

“ADVANCED DEATH BLOWS HOW THEY WORK THE BATTLEFIELD ART!”

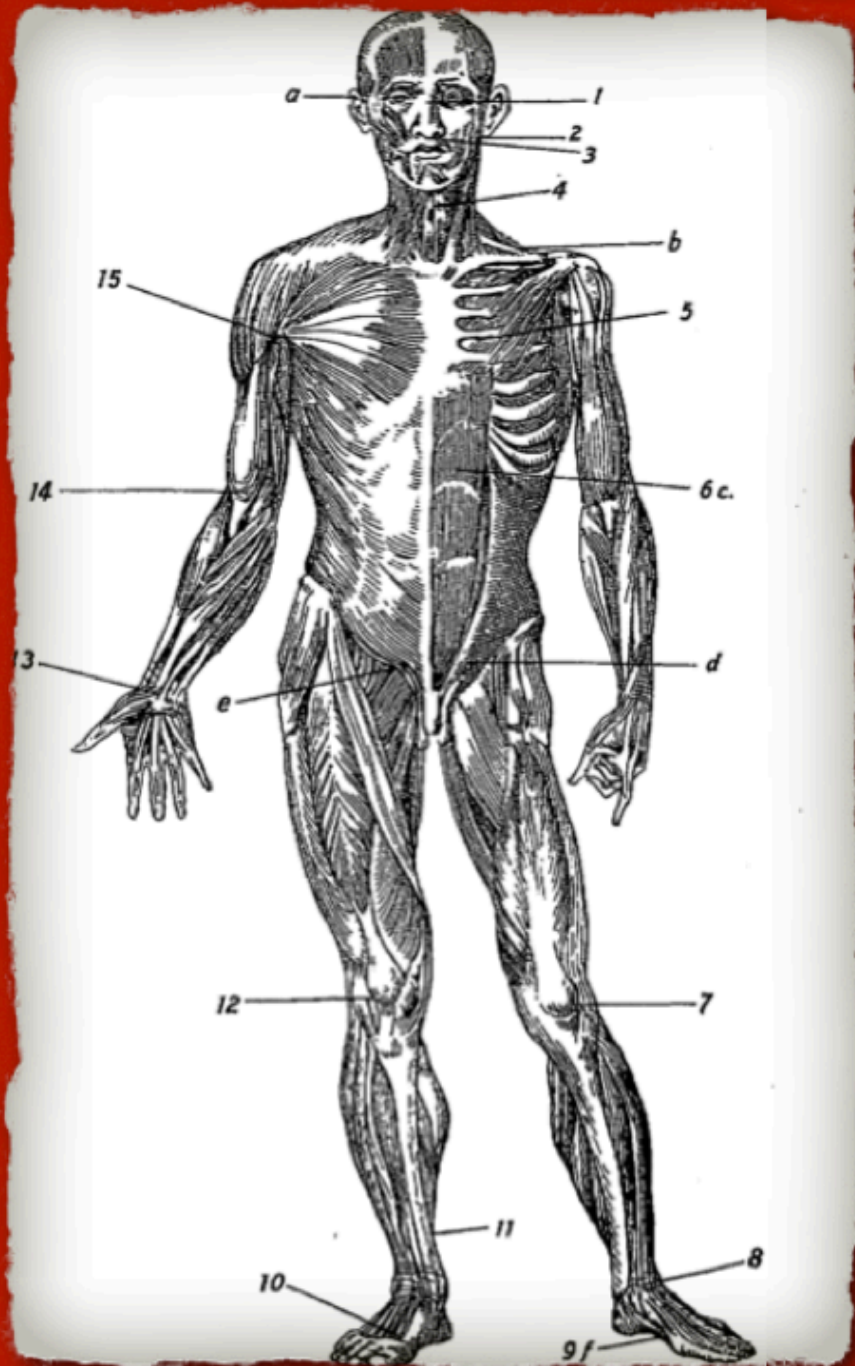


Photo: Front View of Vital Attacks and Restoration.

“Advanced Death Blows!” ... & ... “How They Work!”--“The Battlefield Art!”

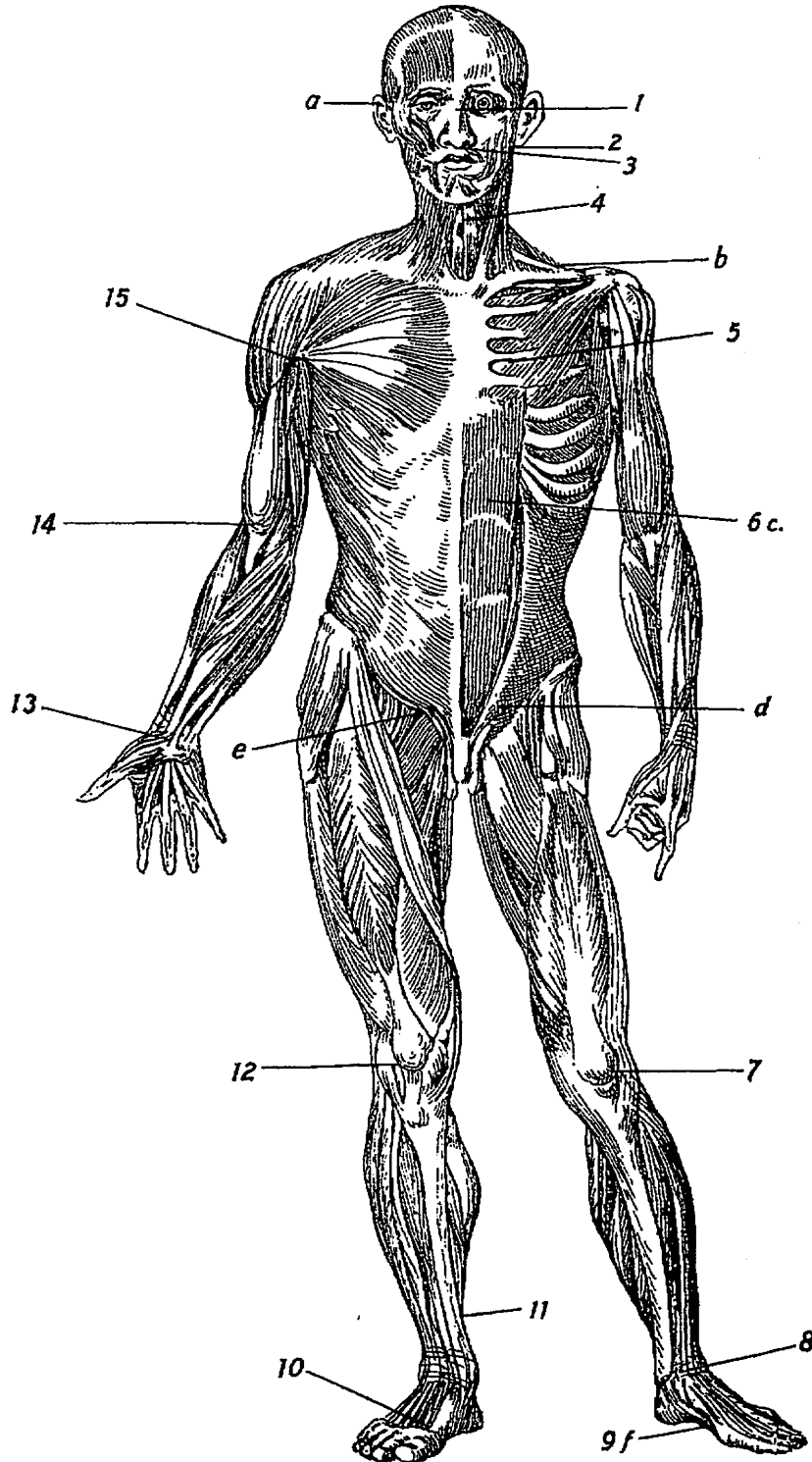
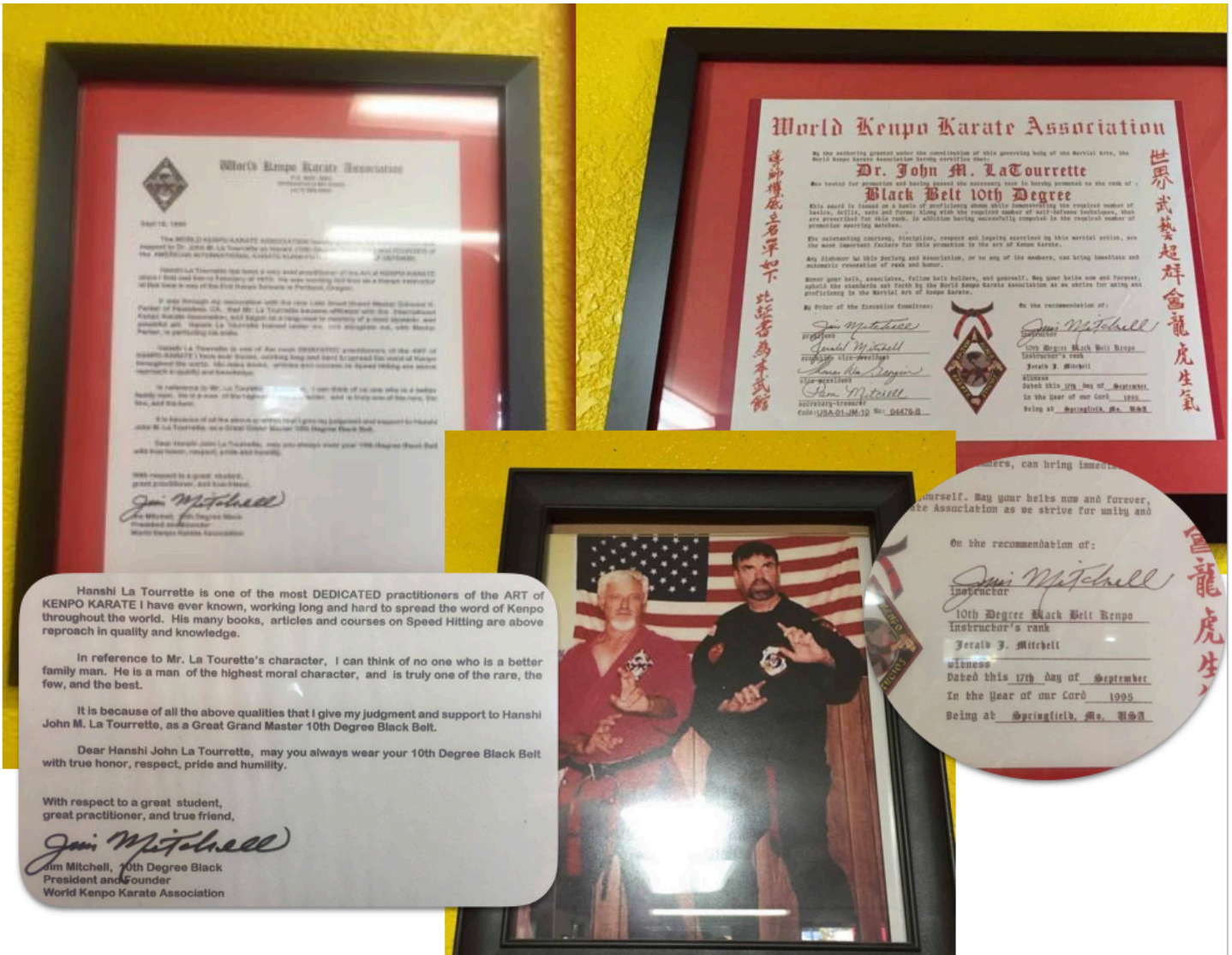


Chart I

Front view of vital and serious points used in attack and restoration.

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About Dr. John La Tourette History: 10th Degree Black Belt Earned in 1995 From Jim Mitchell



World Kenpo Karate Association
17th and 18th
1995

Dear Sir,

The WORLD KENPO-KARATE ASSOCIATION (WKA) is pleased to announce the promotion of Dr. John M. LaTourrette to 10th Degree Black Belt. This promotion is based on his long and distinguished career in the martial arts, his dedication to the art, and his contributions to the martial arts community.

Hanshi La Tourrette has been a very good practitioner of the ART of KENPO KARATE since 1968 and became a 10th Degree Black Belt in 1995. He has been a member of the WKA since 1970 and has been a member of the WKA since 1970. He has been a member of the WKA since 1970 and has been a member of the WKA since 1970.

It was through his dedication and his love for the ART of KENPO KARATE that he has become a 10th Degree Black Belt. He has been a member of the WKA since 1970 and has been a member of the WKA since 1970.

Hanshi La Tourrette is one of the most DEDICATED practitioners of the ART of KENPO KARATE I have ever known, working long and hard to spread the word of Kenpo throughout the world. His many books, articles and courses on Speed Hitting are above reproach in quality and knowledge.

In reference to Mr. La Tourrette's character, I can think of no one who is a better family man. He is a man of the highest moral character, and is truly one of the rare, the few, and the best.

It is because of all the above qualities that I give my judgment and support to Hanshi John M. La Tourrette, as a Great Grand Master 10th Degree Black Belt.

Dear Hanshi John La Tourrette, may you always wear your 10th Degree Black Belt with true honor, respect, pride and humility.

With respect to a great student, great practitioner, and true friend,

Jim Mitchell
Jim Mitchell, 10th Degree Black Belt
President and Founder
World Kenpo Karate Association

World Kenpo Karate Association

By the authority granted under the constitution of this governing body of the martial arts, the World Kenpo Karate Association hereby certifies that:

Dr. John M. LaTourrette
Has tested for promotion and having passed the necessary tests is hereby promoted to the rank of
Black Belt 10th Degree

This rank is based on a basis of proficiency shown while undergoing the required number of belts, katas, sets and forms, along with the required number of self-defense techniques, they are prescribed for this rank, in addition having successfully competed in the required number of promotion sparring matches.

The outstanding courtesy, discipline, respect and loyalty exhibited by this martial artist, are the most important factors for this promotion to the art of Kenpo Karate.

Any student of this Karate and Association, or to any of its members, can bring immediate and automatic recognition of rank and honor.

Honor your belt, association, fellow belt holders, and yourself. May your belts now and forever, uphold the standards and faith by the World Kenpo Karate Association as we strive for unity and proficiency in the Martial Art of Kenpo Karate.

