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TRICKS OF SELF-DEFENCE.

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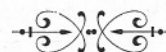
Contents.

STANDING POSITIONS.

	No. of Trick.
Wrist Lock ...	1
Counter to Blow Overhead from Weapon ...	2
Defence for Knife Attack ...	3
Counter for Throat Grip ...	4
Pull-down from Blow ...	5
Arm and Wrist Lock ...	6
Counter to Attack from Behind over Arms ...	7
Counter to Attack from Behind under Arms ...	8
Counter to Attack upon Coat Collar from Behind ...	9
Counter to Wrist Grasp ...	10
Counter to Double-Handed Attack on Wrist...	11
Arm Lock from Side ...	12
Arm Lock from Blow ...	13
Bent Arm Lock from Blow ...	14
The "Come Along!" ...	15
Arm Lock across Chest ...	16
"Come Along!" under Arm and on Coat ...	17
Backward Trip from a Blow ...	18
To Eject a Man from a Room ...	19
Defence against a Running Kick ...	20
Arm Lock across Shoulder ...	21
Thumb Lock ...	22
Elbow Lock ...	23
Guard for Butting ...	24
Effective Wrist Lock ...	25
Defence for Head in Chancery ...	26
Pinned to the Wall by Throat ...	27
Picking a Man off the Ground ...	28
Detaching a Man from Post ...	29
Wrist Lock used as "Come Along!" ...	30
Taken by the Hair from Behind ...	31

GROUND TRICKS.

	No. of Trick.
Ankle Trip ...	1
Backward Trip ...	2
Knee Throw ...	3
Stomach Throw ...	4
The Arm Lock ...	5
Neck Lock ...	6
Leg Lock ...	7
Bent Arm Lock ...	8
Double Leg Lock ...	9



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TEXT-BOOK
OF
JU-JUTSU,
BY
S. K. UYENISHI ("Raku").

2/6 NET.
100 ILLUSTRATIONS.

Introduction.

RECENT years have introduced to the British public a considerable quantity of literature upon Ju-Jutsu and Self-defence, including a notable text-book on the Japanese art by that accomplished exponent, S. K. Uyenishi ("Raku"). For the most part, however, these manuals deal with Ju-Jutsu as a system, and, although the system is an exceptionally valuable one, its thoroughgoing character renders proficiency a matter of time, which, in a substantial sense, is not at the disposal of every one. Besides this it demands a fairly extensive space, so that, in the absence of a gymnasium, a spare room or a lawn at least is required.

These circumstances have caused many people to suggest to me that I should produce a volume dealing simply with self-defence features, which need comparatively little time, very moderate space, and no special outfit. The repetitions of this request have induced me, contrary to my first intention, to make this addition to athletic handbooks.

I trust I shall not appear egotistical when I mention that I was one of a trio of Englishmen privileged to obtain an initiation into the Japanese art unique among Europeans. Having become acquainted with those famous Ju-Jutsuans, Tarro Miyake and Yukio Tani, who had just started their school in Oxford

Street, London, I, with two others, was selected as an instructor, because, wonderful exponents as the Japs are, it was found desirable to introduce Englishmen in order to conduct the business upon commercially successful lines. It was agreed, therefore, that we should article ourselves to the Japs for a period of three years, so that the knowledge which I shall endeavour to impart in this book has been gained in an eminently practical field. My experience has been supplemented by engagements at some of the principal Colleges, H. M. Naval Forces, and various departments of Police. As showing the utility of Japanese Self-defence, I am tempted to quote the remarks made to me by a sergeant of the Northumberland County Constabulary, in answer to my question whether the police had derived any benefit from it. "We have," he said, "found and proved it of the greatest assistance in the execution of our duty, and I am looking forward to the time when this system of defence will be placed in the hands of all those who are daily exposed to danger."

Not so long ago it looked as if Japanese Self-defence was not to make great strides in British popularity, but I am glad to find that the public are appreciating its effectiveness. In proof of this I may state that I have had over five hundred pupils through my hands.

The locks and holds in Ju-Jutsu are very numerous, and my purpose has been to assemble a collection of

the most effective among those likely to be of frequent service. It is impossible to lay down any hard-and-fast rule as to which particular lock shall be employed to counter an attack. But with a number of locks and trips at your disposal, if you miss the one you go for, you may easily drop into another. Happily, we live in a country where knife and revolver are not much in evidence, but a practical acquaintance with self-defence gives a peculiar feeling of security to the possessor, who is confident in the knowledge that he is prepared.

It has been my object to make the explanations as clear and concise as possible, and to assist in this every lock is illustrated (additional photographs being given in some cases), so that there shall be little difficulty in following the instructions. Remember, no method is infallible, still less so if it be badly learnt. To make it as perfect as possible, you must study the method closely, and practise it carefully. The best plan is to go through the various manoeuvres with a companion until application becomes second nature.

In addition to the liberal selection of locks for standing positions, I have given a few trips and locks on the ground, as, although you would not take to this position in the street if you could avoid it, it is well to be ready for every contingency.

THE AUTHOR.

Standing Positions.

No. 1.

WRIST LOCK.

Seize opponent's right hand with both hands, thumbs on back, fingers around palm. Press with thumbs on back of hand, turning opponent's hand outwards and over. Continue the pressure until opponent is thrown, or hold him until assistance arrives.



No. 1.

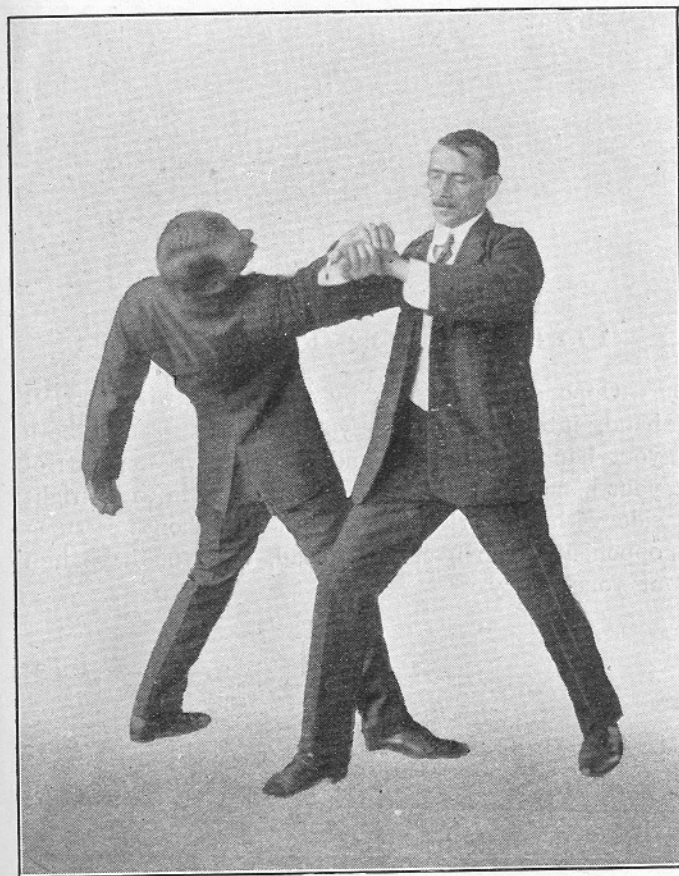
No. 2.**COUNTER FOR BLOW OVERHEAD
FROM WEAPON.**

Opponent rushes at you, with knife or stick in right hand. As he rushes side-step quickly, and at the same time jump inwards, placing your right forearm on opponent's thigh and your left hand around his ankle. Put your whole force into the pressure on his thigh and draw his ankle towards you with your left hand, throwing him heavily backwards. With quickness this feat is quite practicable, as proved by the Japanese police, who generally succeed in stunning their man.

**No. 2.**

No. 3.**DEFENCE FOR KNIFE ATTACK.**

Opponent strikes at you with knife in right hand. Meet the blow by parrying with your left arm against his forearm. At the same time carry your right hand under and over opponent's right arm, seizing him around the wrist. By a downward pressure with the hands and upward movement of the right shoulder you cause intense pain and may easily dislocate opponent's elbow, which receives a severe twisting, as shown in illustration.

**No. 3.**

No. 4.**COUNTER FOR THROAT GRIP.**

Opponent takes you by the throat with his left hand, intending to rifle your pockets. Bring both your hands quickly up and seize his wrist, palms of your hands towards you. Step quickly in to his right side with your right foot, turn left about, carrying opponent's arm over your head, and you have him at your mercy.

