

# THE EDGE OF HAND BLOW FROM ARWROLOGY

Some of the best advice from the time-period on training the edge-of-hand blow comes from

***Arwrology: All-Out Hand-to-Hand Fighting for Commandos, Military, and Civilians*** by Gordon E. Perrigard, M.D. (Montreal: Renouf Publishing, 1943) pages 46-50:

Quote:

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"THE LITTLE FINGER EDGE OF YOUR HAND"

STRIKE with the little finger edge of your out-stretched hand from the base of your little finger to your wrist. Keep your fingers tightly pressed together, and keep your thumb in close too. Your palm nearly always faces down.

This is probably the most deadly natural weapon that an unarmed man possesses if he knows how to use it.

"Make the edge-hand blow snappy. Cut it. Don't just push."

How is it used? Look at your right hand. Straighten out your fingers and thumb. Press them close together. Straighten out your hand, wrist and forearm so they form a straight line. You strike with the little finger edge of the hand from the base of your little finger to about an inch up from your wrist. You deliver the blows with your palm facing down.

Feel the little finger edge of your hand. It is probably soft. It must be hard. How are you going to harden it? Straighten out your hand and with the little finger edge strike repeatedly against any hard surface.

At first these blows may be delivered as light, chopping stokes. As the hand becomes used to the exercise and acquires resistance, more severe blows may be given, until finally a powerful blow with the full, back-hand sweep of the arm is possible. Practice the blows against tables, walls, sand-bags, poles, doors, anything.

## EDGE-HAND BLOW EXERCISE

1. Face a wall. Keeping your feet still, turn left, bringing your right hand over your left shoulder. Swing to your right, striking the wall at the level of your own neck with the little finger edge of your right hand. Put force into it. Then twist further to your right, bringing your left hand over your right shoulder, keeping your feet

still. Swing to your left, striking the wall at the level of your neck with the little finger edge of your left hand. Repeat these actions over and over.

2. Now stand with your left side against the wall. Put your left shoulder against it. You are standing at a right angle to the wall. Do not move your feet. Turn left twisting about as far as you can, bringing your right hand over your left shoulder. Unwind and strike the wall with the little finger edge of your stiffened out right hand. Give a hard blow. You are using your waist muscles to advantage.

Keeping your feet in the same position, turn right and bring your left hand over your right shoulder. Deliver a back edge-hand blow against the wall with your left hand.

3. Next stand with your right side against the wall, and repeat the right and left hand blows as above. Rub alcohol on the edge of your hands if they get tender.

4. Next stand with your back to the wall, and keeping your feet motionless, practice striking the wall with your left and right hand, twisting the waist with each blow.

These blows have been horizontal. Next come the vertical edge-hand blows.

Vertical Blows.

Facing a wall, turn to your left, just from the waist, keeping your feet still. Give an upward blow against the wall with the little finger edge of your right hand. Then turn left and give an upward blow with your left hand. Repeat.

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By now you will have an idea of the Edge-Hand blows. Where are you going to hit your opponent with the Edge-Hand blows?

Remember these points

- (a) Either side of his neck (Carotid Sinus)
- (b) The back of his neck, at a point just above the hair line. Why here? Respiratory centres may be affected by a blow in this region.
- (c) Just above and below his nose.
- (d) Along one of his ribs. Here give a horizontal blow, directly under his arms or a little behind his arms. A blow in the region of the kidneys has a shocking effect. This blow is also effective over his heart.
- (e) Up into his crotch. Give a vertical blow here.
- (f) 'Stomach'. Just under his ribs in the front of his body in the mid-line.
- (g) Forearm. Against the top of his forearm at the junction of the upper thirds and lower two thirds (Brachio-radialis muscle and posterior interosseous nerve).

Do the Edge-Hand Blows work?

They have!

#### An Actual Case

*In 1941, Mr. J.J. who is a member of the Society of Arwrologists was walking home one night past a field when he was attacked from behind by four men. One man pulled him around and stuck him a glancing blow on the side of his face.*

*Mr. J.J. ducked down and swung around delivering a left-edge hand blow against the side of the man's neck (Carotid Sinus).*

*What happened? The man's arms dropped to his sides and he fell forward, flat on his face. The knock-out was absolutely instantaneous.*

*Two of the men looked with amazement for a moment, then ran. And when Mr. J.J. turned towards the remaining opponent, he ran too.*

*With a wave of his hand and a "Good night, gentlemen," Mr. J.J. continued on his way home, smiling confidently.*

#### Another Actual Case

*One February evening in 1943, another member of the Society or Arwrologists reports that he was attacked by a man in a cigar store. A back edge-hand blow was delivered under the man's ear. The man fell to the floor, sick to his stomach, hors de combat.*

[Special Thanks to Bob Kasper for giving me a rare original copy of Arwrology - J.Sass]