in tough sports competition, or in defending yourself against an assailant. You can get plenty of vitamin D from sunshine, milk, fish, egg yolks, fish liver oils, butter, cream.

Fuel for the Human Machine

Just as an automobile needs gasoline to run, the human machine needs energy to operate. The foods fed into the body provide the energy to run the human machine. In addition to furnishing the fuel or human energy, food has another major purpose. It is used for the growth and repair of tissues. Chemical analysis of foods contain carbohydrates, fats, proteins, minerals and water. Carbohydrates consist of starches and sugars. They are the chief source of human energy. Sugars are digested fast and provide quick pep and energy. Ex-GI's of the second World War will remember that chocolate bars were always included in their K and C rations —for quick pick-up energy!

Starches are found in bread, potatoes, cakes, macaroni. They certainly satisfy hunger pangs fast. But these foods don't contain enough vitamins, and a diet exclusively of starchy foods leads to over-weight and should be shunned by people not en-gaged in heavy work. The proteins are used primarily for the repair and growth of tissues. Eat foods with high protein content—milk, fish, eggs, lean meats.

Calories

Any overweight person knows the full meaning of calories. You have often heard the expression, **"Sorry it's not for me—I'm counting my calories".** It seems that at one time or another all of us count calories. And why not? The caloric content of the foods determine our weight. If a man who holds a sedentary job and. perhaps needs only 2500 calories each day eats "like a horse" and takes in 6000 calories, he is storing 3500 calories in his body — and that means **fat.** Naturally, when you work, play, walk, even sit and sleep, you are using up energy, and the unit for measuring the amount of energy you release is the **calorie.** Depending on the amount of physical work a man does, he needs from 2,000 to 4,500 calories a day. Using this as a guide, let us show you the approximate number of calories in average servings of everyday foods. With this list before you, you can "count calories" too if you are watching your weight. Remember, if you get too fat, you cannot perform the Karate techni-ques, parries and blows in an efficient manner.

Breads

Slice of white bread....	75 calories
Slice of whole wheat bread	70 calories
Cup of corn flakes	115 calories
Bowl of oatmeal	120 calories
Graham cracker	40 calories
Saltine cracker	17 Calories

Dairy Products

1 square of butter ..... 77 calories
1 square of margarine... 100 calories
1 egg 75 calories
1 8 oz. glass of milk..... 1 65 calories

Vegetables

5 pieces of asparagus 10 calories
½ cup of cooked cabbage 30 calories
1 cup of raw cabbage . 20 calories
1 carrot raw 25 calories
1 ear of corn about 6 inches 125 calories
1 boiled or baked potato, med 80 calories
1 sweet potato, large .. 245 calories
1 fresh tomato, medium 25 calories
1 medium onion 10 calories
1 cup cooked string beans 80 calories
1 cup cooked spinach ..... 50 calories

Meats and Fish

1 medium pork chop... 250 calories
1 large beef sirloin steak 350 calories
1 broiled lamb chop.... 175 calories
1 can red salmon about a cup 140 calories
5 raw oysters 50 calories
½ breast of chicken..... 200 calories

Nuts

1 tablespoon peanut butter 90 calories
1 chocolate almond ..... 75 calories
1 roasted peanuts (15 nuts) 75 calories
6 pecans 100 calories

Desserts

1 chocolate layer cake, 1 iced piece 350 calories
1 piece of apple pie ..... 400 calories
1 piece of lemon meringue 340 calories
1 oatmeal cookie 125 calories
1 doughnut 180 calories
1 cup cake, iced 275 calories
1 piece of sponge cake 150 calories

Karate and Good Health

When you have reached this point in our book you have already learned a great deal about self-defense thru Karate. You may never need to use any of the strokes and maneuvers to defend yourself against surprise attack. After all, a mastery of Karate tactics is only insurance in such emergencies and your study and practice of it is certainly worth your while. But there is a dividend—a bonus value that goes beyond its purely defensive role. By practicing Karate you also contribute to good health.

Karate involves many body movements, which while not strenuous or fatiguing, nevertheless tend to build muscular tone and also limber up the body in general. Like other forms of exercise, Karate also stimulates the circulation, causing oxygen-rich blood to reach all body organs. It is a well known fact that this exercise makes for general well-being.

Science now knows that the physically active person is less prone to infection. He actually catches **less** colds and builds up body resistance to many disease. He enjoy more vigor, more vitality. He looks younger and feels younger. He is more alert and has that gleam of youth in his eyes and complexion. It goes without saying that a person is more attractive to the opposite sex and is usually more successful in business when he looks and acts young.

