SELF DEFENSE FOR
WOMEN IN WAR

Here are portrayed defensive tactics that will be helpful to women who are going or plan to do war work that may take them to regions of danger. The two methods illustrated on this page will enable a woman to overcome a male adversary despite his superior strength.

Warning: These holds are extremely dangerous—use with great caution.

The enemy seizes the nurse by the hair... she instinctively steps back to relieve the pain... at the same time grabs for his hand and wrist...

Step back—keep feet wide apart.

Final Action: Stepping back of the enemy, she stretches his arm and at the same time raises her head forcefully against his hands, causing severe pain... the nurse can now keep the enemy in this helpless position or release his grip on her hair and apply an arm lock.

Continuing the movement, she now tightly tucks his arm under hers, at the same time securing a wrist lock with both hands.

At this point the assailant is already helpless.

Action must be smooth and coordinated.

Reporting for duty sir... are there any further orders?

Remove the wounded to the base hospital... you will have to do it alone, he can't spare any other nurses... watch for enemy paratroopers in that area—good luck, lieutenant!

While tending the wounded courier, the WAAC is unaware of an approaching enemy paras-troopers whose mission is to destroy the bridge.

WARNING A840° turn, she now faces her assailant... stepping back to straddle his arm, she turns his wrist until the elbow is turned upward, at which point she applies pressure against his hand, forcing him downward in a full wrist lock.

Completing a 360° turn, she now faces her assailant... stepping back to straddle his arm, she turns his wrist until the elbow is turned upward, at which point she applies pressure against his hand, forcing him downward in a full wrist lock.

In one smooth motion the nurse pivots away to the left, swerving under the enemy's arm...

Important: Maintain firm grip as shown.

Before he is aware of what has happened, she has a firm grip on her hand and pivots outward on her left foot, twisting his arm...

Important: Secure a firm grip with thumb in center of hand exactly as indicated.

This WAAC knows how to handle a situation like this... her first move is to force her fingers under her assailant's hand...

Final Action: The WAAC applies sufficient pressure to force him on his face, where she can now hold him in this powerless position.

Note position of hands on wrist lock.

If necessary she can follow up with a kick.