

# HOW TO USE THE **YAWARA STICK**



**PROF. F. A. MATSUYAMA**

**Only Yawara man in America**

**INSTRUCTOR OF POLICE DEPARTMENTS AND POLICE SCHOOLS**

**Yawara School  
Denver, Colorado**

**(Copyright 1948)  
Prof. F. A. Matsuyama**

## How the Yawara Stick Was Developed

As instructor of Police, Police Departments, Police Schools and numerous Law Enforcement bodies, it became apparent that there was a great need for a police weapon which would offer more than ample protection to Police Officers, with a minimum possibility of injury to the person or persons on whom it was used.

From my own experience and from discussions with various Chiefs of Police and other Enforcement Officers, I learned that it was not uncommon for Officers to have their saps, billies, night-sticks or other weapons taken from them, particularly when apprehending two or more persons.

Having observed also that some Officers unfortunately have to accept early retirement, due to injuries or ailments resulting from altercations in the performance of their duties, and still others who could not enjoy regular retirement due to ill health, I decided to try and do something about it.

After years of study, research and a great deal of experimentation, I have developed the Yawara stick. This new Police weapon is small, compact and easy to carry. Yet it is so flexible in its use that it can be used in either hand, forward or backward, or at any angle, with equal effectiveness.

Its deep-set "spikes," located just below the knobs at either end of the plastic Yawara stick, are there for the purpose of preventing anyone from wresting it from an Officer's grasp. Should anyone attempt to take the Yawara stick from the Officer, these "spikes" will leave a very telling mark. Such marks will prove valuable evidence, even years later, should the culprit escape.

This manual presents in a very concise form a great amount of information, both in words and photographs, which will provide Officers with very vital and practical instructions in the proper use of the Yawara stick. It will help make their jobs more pleasant, their work more effective, and bring additional credit to their Department.

The Yawara stick is very effective, easy to carry, easy to learn how to use, and easy to remember. It is hard—in fact, almost impossible—for anyone to wrest it from an Officer's grasp. The Yawara stick is better appearing, very inconspicuous, and is not objectionable to the public—even when it is being used.

With the Yawara stick I have endeavored to make arrest easier, faster, more humane, and with less exertion on the part of the Officer. For the Officer who wants to do his job better and enjoy the good health and happiness to which he is entitled upon retirement, the Yawara stick is the proper "tool" for his Police job.

It is because I want to help you, our Guardians of Law and Order, that I have developed the Yawara stick and published this manual of instructions.

*Prof. F. A. MATSUYAMA.*

## Foreword

Ever since police departments were first organized there has been need for a humane weapon for subduing unruly offenders. The Yawara stick, devised by Professor Frank Matsuyama, now fulfills this requirement, providing that it is used as outlined in the present pamphlet.

The Yawara stick is a light piece of electro-plastic, grooved to fit the hand, and shaped into a smooth nob at both ends. Because one can strike backward as well as forward, it gives the user twice the advantage possessed by the ordinary police club, particularly in combat with more than one adversary. Below the nobs are metallic spikes which are harmless unless a person attempts to wrest it from the user's grasp.

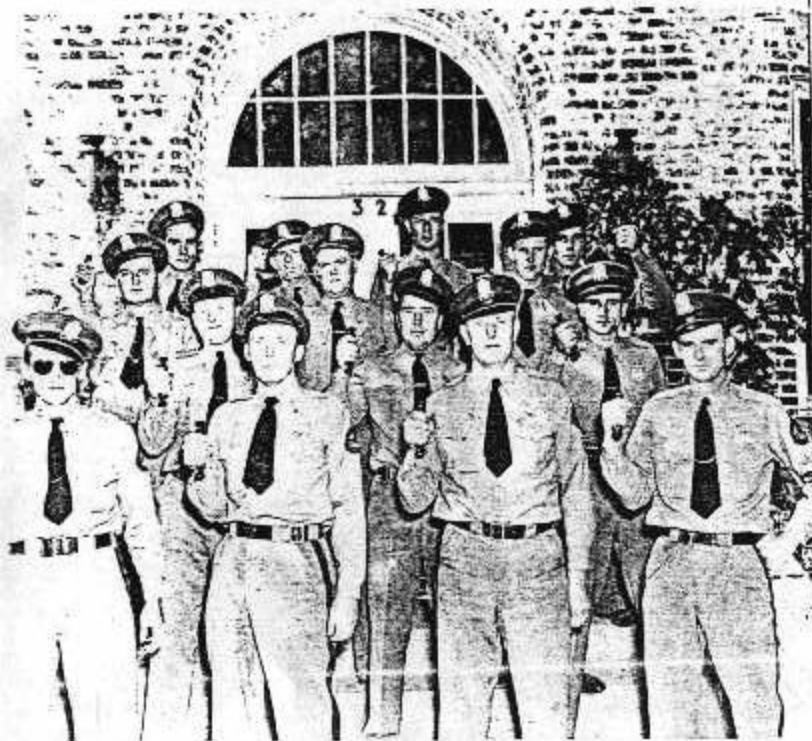
This pamphlet has been prepared primarily for use by peace officers and police students, hence the brutality of Yawara as taught for use in war has been omitted. The methods of offense and defense here described are ample for the protection of the official should he be attacked or require force to subdue a refractory prisoner. Moreover, it avoids the charge of brutality which usually follows the use of the ordinary police billy.