When you are healthy you are actually younger. Many men of 30 are actually older, naturally speak-ing, that some active men of 50 or more. A person leading an inactive, sedentary life has far less life expectancy, whereas an active, physically powerful man prolongs his life expectancy, all other things being equal. But most important of all, he enjoys better health, greater agility and extends that feeling of youthful energy right into the twilight years of his life.

Certainly this is a bonus feature well worth while in your practice of Karate. But it can only be achieved if you practice the art. Karate can also be an excellent sport that will bring you much pleasure in the years to come. Naturally the Code of Courtesy applies here with greater force than in meting out blows to an enemy. Care must always be exercised not to cripple an antagonist. Performing Karate among friends can be a very rewarding experience. Some of the maneuvers bring such lightning results as to cause amazement even among the most blase person. It certainly wins admiration and a Karate man's reputation has a way of spread-ing. Women, especially, admire and respect a Karate expert, whether he's tall and muscular or small and puny. They look upon him as they would a war hero. But there is a satisfaction even greater —it is that inner feeling of security and strength that you'll have for the rest of your life.

Gone are the feelings of inadequacy. No longer need you face humiliation. Your manhood is con-firmed to yourself. You actually win new confidence in yourself and this can well be translated to other endeavors, whether social or business.

Naturally, to become proficient in Karate you must devote yourself to it. Merely reading this book will not make you an expert. You must practice, practice, practice! Refer to this volume time and again. After a while you will find that you actually have mastered most of the strokes and tactics. As you can see by now, Karate is not difficult at all. You can actually memorize the various maneuvers in weeks, and you can really make use of them in little or no time. We have deliberately bound this Karate course in compact handbook size to make it easier for you to take with you everywhere. A big, clumsy book might collect dust on the bookshelf because it is impractical to study from. But in this compact portable size, you can take your book with you everywhere—just slip it into your pocket.

There's a vast difference in being a rank amateur and an expert. What you want to be is up to you. Let us say, however, that the time you devote to

this centuries-old art will pay you back ten fold in added protection, extra-energy, fuller enjoyment of life.

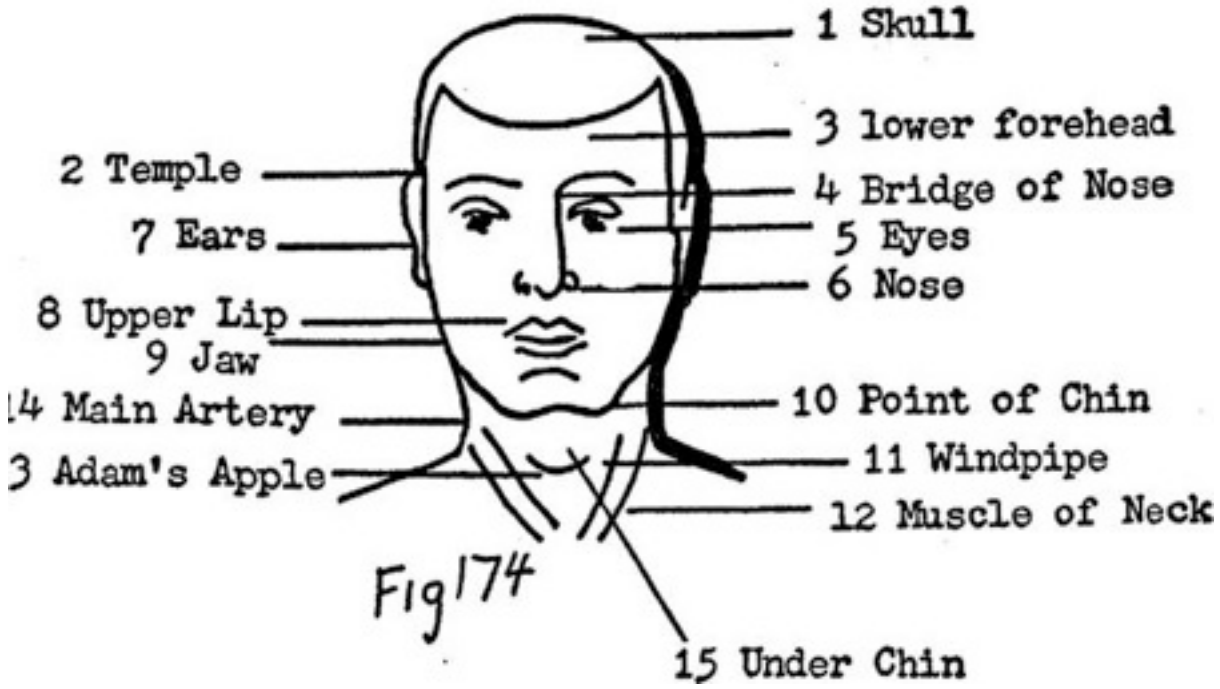
If you approach Karate as though it were a mere chore, your progress will be slowed. But if you take as a sport—as an enjoyable pastime—it will turn out to be not work but fun. And your progress will be greater. Yes, you must love the art, stay with it, make it a fun-hobby. Then will you be amazed how advanced you can become—even in 3 or 4 short months!

