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*J. H. Jensen*

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# "Famous Fights of the Ring"

By  
**TOMMY TURNER**

(Ex-Instructor Police Force and A.I.F. on  
Ju-jitsu and Unarmed Combat).

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A. H. Jensen, Printer, 50 Spring St., Bondi Junet.



# JIU-JITSU

And Other Methods  
of Defence  
**SIMPLIFIED**

**HIT EM**

**HARD!**

**TOMMY TURNER**

**EX INSTRUCTOR POLICE FORCE  
AND A.I.F. ON JIU-JITSU AND  
UNARMED COMBAT**

SECOND REPRINT



PHASE 1.

At any time when striking with the edge of the hand the fingers should be extended and the hand held rigid. With practice you will find you can deliver the blow with terrific force with the palm facing up or down. It depends on what position you are delivering the blow from. Note Phases 1 and 2. The striking surface is between the base of the little finger and the heel of the hand.

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## FOREWORD

In compiling this book I have endeavoured to use as many holds and counters and other types of defence I think necessary for the average person to know. I have studied quite a number of books on all-round defence, but in most cases one would find them very complicated without a good knowledge of Ju-Jitsu and Wrestling.

It will be found that most of these methods can be mastered with very little practice. Although easily applied, are very effective and if carried to the extreme would prove fatal. Therefore I strongly advise my readers to practice with GREAT CARE to avoid injury.

I have instructed the Police Force, and since 1940 have instructed in the Army on unarmed combat, Ju-Jitsu, and Boxing. Previous to this I studied and practiced under some of Australia's greatest boxing, wrestling and ju-jitsu experts, and have given many exhibitions throughout the Commonwealth.

In ju-jitsu there are a large number of holds and throws. A big percentage the average person would never get the time to practice to become efficient enough to apply them if he found himself up against a ruffian, therefore I have selected a number of holds and counters that can be easily mastered. Throughout my years of instructing I have always pointed out to my classes that if you can stop your opponent by some simple and easy method of defence, why try something that is more complicated.

Any reader of this book will find that once he has mastered the methods shown in this first edition of HIT 'EM HARD he would be more than a match against the average person he is likely to meet trouble with.

I have hopes shortly to publish the second edition, which will show still a further number of valuable defensive tricks that can be used with drastic results.

I will vouch that anything shown in my book is a proven method of defence.

So, it's up to you.

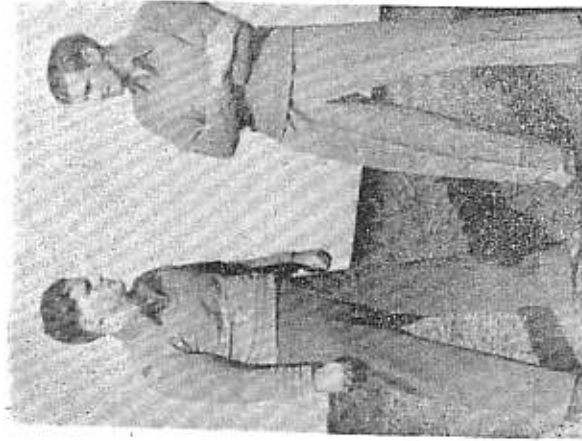
TOMMY TURNER.

EDGE OF HAND BLOWS



PHASE 2.

OFFENSIVE AND DEFENSIVE  
POSITIONS



PHASE 1.

If at any time you are expecting your assailant to deliver a punch at you, take up the position shown in Phase 1, standing side on to your opponent's left, with your arms across your body. Note position of arms.