September 24, 1947.

August Vollmer  
Chief of Police (retired),  
Berkeley, California



Colorado State Highway Patrol now equipped with Yawara sticks.



Nebraska Safety Patrol now equipped with Yawara sticks.



Note the difference in appearance. One Officer carries the ordinary type baton. The other is equipped with a Yawara stick. Uniformed Officers can carry the Yawara stick in any convenient pocket. Plain Clothes men prefer to carry it in their vest or coat pocket.



A-1

The Yawara stick may also be carried inside the sleeve, where it automatically drops into the hand for immediate use as shown here.



A-2

The correct way to grip the Yawara stick for three-way use, for forward, backward or boxer punch.



A-3

A similar type of grip for upward or downward stroke, or for a direct forward thrust.



A-4

Incorrect way to hold the Yawara stick. Never hold the Yawara stick by either end. Always grip it firmly at the center of the stick.



B-1

Another very good way to conceal the Yawara stick for instant use. With the Yawara stick in the right hand, elevate both arms to horizontal position and fold arms, placing left hand under right arm pit. While left arm is still elevated, place right fist with Yawara stick, under the left arm pit. Drop elbow to conceal the Yawara stick. If left-handed, reverse the procedure.



B-2

The Officer approaches adversary with the Yawara stick concealed as shown in photograph B-1. The Officer is ready. He is on the defense for any action.



B-3

At one false move, the Officer strikes the chin of the adversary firmly with either end of the Yawara stick.



B-4

If the Officer prefers, he may use a blow to the solar plexus with either end of the Yawara stick, as shown here, instead of to the chin, as shown in photograph B-3.



C-1

Adversary starts to fight, beginning with a boxer's stance, and using a left lead.



C-2

The Officer strikes back of adversary's left hand sharply with end of Yawara stick.

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C-3

Officer follows through with sharp jab to hip of adversary with the "heel" of his left hand, and brings his left foot forward at the same time to maintain perfect balance.



C-4

Continuing the follow through, the Officer hooks the Yawara stick around the left ankle of the adversary, completely upsetting him. The Officer still remains perfectly balanced.



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D-1

Adversary pushes or grabs strap of Officer's Sam Browne belt or shirt front. Officer immediately grabs left wrist of adversary with his left hand. He then brings the Yawara stick into use, gripping it firmly around the first groove with the thumb and index finger of the right hand.



D-2

Officer follows through by striking the elbow (crazy bone) with the center of the Yawara stick.

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| 12

D-3

Continuing the follow through, the Officer pushes the elbow sharply with the Yawara stick, up, forward, then down, forcing the adversary down, and at the same time twisting his wrist continuously in the direction which brings the elbow forward.



D-4

Still continuing the follow through, the Officer turns his own right wrist flat-ways, with Yawara stick horizontal, and forces his hand forward over the upper arm of adversary, hooking it firmly with the Yawara stick now in vertical position. Next slide left wrist of adversary over the inside of Officer's right elbow.



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D-5

Next, the Officer moves the Yawara stick midway between the elbow and shoulder of adversary and presses bottom of Yawara stick into adversary's arm, at the same time pulling bottom of Yawara stick in the direction toward adversary's wrist. He then squeezes adversary's wrist tight in the "crook" of his elbow (by tensing the right arm muscles) and forces adversary's arm behind Officer's right hip. Officer then straightens his body, leans a bit to the left and slightly forward away from adversary, as he walks him away. This type "come-along" is now completed.