PRESSURE TARGETS & VITAL NERVE CENTERS

THE HEAD AND NECK

FRONT VIEW

(See Fig. 174)



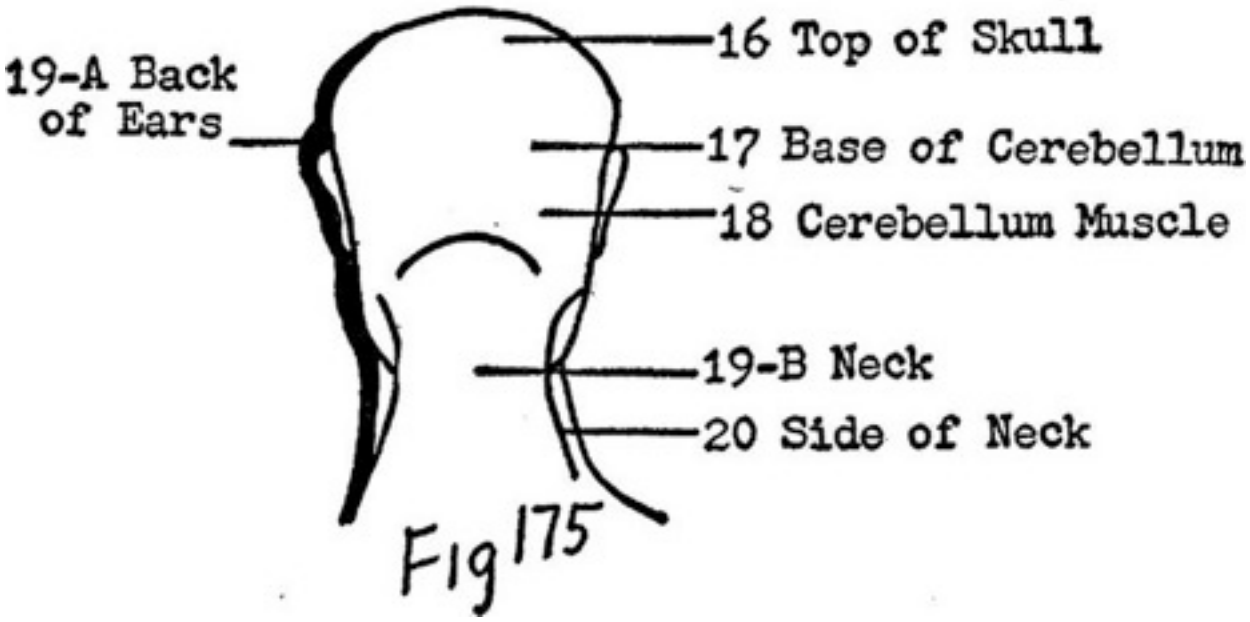
TARGET	MAJOR BODY WEAPONS EMPLOYED	MAJOR DIRECTION	RESULTS
1. Skull	Bottom Fist	Down	Dazed Effect
2. Temple	Clenched Fist, Back Fist, Side Chop, The Grind, One Knuckle	In, Side	Painful
3. Lower Forehead	Back Fist, Knife Hand, Side Chop	In, Side	Extreme Pain
4. Bridge of Nose	Clenched Fist, Back Fist, One Knuckle, Side Chop, One Finger Thrust, Two Finger Thrust	In, Side, Down	Acute Pain, Dazed Effect
5. Eyes	One Finger Thrust, Two Finger Thrust, One Knuckle, The Grind	In	Extreme Pain, Temporary loss of Sight
6. Nose	Clenched Fist, Back Fist, Knife Hand, Palm Hand	In, Side, Up	Extreme Pain
7. Ears	The Claw, Clenched Fist, Back Fist	In, Side	Dazed Effect,
8. Upper Lip	Knife Hand, Palm of Hand	Upward, Angled In	Acute Pain
9. Jaw	Clenched Fist, Back Fist, Heel of Palm, Ball of Foot	In, Upward, Side	Fierce Pain
10. Point of Chin	Clenched Fist, Elbow, Heel of Palm, Ball of Foot, Heel	In, Up	Temporary Loss of Consciousness, Extreme Pain
11. Windpipe	One Knuckle, One Finger Thrust	In, Side,	Temporary Loss of Wind, Acute Pain
12. Neck Muscle	Knife Hand, Side Chop, Foot	In, Side, Up	Temporary Incapacity, Sharp Pain
13. Adams' Apple	One Knuckle, Middle Knuckle, The Hook, One Finger, Two Finger	Straight, Up	Temporary Paralysis, Fierce, Racking Pain
14. Main Artery	As Above	In, Up	Fierce Pain
15. Under Chin	Heel of Palm, Elbow, Foot	In, Up	Racking, Sharp Pain