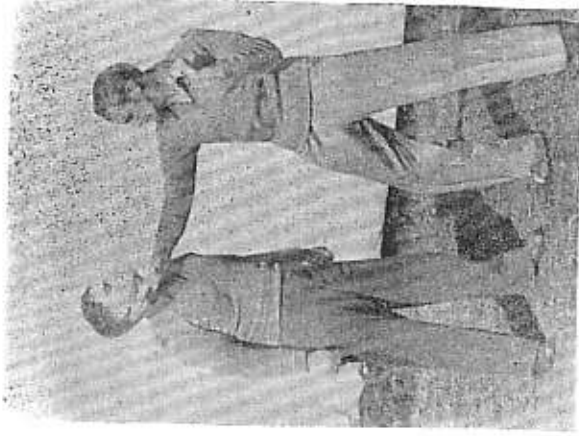
## CHOP TO SOLAR PLEXUS



PHASE 2.

Your opponent has made a move to strike you. Chop him hard with the edge of your right hand, striking him across the solar plexus. Your hand and fingers should be held rigid. This will knock your opponent out. Note how the left hand has been brought into the side ready to deliver a blow to the neck if necessary. It is also in a good position to protect you.

## CHOP TO THROAT



PHASE 1.

Take up the same defensive position as in Phase 1. This time strike your opponent with the edge of the hand across the throat. A sure blackout.

CHOP TO SOLAR PLEXUS AND  
RIGHT TO CHIN



PHASE 1.

This time as you deliver the chop to the solar plexus your opponent comes forward from the effect of the blow.

CHOP TO SOLAR PLEXUS AND  
RIGHT TO CHIN



PHASE 2.

Drop your right elbow, then follow with a terrific right uppercut to your opponent's chin. Note position of left in readiness if necessary.

## CHOP TO SOLAR PLEXUS AND THROW



PHASE I

Take up your defensive position as already taught. Chop your opponent across the solar plexus with your right hand.

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## CHOP TO SOLAR PLEXUS AND THROW



PHASE 2.

As your opponent comes forward, jump across in front of him, taking his chin over your right shoulder, at the same time throwing both hands up, gripping the back of his head. As you jump across in front of him, bend your knees. Now straighten your legs, pull hard on your opponent's head, bend slightly forward and throw him. This should be practised with great care to avoid injury. Don't complete the throw when practicing.

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## DEFENSIVE POSITION



The above defensive position can be used by two persons when you are in a crowded area and you are afraid of being attacked from the rear. You are now in a position to give your friend protection from both sides and rear. He is also protecting you likewise. You are both in a position to warn each other against any assailant who is likely to strike you from behind—in other words, king hit you.

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## DEADLY JAPANESE STRANGLE TAKEN FROM REAR



### PHASE 1.

Your opponent has his back towards you. You want to take him by surprise and put him in the strangle hold. Creep up behind him, throw your left arm across his left shoulder, bringing your forearm across his throat, your fingers coming across his right shoulder. As your left hand is thrown across his shoulder, punch your opponent hard in the small of the back about three inches from the spine on the left hand side with your right hand.

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DEADLY JAPANESE STRANGLE  
TAKEN FROM REAR



PHASE 2.

Pull your opponent back quickly with your left hand, push hard with your right which is still in the small of his back. Now step in behind your man, bringing him across your buttocks. Clasp your hands together, squeeze his neck slightly. He is now at your mercy.

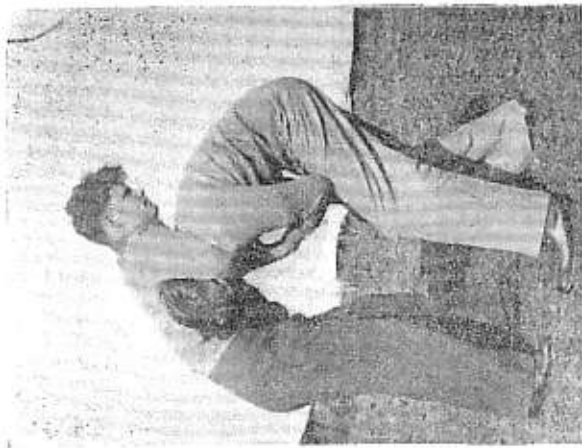
JAPANESE FORWARD HEADLOCK



This hold, like the side headlock, is a very punishing hold to be caught in. It is applied by throwing your left arm around your opponent's neck. The upper part of the arm should be between his ear and shoulder, your left forearm coming across his jawbone. Grip your left wrist with your right hand or lock your fingers. Never interlace them. When your opponent's head is securely locked under your arm, lift up as if trying to lift him off the ground, at the same time forcing him backwards. In actual combat this hold is applied with a jerk, giving your opponent a blackout almost instantaneously. Practice both right and left.



