

Professor **RÉ-NIÉ**

*THE SECRETS
OF*

JIU-JITSU

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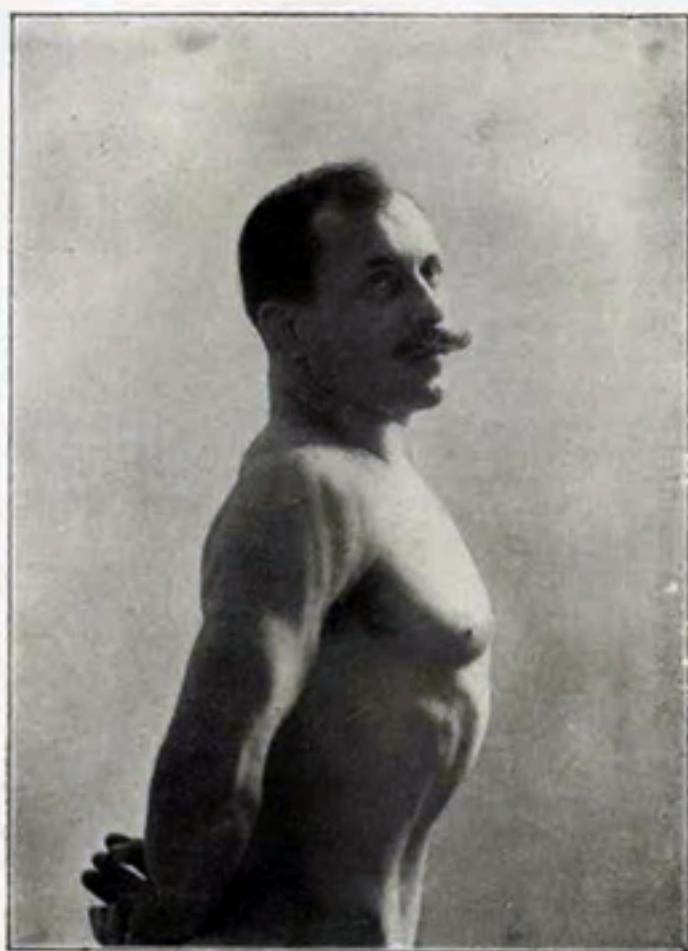
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The Secrets of Jiu-Jitsu

Professor Ré-Nié

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PROFESSOR RÉ-RIÉ

TO HIS MAJESTY

CARLOS 1st

KING OF PORTUGAL AND THE ALGARVES

*this book
is
respectfully dedicated.*

PROFESSOR RÉ-NIÉ,
GUY DE MONTGRILHARD.

Chapter 1

The Jiu-Jitsu Debut in Paris

The Jiu-Jitsu debut in Paris.

There is, so to speak, no great invention which does not have its cradle in the Far East: the Asians knew well before us the compass, printing press, and gunpowder. Imported into Europe, most often by chance, which conveys ideas as the wind sows seeds, these discoveries have taken a relatively long time to germinate and produce the marvelous effects that we now know. It took for them some time to realize their full potential in western circles, and for better appropriation of the new civilization in which they were to evolve.

Nevertheless, compass, printing, powder & canon have revolutionized the world.

Like them, the Jiu-Jitsu comes from the Far East ... from the very far East itself, since it comes from Japan. Will it revolutionize the world like the other great inventions?

It would be risky to assert ... yet imprudent perhaps, to deny.

European societies undergo the influence of two mental currents: the excessive refinement of the intellectual, and the stress of material life, which by developing their nervousness leads them to indecisiveness or a general sense of malaise, these are two extreme forms of nervous overactivity, one of positive force, the other negative.

On the other hand, a beneficial reaction against this nervous evil of Western societies appears in the intensive development of the sports, as preached by educators and doctors with foresight.

However, if many people hesitate to obey the suggestions of the latter and prefer to be depressed, nervous or apathetic, and burdened with the lowest of feelings, there is no cure, and unfortunately, the sports currently popular, are not particularly suited for the improvement of the average person.

They demand a long, brutal, painful, and sometimes costly training; They scare the weak and the poor ... in a word, those who need it most.

That a sport of a very easy, elegant and intelligent practice, within reach of all classes, presents itself... It has a serious chance of developing itself, finding its place in our culture and of transforming modern life.

The Jiu-Jitsu has everything it takes to be this sport.

Yesterday Jiu-Jitsu was unknown to us.

It was imported to the lands of the West by the terrible turmoil that was the war of Manchuria. In England, as in America, it first appeared timidly, as a sport of curiosity rather than as a sport of utility. In France it was manifested by a great feat at the meeting of DuBois-Ré-Nié, which took place on October 26, 1905 and since that memorable date, his strange name has imposed itself on all the attentions and all the memories: there is not a Parisian, nor a provincial who has not heard of him; there is not a newspaper that has not spoken of it, with praise or disdain, for the press has the characteristic to never be unanimous on any question. It is in their interest, as everyone knows, to never be in perfect agreement, for its business would die from a contrary state of things.

How to explain this sudden vogue of Jiu-Jitsu in France?

Let us do justice to the French spirit: it instinctively knows how to place its trust in those who deserves it, and instinctively it has felt that Jiu-Jitsu, although its name is strange, was the sport most appropriate perhaps, to the character of our race ...

And nothing will prove better than what follows, that this marvelous Jiu-Jitsu is not only the most excellent art of defense, that which enables the weaker and the meek to engage with advantage against the stronger and the most violent, but is also the most hygienic sport, the most practical, the least expensive, and also the most elegant, in which it matches absolutely the aspirations of our race.

There are many Parisian fads, born like jiu-jitsu, suddenly, whose glory quickly becomes tarnished, because they are absolutely overrated, and their renown comes from a whim of fashion or the moment.

This will not happen for jiu-jitsu. It will become and will remain, next to the French and English boxing, one of the great sports of the world, of which it will be quite familiar to all.

The public authorities have so well recognized that since the Dubois-Ré-Nié meeting, the police headquarters have taught Jiu-Jitsu at a school in the Rue de Pontbien to a number of its best agents. Is not that right? At the same time as the best of the official consequences, the undeniable proof of the capital importance of this sport, not only from the point of view of physical education and training but also in the interest that everyone must have in defending his life, or the lives of persons threatened by brutal or evil forces.

What was the match of Dubois-Ré-Nié for having produced such a spectacular turn of

events?

Has it truly proved that the Jiu-Jitsu possesses the formidable power that was attributed to it?

It will suffice to read what follows to convince oneself of it; The official report of the meeting must be included in the heading of this book, and can not be regarded as an exaggeration, since all the sports magazines, all the newspapers which are interested in physical training have reported at length on it and with nothing but praise for the victor. Let us introduce the champions first.

"Master Georges Dubois is a well-known Parisian athlete. He is at the same time, a formidable boxer and fencer of the first order; He has few equals pound for pound in these endeavors. Born in 1865, he weighs a little more than 75 kilos and measures 1.68m

He was for Ré-Nié, therefore, a most serious opponent, especially when it's considered that the latter weighs only 63 kilos and is only 1.65m in height, and is thirty-six years of age.

The meeting was held on 26 October on the premises of the Védrine factory in Courbevoie, before more than five hundred people, mostly from the world of sports, who were to be both expert judges and, later, impartial witnesses of the splendid result of this match.

Mr. Manaud organized, and was the referee for this meeting.

At 2.30pm the two opponents appear in presence, both in suits and in city shoes. Ré-Nié alone, removed his collar.

The fight was to cease only when one of the adversaries confessed to being defeated.

At the command: Go, gentlemen, the opponents, who were standing at the opposite ends of the ring, walk towards each other quickly, then stop at 2 meters and size up the opponent for a few seconds.

