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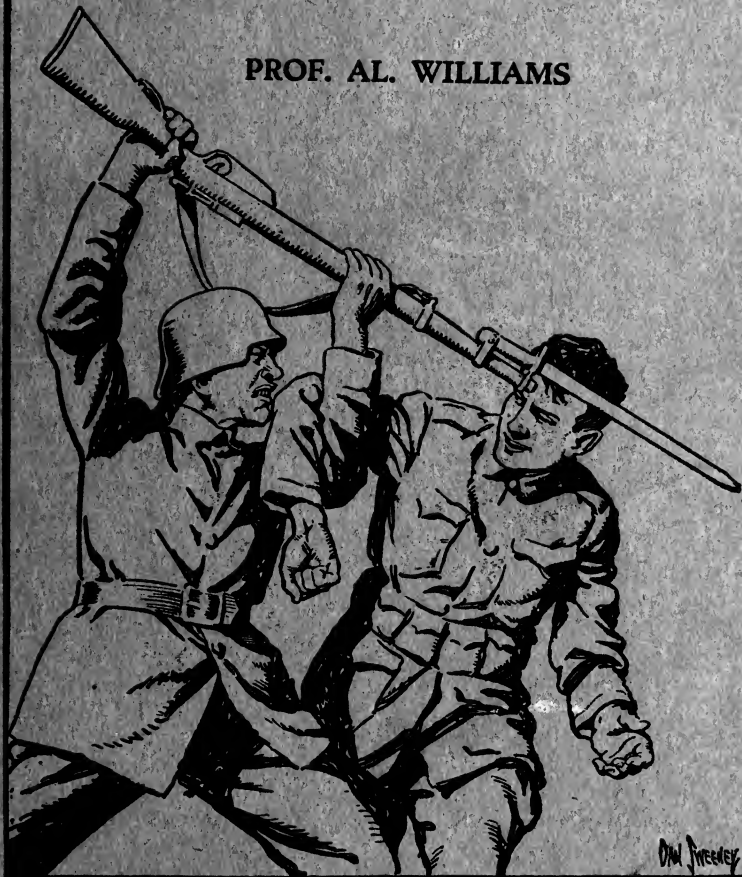
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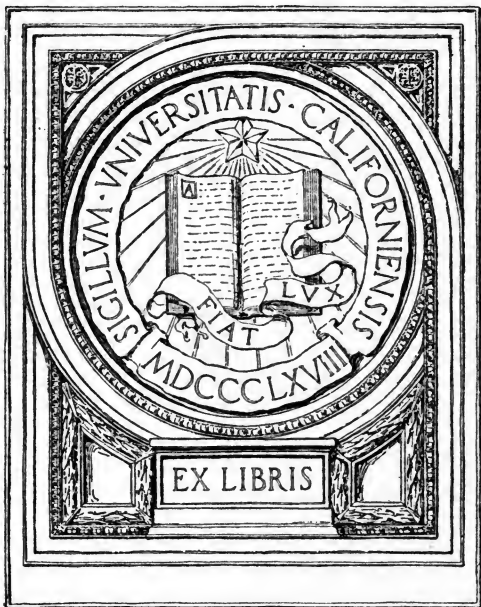
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How To Out-Think Your Opponent

PROF. AL. WILLIAMS



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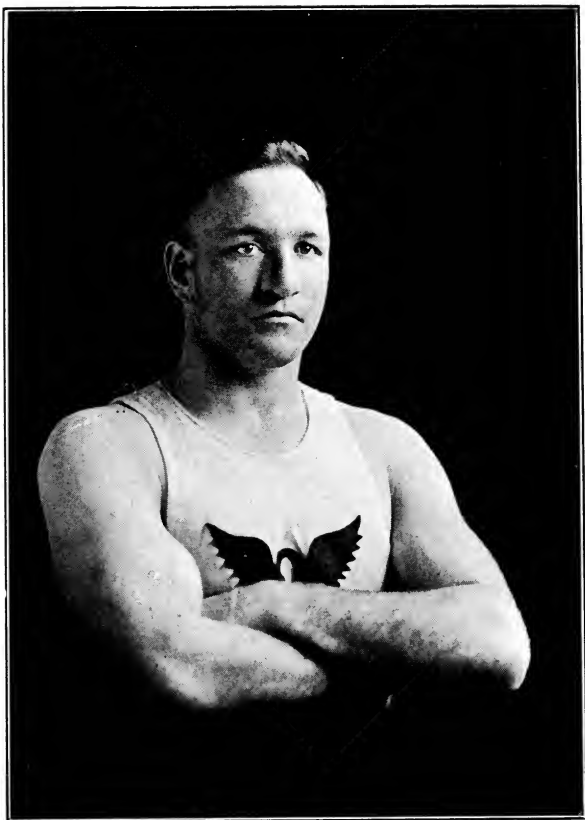