D-6

If necessary the Officer may change the Yawara stick to his left hand, in which case he grips upper arm of adversary with his right hand and strikes left "crazy bone" of adversary with Yawara stick held in left hand of Officer as shown here.

D-7

If the adversary grabs his own left hand with his right in an attempt to break away, the Officer merely strikes adversary's right "crazy bone" with the end of Yawara stick as shown.

D-8

If the Officer prefers, he may strike the knuckles, fingers or the back of the hand of the adversary with the Yawara stick.



D-9

Some Officers may prefer to use the hold shown here, immediately following the position shown in photograph D-8. In this case, Officer holds adversary as in D-8, and presses Yawara stick (held in left hand) to nerve at right of Adam's apple. This is particularly effective if culprit attempts to fight.



D-10

This shows the use of the Yawara stick against interfering person while this type "arm-lock" is used to walk an adversary. This blow may be directed to the chin or Adam's apple instead of to the solar-plexus if Officer prefers.

—MEN OVER 40—

The average man over 40 continues to improve and become more proficient mentally, but unfortunately, by nature, he begins to go down physically. Therefore he cannot fight or wrestle for too long a period. For example: A Police Sergeant whom I knew very well had a severe and prolonged fight with an adversary in making an arrest. This Officer finally subdued his adversary after many minutes, but the net result was that this Officer developed heart trouble due to the over-exertion and subsequently died. Remember: The Yawara stick subdues adversaries quickly, easily and effectively. Save wear and tear on your body. Use the Yawara stick and have a better chance of enjoying that retirement to which Police Officers are entitled.



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(5)

E-1

Officer has Yawara stick ready in his left hand for use against adversary who is about to strike.



E-2

Officer uses back-hand strike with Yawara stick to back of adversary's left hand, and at the same time steps forward with left foot as shown.



E-3

Officer follows through with straight right jab (with open hand, fingers and thumb parallel) direct to Adam's apple, or under adversary's nose. At the same time, Officer brings his right foot forward.



E-4

Officer is now perfectly balanced. He hooks upper part of Yawara stick under the back of the left knee of adversary, from back of leg—not over the leg—thus throwing adversary down.



F-1

If adversary grabs Officer's wrist. Officer clenches fist in and across his body, then upward to position shown in F-2.



F-2

Officer grabs thumb of adversary's left hand and presses his own thumb forcibly into back of adversary's hand, immediately behind the third (ring) finger. Officer then brings bottom of Yawara stick firmly against little finger of adversary. Officer leads adversary by walking backwards and maintaining a strong grip on the Yawara stick.

(1)



F-3

This is another view of the hold shown in F-2, except that it was taken from the opposite side.



F-4

Officer can walk adversary as in F-2, or he can grab the third and little finger of adversary's hand, bending fingers backward as hand is thrust forward. Officer maintains grasp on Yawara stick, over the thumb and slides bottom of Yawara stick further back of thumb. Officer then turns away from adversary and walks him away.



G-1

Adversary grabs Officer's right wrist with his right hand.

Note—If Officer prefers, he can change the Yawara stick quickly from his right to left hand and strike the back of adversary's right hand.



G-2

Otherwise, continuing from position in G-1, Officer bends his right wrist inward toward his elbow as he pushes downward toward his own left leg.



G-3

As thumb of adversary releases its grip during the downward push, the Officer brings his own fist upward across his body and twists his wrist around so that bottom of Yawara stick hooks back of adversary's wrist, as shown here. Officer then pushes up, forward, then downward sharply on the elbow of adversary, forcing him down.



G-4

Arm-lock is then completed by locking adversary's elbow back of Officer's left hip. Officer straightens his body and leans slightly to the right, as he steps off with his left foot, turning his toes away from adversary. This action is similar to that shown in successive stages on photographs D-3, 4 and 5.

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H-1

Adversary grabs Officer's right wrist with both hands, as shown.

Note—If Officer prefers he can quickly change the Yawara stick from his right to left hand and strike back of adversary's right hand. Otherwise Officer proceeds to H-2.

H-2

Follow same action as shown in G-2.

H-3

From position shown here, Officer can complete same follow through as in G-2, 3 and 4.

