

## FOREWORD

This document is an attempt at a faithful transcription of the original document. Special effort has been made to ensure that original spelling, line-breaks, and vocabulary are left intact, and when possible, similar fonts have been used. However, it contains original formatting and image scans. All rights are reserved except those specifically granted herein.

You may distribute this document in whole, provided that you distribute the entire document including this disclaimer, attributions, transcriber forewords, etc., and also provided that you charge no money for the work excepting a nominal fee to cover the costs of the media on or in which it is distributed. You may not distribute this document in any for-pay or price-metered medium without permission.

## DEDICATION

Special dedication to my lovely and understanding wife Mylinda, my energetic and enthusiastic son Christopher, and my stunningly beautiful daughter Allison.  
-Kirk Lawson

## SPECIAL THANKS

Special thanks to Dr. Milo Thurston of the Linacre School of Defense ([www.sirwilliamhope.org](http://www.sirwilliamhope.org)) for making the original raw scans available in PDF form and for passing the PDF on to me to transcribe.



# **Jiu=Jitsu**

**and other Methods of Self-Defence.**

LONDON:

L. UPCOTT GILL, LONDON AND COUNTY PRINTING WORKS.

BAZAAR BUILDINGS, W.C.

# Jiu= Jitsu

and other Methods of Self-Defence.

BY

PERCY LONGHURST,

Author of "Wrestling," winner of the Light-weight Wrestling  
Competition, G.G.S., 1899, and Hon. Sec. of the National  
Amateur Wrestling Association of Great Britain.



**Profusely Illustrated.**

---

LONDON:

L. UPCOTT GILL, BAZAAR BUILDINGS, DRURY LANE, W.C.

NEW YORK:

CHARLES SCRIBNER'S SONS, 153-157, FIFTH AVENUE.

1906

## PREFACE.

---

The ability to successfully defend oneself against sudden attack anywhere and at any time is of prime importance to all, and therefore the Author offers no apology for presenting this little book to the public.

In the following pages are described the most effective and easily learnt methods of defence against bodily assault comprised in the Japanese art of Jiu-Jitsu—admittedly the most satisfactory science of self-defence in existence—including several specially adapted to the use of the gentler sex, together with a description of other tricks of self-defence Well within the capacity of the merest novice in antagonistics.

## Jiu= Jitsu.

The fact that the unique Japanese system of self-defence known as Jiu-Jitsu (the word is spelt indifferently Jiu-Jitsu and Ju-Jitsu), should have created so favourable an impression on the British public in general, and the British athlete in particular, and in so short a time, moreover, is sufficient proof that there is, as the man in the street says, "something in it." The Britisher is a strongly conservative person; he is not fond of innovations; he views anything new with a certain amount of distrust, and when innovations come from foreign sources feels not only suspicious and distrustful, but extremely sceptical.

It was as nearly as possible six years ago that the attempt to introduce Jiu-Jitsu into England was made, and I have a very lively recollection of the first exposition of the science given to the public. I was on the platform with several others interested in antagonistics, and we were not impressed. I had witnessed several private exhibitions previously, and my incredulity as to the utility of the new system had been strengthened. The public demonstration

left my unbelief somewhat shaken; but I was anything but satisfied that Jiu-Jitsu, although it provided an interesting spectacle, as a practical form of antagonistics had any value worth consideration. Since then I have had plenty of opportunities of forming a more practical opinion, and the original suspicion and disbelief have not only been greatly modified but changed to a sound respect.

It was Mr. Barton-Wright, an English gentleman of many years' residence in Japan as an engineer, who first introduced the system into England; he it was who first brought over Tani and Uyenishi, the two Japanese who gave the first music-hall exhibition of the art. Since then the shrewed Scotsman Apollo, the professional strong man, has taken one of these professors in hand, carrying him from place to place until there is scarcely a town of considerable size south of Glasgow where Tani has not given demonstrations of Jiu-Jitsu.

Now, with regard to Jiu-Jitsu as a practical method of self-defence. There has been much claimed for it, as those who have heard Apollo's declamations or read the newspaper reports are aware. Many will think it has been greatly overrated; and certainly there are those who are inclined to protest too much in its favour. But it must be remembered that Apollo, who had sung the loudest song, is naturally anxious to attract the attention of the public to Tani's performances.

Jiu-Jitsu, so we have been emphatically told, is superior as a means of self-defence to boxing, wrestling, *la savate*, the shillalah or cudgel play (of which, as interpreted by M. Pierre Vigny, I shall have something to say later)—in fact, to any system whatever that man has devised for self-protection from bodily



assault. The proof of this is said to lie in the ease with which Tani and the newcomer, Myaki, defeat their opponents, amongst whom are some who are acknowledged as the cleverest exponents of Western styles of wrestling. The best English wrestlers, and even the mighty Hackenschmidt himself, have succumbed to Tani's unbreakable locks in a very few minutes. But neither Tani nor Myaki has yet met an opponent permitted to use any and every method of attack, hence the demonstrations given cannot claim to be thoroughly conclusive.

It is only reasonable to suppose that a first-rate boxer, wrestler, or savatier would demolish an opponent unacquainted with these systems with ease equal to that with which Tani vanquishes those who come against him. Tani's opponents do not know what to do; their knowledge scarcely lies in the direction of bone-breaking. They do not know what he is going to do. His victories in his own style—to which his antagonists are limited—are not difficult to explain.

I am told by seafaring men that in the squabbles which occasionally take place in Japanese ports and elsewhere the Jap, if the trouble result in a close-quarters struggle, invariably gets the better of it, no matter what difference exist as to size and weight; but the Jap has no liking for fisticuffs.but.

I have many reasons for not believing that Jiu-Jitsu is the all-powerful system it is claimed to be; but I will assert that as a general means of self-defence it is of extraordinary value. Once the Jiu-Jitsuite gets to close quarters, superior strength and weight lose their value. The good little boxer, if hustled into a corner by a much bigger and stronger man, is likely to have a bad time of it.

From such a situation the man familiar with Jiu-Jitsu would in all probability emerge victorious.

An opponent's ignorance of one's special knowledge of any system of self-defence constitutes one-half the value of such knowledge. In a would-be murderer or violent thief one is not likely to find an expert boxer or wrestler; and in any rough-and-tumble fight or chance encounter in which by force of circumstances one may become involved it is almost invariably the case that an assailant will get to close quarters if he can. If one be a good boxer one will try to prevent this; if a Jiu-Jitsuite, one will ask for nothing better. Not only will one be able to preserve one's life or bodily soundness, but the cowardly assailant will be taught a wholesome lesson. The ruffian who demands watch and purse under threats of violence, the housebreaker, or despicable rascal who takes advantage, or attempts to take advantage, of a woman's physical weakness, may, by a simple Jiu-Jitsu trick, be thrown to the ground helpless and groaning, incapable of movement save at the risk of further injury; and may, if necessary, be disabled, and all without the exertion of any extraordinary strength. The weak limbs and untrained muscles of a woman are quite capable of causing the disablement of the most powerful scoundrel that ever trod the earth. Herein lies the great value of Jiu-Jitsu; the physically weak and the feminine sex, who are debarred from acquiring such systems of self-defence as boxing or wrestling, have in Jiu-Jitsu an accomplishment quite suited to them. It is as well within the reach of the weak as of the strong, of the little as of the big, as possible for a woman as it is for a man, for it is almost entirely a matter of skill, and science, and knowledge.

But I do *not* say—and let this be clearly understood—that Jiu-Jitsu is an absolutely infallible system: such still remains to be discovered, and probably it never will be, circumstances and the personal element wielding so large an influence. The person knowing Jiu-Jitsu is not, *ipso facto*, rendered invulnerable against injury by personal assault; he will not inevitably overcome any chance assailant. But it is an extremely valuable form of self-defence, and, in conjunction with boxing, forms the nearest approach to the perfect—and undiscoverable—system.

In the following pages I shall endeavour to give a brief and lucid description of some of the most useful Jiu-Jitsu tricks, together with a few others based on the same principles as the Japanese art.

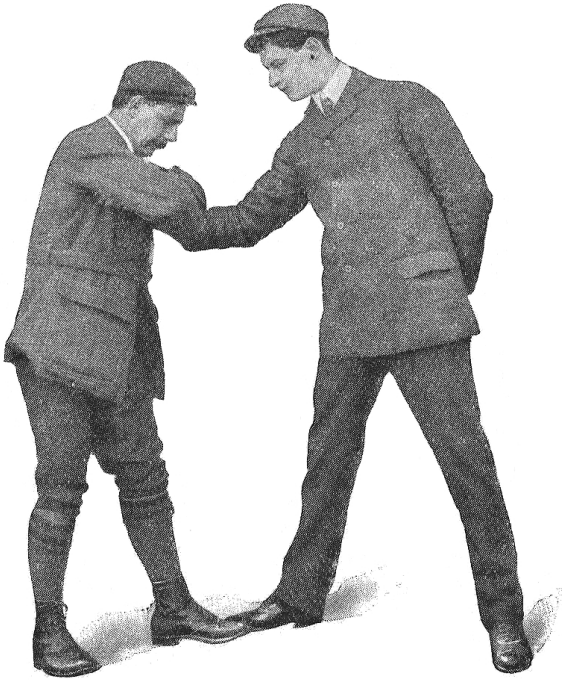
Described briefly, Jiu-Jitsu is a combination, or series of combinations, of holds and locks, fixed in most cases upon the limbs, in such a manner that by the exercise of additional pressure dislocation of a joint or actual breakage of a bone may be brought about. The art is based entirely upon a thorough knowledge of body balance, together with an accurate understanding of the construction of the human skeleton. The joints of the limbs and body have but a limited movement. Whether the individual action be backward, forward, sideways, or almost rotary, the limit is reached when full extension takes place. Beyond that limit the peculiar construction of the joint will not admit of further movement, and if force be used to attempt to pass that limit danger is caused. Pressure on any joint beyond, or contrary to, that which is natural causes, first, intense pain; secondly, if the pressure be increased, dislocation of the joint. By a carefully thought-out system

of holds, locks, and leverages, Jiu-Jitsu supplies the required extra pressure to bring about this result. Anyone of the simplest intelligence can readily appreciate, if not the principle of these holds, etc., at least the effects. The man who understands the guiding principles, and the many existing opportunities for acting upon these, understands the secret of Jiu-Jitsu : all he requires is to be shown the manner of making use of the opportunities.

Some, who have not given much thought to the subject, may feel surprised to learn that such simple methods of rendering a strong, healthy individual absolutely helpless should exist; others may wonder how it comes about that no Western athlete should have discovered the system. As a matter of fact, the American and Lancashire wrestlers who practise catch-as-catch-can wrestling have discovered several tricks which may be classed in the Japanese system. The wrestler acquainted with the "foot or shoulder twist," the "hammer-lock," the "double nelson," or the "hang" (a particularly dangerous hold, made by joining the hands with the forearms placed against the sides of the opponent's neck, which is thus held as in a vice), knows that the efficacy of these formidable holds is based upon the same principle as the Jiu-Jitsu locks and holds.

Perhaps the most striking feature of the Jiu-Jitsu system is the simplicity characterising the various methods employed. A most interesting example of this marvellous simplicity is shown in Fig. 1, illustrating an ordinary wrist-lock. The attacker—on the right—has attempted to seize his victim by the coat-collar, but before the grasp has been taken the defendant has placed his hands on the back of his assailant's hand, thus flattening the palm against his

chest: no grasp is taken, the hands being simply placed above the other. Pressing the captured hand to his chest, the defendant steps backward with his right foot, going down on the knee, and the assailant is thus brought to the ground in a helpless position,



**Fig. 1. A good firm Wrist-lock— one of the simplest in Jiu-Jitsu holds, by means of which the defender could break his assailant's wrist.**

for his wrist may be easily broken or he may be disabled by a blow on the side of the head. The movement is quite simple.

What may be done with an apparently simple arm-and-collar hold, taken as shown in Fig. 2,

will be at once realised by anyone making practical experiment. The hold is obtained thus: Grasp your antagonist—who is facing you—by his left wrist with your left hand; the back of your hand to be uppermost when taking the hold.



**Fig. 2. Arm-and-Collar Hold with Outside Stroke.** The opponent's arm, having no backward movement, could easily be dislocated.

Step forward diagonally with the right foot, which thus comes in the rear of your opponents left foot, as shown, and simultaneously thrust your right hand under the captured arm and grasp the coat-collar, on the further side for choice. These movements will bring you almost side by

side with, and facing the same direction as, your opponent. His arm is now lying across your forearm, which acts as a fulcrum sufficiently strong to allow of your seriously injuring the captured limb by violent downward pressure of his hand. Your opponent's palm being uppermost, his limb has no backward movement, consequently breakage or dislocation of the elbow-joint must result if you choose to exert sufficient force.

In making this movement you have brought yourself at the side of your antagonist, and if you retain your hold you may hold him thus as long as you please, for the intense pain he suffers, and the fear of further injury, should deter him from any struggling or making any effective offensive movement. You should not, however, be ready to take this for granted: the man may become desperate, you may not have obtained a perfectly satisfactory hold, there may be a companion ruffian whom you are called upon to tackle; therefore it is well to dispose of the one you have in hand. This may be done in more than one way. The man may be thrown either forward or backward, slung down in such a manner as to leave him on the ground badly hurt, or you may fall with him, and in such a position that you will be able to insert one of the terrible hold-fast locks that the Japanese Jiu-Jitsuite brings into force when he and his assailant go to the ground together. A description of these various locks and holds for disabling a man who is down, or for keeping him there, will be given subsequently.

Presuming that you have decided to throw your man after having obtained the arm-and-collar hold, give a sharp, quick blow to his nearest foot, just above the heel, with the inner edge of the right

foot (it is assumed that you are on the left side of your assailant), and at the same moment twist him violently backward. One of the ground-locks referred to above may be used to complete the business.

In the exhibitions of Jiu-Jitsu the performance takes place on thick straw mats, which greatly minimise the force of a fall; but when such throws as those described take place in a stone-paved or asphalted thoroughfare, the throw alone is almost sufficient to disable the victim, temporarily at least. As this is, I take it, the immediate end in view—for on the occasions when reliance has to be placed on one's knowledge of self-defence one is not particularly concerned with the preservation of the assailant's health—the desired object may be brought about by causing the man when he is thrown to fall on the back of his head. This will be brought about by so timing one's movements that the leg-stroke and the strong backward jerk of the upper part of the body occur simultaneously.

Somewhat similar to the preceding throw is that illustrated in Fig. 3. By this means a man is thrown on his face, and with such force that if his forehead come into violent contact with such unyielding substances as flagstones or cobble-stones he will be deprived of the opportunity for further violence. The man having been thrown, one of the many arm or leg locks, which will be dealt with hereafter, may be made use of.

In this attack there is no breaking strain placed upon the arm, and the success of the move depends upon quickness. To a man practised in Cumberland and Westmorland wrestling, attack on an assailant's right side will come more natural; it is, however,



just as well to become familiar with attack on either side, to be used when circumstances occur.

From the front position seize your antagonist's right wrist with your right hand, draw it upward and across, and take a short step forward with the left foot, turning your left side inward; at the same moment push your left arm under the captured arm,



**Fig. 3. Arm Hold, Half-Nelson and Cross Buttock, by which means a man may be forcibly thrown on his face.**

and place your hand on your antagonist's neck, pressing the head well forward. If it be possible to bring the palm of the captured hand uppermost, so much the better. As these movements are made, strike across the man's legs with your left leg, at the same time screwing him forward; this manœuvre, if properly performed, should throw him headlong to the ground.

A variation of this attack is shown in Fig. 4. Having got your man into the required position, as explained in the preceding paragraph, instead of throwing him forward, strike upward sharply with



Fig. 4. Arm Hold, Half-Nelson and Knee Stroke. A variation of the attack shown in Fig. 3.

the knee; if you strike with the left knee the blow should land on the point of his jaw, and may be given with sufficient force to dislocate the same as well as to bring about unconsciousness. If the blow be dealt with the right knee, the forehead will be the part struck. It must be remembered in dealing this "knee jolt" not to allow the knee-cap to strike your

antagonist's head, but to strike so that the head of the leg-bones is the striking point. It is obvious that an opponent's head must be forced low down to render the knee-stroke perfectly effective.