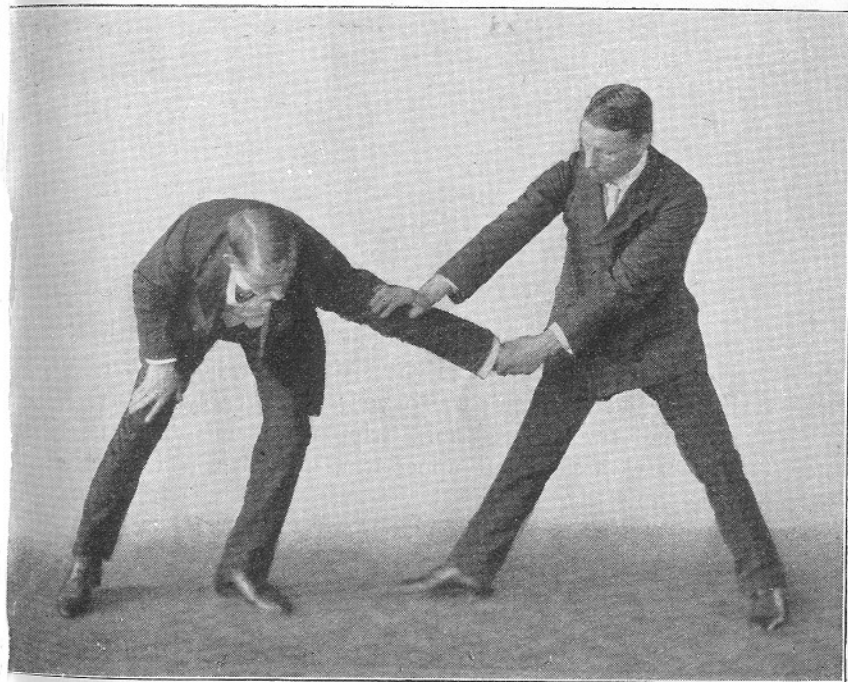
**No. 4.**

No. 5.**PULL-DOWN FROM BLOW.**

Opponent strikes at you with left hand. Guard with both hands as shown in trick No. 3. At the same time take opponent's wrist with your left hand, turning palm of hand upwards. Place your right hand on opponent's elbow, and pull sharply back and down with left hand, pressing heavily on elbow with right, and throw opponent on to his face.

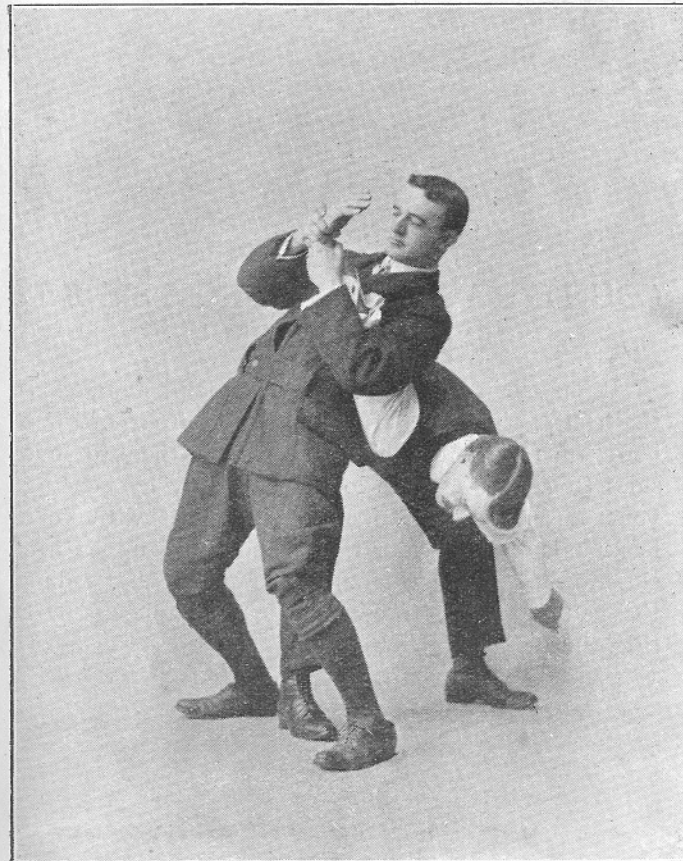
Effective Lock from Throw.

To hold opponent on ground, keep hands in same position and lift opponent's wrist slightly with your left.

**No. 5.**

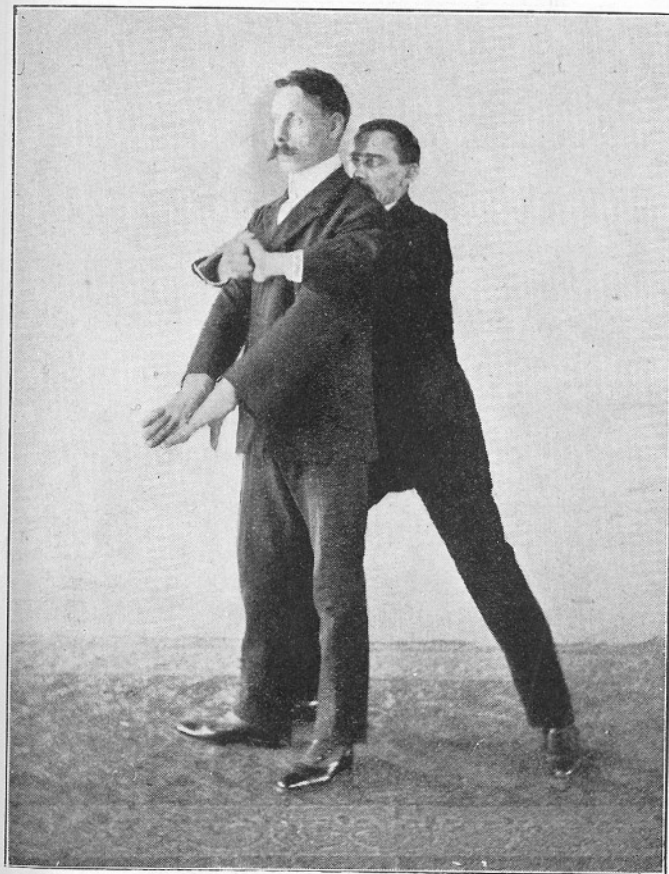
No. 6.**ARM AND WRIST LOCK.**

When an assailant seizes you by the throat with both hands, grasp his right wrist with both your hands, and turn quickly to your right, carrying his arm under your left arm. Gripping opponent's arm tightly with your left upper-arm, press his arm and wrist upwards.

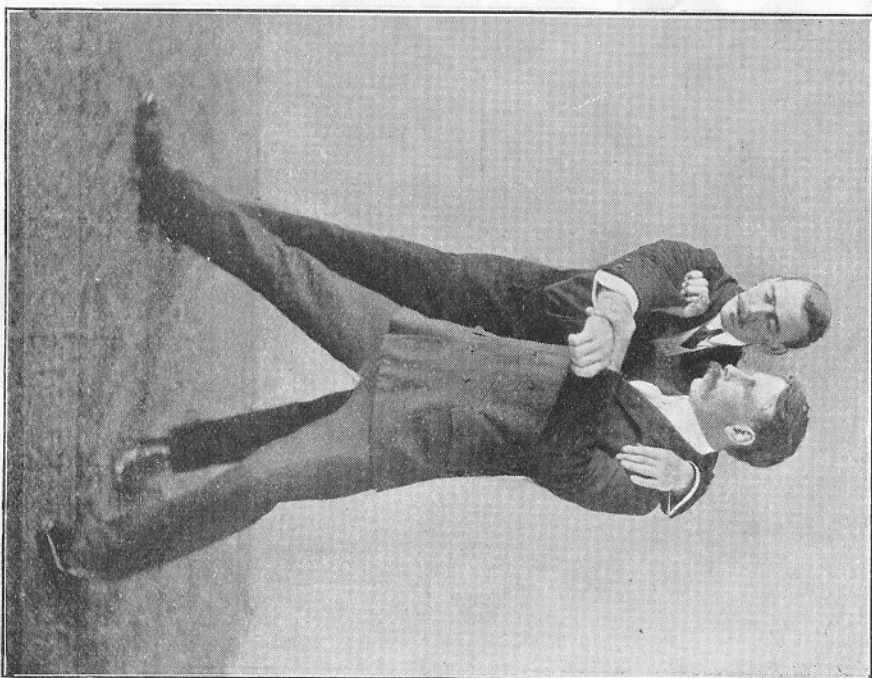
**No. 6.**

No. 7.**COUNTER TO ATTACK FROM BEHIND
OVER THE ARMS.**

If opponent should take you from behind over the arms, bring your arms quickly in front of your body, thus preventing him from pinning them to your sides (Fig. 1). At once lower your body by bending your knees, and grasp opponent's wrist with your left hand, carrying your right hand to his upper arm close to the shoulder (Fig. 2). By a quick pull, bending the body forward, throw opponent completely over (Fig. 3).



No. 7.—(Fig. 1.)



No. 7.—(Fig. 2.)



No. 7.—(Fig. 3.)