It is Georges Dubois who attacks first with a low kick, quickly dodged by Ré-Nié, who jumped on his opponent and seized him arm-in-arm. With a knee strike, cunningly placed under the right thigh, while with his left hand, he compresses the lumbar muscles of Dubois, Ré-Nié tilts him, and Dubois falls heavily on his shoulder blades.

Ré-Nié accompanies him to the ground, and, when taken by the throat, seizes Dubois's

right wrist: then, falling on his back, to the right of his adversary, he passes a leg on his neck to crush the trachea. This done, he pulls violently on the arm of his adversary placed in cantilever; This hold, can dislocate the limb.

Then Dubois, after trying to resist for a split second, utters a terrible cry and confesses himself defeated.

"He had been caught by one of the terrible locks of Jiu-Jitsu," udi-shi-ghi. "The match had lasted twenty-six seconds, with actual physical combat, lasting only six seconds.

"When Georges Dubois is released from the terrible lock that Ré-Nié relinquished as soon as he heard him scream, he rose and held out his hand to the champion of Jiu-Jitsu, as the spectators swarm around the two fighters. "I wish I had done better," said Dubois, " but it was impossible for me to escape, if I had continued struggling, I would have had my arm snapped like a twig. "

This almost overwhelming victory amazes the audience. We begin to discuss and exchange the most extraordinary theories and speeches.- Dubois should have done this ... or that ... to parry the attack like this ... attack like that ...

But Dubois, without being questioned, truthfully admitted himself that "there was nothing in the excuses." And more than one of those who wished to criticize his game would have been much embarrassed in his place. Besides, all the comments, the noise and all the amazement caused by this meeting, have proved what a revolution its result (And which only the initiates expected) was able to create overnight in Parisian sports circles.

It can be said that it is now a demonstrated truth that no sport combat system can be compared as efficiency to Jiu-Jitsu.

Those who had the good faith to recognize this, and this is by far the greatest number, began to doubt that the Jiu-Jitsu could be acclimatized in France, stating that the French character is totally different from the Japanese character.

But the French character also barely resembles the English character, and yet boxing, so honored in the United Kingdom, has easily become acclimatized in France; It even happens sometimes that a fanatical boxing champion is the victor over an English champion.

The truth is that we have not known enough of what jiu- jitsu is, and that until now we have talked a lot about it without knowing it well. In six months, in a year, that is to say, when it has become quite Parisian and we are persuaded:

- 1) that Jiu-Jitsu suits everyone, even the French;
- 2) that it contains the easiest and most practical art of defense;
- 3) That it is the best of sports;

We shall not be astonished if it raises even the very slight objections, and it will fall to us, the supporters to achieve the acceptance that we desire with all our hearts, as speedily as possible, because of the benefits which jiu-jitsu possesses, it will not fail to spread in all classes of society, because it constitutes the best physical training in the world, everyone must have the patience to study what Jiu-Jitsu is, and do some of the preparatory exercises so excellent for the sport and health.

We must also be persuaded that, unlike boxing and wrestling, it is not a special art, a prerogative of the initiated only, that can not be mastered by but a few amateurs.

These are mistakes that give rise to all hesitation. Jiu-jitsu, like athletics such as weightlifting, are better than fencing, boxing, riding, etc., and should be part of the routine hygiene of anyone concerned about his health, his personal defense, and the perfect state of his body. For it contains in itself the best principles of physical culture, and is within the reach of all, since in principle it does not require the purchase of any particular equipment to be practiced.

So it will conquer Paris tomorrow.

We are convinced that all those who have read this book and have penetrated the mysteries of this Japanese art and that it is desired in the West that everything that comes from the Japan be mysterious will understand the immensity of the services which can be rendered by Jiu-Jitsu and they will take advantage of its benefits placed so easily within their reach.

Twenty minutes of Jiu-Jitsu each morning will make the weak as capable as the strong to defend themselves against any attack. As for those who will follow the hygiene and nutrition practices, so healthy and so little complicated as Jiu-Jitsu ordains, they will soon become true champions, and will be able to challenge in Japan itself, those who succeeded the great professors of this school of physical beauty and human health.

Chapter 2

Jiu-Jitsu and it's history

Jiu-Jitsu and it's history

Jiu-Jitsu can be considered the Japanese national combat sport, and perhaps something more than, as it is also as indispensable to a Japanese as rice and cold baths. It is in the soul of the Japanese as horse riding is in the American Indians and the meditation in the Fakirs of India. It is, so to speak, one of the characteristics of this race, like the braids hanging down the back for the Chinese.

It has been more than two thousand years since Jiu-Jitsu, which ought to be pronounced Jiu-Jits, and which can be translated as Muscle breaking, has entered into the manners of Japan; And for at least five hundred years it has been possible to follow its development, writing, so to speak, its history, its transformations and its improvement, according to professors, schools, regions and methods.

In the beginning, Jiu-Jitsu was the exclusive prerogative of the Japanese warriors of this feudal and bellicose class, all-powerful of the country and which constituted the quasi-legendary caste of the ancient Samurai. They jealously guarded the secrets to maintain their predominance over the people.

The portraits and all the documents which have come down to us from these ancestors of the present-day Japanese, represent them still armored, like our knights of the Middle Ages, armor which covers them like a carapace. And always, on the hanging scrolls where the artists have painted their portraits, they are positioned as athletes and wrestlers.

Hence, perhaps, the almost religious cult which the Japanese have retained for that sport which has been bequeathed to them by revered ancestors, who are like the ancient heroes of their national history.

When a more democratic spirit had melted the different classes, which divided the Japanese population, into a single one, when the feudal spirit was extinguished, the art of defense was the characteristic of the only Samurai prior, quickly spread in the people, which they had held in wonder and terror for ages. And all of them, after achieving their sturdiness, their agility, and astonishing means of defeating the adversaries, have become the faithful adherents of Jiu-Jitsu.

We must not confuse the aristocratic struggle of the Jiu-Jitsu with the plebeian struggle of the Sumos, both wrestlers and slappers, whose professional school is in Osaka.

These Sumos (pronounced Smo) also form a separate caste, darling of the Japanese, the sumo compare to Jiu-Jitsians, such as heavyweights compared to lightweights in greco

roman. They have been Japan's popular wrestlers, when Jiu-Jitsu was the prerogative of nobles or Samurai. This program, which is composed of drills and feats of strength, recalls our music hall acrobats, or better, of our carnival sideshow.

As it is today, as well as in the past, Jiu-Jitsu can be defined as the art of fighting and of overcoming brutal muscular force by speed and skill; And it is thus the safeguard of men of average strength, the precious weapon and always within the reach of the weak and the small to fight victoriously against the great, strong or armed beings.

Let no one be too small or too weak to put Jiu-Jitsu into practice. Some similar sports, such as the French and English wrestling and boxing, or even savate or cane, require a great display of muscular strength and the existence of this muscular strength in the one who practices them. This is useless for Jiu-Jitsu, which is not an effort, but a science.

It is the art of using appropriately the flexibility of its limbs, in spite of all weakness and thanks to the bodily agility which the most puny can, with time, succeed in acquiring. And what is wonderful is that a man of average strength, who practices Jiu-Jitsu and knows how to use it with art, will always be victorious of any adversary, be it strong as the strongest.

Nothing better, while for other similar sports, such as wrestling or boxing, one admits, and one is obliged, by experience to recognize that those who have only average strength and who remain in the category which are known as lightweights, can have no chance of overcoming an opponent who will be the category of heavyweight, it is recognized that this will always be justified, at first disconcerting: the larger opponent, who fights a fervent Jiu-Jitsuan, will find his strength used easily against him and he will be defeated .