Whether an assailant be the thieving rascal who stops you in a dark street late at night, and, on your refusal to comply with his demand for money, proceeds to obtain, or to try to obtain, what he wants by the aid of violence, or the murderous ruffian who delights in hammering those whom he believes to be his physical inferiors, or one who attempts violence owing to inability to control his aroused temper, it is a ten-to-one chance that unless he be acquainted with boxing he will commence the attack with his fists and then attempt to come to close holds. Also it is more than probable that he will do most of his hitting with the right hand, and quite certain that he will strike downward—"chop," as the boxing man would call it—or hit round arm. The round-arm hitter may be either countered with a straight left in the face, or the swinging arm turned aside, and the other hand applied with force to the ear or jaw. But the "chopper" may be dealt with somewhat differently.

In delivering his right-hand blow the man will advance his right leg; this gives the experienced opponent an opportunity that should not be missed. Grip the wrist of the descending arm. with the left hand, and simultaneously seize the man's coat collar with your other hand, as indicated in Fig. 5. Step across his advanced leg with your further leg—that is, the right—get your foot well behind him, not close against his heel, but some 6in. away, so that your calf is pressed against his leg; then give a quick thrust backwards, and *also to your left*—this

is most important—so that he is bent backwards across your thigh and broght to the ground with sufficient force to render unnecessary any further attention.



Fig. 5. Arm=and=Collar Hold and Leg Stroke, bringing the assailant to the ground backwards.

Quickness, and no less careful attention to the backward swing, are absolutely necessary to success; but if well performed the result will be surprising. A simple backward push after having stepped across is all but useless; if properly swung, the victim's head strikes the ground with stunning effect. There

are few more simple tricks for discomfiting an assailant—the fall is so swift, so thorough; and if the fall itself be not sufficient, one can follow it up on the ground with a strangle, or arm- or leg-lock, which



**Fig. 6. A Head Twist that will cause any assailant to break his hold round the body.**

will finish matters. It is a defence for which, in the course of almost any hand-to-hand encounter, the opportunity will arise. Even the experienced boxer may sometimes be floored thereby, as naturally he stands with one foot well advanced. It may be performed on either side of the body, and in the hands of an expert *cannot* fail.

When in a struggle one succeeds in obtaining a fair hold around the body, it may appear that one's opponent is in a desperate position. He may be lifted from the ground and dashed violently downward, or, if the holder know how to use his legs, thrown backwards with crushing force. As a rule the one so held knows no means of releasing himself; he struggles and wriggles, in the hope of breaking the grip, but cannot succeed. He may try to get a grip upon his antagonists throat, but as of necessity his elbows will be turned outward, he cannot exert very great force even if he get the grip. He may attempt to snap the holder's head back by pushing on the chin or forehead, but there are no means so effective as those depicted in Figs. 6 and 7. A twist as shown in Fig. 6 is guaranteed to cause any man to break his hold, and, if made by one with strong wrists and hands, may be sufficiently severe to cause dislocation of the cervical vertebra. It is best to make the twist as shown in the illustration. The left hand is placed on the chin, the right on the back of the head, and the head may be then jerked sideways and just a trifle upward, the chin being forced round towards the right shoulder.

The release shown in Fig. 7 may not be fully appreciated until actual trial is made, but of its effectiveness I can speak from personal experience. It depends simply upon pressure on a nerve-centre, and the pain thus caused is most acute. The position, in various parts of the human body, of nerve-centres upon which pressure may be easily brought has been most accurately ascertained by the native exponents of Jiu-Jitsu, and this knowledge enables them to perform feats which may appear almost miraculous. Sharp violent pressure on some of the

nerve-centres produces a sort of local paralysis, and one familiar with their location may, by pressure thereupon, break a hold, release a hand-grip, and reduce the victim to a state of helplessness that is



**Fig. 7. Release from Waist Hold by pressure on the terminating portion of the dividing cartilage of the nose.**

almost ludicrous, in far less time than it takes one to describe the process.

The diagrams given in Fig. 8 show the situations of the most easily operated upon of these nerve-centres. Three of them are located in the hand, and sharp pressure exerted on these particular spots

with the tip of a finger or thumb will break a hand-grip of the strongest man. One is to be found at the base of the thumb, on the outer edge of the wrist, in the depression that lies between the two main sinews of the thumb, and which may easily be found when the thumb is moved away from the hand.

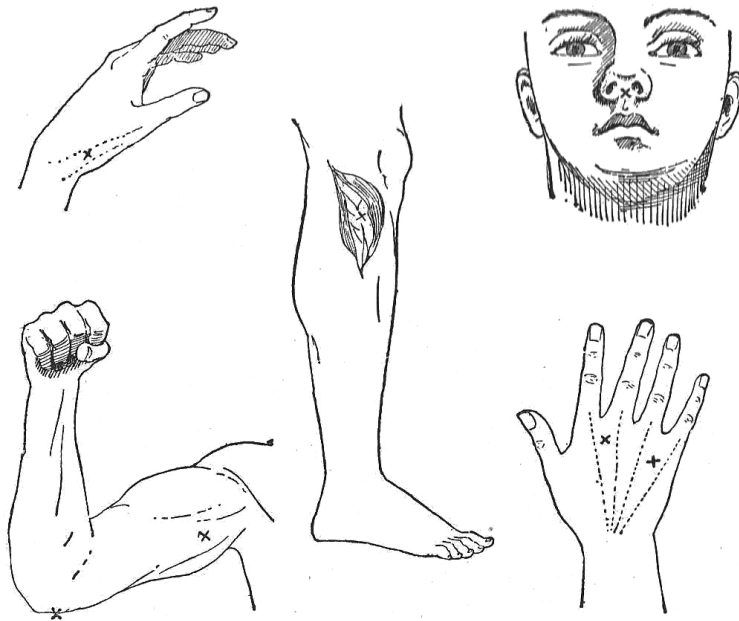


Fig. 8. Diagrams showing the positions of the Nerve-centers (indicated by the crosses) most easily operated on by the Jiu-Jitsuist.

Another lies on the back of the hand, about an inch below, and midway between, the big knuckles of the first and second fingers; while a third is similarly situated below the third and little fingers. Another such "tender spot" is located on the inside of the upper part of either arm a little below the armpit—



at the spot where the end of the big biceps muscles may be distinguished. Very little experiment upon one's own limb will enable one to locate the position of the nerve which, lying near to the surface at the elbow, responds so quickly to sharp pressure of the fingers. Pressure on a certain spot lying midway around the outer side of the small part of the leg below the knee, the pressure being directed towards the bone, will also produce the same excruciating neuralgic pain (in the diagram the muscles are laid open to reveal this nerve-centre). Frequent practice will enable one to find these nerve-centres quickly and accurately, and convince one of the ease by which an antagonist may be so temporarily incapacitated as to give one the opportunity for using a "finishing stroke."

Except by those who have learnt the fact, and their teachers, much incredulity may be felt that anything so simple as pressure on the terminating portion of the dividing cartilage of the nose should produce acute pain. Such, however, is the fact, and if any reader refuse to accept the assurance let him press hard with the edge of a finger on the intermediate cartilage at the spot where it joins the upper lip. The pressure should be somewhat upward. If, after a few seconds, he is not sensible of so disagreeable a feeling that he will be anxious to remove the pressure, I shall be very greatly surprised. If this trick be employed, an assailant who has obtained a body-hold will quickly release his grip, and as he goes backwards an excellent opening will be afforded for a paralysing left-handed blow on the "mark"—that most vulnerable spot just below the base of the breast-bone—the recipient being left absolutely helpless and doubled up with agony.

In Fig. 9 is illustrated a self-defence trick on the Jiu-Jitsu principle of subjecting the joint of a limb to pressure in a contrary and unnatural direction. The move is decidedly useful if an assailant be armed with a knife, dagger, knuckle-duster, or life-pre-



Fig. 9. Arm=and=Collar Hold across the Neck, by which means the assailant's arm could be broken.

server, inasmuch as he is placed in such a position that transference of the weapon to his free hand is impossible, while if he make any offensive movement with foot or hand the captured limb may be broken with as much ease as one would snap a sugar-stick.

The assailant's wrist is grasped by the opposite

hand—the left hand seizes the right wrist and *vice versa*—it is descending, a firm grasp is simultaneously taken of the coat collar with the other hand, and a step forward made with the left foot. As these movements take place the head is lowered so that it passes beneath the captured arm, which is drawn down until the back of the upper part is resting upon the nape of the defendant's neck. Persistent pressure with both hands would result in the arm breaking at the elbow, the neck acting as the fulcrum.

A man so held is all but helpless; if he attempt reprisals with his free hand, all his opponent has to do is to push downwards with both hands, and the resulting pain will cause even the hardiest to cry peccavi. As will be obvious, the man obtaining this master hold will have no desire to remain in the position, even although he is holding the trump card; the victim quickly realises his absolute helplessness, and may be easily thrown on his back and incapacitated by the thrower placing his right foot, from the outside, behind his victim's heels. A quick stroke, supplemented by a jerk of arm and collar, will cause the would-be "knifer" to measure his length on the ground.

It is well, if one can do it, when seizing the armed hand, to grasp in such a manner that the thumb is underneath, the palm being turned outwards, and the elbow raised. This method is preferable to seizing the wrist with the thumb uppermost, for the reason that when the attack is completed the back of the hand will be brought uppermost, in which position the hand is capable of exercising greater power over the captured arm than is possible when it is reversed.

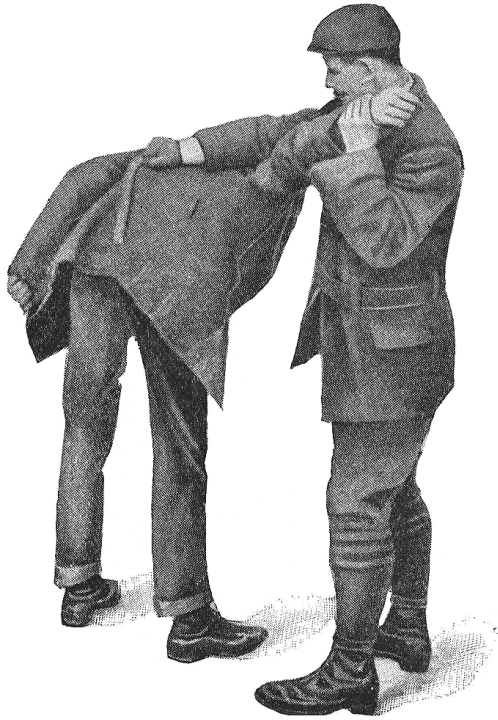
The assailant who rushes in head down intending to butt his victim in the stomach, may be met with an upward jolt of the knee, which, if applied in time, will considerably disconcert the "butter." Another method which will also come in useful if, in the



**Fig. 10. Head Hold. A "Front Chancery" Hold for use on an opponent who gets his head down to "butt."**

course of a struggle, an opponent get his head down, is to throw the right arm over the neck, bringing the forearm underneath and across the lower part of the face, as shown in Fig. 10—a front-chancery hold, in fact. The object of this hold is not to strangle the victim, for it is not necessary that the

forearm should be across the throat, but to bring pressure upon the neck-bone. So severe is the strain that the man thus hold is practically incapacitated from further action.



**Fig. 11. Arm=and=Coat Hold. The preliminary stage of one of the neatest Jiu=Jitsu tricks.**

Fig. 11 illustrates the preliminary stage of one of the neatest tricks in the whole catalogue of this system of self-defence, and the termination is shown in Fig. 12. Although in the illustration the victim is shown as having been seized when in the act of striking a blow, this trick may very well be made

use of as a preventive against contemplated violence. At the first sign of attack the wrist—the right one—should be seized by the opposite hand, thumb inside if possible, a step forward taken with either foot—if the aggressor's right wrist be seized it may be found more convenient to make the step with the right foot, and



**Fig. 12. Finish to the Arm-and-Coat Hold shown in Fig. 11. the victim being forced to bend almost double.**

*vice versâ*—and the back of the coat behind the shoulder grasped with the right hand. Immediately this is done push the captured wrist upward as high as possible, keeping a arm hold with the other hand. As a result, the victim will be forced to bend almost double, owing to the unbearable strain placed upon his arm. In this position he is quite helpless, as will

be seen on reference to Fig. 12, and may be held thus indefinitely or finished off, if need be, with a violent knee jolt in the face or ribs, or brought to the ground in such a position that one of the many fatal arm locks may be brought into use.



**Fig. 13. Arm=and=Collar Hold and Hand, or Leg Lock. A highly effective combination for one familiar with wrestling.**

It will be sufficiently obvious that individual peculiarities and attendant circumstances will largely determine which of the many Jiu-Jitsu chips herein referred to shall be used when occasion requires. Some may be more readily applied to a short than to

a tall antagonist; some are particularly useful to a man who has no acquaintance with other forms of self-defence; while others will be more easily adopted by those familiar with wrestling tricks. Of the last class, the combination shown in Fig 13 will, if applied by one who is, in addition, active and powerful, prove terribly effective. It illustrates the continuation of an attack following upon the obtaining of the before-referred-to arm and collar hold.

The necessary hold obtained, the maker of the throw brings his right leg—presuming he is at his adversary's left side—over his opponent's left leg, twisting his limb so that the toe of his boot is brought under the calf to the outside of the ankle. Firmly inserted, this lock (known to Cumberland and Westmorland wrestlers as the "hank," and elsewhere as the "grapevine") is sufficient to throw the victim off his balance, his foot being dragged from the ground, and by a jerk of the captured arm—bent back almost to the point of dislocation—he is hurled to the ground backward with great violence, the thrower going down with him, and falling in such a position that he will be able immediately to put in an arm lock which will render the victim incapable of any further resistance.

One of the most beautifully simple tricks for rendering an aggressive person absolutely harmless is that illustrated in Fig. 14. Properly effected, no man, however strong, can withstand it, and it requires but a moderate exercise of strength for its accomplishment.

As will be seen, it is merely a hold of a person's thumb so taken that, by the principle of leverage and counteracting pressure, the thumb may be immediately broken, or, if one does not care to proceed to such extremes—though when it is a case of



one's own safety against an aggressor's immunity from damage, too great tender-heartedness is inadvisable—the man so grasped may be brought into such a position that he can be securely held, or thrown in such a manner that further tactics of disablement

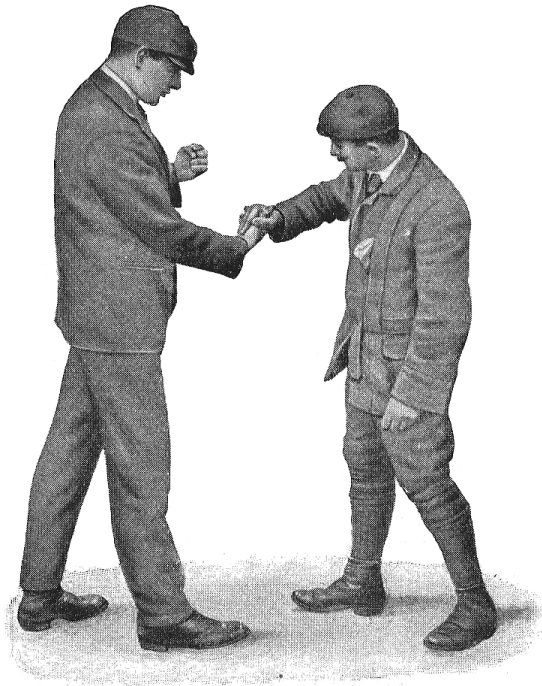


Fig. 14. The Thumb Twist. A simple trick which, if properly effected, the strongest of men cannot withstand.

can be applied with ease. In practising this trick, let me warn any enthusiast against using any great force when experimenting upon a willing friend: a moment's too vigorous pressure will cause considerable injury.

The thumb is grasped in such a manner that it lies between one's own thumb and the base of the first

finger. One's thumb is laid across the bottom of the second joint of the captured member, and by strong contrary pressure is forced backward, with the result indicated. To relieve the extreme pain caused, the victim's arm naturally bends inward, and he will



Fig. 15. Finish to the Thumb Twist, by catching the aggressor round the throat.

turn his back more or less to his captor, thus giving the opportunity for further measures, an example of which is shown in Fig. 15.

In this illustration the defendant has followed up a successful use of the thumb twist by catching his erstwhile aggressor around the throat, the grip of the thumb being retained with the intention of pulling

him backwards. The hold is of the further collar, the arm being not merely placed across the throat, and the edge of the collar is tightened across the flesh of the neck in such a manner that pressure is exerted above the carotid artery—the great blood-vessel traversing the side of the neck and conveying the blood from the heart to the head.