H-4

When Officer has adversary in position shown in H-3, he can, if he prefers, merely push downward forcing bottom of Yawara stick into back of adversary's wrist, and grasping fingers of both hands of adversary with left hand as shown here. Officer then leads adversary away on his knees as shown.



I-1

Officer begins "come-along" by placing his left wrist in front of adversary's right wrist as shown.



I-2

Officer turns upper part of his body to left and hooks Yawara stick back of right elbow of adversary, pulling him sharply to Officer's right. Officer simultaneously pulls upward with back of his left wrist gradually turning his wrist until his hand is in a palm forward position. Officer immediately catches upper right arm of adversary with his left hand as shown in I-4.

Note—Officer's foot position remains unchanged.

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I-3

This is a rear view of position shown in I-2.



I-4

If no one interferes, Officer changes Yawara stick to left hand and hooks bottom part of Yawara stick into upper arm of adversary. Officer then walks him away as shown in D-5.

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J-1

This is the same as shown in I-1 except that the Yawara stick is held in the Officer's left hand.



J-2

This is the same as shown in I-2 except that the Yawara stick is held in the Officer's left hand.

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J-3

This is a rear view of the hold shown in J-2.



J-4

This is the same as in I-4 except that the Yawara stick is already in position. To walk him away, the Officer puts adversary's elbow back of his own left hip and steps away from adversary as in D-5.

Note—These holds can be used equally well from either side.

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(a)



K-1

When adversary charges with long stick, Officer feints as if to throw Yawara stick directly into face of adversary.



K-2

As Officer brings Yawara stick forward, he strikes inside of right wrist of adversary sharply with back of his left wrist.

K-3

While gripping right upper arm of adversary in his left hand, Officer delivers sound blow with Yawara stick to adversary's chin, Adam's apple, jugular vein, or to nerve at side of Adam's apple.

Note—The Officer can use the same procedure as in photographs K-2, 3 and 4 against "southpaw" boxers who lead with a right.



K-4

If more convenient, Officer may deliver sharp blow to solar-plexus with the Yawara stick, as shown here, instead of as shown in K-3.





L-1

Adversary grabs strap of Officer's Sam Browne belt, or his shirt front, with left hand. Officer immediately grabs left wrist of adversary with his left hand. Officer then strikes sharp blow with Yawara stick to back of adversary's hand, thumb, knuckles or "crazy bone."



L-2

When adversary grabs strap of Officer's Sam Browne belt with right hand as shown, Officer strikes blow with Yawara stick to adversary's fingers.

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L-3

Same as L-2 except blow with Yawara stick is to the thumb.



L-4

Adversary grabs strap of Officer's Sam Browne belt with left hand and pulls forward. Officer merely strikes blow sharply with Yawara stick to "crazy bone" of adversary. If necessary, Officer follows through as shown in D-1, 2, 3, 4 and 5.

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M-1

Adversary grabs Officer with right hand as shown (also, he may grab with other hand to seat of Officer's trousers, as in the "bum's rush").

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M-2

Officer pivots on left toe, and at the same time steps around with the right foot and delivers right-hand blow with Yawara stick to kidney of the adversary.

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N-1

Adversary grabs Officer with left hand as shown.

N-2

Officer pivots on left toe and simultaneously steps around with right foot and delivers blow to solar-plexus of adversary with Yawara stick in right hand.

Note—If adversary uses "bum's rush," this blow is very effective. If adversary's left hand is at back of Officer's collar, Officer turns left and strikes blow to solar-plexus with Yawara stick in left hand. If adversary's right hand is at back of Officer's collar, Officer turns right and strikes blow to solar-plexus with Yawara stick in right hand. Officer may use blow to ribs, kidney or crotch instead of to solar-plexus if he prefers.



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O-1

Adversary grabs back of strap on Officer's Sam Browne belt with his left hand as shown. Officer turns right and strikes solar-plexus, chin or Adam's apple of adversary with Yawara stick in his right hand. If Officer prefers, he may turn left and deliver a blow to kidney, chin or neck with the Yawara stick in his left hand.



O-2

Adversary grabs back of strap on Officer's Sam Browne belt with right hand. Officer turns right and strikes kidney, chin or neck with Yawara stick in his right hand. If Officer turns left, he strikes solar-plexus, chin or Adam's apple with Yawara stick in his left hand.

Many Police Departments make it a practice to hire outside Instructors in Self-Defense, but usually in a short time the Officers forget the training they have received, and actually the Police Department has spent its money for nothing.