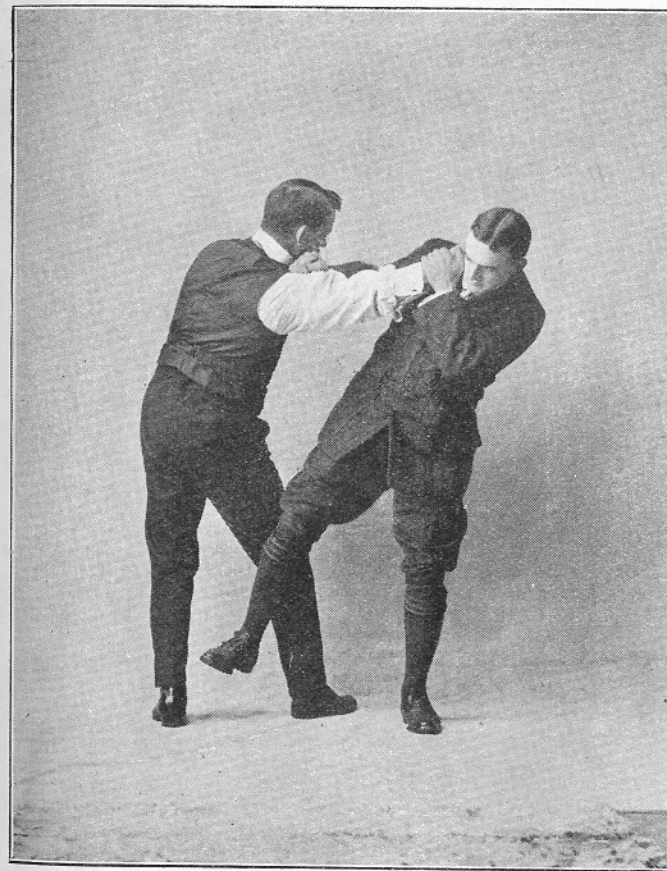
No. 8.**COUNTER TO ATTACK FROM BEHIND
UNDER THE ARMS.**

Opponent takes you from behind under the arms with both hands. Quickly clench your right fist and strike sharply with the knuckles the back of opponent's hand. There is a nerve lying between the second and third fingers which, if struck, causes pain, and would make an opponent relinquish his grip. Then take opponent's right hand, and, by twisting it over, turn to your right.

**No. 8.**

No. 9.**COUNTER TO ATTACK UPON COAT
COLLAR FROM BEHIND.**

Opponent takes you by the coat collar from behind with his right hand. Turn quickly to your right-about, *i.e.*, carrying your left foot forward. With your left hand take opponent's right wrist, placing your right hand on his shoulder, as shown in the illustration. By a quick forward and backward swing of your right leg, cut both your opponent's legs from under him.

**No. 9.**

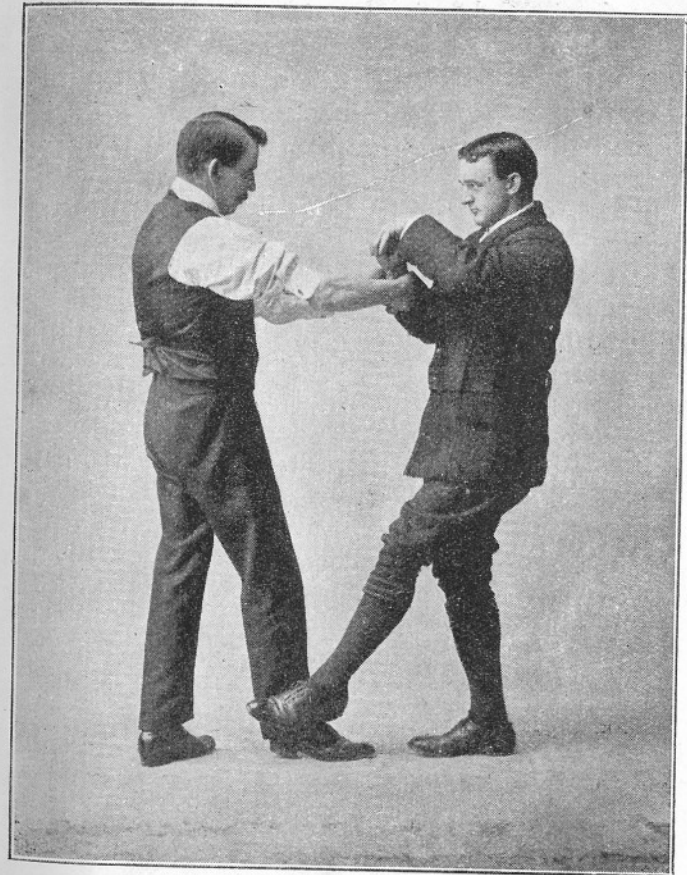
No. 10.**COUNTER TO WRIST GRASP.**

If an opponent takes you by both wrists, quickly bring your hands together. Taking opponent's right wrist with your right hand, release your left hand by drawing it inwards. As soon as it is free, take opponent's left wrist with your left hand, pushing his hand from off your wrist. Then bring opponent's left arm over his right, and lock them by pressing down with left.

**No. 10.**

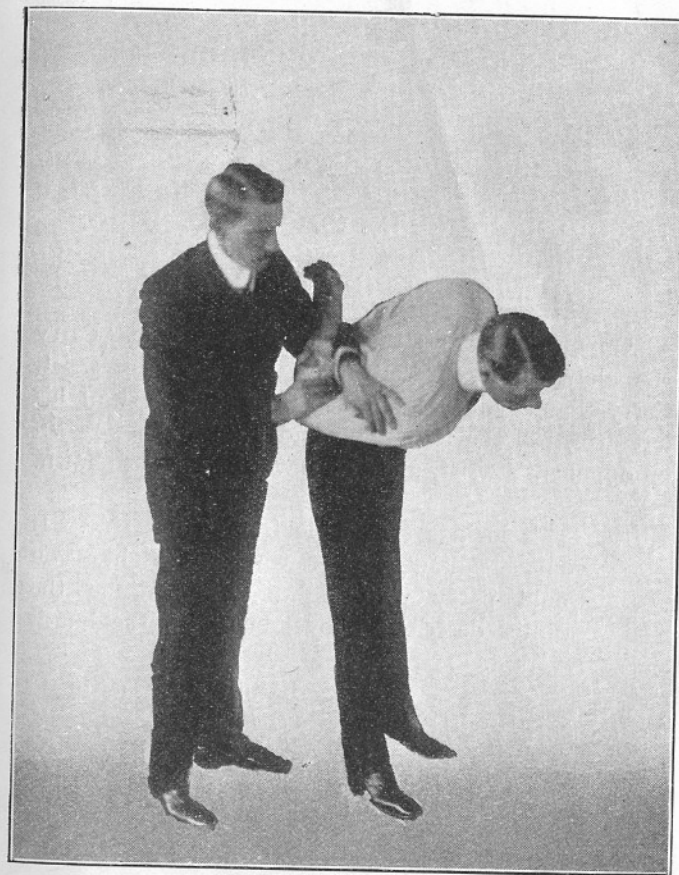
No. 11.**COUNTER TO DOUBLE-HANDED
ATTACK ON WRIST.**

When an opponent seizes your right wrist with both hands, carry your left hand over and between his arms and on to your own hand. By a quick upward movement of your right hand, assisted by pulling with your left, you immediately release yourself. Surprisingly simple as this may appear, a test will demonstrate it to be a thoroughly effective method of freeing one's self. It is, in fact, one of the most astonishing devices known for that purpose.

**No. 11.**

No. 12.**ARM LOCK FROM SIDE.**

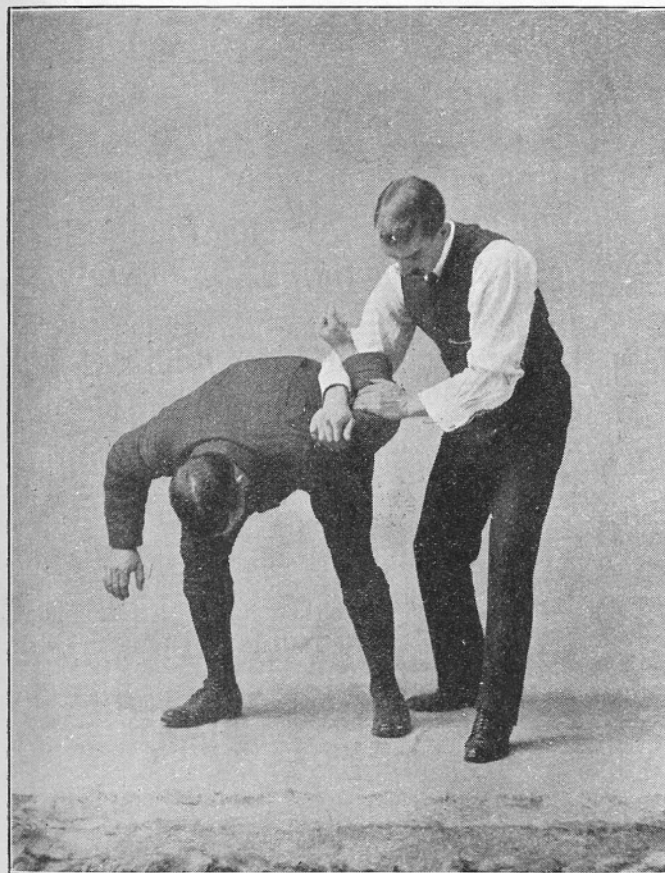
At some time you may have occasion to arrest or hold a person, in which event you will find the accompanying method very effective. Assume that you are moving in the opposite direction to your opponent; walk so as to pass him on his right side. As you reach his side, place your right hand around his near elbow, your left wrist resting on his right wrist. By a sharp pull with your right hand, pressing with your left, bend your opponent's arm until your hands come into the position shown in illustration, when you will have his limb so completely trussed up that he will be unable to utilise his left hand! This is an excellent method of taking a man by surprise, and is used extensively by the Police, such as for capturing a pickpocket in full flight.