The Jiu-Jitsuite of Japan makes peculiar and most astonishingly effective use of such collar holds. In the representations of Jiu-Jitsu given on the music-hall stages, both the native professors and their opponents wear stout canvas jackets with wide, loose collars, which are freely made use of during the bouts. Strangle holds of great power and efficacy are frequently brought into play, and I can speak from experience of the ease with which they are obtained and the disagreeableness of their efforts. But in any tussle in which the Jap is called upon to defend himself, and in which he makes use of collar holds, he does not depend upon mere strangulation. Pressure upon the windpipe to stop his adversary's breathing is not what he attempts. He desires to disable his man immediately, and strangulation is a matter not of moments, but of seconds. He settles the business by placing the pressure not across the windpipe, but across the side of the neck, and immediately over the carotid artery. Pressure sufficient to stop the circulation of blood through this artery produces unconsciousness. I cannot indeed claim to have had personal experience of being thus "put to sleep," but it is a commonplace form of putting an end to a fight amongst the Japs themselves. There are wrestlers in this country whom Tani has "knocked out" with the collar hold, and one of them, who has been through the process more than once, has told

me that on these occasions he suddenly lapsed into a state of unconsciousness, not knowing what had caused it, and, moreover, on recovery, felt no pain, no dizziness—in fact, no worse at all for his temporary want of life. The pressure may be retained to the point of causing death, the corpse being left without a mark, and only an autopsy would show the cause of dissolution. There are several things in connection with the Japs undreamt of in our philosophy, and it is indeed curious that so extraordinary yet so simple an operation should not have come to the knowledge of European physiologists and surgeons; but the facts remain.

The cross-collar hold is one frequently employed by the Japs, usually when it is their intention to make use of the “knock out,” explained in the preceding paragraph; but this is not invariably the case. I have myself been rendered *hors de combat* by a purely strangle hold (not the one referred to above) obtained from a collar grip, and similar to that portrayed in Fig. 16. The user of this hold must be careful, if it be mere strangulation he is striving for, to take his grip so that the knuckles of his hands are inside; then, when the pressure comes, these knuckles are forced into either side of the windpipe, with painful effect.

As a useful attack, such a grip is infinitely preferable to an ordinary hold of the throat between thumb and fingers, which is open to the serious objection of being completely broken by the bending back of the little finger. In the collar hold the fingers, being inside, are protected from such a painful countermove, and, gripping rough cloth, are not so liable to slip.

Instead of crossing the wrists, as is necessary in

the cross-collar hold, one may grasp an aggressor's collar on either side and proceed to throttle him, the knuckles, of course, being inside as before. If this be attempted, it must be remembered that the collar must be grasped well backward, so that the back of



**Fig. 16. Collar Hold, by which a man can be readily strangled.**

the hand comes under the angle of the jaw. The objection to this hold is that the other man may get hold of one's thumbs and force them backward, thus forcing one, under fear of dislocation, to break the hold.

If anyone wish to make experiment as to the efficacy of the cross-collar grip as applied to causing

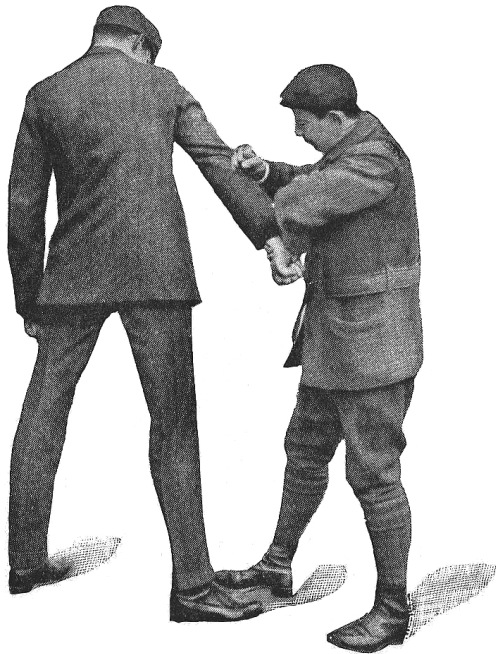
unconsciousness, let him cross his hands, grasp opposite collars of his own jacket, well back, and draw the cloth tightly across the throat so that pressure is above the carotid artery. Almost immediately he will be sensible of slight pain and heaviness in the head; a sort of dizziness succeeds, and when he removes the pressure he will experience somewhat the same feeling—minus the pain—as follows a sharp blow on the point of the jaw or a severe fall on the head, thus showing that the brain has been temporarily affected.

An introduction to Jiu-Jitsu opens one's mind to most unexpected possibilities in the way of physical resistance and attack. Let me give an example. In the course of an encounter between a murderous rough or a dangerous housebreaker and one uninitiated in self-defence the latter succeeds in grasping his antagonists wrist, let us assume the right wrist. Perhaps he has seized it while stopping a descending blow—not an uncommon circumstance. What does he do? Attempt to retain his hold so as to prevent the possibility of another blow being struck. The hand may be grasping a knife, knuckle-duster, or life-preserver, or it may be empty. In any case, it is the aim of the man so placed to keep the captured hand as far away as possible. To this end he uses all his strength in trying to push the limb upwards, so that the hand is in the air.

The man well at home with Jiu-Jitsu and its application to positions of this kind is anxious to bring about the very opposite. He wants to retain possession of the captured wrist. He does not require to waste his energies in pushing the hand away; he wants to keep that hand close to him, for by so doing he is able to bring into play certain

means which will give him a commanding advantage, as, for instance, that shown in Fig. 17.

Here the descending arm has been seized by the left hand, brought down, and by a single turn of the hand the back of the elbow has been twisted upper-



**Fig. 17. A Simple Arm Twist. The arm is seized, brought down, and by a turn of the hand the elbow is twisted uppermost.**

most. A blow on the joint here will injure or even break it, according to the force used. So simple is the manoeuvre that it would appear to be hardly worth while referring to or illustrating it; but it is precisely because it is so simple that its wonderful effectiveness will not be otherwise realised.

Figs. 18, 19, and 20 show the different stages of a much more severe variation of the preceding trick, one which is not difficult to apply, and for a man of short stature is of inestimable value when confronted by an antagonist much taller than himself.

It is supposed that the antagonist's right wrist

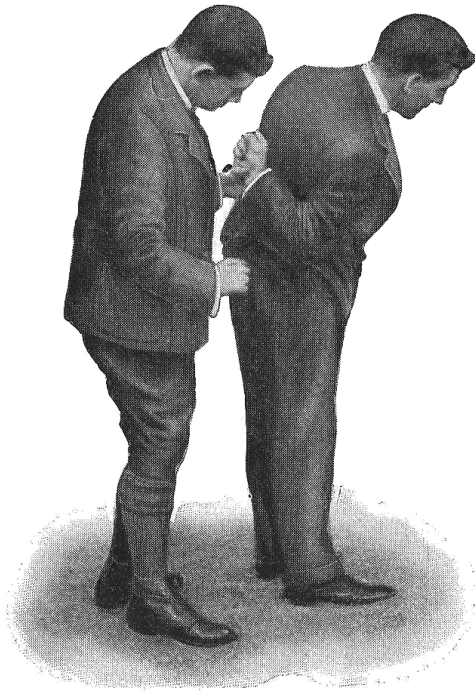


Fig. 18. Another Arm Twist, a severe variation of Fig. 17— First stage.

has been caught in one's left hand. Keeping a firm hold, the next move is to step forward, with the right foot outside the opponent's right foot, simultaneously raising the captured arm and stooping beneath it. One's back is turned in making this step, so that one comes into position at the side, and slightly in the rear of, the opponent, as shown in Fig. 19. The



captured arm has been violently twisted around, and forced into a position that causes the most exquisite pain, dislocation of the elbow resulting if the pressure be continued. The victim is now in a most sorry, even hopeless, condition. He is practically



**Fig. 19. Severe Arm Twist—Second stage. The aggressor's arm brought behind his back into a position from which he cannot release it.**

powerless: he cannot strike with his free hand, he cannot release himself, he dare not kick, for he is perfectly conscious that any movement on his own part merely aggravates the pain he is suffering, and he is quite sensible that it lies within his opponent's power to disable him. He may be held thus until

help arrives, or thrown to the ground with great ease, the hold being still retained, or the arm may be broken or dislocated by his captor proceeding to the third stage. By placing the right hand on the elbow, as shown in Fig. 20, it is possible to dislocate the joint without any trouble; or, if it be desired to



**Fig. 20. Severe Arm Twist—Third stage. The man thus held may be easily thrown to the ground by a leg-stroke, or his arm dislocated.**

throw the man, a stroke of the leg—the left, as in the illustration, will send him down on his head—a really terrible fall, and the best method of finishing the business, for he is already leaning forward in the hope of mitigating the pain he feels.

It is not essential that the grip as shown in Fig. 18 should be obtained, for the arm-twist may be equally

as well performed if one can get hold of the right wrist with the right hand, instead of right with left, as illustrated. In this latter case one is in a somewhat better position for administering the *coup de grâce* in the form of a blow with the fist in the short ribs, in the back, a little above the hips and immediately above the kidneys—"the kidney punch" of the boxer—or behind the ear, finishing touches which cannot be so easily given with the right hand owing to the difficulty of hitting across one's own body. If this hold be obtained one must bear in mind that it is necessary to push the arm up the back farther than the previously-described hold requires, or the victim may find it possible to release himself by straightening the limb.

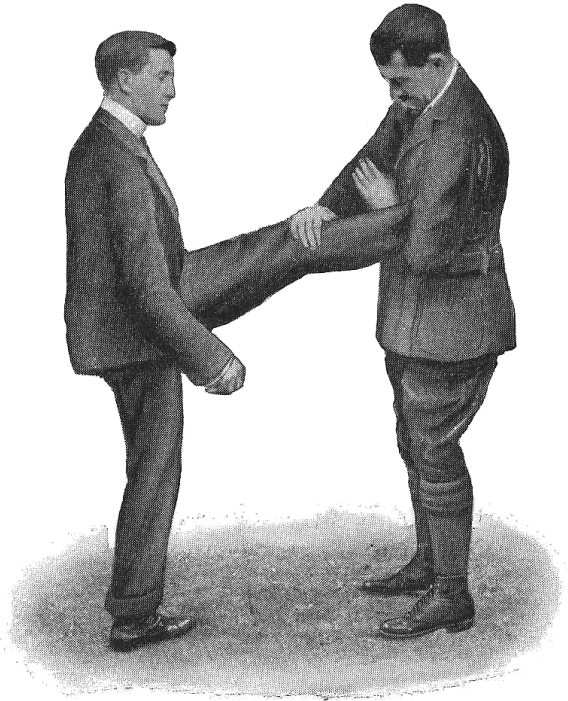
To finish the twist, as shown in Fig. 19, with a right-hand hold it is necessary to take the elbow from underneath and pull towards the victim's side, taking care to keep his hand well up the back.

Extreme quickness of action is a *sine quâ non* in the satisfactory execution of the arm-twist; but there are few more effective tricks of self-defence, and practice until efficiency is acquired is well repaid.

In Fig. 21 is depicted a lock on the leg and foot, which, it must be admitted, is not very easy of accomplishment, except by an expert. In the illustration it is shown as a defence and counter-stroke to an attempt by an assailant to deliver a damaging kick. Usually it is brought into use when an assailant has been thrown to the ground and one desires to keep him there, or to render him incapable of further mischief.

The hold once obtained, all is perfectly plain sailing; no effort of the man so held, no matter how strong he be, will obtain release. He is caused most

intense pain, is in danger of having his ankle broken, or at least the muscles of the leg injured by the unnatural extension, and is in such a position that any offensive movement or counter-stroke is out of his power. As I have said, there is an initial difficulty in obtaining the hold, and only continual



**Fig. 21. Right Leg=and=Foot Lock.** By means of this hold an assailant's leg may be rendered useless.

practice, combined with a quick eye and the gift of seizing opportunities, will enable one to make effective use of the chip.

Immediately the aggressor's foot is raised to deliver the kick, and comes within one's reach, the forearm is thrown under and across the leg, low down, and in

such a manner that the leg is confined under the arm. The leg is drawn upwards, so that the foot is closely gripped under one's armpit. If the left arm has been used to hold the kicker's right foot, the forearm will be pressing against the tendon Achilles and the



**Fig. 22. Finish to a Left Leg=and=Foot Lock. By a strong thrust with the upraised foot the aggressor may be thrown to the ground disabled.**

lower part of the big muscles of the calf. This having been done, the right hand is placed upon the captured leg just below the knee, with the butt resting on the prominent part of the shin, and pressing thereinto. At the same moment the left hand is thrust forward

and placed upon the right forearm, thus forming a lock on the foot that is unbreakable. The various movements no doubt appear to be very complicated, but in actual practice it will be found that this is not really so.

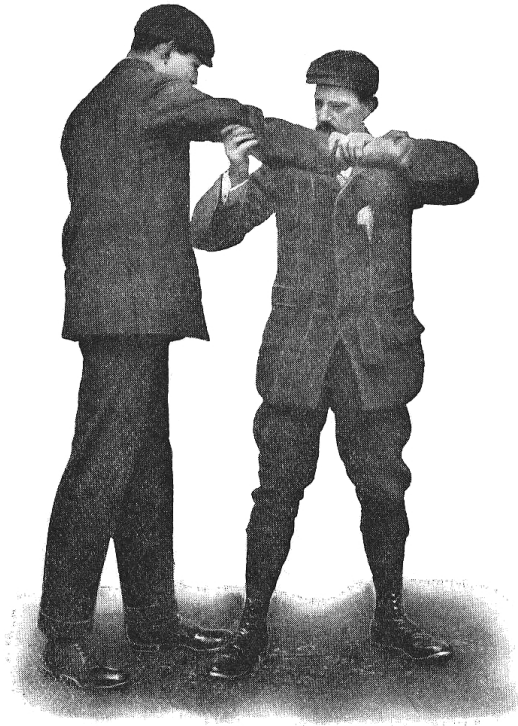
The foot thus held as in a vice by means of contrary pressures, the left arm being pushed upward, while the right hand presses the upper part of the leg downward, so great a strain is placed upon the ankle joint and instep that dislocation or breakage is not a difficult matter. Fig. 22 shows how a man thus seized by the left leg may be effectually disabled.

It may be objected that many, if not all, of these tricks are brutal. Granted; they are brutal: they are intended to be so. When one is defending one's life one is not playing a game in which the laws of sportsmanship and good feeling will be observed. Assuredly the man who attacks and robs the lonely pedestrian has no idea of abiding by any rules of fair play; he means to get what he can by fair means or foul, the latter for choice, and if his intended victim shrink from making use of any means to defeat this object, the two are not starting level. It may be brutal and unsportsmanlike to kick or break an assailant's arm; but in the game of life and death, the man who refuses to make use of a chip because in a bout of friendly contention it would be considered unfair, is neither more nor less than a fool.

The chip illustrated in Figs. 23 and 24 is, it will be recognised, similar to the Cornwall and Devon throw known as the "flying mare." In this case, however, contrary to the observance of the wrestler, the man to be thrown is grasped in such a manner that his palm is kept uppermost.

The right wrist is grasped with the left hand, a

step taken forward with the right foot, and the right hand placed at the back of the captured arm just above the elbow, the back of the hand being underneath. This hold obtained, the thrower turns his



**Fig. 23. Arm Throw—First stage. A throw similar to the Cornwall and Devon "Flying Mare," but the palm of the hand is to be kept uppermost..**

back to his opponent, bringing the captured arm over his shoulder. The hand is kept down while outward pressure is maintained with the right hand, thus throwing a tremendous strain on the assailant's elbow. The position arrived at is shown in Fig 24.

Having come to this stage, it is not advisable to stop, for, in spite of the pain and the fear of dislocation, the man may attempt something unpleasant with his free hand. This will be obviated by throwing him clean over one's shoulder, stooping while so doing to facilitate his downfall; or, if in turning



**Fig. 24. Arm Throw—Second stage. The arm may be broken or the man thrown completely over one's shoulder.**

in one's right foot has gone outside the assailant's right foot, as it should, he may be thrown across the hip. In either case he will fall very hard, and as the arm-hold must be retained, one will be in a position to put in an arm-lock when on the ground, which will complete the business.