PRESSURE TARGETS & VITAL NERVE CENTERS

THE HEAD AND NECK

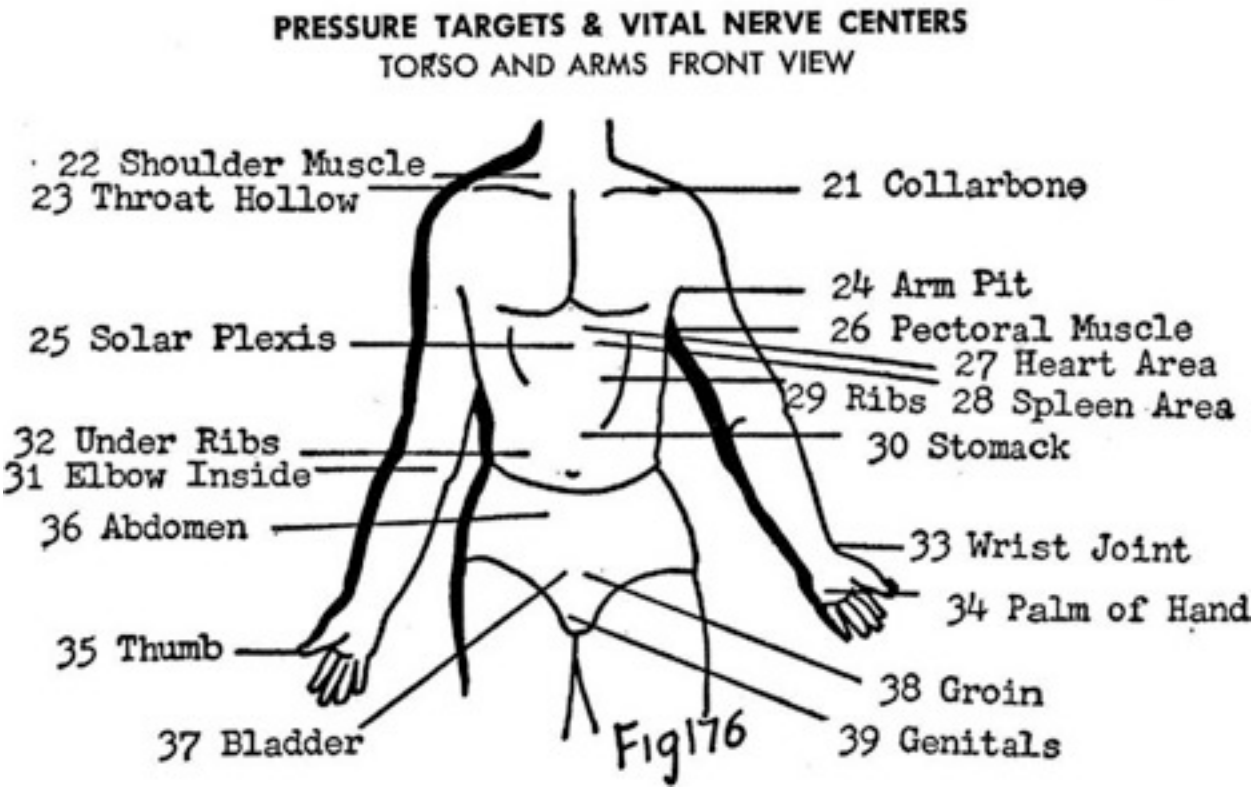
BACK VIEW

(See **Fig. 175)**



TARGET	MAJOR BODY WEAPONS EMPLOYED	MAJOR DIRECTION	RESULTS
16. Top of Skull	Bottom Fist, Back Fist	Down	Stinging Pain
17. Base of Cerebellum	One Knuckle, Middle Knuckle	Upward	Temporary Sense Loss, Dazed Pain
18. Cerebellum Muscle	Knife Hand, Bottom Fist	In	Acute Pain
19. Neck	Knife Hand, Side Chop	Side, In	Temporary Incapacity, Extreme Pain
20. Side of Neck	Knife Hand, Side Chop, Bottom Fist	Side, In	Severe Pain, Lasting Numbness
21. Collar Bone	Bottom Fist, Knife Hand	Down	Severe Pain
22. Shoulder Muscle	Knife Hand, The Grind	Side, In	Sharp Pain
23. Throat Hollow	Knife Hand, Bottom Fist	Inward & Down	Temporary Incapacity
24. Arm Pit	Knife Hand, Knuckle, Elbow, Ball of Foot	Upward	Stinging Pain
