

**Examples of  
Ju Jitsu, or Japanese Wrestling.  
For Schoolboys.**

**by Capt. Alfred Hutton, F.S.A.**

Copyright.

EXAMPLES  
OF  
Ju Jitsu, or Japanese Wrestling,

BY  
CAPT. ALFRED HUTTON, F.S.A.

---

SIMPLE "JAP" DEFENCE FOR BOYS.

---

Ju Jitsu is a system of Wrestling recently introduced into this country by Yukio Tani, the celebrated Japanese Wrestler.

It differs essentially from all other forms of Wrestling, for, whereas in each of those styles strength is opposed to strength, in Ju Jitsu strength is met by science.

A weak man skilled in Ju Jitsu can defeat a strong man versed in any other style.

In a display of Japanese Wrestling a fall counts for very little, but in actual earnest it is very serious.

The beauty of this Japanese art is that it is almost purely *defensive*, and what chiefly impresses the spectator is the grace and ease of the encounter. Brute strength disappears. Science evolves itself into a series of movements possessing all the grace of a cotillon. Finally, Ju Jitsu is a perfect mental training, for, while the muscles are engaged, the mind is on the alert for a move that may mean instant defeat.

## SERIES A. or Rescues, Aid to a Chum, &c.

### 1. *To pull opponent over backwards :—*

Stand behind him. Place your Right Hand on his Left Shoulder, and the Sole of your Right Foot behind the Joint of his Left Knee ; push the Knee, so causing it to bend, and pull him backwards with your Right Hand.

If you act on *his* Right, you must use your Left Hand and Left Foot.

### 2. *To throw opponent backwards :—*

- (a) Take hold of his Right Wrist very gently, and draw it forwards with your Right Hand. Place your Left Forearm (the arm being quite straight) under his Chin, and your Left Leg (the knee being bent) behind his Legs. With your Left Arm swing him well round to your own Left ; he will fall over your Left Leg.
- (b) Take hold of his Right Wrist with your Right Hand. Place your Left Leg rather bent behind his Legs, and your Left Hand on his Left Shoulder reaching over on to his breast as far as you can. Pull him round to your Left and so throw him.
- (c) Take his Right Wrist with your Right Hand and raise it ; with your Left Hand grasp his Arm just above the Elbow, drawing it downwards. Push his hand well back, so as to overbalance him, and, with a back stroke of your Right Foot, strike up his Right Heel.

## SERIES B. or Self-Defence.

### 1. *To throw opponent backwards:—*

Place your Right Hand *underneath* his Chin or Nose, and push. *At the same time*, place your Left Hand behind his Right Knee and pull it up.

### 2. *To throw opponent forward:—*

Stand on his Right and a little to his rear: take hold of his Right Wrist *very gently* with your Right Hand, and place your Left Leg in front of his Right Leg. *At the same time*, place your Left Hand on his Arm just above the Elbow, push with your Left Hand and pull with your Right Hand bending his Elbow to a right angle,

### 3. *The backward Hand-Stomach throw:—*

As soon as opponent is close to you, drop down on your Left Knee, place your Right Hand against his Stomach, and with your Left Hand seize the back part of his Right Heel. Simultaneously push hard with your Right Hand, and pull up his foot with your Left.

### 4. *Anti-Arm Twisters:—*

(a) A seizes B's Right Arm with both hands and twists it *inwards*. B yields his arm, allowing it to bend to a Right Angle, and turns to his Left so as to bring his back towards A. B now places his Left Forearm under A's chin, pushing his Head back: at the same time, he places his Left Foot behind A's Right Foot, and swings him round backwards with his Left Arm.

- (b) A twists B's Arm *outwards*. B steps up with his Left Foot, bringing his Leg behind A's Legs with the knee a little bent, and bends his arm—thus outwisting it. B now places his Left hand on A's Left Shoulder (and as far as possible across his breast), turns him sharply round to his own Left, and so throws him.

N.B. B can add greater force to his throw by swinging round his Left Leg as A is in the act of falling.

5. *To throw opponent to your Right :—*

He advances to seize you. Draw back your Left Foot about 18 inches; the Left Toes must point to the Left and the Right Toes to the Front; bend the Knees well. When he comes within your reach, pass your Right Arm over his Body and under his Right Arm; with your Left Hand lift up his Right Leg, and throw him over your Right Knee.

6. *A side throw to stop an altercation :—*

The two men are close together facing each other. Place your Left Foot outside his Right Foot, close to it, but not quite touching. Take hold of the Left Lappet of his coat with the Left Hand; pull him sharply sideways and rather down to your Left.