## Ground=Locks.

I have described some of the principal throws of which the Jiu-Jitsu exponent would make use in dealing with an assailant, and it will be noticed that most of the Jiu-Jitsu "chips" are for the purpose of bringing an opponent to the ground. In some cases, it is true, an adversary is held in such a position while on his legs that he is not only rendered harmless, but is, if his captor choose to exert the required force, in danger of sustaining severe injuries. But although the Jiu-Jitsuite may get such holds on an opponent, it does not follow that he invariably will, and he is by no means loth to go to the ground, for while there will occur the opportunities for fixing one of those terrible locks on arm, leg, or throat which give the victim his quietus in a very few seconds.

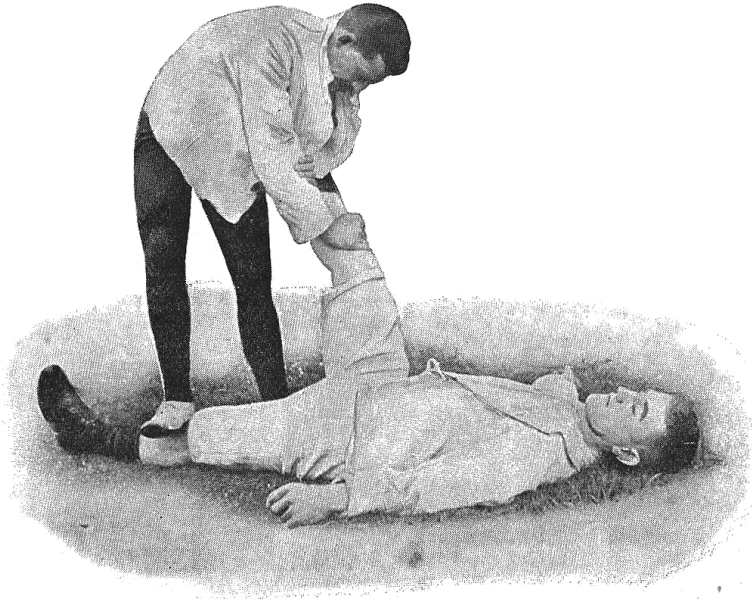
Jiu-Jitsu is self-defence, and the exponent of Jiu-Jitsu rarely attempts to meet force with force, but relies upon his quickness and the opportunities his assailant's attack leaves open for an effective counter-move. He never rushes at an opponent, or endeavours by main force to insert one of his paralyzing holds: he gives way—falls, perhaps, dragging his enemy with him, and, before the latter has recovered from his surprise, he finds the Jiu-Jitsuite, by some slight movement, has contrived to grip his wrist, arm, or leg in such a manner that, if he move, dislocation or breakage will take place.

Whether falling to the ground is expedient must depend upon circumstances. If attacked by half-a-dozen men it would hardly be advisable to overthrow one, follow him to the earth, and fix one of

the arm-breaking locks; there is reasonable ground to suppose that the discomfited man's friends would not be so thoroughly mindful of his awkward plight as to refrain from further assault because his arm or leg might be broken. On the contrary, the supposition is that they would resort to their iron-shod boots, regardless of their companion's fate. Under such circumstances one would not use the same tactics as if one were assaulted by a single man, or engaged in a tussle with a burglar or housebreaker whom one would be glad to secure until the police arrived to take charge of him. A chance combat with three or four assailants would take the form of a sudden, vigorous assault, the use of the fists upon the nearest or least-prepared, followed up by the bringing into play of the arm twist, arm-across-the-neck hold, or a leg stroke from a wrist-and-collar hold, upon the first who might be advantageously gripped. When, however, one is desirous of securing or rendering *hors de combat* a single adversary, then what for convenience' sake I will style "ground locks" come in exceedingly useful.

Which of the several locks one will make use of depends largely upon the method of bringing an opponent to the ground, for in some instances it is possible to fall with him in such a manner that, without any alteration of the initial hold, the man is held safely and securely, rendered helpless and incapable not only of effective retaliation, but of passive resistance. In most of the locks described it will be noticed that the Jiu-Jitsu exponent goes to the ground with the opponent he has succeeded in overthrowing. To fall to the ground is an art which must be learned. To fall is simple: to fall in such a manner that one sustains no hurt in so doing does

not come naturally to one conscious of the act. A man under the influence of liquor rarely hurts himself when he falls down, except he strike the edge of a wall, or at lamp-post, or similar object, for the reason that his joints are quite loose, his muscles unbraced, and on this account the resistance his body offers to the shock is lessened to a wonderful



**Fig. 25. Leg=and=Foot Lock on the Ground. Severe Pressure will render the muscles of the leg useless or dislocate the bones of the foot..**

degree. The native pupils of Jiu-Jitsu have to undergo a preliminary course of training in the art of falling safely, and it is well for all those about to take up Jiu-Jitsu to copy the example. In falling the force of the shock is proportionate to the resistance offered. Anyone may easily prove for himself what this means by jumping from a moderate

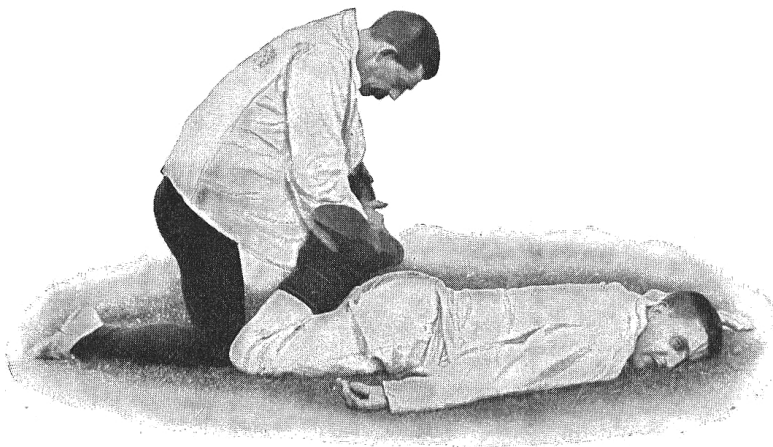
height—say, 6ft.—on to firm ground, landing, first, with stiff legs and unbent knees, and, secondly, with slackened joints and muscles, thus allowing himself to sink almost to the ground. Professional acrobats and gymnasts survive falls which would indubitably kill or permanently injure other persons who have not the trained man's knack of falling properly. Non-resistance is, in fact, the keynote to Jiu-Jitsu, and further on is described and illustrated a crushing counter-stroke to a vigorous attack, and which commences with the simple move of falling on one's back in front of an assailant.

Illustrations 25 and 26 portray a couple of very severe hold-fast locks, the former being used when an adversary has been thrown on his back, the latter coming into play when he is on his face.

Fig. 25 is a leg-and-foot lock, precisely similar in execution and effect to that shown in Fig. 21, with the addition that one's heel is firmly pressed on the free leg, below the knee, the pressure being placed on the inner edge of the large bone—the tibia—of the leg, and producing the most excruciating pain. This lock may be most advantageously employed to follow up successful use of an ankle hold, obtained by quickly stooping down, seizing the assailant by one or both of his ankles, and pulling his feet from under him.

The double-leg lock, shown in Fig. 26, is one of the most simple and efficacious in the whole category. It may be brought into play with extreme ease and quickness, held in position, even on the strongest man, with the exertion of but moderate effort, and is guaranteed to hold the burliest ruffian in durance as long as his captor desires. As may be seen, the lock consists merely of seizing the feet,

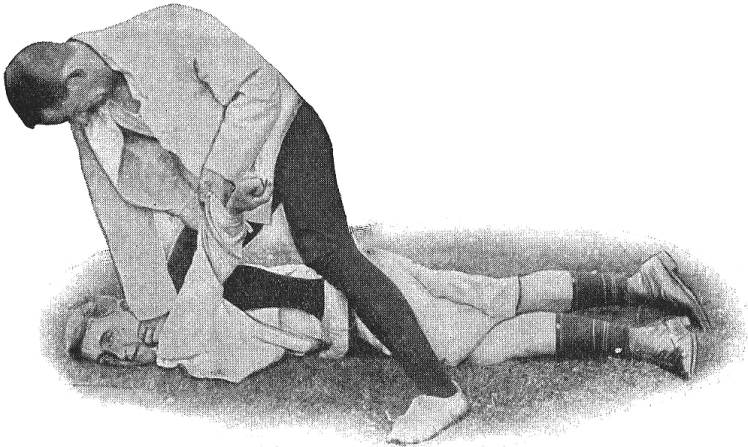
bending the legs backwards to the thighs, and crossing the feet. One foot may be relinquished at this stage, pressure on the other keeping the first in position, and threatening the victim with speedy fracture or dislocation. The anguished expression of the victim's features in the illustration is, I can guarantee, not simulated, but a genuine reflection of his feelings, and yet the pressure exerted was, according to the operator, quite insignificant.



**Fig. 26. Double=Leg Lock. A simple but very painful lock, which will hold down the strongest man.**

An opponent who has been thrown on his face—as, for instance, by the throw illustrated in Fig. 3, or from any wrist-and-collar hold, supplemented by a stroke across the front of the legs and a forward twist—may be finished off or held fast by the lock illustrated in Fig. 27. Assume the original hold to have been of wrist and collar; as the man has fallen forward his opponent has relinquished the collar, but the wrist-hold has been retained, and the arm drawn

backwards. The operator then places his fore-hand at the back of the captured limb, and his right knee above the shoulder bone, placing all his weight thereon. A fulcrum has thus been formed against which the arm may be forced, and, if necessary, broken at the shoulder like a dead stick. Quickness, of course, is required, but there is nothing really difficult in the move, and it may be relied upon to



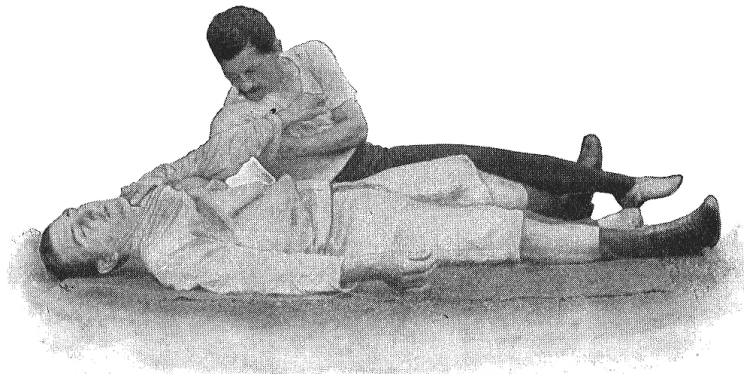
**Fig. 27. Lock to follow a Forward Throw, as in Fig. 3 The elbow=joint may be broken or the shoulder dislocated with great ease.**

hold a man absolutely helpless. The captured arm is, too, in such a position that a sudden severe blow on the elbow will at once disable the limb.

The ground-lock that may be made use of after a successful carrying into effect of the throw illustrated in Fig. 2 is shown in Fig. 28. There are others, but this is the most simple. The thrower simply keeps the original hold, and, falling with his adversary, subjects his man to such vigorous pres-

sure on the captured arm as will bring about fracture or merely prevent further resistance, as occasion requires.

Fig. 5 illustrated the foil to an opponent who has attempted to use his fists. He is thrown by a back heel, the thrower first obtaining a grip of wrist and collar. To complete the assailant's discomfiture, one would introduce the lock shown in Fig. 29. This is less difficult of accomplishment than may



**Fig. 28. Finish to Outside Stroke (Fig. 2). The result is obtained by simple pressure on the captured arm, the original hold not being changed.**

appear. As one proceeds to throw the man—not forgetting that the swing to the left is as necessary for the use of this lock afterwards as for the victim's overthrow—and he is actually falling, one's left foot is shot forward, and one sits down on the ground. The right leg is shifted so as to cross the adversary's thighs, and his captured arm falls naturally across the outstretched left leg, the limb being thus forcibly bent across one's thigh. If the left knee be raised somewhat still greater pressure may be exercised

over the left arm, and the owner rendered *hors de combat*. Some little practice is required before one can perform the various movements simultaneously and accurately, and at first one may experience a decidedly disagreeable bump as one reaches the ground; but continued practice will soon alter this. The fall of the victim is, as a rule, so heavy, that the very faint hope that exists of being able to check

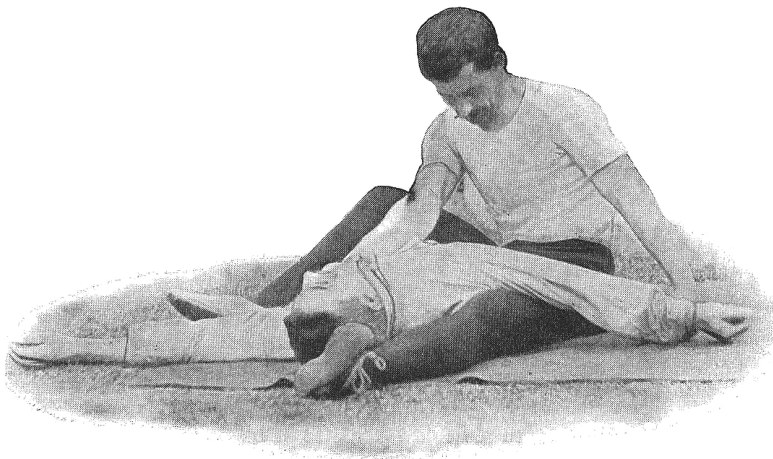


Fig. 29. Finish to Back Heel or Leg Stroke (Fig. 5). The thrower's left leg is pushed forward as he sits down by the side of his assailant, whose captured arm is drawn across the thrower's left thigh.

the introduction of the arm-breaking lock disappears. In sitting down, recollect not to fall directly, nor with stiffened loins and tense back muscles.

Fig. 30 illustrates a most useful means of disabling an opponent, a means not at all difficult of employment, and, in the hands of one perfectly familiar with its use, most efficacious as a defence against an assailant who has some knowledge of the



use of his fists. Circumstances under which the complete move may be made would be almost certain to arise in any contingency wherein an application of a knowledge of Jiu-Jitsu would be valuable.

I have not thought it necessary to illustrate the preliminary part of the manœuvre which brings a man into the required position for the lock as illustrated to be applied, since this will be easily under-



**Fig. 30. A most Useful Trick. With an ordinary hold of wrist and collar an assailant's leg is truck inwards, and as he falls his arm is drawn across one's outstretched thigh. An effective counter against a boxer.**

stood by anyone who has followed the preceding instructions intelligently.

An assailant strikes at one with his left fist, stepping forward with the left leg in accordance with the principles of boxing. The blow is parried, the wrist or coat-sleeve of the aggressor grasped, and a sharp forward and downward jerk is given; at the same moment one's left hand grasps the collar, and one strikes a quick blow sideways with one's right

foot against the ankle of the assailant—delivers, in fact, a true “outside stroke.” All these movements



Fig. 31. Finish to an Arm-and-Collar Throw with Hank (Fig. 13), The leg-lock prevents the victim from rising, while his arm may be broken with ease.

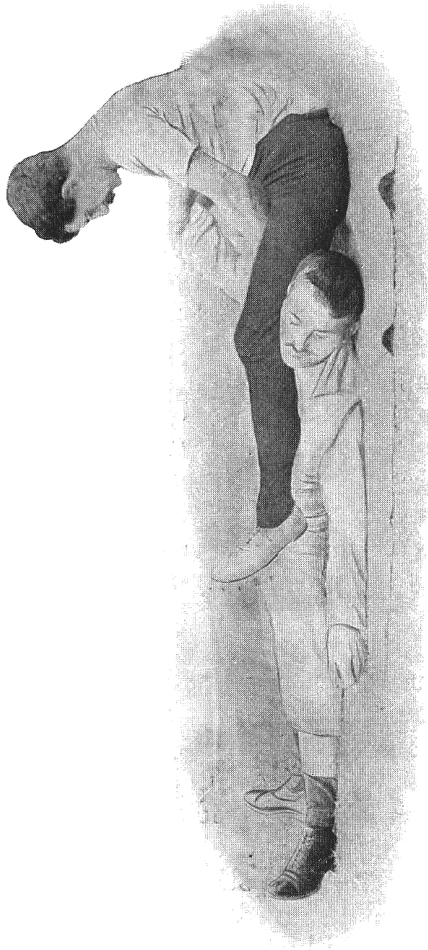
are carried out while facing the assailant. (If one has acquired a proper command of balance—through

it must be admitted that only the native professors, as yet, show this command—instead of striking at the ankle, the sole of one's foot may be placed at the side of the knee, and the assailant partly jerked, partly levered, over.) As the man comes down, one's right leg is thrust forward, so that when he actually touches the ground his captured arm is lying across that thigh in such a manner that a sudden, quick pressure will break the limb. The great advantage of this trick is that one is facing one's adversary; there is no necessity to step to his side as in some of the arm-and-collar hold throws. The movements follow each other almost automatically, and so quickly will one be able to carry out the move that, when practising with a friend, not five seconds will elapse between the striking of the blow and the giving of the signal of defeat by the discomfited striker. There are few better or safer moves in the Jiu-Jitsu's repertoire, and, although it might not foil a past-master of the art, it may be reckoned upon to bring to grief ninety-nine men out of any hundred.