Remember: With the Yawara stick and this manual, the Officers cannot forget.



P-1

Adversary grabs Officer's right wrist with his left hand. Note—If Officer's hand is down and adversary grabs in same manner, the Officer merely brings his hand up and back to position in P-1, then follows through as in P-2, 3 and 4.



P-2

Officer tips Yawara stick forward, forcing bottom of Yawara stick sharply into the joint in back of adversary's hand, between the thumb and index finger.



P-3

Officer uses left thumb to shove adversary's thumb between Yawara stick and palm of Officer's hand. Officer squeezes tightly and walks adversary away.



P-4

Officer can walk man as in P-3, or he can grab third and little finger of adversary's hand, bending fingers backward as hand is thrust forward. Officer maintains grasp on Yawara stick, over the thumb, and slides bottom of Yawara stick further back of thumb. Officer then turns away from adversary and walks him away.



### Q-1

Adversary grips arms of chair and refuses to move. Officer leans on Yawara stick as he presses it against thumb, thumb knuckle or thumb joint of adversary. Note how adversary relaxes hold on arms of chair.



### Q-2

As adversary relaxes grip on chair arm, the Officer grabs adversary's thumb between Yawara stick and the palm of his hand. Officer then grabs extended fingers of adversary, bends them downward and backward.

### Q-3

As Officer twists adversary's hand downward and backward he still maintains a firm grip on the thumb with the Yawara stick, and leads the adversary away. Always remember to keep plenty of pressure on the thumb. Note—If Officer is left-handed he may prefer to use this same hold on adversary's right hand. This Yawara hold is equally effective from either side.





R-1

Adversary is seated, grips chair and refuses to move. This time his hands are in a different position. Officer hooks Yawara stick against nerve at right of Adam's apple and simultaneously grabs chin of adversary, twisting adversary's head far to the right.



R-2

With adversary's head twisted far to the right, Officer quickly slides his right arm across adversary's throat. Officer simultaneously changes Yawara stick to his left hand. If adversary attempts to grab Officer's hand, the Officer merely taps the offending hand sharply with the Yawara stick.

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R-3

Officer straightens up, bringing adversary's Adam's apple into the crook of his elbow, and walks him away. If adversary attempts to grab Officer's arm with either or both hands, the Officer raps adversary's hands sharply and squeezes neck tightly by tensing the arm muscles.



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S-1

Adversary attempts to choke Officer with arm hold around neck. Officer grabs adversary's wrist and taps back of his hand sharply with end of Yawara stick, using a side blow.



S-2

Or the Officer may strike a blow with the blunt end of the Yawara stick to adversary's "crazy bone."

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S-3

If adversary grabs Officer and forces him backward, as in the photograph, the Officer strikes a blow with the Yawara stick to adversary's knee or to the "crazy bone," as in S-2.







T-1

If adversary throws headlock on Officer, the Officer uses side blow to back of adversary's hand, with end knob of Yawara stick, while holding around body of adversary with left arm.

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T-2

In this photograph, Officer taps knee cap of adversary with side blow from Yawara stick.



T-3

This shows Officer tapping inside shin of adversary with Yawara stick.



T-4

Officer uses Yawara stick in left hand and hooks side of it to the nerve at the left of the Adam's apple. Officer then pulls adversary backwards, off balance, with the Yawara stick, while holding the adversary's wrist as shown. Officer then releases hold on wrist and strikes blow with bottom side of fist, to the solar-plexus. (In case of a life or death fight, Officer uses same blow to crotch.)



#### T-5

Officer punches with heel of his right hand to adversary's right hip and simultaneously hooks side of knob of Yawara stick into hollow below Adam's apple and pulls backward. This hold is particularly valuable in holding an insane person.

**CAUTION**—It must be understood that a blow with the Yawara stick to the crotch, face, etc., may be used in any of the holds shown in T-1 to T-5, inclusive, and in many of the other holds. They are not shown here because the use of such blows are objectionable to the public when used by Officers.

All Peace Officers know that today it is more difficult to subdue and apprehend persons than it was even five years ago, because during World War II many were taught Jiu Jitsu, Judo and other forms of combat.