COUNTER TO JAPANESE FORWARD  
HEADLOCK



PHASE 1.

Your opponent has taken you in the above hold. To counter him you must act quickly. Brace your neck muscles and try and keep him off balance.

COUNTER TO JAPANESE FORWARD  
HEADLOCK



PHASE 2.

Shoot your right hand between his legs, taking a firm grip of his right thigh. Place your left hand just below his knee as shown, thumb to your left, and check position of feet. Note: Your right foot is well to the rear.

COUNTER TO JAPANESE FORWARD  
HEADLOCK



PHASE 3.

Step in quickly with your right foot, placing it between your opponent's legs. The moment your foot touches the ground it down quick by throwing him over your head. He will be forced to release his hold on you to avoid his face being driven hard into the ground.

COUNTER AGAINST GRIP OF  
CLOTHING



PHASE 1.

Your opponent has gripped you by the clothing from the front, as shown above, the grip having been taken with his right hand.

COUNTER AGAINST GRIP OF  
CLOTHING



PHASE 2.

Seize your opponent's right wrist with your left hand, knuckles facing up. At the same time press hard with the heel of your right hand on his thumb, bending it in towards the centre of his hand. This will quickly make him release his hold on you.

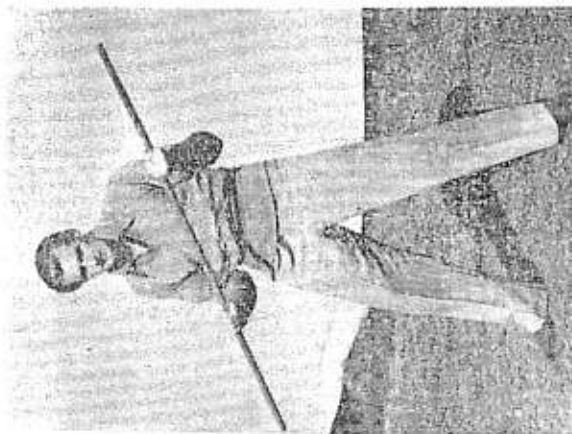
COUNTER AGAINST GRIP OF  
CLOTHING



PHASE 3.

Stick to your hold. You now have him in a position where you can smash your knee into his groin, knocking him out.

DEFENCE WITH A LONG STICK



PHASE 1.

If you are attacked by two or three opponents and have a stick four to six feet long, take up the position shown above, gripping the stick with your hands about eighteen inches to two feet apart. You are now in a position to use both ends.

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DEFENCE WITH A LONG STICK



PHASE 2.

As your opponents close in on you, moving like lightning, drive the end of the stick into the neck, breast, solar plexus or groin. The above photo shows the end of the stick being driven into one of your opponent's neck.

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## DEFENCE WITH A LONG STICK



PHASE 3.

Without changing the grip on your stick smash the other end into the solar plexus of your nearest assailant or any of the vital points which are mentioned. If you are gripped around the neck from the rear, drive the end of the stick into his face over your shoulder or past your hip into his groin. This is the correct way to defend yourself with a long stick and can be used with great effect against three or four opponents.

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## DEFENCE WITH SHORT STICK



PHASE 1.

The above photo shows the correct position to adopt if you are attacked by two or three opponents. You have a short stick about the length of eighteen inches or two feet, or even twelve inches. Grip the stick in the centre with one hand, using the other as a guard. It is also in a position to use the edge of the hand blow.

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