In Fig. 31 is illustrated a lock that may be brought into use when one has brought an opponent down by the hank (Fig. 13). In making this throw one goes to the ground with the adversary, the right leg is not withdrawn from the lock (thus preventing the victim from rising), and, as one has retained the arm-and-collar hold, the man is in such a position that a comparatively slight exertion of strength will hold him helpless and secure.

The arm-throw illustrated in Figs. 23 and 24 may be most effectually completed—if need be—by the insertion of the lock depicted in Fig. 32. With the hold as before described, do not, if this lock be

intended, throw the man clean forward on to his head, but drag him over the hip, swinging him so



**Fig. 32. Lock to follow an Arm Throw (Fig. 24). The victim is thrown flat on his back in front of the feet of the thrower, who sits down, drawing the captured arm across his right thigh.**

that he falls flat on his back. Go down with him, thrusting the feet forward so that you assume a

sitting position, and draw the captured arm across the right thigh. Once in this position, any assailant will be little inclined for further resistance; the mere fall, if on a hard surface, would almost stun him, and his arm may be snapped without any trouble.

The three illustrations, Figs. 33 to 35, give a capital rendering of the different stages of one of the cleverest and most effective throws included in the music-hall exhibitions of Jiu-Jitsu that have been given in this country by native exponents.

It will doubtless be objected—and the apparent truth of the objection must be admitted—that the throw appears altogether too clever and theatrical to be of any practical value in an actual encounter; but the objection, I feel quite sure, would not be sustained were the objector to pit himself against an opponent expert at the throw. It certainly gives one the impression of being nothing better than a showy, exhibition trick. I thought it so myself until, in a friendly encounter with a native professor, I was one day taken unawares, and bowled over in the manner shown. That the actual throw is not so impossible as it appears, receives additional support from the fact—related to me by a very clever Lancashire catch-as-catch-can wrestler, who had had close and practical experience of the trick throws which enter into the *répertoire* of the most scientific wrestlers of his county, and of which, by the way, the cleverest wrestlers of elsewhere are ignorant—that a very similar throw was used with great effect by Lancashire wrestlers of many decades back. Why this particular trick throw should have become almost unknown to modern wrestlers I cannot say; perhaps because it is a trick capable of

accomplishment by the very few, and requiring an enormous amount of practice.

The wrestler would seize his opponent by the upper portion of either arm—no jackets being worn—squat backwards, raising one foot and placing it against the groin, as in Fig. 33, and hoist his opponent clean over his own head. In the throw illustrated in Fig. 33 and



**Fig. 33. Somersault Throw—First stage.** The thrower, grasping his opponent's jacket, falls on his back, his foot being placed against the stomach of the victim, who is dragged forward.

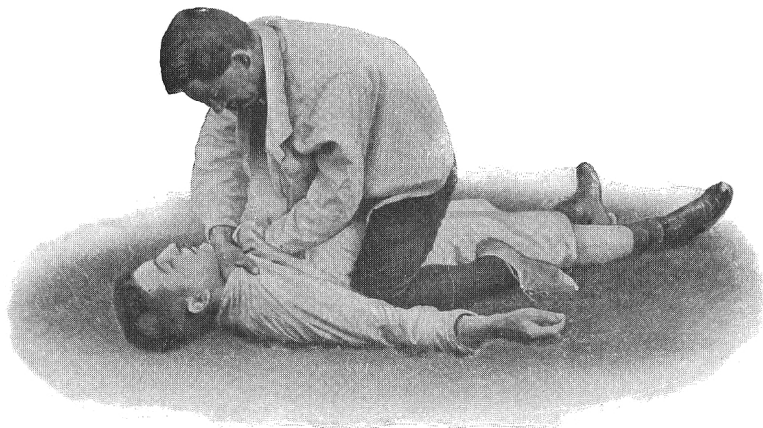
34 the throw is rendered easier by reason of the looser, yet more secure, hold afforded by the jacket, and also by the thrower being enabled to sink on his shoulders, a position which in Lancashire wrestling would cost the operator the fall.

The fall is best made against an opponent who attempts to rush his victim backwards and fall on him. The victim does not resist; on the contrary,



**Fig. 34. Somersault Throw—Second stage. The victim has been thrown forward over the head of the thrower (whose foot has acted as the required fulcrum) and lies flat on his back behind the thrower's head.**

he goes back, seizing his assailant's coat—the cross-collar hold, as shown in Fig. 33, is the best, as it provides the opening for the paralyzing conclusion to the fall—and drops on his back, raising his right foot as he does so, and placing it against the aggressor's groin. A quick, strong pull is given, the right leg is straightened, and the assailant is levered—the straight leg acting as a fulcrum—lifted, or



**Fig. 35. Somersault Throw—Final stage. The thrower has turned a back somersault and come into the above position on the top of his victim, who may be throttled into insensibility by the hold on his jacket collar.**

hoisted a complete somersault clean over the performer's head, and hurled flat on his back on the ground behind his opponent's head. Comparatively inconsiderable strength is actually required to carry out these manœuvres successfully, but it is essential that the move be performed quickly, that the leg be kept straight and firm during the act of lifting the man, and that the firm hold of the jacket be retained. The foot of the right leg should be placed obliquely



against the man's body, so that the heel is firmly pressed into his abdomen. A short, squarely-built man is the most difficult to dispose of in this manner, and a tall man the most easy, as in the former case the heavier part of the body would be below one's foot, while in the latter the greater weight would naturally be brought forward, and would aid in the execution of the overhead pull. The weight of the person thrown enters little in the throw, except when he falls, and I can vouch for the stunning effect on a heavy man who has been brought over quickly and properly in this manner. The position at the completion of the fall is shown in Fig. 34.

The conclusion of the throw presents little difficulty for those who are not of such build as to preclude the possibility of turning a ground somersault. Still firmly grasping the thrown man's coat, turn heels over head, and come down in a sitting position across the victim's chest (as in Fig. 35), and before he has sufficiently recovered to know where he lies, or how he got there, fix the cross-collar throttle hold, or press the fingers immediately over the carotid artery, and the man is at your mercy.

I do not pretend to say that in the foregoing pages I have referred to every Jiu-Jitsu hold or lock known. There are scores; but such as I have described will be found easy of acquirement, and quite sufficient, when acquired, to enable one to face a chance encounter with one or two assailants with confidence and a reasonable hope of success. Male readers also will do well not to ignore the tricks included in the section devoted to "Jiu-Jitsu for Ladies."

## Jiu=Jitsu for Ladies.

But this bold lord with manly strength endued  
She with one finder and thumb subdued.

POPE ("Rape of the Lock.")

The misfortune of liability to bodily violence is not confined to men, as, unhappily, the daily records of the police courts prove only too well. Women are only too frequently the victims of physical assault which has as its object robbery, delight of the exercise of sheer brutality, or worse, and they labour under a natural physical inferiority, of which the thief, the brute, and the bully are perfectly ready and willing to take the fullest advantage.

Social conditions, the lack of opportunity, her physical disadvantages, as well as the refinement and delicacy of the feminine character, combine to place a woman more or less at the mercy of the violently disposed and criminal portion of mankind. The opportunity of defending herself from violence by the various methods man has contrived is practically denied a woman; and experience has proved that the chivalrous regard for the weaker sex which man is presumed to have, and which should be her chief defence, is but a very weak reed on which to lean.

Perhaps, however, it would be more correct to say that the opportunity was denied, for since the introduction of the Japanese art of Jiu-Jitsu, which is not beyond the capabilities of women as are other forms of self-defence, the chance is afforded for women to reduce, if not indeed to destroy, the inferiority wherein they have stood to man in matters appertaining to the safeguarding of the person.

Jiu-Jitsu, depending as it does almost entirely upon

the applicability of particular or technical skill, which may be styled science, as opposed to the use of sheer brute strength, is peculiarly adapted for women desirous of rendering themselves immune as far as possible from the effects of men's brutal instincts and violent passions. It is not insisted that any woman who has given sufficient time to the study of the art to become thoroughly acquainted with Jiu-Jitsu—and here I would like to insert a word of caution against placing too great belief in advertisements which profess that one may be transformed into an expert after a three months' course of tuition by post—will inevitably overcome and disable any masculine assailant, irrespective of the disparity in weight and muscular power that may exist or the circumstances under which she is attacked. Such a statement and such has been made—is, in my opinion, misleading and mischievous.

As I have said elsewhere, Jiu-Jitsu is not perfect: nothing of human origin is perfect, and it is an exaggeration of fact to declare that muscular power is of absolutely no account in the successful performance of the very many—scores there are—clever tricks which constitute Jiu-Jitsu. A certain degree of muscular force is required; but it will be readily granted that there are a large number of Jiu-Jitsu holds which may be retained by the exercise of quite inconsiderable effort, and well within the powers of any average woman, and which are yet sufficiently powerful to render the victim perfectly helpless. But to get the victim into such a position that these holds may be obtained, or to defend oneself until the opportunity is presented for the use of them, certainly necessitates the possession of a certain degree of physical force. The ultra-enthusiast will de-

clare that, correctly performed and correctly timed, the requisite strength is no greater than is required to move one's own hand, arm, or foot, as the case may be. This is true—to an extent—and may well be easy of demonstration in exhibition Jiu-Jitsu; but in an actual encounter, when an assailant's passions are inflamed and he is capable of using any and every means to accomplish his object, the desirability of awaiting the precise opportunity for any particularly effective trick may be doubtful. If one opportunity do not occur, another will, declares the enthusiast; but we have yet to see practically demonstrated that, with no limit placed on an assailant's actions, the clever-looking, simple moves of the Jiu-Jitsuite would be so invariably successful of accomplishment.

By prompt action much may be achieved that at first glance seems impossible; and on perfect command of nerve, presence of mind, and acute intelligence—qualities which are developed to a wonderful degree by the study of the Japanese science—depends the recognition of the arrival of the psychological moment when the victim is off his guard, and of the opportunity for the insertion of a Jiu-Jitsu trick which will place the assailant *hors de combat*. Intelligent anticipation, the ability to act when an assailant is unprepared, will enable a woman to perform feats surprising to herself even against a man of twice her strength. At no time, either in ordinary practice or in a real struggle, should the Jiu-Jitsuite dream of opposing force by force; holds must not be obtained by the exercise of mere strength, but must be dependent upon quick and accurate judgment of time and opportunity. And, fortunately for woman, she is gifted with an acknowledged superiority in

quickness, not only of movement but of perception, and such quickness is the principal of the several qualities which go to the formation of the very soul and spirit of Jiu-Jitsu. A quicker mental perception, allied as it is with greater quickness of movement, plus a knowledge of Jiu-Jitsu, places a woman on the same level as, if not indeed a higher one than, the average uninitiated man, greatly her superior in mere muscular power. That a woman, though quicker of apprehension, is as a rule less ready to execute than a man, may be urged against her chance of conducting successfully a struggle against a masculine assailant; but this hesitancy, it has been shown, quickly disappears as one's acquaintance with Jiu-Jitsu increases.

Jiu-Jitsu is eminently a science of self-defence peculiarly suitable for study by women, and it is only when one has acquired a knowledge of Jiu-Jitsu that one can say how suitable. At the same time there are limits. Perhaps it might not be impossible—there is little that is—for a small lady to seize a too attentive, herculean stranger, who was not expecting such treatment, by sleeve and coat lapel, and throw him clean over her head, and to repeat the operation with variations which leave him a limp, groaning handful for the police, as was recently reported in a New York newspaper; but it is expecting too much, both of womankind and of Jiu-Jitsu, to believe that any feminine exponent of the art, under any and every circumstance, and against any assailant, will as a matter of course toss him about like a shuttlecock, and force him into such a position that she could hold him, a howling wreck, until a policeman arrived. It is such exaggerated conceptions of the science which lead many to believe that Jiu-Jitsu is

greatly overrated, and cause them to assert that the woman knowing Jiu-Jitsu would fare no better than her ignorant sister in a genuine hand-to-hand scuffle with a male opponent.

Viewed from other standpoints than its utility as a defensive science, Jiu-Jitsu has much to recommend it to ladies. The practice of the art induces grace of carriage, suppleness of body, and lightness of movement without the fear of hardening and coarsening the muscles, and thereby spoiling the contour of the figure, which is one of the arguments levelled against feminine indulgence in athletic recreations. Jiu-Jitsu teaches one to walk lightly, to overcome any stiffness of bearing, and gives an elasticity to the figure and a brightness and quickness to the eye far beyond what may be acquired by any gymnastic exercises, while it neither requires nor superinduces any appreciable development of muscle.

But it is in respect of its value as a defence against personal assault, and as a foundation for the growth of confidence and a sense of personal security, that I am urging its adoption by women. It may not be possible nor desirable that actual tuition at one of the very few schools where the art is taught to ladies should be obtained, and it must be admitted that unless that be done there is much in Jiu-Jitsu which will remain unknown; but it is quite possible by practice at home to make oneself familiar with some of the most effective of the Japanese tricks, and, in time, to acquire such dexterity that a long railway journey alone, a long country walk or cycle ride without a male escort, or that greatest of all feminine horrors, the staying alone in a house at night, may be undertaken with equanimity or without the slightest fear of any disagreeable experiences

at the hands of evil-minded fellow-travellers, ruffianly tramps, or threatening housebreakers.

It may perhaps be urged that the ready performance of Jiu-Jitsu chips which are accomplished with ease by ladies wearing regulation gymnastic costume of short skirts and knickerbockers, would be impossible when the performer was dressed in the ordinary indoor or outdoor garments of common use. Certainly the wearing of a tightly-fitting dress, with its attendant heavy and superabundant skirts, would prove a hindrance to the successful accomplishment of many of the moves, and would go far to negative the agility and quickness of movement on which in Jiu-Jitsu so much depends; but it would be dangerous to assume that the expert of the practice hall would be rendered helpless directly she donned the garments of conventional use. The objection, however, has been borne in mind, and only such tricks are here illustrated as may be accomplished easily irrespective of costume.

Let me take, for instance, a simple arm hold, of the terrible effectiveness of which I have frequently had unpleasant proof while practising. It is a hold which any woman of ordinary strength could obtain on a would-be assaulter who laid his hand on her chest or shoulder, and which, properly performed, and with the quickness which is so essential in Jiu-Jitsu, will bring the brawniest scoundrel flat on his back with a force and suddenness that will severely surprise, not to say hurt, him, and in such may position that a further pressure on his limb will leave him crippled and harmless.

Assume the assailant to have placed his right hand on the shoulder of the lady Jiu-Jitsuite, his other fist being raised ready to enforce the demand

he utters. With lightning quickness the lady will grasp his arm by wrist and elbow, as shown in Fig. 36. (For the excellent photographs from which Figs. 36 to 47 are reproduced I am indebted to Mr. C. Harris, of Sutton, Sarrey.) A slight effort only is required to bend the limb backward



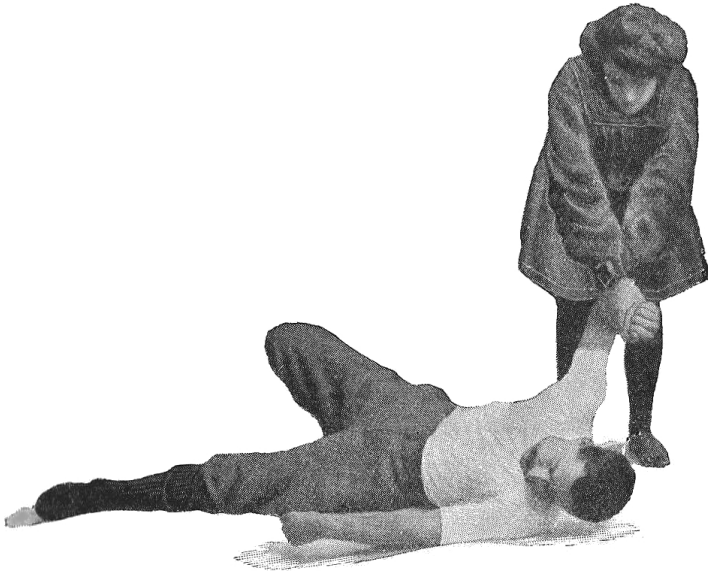
**Fig. 36. Wrist and Elbow Hold.** The arm is bent backwards, great strain being placed on the elbow-joint to allow of an assailant being forced to the ground.

so that the hand approaches the shoulder. The pressure is then altered from backward to transverse, the forearm being bent outwards—the right hand pushing outwards and the left pulling inwards—with the effect that so terrible a strain is placed upon the elbow-joint that the scoundrelly assailant



is forced over sideways—he cannot help himself—and, the pressure being continued, he is brought heavily to the ground (Fig. 37).

