

SIMPLE HOLDS WHICH SUBDUE BELLIGERENT GANGSTERS



Combination of Jiu Jitsu and Wrestling by Means of Which New York Policemen Are Taught to Handle Prisoners Humanely

His name was Higgins—pronounced 'Iggins—and he was picked up two hours after he had landed from London by way of Ellis Island. Mr. Higgins was going through West street pocketbooks like an eel through lobster pots. He afterward explained that if "e 'adn't been so 'ungry 'e would have wyted a bit," but that his appetite pressed him into action as soon as he got his feet on land. He had always been a pickpocket.

When Higgins was started off to the station house he put up a pretty stiff battle. Whereupon the young policeman proceeded to show with scarcely any exercise of force how a little judicious pressure on a certain muscle here and a certain nerve there made Higgins look like a babe in the cop's hands.

"Blime, governor," said Mr. Higgins candidly, "hevery time you twists me harm I feels it."

What the young policeman did to Higgins was exactly what he was taught in the school for recruits to Police Headquarters. In this school the candidates for appointment to the police force of New York are instructed every day in the humane handling of prisoners, which is a combination of jiu jitsu and wrestling.

The recruits are taught holds and tricks to deal with almost every imaginable situation that would come up in a rough and tumble fight. It means that the burglar or the murderer drawing a gun will not have his wrist shattered by the policeman's club, but he will be disarmed and captured just the same. The cop fighter and the belligerent gangster will not be dragged to the station house with cracked heads and bloody faces.

A short time ago a policeman who had just been graduated from the police

school was on duty in a tough section of the west side of town. In the night a woman came to him. One of her eyes was closed, several teeth were missing, and her face was badly cut and bleeding profusely. She reported that a notorious desperado had beaten her and was then in a nearby saloon. This tough had the reputation of being a cop fighter.

The policeman strolled over to the saloon, and walking up to the tough ordered him to come along and to come quickly. The men drinking at the bar set down their glasses and waited to see the policeman get his deserts. With an oath the tough cut loose with a terrific blow. Then things started, and started fast.

The young policeman, quick as a flash, dodged the blow, stepped in, and a second later had his man sprawling on the saloon floor. The man started to get up, full of fight and in a frenzy of passion. As he did so the policeman got hold of his arm and the man sank back with all the fight knocked clean out of him. A little later he was led before the lieutenant at the station house. The lieutenant gasped with astonishment. It was the first time he had seen the prisoner brought in without having his "face altered."

About 3,000 of the 11,000 men who make up New York's police force have been instructed in the handling of prisoners. These men have been directed to teach it to the older men on the force.

The heads of other police departments who have visited Police Headquarters and have seen the men in action have decided to adopt the new system, which means the banishing of the night-stick with its skull cracking wallop and to substitute the no less subduing but more gentle hammer lock, half nelson, strangle and waist hold.



The accompanying illustrations, posed for by acting Sergeant Shaw and Policeman Cantor, instructors in the school for recruits to Police Headquarters, show how easy it is for the expert to subdue the biggest of men with little physical exertion.

In School of Recruits to Police Headquarters New Men Are Taught Tricks Which Can Be Used Effectively With Little Physical Exertion

There has always been prejudice against the nightstick. Magistrates have been shocked by the appearance of prisoners who looked as if they had passed through the feeder of a pulp mill. But take any of the above mentioned holds and you are bound to supplant the functions of the famous nightstick.

It might be well for readers of this article to study these holds and learn them. If you do this and prove successful, the harder a man comes at you and the bigger he is the easier you will handle him.

Why not try it? Illustration No. 1 is known as the inside waist hold. Suppose a policeman walking along his post is suddenly set upon by an insane man who grasps him around the waist. The policeman, in order to break the hold of his antagonist, steps back, grasps him by the seat of the trousers with the right hand and then pushes the left hand to the man's face, hooking the thumb under the nose. The next move is to force his antagonist backward, which will result in the hold being broken with ease.

Illustration No. 2 is known as the strangle hold. This hold when applied wisely is unbreakable. It is sure death when pressed to its ultimate possibilities. A trained policeman could use it without removing his gloves and there would be nothing in the appearance of the dead man to indicate that a brutal method had been employed in subduing him.

In this illustration the policeman's assailant grasps him by the throat with both hands. The hold must be broken quickly, and in order to do so the policeman places the palms of his hands together and then forces them up between the arms of his assailant, breaking the hold, as will be seen in illustration No. 3.

Illustration No. 4. Now that the hold is broken the policeman next locks either arm of his assailant by grasping it by the elbow and throwing his own arm over his assailant's arm. He then places his other hand on the nose of his assailant and forces him to the floor, placing the inside leg back of the assailant's heel.

Illustration No. 5. The policeman in this picture has his prisoner on the floor and to keep him there he pins one arm behind his back, places the left hand on his elbow and then grasps the wrist with the right hand.

Illustration No. 6—The assailant attempts to strike the policeman in the face with right hand. To prevent the blow from landing the policeman throws his head back to the left, then places his right leg behind the assailant's left heel, and grasping the right leg with his left hand rises to a straight position. He then places the right hand to his assailant's chest and pushes him backward. This will cause him to be thrown very quickly.

Illustration No. 7—The police frequently have trouble in taking their prisoners to the station house. In this picture the policeman is leading his prisoner along by what is known as the arm lock. To obtain this hold he has grasped the right wrist of the prisoner with the right hand. Then he has placed his left hand on the prisoner's arm to the left and behind the back.

Illustration No. 8 shows the finger lock. After forcing the prisoner's arm behind his back the policeman grasps the back of it and then inserts his hand between the third and fourth fingers. This grip—the fingers can be snapped like pipe stems by the use of a very little force—is as impossible to break as the arm hold. A child can lead a powerful man around with ease if he once gets the grip.

Illustration No. 9. Again the assailant attempts to strike the policeman. In this case he uses a dangerous weapon. The policeman, quick as a flash, turns his head to one side, grasps his assailant with the right hand and twists the arm outward and to the left. The more the victim struggles the worse off he is.

Illustration No. 10—If the assailant attempts to pull away from the policeman while subdued, as shown in the previous picture, the result will indeed be painful. All the policeman has to do is to place his foot on the chest of his prisoner as shown here, pushing and holding him at arm's length.