**No. 12.**

No. 13.**ARM LOCK FROM BLOW.**

Opponent aims a straight left at your face. Parry the blow with your left hand, and seize his wrist. Carry your right hand under the upper part of his left arm, roll the triceps up and over, pulling down on opponent's wrist, and you have the lock as shown.

NOTE.—This lock is applicable from either side. If your assailant strikes with his right, you would parry with right, and continue the counter described above, but with the hands reversed.

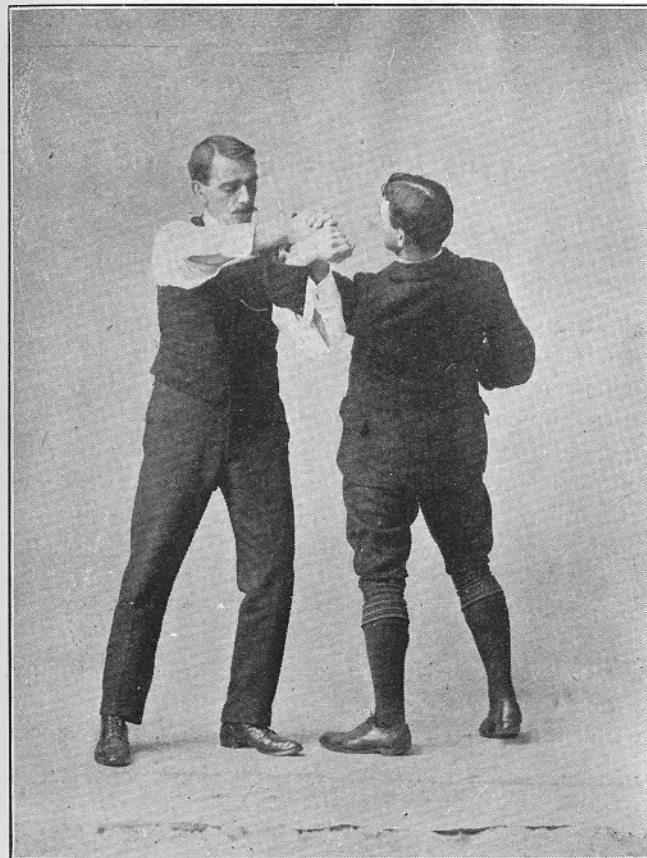


No. 13.

No. 14.**BENT ARM LOCK FROM BLOW.**

Opponent strikes at you with left hand. Parry the blow by guarding with your right hand, and carry your left arm under and over opponent's left arm until your hands are clasped together. By pressing away and downwards with your hands and a slight upward movement of your left upper arm, you have a lock from which it would not be difficult to dislocate your opponent's limb.

NOTE.—Applicable with either hand. If opponent strikes with his right hand, you parry with left.

**No. 14.**

No. 15.

THE "COME ALONG!"

This manoeuvre may be highly serviceable under certain circumstances. Seize your opponent's right wrist with your right hand, and turn sharply to your right, giving a slight pull on opponent's right arm to get it straight. Carry your left arm over and under opponent's right upper arm until your left hand is well up on your chest, holding your coat, if possible, for additional purchase. Press down with your right on opponent's wrist, and he is bound to go with you. His other hand will be rendered useless, as the lock on his upper arm, applied close up to the shoulder, will prevent him from getting round at you. This lock is applicable from either side.

The above trick is often performed wrongly, owing to the executant allowing his left hand to rest on his right, which deprives the lock of its effectiveness.



No. 15.

No. 16.**ARM LOCK ACROSS CHEST.**

Take opponent's right wrist with your right hand, stretching his arm across your left breast. Place your left arm straight across and under opponent's chin. By forcing your chest forward, and holding opponent's wrist firmly, an effective lock is made. The arm pressed against opponent's throat will prevent his body coming forward. Sudden backward pressure with this arm will enable the performer, if he thinks it necessary, to execute a telling throw.

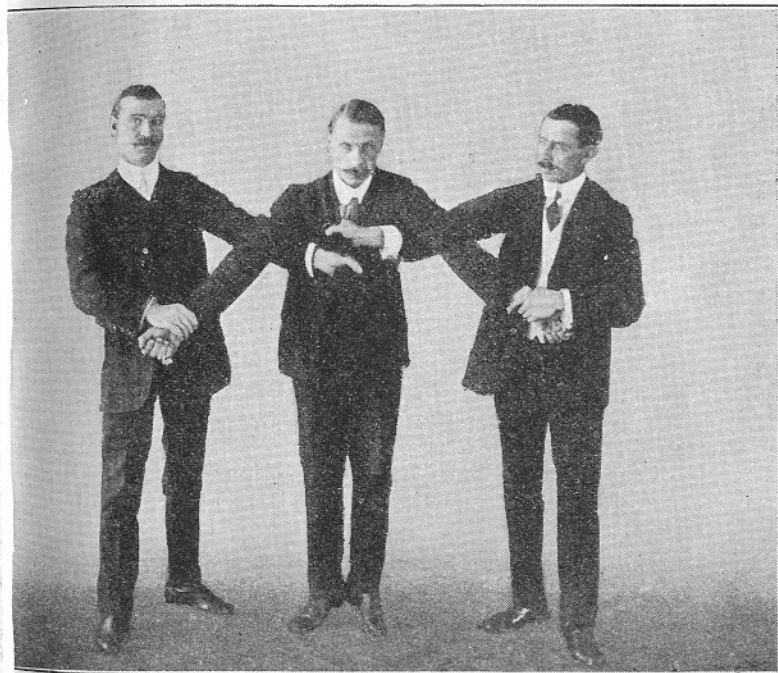
This lock can be applied with either hand.

**No. 16.**

No. 17.**"COME ALONG!" UNDER ARM AND
ON COAT.**

Take opponent's right wrist with your right hand, carrying your left arm under opponent's right arm and on to the lapel on the opposite side of his coat. Press down with your right hand, forcing opponent's upper arm against your left hand. More pain is given if you turn your left arm OUTWARDS.

NOTE.—The illustration shows a man held in this position by two others.

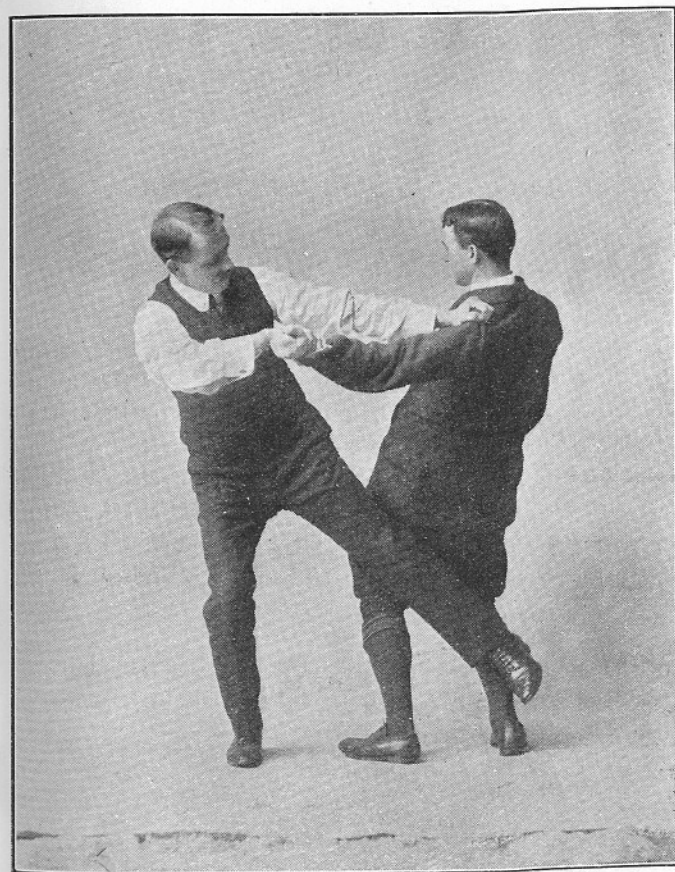
**No. 17.**

No. 18.**BACKWARD TRIP FROM A BLOW.**

This defence is very effective if you happen to be attacked by two or more. Opponent strikes at you with his left. You parry with your right, taking hold of opponent's left wrist. Step quickly in, carry your left hand to opponent's shoulder, and by a swinging movement forward and backward with your left leg, cut opponent's legs from under him.