25. Solar Plexus	Clenched Fist, Bottom, Fist, One Knuckle, Middle Knuckle, Foot, Elbow	In, Side	Excruciating Pain, Temporary Loss of Wind
26. Pectoral Muscle	Knife Hand, Elbow, Middle Knuckle, Elbow	Side, Upward	Extreme Pain
27. Heart Area	Elbow, Clenched Fist, Knife Hand	Inward	Sharp Pain
28. Spleen Area	Knuckle, Elbow	Upward	Sharp Pain
29. Ribs	Clenched Fist, One Knuckle, Elbow, Foot	Upward & Inward	Severe Pain
30. Stomach	Clenched Fist, One Knuckle, Elbow, Knee, Foot	All Directions	Dazed Effect Acute Pain
31. Inside of Elbow	Knife Hand, Elbow, One Knuckle	Up & In	Stinging Pain
32. Under Ribs	Knife Hand, Clenched Fist, Foot, Knee	All Directions	Acute Pain
33. Wrist Joint	Bottom Fist, Clenched Fist, Back Fist, One Knuckle, Middle Knuckle	Side, Straight	Temporary Incapacity of Wrist Area
34. Palm of Hand	Clenched Fist, The Grind	Inward	Sharp Pain & Soreness
35. Thumb	The Claw	Upward	Excruciating Pain

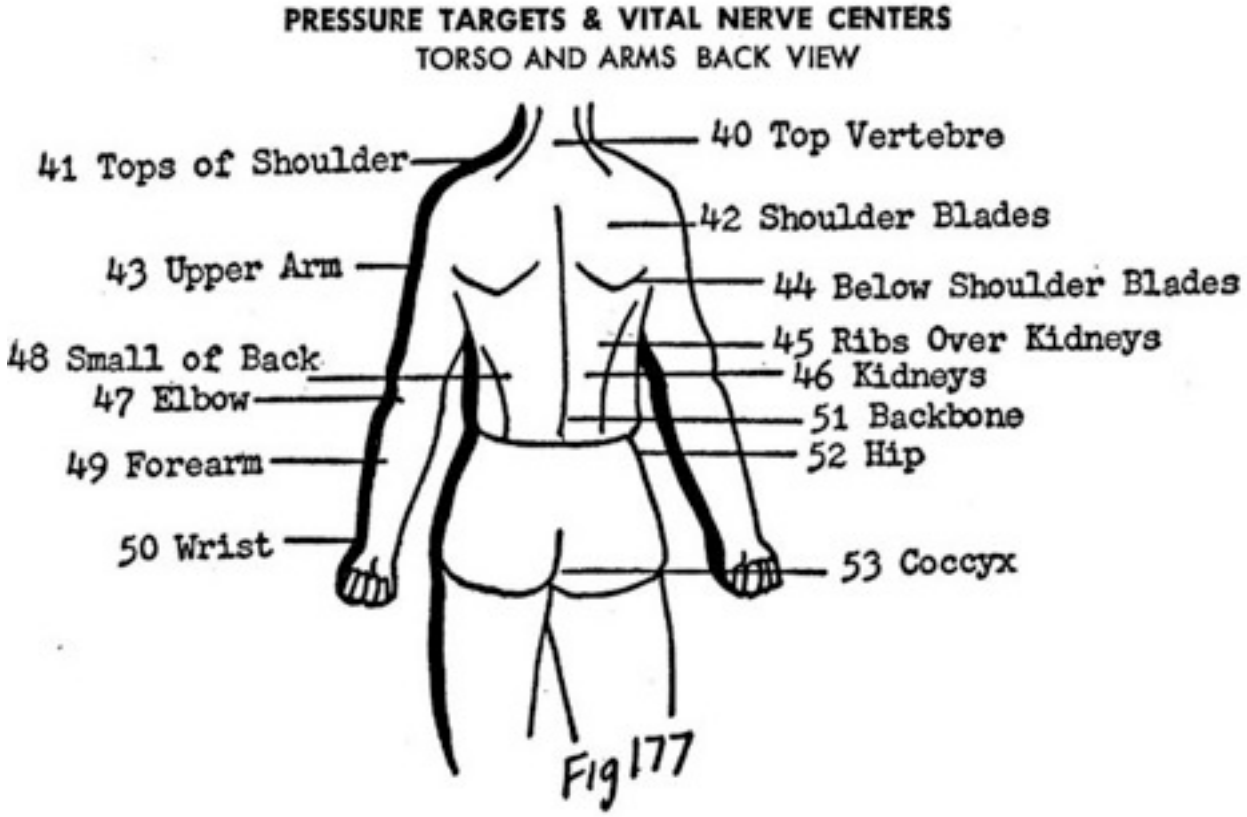
(Fig. 176)