It is because there is, as it were, in Jiu-Jitsu a part, of conjuring. It has been recognized in Japan that the methods of the best teachers were those which took no account of brute force and required their followers to dismiss it completely from their science and play.

In Jiu-Jitsu it is necessary to know first the art of force redirection and, so to speak, of the "yielding of the body".. it is to know how to take advantage of his opponent's with the knowledge of anatomical practices, knowledge that will enable him to defeat his adversary by turning against him his own strength.

This is why the Jiu-Jitsu settled so deeply in Japan, home to a race of small, sickly, puny-looking men. But also of agile beings, hard working and industrious, simple, adroit, possessing, in a word, the nature most calculated to bring about the triumph of the elementary principles of Jiu-Jitsu, as we have just explained.

So Jiu-Jitsu is in Japan, something national. It is taught and practiced in schools and universities along with science and literature. The Army and the Navy impose it in the education of their recruits as with us is imposed the study of military strategy.

Jiu-Jitsu is for every young Japanese man the logical complement of his education, as are other sports in honor in American or English colleges. And this, not only because it is the healthiest, the most useful of physical exercises, but also because it connects the Japanese minds to the idea of the fatherland by all the ancestral and chivalrous memories that are inseparable from it.

It is, moreover, a terrible weapon. A genuine martial art, where with a well-applied hold, may result in the fainting, the fracture of a limb, or even sometimes the death of the adversary.

Certain blows are so dangerous that in the course of their simple demonstration, one may injure the man who serves as a partner, if one has not had the great care to deliver these blows with the utmost caution and the most Meticulous care.

Let us sum up, then, that Jiu-Jitsu is, for the weak, the finest martial art in the world. For this reason, no doubt, a refined journalist has defined Jiu-Jitsu as "a Japanese method that conquers elegantly the figure of his opponent without allowing him to deteriorate theirs "

And there is no doubt that, although it can not be used as it is in war, Jiu-Jitsu, through the physical training it develops among those who practice it, has served the Japanese powerfully in their war against Russia, and that it was through Jiu-Jitsu that the soldiers of the Mikado proved so resilient, so full of vigor despite their small size, and that they were able to show a combative prowess has never contradicted.

The sobriety of the Japanese fits in perfectly with the Jiu-Jitsu, which advocates it, as it orders water or tea and also a special method of breathing which facilitates the elasticity of the muscles. Besides, is not sobriety one of the characteristics of force?

The Japanese, rice farmers. Found in this national food a healthy diet and an excellent stimulant of energy, so that they almost scratched the meat of their ordinary diet; The light and healthy foods they add to rice are eggs, fish, fresh vegetables, and above all lettuce. They ignore the use of bread, and do not eat potatoes. They eat very little and never drink anything but water, that cleanses the stomach without infusing it with harmful substances, and tea, the wonderful tonic.

All this prepares their bodies admirably for the agility and suppleness necessary for the

exercises of the Jiu-Jitsu. The daily practice of cold baths strongly strengthens their internal organs.

Their science of respiration adds to their muscular flexibility. For there is breathing and then there is breathing: while everyone believes to breathe properly, one can be assured that few people breathe with the perfect art that is necessary to dilate the lungs, to the desired point.

For a quarter of an hour each morning, the Japanese fervent of Jiu-Jitsu breathes by a rational method, so as to expand his chest well and to swell his belly, to ensure the elasticity of all the muscles necessary for this first need of human life.

It is only after this preparation that Japanese begins his Jiu-Jitsu exercises. They constitute a truly ideal workout, not only because it allows all parts of the body and all the limbs to be exercised one after the other, but also without requiring any particular gym apparatus. The only thing is, like playing cards, one must have a partner.

Jiu-Jitsu does not resemble boxing; it is rather closer to wrestling. Without the brutality of the first, where, in order to put an adversary out of combat, one must have no qualms about the shedding of blood. The art of jiu-jitsu is in being able to defend oneself and completely subdue an attacker in a manner making any further attack impossible, and without inflicting any permanent injury.

All the poses of wrestlers that one has seen on the Japanese prints are faithful reproductions of the different phases of a Jiu-Jitsu fight, and if they have struck the eyes of Westerners as slightly bizarre in holds and hand to hand movements, it is because they differ from those we are familiar with in boxing and wrestling.

The Jiu-Jitsu consists in exchanging rather a series of efforts, whether from hand to hand, or hand against hand, or chest against chest, or leg against leg. Two opponents can fight sitting and even lying on their backs. The victory is for him who furnishes the most patience, extensive knowledge and the most cunning strategy, in order to stifle the opponent and dislocate his limbs.

But there is always a danger of injury if the vanquished does not ask for mercy as soon as he feels caught in the hold of the conqueror; This is why the Jiu-Jitsu has for a long time assumed a warlike character and was a secret science for the use of its only initiates.

One of the most dangerous weapons in the Jiu-Jitsu, is the edge of the hand. The easiest training makes it possible to harden it and make it a real hammer capable of breaking at one blow, not only a board, but a bone, that is, if necessary, the arm of his opponent.

It is through these exercises of Jiu-Jitsu, his methodical and reasoned training that the Japanese army, though composed of the smallest soldiers of the world, may contain the ablest. All are capable of physical resistance much superior to that of soldiers of other nations, and the constant use of cold baths allows them to easily withstand all temperatures, as their sobriety and muscular elasticity facilitate in them a wonderful resistance in the face of Privations, forced marches and all the physical sufferings that war brings with it.

This is why we strongly wish that the Jiu-Jitsu be known, practiced and honored in France, as it is already in England and America. Since we belong to a race stronger than the asian race, since French soldiers are generally more agile and better marchers than those of other European nations, there is no doubt that with practice of the Jiu-Jitsu, they will quickly manage to constitute the best of the armies of the world, an army capable of renewing in modern times the prodigies of which has illustrated our national history in all past centuries.

And when you can spend a few hours a day doing Jiu-Jitsu and become a champion to be feared, it would be really ridiculous not to grasp that this amazing defense is within everyone's reach.

Not everyone can acquire the physical strength and muscles necessary to wrestle and box in a satisfactory way. By the Jiu-Jitsu, everyone can become a fighter with whom it is necessary to regard, and who will know how, in case of attack, to defend themselves, however violent, robust and more muscular the attacker. Here is what a formidable weapon and what powerful help every one can find in the Jiu-Jitsu.

It is, at the same time, the most useful of sports. To prove it, we can not do better than put before our readers this passage of a little textbook of the Japanese school of Jiu-Jitsu in Paris.

Boxing, which is much practiced in France at present, is a defense sport, but English boxing, as well as French boxing, is quite conventional. Indeed, against an thug, or any malefactor, you can not tell him or ask him to use only his arms to the exclusion of anything else, nor to use a blow deemed prohibited. In the fight, the malefactor will be sure to employ the most dangerous blows against his opponent, so as to put him out of action; Little does it matter to him that it is a beautiful technique, or that it's exercises codified, provided that it produces the desired effect. The superiority of Jiu-Jitsu stands out over boxing and wrestling from the point of view of defense in the street; In fact, they contain more rules, more strikes and holds to forbid; The blows that put the opponent out of action are the best, and it is in these exercises that the Jiu-Jitsu excels. If the criminal

throws a punch, the Jiu-Jitsu has terrible secrets to fracture the forearm of the boxer; If it is a kick, the leg is broken. If the malefactor is stronger, and he takes his victim by the arm, the one who knows the Jiu-Jitsu, far from being terrified and manhandled by such an attack, does not dread it; By letting himself flow with the attack, he immediately paralyzes the one who has been bold enough to attack him. Conclusive experiments have been made in this direction between very strong people, knowing French and English boxing, wrestling, etc.