By Order of the Executive Committee:

Jim Mitchell
President
Jim Mitchell
Secretary-Treasurer
10th Degree Black Belt Kenpo
Instructor's rank
Witness
Dated this 17th day of September
in the Year of our Lord 1995
Being at Springfield, MA, USA

On the recommendation of:
Jim Mitchell
Instructor
10th Degree Black Belt Kenpo
Instructor's rank
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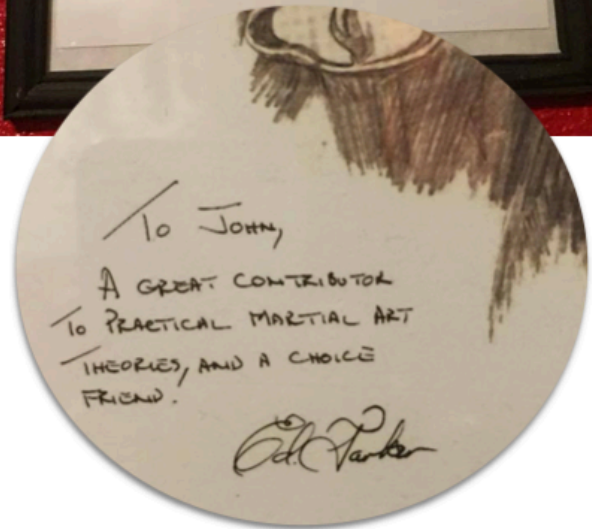
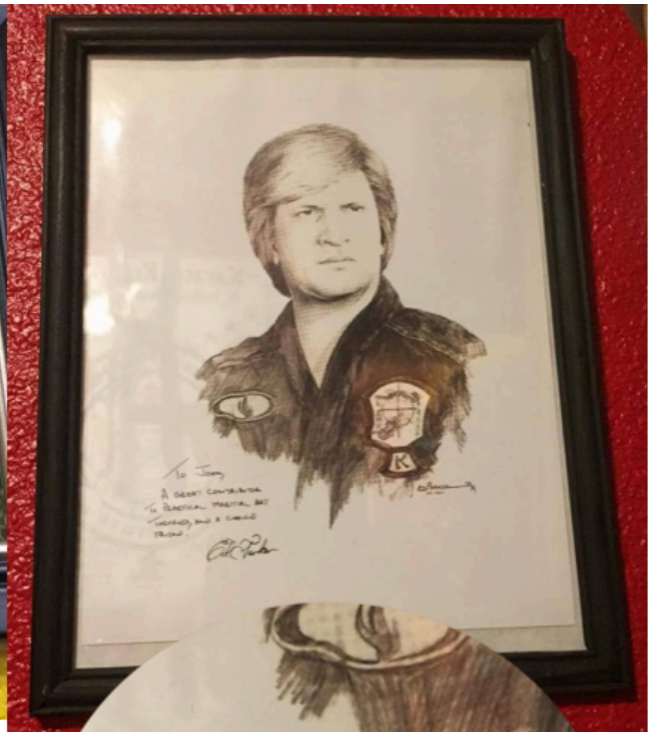
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History: Dr. John La Tourette Earns 5th Degree Black Belt in 1981 From Grand Master Ed Parker



**HISTORY: 2007 DR. JOHN LA TOURRETTE
Inducted into the International
Kenpo Hall of Fame!
Only 1 out of 100 People in the
World**



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**“The Real Secrets Behind Chinese Poison
Hands and Fingers!”**

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This book was written by an expert, quite knowledgeable in the methods and techniques of good, successful MARTIAL ARTS SPEED TRAINING.

The Author has based this SPEED HITTING solely upon his discoveries and experiences and research in the trade of martial arts expertise... But is not an attorney. Thus, NO LEGAL ADVICE nor advice towards violence is intended. Any such choice is your choice AND YOUR CHOICE ALONE. We take no responsibility for what you, in any circumstances decide to do.

Be cautioned, therefore, that this book neither asserts the legality of any of the self-protection methods described in this writing, nor does it advocate any usage of technique without first seeking competent legal advice and adherence to the law.

The author, the editor, and the publisher unequivocally disclaim any responsibility for damages resulting from the use of any of the high level skills, SPEED HITTING techniques, or the consequences of implementing anything contained herein.

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Choke-Out

Katsukuma Higashi was a gentleman with a rather high level of self-esteem. In 1905 he states "He could teach any 110-pounder of good moral character to meet a man of twice his weight and three times his muscular strength and overcome him under all circumstances."



Joint Break

This is the LOST section on vital blows (atemi), as well as the one on resuscitation (kuatsu). They were in the 1904 original edition, but taken out in the 1931 edition. According to the book, these methods have been considered to be of a somewhat less practical value because such violent tactics were no longer need in our "peaceful" world.



Kuatsu

Dear friend, are you brave but helpless against violence...and all you want to do is walk away safe...but if you have to fight-back...do you want to be able to stop the Street-Predator before he can hit you...before he can attack you...before he can rob you?

**“Wimpy, POISON HAND...Death Blow Expert
Knocks Out Professional Boxer...
With One Tiny Finger...
Using Secret Nerve Cavity Strike!”**

By Jack Williams

Does this Scene sound familiar?

It's December 21, 2011. I'm in Chicago warming myself up in a Sports Bar, killing time watching the Lakers Game.

It's now 2 a.m. I'm out in the parking lot. Cold fingers fumbling in my pocket, searching for that elusive “beeper” for my old Bronco.

Two gnarly guys walk towards me. I know I'm in trouble. I can smell it!

“Hi. How are you folks doing tonight?” I ask with a degree of fear.

“Not too good. We need a loan”, the ugliest one replied, grinning broadly.

(They were doing a STREET INTERVIEW and testing me before they mugged me and robbed me.)

PANIC! YOU DON'T DARE FLINCH. YOU'RE A BLACK BELT, RIGHT?

“Sorry guys. I'm tapped out too. I spent my last dollar at the bar, drinking and watching the Lakers Game.

Could you loan me a cigarette?” I asked them, diverting them, hoping they wouldn't jam me up.

Their gazes locked. Then they shrugged their shoulders. One pulled out a pack of Camels, shook out a butt and tossed it to me.

“Thanks.” I opened my car door. Oozed in behind the wheel. Started the Bronco and drove away, feeling not very good about myself.

I thought about why my guts were churning. I'd been training in karate for 7 years and hold a 2nd degree black belt. I go to sparring class twice a week, but

dripping wet, I only weight 159 pounds. The weight of those 2 thugs combined would have topped the scales at 500 plus pounds.

I knew it was not an even match, but I should have felt better about myself, but I knew that in a real fight against a Street Predator, I was “dead meat”.

I can easily flip out a kick and score a point on a guy in a tournament...but in trying to stop any street-wise 260 bruiser, I would be beaten to a pulp, and I knew it. Especially when there were two of them.

The wimpy point karate crap I knew was good for “show” and nothing else. Damn! That street situation told me “I was completely out of my league”...that I’d been kidding myself...that I did NOT have a chance against guys like them.

So I sat down and I did some thinking. I needed more skills that worked. I said to myself something like this:

“Jack. You’d better learn something that really works because you’d been dead if those two bruisers had attacked you!”

“So wise up!”

“Next time, and there will be a next time, if you don’t instantly slow the creeps down, you’ll be quite literally squashed into the pavement!”

So I started checking out other trainings. And I asked them all the same question... “How do you stop 2 mean gnarly big men who want to rip your head off?”

I got all the normal macho, “impress you with violence,” answers. Negative and incorrect thought that to me were as phony as a \$3 bill. Ideas like, “if only I trained harder I would get better.” Or, “carry a knife and whittle them down to size.”

Gees.

**I wanted to “defend” myself and...
...NOT go to jail for manslaughter, or murder.**

Then there were the ego-maniacs that told me, “I’m the only real founder of Special Forces Training so everybody else is worthless except me!” Or, “I’ve been in 600 street fights, and I never lost one!”

I quickly run away from those fellows.

I didn't want training to become a Black-Water-Mercenary in Afghanistan, for God's sake. And I'm sure as hell NOT going to go out looking for predatory-thugs to bop in bar fights, just so I could practice more realistically.

I did not care for that macho-muscle stuff!

I was after **simple** and **very effective training** that would keep me safe. I was not out to MAKE MYSELF THE BADDEST DUDE ON THE PLANET.

I met an older guy who had just won the full-contact karate championships Senior Division of the state of Illinois, Mr. Norman Nall. Norman definitely is NOT a spring chicken...over weight...55 years old...and tough as an old lion.

He gave me GREAT ADVICE.

He gave me a "Fighting EFFECTIVELY Formula" that was taught to him by his 10th Degree Grand Master. It's called the "**BEAM**" Street-Guru-Formula and simply put means...

B: When you take away his BREATH, you win!

E: When you stop him from seeing, from focusing his eyes, you win!

A: When you take away his ATTENTION, his AWARENESS of you, you win!

M: When you take away his MOVEMENT (legs), you win!

Norman showed me that the above 4 Secret Master-Keys of Winning are combined together in a "little-known" training method called "Poison Hands".

The 3 most important ingredients of "Poison Hands" are:

1. **Speed!** The secret of hitting him so FAST that he cannot perceive it...Knowing how to be Super-Fast...and knowing how to get to the target without being seen.

(There is NOT a heavyweight champion out there that did have superior PUNCHING POWER to Ali. Yet in his first 20 years of fights, Ali won every one of them...scoring 17 knockouts!

Hitting SPEED and EFFECTIVE TIMING was his secret. Ali had the ability to let his punches go with EXTREME QUICKNESS...at exactly the RIGHT moment.

That means 'the man getting hit' does NOT see the punch! Therefore the man getting hit has NO ANTICIPATION and CANNOT prepare himself to receive the impact of the blow. Jose Torres, 1971)

2. **Vulnerable Targets!** Knowing what works, and what does NOT work. Knowing the eleven targets that will MOST EFFECTIVELY “stop” him always...even if he is King Kong...or he is muscular...or he is freaked out on drugs.
3. **Master-Keys of EFFECTIVE POWER!** You do NOT need a cannon to kill a sparrow.

A hair in the eye will distract him.

Flushing a particular Meridian energy field will cause him to lose strength, coordination, timing...and the will to attack.

There are ways of INCREASING hitting power...and DECREASING target strength than anyone can effectively use...even if they are underweight, young, old, fat or out of shape.

Norman told me his Fighting-Guru taught him that **pure speed** is the single MOST important secret.

If a guy has got enough speed, even a wimp can poke the bay guy in a certain spot and stop him cold.

Or, slap him lightly on another little-known target and take him into “Instant STUPID”...or even make him seize up and crumble to the ground...so you can walk away...and he'll still be okay in 10 seconds or so.

You get NO jail time...and you get to walk away SAFE...and he's not really hurt.

Then he talked about how his Fighting-Guru taught that gory techniques were NOT necessary much of the time, and then sometimes they are necessary...if a guy had his Special Training.

This Special Training is the precise “Hidden” knowledge of the 7 different types of Poison-Hand Targets.

Here are 4 of them: (There more give later in the text)

1. Stun Points

- 2. Pain Shots**
- 3. Death Blows**
- 4. Knock out blows**

All of these can be quickly and easily applied to the arms, body, neck, legs, the head, and to the 9 different Energy Systems of a fast, on-coming aggressor!

“Poison Hands and Death Blows” are an ancient art about 1,200 years old. He went on to say that there were specific methods of instantly applying those methods.

They could either be **traumatized, back-flushed, vibrated, squeezed, punched, chopped, kicked, Dragon-Head, elbowed, kneed, twisted**, blab, blab, blab.

But if you struck a vital spot that needed to be vibrated, the technique would NOT work!

If you squeezed a vital spot that needed to be struck, it would NOT work!

And, if you vibrated a vital spot that needed to be squeezed, it would NOT work!

Then you need at the minimum 4 more skills to make “Poison Hands” MORE Street Effective.

- 1. You have to do it at the correct angle**
- 2. You have to do it in the correct direction**
- 3. You must know when to do it**
- 4. You must know the “How-To's” of doing it...step 1...step 2...step 3...step 4...etc.**

Poison Hands is an art based upon the 9 secret channels of body weaknesses that lie along:

- 1. Never pathways**
- 2. Arteries**
- 3. Veins**
- 4. Reflex points**
- 5. Tendons**
- 6. Ligaments**
- 7. Bones**
- 8. Muscles**
- 9. And organs**

10. Then we have all the 9 Energy Systems to work with that are a part of the physical body systems.

With this 1,200 year old “Spotting Targets with POISON HANDS”, you could easily be literally invincible.

Okay.

I know you are skeptical. So was I. So I asked him to show me one of them. To bop me a “tin” bit. You see, I knew this soft old man couldn’t hurt me, right?

Wrong. **DEAD WRONG!**

He told me to hit him any way I chose.

I looked at him standing there with calm eyes, hands held loose by his sides...and said “Okay” ...

Then I blasted a right punch into his face.

The only problem was...

“HIS FACE WAS’NT THERE ANYMORE!”

Then I felt a tremendous pain roaring up my arm that exploded through the back of my head. The next thing I knew, I was flat on my back and he’s massaging my neck (another closely guarded secret?), bringing me back to consciousness.

I never saw him block me, let alone the “touch” that dropped me screaming to the ground.

Norman grinned, *“I know how you feel. My Fighting Guru did the same thing to me. I’m up to 11 hits per second, and I swear he’s still twice as fast as me.”*

Then he told me about a “Master” his “Fighting-Guru” had studied.

In 1921, this little Motobu had a full-contact match with a professional boxer. The boxer was a BIG white guy that loved to pound his opponents into the ground with his bare knuckles.

Motobu was a “Master in Poison-hands”. He just moved around the boxer...waited for his opening...then instantly scooted in and tapped the guy with one tiny knuckle of a finger. It knocked the boxer out cold.

What's the moral of this story?

The moral is, ***"There are still Street-Fighting-Secrets that most black belts do NOT know...and they will NEVER be taught to you UNLESS you train with someone that does know them...and wishes to train you in the."***

The bad news is, these skills ARE being held back ON PURPOSE by the few still alive that actually know and understand them.

The old man showed me the historical documentation...he laid out the exact dates of who and when the secrets were deleted purposely...Today, he said, "All the martial arts are a watered down and diluted version of a ONCE GREAT SKILL."

I was shown DVD's of his "Street-Fighting-Guru", an old taller, hawk-eyed gentleman, which I could possibly learn those "Street-Effective-Poison-Hand" secrets from.

More on that after you've studied this RARE book on **Death-Blows** and **Resuscitation** tactics. Then at the end of this book, we'll tell you how you can get those DVD's if you want them.

This book is just your FIRST VALID introduction to those **Death Blow Secrets**.

Dear friend, for the next 10 days only, you can get \$349.97 worth of REAL "Poison Hand" secrets for \$179...Guaranteed!" Poison Hands teaches Death Blows, nerve cavity strikes, and "stun points"! Call 541-535-3188 or email warriorpublication@gmail.com

“Ground Fighting Can Get You Killed!”

So, if you want to die, spend more time practicing on the ground with mat-work than you do on your feet, controlling the distance...controlling the set-point...controlling their twitch-points...practicing hitting the proper targets, HARD and EFFECTIVELY...

© Nov 2012, Dr. John La Tourette

(The following is an interesting thread on one of my private sites. Enjoy.)

Dr. John La Tourette:

If anyone tells you that "ground-fighting" always happens in a fight, they are lying, stupid, or they are attempting to SELL YOU THEIR PRODUCT.

Here's my huggy-feely answer to one of those nice folks...and she is really a nice person.