It may be objected that a woman would not have the strength to bend the arm backward in order to bring it into the required position. This is so; a strong man might not be able to do so, if his opponent



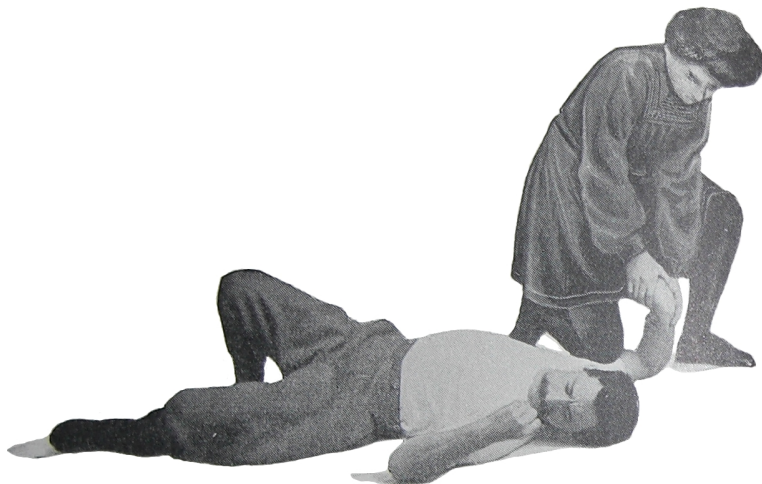
**Fig. 37. Wrist=and=Elbow Hold—the fall resulting. The strain on the elbow=joint is so severe that the victim must be thrown.**

realised what was intended and kept his arm rigid. But the move is not to be accomplished by force; its efficacy lies in its application at the precise moment.

On such an unyielding surface as asphalt or paving stones the force with which the fall is made will be sufficient to disable the victim, for he cannot save his head from severe contact with the ground. Even if

not actually stunned, he will generally have conceived so great a respect for his conqueror that he will be chary of further molestation.

If, however, the fall have not been very severe, or circumstances demand that nothing be left to chance, the throw may be followed up by the lady pressing her right knee—the hold having been taken of the right arm, she will be on her



**Fig. 38. Finish to Wrist=and=Elbow Hold. The thrower's knee is placed on the victim's upper arm, the right hand shifted from wrist to hand, which is bent inwards, thus dislocating or breaking the wrist.**

assailant's right side when he falls—on the upper part of the captured arm, and, holding the wrist to keep the forearm vertical, with the other hand forcing the hand inwards. Quite inconsiderable force will break the bones of the wrist and render the assailant quite helpless (Fig. 38). If it be the left hand the assailant has placed upon his intended victim, the movements will be altered accordingly. Let me add, too, that the whole of the throwing

movement must be continuous, so that the person thrown shall have no opportunity of mitigating the force of his fall by shifting a foot sideways.

A variation of this useful trick—to be used when an assailant has one leg well advanced—may be made by seizing the assailant's right wrist (if it be his right



**Fig. 39. Reversed Wrist=and=Elbow Hold with Knee Throw.** The arm is bent backwards and the thrower's knee placed behind the advanced leg of the assailant, who is then thrown very heavily.

leg which is forward) with the left hand, the right grasping his arm just above the elbow, as in Fig. 39. A twist of the forearm similar to that described above is then made, care being taken not to bend the arm in such a direction that its owner will be allowed to straighten it; *i.e.*, the hand must not be pushed too

far outwards. The effect of this twist is that the person will be thrown off his balance and bent sideways. Simultaneously the Jiu-Jitsuite's right foot is brought across and placed behind her opponent's right heel, her knee thus coming at the back of his knee. The twisting being persisted in, the man will be thrown to the ground very heavily indeed, as, if the

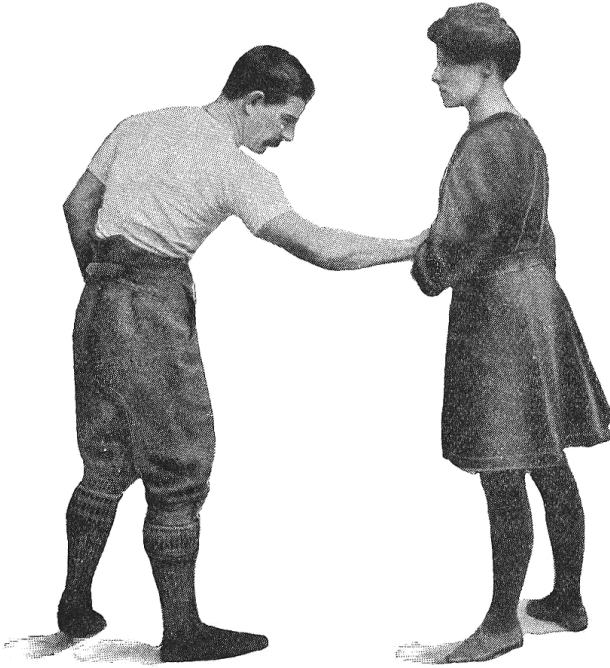


**Fig. 40. Reversed Wrist=and=Elbow Hold with Knee Throw — the fall resulting. The assailant is swung backwards over the thrower's knee, falling on the back of his head.**

movements be properly timed, the back of his head should be the first part of him to strike the earth (Fig. 40). Remember that the man is not to be forced backwards, but sideways across the thrower's knee. The wrist-lock (Fig. 38) may complete the fall.

A lady conversant with Jiu-Jitsu, if seized by the wrist—the left one for arguments sake—by an assailant, would not waste time and strength in

attempting to release her arm by vigorous tugging and straining; she would make use of at wrist-lock. Resistance to pressure, the meeting of force by force, is contrary to the principles of Jiu-Jitsu, which teaches yielding—a difficult matter for the novice to master. Thus the lady would make no attempt to



**Fig. 41. Wrist Lock.** A lock to break a hold of one's wrist. The captured arm is lowered until it rests against the chest.

force her wrist free, but, dropping her arm so that it rested against her chest (Fig. 41), her forearm being thus brought horizontally across her body, she would place the wrist of her free arm crosswise upon her assaulter's wrist—which would be vertical—press towards herself, and lean forward. The operation is

simplicity itself; its effect wonderful. The strain on the wrist joint produced by the contrary pressures acting upon it will be so great, and the pain so violent, that the assailant will have no inclination to proceed further; his grip will relax, but he will not be released. With the lady's left hand pressing his unclosed fingers outwards, while an inward pressure



**Fig. 42. Wrist Lock. The wrist of the free hand is placed across the assailant's wrist and pressed strongly towards one's body.**

is maintained with her other arm and her weight bent forward, he will be held fast with his hand or wrist in imminent danger of being smashed (Fig. 42), and may, if desired, be forced upon his face.

Exact knowledge what to do, continual practice to ensure accurate performance of the various moves, and quickness are the essentials to proficient use of

Jiu-Jitsu, tricks, and it may be said at once that without the third essential the first and second are of but little use. Every movement must be made with lightning-like rapidity. This cannot be too strongly insisted upon, and it is far preferable to acquire thoroughly the knack of performing two or three tricks with the necessary accuracy and despatch than to obtain a superficial knowledge of a score, and be able to use none of them in such manner that their object be properly accomplished. Immediate perception of an antagonist's intentions, quick apprehension of his weaknesses of position—and let it be borne in mind that it is all but impossible for the body and limbs to be disposed in any manner which does not offer a point of successful attack to the quick and skilful Jiu-Jitsuite—and quickness are the safeguards against injury and the foundation of an assailant's discomfiture. But I do not wish it to be thought that a person well at home with Jiu-Jitsu is infallibly protected against assault, and it will be decidedly unwise of any feminine master of the few tricks I have described—my object in dealing with only a few is already sufficiently explained—to imagine that she will be at match for a couple or more powerful masculine assailants. If she have thoroughly mastered these few she may consider herself fairly well qualified to hold her own against a single opponent; and if desirous of further knowledge of the art she will find sufficient in the earlier portion of this volume.

Probably one of the most effective of the Jiu-Jitsu throws which are within the compass of any ordinary woman's ability is that illustrated by Figs. 43 to 45. An assailant in advancing to the attack, to strike with hand, stick, or knife, always places one foot

well in advance of the other—almost invariably the right if he have a weapon in his hand. If he be merely intending a grasp of the clothes or person, he will usually step in left; foot foremost, gripping with his left hand, and thus leaving his right free to menace or strike. This advanced limb is his weakest



**Fig. 43. Ankle Throw. Dropping on one knee, the assailant's advanced leg is seized at the ankle, and the free hand pressed against his body.**

point, and the defender seizes it, literally. Dropping on one knee, she steps forward with her other foot, simultaneously seizing the advanced leg at the ankle, pulling it upward and forward, and pushing with her free hand against her assailant's body (Fig. 43). With which hand the defender shall seize the ankle,



and on which knee she shall stoop, depend upon circumstances and individual peculiarities. I should recommend that if the right ankle be the objective of the attack, the thrower should drop on the left knee, seize the ankle with the left hand, and take a short step forward and inside the captured leg with the right foot. By so doing it seems to me possible for the body thrust with the right hand to be made more effective, as, leaning over one's right knee, one could reach further. And conversely, if the left leg be attacked the thrower would fall on the right knee, and make the body thrust with the left hand. But all are not alike; some might find it preferable, if attacking the right leg, to drop on the right knee and make the forward movement with the left foot, the movements of the hands being, however, the same as I recommend. It must be left to individual choice, selecting the method that comes most easy and natural. The lady to whose assistance I am indebted for the accompanying photographs assured me that neither position. I have suggested was, to her, as easy to assume as that shown in Fig. 43; it certainly possesses peculiar advantages for the insertion of the lock which completes the discomfiture of the assailant thrown by the ankle-hold.

Whichever position be assumed, the jerk of the foot must be quick, and the body thrust vigorous and applied at the same moment. If these movements be properly timed, the unfortunate victim will measure his length backwards on the ground with sufficient force to leave him stunned (Fig. 44). Should his conqueror not be content to leave him thus, or should he not be badly hurt, she will be able to put in a foot-lock, which will hold him as long as his captor wishes, and he will not be inclined

to struggle at all to release himself. The captured foot is brought under the shoulder,



Fig. 44. Ankle Throw—the fall resulting. The captured leg has been pulled for ward and the assailant pushed backward.

the ankle-hold abandoned, and the arm passed under the leg, the hand resting upon the fore part of the thrower's other arm, the hand of which is

placed below the knee of the locked leg. Should the victim be so unwise as to attempt to kick with his other foot very moderate pressure on the leg of the foot in chancery (Fig. 45) will cause him to desist, probably straining the muscles so badly that he will not be able to use the limb for many hours afterwards; or, if necessary, still more severe injuries may be inflicted.

A different defence to a similar attack—one

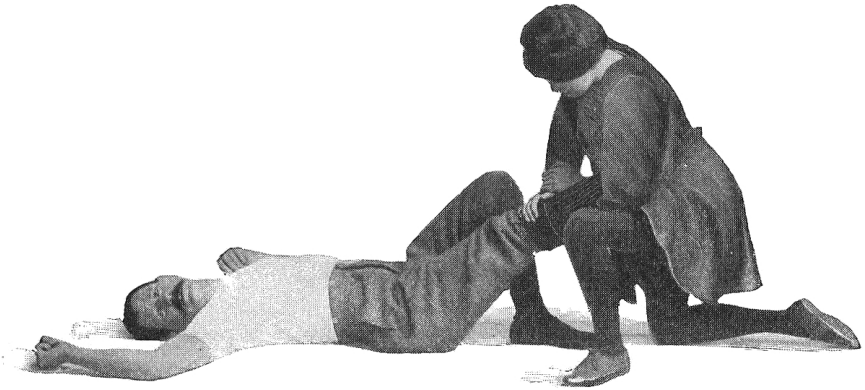


Fig. 45. Lock to complete Ankle Throw. The assailant's foot is brought under the shoulder, the thrower's arm passed under his lower leg, and her hand placed on her forearm.

which considerably surprised me when I was first introduced to it by Mr. Barton Wright several years ago, and which is by no means too much for feminine strength—is that illustrated in Fig. 46. The descending hand of the assailant is jerked up, his wrist seized, and the defender simultaneously steps outside the assailant's advanced leg so that her knee—the leg being bent—is pressed against his bent knee. A sideways and downward jerk of the captured



Fig. 47 illustrates a hold which may be used to render an assailant absolutely *hors do combat*. It requires but little expenditure of muscular power, although I am bound to admit it is open to the objection I have so frequently heard expressed in connection with Jiu-Jitsu locks: "It looks all very well, but you've got to get the man in the position first." There is a certain amount of truth in this; but, granted the ability to throw an assailant down as described in the preceding paragraph—and it



**Fig. 47. Head Lock. A most punishing hold which may be used to finish an assailant thrown on his back.**

is not so very difficult to bring a man off his feet when the principle of body-balance is understood—no lady would have any difficulty in securing the paralyzing hold illustrated. It is best used against an assailant who, by one of the methods I have described, has been thrown heavily upon his back. Before he has recovered from the shock the Jiu-Jitsuite is behind his head, her right forearm is placed under his chin and across his throat, the edge of her wrist being forced against his windpipe; his

head is raised, the back being violently pressed by the shoulder of the arm forming the lock. The victim is, absolutely helpless, and unconsciousness will result if the pressure be continued. The victim need not be dragged into a sitting position as shown in the illustration, and the operator herself may decide whether she can act more readily from a standing or from a kneeling position.



## Simple Tricks of Self = Defense.

WHATEVER priority of claim as an effective means of self-defence from bodily assault Jiu-Jitsu may possess, it is sufficiently obvious that its acquisition does not come within the reach, or perhaps the inclination, of all. The teachers of Jiu-Jitsu are not numerous, the fees for personal tuition are not low (I would repeat that the offers of tuition of Jiu-Jitsu by correspondence, as freely advertised, may not implicitly be relied upon), and everyone has not the time or desire, or the facilities, for acquiring a knowledge of the art through the legitimate professors. At the same time there is no reason why any and every one should not make himself familiar with the many effective tricks of self-defence and simple means of discomfiting a chance assailant which at various times have been evolved from the several arts of offence and defence either with the bare hands or with implements of wood and metal.

A walking-stick, for example, is familiar enough to the hands of most men, but its effective use offensively or defensively is comparatively unknown.

If the individual who carries a substantial walking stick know enough of its use to strike as shown in. Fig. 48—a paralysing blow at the knee or kneecap—or in Fig. 49—a blow capable, if properly struck, of breaking the wrist of the brawniest ruffian that ever existed—or at few of the many scientific tricks of self-defence, it is possible that the



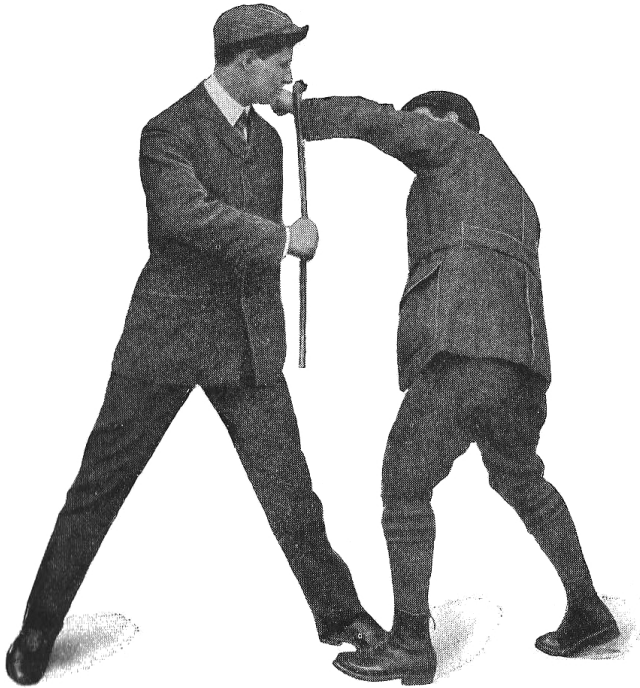
**Fig. 48. Striking a paralysing Blow at the Knee with a Stick.**  
The knee=cap may be easily broken and the victim dis=abled if properly struck.

activity of homicidal rascals may be considerably reduced.