None can resist half a minute against a man of ordinary strength who knows the secrets of Jiu-Jitsu. That is why this art is superior to all that exists as a defense against any adversary.

In the art of Jiu-Jitsu, there is not the question, as in wrestling, of shoulders or back touching the mat, since most of the Japanese seek this position in preference to any other, to defend themselves from more powerful opponents and place the lock or strike that will put their opponent out of action.

It is a real fight, indeed, without any rule to observe and especially without referee. It is the conquered adversary who confesses his defeat, and if he does so with the most sincere good faith, it is because he has a reason before which all bad faith and pride disappear; the pain that goes until fainting.

We see even better, by this quotation,
“To great extent it is useful for the weak person, who is not of an above average strength, to know and practice the doubly beneficial science of Jiu-Jitsu.”

Here we may try to tell ourselves, and we will pretend that Jiu-Jitsu can not suit everyone as well as wrestling or boxing, and that only a certain few elite individuals, among all the inhabitants of a country, can successfully and profitably practice the complex art of Jiu-Jitsu.

This is a absolute error, which it is easy to destroy even by a quick argument and using a few minutes of reflection. First and foremost, is the example of the Japanese, who all practice this sport, who teach it to their soldiers and their sailors, who encourage it in their schools and advise it to their youngsters, just as in English and American colleges they are encouraged to play tennis or football, it illustrates the point that every man can and should practice Jiu-Jitsu to be healthy, adroit and able to defend himself against any attack.

But just read these eight arguments made by the Japanese school of Paris, to be convinced that the Jiu-Jitsu suits everyone, serves everyone and is beneficial for everyone because:

1. It can be considered an excellent physical exercise and a defense for those who do not want to be jostled.
2. It can be regarded as one of the most valiant exercises that gives courage and self-confidence.
3. It is a concentrated exercise well suited to the inhabitant of the city who has no time to give to outdoor games.
4. It exercises the body from head to toe in a natural way.
5. It is the best of amusements and sometimes a remedy for laziness.
6. A light-weight man and a heavy-weight man are measured on equal terms.
7. For the woman, it is at the same time a good exercise, and a formidable means of defending herself against an insolent and brutal man.
8. For police officers, and those who must employ the use of force in the discharge of their duties, Jiu-Jitsu is an effective means of defending themselves and imposing their superiority. From this point of view, it can be regarded as the science of fighting. In the darkness of the thoroughfare and alley, it is remarkably effective and superior to all means of defense.

And the conclusion, easily drawn from these arguments, brings us back to our premises:
Jiu-Jitsu is the most useful of all sports

Chapter 3

Preparatory Exercises

Preparatory Exercises

It is obvious that when one wants to engage in athletic sport, one must follow a diet, undertake preparatory exercises, and condition the parts of one's body for the sport one wishes to practice.

Jiu-Jitsu does not deviate, as we have already seen, from this general rule. But all it asks for is so natural, so easy to execute, and so useful to health, that training for Jiu-Jitsu is at the same time engaging in the practice of the most elementary care and more natural hygiene, cleanliness and nutrition.

In France, one complains of the stress of daily life, which makes greater progress each day in all social classes. By practicing Jiu-Jitsu, one will become enduring and energetic, as much as this little Asian race, which, having shown that it could be victorious, even fighting against the white race in the Russo-Japanese war, where they showed endurance and energy without equal in our times.

Jiu-Jitsu contains in itself a complete method of rational and easy physical education, as will be seen by the preparatory exercises that it requires. This training can be divided into several separate parts:

1. Nutrition;
2. Respiration;
3. Hygiene;
4. Exercises of the members, which will be the subject of chapter IV.

We will review them in succession and formulate precise rules on each of these four points, which everyone in Europe, with a little goodwill and perseverance, will be able to follow easily, without much modification of their habits and especially without abandoning their work .

Everyone already knows that the Japanese are exceedingly sober, and it's well understood that sobriety is the very principle of health.

That harmful foods, in fact, appear daily on the table of a European, which bring into our organs, though more resistant than those of the Asian race, disorders and diseases

unknown to the Oriental peoples!

Rice, which is the basis of the Japanese diet, boiled or steamed, does not require the amount of digestion as our potatoes, and does not require the use of condiments, and their injurious effects to the stomach . As it is prepared in Japan, it does not look like the rice in our meals. When reduced to flour, it is still very pleasant to taste, healthier, as nutritious and more fortifying than the best of our wheat flour.

Why, in France, is it almost never eaten, and instead there are preferred the heavier starches of coarser vegetables, such as potatoes and beans, which make digestion more difficult. Would it then be so difficult to eat fewer of these, and to introduce into our ordinary diet, rice, which is generally not served , and of which these intrepid marchers, the Japanese soldiers, find the ideal food , The one that gives endurance without reaction, at the same time as the best of the diet?

We also eat little of fish, which our neighbors, the English eat prodigiously. Fish is one of the fundamental sources of Japanese cuisine. It also constitutes the healthiest and most fortifying food, whether dried, boiled or presented in sauce.

It is certain that a Frenchman will scarcely eat raw fish, as the Japanese do, even with a little flavored sauce. But who knows? If we wanted to get used to it....Our dilapidated stomachs absorb our complicated food and many pharmaceutical horrors, which are often disgusting and atrocious to taste, that raw fish accompanied with a sauce can not be worse, or more unpleasant to see or to swallow.

Nothing is fine like grilled fish, seasoned with melted butter. But this is not a cooking class, and everyone knows that there is more than a thousand different ways of cooking fish. Now, in order to attain the object which we seek, we merely desire to eat it in some form and in whatever manner.

As for vegetables and fruit, they're ate well in France, but so little! For the former, especially, it seems that most of us, having the palate burnt by the spices, are repelled by their blandness.

However, in Japan, vegetables have the second course in the diet, between rice and fish, and the work day of twelve hours is more common among the workers than that of eight hours, which one already finds much too long for us, and which we seek to abridge in every way.

Lettuce, tomatoes, carrots, onions, soothing to the excited nerves, which the Japanese eat much more frequently raw than cooked, are the healthiest, the most nuanced, the best of

the vegetables, along with Radishes, raves and celery.

A Parisian will flinch at the idea of eating a raw onion, but he should go for a ride in the South between Toulouse and Perpignan, and he should look at the food the workers eat, especially the farmers. He will notice the quantity of onions which these vigorous men, who work from daybreak to dusk, under the most ardent sun, and who are unacquainted with fatigue, consume. The prodigious men who built the Pyramids of Egypt, were equally nourished by nothing but raw olives, or nearly so; They have, however, accomplished a tour de force difficult to re-create, even in our days, with electricity, steam, and the progress of architecture, engineering and mechanics placed at our disposal.

Want to know a Japanese menu, to know an idea of the practical sobriety of this energetic little people?

A dish of rice, with grilled fish, will compose the first service of a well-off man, a well-placed merchant, for example.

Boiled cucumbers will then come, with raw onions.

Third, a kind of fish bouillabaisse, served in very small quantities.

As dessert, fruits and cakes with rice flour, quite similar to pancakes.

And that's all.

The beverage ? Water, or tea, but generally clear water, never iced.

This is a summer menu. In winter, it will be made more fortifying and more caloric intake by adding a little more fish and hard boiled eggs, never meat and rarely milk.

This is how active, active, energetic people who are unaware of stomach diseases, dyspepsia, indigestion and intestinal disorders are nourished. Everyone knows that the Japanese are capable of carrying burdens that would crush a European and that they are indefatigable marchers.