Hopefully, since this is an advertisement I can answer it with my "reality"?

Actually that is junko logic and the setting of many "inaccurate" frames, presuppositions that are just false.

By using the inaccurate statement 90%...with NO REFERENCES at all you attempt to install a false premise as if it is true, when it is false.

By putting the inaccurate qualifier, "that lasts more than a minute", the frame of "quick" is gone. The frame of "accurate" is gone. The frame of "Levels of Force" is gone.

The ONLY frame left is the one your marketing gives us, and it is not accurate.

And, over the past 63 years in the arts...

...No one I know of personally **has even been in a fight for 1 minute...**

...with the "EXCEPTION" of certain law enforcement friends and clients that are forced by their legal liability responsibilities to NOT escalate unless it follows official policy.

The also carry guns, clubs and tasers...and are trained in the use of them according to their procedures of "Force Options (6 of them)..."

... according to their 5 levels of resistance.

...according to their Golden Triangle of:

1. Get home "safe" each night.
2. Put the "bad-guy" the "offender" in jail.
3. And NOT do anything that will get them SUED!

Now in a sporting match it does happen all the time because it is a part of the "SPORT".

In a fight, going to the ground, is one of the most USELESS tactics anyone could adopt.

All that said, I'll probably go and buy the book so I can read, analyze and study it.

That's what I do.

Dr. John La Tourette

Judo black belt

Jiu-jitsu black belt

Taekwondo-do black belt

5th black under Ed Parker (1981)

8th black under Al Tracy (1986)

10th black under Jim Mitchell (1995)

PhD Sports Psychology (1987)

NLP Master-Practitioner & NLP Trainer (1980-present)

Produced books, audios, DVD's on Martial arts for the past 35 years

blab, blab, blab.....

Comment by John La Tourette:

I find all of the above "interesting" and accurate to my experiences "if" you do not take your own movements, body shifting, push-stepping into account.

Then there is the "tiny little thing" about force options (it's been called 'intention' above).

What are their intentions, and how do you plan to safely meet those intentions.

Referring to a fight and NOT specifically to a "sporting match".

I sincerely "thank you" for the well thought-out response.

Comment by KS:

Ground fighting?

Doctor La Tourette is right; & look to nature, friends.

Anybody ever seen a bull elk drop down as a "technique?"

I don't think so.

Anybody ever see a stallion go down as if under bellying would do anything for him?

I don't think so.

If it doesn't happen in the wild, it may as well not be a formula for your fight scenario.

Comment by C. W:

Dr. John, you are way more advanced than I-

but in my humble personal opinion, if it does go to grappling and you have no experience in this technique,

it is possible that if you can't adapt, you might tap-

Comment by Dr. John La Tourette

Well,

I do NOT carry 6 months supply of Mustard Poison (chemo) in my car just in case I get cancer.

That's a metaphor for "useless" **preparation skills**.

There is no "keeping things upright".

There ARE things like concepts of...

...timing...

(5 different types that must be memorized and hard-wired into your visual/kino body and reactions)

...and of distancing...

(3 primary ones...5 secondary ones)

...and of set-point...

(From first position, second position, and 3rd position, at a MINIMUM)

...and twitch point...

(From first position, second position, and 3rd position, at a MINIMUM)

...and **of targeting** that are very reasonable (many other Master-Key Concepts omitted)...

The ONLY time I've even ended up on the ground (after 63 years) is when I was chasing this asshole, attempting to catch his ass...

...and I "tripped" and slid about 10 feet on my belly.

Then I ran back to my rig, and attempted to "find" the fellow.

Look...

I did both Judo and Jiu-jitsu from 1958 until 1973...and I still teach very valuable aspects of both of them.

I LOVE a good **Hadaka Jime C...**

Katate Tori is very useful...

...so is the **.45** I carry on my hip...

...so is the Boker pocket knife I have clipped on my pants...

(Man is that knife great for escaping from being trapped inside a burning vehicle...even though that will probably NEVER happen!)

...and I LOVE being able to "**Hit a Man 18 Times In ONE SECOND or Less, Before He Can Blink His Eyes!**"...

...and to do that skill AT Will...

...anytime I choose.

In fact I can do it when drunk (not been there for awhile), or tired, or sick, or semi-unconscious, etc.

BUT...

I have NEVER had a fight last past 1 very HARD blow to the proper target.

All the rest is just "fun-training".

Is this making sense?

Dr. John La Tourrette

Who teaches Martial Arts 4 hrs a day 4 days a week...

...and has been a professional martial arts school owner, competitor, author, seminar producer, law enforcement officer, blab, blab, blab since 1970 (43 years)...

...who was in Black Belt Magazine In 1966, as 1st Place Winner of Judo Shiai
...and started "boxing" in 1950...
...and wrestled in college in 1962-1963.

Comment by M W:

It depends on the type of fight.

Most fights that I've seen have been talk smack, go through a preamble, move around, and swing arms.

If they don't know how to punch they start hugging each other!

Other fights are based on intimidation and rushing with wild punches.

I haven't seen two skilled people fight in the streets.

I say learn ground fighting and grappling because it might help you. I am admittedly a better grappler than a puncher!

Comment by M W:

It's funny that someone said TAP!

There's no tapping in street fights; you end up unconscious or not at all.

Most so called street ground fighting is getting thrown to the ground, mounted and punched out. A street choke hold doesn't stop when you tap, it stops when he lets you go or when someone else intervenes.

Comment by T W:

I am untrained so I make no attempt to act as an expert in this, but both of my parents are ex law enforcement and I understand the concepts of threat levels and the golden triangle because of being raised by them.

That being said I also agree, the only time I've had a one minute "Fight" is when I was playing security guard and an extremely drunk guy tried to start something, wasn't even a fight,

I just 'assisted' him out the door with a tad bit of leverage.

Very eloquently written doc.

Comment by Dr. John La Tourette

At C. W,

It's okay amigo...I "like" ground work also...

...but...and...

I remember back in my Judo competition days (shit, that was a long time ago) and this very strong fellow had "Osakomi on!"...

...and I just could not escape from it.

So I "accidentally" bit him in the armpit.

I did win the match.

So when doing any sport, do the sport.

Now-a-days, I teach my students something much different.

We have simple and very effective ways of instantly STOPPING the energy flow through the muscle...

And it does NOT hurt them. In fact they don't even know it happened to them. They just know you "escaped" somehow.

I stole it from Touch For Health. It's called Spindle-Celling.

Doc

Comment by Dr. John La Tourette:

At M W,

Yep...

You are talking about a "social fight".

Over very fast.

All about ego.

Then there is the "**predator**", who looks to Pearl Harbor you (a surprise attack) when there are no witnesses.

Situational awareness is really very necessary in **BOTH** types of encounters.

Doc

Comment by Dr. John La Tourette:

At both M W and C. W,

It is interesting that "tapping-out" in a fight **does work**, many a time.

That does NOT mean you are "tapping-out"...

It means you are "tapping-out" so his subconscious mind will AUTOMATICALLY RELEASE you...

...because anyone that knows ground-fighting also had trained into them to "release" when tapped.

Once you are released, THEN you choose the ground...

YOU choose the timing...
YOU choose the distance...
Etc.
Doc

Comment by Prof. Ron Jennings:

Like Doctor John, I too have over 50 years as an active martial artist teaching and sharing what I have learned.

A few years in the Marines and the CIA during the so called “Cold War” also gave me a slightly different skill set than what one picks up in a dojo.

In my experience there are no winners of a fight, there are only survivors. Going to the ground unless someone is shooting or shrapnel is flying is not a good survival technique.

The truth is that unless you are a trained athlete with minimal wrestling basics you won't last more than a few seconds on the ground before your body runs out of stamina.

As a former High School wrestling coach I've seen that time after time. You should also realize that *mano-a-mano* does not exist in the real world.

When you are on the ground what stops your opponent's buddies from joining in and kicking the crap out of your horizontal body.

There is a time and place for groundwork but nowhere near what the BS publications tends to claim.

Comment by Dr. John La Tourette:

Okay fellows...

I just filmed a 4 DVD set...

- 1. on the legalities,**
- 2. what you can do,**
- 3. what you MUST know,**
- 4. what you need to say,**
- 5. how you need to say it,**
- 6. blab, blab, blab.**

All that necessary stuff you need to know to...

7. win a fight,
8. and NOT go to jail...
9. or, your get out of jail free card.
10. to NOT get sued...

You might want to call Rich at the warrior publication office (541-535-3188) and ask about it. (Email is warriorpublication@gmail.com)

It's actually 2 different events filmed 1 week apart.

1 DVD and manual was with some of my black belt and taught some secret lethal stuff.

The other was a group session that has 3 DVD's.

Very important materials in there you might want to know, just in case.

THE SERIOUS AND FATAL BLOWS

Blows may be struck that will cause insensibility or death. Among Occidental readers there is a notion that, because one who has been killed by a fatal blow can be brought back to life, he was not really killed after all. When a fatal *jiu-jitsu* blow is struck in the right way, the processes of life are mechanically stopped. It requires the prompt manipulations of *kuatsu* to set these vital forces at work again by mechanical means, and thus to restore life.

At some points that may be struck on the human body, the most skilfully delivered blow will produce only insensibility. At other points a skilfully given blow will cause death, while a lighter blow will cause insensibility.

Much depends upon the way that the blow is given. Much depends also upon the size of the striking surface. Thus, a blow given with the protruding second knuckle of the second finger will cause death if the blow be struck at a deadly point, whereas the blow struck with a clenched fist at the same point would hardly daze the victim.

Deadly blows are generally struck with the second knuckle of the second finger, with the point of the elbow, or with the point of the foot. These blows may be administered, when necessary, while grappling with an adversary.

NEVER MORE THAN INDICATE THE FATAL BLOWS UNLESS THERE BE AN EXPERT AT *KUATSU* AT HAND!

The points at which sharp, swift blows, when effectively struck, will cause death are, as indicated on the accompanying charts:

The LOST Charts and Hand Weapon for Death Blows.

Chart I. Points 1, 3, 5, 6.

Chart II. Points 16, 19, 23, 25.

The points at which blows will cause unconsciousness are indicated as follows:

Chart I. Points 2, 4, 6, B, D, E, 15.

Chart II. Points H, I, 17, 19, 20, L, M, 25, 26.

The points at which bones may be broken when wrestling are indicated as follows:

Chart III. Points 27, 28, 29, 30, 31, 32, 34, 35, 36, 37, 38, 39, 45, 46.

Chart IV. Points 50, 61, 62, 63, 64, 69.

The points at which pain may be caused by twisting or pressure are indicated as follows:

Chart I. Points 2, 4, B, 5, 6, 8, 9, 10, 11, 13, 14, 15.

Chart II. Points 16, H, Z, 17, 18, 19, 20, 21, 22, 26.

Chart III. Points 31, 32, 33, 34, 35, 37, 38, 39.

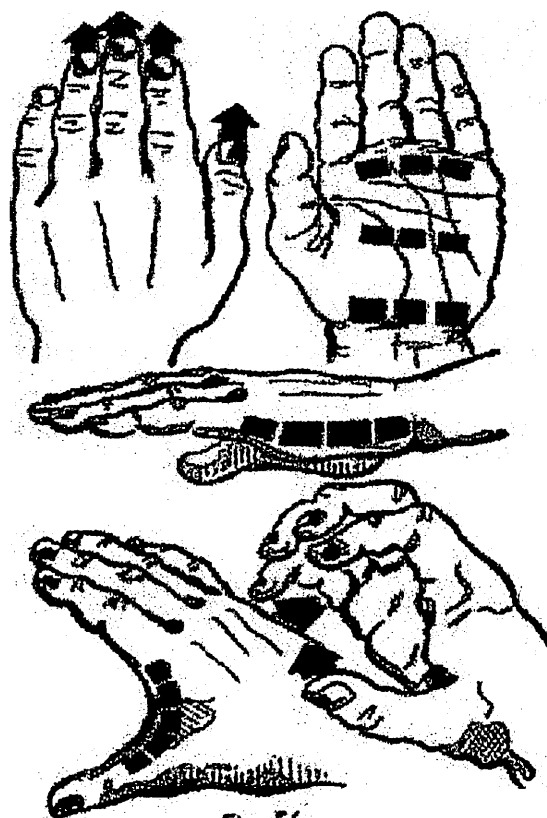


Fig. 56.

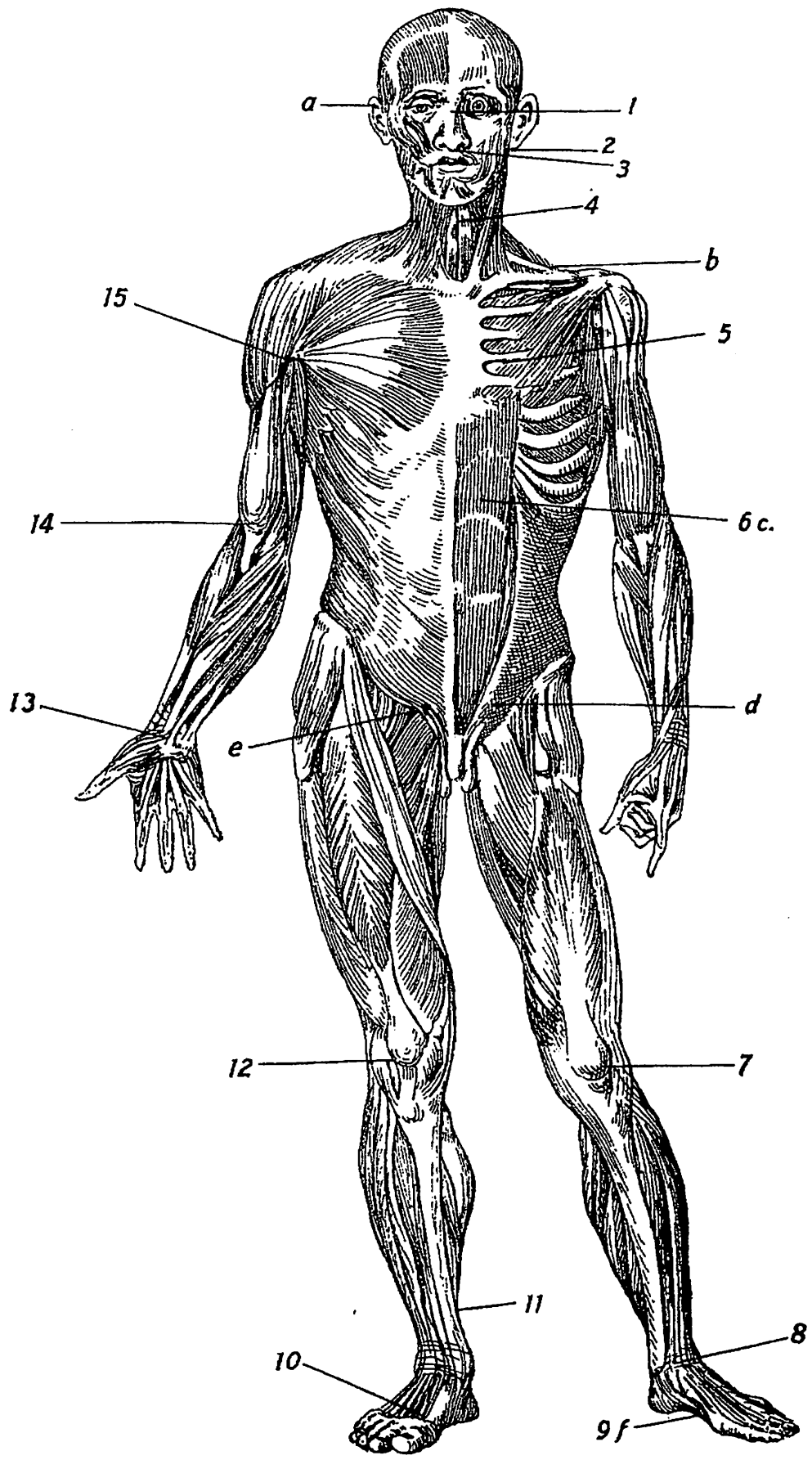


Chart 1

Front view of vital and serious points used in attack and restoration.