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How to Out-Think Your Opponent



AL. WILLIAMS

HOW TO OUT-THINK YOUR OPPONENT

OR

T. N. Tactics for Close-In Fighting

BY

PROF. AL. WILLIAMS
(HUMBERT CATTARUZZI)



VITAL POINTS FOR OFFICERS AND MEN IN GOING "OVER THE TOP"

First time demonstrated to Sailors September 23, 1917, Mare Island, Cal. First instructions to Officers March 18, 1918 under the Auspices of the Presidio Y. M. C. A., San Francisco, Cal.

JOHN J. NEWBIGIN
SAN FRANCISCO

1918

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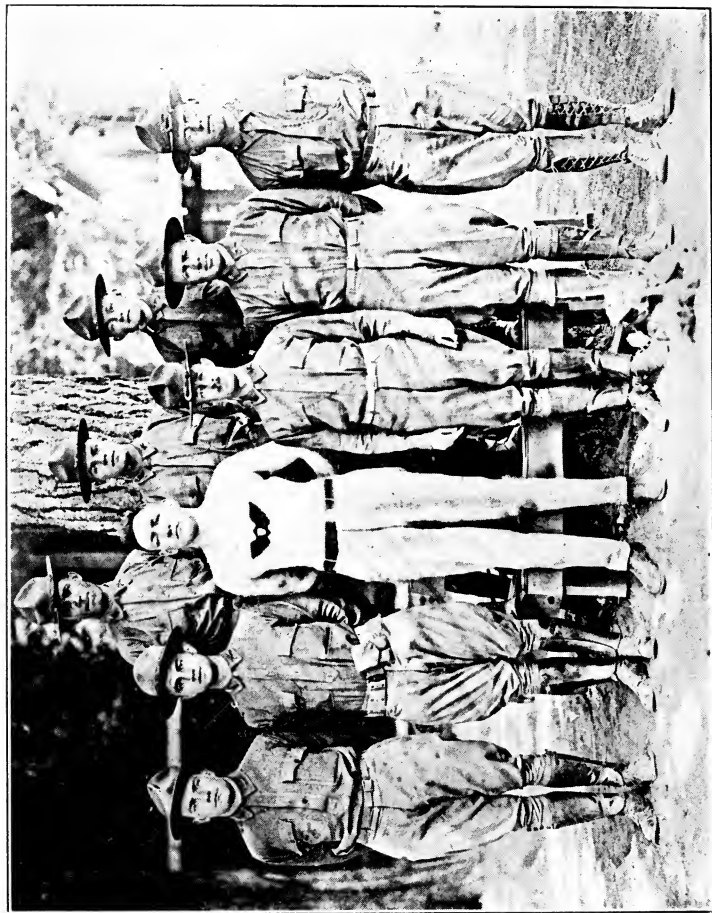
Published 1918

1918

1918

TO
MY BROTHER
VICTOR
IN THE SERVICE
U. S. A.

382584



From Left to Right

Top — LIEUT. WARDHALL, LIEUT. COWER, LIEUT. AYERS

Lower — LIEUT. JOHNSON, CAPT. ENGLEMAN, PROF. AL. WILLIAMS, COLONEL LEWIS S. SORLEY, LIEUT. BARKER, LIEUT. LANDRETH. CAMP FREMONT PRIVATE CLASS.

A FEW OF THE MANY TESTIMONIALS.

Col. John P. Hains: "I heartily recommend Mr. Williams' method for the soldiers in hand-to-hand fighting."

Commanding Officer of 62d Artillery.

Col. Lewis S. Sorley: "A valuable addition to the training of our soldiers."

Col. 13th Infantry.

Lieut. Col. M. Coughlan: "I heartily recommend the arm and rifle interlocking system into the daily exercise and instruction of all officers and enlisted men."

Lieut. Col. of Cavalry.

