

[“GET TOUGH! W.E. Fairbairn Combatives Hand to Hand Combat”](#)

How To Win In Hand-To-Hand Fighting As Taught To The British Commandos And The U.S. Armed Forces.
“You don’t need Brute Strength – With Your Bare Hands You Can Beat The Man Who Wants To Kill You!”

“Get Tough by Major W.E. Fairbairn”

The method of hand-to-hand fighting described in this book is the approved standard instruction for all members of His Majesty's forces (1942- 45 WWII). The Commandos, and parachute troops, harrying the invasion coasts of Europe, have been thoroughly trained in its use. Britain's two-million soldiers in the Home Guard are daily being instructed in its simple but terrible effectiveness. The units of the United States Marine Corps who were stationed in China between 1927 and 1940 learned these methods at my own hands when I was Assistant Commissioner of the Shanghai Municipal Police.

There will be some who will be shocked by the methods advocated here.

To them I say:

“In war you cannot afford the luxury of squeamishness. Either you kill or capture or you will be captured or killed. We've got to be tough to win, and we've got to be ruthless - tougher and more ruthless than our enemies.”

It is not the armed forces of the United Nations alone who can profit by learning how to win in hand-to-hand fighting.

Every civilian, man or woman, who ever walks a deserted road at mid-night, or goes in fear of his life in the dark places of a city, should acquaint himself with these methods.

“Once mastered, they will instil the courage and self-confidence that come with the sure knowledge that you are the master of any dangerous situation with which you may have to cope.”

The methods described in this book I have carefully worked out and developed over a period of many years. They owe something to the famous Japanese judo (jiu-jitsu), and something else to Chinese boxing.

“But, largely, they were developed from my own experience and observation of how most effectively to deal with the ruffians, thugs, bandits, and bullies of one of the roughest water-front areas in the world.”

Although every method described in the following pages is practicable - and so proved by the author and his students by years of experience.

- It is not essential to master them all.
- I suggest that at first you select about 10 (*methods, techniques, strikes*) which, for reasons of your height, weight, build, etc., seem most suitable, and...
- Specialize in - Mastering the 10 moves thoroughly.
- Do not consider yourself an expert until...
“You can carry out every movement Instinctively and Automatically.”
- Until then, spend at least ten minutes daily in practice with a friend.
- At first, practice every movement slowly and smoothly.
- Then gradually increase your speed until *every movement can be executed with lightning rapidity*.

A Word of Warning.

I should like in conclusion to give a word of warning. Almost every one of these methods, applied vigorously and without restraint, will result, if not in the death, then certainly in the maiming of your opponent.

Extreme caution, then, should be exercised in practice, care being taken never to give a blow with full force or a grip with maximum pressure.

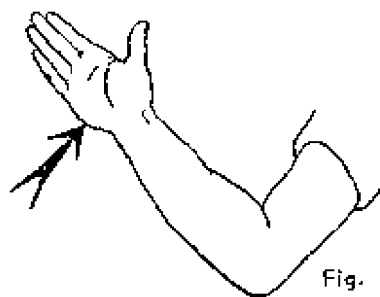
But once closed with your enemy - “Give Every Ounce of effort You can muster, and Victory will be Yours.”

[“Get Tough Col. W.E. Fairbairn Commando Combatives How To Win Street Fights Self Defense”](#)

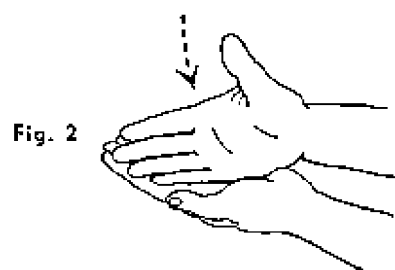
STRIKES BLOWS

NO. 1 - EDGE-OF-THE-HAND

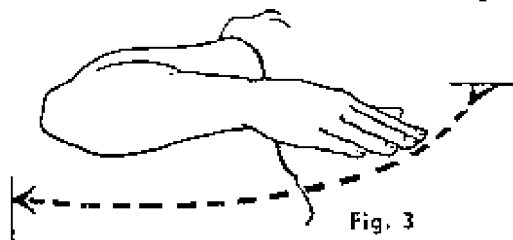
Deliver edge-the-hand blows with the inner (i.e., little-finger) edge of the hand, fingers straight and close together, thumb extended. Contact is made with the edge only, about half-way between the knuckle of the little finger and the wrist, as shown in Fig. 1.



1. Deliver the blow with a bent arm (never with a straight arm), using a chopping action from the elbow, with the weight of the body behind it. Practice by striking the open palm of your left hand, as in Fig. 2.



2. There are two ways in which this blow can be delivered:
 - (a) Downwards, with either hand;
 - (b) Across, with either hand; the blow always being delivered outwards, with the palm of the hand downwards, never on top (Fig. 3).



3. Attack the following points on your opponent's body, delivering every blow as quickly as possible:
 - (a) The sides or back of the wrist;
 - (b) The forearm, half-way between the wrist and elbow;
 - (c) The biceps;
 - (d) The sides or back of the neck;
 - (e) Just below the "Adam's apple";
 - (f) The kidneys or base of the spine.

Note. - If your opponent catches hold of you, strike his wrist or forearm; a fracture will most likely result. This would be almost impossible with a blow from a clenched fist.

NO. 2 - CHIN JAB

Deliver this blow with the heel of your hand, full force, with the weight of your body behind it, and fingers spread so as to reach your opponent's eyes, as in Fig. 4. Always aim at the point of your opponent's chin (Fig. 5)

Deliver the blow upwards from a bent arm and only when close to your opponent. The distance the blow will have to travel will depend on the height of your opponent, but will seldom exceed six inches.



Fig. 4

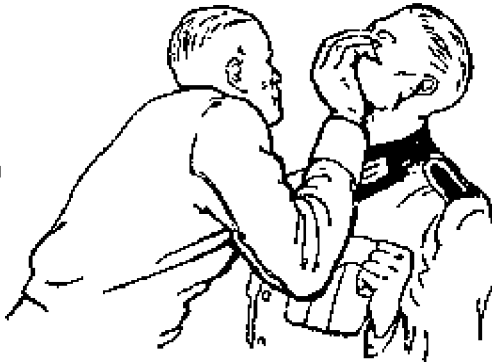


Fig. 5



Fig. 6

Never draw your hand back, thus signaling your intention of striking. From start to finish, make every movement as quickly as possible.

Remember that an attack, or an attempt to attack, with the knee at your opponent's testicles will always bring his chin forward and down.

Note. - Practice this blow as follows: Hold your left hand at the height of your own chin, palm downwards; jab up quickly with your right, striking your left hand, as in Fig. 6. Get Tough by W.E. Fairbairns Get Tough Commando Fight Training Self Defense

NO. 3 - BOOT (SIDE KICK)

With a few exceptions, you should always kick sideways, for you are thus able to put more force behind your blow and can, if necessary, reach farther.

1. Turn your right side to your opponent, putting the weight of your body on your left foot. Bending your left leg slightly from your knee, raise your right foot two to four inches off the ground, as in Fig. 7. Shoot your right foot outwards and upwards to your

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Fig. 7



Fig. 8