The stronger a man is, and the more skilled he is in the effective use of his strength, the better able is he to cope with his assailant or assailants in a case of sudden assault. Not only this, but the consciousness of being able to take care of himself will give him



an increased confidence and courage, a display of which will frequently carry a man unharmed through what might otherwise prove a serious matter. Courage invariably produces a demoralising effect upon cowards, and many cases might be quoted



**Fig. 49. A Blow with a Stick at the Edge of the Wrist=bone. If properly struck, it will break the wrist of the strongest ruffian.**

wherein a defiant attitude and courageous demeanour have saved a man from great danger.

I recall a story, related to me by a member of the party to whom the adventure occurred, which will illustrate my meaning. A party of Americans, including several ladies, were making a "slumming"

excursion in the East End of London, and found themselves in a court closed at one end. When they attempted to leave the court they found the entrance blocked by a number of roughs and loafers, thoroughly bad characters, who, seeing that the party were practically caught in a trap, thought the chance of robbing them too good to miss.

Demands for money were met at first with a command to "clear off," but the roughs, confident in their superior numbers, merely laughed and threatened terrible violence if their demands were not conceded; so threatening, in fact, did they become that the guide of the party begged his companions to hand over some of their loose cash to pacify the assailants. They were in a tight place, and resistance was useless. The people of the neighbourhood bore a dangerous character, and soon they might find themselves in an even worse position.

Foremost amongst the roughs was a little, badly-deformed man, who, in a torrent of foul and violent language, kept urging his companions not to waste time, but if what they asked for was not given, to go in and take it at once. One of the American party happened to be a young fellow of some athletic prowess, a keen Rugby footballer, good boxer, fencer, and all-round man generally. Until now he had said nothing; but when the guide advised submission, he walked boldly towards the roughs and, taking the hunchback by the collar, loudly commanded him to be off; he, the gentleman, could not think of laying his hands upon one so obviously inferior in physique to himself, but if the biggest of the roughs would come forward he could be accommodated with the best thrashing he had ever had in his life.

The challenge, given with the greatest coolness and

confidence, staggered the roughs. They were amazed. Then, perhaps realising that they had not so soft a job in front of them as they had imagined, their feelings underwent a great change. Bursting into loud cheers, they declared the affair was all a joke, and insisted upon sending forthwith for sundry pots of beer, in which to drink the healths of the challenger and his friends.

A good knowledge of boxing, of wrestling, or of fencing is of inestimable use to a man in any chance encounter. It will invariably give him the advantage over a single opponent, even if the latter be much bigger and stronger than himself, and will even enable one successfully to contend against several; for, if one assailant be badly hurt, knocked senseless by a well-directed blow on the point of the jaw, or thrown hard on the pavement by a clever stroke, the moral effect on his companions is immense. This moral effect is a point which must not be overlooked : it is not always the actual damage inflicted which makes the greatest impression; it is the instilling into the minds of one's opponents a disagreeable fear of what you may do to them which is to be reckoned on.

For any man, however, to become an expert boxer, wrestler, or fencer, much time spent in practice is required, and some men have neither the time nor the inclination for the acquirement of the necessary knowledge on the chance that one day it may be of use to them; but it will not be difficult for any man to acquire certain easily-learnt tricks of which he may make formidable use should occasion require it. Fig. 50 is an interesting example of one such trick. The illustration clearly explains what takes place; one has only to

bear in mind that the palm must be kept uppermost, and the strongest man would be powerless if so held. This is in effect a Jiu-Jitsu hold, but it was perfectly familiar to athletic persons—and roughs—in this country a century before any Englishman had even heard of the Japanese art.

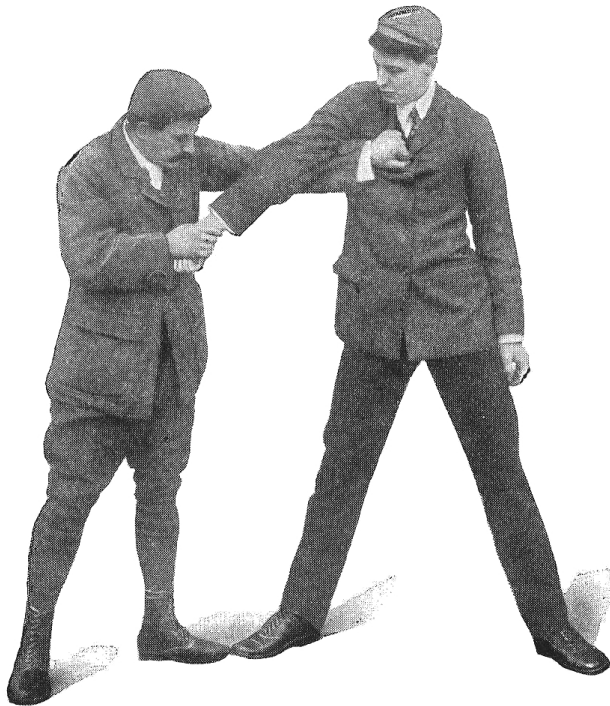


Fig. 50. An Arm-breaking Hold, simple but effective. The downward pressure of the right hand will snap the elbow-joint.

Now, I propose giving a few hints on personal defence by means of certain tricks and chips, gathered from most methods of self-defence—boxing, wrestling, fencing, &c.—which may be easily learnt, and the knowledge of which will give a

person the power of successfully defending himself against anyone who attacks him either for his property or with that wanton savagery which distinguishes the ruffian of to-day. Of the efficacy of these chips there is no doubt. Long acquaintance with most antagonistic exercises has proved their value, and although therein they are not used with the idea of inflicting actual bodily injury, their execution may be carried so far that such will result; and I surmise that when attacked and compelled to defend one's self, any hesitation about injuring the assailant is scarcely likely to be felt.

Of all methods of offence and defence the use of Nature's weapons, the fists, is the most natural, and the man skilled in boxing, and who possesses moderate strength, should be a match for an antagonist stronger, though more ignorant, than himself. By the man who is not a skilled performer, however, the following points should be borne in mind.

"The best defence is to attack," and the man who hits first, hits hard, and keeps on hitting, will demoralise his assailants far more than he who simply defends himself, with no thought of retaliation.

There are two ways of meeting an enemy, says Sir Francis Drake in "Westward Ho!" "One is to hit him first and say 'You touch me and I'll do that again'; the other is to wait until he hits you, and then say, 'If you do that again I'll hit you'"; and the man who is suddenly accosted in a threatening manner by one or more individuals will do well to bear this advice in mind.

A man can learn to deliver a punishing right hand cross-counter at the head (Fig. 51) or a hard drive in the "wind" without becoming an expert boxer,

and if either blow be got well home, the recipient will probably take little interest in things generally—for a while at least. For the former, the clenched fist—take care how you double your fingers; the thumb should be well across the fingers, not be vertical—is driven across to your assailants face, landing, if



**Fig. 51. A Right=hand Cross=counter at the head—a method of defence that is within the scope of a novice.**

possible, on the angle of the jaw under the ear, or on the “point” (a spot located at the bottom of an imaginary line drawn downwards from the end of the mouth). The right foot should be in the rear when the blow is delivered, and, so that all one’s weight may be behind the blow, a step in advance with the left

foot should be made, the shoulder being also thrust forward.

For the body blow (Fig. 52), it is well to lead at the head with the left hand, and directly afterwards to bend the left knee, drop the body, and drive your fist a little below the breastbone, or into the short (lower)



**Fig. 52. A Right-hand Cross-counter to the Body. The blow should be struck with the big knuckles.**

ribs, bringing your right shoulder forward as before, and getting all your weight behind the blow. Do not forget, moreover, to strike with the big knuckles of the hand., the impact being far greater and the shook more severe than if the knuckles of the fingers be the striking point.

If you do use your fists, don't waste time in hitting at a man's chest, or lose your head and swing your arms about; but hit straight and hard, aiming at those parts where you can inflict the most pain and damage. This, by the way, is a point on which I most strongly insist. Your business, if attacked, is to keep yourself from being hurt, and the best way to do this is to hurt your assailant. There is no need to observe all the niceties of fair play. Your adversary is not going to respect those rules, neither need you; he will use every means known to him to effect his purpose at the risk of causing you any injury, however severe, so do not debar yourself from the use of any trick or chip because it is unsportsmanlike or not in the rules of the game. There is no necessity to descend to savage brutality: you can defend yourself and hurt your opponent without that; but in many cases it is a question of life or death, and—well, your life is of more value to you than his. Whatever you attempt, carry it out with the intention of disabling your man; put into it all the "devil" and viciousness you like, and if the victim spend a few weeks in the hospital, he will only have himself to thank for it.

If a man rush at you with his head lowered with the intention of driving it into your stomach, either meet him with an upper cut from your fist, the elbow being kept down and the clenched hand driven upwards, so that the big knuckles catch his face; or as his head nears you, jerk your knee upwards, and if the blow be well timed, he will be sent reeling backwards, stunned and severely hurt. If you are quick, and can see what the man intends, you may also step aside as he nears you, and when he passes, catch him behind the ear with your fist.



A most effectual stroke may be made upon a person who attacks with a blow at the head with the left hand (Fig. 53). As his arm shoots forward, bring your left arm across vertically, so that the outside of your forearm meets the outside of your antagonists forearm, then push outward; this man-



**Fig. 53. Unorthodox but telling Guard and effective Counter to a left=hand Blow at the Head. This is very useful when employed against a long=armed opponent.**

œuvre turns your assailant sideways, giving you the opportunity for a punishing right-hand blow at the head, the temple or behind the ear for choice, or that terrible stroke—to be delivered with the knuckles of the fingers—practised by the professional boxers of ancient Rome, and which falls across the carotid

artery, causing, if properly delivered, unconsciousness, or even death. In this connection it is interesting to note that the Jiu-Jitsuite will sometimes strike thus, but with the toughened *edge* of his open hand, to bring about a like result.

A man who makes wild round-arm swinging blows at your head may be severely checked by the



**Fig. 54. The Throw at both Feet, a chip of great service against an armed assailant. The victim falls with great force on the back of his head.**

point of your elbow, raised so that it catches him on the inside of his upper arm.

The science of wrestling affords one or two tips which are exceedingly useful as at means of defence, and none more so than the throw at both feet (Fig. 54), a chip of particular service against an assailant armed with knife, belt, or bludgeon. Duck down

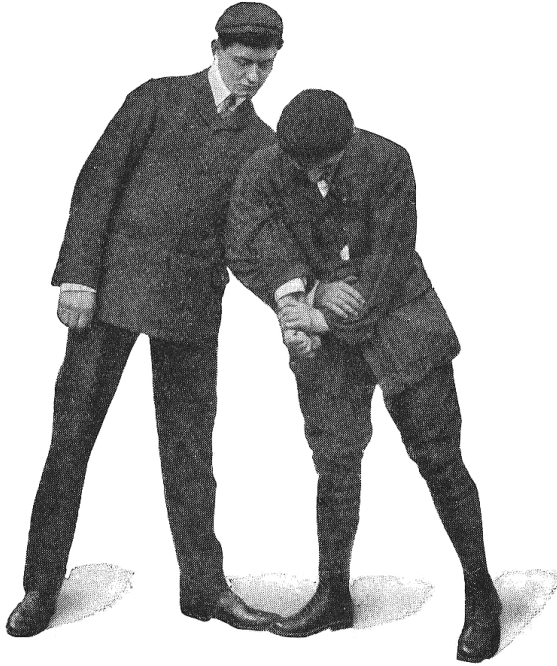
swiftly, the left foot advanced and the knee bent forward over the foot, so as to enable you to get down sufficiently low to seize the man's ankles from the outside, with your head between his shins; now pull sharply forward and upward at the same time, pressing your shoulders hard against his legs, and the man will measure his length on the ground, coming down with terrible force, usually on the back of the head, with consequences that may prove serious if the ground be paved or macadamised. In wrestling the feet would only be pulled forward, so as to reduce the force of the fall; but any soft-heartedness of this kind would be misplaced in a case of assault and intended robbery.

Most men, if suddenly gripped by the throat, will clutch at their assailants wrist in an attempt to drag the hand away—not an easy thing to do if the man has a powerful grip, or has pushed his victim's head against a wall. A tip that never fails, and will cause the brawniest ruffian ever born to release his grip, is to catch the little finger of the hand and force it backwards. Extremely simple, but nothing more efficacious. This finger, no matter how firm the grip, holds but very slightly. It is easily secured, and the pain caused by forcing it back is so great that the owner involuntarily relinquishes his hold.

If you are satisfied with merely breaking the hold, well and good. If not, the linger may be forced back so far as to break like a match; or, having secured possession of the hand, you may hold it tightly, turn yourself under the arm captured—between it and the body, that is—thus twisting the arm quite round, the pain causing the victim to bend quite double. You have now a commanding hold; you can break the arm as easily as a rotten stick; the Inan cannot release

himself, and if he attempt to kick, a twist of his arm will quickly subdue him, and you can either hold him thus until help arrives or push him before you while searching for a policeman.

A police whistle, by the way, is a very handy instrument, particularly if an affray take place in a



**Fig. 55.** A most punishing Hold, from which it is impossible to escape. If an attack were made with the assailant's right hand, his elbow=joint could be snapped.

town, where there is reasonable hope that it will be heard by some guardian of the peace, and bring his help.

A most punishing hold to get on a man is obtained by gripping, say, his left wrist with your left hand (Fig. 55). Keep his palm uppermost, take one step

forward with your right foot, turn your right side in to your opponent, bringing his captured arm under your right arm (that is, your right arm is thrown over his left), and drawing it toward you. Your right forearm is then passed under his left arm near the elbow, and the hand placed on your left forearm. The man is now fixed; his arm is held in a lock from which it is impossible to release it; your arm passing under his, and sustained by the hand being on your other arm, forms a fulcrum for most powerful leverage, quite sufficient to snap the elbow-joint, which you may carry out should he attempt to strike with his free hand.

The operation seems a very complicated one; but reference to the illustration (Fig. 55) clearly shows how it is performed, and after a few trials you will find that the lock can be made with great quickness and neatness. It is a trick greatly used by Tani, the Japanese wrestler; but it was known in this country many years before anything was known in England of Jiu-Jitsu.

If a man in attacking you step forward with, say, his left foot, and you are able to seize his left wrist, you may throw him to the ground easily by striking at the outside of his left ankle with the inner edge of your right foot, at the same time pulling his hand forward and downward—a wrestling chip known as the “outside stroke.”

If you can get the shoulder twist on a man he will be practically powerless. The chip is not difficult, and is made by gripping his right wrist with your left hand, holding the elbow with your right and stepping forward to twist his arm up his back.

Should you be seized around the waist from the front, you may, if your arms be free, release yourself

by thrusting your right forearm across the aggressor's throat, with the hand gripping his right shoulder; the left arm is passed around the back of his head, the hand taking hold of the right forearm. You now have the "strangle-hold" fixed, and can throttle your assailant should he not let go. Or seize his chin with your left hand, the back of his head with your right, and twist his head forcibly to his right. He won't retain his hold for long.

If clipped around the body from behind, and the arms secured, don't let your weight fall backwards; but bend the knees, lean forward, turn out the elbows, and endeavour to seize your opponent by the coat lapels and throw him clean over your head; a violent stamp upon the instep of one of his feet, causing him to draw them backward, will assist you in this operation.

Kicking is one of the favourite tricks of the midnight assailant, although usually made use of when the victim is on the ground; but the running kick at the belly, so dangerous in its effects, in which these gentry sometimes indulge, may be most effectively stopped—if you know how: if you do not, it is difficult to avoid.