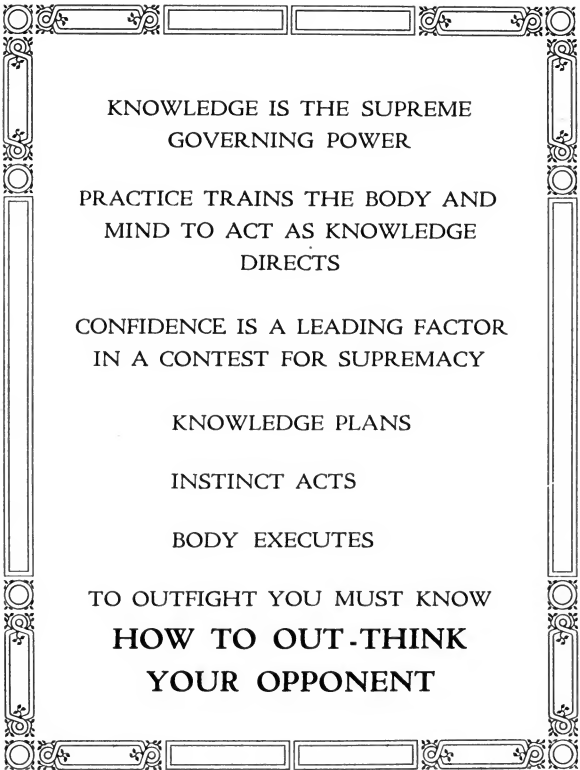
Capt. L. Gehman, Adj. 63d Infantry: "I most heartily recommend the introduction into the physical drills of the service."

Lieut. Wessels: "I consider it a very valuable addition to bayonet fighting and recommend it very strongly to all men in the service."

Bayonet Drill Instructor, 63d Infantry.

We consider the method to be a most valuable addition to a soldier's fighting equipment.

(Signed by 28 officers of the first class.)



KNOWLEDGE IS THE SUPREME
GOVERNING POWER

PRACTICE TRAINS THE BODY AND
MIND TO ACT AS KNOWLEDGE
DIRECTS

CONFIDENCE IS A LEADING FACTOR
IN A CONTEST FOR SUPREMACY

KNOWLEDGE PLANS

INSTINCT ACTS

BODY EXECUTES

TO OUTFIGHT YOU MUST KNOW
HOW TO OUT-THINK
YOUR OPPONENT

Introduction

I am writing this book in the first person because I have only one concern and that is to make myself clearly understood by YOU.

There are a number of books already on the market dealing with Physical Culture; Gymnastic Exercises and Setting-Up-Drills, but to the best of my knowledge, this is the only system ever developed that will enable an unarmed man, familiar with the movements and holds hereinafter described, to get the best of an opponent who is attacking with set bayonet.

Officers and men before whom I have demonstrated and to whom I have taught **my Arm and Rifle Interlocking System of Defense and Offense** to be used in hand-to-hand fighting, assure me that the tactics developed are entirely new and not included or incorporated in any manual privately published or issued by the Army or Navy Departments of the United States or any other government. For this reason I have called these holds and locks T. N. Tactics (or Thoroughly New Tactics) and will refer to them as T. N. Tactics in the lessons that follow.

It is not customary to print endorsements at the beginning of a book, but this is an unusual book. It is a book, the mastery of which may save your life some day when you are engaged in hand-to-hand fighting with the enemy and I want you to know how T. N. Tactics have impressed the officers and men who have already been taught the system.

Read the letters that follow before you begin practicing the exercises. You know these officers and can believe their endorsements. As you have confidence in the men whose names are signed to these letters, you will have confidence in the value of T. N. Tactics, and when you have mastered the lessons you will have confidence in your ability to best your opponent in single combat, regardless of the odds against you in that he may be armed with rifle and bayonet while you have lost yours.

Confidence based on knowledge is a guarantee of victory in the open battlefield or in the trenches bordering No Man's Land as surely as it is in the walks of peace. The morale or spirit of an army is based on its belief in ultimate success. And when this confidence is founded on the knowledge of a righteous cause, of inexhaustible resources, and superior numbers, no temporary reverse or sudden check can dull the fighting edge of soldiers so inspired.

Those interested in this method of "Close-in" fighting, as all should be, will find that the superior balance and confidence derived from the Arm and Rifle Interlocking training is of great advantage in addition to bayonet fighting in hand-to-hand encounters.