**The Yawara stick is the answer.**



### U-1

This is the best "come-along" because it is very effective and is never objectionable to onlookers. Officer grabs adversary's left wrist with his left hand. At the same time, Officer grabs outside part of adversary's sleeve at the elbow (leaving "play" between Yawara stick and elbow). If adversary resists or refuses to come along, Officer taps "crazy bone" sharply with side of Yawara stick.



### U-2

If adversary tries to turn left, Officer presses Yawara stick firmly to the "crazy bone" and pushes sharply forward, making adversary walk.



### U-3

If adversary turns to right or attempts to strike Officer with his elbow. Officer still holding Yawara stick firmly to sleeve, turns Yawara stick horizontally and opposite end of Yawara stick jabs adversary's back and prevents him from turning.



### U-4

If adversary resists too much, put him into position shown here, which is the same as in D-4 and finished in D-5.



### V-1

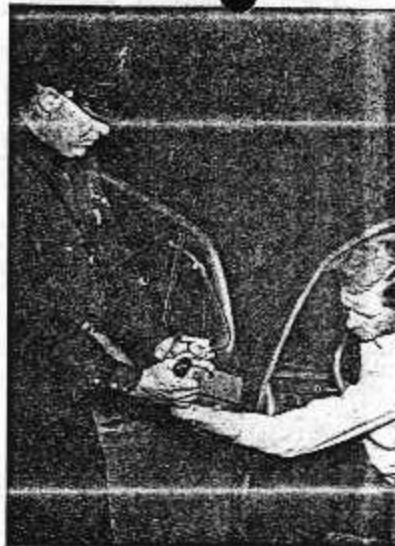
To remove stubborn adversary from car. Officer leans firmly with Yawara stick against adversary's thumb as in Q-1.

**NOTE**—If adversary attempts to fight it is a simple matter for Officer to strike chin or Adam's apple with either end of the Yawara stick.



### V-2

Officer then grabs thumb of adversary and squeezes Yawara stick firmly against it, and at the same time grabs extended fingers of adversary as in Q-2.



### V-3

Officer now twists hand of adversary backward and downward as in Q-3, and leads him from car.



W-1

Officer grabs left wrist of adversary with his left hand, and strikes adversary's "crazy bone" with side of Yawara stick as in D-1 and D-2.



W-2

Officer follows through, pushing elbow of adversary upward and over, then downward with the Yawara stick and at the same time twisting his wrist continuously in the direction which brings the elbow forward as in D-3.



W-3

Officer locks arm of adversary with Yawara stick as in D-4, and pulls him out of car, then walks him away as in D-5.



X-1

Correct way for Officer to hold Yawara stick while driving adversary. The spike of the Yawara stick is parallel to the Officer's forearm. If adversary grabs Officer's right wrist with either hand while Officer is driving car, Officer merely tips bottom of Yawara stick backward toward his own forearm. This action imbeds the "spike" of the Yawara stick into adversary's finger, thumb or hand. Officer can still hold both hands on wheel or release right hand from wheel if necessary.

Note—Ordinarily we do not like to cut or mark anyone with the spikes, at any time, but in this case the Officer's life and destruction of the car is at stake.



X-2

If adversary attempts to strike Officer while sitting in car or while driving, Officer strikes adversary on chin with Yawara stick as shown. If this occurs while driving, Officer should not hesitate to strike any part of face or head, because here, also, it may save the life of the Officer and damage to the car. Remember, the blow may be struck with either end of the Yawara stick.

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5

X-3

Also, under circumstances described in X-2, the blow may be struck with either end of the Yawara stick to the solar-plexus, crotch or any part of the body.



X-4

If adversary attempts to escape, strike hard blow with end of Yawara stick to kidney, ribs, spine or any part of the body. Even if this should injure the adversary it is much better than having to shoot him.



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Y-1

If adversary refuses to go through doorway, or to enter the patrol wagon, Officer grabs tightly upward on collar of adversary and brings Yawara stick down toward crotch as shown.



Y-2

Officer shoves Yawara stick through crotch and pushes upward, or he uses a slight upward tap with the front of the Yawara stick and as the adversary jumps up, the Officer pushes him forward.

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Y-3

Or the Officer may turn the Yawara stick horizontally, with his palm up, while holding collar as shown here. Officer then lifts upward at collar while pulling up at the crotch and pushes adversary forward.



Y-4

Officer may also use the method shown here. Officer grabs collar tightly, pushing upward as he shoves the Yawara stick into adversary's kidney.