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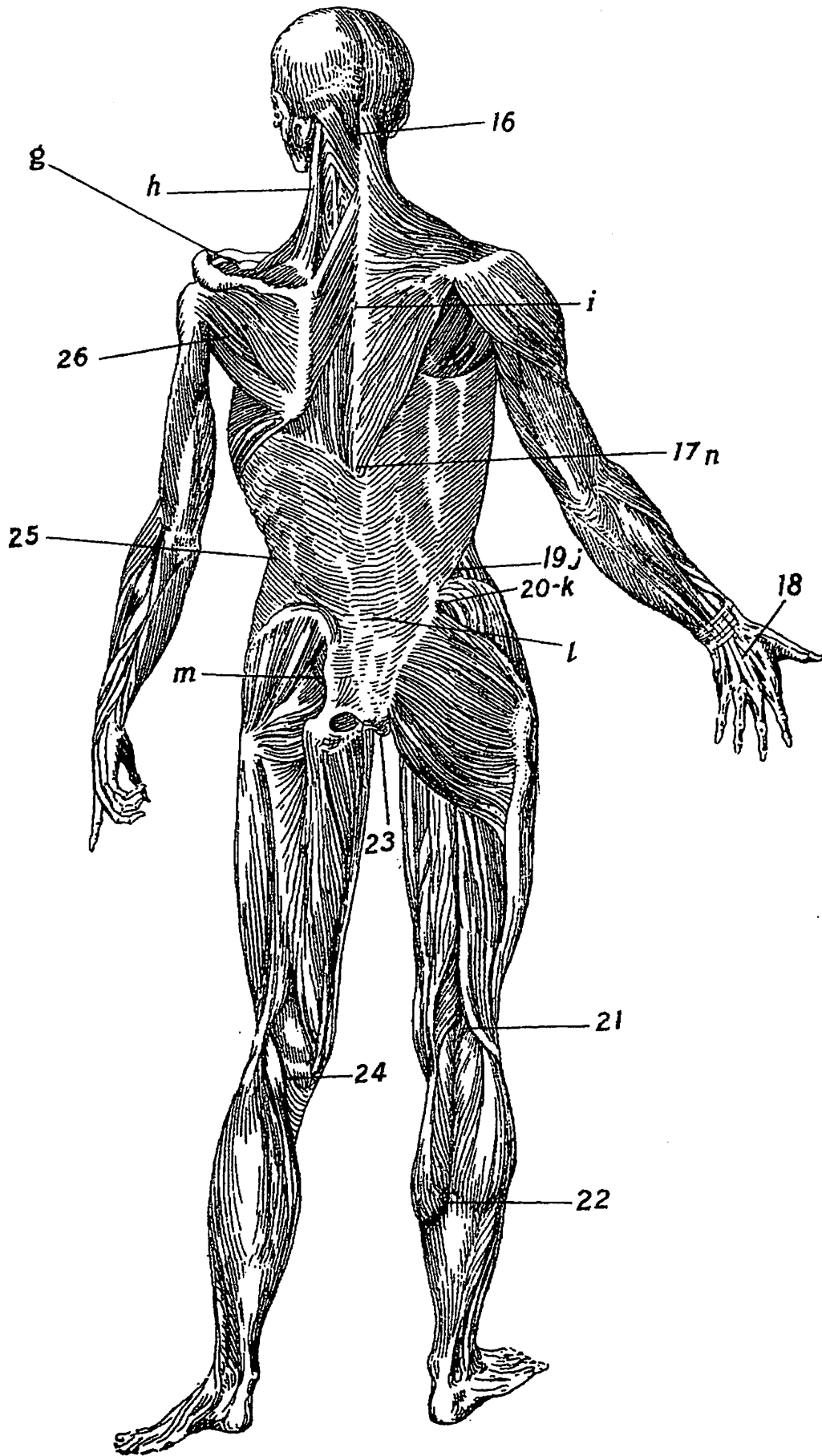


Chart II

Vital and serious points of the rear of the body

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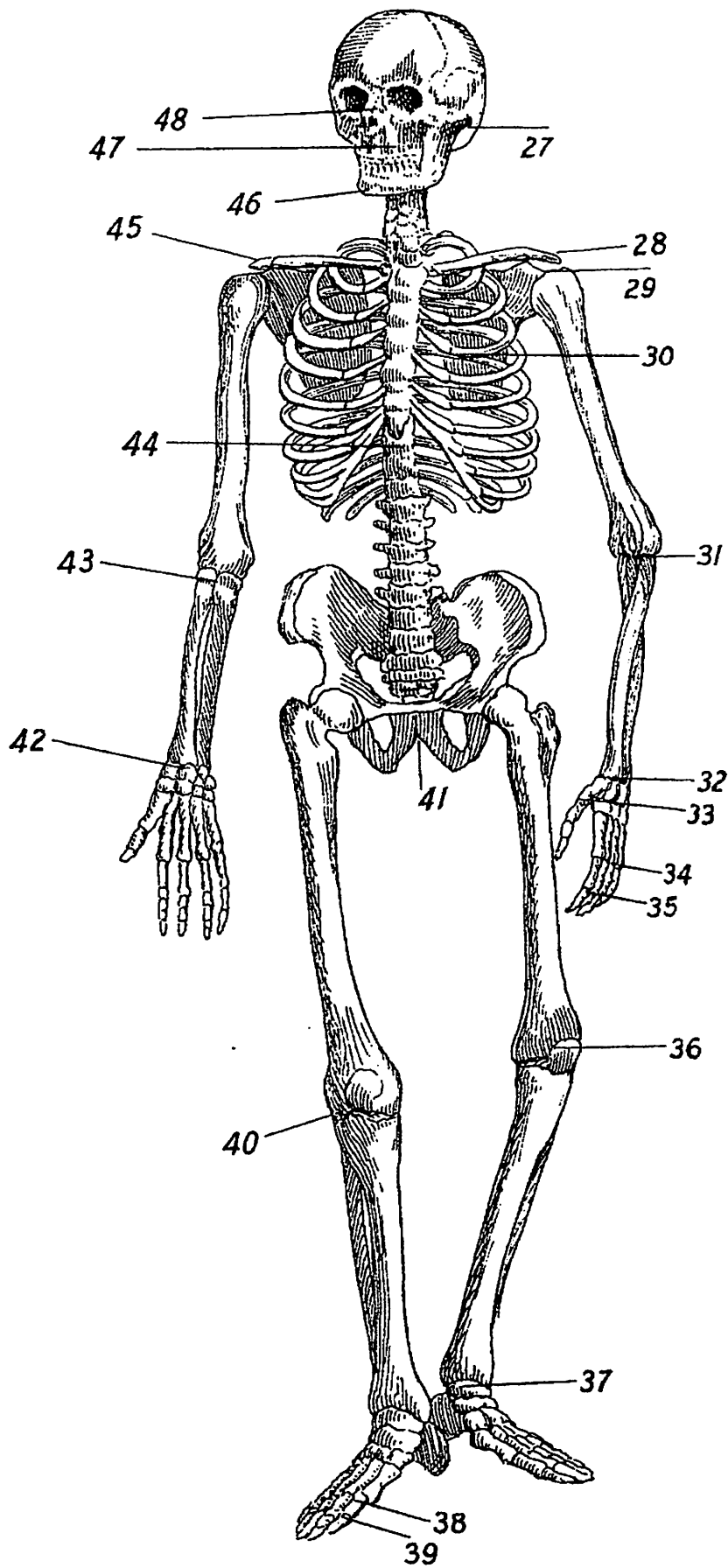


Chart III

Vital and serious points shown in a front view of the bony framework.

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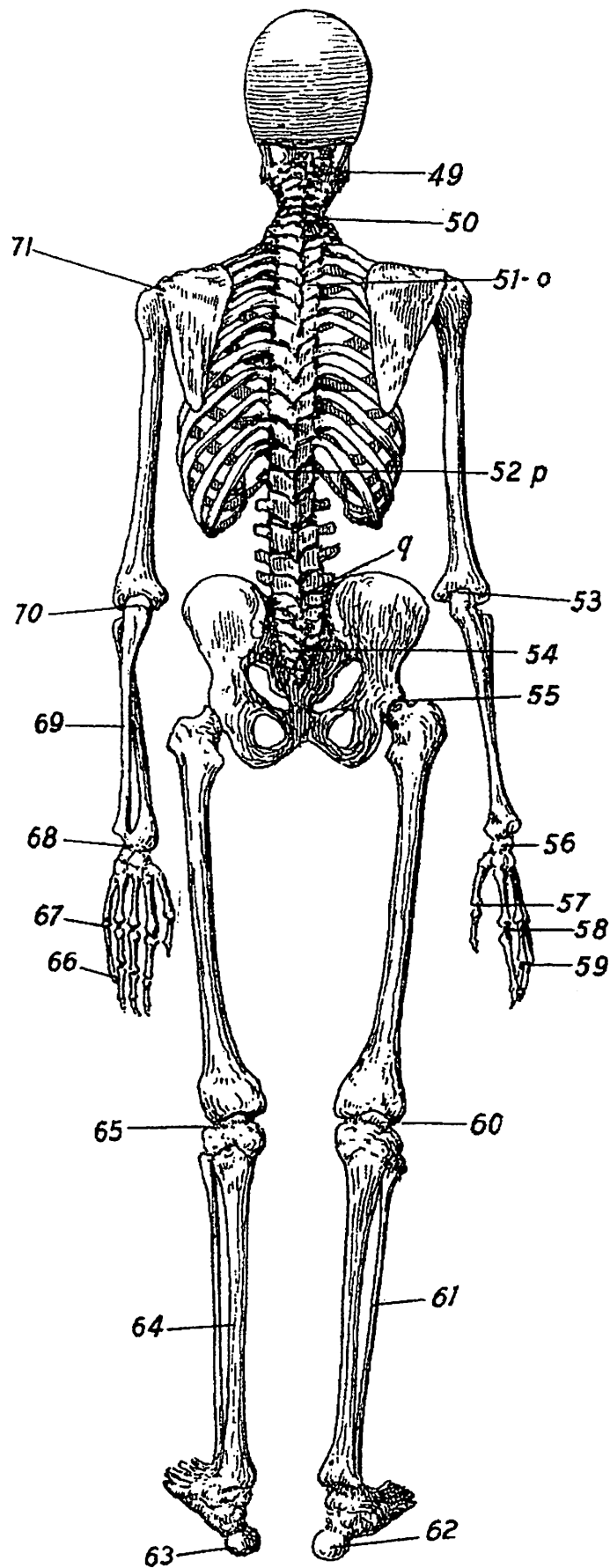


Chart IV

Vital and serious points shown in a rear view of the bones of the human body.

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THE SERIOUS AND FATAL BLOWS

Blows may be struck that will cause insensibility or death. Among Occidental readers there is a notion that, because one who has been killed by a fatal blow can be brought back to life, he was not really killed after all. When a fatal *jiu-jitsu* blow is struck in the right way, the processes of life are mechanically stopped. It requires the prompt manipulations of *kuatsu* to set these vital forces at work again by mechanical means, and thus to restore life.

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NEVER MORE THAN INDICATE THE FATAL BLOWS UNLESS THERE BE AN EXPERT AT *KUATSU* AT HAND!

The points at which sharp, swift blows, when effectively struck, will cause death are, as indicated on the accompanying charts:

Trick 1. Phase 1

When a person has been kicked or struck in the throat, or anywhere at his sides, or in the abdomen, stomach, or solar plexus, the first requisite is that he be not roughly handled. He must be laid upon his back exactly as shown in illustration No. 488, with his legs fully extended and his arms stretched out at right angles with his body. Bend over your patient and grip him anywhere at the shoulder with your left hand, while resting the heel of your right hand squarely at the pit of his stomach. (Point C, Chart I.)

Trick 1. Phase 2

Now, allow your right elbow to fall more upon your patient's body. Push the heel of your hand smartly and repeatedly against the pit of your patient's stomach. Employ the whole strength of your arm and the motion of your hand should resemble a kick. Continue this until your patient revives. As he regains consciousness, make him sit up, with his arms extended. Now, take his arms in turn, extending them at the sides, and moving with a rotary movement. Where you have an assistant, both of the patient's arms are rotated at the same time. The arms are made to sweep backward in a circle and then well forward. The first striking at the pit of the stomach starts respiration, and the moving of the patient's arms causes the air to rush into the lungs, the blood to resume its interrupted circulation, and the patient quickly returns to the possession of his faculties.

Phase 3. (No illustration.) Raise the patient to his feet and aid him in walking slowly.