Another method of throwing opponent is to pull sharply downwards with left and right after obtaining the wrist and shoulder hold described above.

This lock is applicable from either side.

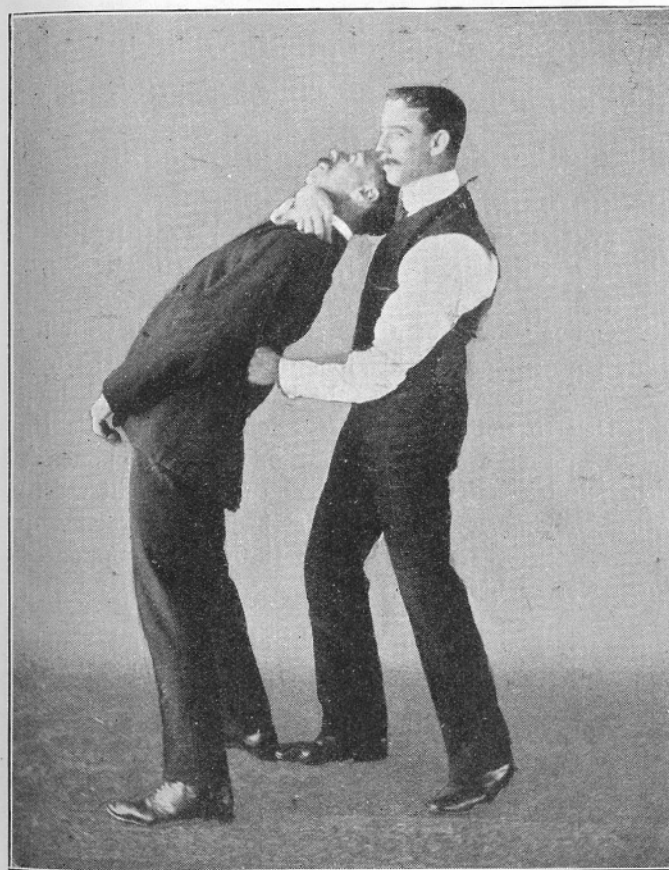


No 18.

No. 19.**TO EJECT A MAN FROM A ROOM.**

A most effective method of ejecting a man from a room, which may be utilised also as a means of holding a person, is to place your right arm around his throat from behind, and take hold of the coat collar. Clench your left hand and push it into the small of opponent's back, arching his back inwards as shown in illustration. Care should be taken to press your right shoulder at base of opponent's head, to prevent him swinging his head back and striking your face with it.

NOTE.—In the above position opponent has no balance, and therefore cannot help himself in any way.

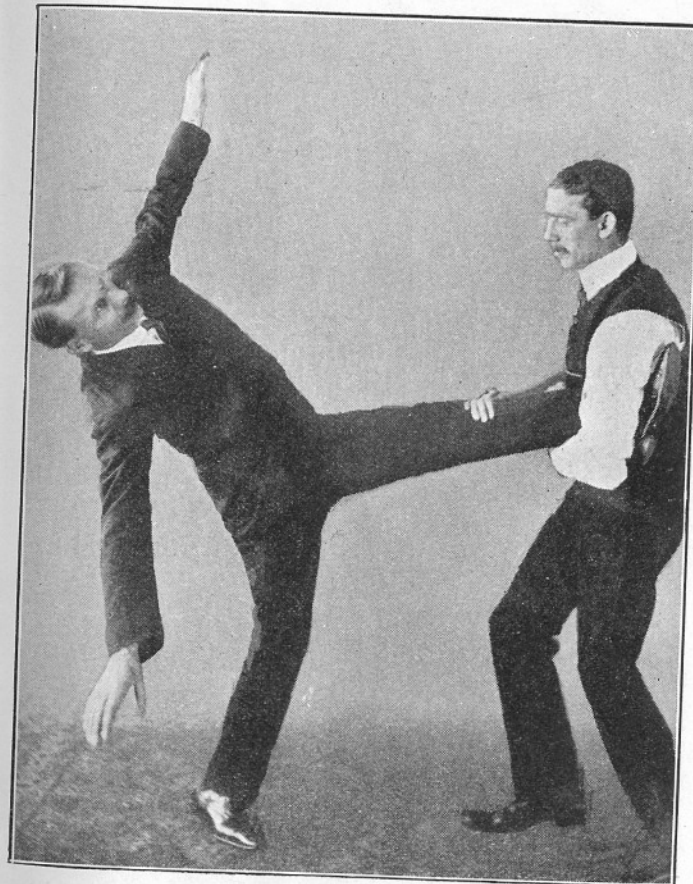
**No. 19.**

No. 20.**DEFENCE AGAINST A RUNNING KICK.**

Opponent makes a running kick at you with his left foot. Bend quickly forward to prevent the foot reaching, and with the right hand parry by pushing the leg to your left side. Encircle opponent's leg with your left arm, place your right hand on opponent's shin, and bring your left hand on to your right wrist; then, forcing your left shoulder back, and bracing up your left forearm, you may throw your opponent or dislocate his ankle.

In parrying with right hand, the hand should meet the outside of leg, just above the ankle.

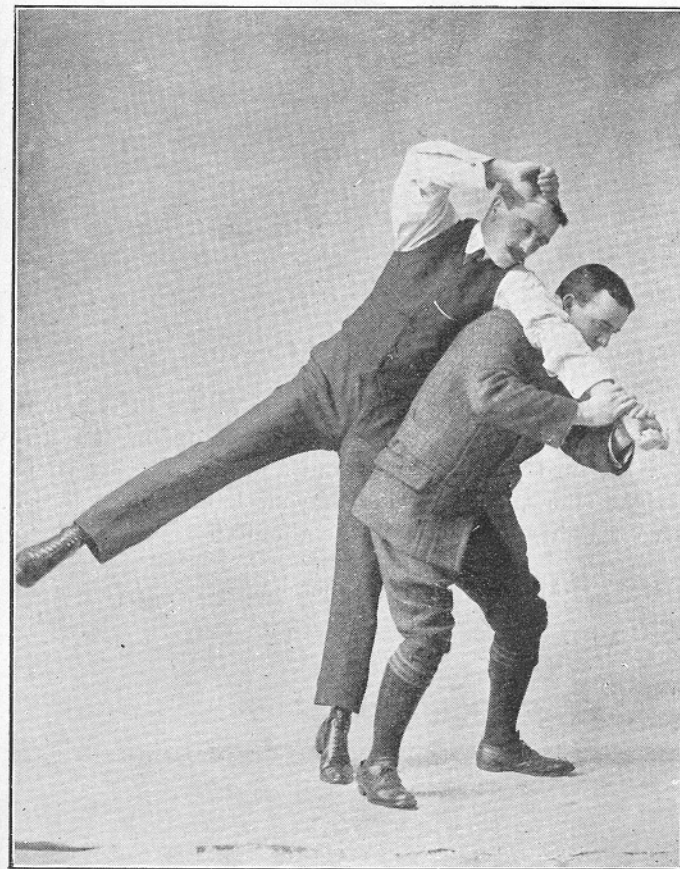
Applicable to either foot.

**No. 20.**

No. 21.**ARM LOCK ACROSS SHOULDER.**

Opponent strikes at you with left hand. Seize opponent's wrist with both hands, and turn sharply to the left, carrying opponent's left upper arm on to your right shoulder. Very little downward pressure is needed to hold opponent or break the arm.

NOTE.—Care must be taken in applying this hold in practice.

**No. 21.**

No. 22.**THUMB LOCK.**

Assailant takes your right wrist with his left hand. Carry your left hand across and take opponent's left wrist, turn your right arm out and up, lowering your right elbow, and press with your left hand to meet your right, thus locking the thumb.

NOTE.—Applicable with either hand.



No. 22.

No. 23.**ELBOW LOCK.**

This lock, which may be as useful as it is painful, is an effective method of holding or throwing an opponent who aims a blow at you. Seize his wrist with your right hand, turning sharply to your right, and bring your left elbow just behind and slightly over opponent's elbow. Hold opponent's wrist firmly, and press sharply down with your elbow.

This lock can also be used as a counter to the Throat Hold, Hold on Coat, &c.

Applicable with either hand.

**No. 23.**

No. 24.**GUARD FOR BUTTING.**

An opponent rushes blindly at you to butt you with his head. As he nears you, place your left hand on the top of his head, pressing it downwards, and at the same time encircle his head with your right hand. By bracing up quickly with your right arm and shoulder a most painful lock follows. The pressure of your forearm should be upon the Adam's apple.