The illustrations are from life and make clear every point in the text. The descriptions have been submitted to men in all branches of the service and have been purposely made as clear and simple as possible.

AL. WILLIAMS.

How To Out-Think Your Opponent

The purpose of this book is to teach you the **Arm and Rifle Interlocking system** of defense and offense (or T. N. Tactics) to be used in hand-to-hand encounters with the enemy. T. N. Tactics will give you confidence in defense and a superior physical balance of great advantage in attack.

T. N. Tactics will increase your fighting spirit by the ease with which you can handle your opponent at close range who has been caught unawares and who is ignorant of T. N. Tactics.

T. N. Tactics are to be used when through some unforeseen accident you have lost your rifle or other weapons or find yourself in such a position at close quarters that weapons are useless.

T. N. Tactics can be used in taking **your opponent's rifle away from him or to prevent him from taking yours**. Should your rifle be knocked out of your hands in guarding a bayonet thrust to the right or left, a knowledge of T. N. Tactics will place you in position so that one of your hands can grasp your opponent's weapon, and you will then have him at a disadvantage.

The different positions and locks and holds are not difficult to learn, though they may seem so at first. After a little practice it becomes very easy to gain a perfect balance and instinctively you will bring your hands, arms, and legs into the most effective position to overpower your enemy and compel him to surrender.

In practicing be very careful not to exert all your strength. The idea is to learn how to turn your body in the proper direction and secure the hand-locks as explained in the lessons and demonstrated in the plates. Be very cautious, as injury is easily done.

Student Posing on the Offensive. Give your partner a chance to take the lock that he wishes to get on you, stand in the position you are supposed to in handling a rifle, let him go through the regular motion that is necessary to secure the arm and rifle lock, (**always bear in mind to be careful**) and go right through with consistent practice. This will enable you to develop a superior balance that in emergency will come to you as second nature.

It is not necessary to know all the locks to be proficient. By knowing a few you will have a big advantage over your opponent. If you only care for a few of them, select the ones you like best for practice.

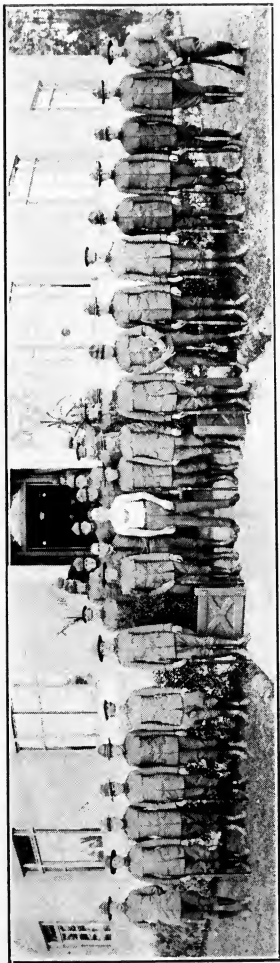
All locks and positions are equally effective as there are only four turns to the body and one step that makes this defense and offense so practical. They are right and left shoulder turn and step, bending forward and reverse backward.

In practice be cool and study every move you make. If you find that you are not properly balanced, study the picture carefully and find which foot is in the wrong position, or if your body is bent in the wrong direction. It is easy to feel when you are not in the proper balance, the strength of the arms will lose effectiveness.

Never lose your standing position by hanging to one lock, turn with all the force of your body as directed in instructions. Don't be afraid to miss, though at times you may. If you miss one lock you will find yourself with an opening for another lock from the position you get thrown into by missing.

A man not trained in T. N. Tactics will naturally use all his strength to keep you from taking his rifle. This will be to your advantage, as the harder he holds his rifle the easier it will be to make him helpless.

Always bear in mind that you can use these locks even if your opponent is trying to take your rifle. **They are used with the same action for offensive and defensive purposes.**



Prof. Al. Williams' first officers' class in T. N. T. Arm and
Rifle Interlocking System of Defense and Offense.

Presidio Y. M. C. A., San Francisco, Cal.

PLATE 1.

Correct Standing Position for Exercising to Develop Superior Physical Balance: Place your partner and yourself in positions indicated. Resist one another, shoving backward and forward. Three minutes spent daily in this manner will develop strength and endurance. It is not necessary to hurl to ground. Change hands from right to left, **holding the neck**, and do the same with **hand** holding on the **elbow joint**.



Plate 1.

PLATE 3.

Left Hand Twist to the Right.