No. 488. Trick 1. Phase 1



No. 489. Trick 1. Phase 2

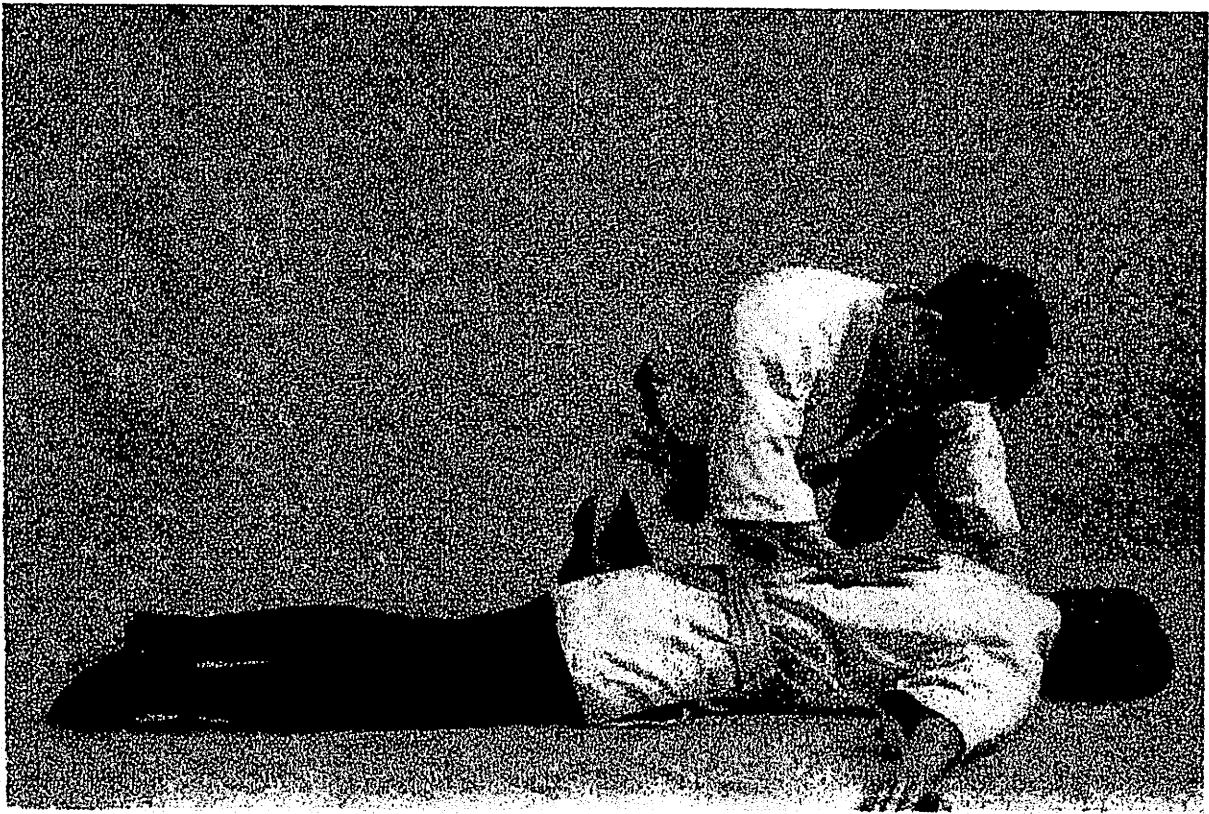
Trick 2. Phase 1

Sometimes, when the injury is extremely serious, as when a very severe kick has been given in the stomach or side, or when the patient has been severely strangled, as with a rope, or in the case of a patient suffering from sunstroke, lay him gently on his face with his arms extended sideways, and bring the heel of your right hand back over the point in the patient's back that is shown in illustration No. 490, and with your upper and lower arm at the relative inclinations shown in the illustration. These positions are vitally essential, and therefore should be studied carefully, with frequent comparison of the illustrations for this trick.

Trick 2. Phase 2

Now study illustration No. 491, in order to gain an accurate idea of how the hand is struck forward. The heel of the hand should land severely every time upon the seventh cervical vertebra (Point I, Chart I, or Point O, Chart IV), that bone of the spine which is very prominent just below the bend of the neck. As quickly as the blow has been struck on this vertebra, bring your arm back to the position shown in the illustration for Phase 1. Then quickly move the arm forward again, striking the same vertebra again with the heel of the hand, and bringing your elbow down close to the patient's body as you strike. Continue this with the regularity of a carpenter striking with a hammer.

Phase 3. (No illustration.) As soon as your patient recovers consciousness bring him to a sitting position, as in Trick 1, rotate his arms, and finally aid him to walk about. This final stage of walking is mandatory in every instance where *kuatsu* is applied, in order that respiration and circulation may be completely restored. If this be neglected, the patient often relapses into unconsciousness.



No. 490. Trick 2. Phase 1

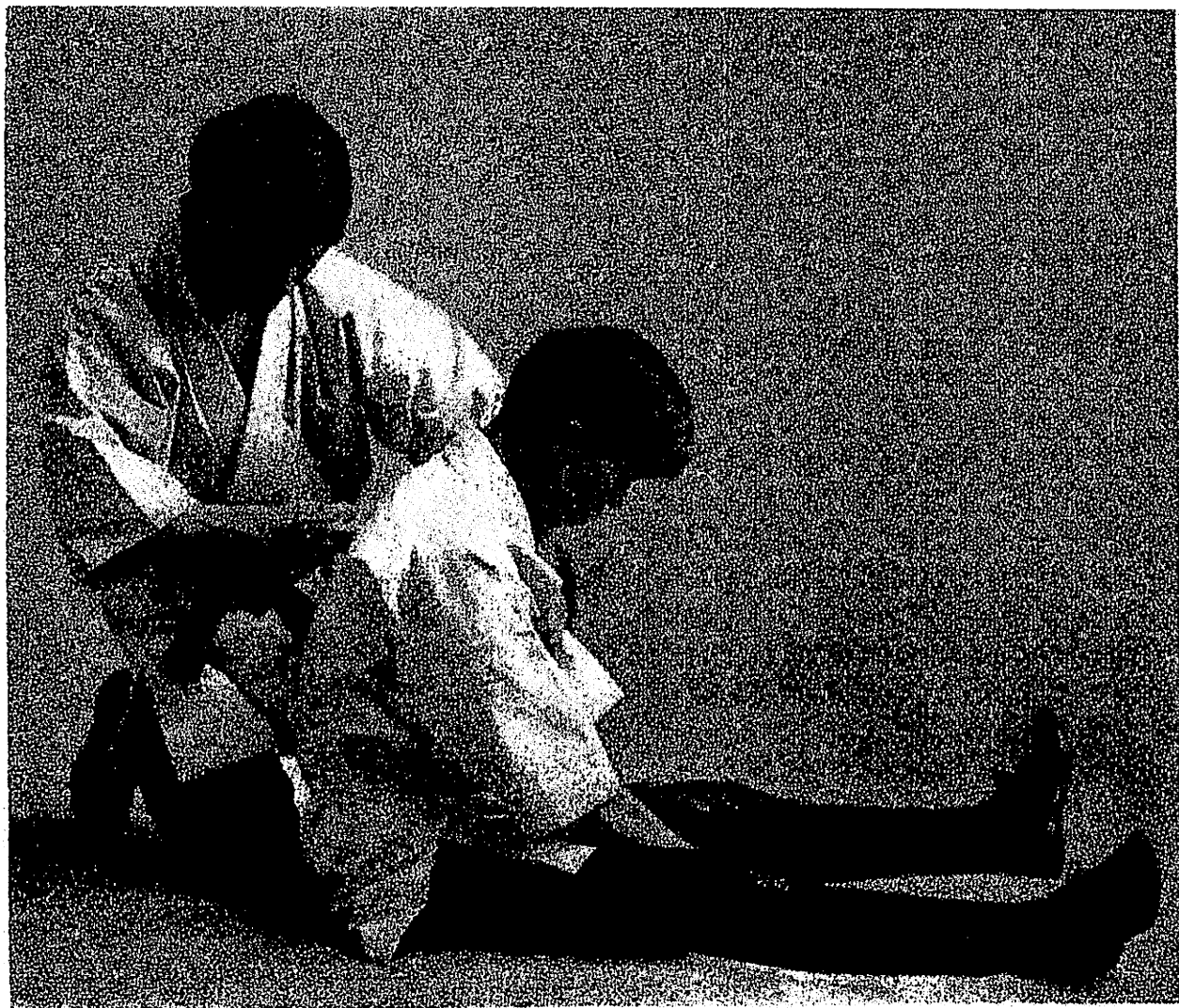


No. 491. Trick 2. Phase 2



No. 492. Trick 3. Phase 1

If the case yield very stubbornly to treatment, bring the patient to a sitting position, with his head hanging forward, as shown in illustration No. 492, and supporting him with your left hand on his chest. Now, begin with the heel of the hand well down the patient's back, as shown above, and strike quickly upward with the heel of the hand against the seventh cervical vertebra, as in the preceding trick. Repeat this, striking rhythmically and severely.



No. 493. Trick 3. Phase 2

Now, study illustration No. 493 very carefully. Note just how the operator's right fist is clenched, with the second knuckle of the second finger protruding in advance of the knuckles of the other fingers. Bring the fist to the position shown on the patient's back, then strike quickly upward at the patient's seventh cervical vertebra, repeating this until consciousness returns. Follow the return of consciousness with rotating the patient's arms and aiding him to walk, as in other cases.



No. 494. Trick 3. Phase 3

If both the application of the heel of the hand and of the second knuckle of the second finger fail, seize your patient under the shoulders, as shown in illustration No. 494, and bring the point of your knee along the back to the point shown. Now, strike quickly and severely upward at the seventh cervical vertebra with the point of your knee, repeating this as long as is necessary. Follow the patient's recovery to consciousness by the same rotation of arms and forced walking as in the other cases.



No. 495. Trick 4. Phase 1

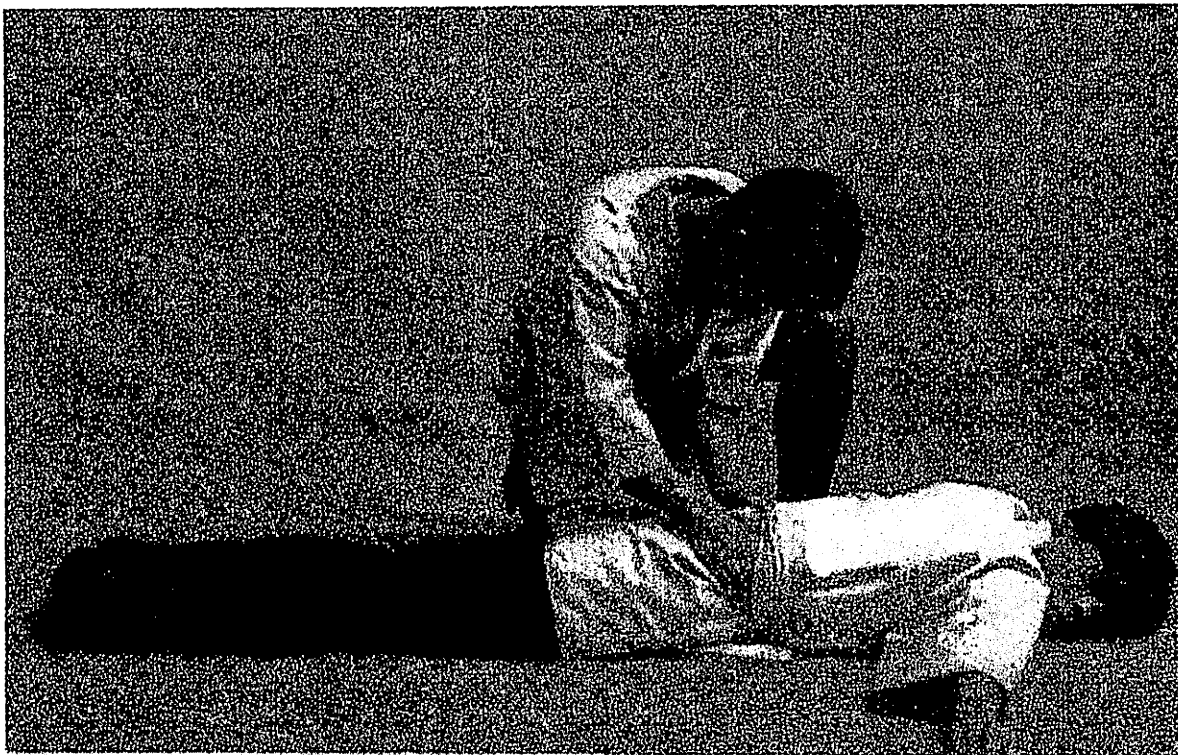
In any case where the brain, heart, or testicles have been severely injured, first gently lay the unconscious patient on his face, as shown in illustration No. 495, and with his arms extended sideways. Resting the heel of your right hand at the very base of the patient's spine, next strike severely upward with the heel of the hand landing with severe impact against the third vertebra from the base of the spine. (Point L, Chart II, or Point Q, Chart IV.) Draw the hand back to starting position and repeat this striking rhythmically and always sharply as long as may be needed. (Note.—By the “base of the spine” is not meant the actual extremity, but the apparent base—the last prominent vertebra over the rectum.)

Trick 4. Phase 2

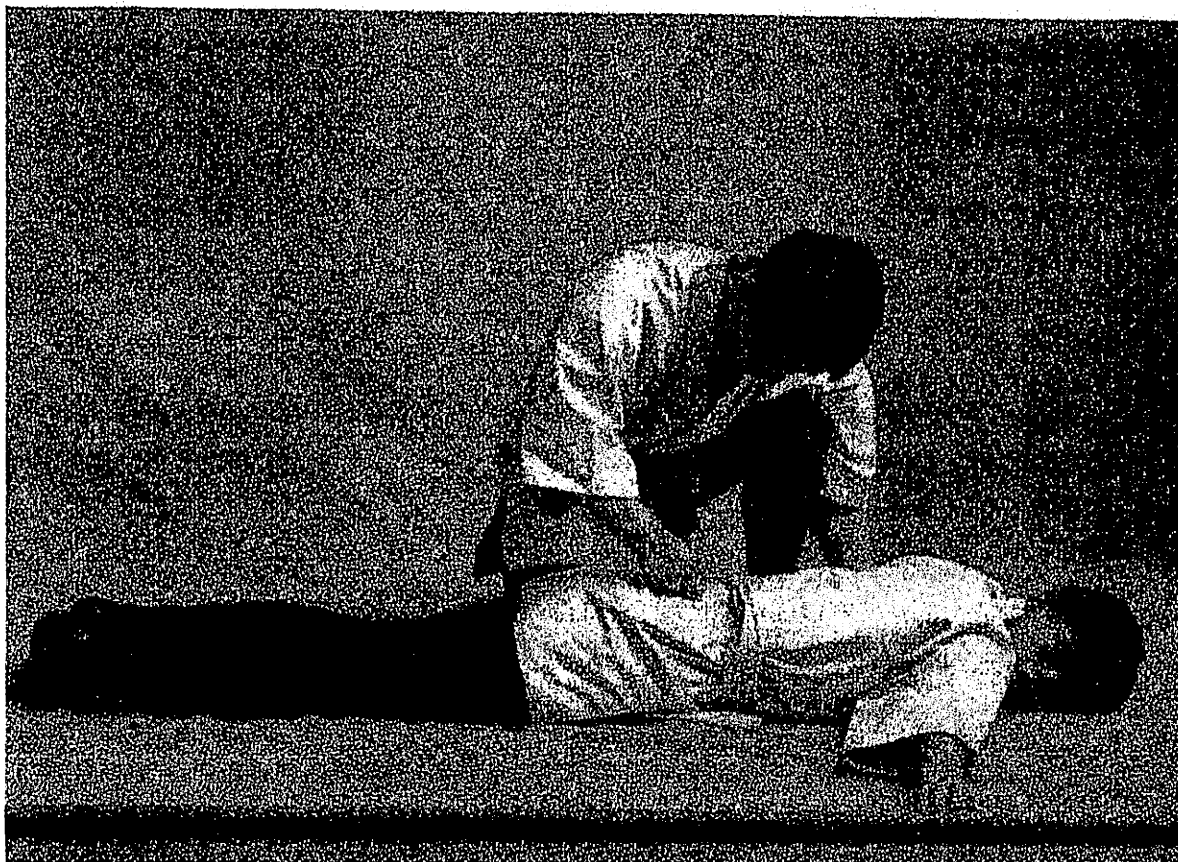
Resting the fingers over the patient's sides, prod your thumbs in sharply and repeatedly on either side of the same third vertebra from the base of the spine.