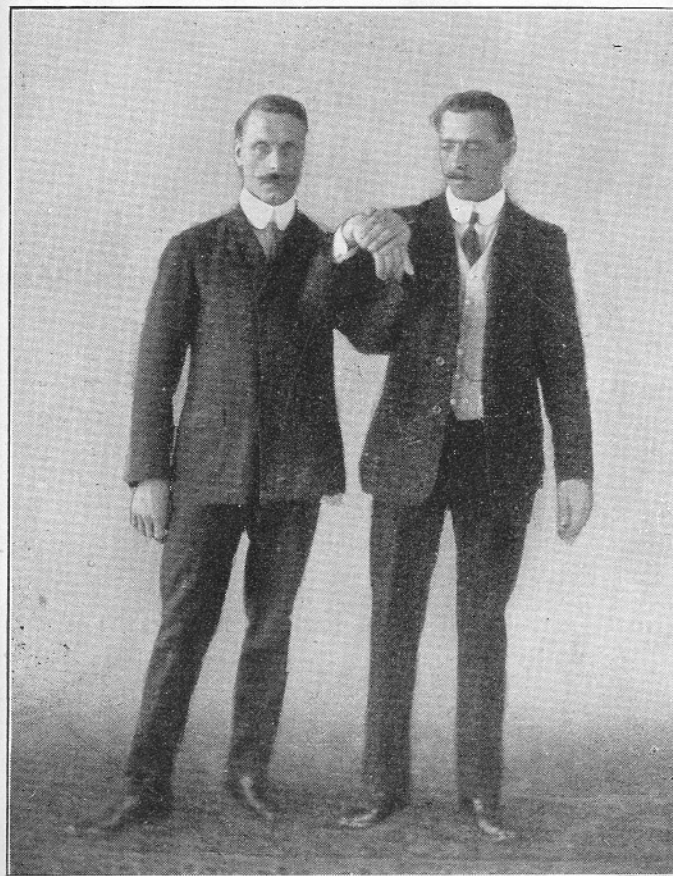
**No. 24.**

No. 25.

EFFECTIVE WRIST LOCK.

Walk alongside of opponent and slip your left arm under his right, at the same time seizing his right hand with your left. Carry your right hand across and raise opponent's forearm over your own, completing the lock by pressing his hand down to meet your own upper arm. This lock is very effective, and the assailant is seldom able to understand how it is that he is captured so securely by such a simple-looking lock. It has the further advantage of leaving your other hand free. Although your opponent's other hand is also free it is practically useless, as to move round will cause him intense pain.

Applicable from either side.



No. 25.

No. 26.

DEFENCE FOR HEAD IN CHANCERY.

If you happen to be caught in the above manner (*i.e.*, if an opponent encircles your head in his arm, as in illustration), slip your right hand behind opponent and carry it up till the edge of hand is pressing just under the nostrils. There is a nerve just under the centre of the nose, and forcible pressure on this will cause opponent to release you, or he will be thrown heavily back. Your left hand is available as a stop for opponent's right.

NOTE.—Practise this often until you can find the nerve centre without trouble.

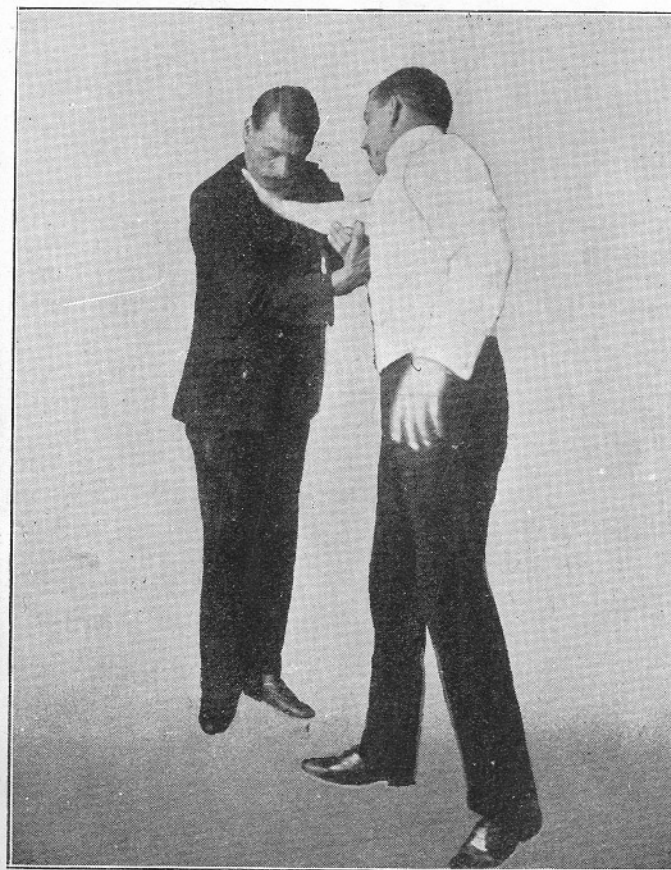


No. 26.

No. 27.**PINNED TO THE WALL BY THROAT.**

This is a favourite method of the pickpocket while he politely rifles your pocket. Should you be caught in this manner, try not to resist, and let him think he has you safe. Then quickly bring both your hands behind his elbow joint, your left gripping with thumb and finger, your right grasping your left firmly. With a slight upward movement, to raise opponent's elbow, pull sharply in towards you, forcing your head forward to meet your hands.

NOTE.—Care should be taken in practising this, or a sprained or broken wrist may result.

**No. 27.**

No. 28.

PICKING A MAN OFF THE GROUND.

It sometimes happens that a man will throw himself to the ground and refuse to move. To go in front of him means that you will probably get kicked. The Japanese use the following method of raising. Get behind your man, lift his head slightly, place your right arm around his throat, and place your left hand under opponent's left arm on to top or base of his head. Press opponent's head slightly forward with your left hand. Now lift him. He may resist for a second or so, but he will rise rapidly after. Still keeping your right arm around his throat, slip your left hand up to his left wrist, and carry it across your body for a lock, as shown in illustration.

NOTE.—This method is invariably effective.



No. 28.

No. 29.

DETACHING A MAN FROM POST
OR GATE.

It often happens that a prisoner on his way to the police station resists by clinging to any object, such as a lamp-post, and it is sometimes difficult to make him leave go. Get behind your man and place a thumb on each side of his neck. A main artery runs along each of these sides, supplying the brain with blood. A few seconds' pressure renders your opponent dizzy, when he will let go. Now is your chance to secure him with any lock that may be suitable to the circumstances.

NOTE.—If pressure be kept on too long, opponent will become unconscious.



No. 29.

No. 30.**WRIST LOCK USED AS "COME
ALONG!"**

Take opponent's hand with both hands, your thumbs on the back, and your fingers around the small of wrist. By pressing on the back with your thumbs, you cause intense pain, and opponent is compelled to follow you, or have his wrist broken.

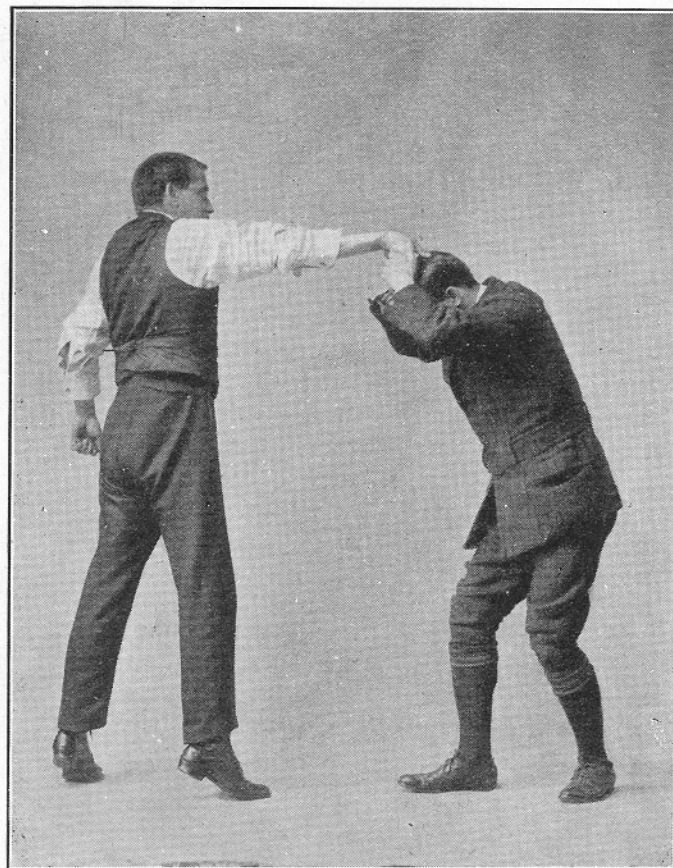
NOTE.—Perhaps opponent will throw himself down; do not leave go—that is what he will want you to do. Keep pressing until he rises again, or help comes along.

**No. 30.**

No. 31.**TAKEN BY THE HAIR FROM
BEHIND.**

Opponent will sometimes take you in this manner, intending to pull you backward. Quickly carry both hands up and on to opponent's hand, holding it there. Turn quickly to the right or left, raise your head up sharply, and you have opponent fixed. He will try to leave go, but you have his hand secured until you choose to release it.

NOTE.—A useful device for ladies to know.