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**Z-1**

Officer can walk adversary by grabbing his wrist and pushing end of Yawara stick into back as shown here. Adversary will think it is a gun.



**Z-2**

Adversary grabs Officer's gun as shown. Officer grabs adversary's right wrist with his left hand and strikes direct blow to solar-plexus with Yawara stick in his right hand. Officer should not hesitate to strike chin, crotch or any part of adversary's body.



**Z-3**

When it is necessary to transport an adversary, the Officer cannot carry a gun in his hand all the time, but he can carry a Yawara stick.





**AA-1**

If adversary shifts around and refuses to go. Officer strikes back of hand or knuckles of adversary, as shown, instead of head.



**BB-1**

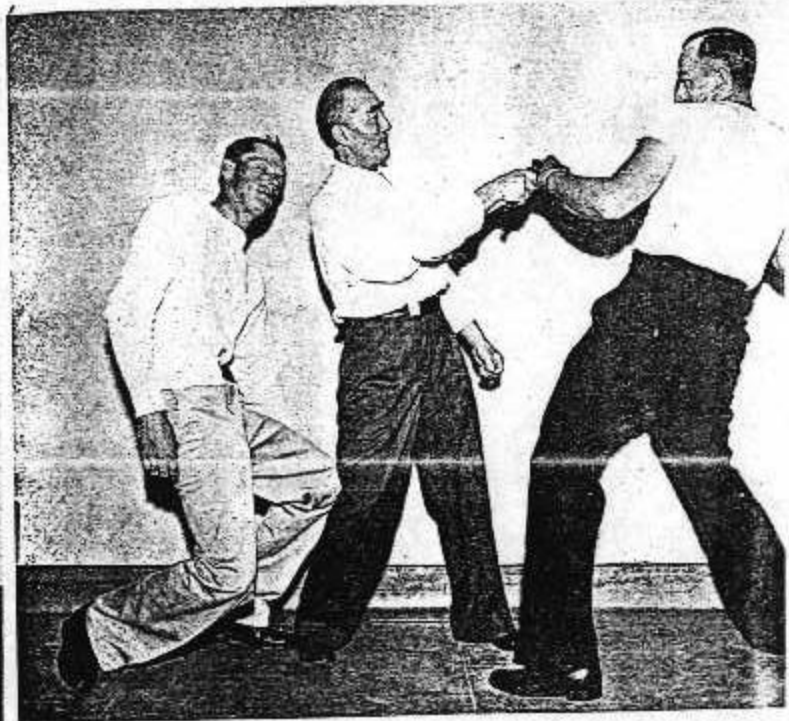
Adversary attempts to strike Officer as shown. Officer uses back-hand strike with Yawara stick to adversary's fist. Officer may use forward blow with Yawara stick to back of adversary's fist, if he prefers.

(5)



CC-1

If, while engaged with one adversary, another attempts to attack from the rear as shown, a sharp blow with the Yawara stick to the solar-plexus eliminates the interfering adversary. The blow may be struck with either end of the Yawara stick.



As interfering adversary drops, a sharp blow with the Yawara stick to back of first adversary's hand, as shown here and in C-2, is delivered. Follow through as in C-3 and C-4.

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923 EUCLID AVENUE  
BERKELEY 8, CALIFORNIA

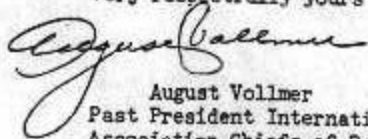
April 15, 1946.

Prof. F. A. Matsuyama,  
Yawara School,  
#1818 Stout Street,  
Denver, Colorado

Dear Sir:

The Yawara Stick which you have sent to me is without doubt the most compact and effective offensive and defensive combat weapon that has been brought to my attention. This weapon should be required equipment for every policeman, especially the plain clothes officers of the police service.

Very respectfully yours



August Vollmer  
Past President International  
Association Chiefs of Police



IN REPLY  
REFER TO

City of Oakland  
California  
Police Department

ADDRESS ALL CORRESPONDENCE TO  
ROBERT P. TRACY, CHIEF OF POLICE

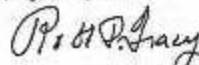
October 9, 1947.



TO WHOM IT MAY CONCERN:

This is to certify that the  
YAWARA STICK is being used by many members of this  
Department, and is part of our standard equipment.

Very truly yours,



Robt P. Tracy  
CHIEF OF POLICE.