Trick 4. Phase 3

The last-described method failing, employ the second knuckle of your second finger against the same third vertebra from the base of the spine, raising your fist several inches from the patient's body before striking.



No. 496. Trick 4. Phase 2

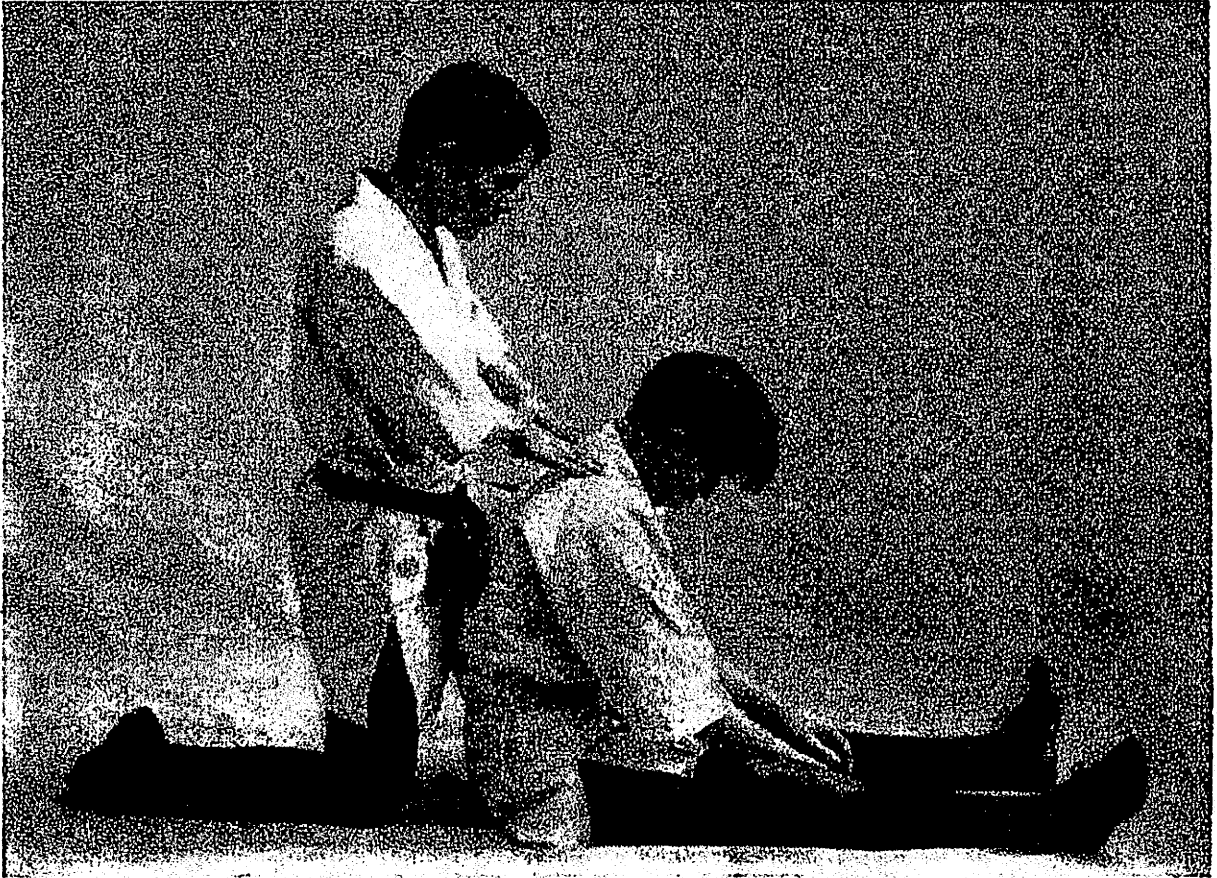


No. 497. Trick 4. Phase 3



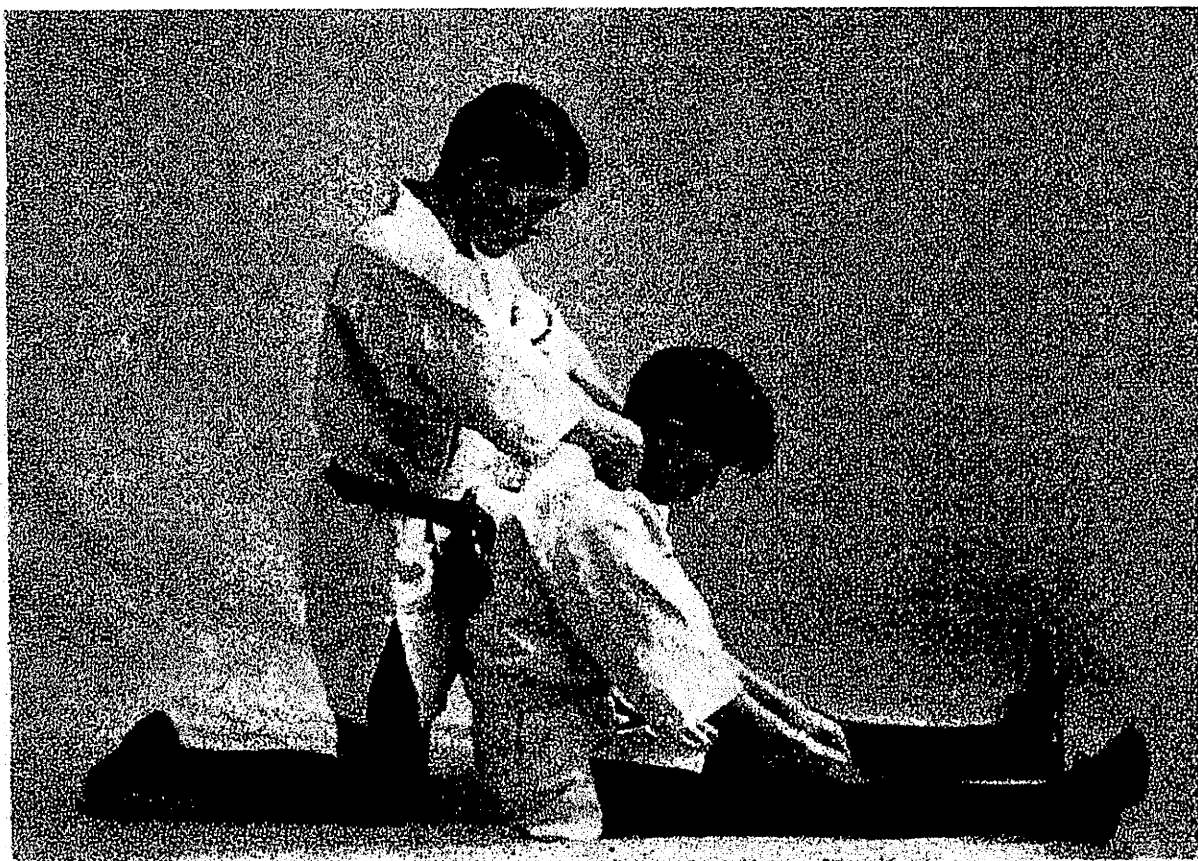
No. 498. Trick 4. Phase 4

With your arms under your patient's shoulders, clasp your hands at his abdomen, and drag him slantingly up, being careful to keep in just the position shown in illustration No. 498. Now, strike repeatedly and sharply with one of your knees against the third vertebra from the base of the patient's spine.



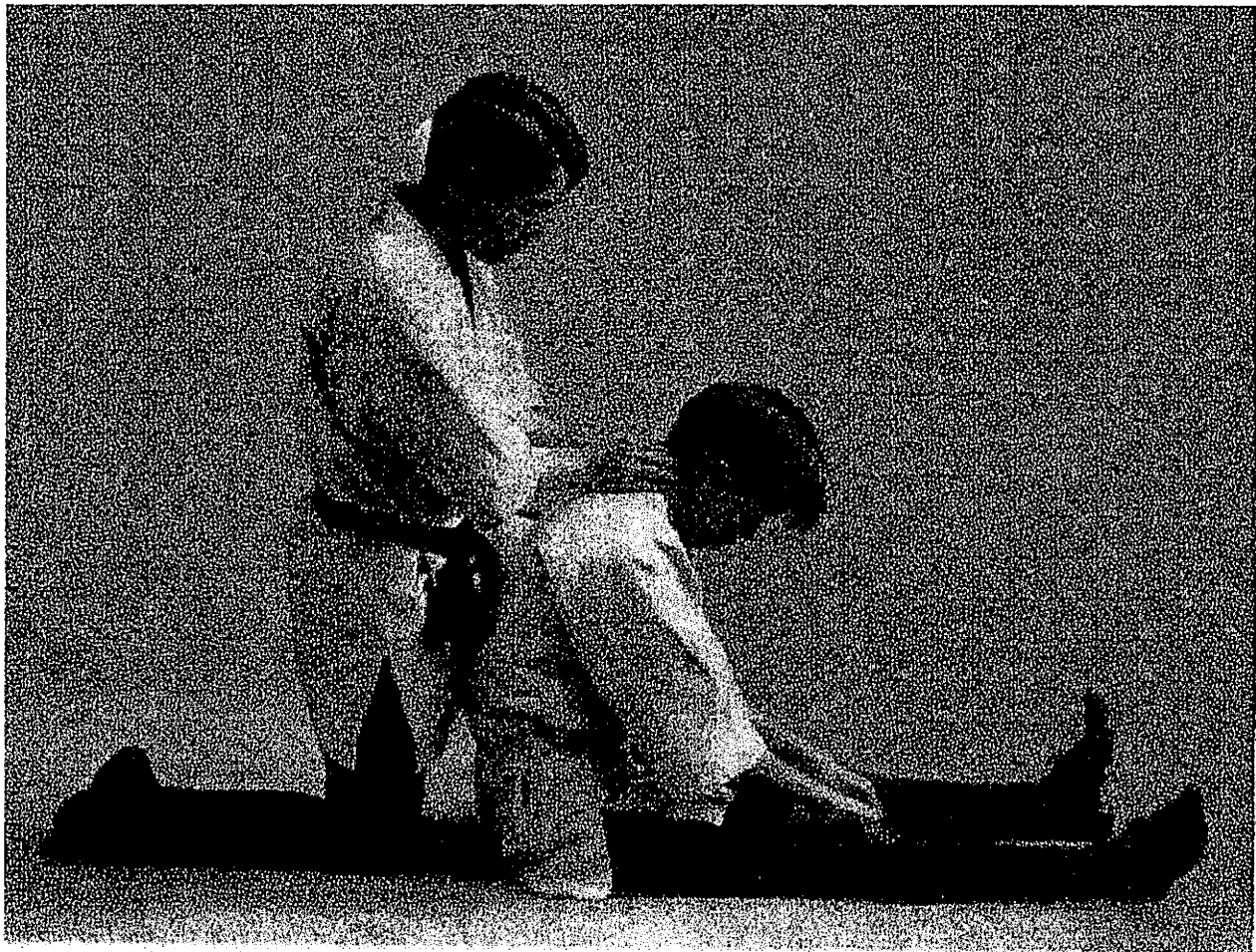
No. 499. Trick 5. Phase 1

This trick is used especially in treating severe injuries to the brain. First employ Trick 4, Phase 1. Next, rest the tips of your fingers squarely on the tops of your patient's shoulders, as shown in illustration No. 499. Be careful to find the exact position. (Point B, Chart I.)



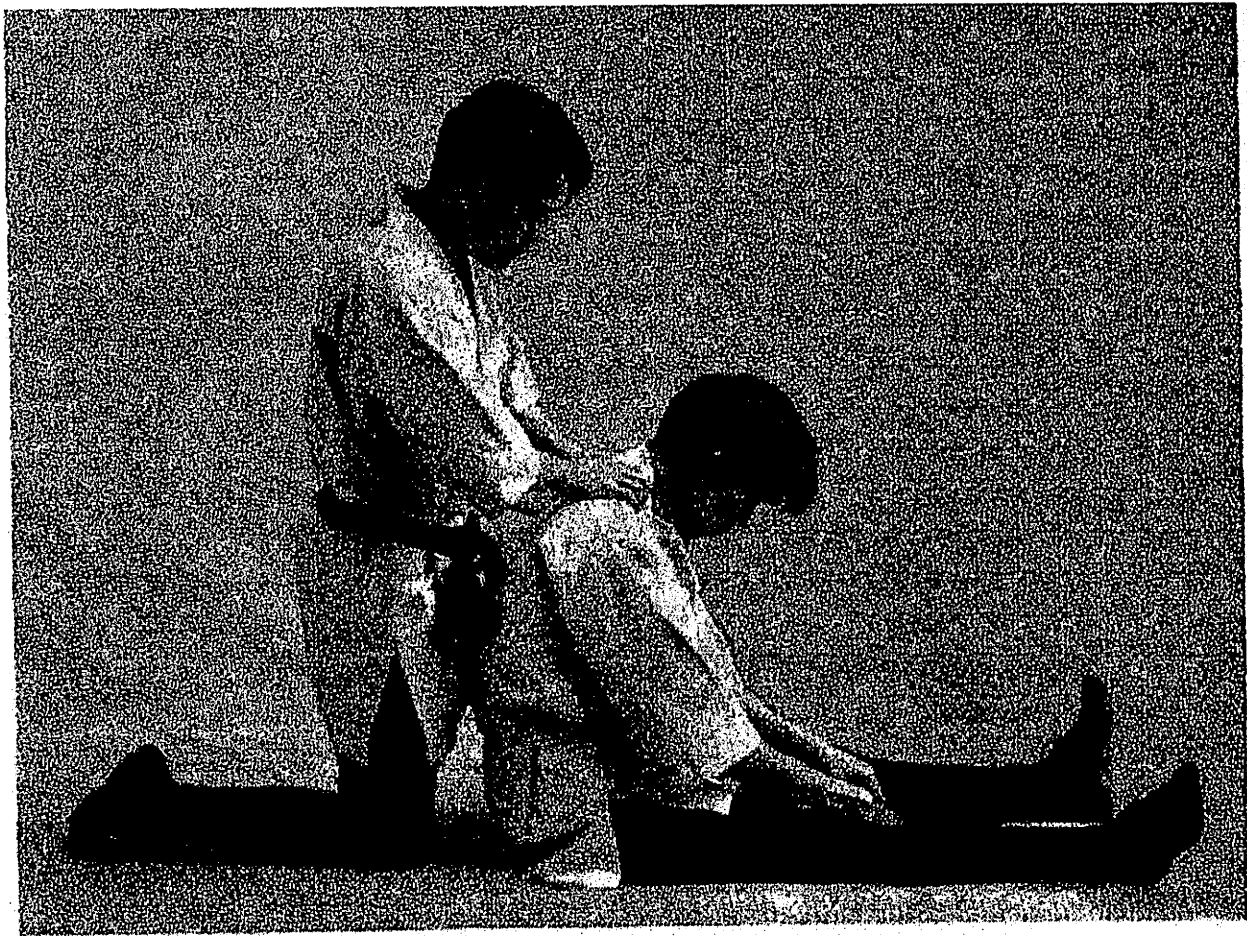
No. 500 Trick 5. Phase 2

This will require some patient study before the knack is caught exactly. With the fingers in the position shown in the last phase, turn the hands over upon their backs, thus striking first upon the second knuckles of the fingers. Continue this movement by turning the hand completely over and striking on the knuckles at the bases of the fingers. Practise this until you are able to strike in this manner with speed and precision, the striking with the base knuckles following instantly upon the striking with the second knuckles. Continue this striking, the point that is struck at forcefully being the middle of the collar-bone on either side of the neck.