**No. 31.**

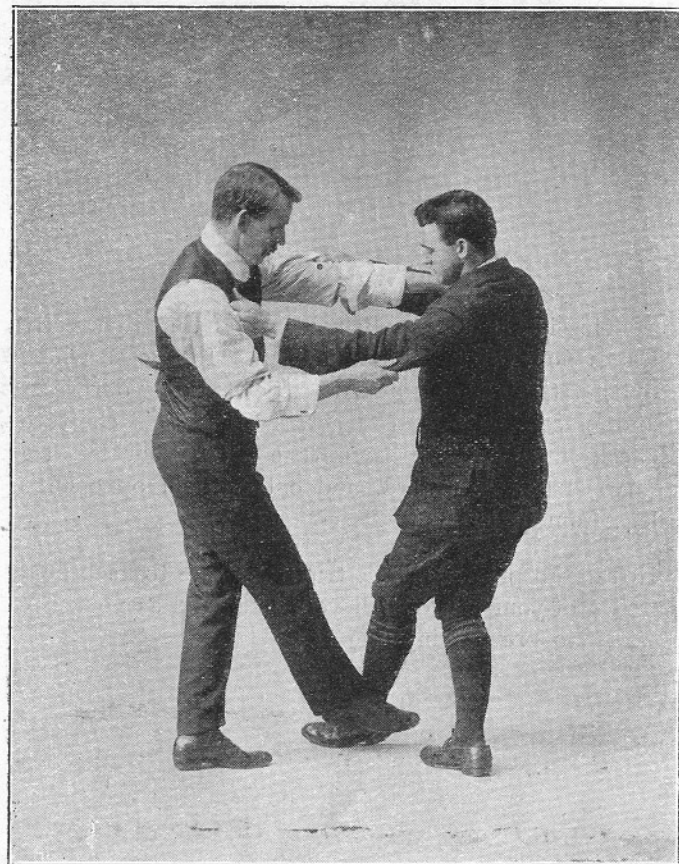
Ground Tricks.

No. 1.

ANKLE TRIP.

This trip is best effected when your opponent's foot is just coming forward, just before he puts it to the ground, or as he is retiring, just as he takes his foot off the ground to step back. We will say, for instance, that opponent's left foot is forward. With your right foot, strike opponent's left foot just above the ankle, with a sharp side movement from right to left. As you strike with foot, take hold of some part of opponent with right hand and give a sharp pull, and opponent will fall heavily.

NOTE.—This is Yukio Tani's favourite trip.

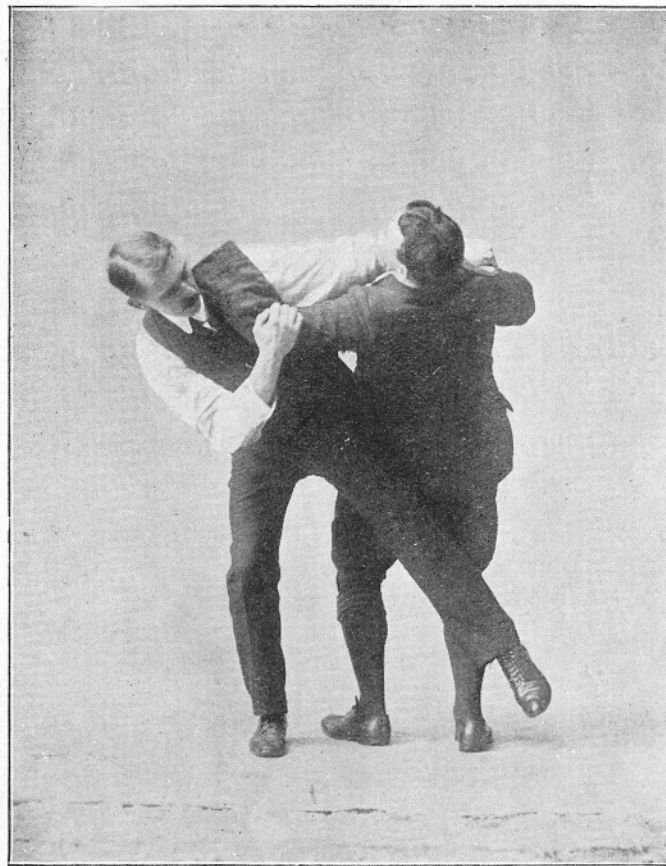


No. 1.

No. 2.**BACKWARD TRIP.**

This is a most deadly trip, and if timed correctly leaves no more fight in opponent. In a case where opponent is rushing at you, side-step to your right and place your left arm across opponent's chest to check him. At the same time carry your left leg forward and backward, and cut both of opponent's legs from under him.

NOTE.—In practising this trip, take care to keep hold of your friend with your left hand as you trip, to prevent injuring him.

**No. 2.**

No. 3.**KNEE THROW.**

This is a very useful trip, and not difficult to do. Take hold of your opponent with both hands, place your left foot on the outside of opponent's right knee, and press inwards with your foot, pulling at the same time with your left hand.

NOTE.—Take care that you do not make a kick with your foot, or you will break or displace the knee-cap.

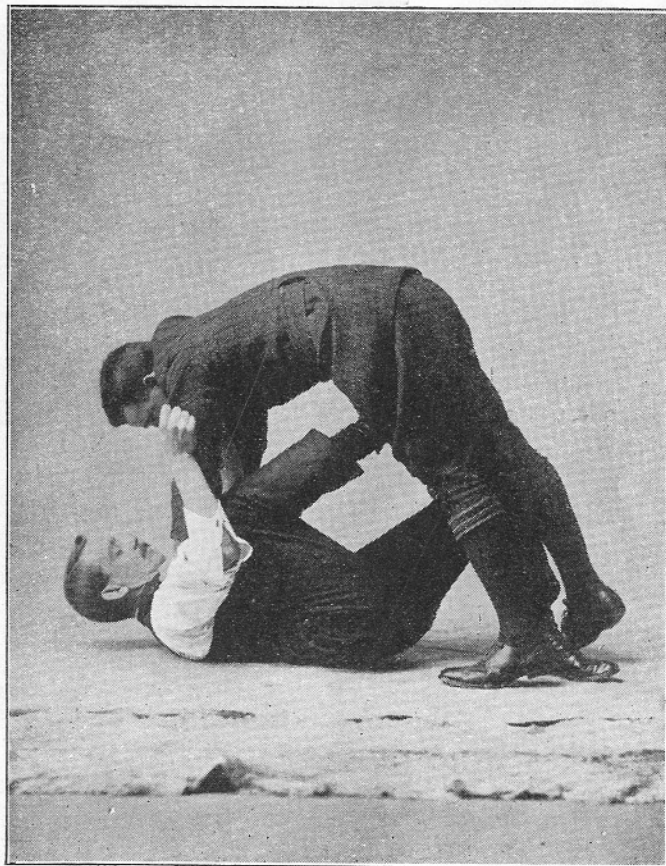
**No. 3.**

No. 4.

STOMACH THROW.

This is the most deadly throw of all, and care must be taken to do it properly. It is used against an opponent who employs a lot of strength, or when an opponent bends forward. Take hold of opponent's coat, place your foot in pit of his stomach, sitting down as you do so. Pull on the coat as you sit down, and opponent goes clean over your head. As he is going over, give a slight push with your leg.

NOTE.—In practice you must always keep your knee bent, to prevent hurting your opponent.



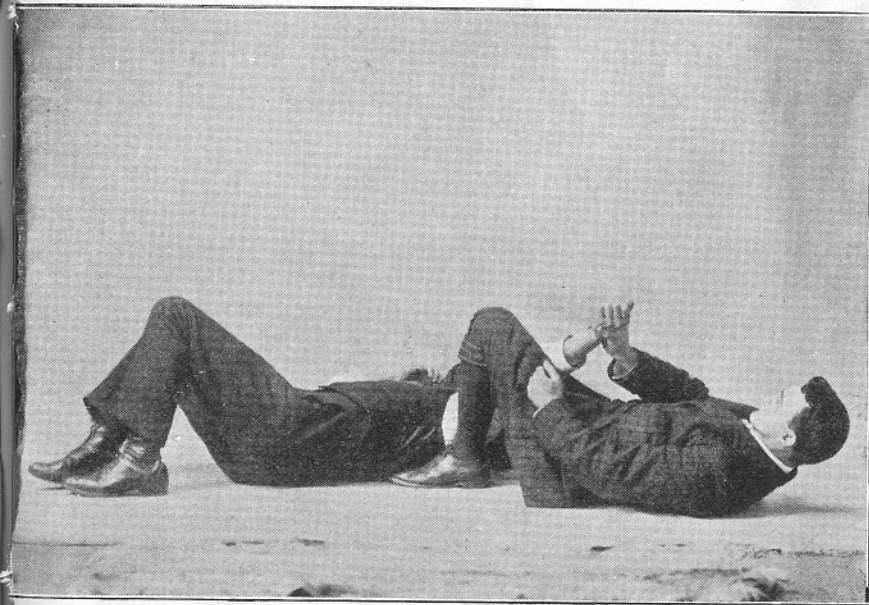
No. 4.