This is a continuation of action in plate 2. Turning the shoulders to the right and holding with a tight grip causes opponent's arm to bend at the elbow. Done with force this will break opponent's arm. In case of great resistance use the same movements and step as indicated in lock 1, plates 6, 7, 8. Be sure to have your thumbs on back of opponent's hand, with your four fingers of your right hand, holding opponent's thumb.



Plate 3.



PLATE 4.

Natural Way in Grasping Rifle.

When two untrained men struggle for the rifle the one with the greater strength will usually win out. But the weaker man, if trained in interlocking defense, can overcome a stronger opponent with ease. From the position above all front locks can be used.

PLATE 4

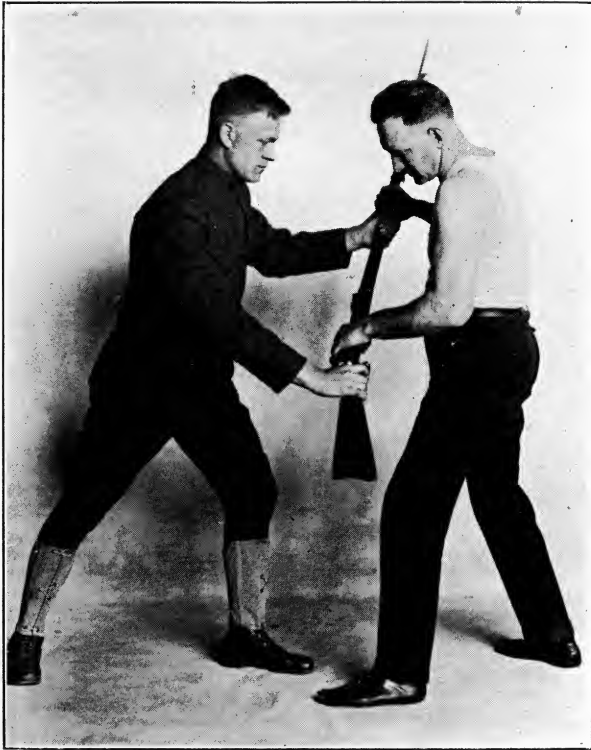


Plate 4.

PLATE 5.

Guarding Bayonet Thrust to the Right.

Note how, by taking two steps with a turn and locking arms as illustrated in plate 6, the weaker man can overcome his stronger adversary. The harder his opponent holds on to the rifle, the easier it is to make these locks effective.



Plate 5.



PLATE 6.

Combination Arm and Rifle Standing Roll to Right.

Lock No. 1.

From positions indicated in plates 4 and 5 slip right hand to opponent's wrist with left hand under his arm. At the same time step with the left foot and pivot on right foot causing leg trip. This lock can be used with right hand on rifle. In practice have opponent hold rifle as he would in real action.

PLATE 6



Plate 6.

PLATE 7.

Lock No. 1.—Continued.

By a quick turn of the shoulders to the right and by bending forward from the hips you will force opponent down. If necessary go to ground with left knee.



PLATE 8.

Lock No. 1.—Continued.

With opponent on ground as indicated an effective way to strangle is to use the left thumb. Place the left thumb on the glands of throat and pull the left arm with right hand as if endeavoring to jerk arm from socket, leaning the weight of the upper body on the left arm. The rifle can be made to play an important part in this lock. By pulling with right hand from opponent's wrist or rifle, the rifle butt helps knock opponent to the ground as you turn your body.

PLATE 8.



Plate 8.

PLATE 9.

Left Hand Twist to the Right.

Lock No. 2.

From positions indicated in plates 4 and 5 this lock can be applied easily and is very effective. Note position of hands and how right hand grasps opponent's thumb with four fingers. By using proper locomotion in turning, opponent's wrist will be twisted to right and arm will bend at elbow.

(Be careful of injury in practicing above.)