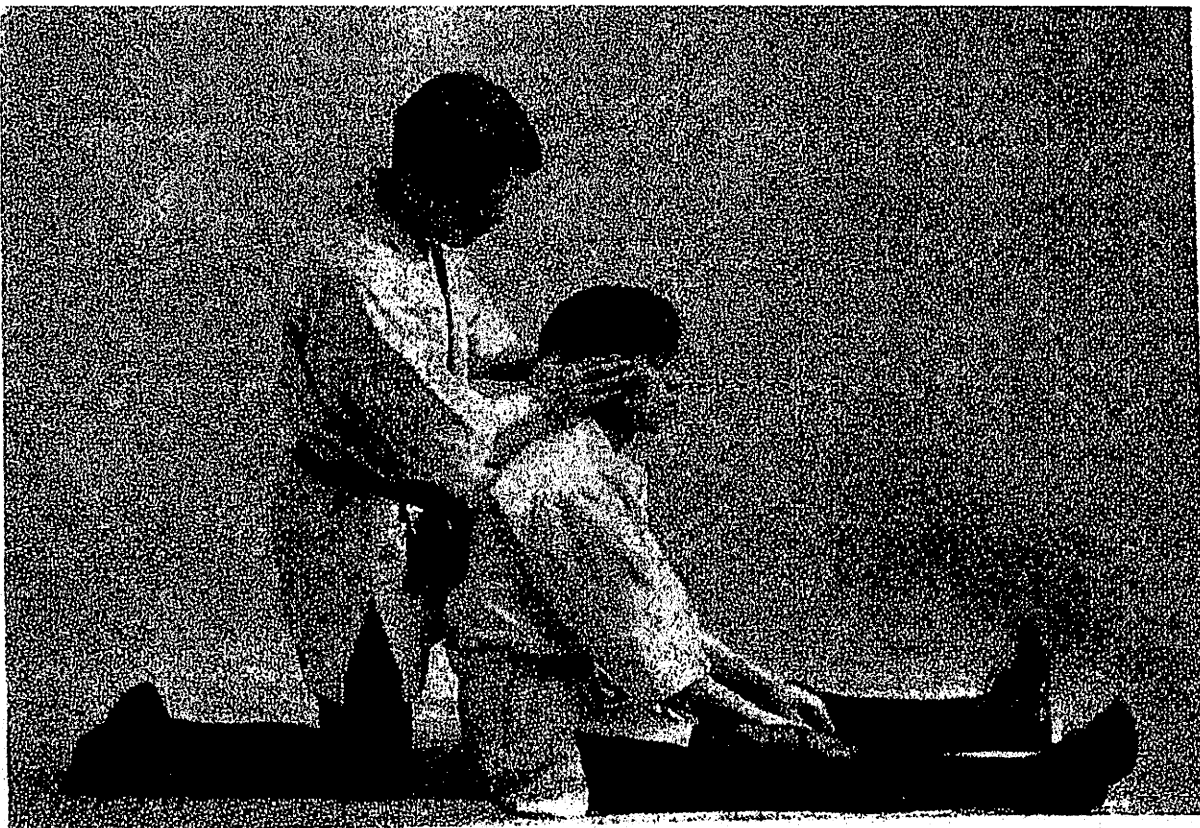
No. 501. Trick 5. Phase 3

Place the fingers of both hands exactly as shown on either side of the vertebræ of the neck. (Point H, Chart 2, or Points 49 and 50, Chart IV.) Now massage downward for two or three inches, and then back again; continue this massage up and down as long as may be necessary. This massage with the finger-tips is not a stroking, but a light "digging" motion, much resembling a telegraph operator's movement with his fingers upon the telegraph key. The fingers are used for striking in this *kuatsu* feat, however, with more energy and force than the telegraph operator employs. The purpose of the massage in this phase is to clear the brain.



No. 502. Trick 5. Phase 4

Rest the points of the fingers on the collar-bone on either side of the patient. (Point B, Chart I, or Point Z, Chart II.) Your thumbs rest at the back of the neck. Support the patient by the pressure of your thighs. Now, dig the finger-tips vigorously into the patient's collar-bone. The pressure must be forceful and the movement rapid, and considerable vibration is imparted to the patient's trunk by this operation.



No. 503. Trick 5. Phase 5

As the next step in reviving one who has suffered a brain injury, press the finger-tips in just above the articulation of the jaw-bone (Point A, Chart I), the balls of the fingers resting on the front of the upper portion of the ear. Now, apply the pressure of the finger-tips repeatedly, and with a motion that causes the patient's head to vibrate.

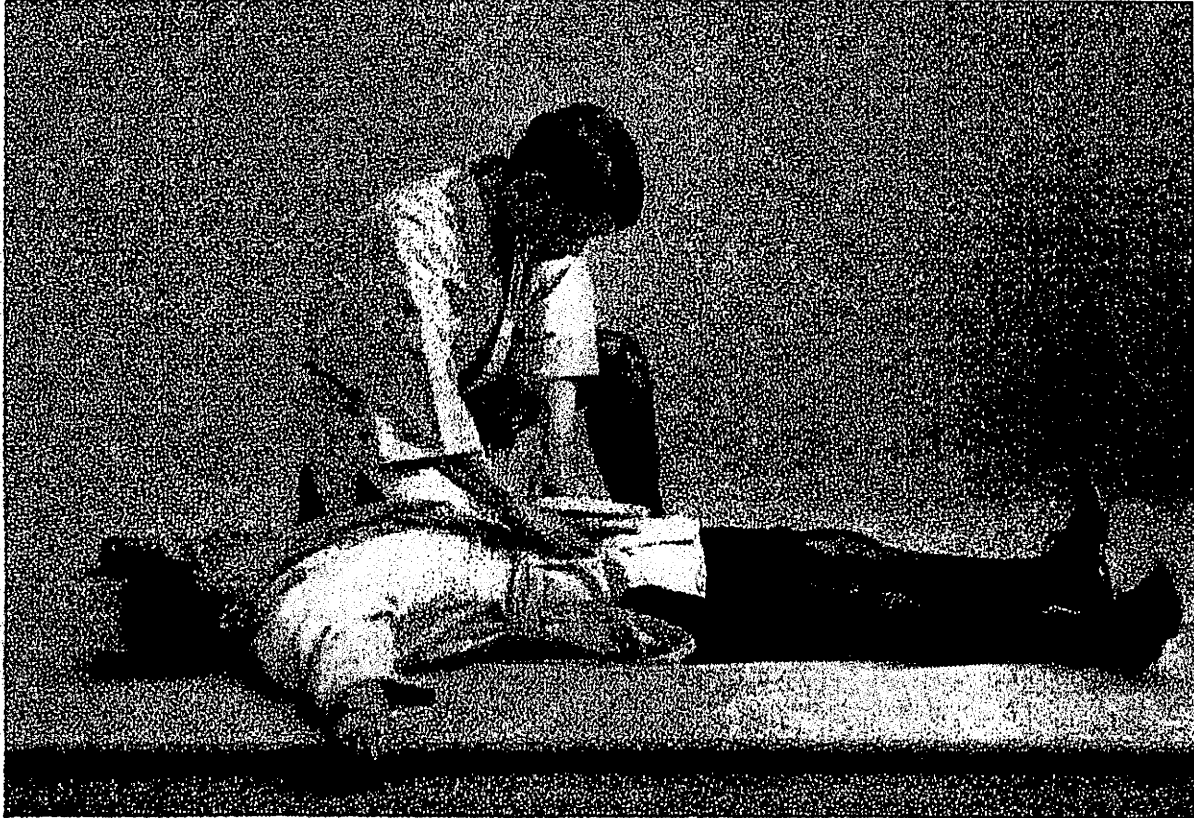
Phase 6. (No illustration.) In this final stage of the restoration from an injury to the brain, the finger-tips are employed against the scalp on a line along the side of the top of the head. This line begins just over the temples and extends almost to the back of the head. Resting the thumbs merely for support, employ the finger-tips in a vigorous massage all along the line indicated, beginning at the front of the head and working back. Then work your fingers forward again, then once more back, and so on. The style of the massage is identical with that given by the barber in a "dry massage" for the scalp.

Caution.—Students of *kuatsu* have been known to make use of these feats for the restoration of the brain's faculties on one who is suffering merely from brain-fag. While brain-*kuatsu* will make a brain more active, it is dangerous to make continued use of the feats just described for tonic effects only. Never employ the brain-*kuatsu*, therefore, except in case of actual injury to the brain.

Trick 6

Phase 1. (No illustration.) This trick is employed exclusively for treating injuries to the testicles. Your patient should lie on his back, and your assistant should hold him by the shoulders. Lift either one of your patient's feet, after having removed the shoe, and pull that leg strongly toward you. Clench your fist, with the second knuckle of your second finger protruding in advance of the same knuckles of the other fingers. With this second knuckle of the second finger, strike hard against the inner edge of the patient's instep at exactly the point indicated by 9 F on Chart I. One hard knock is enough. The patient will instantly become conscious and open his eyes.

Phase 2. (No illustration.) Turn your patient over on his face, and with the second knuckle of the second finger give one hard knock at the back of the upper portion of the hip-bone at the point indicated by 20 K on Chart II.

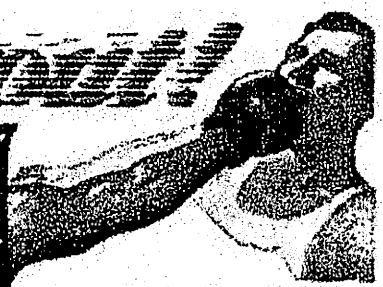


No. 504. Trick 6. Phase 3

Now, turn your patient again on his back. Take the position indicated in illustration 504, the finger-tips resting at the points E and D, Chart I.

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85 lessons — over 300 illustrations

Here it is — the famous Marshall Billigan Course in Boxing, Jiu-Jitsu and Wrestling, now at the extraordinary price of \$2.97 instead of \$5.00! — 85 lessons, 381 pages, 246 illustrations!

Sooner or later you'll have to "step your man." It may come tomorrow. A bully insults you, your sweetheart is another. Do you swallow the insult? No; you fight, but unless you know more about boxing and self-defense than your opponent, you're the one who's going to get licked.

You're not playing fair with those who know and depend upon you unless you prepare yourself. And think of the sport you're missing. There's a barrel of fun in friendly boxing bouts and wrestling matches. You may even box rings around that "chip who thinks he knows it all" of his his shoulder to the mat.

Marshall Billigan teaches you the game field in your own home from the simplest elements of hitting and parrying to the most scientific blows and guards such as the Heavy Leonard Triple, the Jack Dempsey Triple, the Piccadilly Grip, etc. So quickly do pupils learn that many rather bigger opponents after only two weeks' training.

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You may send me on approval the Marshall Billigan Course. I will deposit \$5.00 with the postman, with the understanding that if, after 10 days, I wish to return the course I may do so and my money will be refunded. If I keep the course I am simply to send you two dollars in final payment.

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An army Lieutenant had two of his men settle a dispute by arranging for a "friendly" boxing bout, witnessed by the entire company. The men were evenly matched in size, but the one knew how to box, while the other did not. The exhibition was pitiful. The man who knew how landed his blows wherever he pleased. But it wasn't the reason that hurt most—it was the shame of being unable to defend himself like a man.

Who wants to be a Clever Boxer ?

Would you like to put the gloves on with the best boxer in your club or gym, and more than hold your own? You've got the strength, you've got the grit, you've got the brains—and we'll furnish the "know-how"; the professional training that will make you a clever boxer in a very short while. You'll know the blows and guards used by the best professionals—the Benny Leonard Triple, the Jack Dempsey Triple, the Fitzsimmons Shift, the Stanley Ketchel One-two Blow, etc. You'll know how to land these blows, when to land them, and where to land them; and it will take a mighty clever boxer to get his blows past your guard!

In addition we'll teach you 15 jiu-jitsu holds, enabling you to disarm an opponent, to throw him if he grabs you from behind, to break his strangle hold on your throat, etc.; and 14 of the best holds in wrestling, including the Stetcher Scissor Hold, the Gotch Toe Hold, etc.

We'll give you three lively rounds of shadow boxing for daily practice. Great exercise to develop wind, pep, and endurance.

And to build you up physically, we'll give you a complete set of muscle-bubbling exercises and a lesson in Synthetic Breathing (for lung development) and the Colon Exercise (good for constipation). Complete instructions on training will tell you what to eat, how to develop wind, how to put on or take off weight, etc.

Your teacher, Marshall Stillman, is an expert boxer himself, and has studied this science for years. He

based his "shortcut" method on the system used by famous Professor Mike Donovan, who for many years taught boxing at the New York Athletic Club. Over 15,000 pupils have studied this course, and we have hundreds of testimonials telling how easily they mastered the lessons. And no wonder; he starts you with movements you're already familiar with, and you practice them before a mirror before you go up against an opponent. Step by step he leads you subconsciously into similar movements in boxing—guarding, ducking, feinting, side-stepping, etc., just as though you had a real opponent before you. When you've mastered the fundamentals, the rest is easy—and you're then taught every good blow and guard used in the ring.

History of Boxers: With the course we will include free a History of 69 great prize-fighters, with their pictures—gives accounts of their fights, their favorite blows, and "inside" stories seldom heard outside professional circles.

This course contains 246 illustrations, which gives you an idea of how complete it is.

Send No Money Are you still a doubter? All right—we will send you the entire course on free approval. You have ten days to examine the books. If you keep them, you have till the fifteenth of next month to pay—only \$5 (Canada \$6; other countries \$7). Don't wait another minute, but mail the coupon now to Marshall Stillman Association, Suite D-206, 461 Fourth Avenue, New York.