No. 5.

THE ARM LOCK.

This lock is applied when opponent is on the ground. We will take opponent's left arm for illustration. Opponent is on his back, but keeps hold of you with his left arm. Quickly carry your right leg over his head and lay it across his throat. Sitting down as you do so, press your thighs together to hold opponent's arm firmly. Make the lock effective by taking opponent's wrist and pressing it in the opposite direction to the thumb.

NOTE.—This lock may be applied from many positions. It is frequently used in contests by the Japanese.

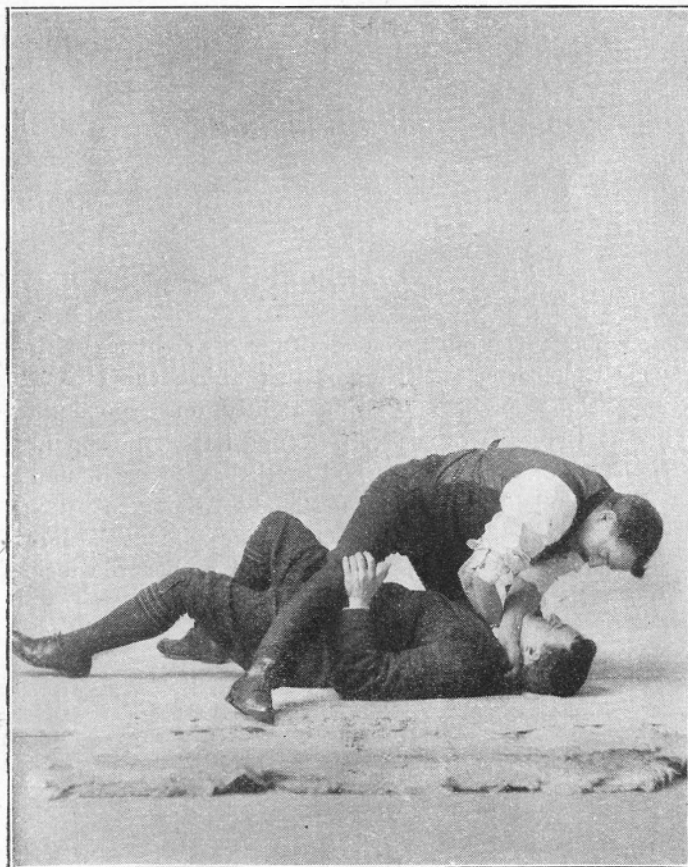


No. 5.

No. 6.**NECK LOCK.**

Opponent is on his back, and you are kneeling across him. Place your right hand deep down on right side of opponent's neck and on to his coat collar, the left hand deep on the left side of neck and on collar. To make lock effective, spread both elbows outwards, or in other words, make a pair of scissors with your arms.

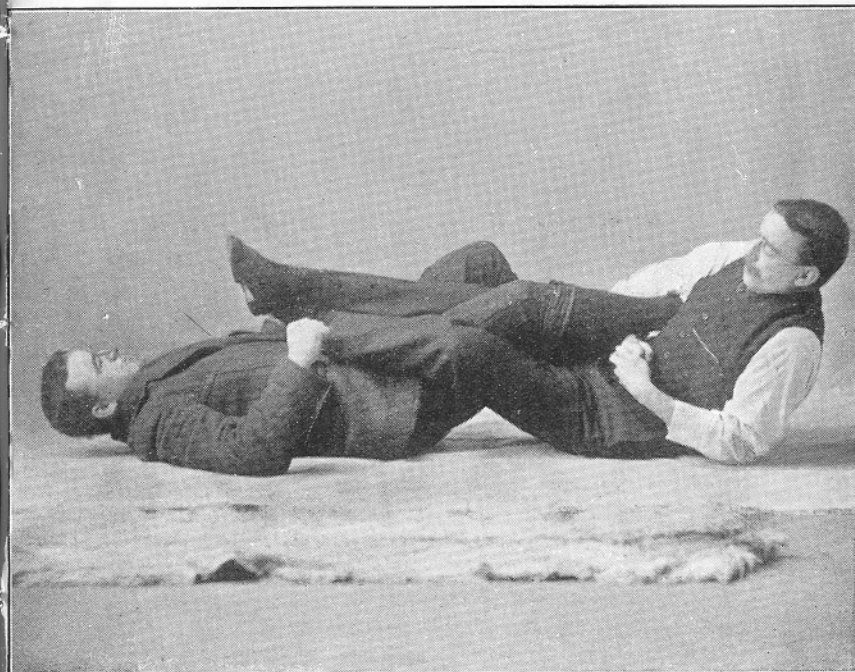
NOTE.—This is often confused with a strangle. That is wrong, as a neck lock proper does not touch the throat at any time, the pressure being on the carotid artery.

**No. 6.**

No. 7.**LEG LOCK.**

Opponent is on his back. Take his right leg with your right arm, encircling it just above the instep, your right forearm pressing tightly on opponent's leg at the base of his calf. Your left hand should support your right, your body well braced back, and your legs laid on opponent's body to prevent him rising. Care must be taken that opponent is not allowed to rise at all, as this would render the lock ineffective.

NOTE.—Applicable from either side.

**No. 7.**

No. 8.**BENT ARM LOCK.**

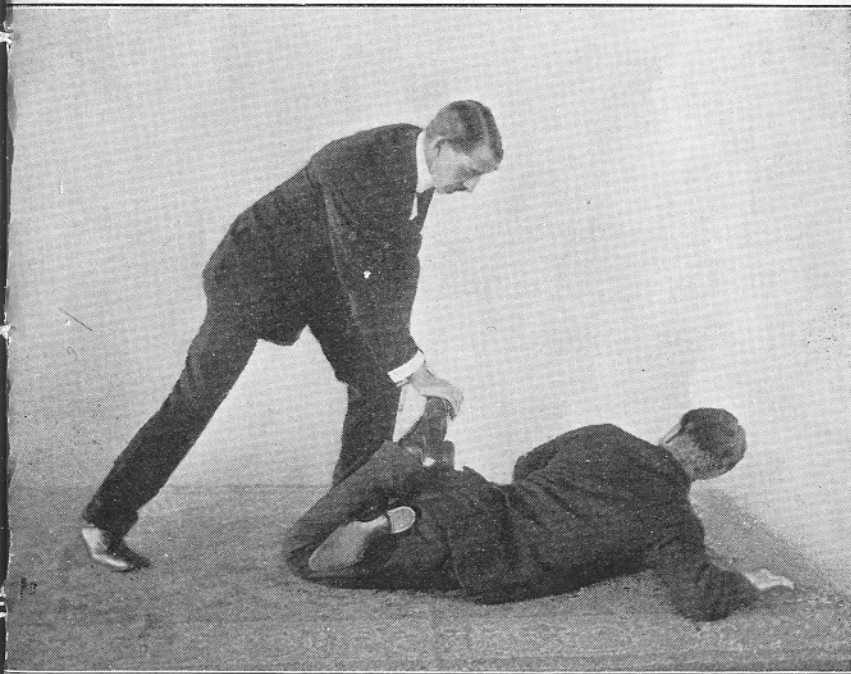
Opponent is on his back, you at his right side. Pass your left hand under opponent's head, and take his left wrist by bending his arm back. At the same time place your right hand across opponent's body, and pass it under his left arm and on to your own wrist. Now lift your right arm upwards, keeping opponent's left hand on the ground.

NOTE.—It is not absolutely necessary to have your left arm under opponent's head, but it is more effective.

**No. 8.**

No. 9.**DOUBLE LEG LOCK.**

Opponent is thrown to the ground, and rolls on to his stomach to rise again. Take his legs, and cross them by laying his left leg in the hock of right leg. Then force opponent's right foot backwards by pressing heavily on the toes, and you can hold him easily until assistance arrives.

**No. 9.**

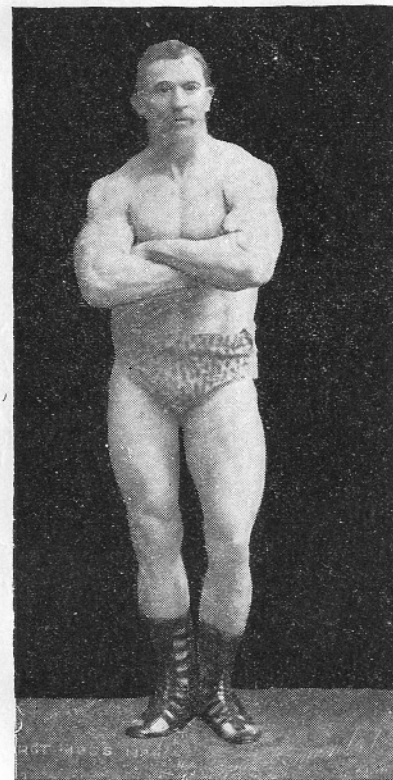
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