PLATE 9

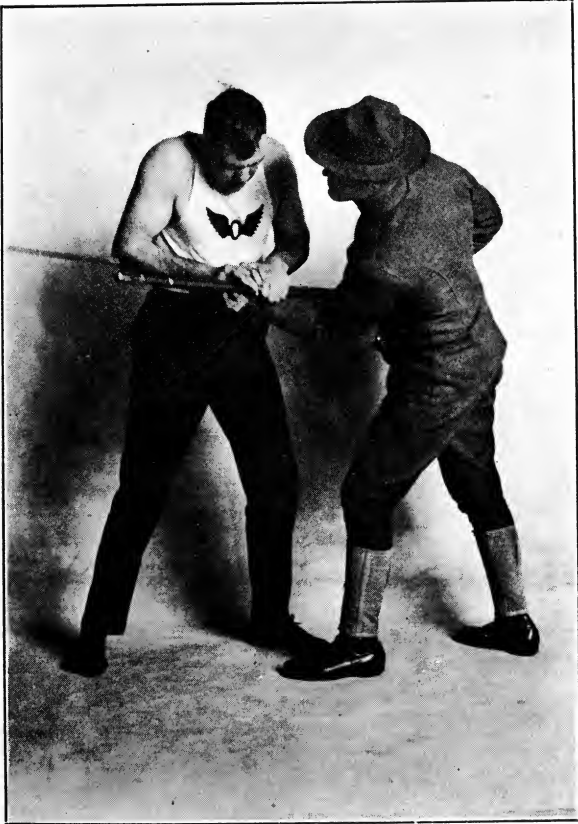


Plate 9.

PLATE 10.

Lock No. 2.—Continued.

A quick turn to the right and a short step is taken as your opponent's arm is bending. Slip left hand on elbow and pull up. Keep bending forward and pressing down with right hand. This will force your adversary to the ground.

While in this position you can use the left arm lever. The lock described in plate 11, is to be used in exceptional cases. Generally the action of plate 9, lock 2, when executed properly, will break or disable opponent's arm.

PLATE 10
OF
CALIFORNIA



Plate 10.

PLATE 11.

Lock No. 2.—Continued.

As your opponent lands, quickly slip up left hand from elbow and pass between elbow joint and rifle to the wrist. Pulling your opponent to you will cause him severe pain. Be sure to have a strong grip on hand before turning body. In practice start with slow action, but in actual encounter use all your speed and energy.

(Be careful of injury in practicing this movement.)



Plate 11.

PLATE 12.

Double Combination Right Arm Pry and Right Hand Blow.

Lock No. 3.

From positions in plates 4 and 5 this lock can be used to great effect. Holding rifle with left hand, place your right hand under rifle's barrel and over your opponent's left arm. Using the arm as a pry-bar against opponent's wrist will loosen your opponent's left grip on rifle.

N. B.—Be sure to have your left hand near opponent's left. Use a fast, jerky pry and pull with left as you pry with right.

PLATE 12
MILITARY DRILL



Plate 12.

PLATE 13.

Lock No. 3.—Continued.

With your opponent's left on rifle loosened you will be in a position to swing right-hand punch from the shoulder to the jaw.

N. B.—In striking blow, keep arm stiff and in swinging to jaw turn shoulders to left with snappy action, the whole weight of shoulder back of blow.

PLATE 13.



Plate 13.

PLATE 14.

Lock No. 3.—Continued.

Should you miss the punch, your right arm will, as illustrated, be in a position to use the second pry. To loosen opponent's right hand from rifle **use a quick, jerky pry** and the rifle will be delivered to your hands. This can be executed so quickly that to the spectator it will seem as if rifle were delivered to you. **Note** that when you use hand pry as directed all the strength of your arm is against that of opponent's thumb.

PLATE 14



Plate 14.

PLATE 15.

Lock No. 4.

Opponent has made you miss the first right arm pry of lock No. 3, because he held very tight and bent arm at elbow.

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Plate 15.

PLATE 16.

Reverse Double Arm and Forward Wrists Lock.

Lock No. 4.—Continued.

Grasp with your left hand your opponent's left wrist while with your right hand you grasp your own wrist. Make the grip firm and turn with great force to the right.

(Be careful of injury in practicing this movement.)

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Plate 16.

PLATE 17.

Lock No. 4.—Continued.

A turn to the right, pivoting with the left foot, followed by a bending forward of the body from the hips will bring your opponent in same position as in Plate 32. Use then the action of Lock No. 9, (Plates 30, 31, 32) but instead turn to your right.

PLATE 17
JULY 1904



Plate 17.

PLATE 18.

Double Arm and Wrists Lock. Backward.

Lock No. 5.

This lock can be used with great effect from positions 4 and 5. If your right arm happens to be on rifle, slip up to wrist and interlock the arms. Make your grip firm.

PLATE 19.

Lock No. 5.—Continued.

