

SELF DEFENSE FOR WOMEN IN WAR

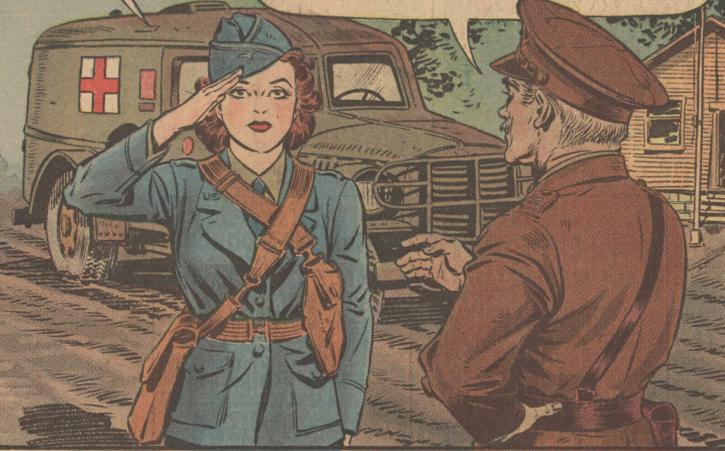
HERE ARE PORTRAYED DEFENSIVE TACTICS THAT WILL BE HELPFUL TO WOMEN WHO ARE DOING OR PLAN TO DO WAR WORK THAT MAY TAKE THEM TO REGIONS OF DANGER. THE TWO METHODS ILLUSTRATED ON THIS PAGE WILL ENABLE A WOMAN TO OVERCOME A MALE ADVERSARY DESPITE HIS SUPERIOR STRENGTH.

by RICHARD FLETCHER

WARNING.....THESE HOLDS ARE EXTREMELY DANGEROUS...USE WITH GREAT CAUTION.....

REPORTING FOR DUTY SIR...ARE THERE ANY FURTHER ORDERS?

REMOVE THE WOUNDED TO THE BASE HOSPITAL...YOU WILL HAVE TO GO IT ALONE, WE CAN'T SPARE ANY OTHER NURSES...WATCH FOR ENEMY PARATROOPS IN THAT AREA--GOOD LUCK, LIEUTENANT!!



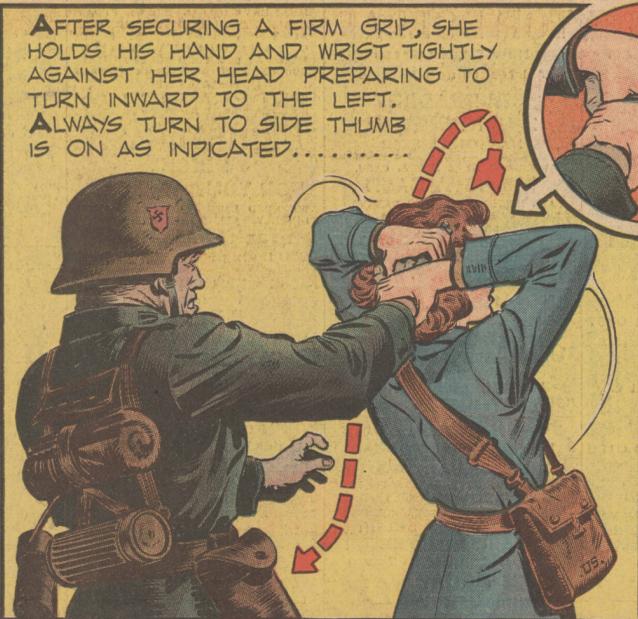
WHILE TENDING THE WOUNDED COLIER THE WAR NURSE IS UNAWARE OF AN APPROACHING ENEMY PARATROOPER WHOSE MISSION IS TO DESTROY THE BRIDGE..



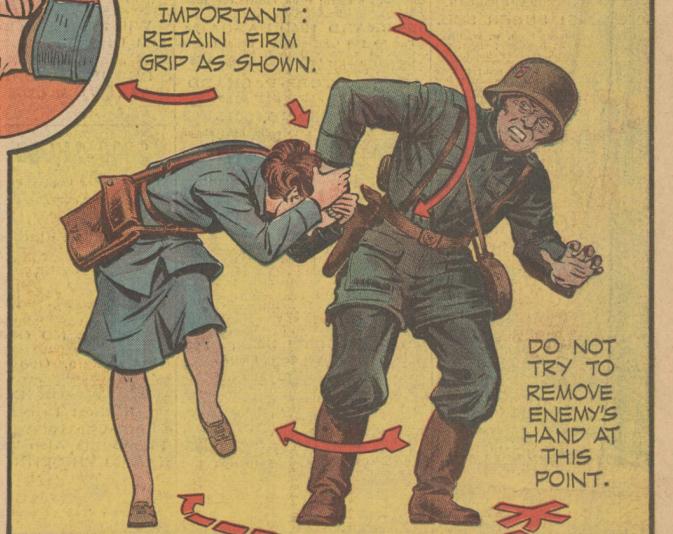
THE ENEMY SEIZES THE NURSE BY THE HAIR... SHE INSTINCTIVELY STEPS BACK TO RELIEVE THE PAIN....AT THE SAME TIME GRABS FOR HIS HAND AND WRIST..