Nutrition is the source of muscle strength and health. Let us, with a little courage, try the Japanese diet in France, I am certain that it will be adopted, for meat is not a fortifier, because a light diet gives the body health, for the Japanese, Who nourishes themselves thus, possesses unquestionably, the maximum of will, energy and vigor.

Everything that lives, breathes: plants, fishes, amphibians and even men! To be able to

live well, that is to say to be healthy and well, it is obviously necessary to breathe.

When a man is breathing poorly - either because his throat, chest cavity or lungs are defective, or because he lives in an unhealthy environment with detrimental gasses - He is threatened with asphyxia, Of death.

There is, therefore, good and bad breathing, either by the fact of the lungs or by the force of habit - or also because of the environment in which one is placed, but this latter point doesn't apply here.

No-one, no doubt, thought that the art of breathing well could be a science, or that in any case, by a somewhat rational study, one can learn to better breathe.

The anatomical knowledge, indispensable to who wants to teach Jiu-Jitsu, has proved to the Japanese that impeccable breathing is necessary for the perfect state of health of the human body.

For centuries, they have been concerned to know how to breathe well, to train their lungs, in order to provide, through deep breaths, to the whole abdomen the satisfactory and complete play of all the muscles.

Those muscles which are of particular interest to the strength of our body, and which are to be specially treated, are situated above the hips, and their proper functioning is absolutely necessary for the vitality of the body.

That is why the Samurai, the first devotees of jiu-Jitsu, advocated special breathing for a quarter of an hour, as an early morning exercise, in the open air, with both hands placed on the hips; The body straight, without raising the shoulders at each inhalation, or lowering them at each exhalation, so that the muscles of which we speak are kept in good order and function normally.

From this point of view, the animals seem to be better endowed than man, and their instincts, as may be seen by examining any quadruped, urge them to breathe ordinarily in the manner indicated .

Every morning, therefore, without fail, it is necessary to breathe like this for a quarter of an hour, until you acquire the habit of it: the lungs will gradually become stronger and, consequently, the whole body.

These deep breaths will have their repercussions on the heart, since they will regulate the beats, which they will render more normal and whose excess can be repressed by the

habit of a second rational breathing method which will be practiced by lying on the back, arms crossed and legs apart, but without strain.

Let us add, with regard to cardiac health, that it is advisable at the beginning to avoid an elevated heart rate that is generally caused by violent movements or physical overexertion. Jiu-Jitsu is not an exercise of strength, it is worth recalling; it's an exercise of skill in which a very ordinary strength, multiplied by the coefficient of calm vigilance, produces a very superior strength to which an instinctive brutality adds nothing, and on the contrary, hinders.

All these exercises must be accomplished slowly, without haste and without stopping; The most fit and feeble persons will find in their daily practice an infinite well-being, of which they will be astonished as soon as they are accustomed to it, after the obligatory soreness of the beginning, which follows every new exercise.

And once your stomach has been made healthy by a light and nutritious diet, when your thoracic muscles and lungs have been made free and healthy by proper breathing for their play and development, When the beats of the heart are judiciously regulated by this gymnastics of the thorax, we may begin to learn the first principles of Jiu-Jitsu.

Shall we say to a European who wants to learn Jiu-Jitsu that the Japanese masters, before seriously considering a pupil for admission into one of their professional schools, at first demand of him a perfect equality of temper, much gentleness, submission, politeness, in a word, a perfect equality of character.

To those who are astonished at this, we shall learn that Jiu-Jitsu contains excessively dangerous blows which, used under the influence of anger, can cause the fracture of a limb, the rupture of internal organs and muscles, and sometimes even death.

That is why the devotees of Jiu-Jitsu must be calm people, like the Japanese themselves. For in a match one must never hesitate to admit defeat if one feels that one can not triumph over one's adversary, otherwise one is exposed to serious injury, and the greatest moderation, due to perfect politeness and good character, is necessary in the practice of Jiu-Jitsu.

In the second place, after the self composure, the water plays a great part in the hygiene of a follower in Jiu-Jitsu. We have already indicated it above as a drink, but without wishing to force the stomachs of Westerners and Parisians to consume as much as the Japanese do, who are not afraid to drink up to five liters of water per day.

It is obvious that this true internal cleansing can only be very beneficial. I doubt, however, that many people in Europe dare to practice it fluently.

An absolute rule that must be mentioned, however, is that the Japanese never drink cold water, no matter how hot the day.

Moreover, they do not need it because of the use they make of hot and cold baths, sovereigns in the use to maintain an equal temperature of the body, and preserve them from rheumatism, a disease which is almost unknown in Japan.

The Japanese, even the less fortunate, take two baths a day, sometimes three, and in summer more. And do not think that their hot baths, so often repeated, are baths at 30 or 35 degrees Celsius. A Frenchman, going for the first time to bathe in Japan, believes himself to be scalding.

One bathes at all hours of the day, in the courtyard of the houses, at the sight of passers-by, without false modesty or false shame; But if hot baths are especially preferred to Japanese, it must not be supposed that they ignore the cold baths.

It is especially during winter that they take them as reactants, as soon as they leave their hot baths, and some go as far as bathing in icy rivers, or even rolling in the snow, then go home drying and massaging themselves vigorously.

Thus in all the towns and villages of Japan there are public baths, which were formerly composed of a single pool, where men and women bathed without false shame.

Western civilizations influence has effected the number of the places that practice this egalitarian custom, and now the women bathe apart.

But here, above all, cold baths triumph, and the hot baths of these public establishments find few customers. A custom peculiar to the Japanese, to avoid the risks of sunstroke in the middle of summer, is a practice which consists of soaking one's head in a bucket of cold water, or, in the course of their walks, in the first brook encountered, then resuming their march without even drying themselves.

The recipe, in any case, is easy to try and uncomplicated; assuredly she can do no harm even if she does no good.

This scrupulous and perfect cleanliness of the Japanese makes them look with a little disdain on the less clean Westerners we are. Those who dare to say so, go so far as to claim

that we have a special odor to which they would recognize us with their eyes closed, and which we do not wish to stigmatize more.

Moreover, they use to designate it, a euphemism which is not in our honor: They say that those who smell bad have an odor of Europeans ...

Finally, air also plays its role in their hygiene. At home there is no fear of the currents of air which cause us so much horror. Even at night, even in winter, the outside air does not frighten them.

If they have an insomnia, they go out and walk.

Moreover, the Japanese style of dress is itself open to all winds, instead of clinging to the body, like ours.

Despite this, chest colds are almost unknown in Japan, as well as head colds, - this, perhaps, because the Japanese do not have handkerchiefs and blow their nose in a square of tissue paper which they hasten to throw away, instead of keeping precisely on them what has come out of their noses, as we do.

And here are rules of hygiene that are healthy, fortifying, easy, practical, each of which everyone can use, one does not need to go to Japan to practice them, one can also comply as well in Paris as in Tokio ...

But it is necessary to shake off our routine, our habits, the ridiculous agreement of our manners, and it is not so easy that we believe, alas!

That said, let's review the series of strengthening exercises for the novice members which will finally transform the aspiring pupil into a Jiu-Jitsuan proper.

Chapter 4

Preliminary Exercises

Preliminary Exercises:

There is a fairly large quantity of these exercises, and in the schools of Japanese Jiu-Jitsu, the pupils are urged to learn and practice as many as possible, so as to exercise the muscles of the wrist, arm or the forearm, but without ever pushing them too far, so that the future wrestlers do not experience too great an injury.

A single person can train his own wrists by taking both hands, as if one of his own holds that of an opponent, and by trying with that hand to bend the other wrist.

In this way one can still train on their own. Wrists crossing, his arms one on top of the other, and pressing and weighing with the outside of a forearm on the inside of the other forearm. This movement must be accomplished without raising the arms during operation (Figure 1)



FIG. 1. — Exercise of the wrist

As the habit of these exercises is acquired, amusing as well as fortifying, they should be extended to a quarter of an hour each day.