Turn to your left and pull opponent to you with left hand, at same time shoving with right. Make the pivot on the left foot, thus bringing your opponent to the ground.

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Plate 19.

PLATE 20.

Lock No. 5.—Continued.

If the turn is made with proper force, when your opponent hits ground, the rifle will be loosened from his right hand and the left arm can be easily injured by shoving arm up the back.

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CALIFORNIA



Plate 20.

PLATE 21.

Rifle Butt.

Lock No. 6.

While holding opponent's rifle with hands, as in plates 4 and 5, you are in a dangerous position, as it gives him an opportunity to use butt of rifle to your groin.

(Military authorities claim that blows from the butt cause the loss of many lives. Make a careful study of this lock and you will have a sure counter, putting your adversary at your mercy.)

In preventing a rifle butt blow, also use right arm contraction. Just as opponent attempts to butt, contract the right arm and give a slight jerk toward yourself. Also apply the same action in case you should happen to hold the point of the rifle with left hand. **Be sure to not tense the body, but keep yourself in balanced position.**

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Plate 21.

TO THE
ARMY

PLATE 22.

Double Arm and Wrists Lock: Backward.

Lock No. 6.—Continued.

If you hold rifle it is to be expected that your adversary will use the butt. By a quick step forward, grasp your opponent's right wrist with your left hand, and bring your right about in manner indicated, with your right hand locked on your own left wrist. Holding your opponent thus he will be unable to cause injury.

PLATE 22



Plate 22.

PLATE 23.

Lock No. 6.—Continued.

To secure possession of rifle, hold tight on both wrists and turn with great force to your right. The arm will come loose from rifle and if your adversary has power to hold on, bayonet will be struck to the ground. This should injure his arm severely. Be sure in stepping with left foot and in turning pivot on your right foot.



Plate 23.

TO THE
ARMY

• PLATE 24.

Left Arm Lever Pry.

Lock No. 6.—Continued.

When you have stepped with left foot and turned your shoulders to the right, slip the left hand from the wrist to position indicated and you will cause severe injury.

(Be careful in turning the body while practicing this.)

PLATE 24



Plate 24.

PLATE 25.

Inside Right and Left Arm Interlocked Position.

Lock No. 7.

When struggling for the rifle, as in positions 4 and 5, place your right arm under rifle, with hand on the elbow, take a firm grip and place your left hand roughly on the chin, using the same action and step and left hand as in lock No. 1, plates 6, 7, and 8.

In practice have your opponent hold his rifle in manner he is taught. This lock without further action will tie opponent's rifle.

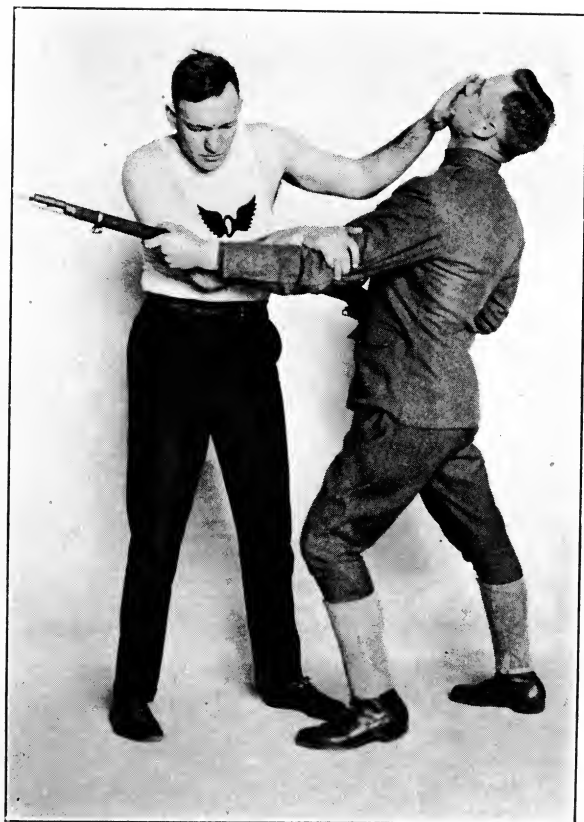


Plate 25.

PLATE 26.

Lock No. 7.—Continued.

Again, you can grasp rifle with left hand and swing the upper part of your body with arm over your opponent's head. This action will bring bayonet to his leg and should cause severe injury. This lock can also be applied vice versa by placing left hand on opponent's right elbow and grasping rifle with right hand just above opponent's left hand. Use the same action as in lock No. 1 by turning your body to the left. Be sure and pivot on the left foot.