As the kick is delivered—you must be quick with your counter—raise the right knee and bring the leg across, so that the heel is on the outside of the other leg; then, when the kicker's leg meets yours, his shin—bone at its weakest part—just above the ankle—will meet yours at its strongest, the probable result being that his leg will be broken. A direct kick at the shins may be countered by raising one foot—the right to meet a right foot kick, and the left to meet a left kick—and thrusting it somewhat forward some ten or twelve inches from the ground. The

contact of the shin-bone with the edge of your boot will cause the kicker considerable pain. Such moves as these might not be of much use against a Parisian rough, who is usually acquainted with the mysteries of *la savate*, but will be exceedingly useful when attacked by his English counterpart.

The position known as the head-in-chancery is a most disagreeable one in which to be caught, and it is almost impossible to free one's self if one be unacquainted with the trick of raising the hand—the right one if the head be under an opponent's left arm—behind the other man's back, and placing it across his forehead. The head is now pulled back, and the man may be dragged backwards to the ground; the release from this truly paralysing hold is instantaneous.

Self-defence with an ordinary walking-stick or umbrella may be carried to a pitch undreamt of by the ordinary man; but it is not necessary to use the weapon with the skill of M. Vigny to discomfit a chance assailant. To use a stick as he does requires long training and assiduous practice. It is impossible to convey on paper any idea of the marvellous system of strokes and parries this master has evolved. Against one skilled in his system half a dozen assailants would be powerless, so irrepressibly effective is the use he teaches of an ordinary thick Malacca cane. Standing on guard with the feet in a line, he grasps his stick with a hand at either end, his arms being held above his head. Whether the blow will come from the right or left depends altogether upon the attack he intends. The side of the head, elbow, throat, and knee are the usual points of attack, though perhaps his most effective stroke is a terrible upward slash at the inside of the legs. Extraordinary

quickness, the continual changing of the weapon from one hand to another, and constant attack, are the chief points of his system of stick defence. There are, however, several uses to which one can put a stick and that will prove most effective. An expert



**Fig. 56. A Knock-out Blow with a stick well placed on the side of the head and near the base of the skull.**

fencer, for instance, armed with a light, stiff walking-stick would be able to keep at bay one or two ruffians, and if the stick happened to possess a sharp iron ferrule, to injure them seriously if they persisted in their attack. The point would be at their eyes, mouths, or throats every time they tried to reach



him—a fact which was most successfully demonstrated by a friend of mine who happened to be an expert with the rapier.

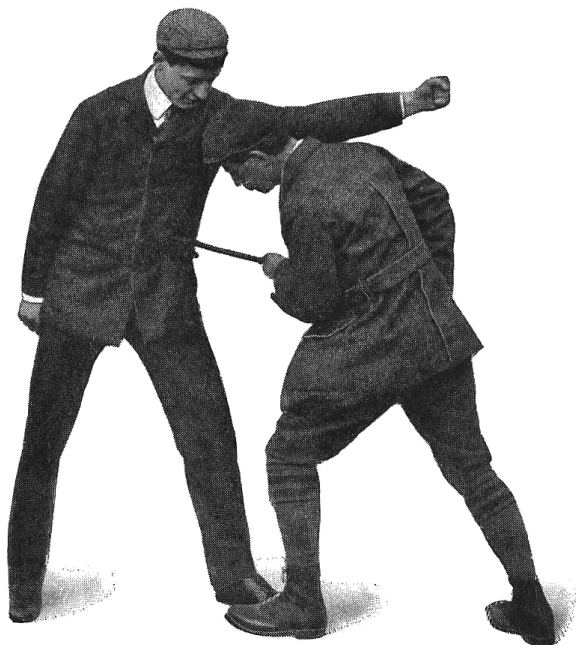
Should your weapon be only a thin flexible cane, the most you can do is to inflict such actual pain on your assailant that he will be prevented from continuing his assault. It is useless to strike wildly at his body, arms, shoulders, or head; but strike at the thigh, where a sharp cut will cause the most intense pain, or at the face, where a blow across the eyes may temporarily disable him.

With a stout, heavy stick the blows should be directed to vulnerable spots, or those where the bones are least protected by a covering of fat or muscle, such as the temple, the jaw, the wrist, the elbow, or the knee. If the stick be not perfectly circular—that is, if a section be elliptical in shape—you will have a sort of edge with which you may deliver a terrible blow. One blow from such a stick well placed towards the side of the head (Fig. 56), and near to the base of the skull, will be sufficient; the recipient will require no more for the time being.

A short, loaded stick should always be used against the projecting bones, as a heavy blow will smash the bone; but a stiff, knobby stick, with a good ferrule, can also be used to thrust with good effect. If your assailant get too close for you to strike with effect, hold the stick with both hands a short distance from the ends, and drive the ferrule hard into the man's stomach or "mark" (Fig. 57). The motion may be reversed if you are surrounded.

The best stick you can have is one possessing extreme toughness and strength, with pliability: one that will not bend too much, will not snap if a transverse strain be suddenly laid upon it, as in a down-

ward blow, one that will not easily splinter, and is not too heavy to use with the greatest quickness. A good Irish blackthorn—Paddy's shillalah—is perhaps the ideal stick, and the work it will do in the hands of a desperate man familiar with its use is remarkable. Oak, ash, and hazel also make service-



**Fig. 57. Thrust at the Body with a Stick. If delivered on the right spot this will paralyse an antagonist.**

able walking—sticks with which a handy man can do a lot of mischief; but they are not the equal of the blackthorn.

Bear in mind, if attacked by a ruffian armed also with a stick, to hold your own weapon nearly one-third of its length from the ferrule; the lower portion serves as an excellent guard to your arm and

elbow. Also do not forget that an upward blow may be made just as dangerous as a swinging downright stroke, and is not so easily guarded. Once more I will remind my readers not to neglect that paralysing drive at the "mark," which, delivered with some force, is even more effective than a similar blow with the fist.

Examples are not wanting of the deadly effect with which an umbrella may be wielded, and many an eye has been blinded by the accidental or intentional use of the homely "gamp." Umbrellas are now usually made with somewhat slender handles, so that a thrust at long range may cause the shaft to snap; but gripped with both hands—the right a few inches from the handle, and the left a foot from the ferrule, and used in a similar manner to the rifle and bayonet—tremendous execution can be done at close quarters on your assailants' ribs and faces. An upward prod under the chin or in the throat with the sharp ferrule will hurt a man considerably, and when you do "get one in," and your assailant steps back, if you step quickly in with your right foot, raising your right arm, the handle may be dashed with great force at his head.

Never strike a downright blow with an umbrella: the stick will probably break, and the thick silk will prevent any real damage from being done. At the same time it is an excellent defensive weapon for the same reason. An umbrella with a hooked handle may be used most effectively (Fig. 58), the hook being used to catch an assailant suddenly by the neck, thus dragging him on his face; or, if it be fixed around the ankle, it is no difficult matter to send a person headlong to the ground, with very great force.

In conclusion, let me say that though it is

impossible to guard against every contingency that may arise, the knowledge of how to set about an assailant in a manner calculated to disable him in the shortest possible time will give you a more than even chance of coming out on top. One may be surrounded, taken unawares, but if not disabled immediately one may, given the knowledge and the



**Fig. 58. Effective use of a Hook-handled Umbrella, catching the assailant by the neck and dragging him to his face.**

necessary presence of mind, be enabled, even though thrown to the ground, to offer so effective a resistance that one's assaulters will be glad to retreat. Always get in the first blow, and see that it is an effective one. Remember that "the best defence is to attack." Make up your mind what you are going to do, and do it at once. Do not lose your head;

and should your assailants be armed with belts or long sticks get to close quarters, and hit with your fists, low down, and with your elbows inside, and use the throw at both feet (Fig. 54) immediately the opportunity occurs. This move accomplished, as it should be, like lightning, will demoralise the remaining assailants. Don't go about the streets in a half-asleep condition; if in a neighbourhood where trouble may arise keep your ears and eyes open and your hands out of your pockets. And when passing along a dark or narrow thoroughfare walk in the middle of the road.





# INDEX.

---

## A.

Achilles tendon, pressure on, 39  
Advantages of Jiu-Jitsu, 3  
Advertisements of Jiu-Jitsu training, caution regarding, 61, 81  
American wrestlers, 6  
Ankle hold, 46  
    throw for ladies, 73, 74  
Apollo, 2  
Arm hold, half-nelson, and cross buttock, 10, 11  
    hold, half-nelson, and knee stroke, 12  
    hold for ladies, 65-73  
    nerve-centres on, 18  
    throw, 40, 41  
    throw, ground-lock to follow, 53, 54  
    twist, severe, 34-37  
    twist, simple, 33  
    Arm-and-coat hold, 23  
    Arm-and-collar holds, 7, 8, 13, 14, 20, 25  
    holds, ground-locks to follow, 47, 48, 51, 52  
Arm-breaking hold, simple, 85, 86  
Armed assailant, tackling, 20, 32, 73, 92, 100, 103  
Attack the best method of defence, 87, 102

## B.

Back-hoel, 13, 14, 49  
    ground-lock to follow, 49 50  
Balance, proper command of, 52

Barton-Wright, Mr., introducer of Jiu-Jitsu, 2, 77  
Blackthorn, 100  
Body, cross-counter at, 89  
    hold, release from, 15, 17, 95, 96  
Body-thrust with stick, 100  
Boxing compared with Jiu-Jitsu, 2-5  
    knowledge of, useful, 85, 87  
Brutality v. sport, 40, 90  
Butt in the stomach, meeting, 22, 90

## C.

Cane or stick, striking with, 81, 97-102  
    M. Vigny's system of defence with, 97  
    thin, striking with, 99  
Carotid artery, pressure on, 29, 32, 91  
Chancery hold, front, 22  
Chancery, release of head in, 97  
"Chopper," dealing with, 13  
Clenching list, method of, 88  
Coat-and-arm hold, 23  
Collar holds, 29, 31  
    holds, Japanese use of, 29  
Collar-and-arm holds, 7, 8, 13, 14, 20, 25  
    holds, ground-locks to follow, 47, 48, 51, 52  
Cornish flying mane, 40, 41  
Courage, effects of, 83  
Cross-buttock, 10, 11  
Cross-collar hold, 30, 31  
    hold, ground-lock to follow, 55-59

- Cross-counter at the body, 89  
 at the head, 87, 88  
 Cudgel play, 2  
 Cumberland hank, 26  
 D.  
 Defence, attack the best method  
 of, 87, 102  
 simple tricks of, 81  
 Devon flying mare, 40, 41  
 Double-Leg lock, 46, 47  
 Double nelson, 6  
 E.  
 Elbow-and-wrist holds for ladies,  
 65, 66, 69  
 Essentials of Jiu-Jitsu, 5, 73  
 Exaggerated ideas regarding  
 Jiu-Jitsu, 5, 63  
 F.  
 Falling to the ground, art of, 44  
 expediency of, 43  
 Feet, throw at both, 92  
 Fencing, knowledge of, useful,  
 85, 98  
 Finger, forcing back little, 93  
 Fist, method of clenching and  
 using, 88, 90  
 Flying mare, 40, 41  
 Foot lock for ladies, 75, 77  
 or shoulder twist, 6  
 Foot-and-Leg lock, 37, 40  
 lock on the ground, 45, 46  
 Force v. judgment, 62, 71, 79  
 Forward throw, ground-lock to  
 follow, 47, 48  
 Front chancery hold, 22  
 G.  
 Grapevine or hank, 26  
 Ground-locks, 43  
 H.  
 Hackenschmidt, 3  
 Half-nelson, 10, 11  
 Hammer lock, 6  
 Hand, nerve-centres in, 17, 18  
 striking with edge of, 92  
 Hang, the, 6  
 Hank, 25, 26  
 ground-lock to follow, 52, 53  
 Head, counter to blow at, 91  
 Head, cross-counter at, 87, 88  
 Head hold (front chancery hold),  
 22  
 in chancery, release of, 97  
 knock-out blow with stick  
 on, 98  
 lock for ladies, 79  
 twist, 15, 16, 96  
 Home practice for ladies, 64  
 I.  
 Introduction of Jiu-Jitsu into  
 England, 1  
 J.  
 Japanese exponents of Jiu-Jitsu,  
 2, 3, 29, 45, 53  
 Jiu-Jitsu as a means of self-  
 defence, 1, 43, 60  
 compared with boxing, la  
 savate, &c., 2  
 for ladies, 60  
 Joints, movements of, 5  
 Judgment v. force, 62, 71, 79  
 K.  
 Kick, counterstroke to, 37-40  
 preventing, 37, 96  
 running, 96  
 Kidney punch, 37  
 Knee jolt, 12  
 striking with stick, 82  
 stroke, 12  
 stroke to meet "butter," 90  
 throw and wrist hold for  
 ladies, 77, 78  
 Knock-out blow with stick, 98,  
 99  
 Knuckles, striking with, 89, 90



## L

- Ladies' costume, 65  
 Ladies, Jiu-Jitsu for, 60  
 Lancashire wrestlers, 6  
 Left-hand blow at the head,  
 counter to, 91  
 Leg lock, 25  
 look, double, 46, 47  
 nerve-centres on, 18  
 stroke, 13, 14  
 stroke, ground-lock to fol-  
 low, 49, 50  
 Leg-and-foot lock, 37-40  
 lock on the ground, 45, 46  
 Limitations of Jiu-Jitsu, 3, 5,  
 61, 63, 73  
 Loaded stick, 99

## M.

- "Mark," the, 19, 100, 101  
 Moral effect of a well-placed  
 blow or stroke, 85  
 Myaki, 3

## N.

- Native exponents of Jiu-Jitsu,  
 2, 3, 29, 45, 53  
 Neck, arm - and - collar hold  
 across, 20  
 Nerve-centres, effects of pres-  
 sure on, 16  
 location of, 17, 18  
 Nose, nerve-centre on, 16, 18, 19

## O.

- Outside stroke, 95  
 stroke, ground-locks to fol-  
 low, 48, 49, 52

## P.

- "Point," the, 88  
 Police whistle, 94  
 Prompt action, importance of,  
 62, 73, 103

## Q.

- Quickness essential to self-de-  
 fence, 62, 73, 103

## R.

- Right-hand cross-counter at the  
 head, 87, 88  
 cross-counter at the body, 89\*  
 Running kick, 96

## S.

- Savate, la., 2, 97  
 Schools of Jiu-Jitsu, 61, 64, 81  
 Self-defence, Jiu-Jitsu as a  
 method of, 2, 43  
 simple tricks of, 81  
 Shillalah, 2, 100  
 Shins, meeting kick at, 96  
 Shoulder twist, 95  
 or foot twist, 6  
 Simple tricks of self-defence, 81  
 Simplicity of Jiu-Jitsu, 6  
 "Slumming," dangers of, 83  
 Somersault throw, 55-59  
 Sport v. brutality, 40, 90  
 Stick, body-thrust with, 100  
 choice of, for self-defence,  
 100

- defence with, 81  
 knock-out blow with, 98, 99  
 loaded, 100  
 M. Vigny's system of de-  
 fence with, 97  
 method of holding, 100  
 with hooked handle, 101, 102  
 Stomach, meeting butt in, 22, 90  
 Strangle hold, 96  
 Strangulation, 30  
 Striking with 2, stick, 81, 97-102  
 with the fist, 88-90  
 Swinging blows, checking, 92

## T.

- Tani, 2, 3, 29, 95  
 Throw at both feet, 92  
 Thumb of clenched fist, 88  
 twist, 26, 27  
 twist, finish to, 28  
 Tricks of self-defence, simple, 81

- U.
- Umbrella, self-defence with, **101**  
with hooked handle, use of,  
**101, 102**
- Uyenishi, 2
- V.
- Vigny (M. Pierre), 2  
system of defence with stick,  
97
- W.
- Waist held, release from, 15, 17,  
95, 96
- Walking-stick, choice of, **100**  
defence with, 81, 83  
method of holding, **100**  
M. Vigny's system of defence  
with, 97
- Westmorland hank, 26
- Whistle, police, 94
- "Wind," drive in the, 87
- Women, Jiu-Jitsu for, **60**
- Women's costume, 65
- Wrestling, knowledge of, use-  
ful, 85
- Wright, Mr. Barton, introducer  
of Jiu-Jitsu, 2, 77
- Wrist grip, 94, 95  
hold and knee throw for  
ladies, 77, 78  
lock, 6, 7  
lock, lady's release from,  
70, 71
- Wrist-and-collar hold, ground-  
lock to follow, 50, 51
- Wrist-and-elbow holds for ladies,  
65, 66, 69
- Wrist-bone, striking, with  
stick, 82, 83