The first, healthiest and most fortifying of the exercises recommended by Jiu-Jitsu professors for two persons is the following: two pupils are placed opposite one another at a distance of about one meter. They take each other's hands by intertwining their fingers and let them go forward, so that their breasts touch, then they push each other with their arms and chest, trying to push back one another a few meters (Figure 2).



FIG. 2. — Exercise of arms, legs and chest

Each repetition of this exercise should not last more than three minutes, and at the beginning should not be repeated more than three times, because this hand-to-hand combat exercise is tiring, but it gives the arms, legs, heart and lungs a wonderful training workout which they will draw strength and profit.

To exercise the arms alone, several exercises are recommended. Two pupils, first, lay their right arms towards each other, leaning their wrists against their wrists, their fists closed. The one will then try, by stiffening his arm, and turning around his opponent, step by step, to have his wrist moved, without the attacker changing his position.(Figure 3)



The attacker is then attacked in turn, and when the right arms of the two opponents have finished their struggle, they begin the same exercise with their left arms.

This exercise must be practiced slowly, gently, without violence, and according to the physical endurance of the participants, in order not to exhaust them beyond measure and

not to cause them palpitations of heart. The muscles of their wrists will thus become more flexible and more vigorous.

The same exercise will be done then by opposing neither the two wrists, but the two arms, the forearms crossed and the fist always closed.

A particularly profitable exercise, and which concerns the hands almost alone, is the following. The hands having been brought up to the height of the belt, the fingers intertwine strongly and one of the hands will seek to twist the other as much as possible, then the other hand will twist the first in turn. This exercise is very strengthening for all the muscles of the arm and wrist.

Two Jiu-jitsu students can also begin to work together and build their muscles with a cane that is a bit short and strong enough that they will be able to each grasp one end and strive to turn it against one another, the one to the right, the other to the left. When they are a little tired, they will be able to change places and try to turn the cane in the opposite direction of the one they had first chosen.

All these exercises interest only the arms.

There are others for the muscles of the legs and of the ankles, which the walking or the rowing are sufficient to train, however.

The two simplest of these exercises are as follows. Two students will sit on the ground facing each other, feet to the feet. Their arms, behind them, make a point of support against the ground. The right leg of the one then pushes the left leg of the other as hard as possible and, rising insensibly from the ground, until the opponent is overturned on the back. The same is done in turn for both legs.

To soften the ankles, the two pupils, placed in the same position, will try, by turning their foot placed against the opponent's foot to the left, for example to throw the latter on the side. This exercise will be repeated in both directions by each student.

An eminently favorable exercise to the development of the lumbar and dorsal muscles is the following which is practiced not only in Japan, but often also in our schools, under the name "game of the bell"

The two partners place themselves back to back, grasp each other by the hands, intertwined fingers, and alternately lift one on the back of the other (Figure 4).



FIG. 4. — Exercise of lumbar and dorsal muscles

Once all these preparatory exercises have been carried out satisfactorily, the various defense or attacks of Jiu-Jitsu can finally be undertaken with sufficient flexibility and skill.

Chapter 5

Techniques of combat

1st Technique

Come on!

Very familiar to the Japanese policemen, who have baptized it: "Come on!" The next lock is without peer to paralyze the opponent.

As soon as one has succeeded in passing the left arm over the right arm of the attacker, you're holding the right wrist firmly with your right hand and the left arm being strongly brought back against the ribs, you take your own right wrist with the left hand, which has passed under the right arm of the adversary.

As soon as the left arm has been passed over the right arm, the more one tightens the lock the more the arm of the adversary is threatened to dislocate at the elbow: the suffering he feels is so terrible that one quickly cries for to mercy... (Figure 5.)



2nd Technique

Twisting wrist lock

As soon as the defender is able to seize the hand of his adversary, a simple twist may, if properly practiced, throw him to the ground and place him in a helpless position, where it is impossible for him to injure you..

All the success of this maneuver consists in pressing the two thumbs on the metacarpus, as close as possible to the base of the fingers, so as to form the longest possible lever. The opponent's hand is then folded on his forearm and turned outside;

A small effort is sufficient to overthrow the antagonist thus grasped. The hand of the opponent can not be grasped by both hands at the same time, first grasp the left hand of the opponent with the right hand and vice versa. When this lock is made quickly, its success is certain. (Figure 6.)



FIG. 6. — Twisting wrist lock against attacker

3rd Technique

Throw over the head

Secure the assailant by the collar of his garment with both hands, and place one foot against his belly, then quickly place your other foot between those of the opponent or as close as possible. Then make a quick pull to oneself, and fall back, dragging your opponent in a leaned over position. (Figure 7.)



FIG. 7. — *Sacrifice throw over the head* (1^{er} temps)

Straighten the leg that was placed in the opponent's stomach, while continuing to pull. The opponent will be obliged to fall, and one takes advantage of his fall to attack him in the way one thinks most effective. (Figure 8.)



FIG. 8. — *Same attack* (2^e temps)

As the opponent is lying on the ground, keep the grip on the clothes and roll backwards, aided by pulling on the lapels; (Figure 9.)



FIG. 9. — *Same attack* (3^e temps)

Which brings you mounted on the opponent; as a man riding a horse.
(Figure 10.)



FIG. 10. — *Same attack* (4^e temps)

Several finishing blows can then be made: Place one knee on one of his arms, and hold the other down with your other foot, which is placed on the wrist. The right arm grabs the collar of the opponent's jacket as close to the neck as possible. The left arm holds the collar as well, but less engaged and operates as traction to hold the opponent. The right forearm then acts as a downward lever, which produces choking or congestion; (Figure 11.)

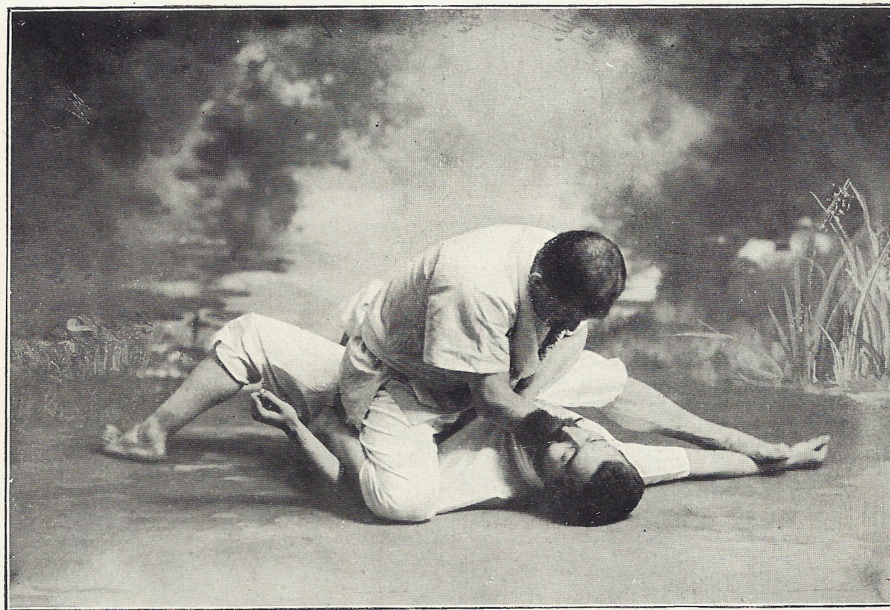


FIG. 11. — *Same attack* (5^e temps)

Grab the left wrist of the opponent with your left hand, bend the arm, introduce your right forearm between the opponent's forearm and bicep, lean your right hand on your left wrist and lever up so that the wrist of the opponent is reversed. (Terrible blow invented by Prof. RÉ-NIÉ.) (Figure 12.)