Plate 26.

PLATE 27.

Lock No. 8.

Position in guarding bayonet to the left. Stepping forward with right foot and turning body to the left will bring you in position plate 28.



Plate 27.

PLATE 28.

Reverse Double Arm and Wrists Lock: Forward.

Lock No. 8.—Continued.

By interlocking hands around opponent's arms and taking a very tight grip, then bringing arms up as in plate 17, and turning completely around to your right you will assume positions indicated in plates 30, 31 and 32. Use the same action as lock 9, but instead turn to your right. When done properly you will severely injure opponent, no matter how strong he may be.

(Use great care in practicing this action.)

PLATE 28



Plate 28.

PLATE 29.

Lock No. 9.

From positions 4, 5 or 27, or when coming from behind, bring your body to above position, either with right arm around opponent's arm, or grasping his right wrist with your right hand and locking hands.



Plate 29.

PLATE 30.

Reverse Double Arm and Wrists Lock: Forward.

Lock No. 9.—Continued.

With right hand on opponent's wrist and your left hand on your own right wrist, raise arms by straightening body. Pivot on left foot.



Plate 30.

PLATE 31.

Lock No. 9.—Continued.

Step with right foot back of opponent's right leg and turn your arms, locked to the left, assuming position indicated and pulling and pressing down with right hands, body bending forward.



Plate 31.

PLATE 32.

Lock No. 9.—Continued.

Dropping to your right knee will bring your opponent in above position. The arms must still be locked while on the ground and by pulling arms to you, you will cause injury at the arm. This lock can be executed with great rapidity and is very dangerous. In practice turn the body smoothly.

PLATE 33.

Hands and Elbow Backward Pry.

Lock No. 10.

Grasp opponent from behind, with right hand on inside of arm and over opponent's right hand. Also grasp with the left.

PLATE 34.

Lock No. 10.—Continued.

Turn to the right, holding firm grip with both hands. The turn will bring you in position indicated. Use your elbow to press upper part of opponent's arm down. You can also use left-arm-pry as indicated in plate 24 and same action in turning to your right.



PLATE 35.

Position with Hands and Knees on Ground.

Lock No. 11.

The average man, not trained in offensive and defensive tactics, when hurled to the ground, will lay flat on his chest with arms around his eyes, or he will attempt to regain the standing position. Naturally opponent will grasp you around the waist with both arms, as in the above photo. As he does, if he is on the left side, grasp right arm with your right, as in photo, and keep the position on your knees, then turn right shoulder.

PLATE 35
COURTESY OF THE
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Plate 35.

PLATE 36.

Lock No. 11.—Continued.

Turning right shoulder to ground with a quick turn will bring your opponent in position indicated and a quick step over with right knee will place you in position of plate 32. If opponent is on right side of you use the same lock with left hand, also the same turn of body, but to the left. The faster this is done the quicker it will bring opponent over.



Plate 36.

(OVER)

CONCLUSION.

Students should bear in mind that T. N. Tactics can be used to meet a foe on any occasion. Some time you may need to fool your opponent by starting to get one lock, switching quickly to another from the same position that you started the first one.

Students capable of using the different locks will find that it is very simple to disarm a stronger opponent once the hand has grasped his rifle.

As soon as you have a fair knowledge of T. N. Tactics practice with one another, using as real action as possible without inflicting injury.

After once you have mastered these locks do not tell your partner which one you intend to use on him. Try one and if he resists apply the reverse action lock and turn to the left or to the right as may be necessary.

To use the arm and rifle interlocking tactics to best advantage, bear in mind **never to pull away** from your opponent. Always **follow him closely**, holding tightly to the enemy's weapon with contracted arm. The closer you keep to your opponent, the more effective T. N. Tactics will be. In holding tight, **do not tense your body**, contract the muscles of your **arms only** and let your body follow your adversary's movements while holding yourself in a well-balanced position.

After finishing a lesson, try to form a mind picture of yourself in a hand-to-hand fight where you are bare-handed against an armed opponent. Picture yourself in any possible position you or your opponent might assume in the course of a struggle and go through mentally with the hold or lock that would best foil your antagonist. This training will develop a quick sense of action to cope with any emergency and will help you to act decisively and effectively in any actual contest. **To outfight you must out-think your opponent.**

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