7. *To take a person out of a Chair :—*

A is seated in a Chair, and refuses to move. B places his Left Hand underneath A's Chin, and his Right Hand on the back part of his Head, and pulls strongly. A will come out of the Chair very promptly, and B by swinging his Right Foot round to the rear can throw him down.

8. *To stop a "Butter" :—*

A puts his head down and rushes at B with the intention of butting him in the Stomach. B lets A come within reach, and then placing his Hands on the back part of A's Head, pushes it down and renders A quite powerless.

(a) B can now punish A by strangling him. He passes his Right Arm round A's Neck, bringing the forearm against his throat, and takes hold of his Right Wrist with his Left Hand. He now squeezes A's Neck until A is satisfied.

(b) Holding A's Head well down with his Right Hand, B may, as an alternative, place his Left Hand behind A's Stern, and swing him well forward. A should scoot along some distance and alight on his face, and slither along, in which case when he gets home his Mother won't know him.

9. *To recover an object from another person :—*

A has taken away B's pocket-knife. B takes hold of A's Forearm with his Left Hand, and with Right presses A's Wrist so as to make it bend and passes his Hand up the back of A's Hand until he reaches the *Great Knuckle of the Middle Finger*. B increases the pressure on this Knuckle until A's Fingers open, and he drops the knife.

Similarly B can throw A backwards by guiding A's Elbow towards the front, placing his Right Foot behind A's Right Foot, and increasing the pressure until A's Hand goes well back over his Right Shoulder. This will cause A to lose his balance, and he will fall backwards over B's Right Foot.


10. *To free yourself when seized by both Lappets of coat (or collar) :—*

Cross your right foot to the outside of opponent's Right Foot. Place your Right Hand underneath his Left Armpit, and your Left Hand on his Right Hip, and throw him over to your own Left.

11. *How to act when lying on the ground and opponent kneeling over you :—*

A and B have had a struggle. B has fallen on his back, and A is kneeling over him. As soon as A attempts to operate with his hands, B seizes A's Right Arm with his left hand (or *better still* puts his Hand round A's Neck), places his Right Hand underneath A's Left Leg, and pitches him over to his own left. B now, before A is able to rise, springs upon him and proceeds to operate as it best pleases him.

- 11 a. Should A be kneeling *inside* B's Legs, B must wrap his Legs round A's Waist and squeeze him hard.

12. *Proceedings in "Chaucery".* 

A holds B's head under his ~~Left~~ Arm and proceeds to punch him with his Left Hand. B drops down on his Left Knee and places his Left Hand behind A's Right Heel, at the same time stopping the punches with the Palm of Right Hand, and watching his opportunity, places his Right Hand against B's Stomach, pushes it backwards, and with his Left Hand pushes up his Right Heel. A falls on his back.

## To Rid the Company of a Disagreeable Person.

### 13. *The "Come Along" (Acting on his Left Side.)*

A is making himself disagreeable and declines to go away.

B takes hold of his Left Wrist very gently with his Left Hand ; passes his Right Arm over A's Left Arm and forces his Head back.

B now instantly passes his Arm underneath A's Left Arm and seizes his own Left Wrist, drawing A's Left Arm Palm of the Hand to the front well across his body.

B thus has A's Arm so completely locked that he must either "come along," or have his Elbow broken.

### 14. *Another "Arm Strain," (The "Devil's Handshake.")*

1. B with his Right Hand takes hold of A's Right Hand or Wrist, passes his Left Arm underneath A's Right Arm and seizes the left Lappet of his Coat.

2. B at once draws A's Arm, (being quite straight) and with the Palm of the Hand to the front well across his body, thus straining it severely.

Thus again A's Arm is completely locked.

### 15. *The Strained Fore-Arm, (Acting on his Right.)*

1. B with his Left Hand takes hold of A's Right Wrist and presses A's Elbow strongly against his Left Side.

2. B with his Right Hand takes hold of A's Fingers as near the ends as possible and bends them backwards until he gives in.



16. *To lock his arm behind him (acting on his right).*

1. B places his Left Wrist (the hand being open) just outside A's Right Wrist, and with the fingers of his Right Hand takes a light hold of the inside of his Elbow Joint.
2. By pushing up A's Forearm and pulling at his Elbow B bends A's Arm to a right angle behind his back.
3. B immediately slips his Left Arm up between A's back and his Forearm, and with his hand seizes A's Arm just above the Elbow.

B has A now completely at his mercy, for by raising his Elbow he can either strain or dislocate his Shoulder, and although A's Left Arm is free he can do nothing with it, while B has his own right hand free to operate in case A should turn in any way restive.

17. *Nicholas Petter's method (A.D. 1670).*

B with his Left Hand seizes A's collar from behind and pushes him well forward.

At the same time he seizes the seat of A's Breeches with his Right Hand, hoists him on tip-toe, and so runs him out.