FIG. 12. — *Same attack (6^e temps)*

4th Technique

The opponent tries to grab you by the throat.

If an opponent wants to grab you by the throat, it is necessary to execute a vigorous upward strike on each of his wrists while making a slight lean of the upper body backwards. Then bring the opponent's arms over the head. (Figure 13.)



FIG. 13. — If an opponent is trying to grab you by the throat (1^{er} temps)

This done, let go of the assailant's left hand and hold his right wrist with both hands. Then pass the left elbow over the arm of the adversary while maintaining the wrist grip. This movement produces a torsion of the arm, the pain obliges the opponent to bend his body forward. The side of his chest touches the side of your hip and he finds himself immobilized defenseless by the painful lock. (Figure 14.)



5th Technique

Parry a knife attack.

With knife attack coming from above, the opponents being in the same guard. If we are attacked with a downward stab, first make a parry using your forearm against the opponents forearm. (Figure 15.)



FIG. 15. — Parrying the knife attack (1^{er} temps)

Then, with the right hand grasping the right wrist of the assailant, step forward with the left foot and pass the left hand behind the opponent's forearm to grasp the right wrist. At this moment, it is only necessary to force backwards on the lock thus formed, so that the attacker is disarmed. (Figure 16.)



FIG. 16. — Same attack (2^e temps)

This figure indicates another defense on the same attack. After grasping the wrist of the opponent, instead of securing the lock as in Figure 16, place the palm of the left hand under the elbow of the opponent. Lift up at the same time as the wrist is pulled down so as to produce on the arm thus held in a cantilever, a rocking movement from top to bottom which forces the attacker to bend forward. Then bring the opponent's arm to his back and lever up your left forearm, with your left fist on the shoulder coming to make a fulcrum, then grasp the opponent by the throat with the right hand. One then has his arm blocking against the chest. There is nothing to do but raise the forearm, which produces a sharp pain in the shoulder. This is one of the most terrible blows. (Figure 17.)



FIG. 17. — Same attack (3^e temps)

6th Technique

Parry a knife attack.

(Defendant and adversary in opposite guards)

If you are on guard to the left, and you receive a overhand knife stab of right hand, parry with left arm and secure the lock with the right arm, as explained in Figure 16. (Figure 18.)



FIG. 18. — Parry of a knife (opposite guards)

7th Technique

Parry and riposte a kick to the legs.

The opponent is kicking the lead leg (low kick, chasse, or point of boot kick) being on guard left, lift your left leg deflecting his kick to the right; (Figure 19.)



FIG. 19. — Parry a kick to the legs (1^{er} temps).

Then make a sweep with your right heel, and strike with the left shoulder the chest of the opponent at the same time, thus a tripping of the leg is executed. If we were on guard on the right, make the opposite movement in the same direction. (Figure 20.)



FIG. 20. — Same attack (2^e temps).

8th Technique

Dodging a punch.

To close in on a punch to the face, duck under the punching arm of the opponent and at the same time immobilize his free left arm in order to avoid a blow to the kidney. Finally, unbalance him by a leg trip. (Figure 21.)



9th Technique

Arm lock.

The locks to the arms are the holds that occur most often. Here is a description of one of these locks: on a punch, instead of the head dodge already indicated (fig.21), make a parry of the forearm as for a overhand stab of a knife (Figs 16 and 17) and secure the same lock. (Figure 22.)



FIG. 22. — Arm lock

10th Technique

Pass under the opponents arm.

If one has succeeded in grasping the wrist of the opponent, to secure the grip, twist and lift, then hold position, this by more or less unbalancing the adversary, deprives him of the means of retaliating by a blow of his fist, then one passes under his arm without letting go. (Figure 23.)



FIG. 23. — Pass under the opponent's arm

When we have thus passed under the arm of the adversary, under the right arm, for example, as in Fig. 22, the right hand merely holds the wrist, while the left hand produces a torsion produced by thumb pressure on the metacarpus. This twist forces the opponent to turn his back and to present his own throat, which can be grasped as in figure 28.

(Figure 24)



In this figure, it is the man who is standing who has passed under the arm of the other, as has been said. The parry of this hold is this: When the adversary has passed under the arm, the attacker rolls on the ground in the direction in which his arm has been twisted; He then has no pressure on the hold and can pivot on the small of the back and then comes to attack in turn the opponents legs. In our figure, the attack on the leg occurs on the right side. Note that the attacker is on the right side. His right foot takes hold on the opponent's heel, while his left foot exerts pressure below the knee, which can produce a dislocation. He grasps the right wrist when the attacker is forced to let go. (Figure 25.)



11th Technique

Reversal of the hand.

At the moment when the opponent advances, for example, the right arm towards you, grasp the hand with the left hand and place the thumb on the end of the metacarpus, raise the arm, and immediately place the thumb of the right hand next to the other thumb. Flex the opponent's wrist to his forearm and out. The man who was thus seized can not resist. If he so much as sneezes, he runs the risk of getting his wrist dislocated and falling in spite of himself. (Figure 26.)



FIG. 26. — Reversal of the hand

12th Technique

Another lock to the arm.

If an opponent attacks you with a clinch, disengage, passing the left arm below the right triceps of the aggressor so as to hold the wrist under your armpit; Place the right hand on the anterior deltoid of the opponent, grasp at the same time the right wrist with the left hand, which is placed under the right arm of the aggressor; Push with the right hand the opponent's deltoid from inside out and slightly bow backwards if one is smaller than the opponent. He feels a pain so strong that he rises on tiptoe and is unable to strike with his free hand. In all the locks to the elbow, the fulcrum must be taken a few centimeters above this joint. (Figure 27.)



FIG. 27. — Another lock to the arm.

13th Technique

Strangling the opponent.

After deflecting a punch or knife attack with the arm, pull the opponent with the other arm to make him half turn. Being behind him, quickly pass the left forearm, for example, under his throat, turning his right arm with your arm on the same side and pulling back .

Press the foot behind the knee to unbalance him at the same time. (Figure 28.)



FIG. 28. — Strangling the opponent

14th Technique

Extend the cervical vertebrae of the opponent. (Mortal hold.).

If, when one has tried to strangle with the forearm the opponent thrown to the ground, but the opponent was able to loosen the grip and seize your two wrists, take advantage of this position to push his head forward with the chest, while with the aid of the forearms an effort is made to put him on his back. It is a most dangerous blow, and it requires a great deal of care in practice. (Figure 29.)



FIG. 29. — Extend the cervical vertebrae of the opponent.

15th Technique

Armlock on the ground.

