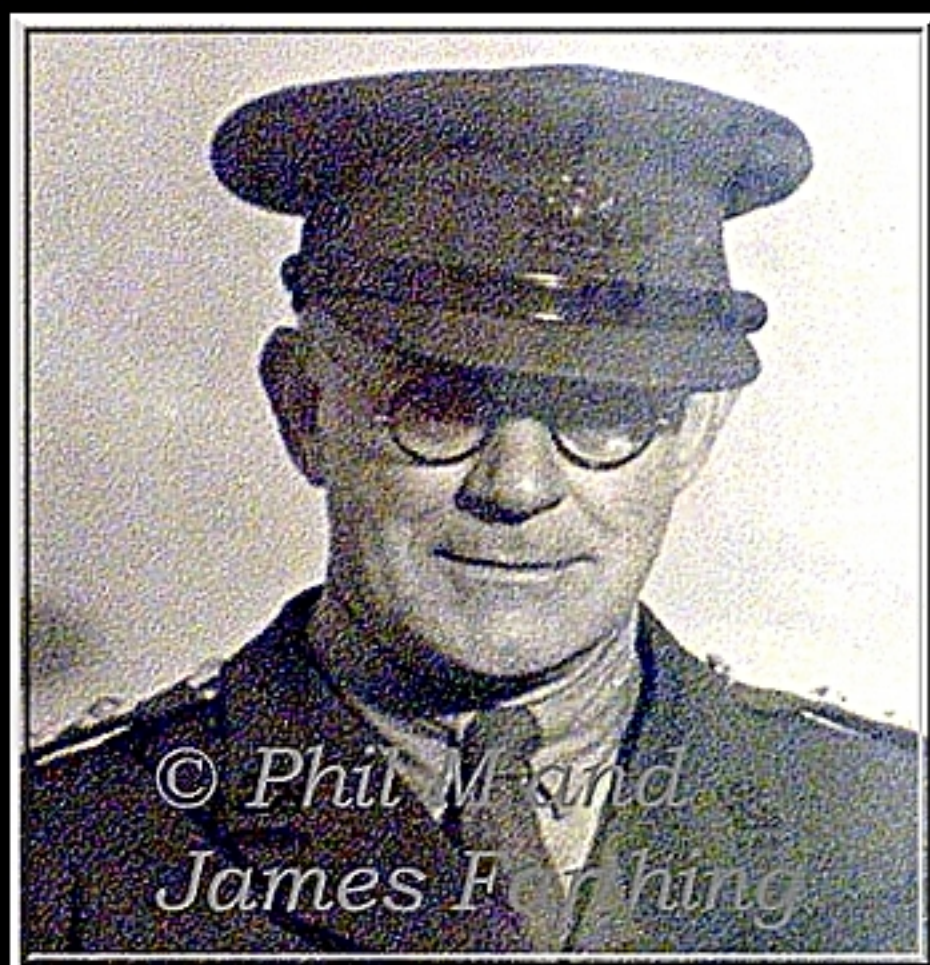


Notes on Unarmed Combat

By Major Eric Anthony Sykes



The following notes, supposedly written by Eric A. Sykes, came to me from Mr. Phillip "The Bristol Bloke" Matthews, noted martial artist, author, and historian. They were given to him by the late Mr. Carl Cestari. Their origin and legitimacy of the material cannot be determined.

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The following outline on methods of unarmed combat are taken from notes written by Major E. A. Sykes. The following methods were to be published in book form.

Unarmed Combat Notes by Major Eric Anthony Sykes

Methods of attack

1. BOXING BLOWS:

Some boxing blows are very good. The main advantage is that "westerners" are usually familiar with boxing methods to some degree.

Areas of effective attack-

- a) Groin
- b) Solar Plexus
- c) Throat

2. SIDE OF HAND BLOW:

Most effective of all blows. Can be delivered to any area of the body with some degree of effectiveness.

Compare the fist blow with side of hand blow by striking a solid object to note the difference in possible injury to the hand.

Areas of effective attack-

- a) Bridge of the nose to base of throat
- b) Temple area to base of neck
- c) Back of neck
- d) Kidneys
- e) Base of spine
- f) Forearms, hock of elbow, and biceps

Boxing blows to some of these areas will produce a "KO", while the side of hand blow to the same areas results in "DEATH".

3. KNEE BLOW:

Deliver with force to the fork (groin), stomach, or face depending on position of enemy.

4. OPEN HAND CHIN JAB:

Deliver upwards with full force under point of chin. Distance of blow can be a matter of inches.

Blow is delivered with heel of hand and fingers may be joined or separated as long as they can reach the eyes.

Open hand chin jab should always be delivered with a knee blow to the fork.

5. TOE KICK:

Toe of boot kick directed at groin only and is effective only when the enemy's hands are otherwise occupied.

6. OUTSIDE EDGE OF BOOT KICKS:

a) Stamp kick is delivered to knee at distance.

b) Scrape stamp kick delivered to shin and follow-through to smash instep at close quarters.

These kicks are derived from Savate. (Sykes believed that Savate and Chinese Boxing are superior fighting methods)

7. INSIDE EDGE OF BOOT KICK:

Kick is delivered into shin and scrapped down to crush instep. This kick is only used at grappling distance.

8. HEAD BUTT:

Limited use. To be used "sparsely".

Front and back of head to enemy's face only!

9. ELBOW JABS:

Effective to head and neck area.

10. FINGER JABS:

Rigid finger jabs are effective to following areas:

- a) Eyes
- b) Throat
- c) Solar Plexus
- d) Groin

11. THUMB JAB:

Fist clenched tightly, thumb placed on top of fist in direct alignment with forearm.

Effective to the following areas:

- a) Eyes
- b) Throat
- c) Cardiac Plexus (aortic arch)
- d) Solar Plexus

ADDITIONAL COMMENTS:

Edge of hand blow "best" all around method of attack.

Use of training "dummy" very important to learn proper delivery of blows.

Eye is most effectively gouged by inserting fingers or thumb to outside corner of eye near temple.

When finishing enemy off on ground with kicking attacks, aim for the sides and back of head as most vulnerable. Avoid top of head.

Any other method of attack using holds or throws takes too much time and opens you up for any number of effective counter-attacks.

Training of "Thumb jab" by using table lifting method. General hand strength developed by "potato" crushing.