PRESSURE TARGETS & VITAL NERVE CENTERS
TORSO AND ARMS FRONT VIEW
22 Shoulder Muscle
23 Throat Hollow
21 Collarbone
24 Arm Pit
26 Pectoral Muscle
25 Solar Plexis
27 Heart Area
29 Ribs
28 Spleen Area
32 Under Ribs
30 Stomack
31 Elbow Inside
36 Abdomen
33 Wrist Joint
34 Palm of Hand
35 Thumb
38 Groin
37 Bladder
39 Genitals
Fig176

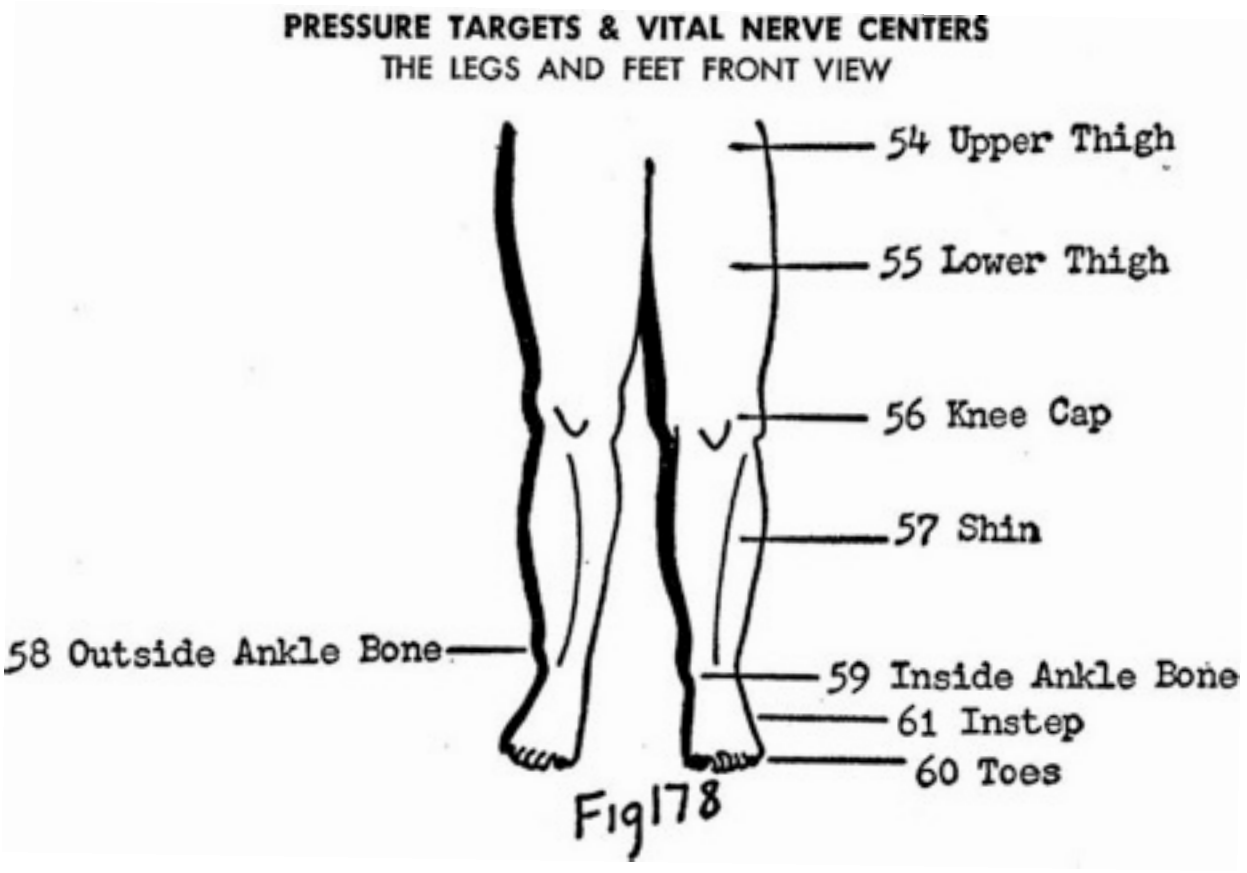
TARGET	MAJOR BODY WEAPONS EMPLOYED	MAJOR DIRECTION	RESULTS
36. Abdomen	Clenched Fist, Knee, Heel of Foot	In & Up	Severe Pain, Temporary Loss of Wind
37. Bladder	Clenched Fist, Knee, Foot, Heel	Inward, Upward	Dazed, Extreme Pain
38. Groin	Knee, Knife Hand, Foot	Upward	Temporary Paralysis, Intolerable Pain
39. Genitals	Knee, Foot, Knife Hand	Downward, Upward	Excruciating Pain, Dazed Loss of Senses
40. Top Vertebra	Knife Hand, Bottom Fist	Downward	Staggering Pain
41. Tops of Shoulder	Knife Hand, Bottom Fist	Downward	Severe Pain
42. Shoulder Blades	Elbow, Clenched Fist	Upward	Very Painful
43. Upper Arm	Knife Hand, Clenched Fist, The Grind	Inward	Extreme Pain, Temporary Incapacity of Area
44. Below Shoulder	Clenched Fist, Back Fist, One Knuckle, Elbow	Upward	Sharp Pain
45. Ribs, Over Kidneys	Knife Hand, Clenched Fist, Elbow, Foot	Upward, Downward	Dazed Effect Soreness
46. Kidneys	Clenched Fist, Back Fist, Bottom Fist, Knuckle, Elbow	All Directions	Sense Loss and Sharp Pains
47. Elbow	Back Fist, Clenched Fist, Elbow	Upward	Sharp, Penetrating Pain
48. Small of Back	Clenched Fist, Back Fist,	Inward, Upward	Excruciating Pain
49. Forearm	Knife Hand, Clenched Fist,	Sideways, Inward	Acute Pain
50. Wrist	Knife Hand, Clenched Fist Bottom Fist, One Knuckle	Inward	Complete Immobility of Area, Loss of Strength
51. Backbone	Knife Hand, Ball of Foot, Elbow, Knee	Inward, Upward	Sharp, Extreme Pain
52. Hip	Knife Hand, Clenched Fist, Knee, Foot	Inward	Temporary Incapacity
53. Coccyx	Ball of Foot, Knee, Foot Edge, Heel	Sideways, Upward	Temporary Paralysis

