

# Discover the Secrets Behind Defendu Scientific Self Defence by We Fairbairn

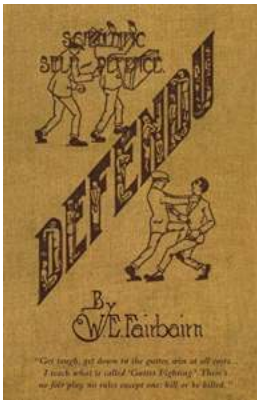
Are you looking to master self-defense techniques that are based on science and proven to be effective? Look no further! In this article, we will delve into the fascinating world of Defendu Scientific Self Defence, pioneered by the renowned expert, William Ewart Fairbairn. Strap in, as we uncover the secrets behind this tried and tested system that has stood the test of time.

## Who was William Ewart Fairbairn?

Before we delve into the details of Defendu, let's familiarize ourselves with the man behind this groundbreaking self-defense system. William Ewart Fairbairn, commonly known as W.E. Fairbairn, was a British army officer and police officer who served in both World Wars. His experience on the frontlines, combined with his knowledge of martial arts, led him to develop a self-defense system that was practical, efficient, and based on real-life situations.

## What is Defendu Scientific Self Defence?

Defendu, a term coined by Fairbairn, is a self-defense system that emphasizes practicality and adaptability. Unlike traditional martial arts, which often focus on elaborate techniques and complicated forms, Defendu was designed to quickly neutralize threats in real-world scenarios. Fairbairn believed in tailoring self-defense techniques to the individual's strength, speed, and size, making it a highly effective system for anyone regardless of their physical attributes.



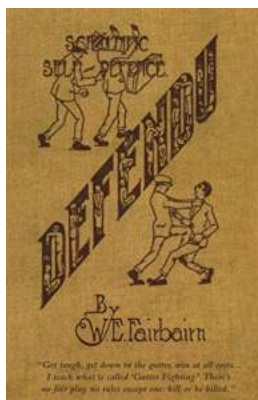
Fairbairn's Defendu system had a profound impact on the world of self-defense and martial arts. After leaving the military, Fairbairn shared his knowledge and skills with law enforcement agencies around the world, including Shanghai Municipal Police and the British Armed Forces. His teachings laid the foundation for modern self-defense systems used by police and military personnel globally.

## Applying Defendu Principles in Today's World

While Defendu originated in the early 20th century, its principles and techniques remain highly relevant today. The ability to defend oneself is a crucial life skill, and with the prevalence of violence in society, learning practical self-defense is more important than ever. By incorporating the philosophy of Defendu and its time-tested techniques into your training, you can equip yourself with the tools to protect yourself and your loved ones.

### In

Defendu Scientific Self Defence by We Fairbairn is a system that combines science, practicality, and adaptability to provide effective self-defense techniques. Developed by a true expert in the field, Defendu has left a lasting legacy in the realms of martial arts and self-defense. By understanding the principles behind Defendu and applying its techniques, individuals can gain the confidence and skills to protect themselves in a world that sometimes demands it.



## DEFENDU Scientific Self-Defence

by WE Fairbairn (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English

File size : 84056 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled



The Fairbairn's system was based on his training and knowledge in boxing, wrestling, savate, jujutsu, judo and fights he was involved in during his police work, Fairbairn began to develop his own system of hand to hand combat, initially referring it as "Defendu". It was designed to be simple to learn and to provide effective results. Fairbairn published his book, Defendu, in 1926[2] (reprinted as Scientific Self Defence in 1931), illustrating this method and it is here that the term "Defendu" first appeared This confused early readers of the book, who assumed that the techniques within had been based mainly in the Eastern martial arts that Fairbairn had learned. Thus, in an attempt to highlight the originality of Fairbairn's material, the term did not appear in the 1931 edition of the book. Fairbairn was called upon by the British to help train and riot control. The original Defendu was oriented towards self-defence and Allied troops in World War II. Fairbairn and others expanded on this system to create the Close Quarters Combat system that was then taught to the troops. This system was built on Defendu, but modified for military applications, rather than policerestraint, while the Close Quarters Combat system concentrated on rapid disabling of an opponent, with potentially lethal force. The militarised version of Defendu is described in the military manual All in fighting 1942, used as a supplement during WW2 CQB-training. This book was later published in a civilian edition, missing the chapters on bayonet-fighting and rifle sighting, under the name Get Tough! How To Win In Hand-To-Hand Fighting. As Taught To The British Commandos And The U.S. Armed Forces. Fairbairn's CQC-system is also described in Rex Applegate's book Kill or Get Killed.

Publications:

Defendu, first published in 1926 in Shanghai by the North China Daily News & Herald Ltd.

Scientific Self-Defence, first published in 1931 by D. Appleton and Company New York & London.

All-In Fighting, first published in 1942 by Faber and Faber Limited London.

Get Tough, first published in 1942 by D. Appleton-Century Company New York & London.

Self Defence for Women and Girls, first published in 1942 by Faber and Faber London.

Hands Off! (Self Defence for Women and Girls), first published in 1942 by D. Appleton-Century Company New York & London.

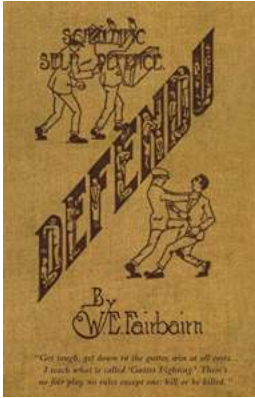
Shooting to Live, co-authored by Eric Anthony Sykes, first published in 1942 by Oliver and Boyd London England.

All of Fairbairn's works are published and available from The Naval & Military Press.



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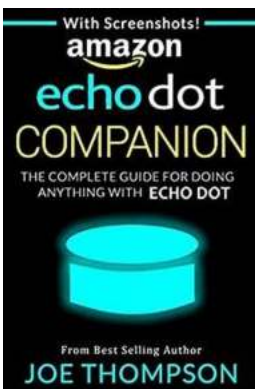
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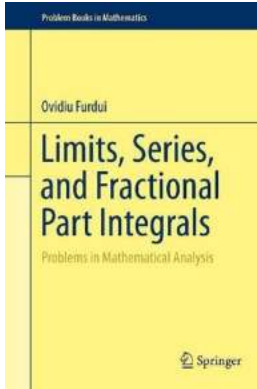
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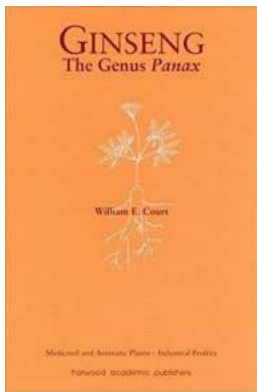
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