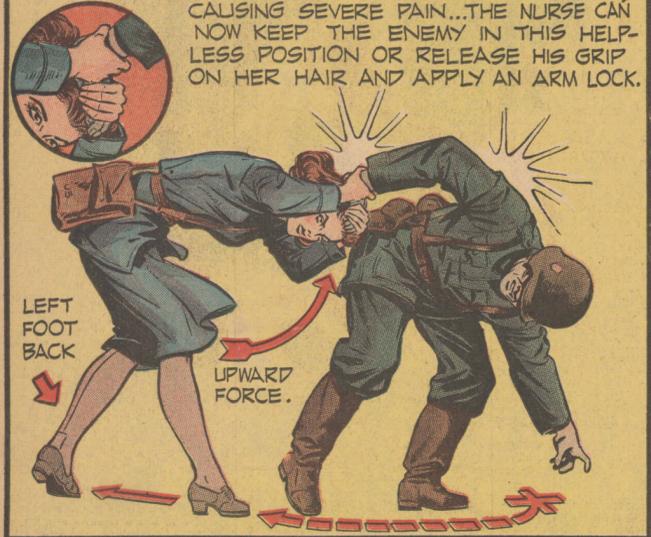
AFTER SECURING A FIRM GRIP, SHE HOLDS HIS HAND AND WRIST TIGHTLY AGAINST HER HEAD PREPARING TO TURN INWARD TO THE LEFT. ALWAYS TURN TO SIDE THUMB IS ON AS INDICATED.....



IN ONE SMOOTH MOTION THE NURSE PIVOTS INWARD TO THE LEFT, SWINGING UNDER THE ENEMY'S ARM.....



FINAL ACTION: STEPPING BACK OF THE ENEMY SHE STRETCHES HIS ARM AND AT THE SAME TIME RAISES HER HEAD FORCEFULLY AGAINST HIS HAND, 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.

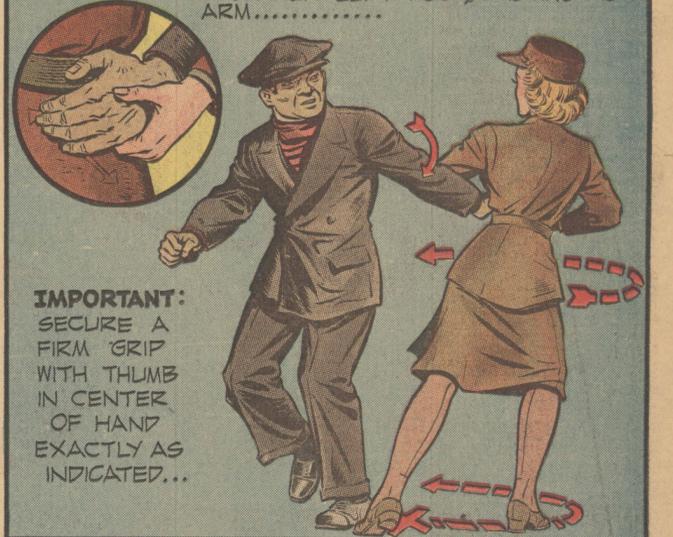


BREAK AWAY

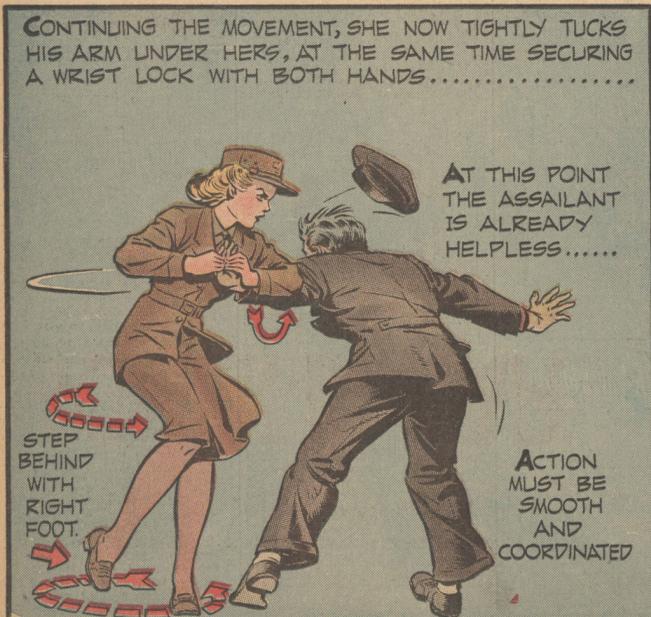


THIS W.A.A.C. KNOWS HOW TO HANDLE A SITUATION LIKE THIS..HER FIRST MOVE IS TO FORCE HER FINGERS UNDER HER ASSAILANT'S HAND.....

BEFORE HE IS AWARE OF WHAT HAS HAPPENED, SHE HAS A FIRM GRIP ON HIS HAND AND PIVOTS OUTWARD ON HER LEFT FOOT, TWISTING HIS ARM.....



CONTINUING THE MOVEMENT, SHE NOW TIGHTLY TUCKS HIS ARM UNDER HERS, AT THE SAME TIME SECURING A WRIST LOCK WITH BOTH HANDS.....



COMPLETING A 360° TURN, SHE NOW FACES HER ASSAILANT...STEPPING BACK TO STRAIGHTEN HIS ARM, SHE TWISTS HIS WRIST UNTIL THE ELBOW IS TURNED UPWARD, AT WHICH POINT SHE APPLIES PRESSURE AGAINST HIS HAND, FORCING HIM DOWNWARD IN A PAINFUL WRIST LOCK.....



FINAL ACTION: THE W.A.A.C. APPLIES SUFFICIENT PRESSURE TO FORCE HIM ON HIS FACE, WHERE SHE CAN NOW HOLD HIM IN THIS POWERLESS POSITION..

