

# ROUGH AND TUMBLE COMBATIVES

A knowledge of rough and tumble tactics is indispensable in protecting yourself against a stronger opponent.

The pictures show how it is possible to trap an opponent into using his strength to bring about his own downfall. These counters are simple. They can be grasped in a few minutes and mastered in half an hour's practice with a friend.

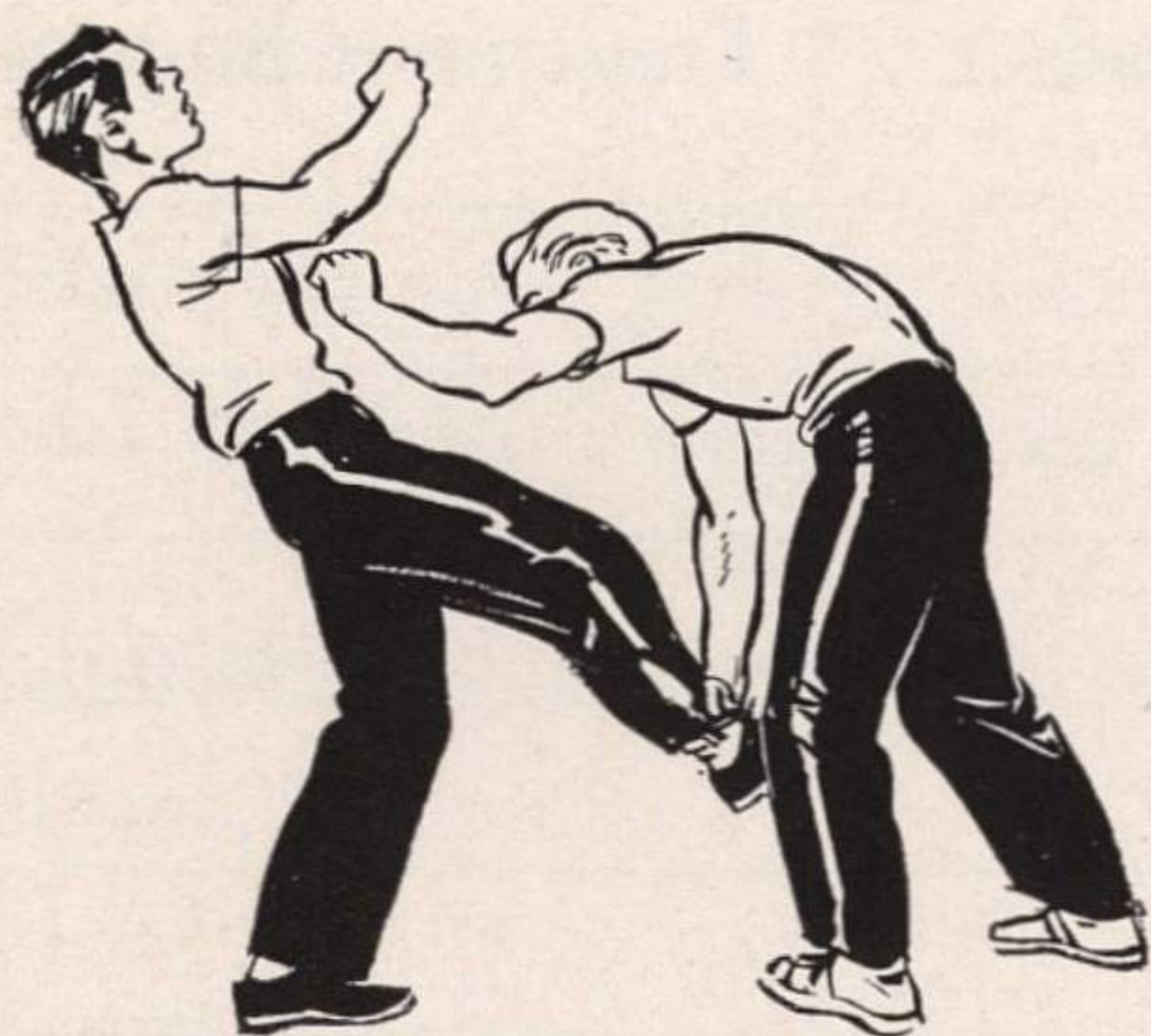


ILLUSTRATION 1

The first picture illustrates a good counter for a punch. Let us say an opponent facing you swings with his right arm. The first thing to do is duck. Then grasp his nearest ankle and throw him backward by lifting his leg as high as possible.

Another good defense, as shown in the second picture, is to sidestep your man, grab his wrist with your right hand and swivel around in back of him, at the same time twisting his wrist and grabbing his upper arm with your left hand. The combination of the twist and the pressure on his upper arm keeps his arm rigid and thus renders him helpless.



ILLUSTRATION 2

Now let us assume the opponent grabs you in a headlock (third picture). The counter is simple. Throw your arms around him, put one leg behind his leg and turn in towards him as much as you can. Lift, push and over he goes.

To bring a man down from the front, you can use a leg dive. Feint, to bring up his guard, then suddenly drop down and grab him around the legs, just above the knees. Pull his legs together and toward you, at the same time driving your shoulder into his middle. Use short digging steps, keeping the feet well spread for balance.



ILLUSTRATION 3