TARGET	MAJOR BODY WEAPONS EMPLOYED	MAJOR DIRECTION	RESULTS
54. Upper Thigh	Knee, Foot, Knife Hand	Downward, Inward	Severe, Deadening Pain
55. Lower Thigh	Knee, Foot	Inward	Sharp Pain
56. Knee Cap	Knee, Foot, Heel of Foot, Toes of Foot	Upward	Excruciating Pain, Temporary Disability
57. Shin	Toes of Foot, Heel of Foot, Side of Foot	Sidewards	Extreme Pain
58. Outside Ankle Bone	Foot, Heel of Foot	Downward	Stinging Pain
59. Inside Ankle Bone	Side of Foot, Heel	Sideways, Downward	Sharp, Extreme Pain
60. Toes	Bottom of Foot, Toes	Downward	Acute Pain
61. Instep	Foot, Toes	Sidewards	Sharp Pain
62. Lower Buttocks	Foot, Knee, Hand Slash	Downward	Very Painful
63. Upper Leg	Foot, Knee	Upward	Sharp Pains
64. Side of Knee	Knee, Foot	Upward	Severe Pain
65. Hollow of Knee	Knee, Foot	Upwards	Temporary Immobility of Area
66. Calf	Foot, Knee, Side of Foot	Inward	Temporary Disability with Racking Pain
67. Ankle	Toes, Ball of Foot, Side of Foot	Sidewards	Very Sharp Pain
68. Achilles' Heel	Ball of Foot, Foot Side, Heel of Foot	Straight	Excruciating Pain

(Fig. 177)


PRESSURE TARGETS & VITAL NERVE CENTERS
TORSO AND ARMS BACK VIEW
40 Top Vertebre
41 Tops of Shoulder
42 Shoulder Blades
43 Upper Arm
44 Below Shoulder Blades
45 Ribs Over Kidneys
48 Small of Back
46 Kidneys
47 Elbow
51 Backbone
52 Hip
49 Forearm
50 Wrist
53 Coccyx
Fig 177

(Fig. 178)