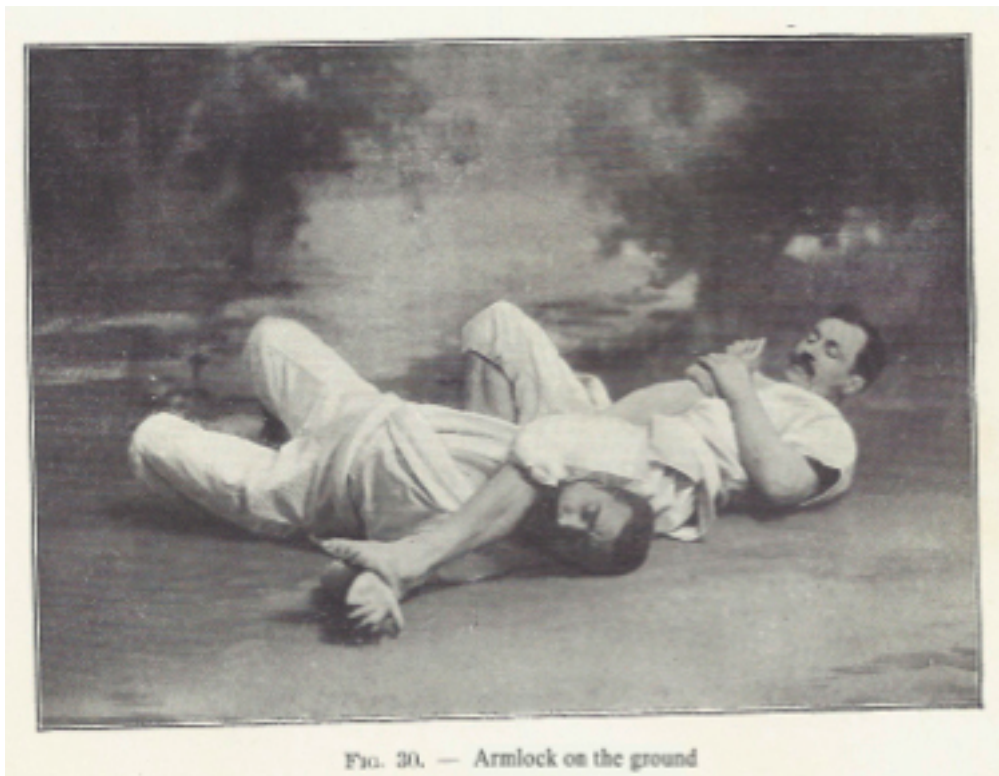
If, having unbalanced the adversary, you rush on him in search of a hold that will put him out of action, most of the time, not to say always, the latter will try to grab you by the throat.

This is the most favorable moment to secure the following hold:

Grasp with one hand his wrists on the side where you are, or, if one is riding on the opponent, on the side where we want to turn. Then pass the leg over the opponent's neck, trapping with the foot his wrist. Your other leg rests against the opponent's side.

Pull the opponent's arm down, force down the foot on his wrist and arch. This hold is one of the most used.

(Figure 30)



16th Technique

Strangulation and elongation of the lumbar vertebrae.

In a clinch or a scramble on the ground, when your opponent turns his back, cross his throat with your forearm and pass your feet on either side of the hips and rest a heel on the inside of each thigh.

Take care with the hold and arch your own back. It is a very dangerous hold which can cause death by strangulation or elongation of the vertebrae. (Figure 31.)



FIG. 31. — Strangulation and elongation of the lumbar vertebrae

17th Technique

Twist of the opponents foot.

In the figure opposite, the attacker has with his legs a lock that immobilizes the left leg of the adversary. He grasps the end of right foot with his right hand and presses the palm of his left hand against the heel of the opponent. This movement makes it possible to stretch the foot of the latter as much as possible. After which, with both hands turn this foot inside. It is absolutely necessary to immobilize the opponent before making this twist, otherwise they would roll with it and avoid the sprain assured by this hold. (Figure 32.)



18th Technique

Break the opponents elbow.

If a knee can be pressed on the opponent's dorsal muscle, close to the armpit, grasp the arm to put his triceps on that knee and pry on his forearm. With the hand free, immobilize him by pressing on the chin or on the throat. (Figure 33)

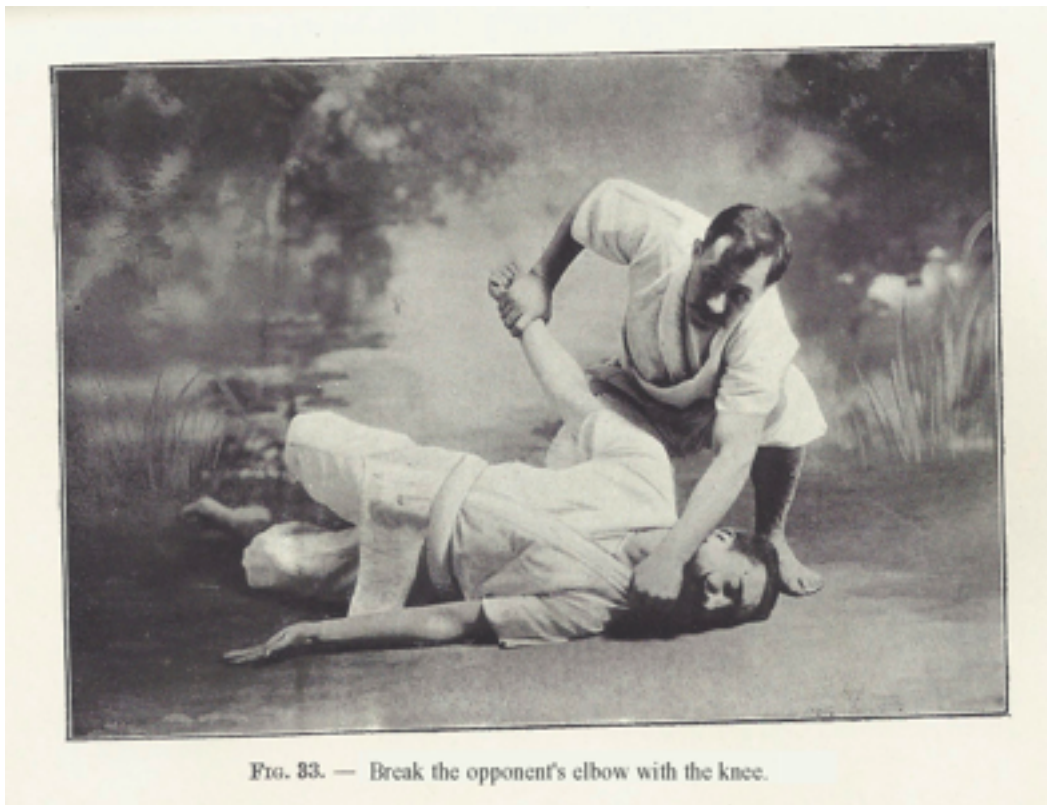


FIG. 33. — Break the opponent's elbow with the knee.

Variation using the instep.

The same result is obtained as before, if, after throwing the opponent to the ground by a reversal of the wrist, your foot is placed just under the armpit on the side of the wrist grasped, and the triceps is pressed against the shin, which is com- pressing the armpit and ribs. (Figure 34.)



FIG. 34. — Break the opponent's elbow with the instep

19th Technique

Paralyze the opponent's Achilles tendon.

Having unbalanced the adversary, seize his leg while immobilizing the other with the use of your foot. Place his seized leg under the armpit on the same side, forearm pressing on his Achilles tendon. The pain is such that the adversary is obliged to demand immediate mercy. (Fig. 35.)



FIG. 35. — Paralyze the opponent's Achilles tendon

Single leg variation.

If, after having seized the adversary's leg, you cannot immobilize the other, stand up straight and with this movement the adversary's weight will be enough to achieve the same aim. (Fig. 36.)



FIG. 36. — Same attack (*variante*).

20th Technique

Twisting of the cervical vertebrae. (Mortal hold)

The attacker is lying on the opponent's right arm. His right leg immobilizing his left arm. He places his left hand on the top of the skull and his right hand under the opponent's chin and then twists in the opposite direction of the arm on which he lies.

Once the torsion is performed, the hand resting on the neck pushes the head of the opponent on his chest.

This is a hold that leads to death.

It goes without saying that this attack is done indifferently in both guards: If the attacker is lying on the left arm of the opponent, immobilizing him of his right arm by use of the left leg, he places his right hand on the top of the skull of the opponent and his left hand under his chin, then, he operates the torsion from left to right.

(Figure 37.)



FIG. 37. — Twisting of the cervical vertebrae