PRESSURE TARGETS & VITAL NERVE CENTERS
THE LEGS AND FEET FRONT VIEW
54 Upper Thigh
55 Lower Thigh
56 Knee Cap
57 Shin
58 Outside Ankle Bone
59 Inside Ankle Bone
61 Instep
60 Toes
Fig178

(See Fig. 179)

PRESSURE TARGETS & VITAL NERVE CENTERS
THE LEGS AND FEET BACK VIEW

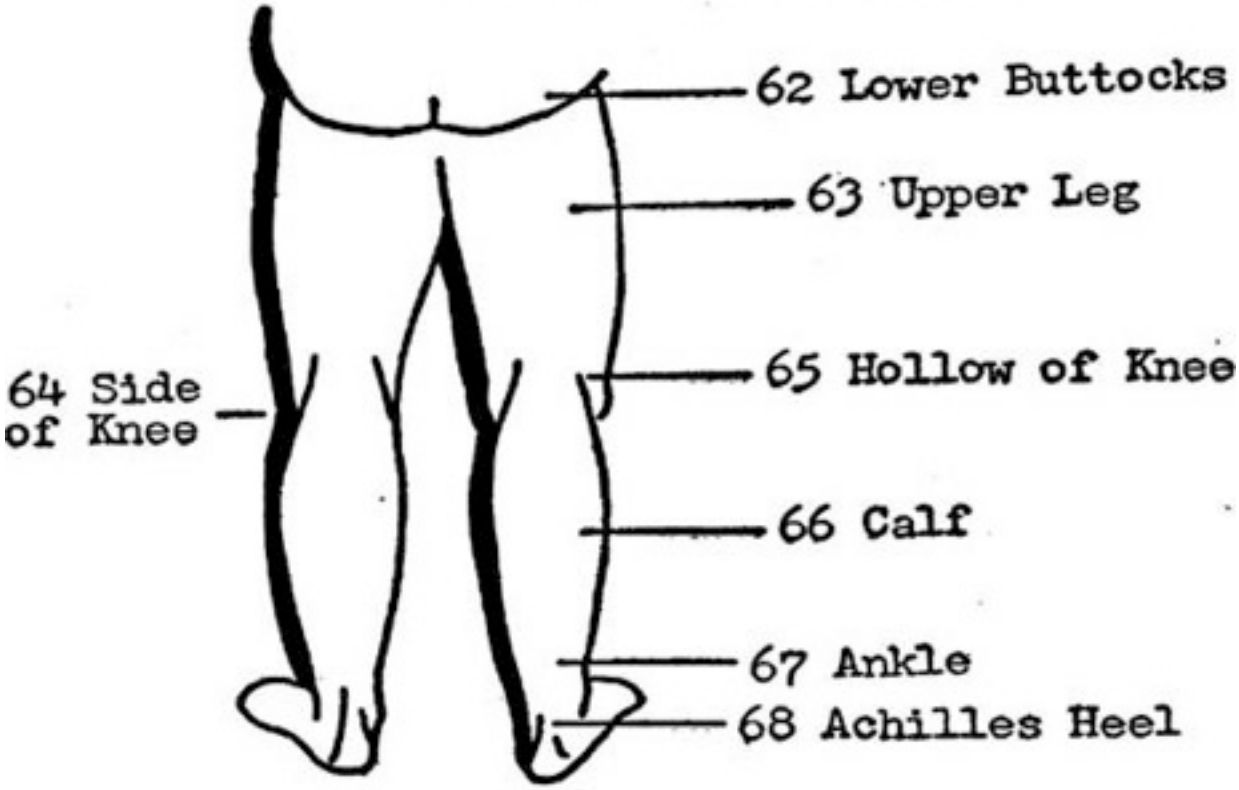


Fig 179

The Ten Commandments of Good Health and Long Life

1. Thou shalt prefer protein foods that are the staff of life, the rebuilders of cells and tissue and regenerators of the organic processes.

2. **Thou shalt avoid starches and fats for they shorten life and rob thee of vigor and vitality.**

3. **Thou shalt curtail the demons of intemperate drink and smoke.**

4. **Thou shalt be active in the sport of thy choice, resolving to devote time to physical activity every day of the week, including the Sabbath day.**

5. **Thou shalt exercise and strengthen thy lungs that purify thy blood with nature's elixir—oxygen.**

6. **Thou shalt conquer worry, arch enemy of body and mind.**

7. **Thou shalt partake of vitamins in foods or in pill form for they are the spark of life.**

8. **Thou shalt visit thy physician and dentist twice a year and abide by their counsel.**

9. **Thou shalt give thy body rest thru sleep and relaxation so that nature may repair the day's strain and stress.**

10. **Thou shalt do everything in moderation, eat, drink, work and love.**