FREE APPROVAL COUPON

MARSHALL STILLMAN ASSOCIATION, Suite D-206, 461 Fourth Ave., New York

You may send me for free examination the complete Marshall Stillman Course in Boxing and Self-Defense, including extra instruction described above. I give you my pledge that I will either return the Course in ten days or pay for it on the 15th of the following month—prior \$5 (Canada \$6; other countries \$7).

Name..... Address.....

Brave but helpless

Deep down in your heart you know if you were called upon tonight to defend a loved one, you couldn't play the part. That if a bully spoke insultingly to your mother, sister or sweetheart, you couldn't teach him a lesson. That if you were attacked on a dark road or lonely street you couldn't overcome your opponent.

You're not a coward; it isn't that—but you don't know *how*. When your test comes, as it does come to every man, it isn't going to be just a question of whether you are brave or not, but whether you know how to box, how to defend yourself against bone-breaking and jiu-jitsu holds, how to disarm an opponent, how to stop the kick he launches at your stomach, etc.

Now, don't you see that in justice to those who look to you for protection, it is your duty not only to be *willing*, but *able* to play a man's part when the time comes! The excuse that it takes too long, or that you haven't the time, or the money, no longer holds good; for boxing and self-defense are being taught successfully by mail to over 10,000 pupils—at less than half the cost of the usual term of lessons by the old method.

Just as scientific teaching has reduced the time of learning how to swim to two or three lessons, so the Marshall Stillman "Shortcut" method has reduced the teaching of boxing to five lessons. The instruction takes place before your own mirror, so that you learn the rudiments (the hit, guard, duck, feint, clinch, and foot-work) before you face your first opponent. You are not confused while learning by the superior knowledge of an opponent who knows how. On the contrary, the very first time you go up against your opponent, you will know how to hit him, what to expect in return, and how to guard against it.

In a few more lessons you quickly learn how to disarm an opponent and how to get out of dangerous and bone-breaking holds. To show you how simple the lessons are, we quote the instructions

on how to break an opponent's strangle-hold on your throat: "If your opponent has both hands on your throat and is choking you, don't try to choke him, don't pull his wrists and don't try to hit him. Simply reach up with your two hands and take hold of his two little fingers (they are always easy to get at) and give them a quick bend backwards; break them if necessary; he will let go immediately."

Simple, isn't it? So are all the lessons in the Marshall Stillman course. Marshall Stillman has been a student of boxing and self-defense for thirty years. He was friend and pupil of Professor Mike Donovan, undefeated middleweight champion of the world. Together they created the Marshall Stillman

course as it is now taught by mail, Mike Donovan personally posing for the illustrations. For the past 10 years Marshall Stillman has concentrated on simplifying the instructions, until today, anybody, man or boy, can learn easily and quickly by mail. During the month of September more than 1,100 students enrolled; during October, more than 1,500; during November 2,000. Their voluntary testimonials speak more eloquently than anything we could say for the course.

Now, we suppose you are like many others—you still don't believe that boxing can be taught by mail, because you never heard of it being done before. All right. We are willing to prove it to you. We will mail you the complete course on five-day approval. You don't have to send any money or references. Simply fill in and mail the coupon below. If you keep the course, remit the special introductory price of \$5.00 (regularly \$10) within five days.

The complete course includes:

- 2 lessons in boxing, the hit, guard, duck, clinch, and feint, and foot-work.
- 1 set of daily exercises to keep you in good condition.
- 3 rounds of shadow boxing.
- 2 bone-breaking or jiu-jitsu holds and releases.
- 2 holds in standing wrestling.
- 1 live copy of Prof. Donovan's book, "The Science of Boxing" illustrating and describing practically every good blow and guard known to the ring.

In the face of rising costs, we cannot promise to maintain this special introductory price indefinitely, so if you are at all interested mail the coupon immediately and we will send the course on five-day approval.



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You may send me the complete Marshall Stillman course in boxing and self-defense as described above on five-day approval at your risk. I will either return it or remit the special introductory price of \$5 within five days.

Name

Address





When this test comes to you, it isn't be a question of how brave or strong you are, but whether you know how to box and defend yourself.

Brave but helpless

DEEP down in your heart you know if you were called upon tonight to defend a loved one you couldn't play the part. That if a bully spoke improperly of your mother, sister or sweetheart you couldn't teach him a lesson. That if you were attacked on a lonely street you couldn't overcome your opponent.

You're not a coward; it isn't that—but you don't *know* how. When your test comes, as it does come to every man, it isn't going to be just a question whether you are brave or not, but whether you know how to box, how to defend yourself against bone-breaking and jiu-jitsu holds, how to disarm an opponent, how to stop the kick he launches at your stomach, etc.

Now, don't you see that, in justice to those who look to you for protection, it is your duty not only to be willing but able to play a man's part when the time comes? The excuse that it takes too long, or that you haven't the time, or the money, no longer holds good; for boxing and self-defense are being taught successfully by mail to over 10,000 people —of less than half the cost of the usual term of lessons by the old method.

Just as scientific teaching has reduced the time of learning how to swim to two or three lessons, so the Marshall Stillman "Shortest" method has reduced the teaching of boxing to five lessons. The instruction takes place before your own mirror, so that you learn the rudiments. Therefore, when you face your first opponent, you know how to hit him, what to expect in return, and how to guard against it.

In a few more lessons you quickly learn how to disarm an opponent and how to get out of dangerous and bone-breaking holds. To show you how simple the lessons are, we quote the instructions on how to break an opponent's strangling hold on your throat: "If your opponent has both hands on your throat and is choking you, don't try to choke him, don't pull his wrists and don't try to hit him. Simply reach up with your two hands and take hold of his two little fingers (they are easy to get at) and give them a quick bend backwards; break them if necessary; he will let go immediately."

Simple, isn't it? So are all the lessons in the Marshall Stillman course. Marshall Stillman has been a student of boxing and self-defense for thirty years. He was a friend and pupil of Professor Mike Donovan, undefeated middleweight champion

of the world. Together they created the Marshall Stillman course, Mike Donovan personally posing for the illustrations. For the past ten years Marshall Stillman has concentrated on simplifying the course until today any man or boy can learn easily and quickly by mail.

The complete course includes:

- 5 lessons in boxing, the hit guard, duck clinch and feint, and footwork.
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- 3 rounds of shadow boxing.
- 8 bone-breaking or jiu-jitsu holds and releases.
- 8 holds in standing wrestling.
- 1 free copy of Professor Donovan's book, "The Science of Boxing," illustrating and describing practically every good blow and guard known to the ring.

Now, we suppose you are like many others—you still doubt that boxing can be taught by mail, because you never heard of it being done before. All right. We are willing to convince you by mailing you the complete course on approval. You don't have to send any money. Simply fill in and mail the coupon below. If you keep the course, remit the special introductory price of \$5.00 (regularly \$10) within five days.

In the face of rising costs, we cannot maintain this special introductory price indefinitely, so if you are at all interested mail the coupon immediately to the Marshall Stillman Association, Suite C-3, 461 Fourth Ave., New York, and we will send the course on five-day approval.

FREE TRIAL COUPON

Marshall Stillman Association,
Suite C-3, 461 Fourth Avenue, New York

You may send us the name and address on the margin below the complete Marshall Stillman course in boxing and self-defense as described above on 5-day approval at your risk. I will either return it or remit the special introductory price of \$5 within 5 days.

CAN YOU HOLD YOUR OWN?



You probably haven't had a real fight since you were very small. Settling a dispute with your fists is the last thing you'd think of. And yet, a time may come when you will have to fight.

Suppose you saw a rowdy in the act of insulting a woman. Could you look the other way? No, sir, you'd want to step right up and teach him a lesson. But could you? A quarrel might lead to the challenge: "Come outside and fight." Could you do it and hold your own? Or suppose you were attacked in a deserted street after dark. You'd have to fight! Your very life might depend upon being able to disarm the thing

and cripple him with a powerful blow or jiu jitsu hold.

Remember, those two fists of yours are the best weapons if you know how to use them—they're always with you, always ready.

Marshall Stillman will teach you boxing and self-defense in your own home. In his course, the fundamentals (hitting, guarding, ducking, feinting and footwork) are easily learned. You start with simple movements before a mirror—the breast stroke in swimming, holding out your hand for a coin, etc. Subconsciously you are led into striking heavy blows, guarding, ducking, feinting, etc., just as though you had a real opponent before you.

When you've mastered the fundamentals, you're taught every good blow in the ring—when to land it, where to land it, and how to guard against your opponent's counter attack.

Then comes shadow boxing. Marshall Stillman has combined such scientific blows as the Jack Dempsey Triple, the Benjie Leonard Triple, the Mike Donovan Double, etc., into 3 lively rounds for daily practice.

You're also taught 12 wrestling holds and 15 jiu jitsu holds—how to disarm a man with a pistol, dagger or club; how to break a strangle hold, etc.

The course includes a set of muscle building exercises—the Colon Exercise (a remedy for constipation) and Synthetic Breathing (a lung developer and aid in curing nervousness), and there's a history of 60 great boxers. There are 248 illustrations in the course.

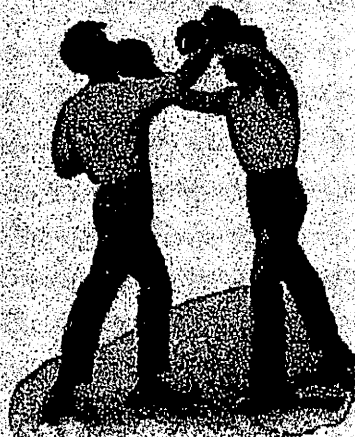
SENT FREE ON APPROVAL

The entire course is sent on approval. You keep it 10 days, and then, if not satisfied, return it. If you buy it, you have till the 15th of the following month to pay (\$8 in the U. S., \$6 in Canada, \$7 in foreign countries). Write to

MARSHALL STILLMAN ASSOCIATION
Suite 1321-H, 461 Fourth Ave. . . . NEW YORK

Who wants to learn boxing?

Would you like to give that big fellow who knows it all the surprise of his life, and box rings around him? Would you like to know the eight most



effective blows and the best guards? Would you like to put it all over him in a wrestling match and to learn how to defend yourself against all sorts of violent attack?

Marshall Stillman, pupil of famous Prof. Mike Donovan, teaches boxing and self-defense to thousands of men right in their own homes. You learn how to guard, hit, duck and feint exactly like a professional. After a few weeks' practice you can make a good showing against any of your boxing friends.

The system is simple and easy to understand. You start with familiar motions like the breast stroke in swimming and are led right into guarding and hitting like a professional.

With the boxing lessons you get lessons in wrestling (12 holds), jiu jitsu (15 bone-breaking holds and releases), with daily exercises to make you tough and enduring. Also three rounds of shadow boxing and a history of famous prize-fighters with their favorite blows, including Benny Leonard's Triple Blow, the Fitzsimmons' Shift, the Dempsey Triple Blow, etc.

Sent free on approval

We send the entire course (6 books) on approval. If you like it, send us \$5 by the 15th of next month (\$6 for Canada; \$7 for other countries). Or you can return it in ten days. Write today to Marshall Stillman Assn., Suite H-205, 461 Fourth Ave., New York.

Box Like a Professional!

You can put the gloves on with the best boxer in your club or gym and more than hold your own. You can use the blows and guards developed by the top-notchers—the Benny Leonard Triple, the Jack Dempsey Triple, the Fitzsimmons Shift, etc. You can hit an opponent whenever and wherever you please, and guard, duck and side-step so cleverly that he won't be able to reach you.

In short, you can learn to box like a professional. We'll take all the risk of proving this.

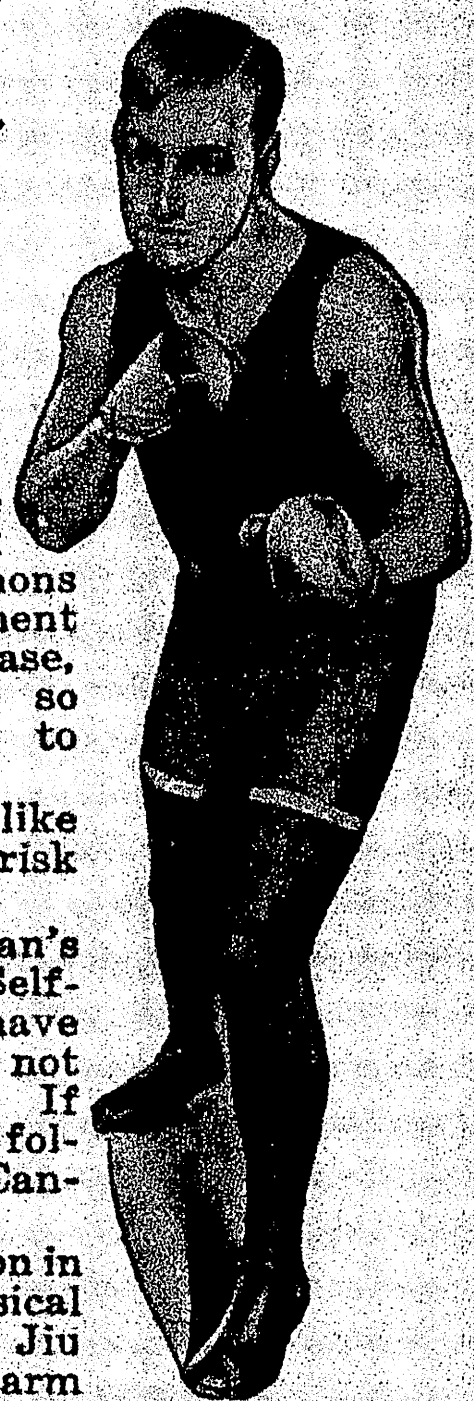
We'll send you Marshall Stillman's Shortcut Course in Boxing and Self-Defense on free approval. You have 10 days to examine it. If you're not convinced, you return the course. If you keep it, you have until the following month to pay—only \$5 (Canada, \$6; other countries, \$7).

In addition to complete instruction in Boxing, Shadow Boxing and Physical Training, you're also taught 15 Jiu Jitsu Holds, enabling you to disarm an opponent, to throw him if he grabs you from behind, etc., and 14 of the best wrestling holds, including the Gotch Toe Hold and the Stecher Scissor Hold.

History of Boxers. The course includes Free a History of 69 Great Prize Fighters with their pictures.

Remember, You Send No Money. We couldn't do this if the course didn't make good. So write now to

MARSHALL STILLMAN ASSOCIATION
461 Fourth Avenue (Suite 1321-K), NEW YORK





Do you want to be a good Boxer?

Do you want to be able to put the gloves on with any of your pals, and more than hold your own? Do you want to be able to defend yourself if attacked? Do you want to be able to use the blows developed by the top-notchers—the Benny Leonard Triple Blow, the Jack Dempsey Triple, the Fitzsimmons Shift, etc.?

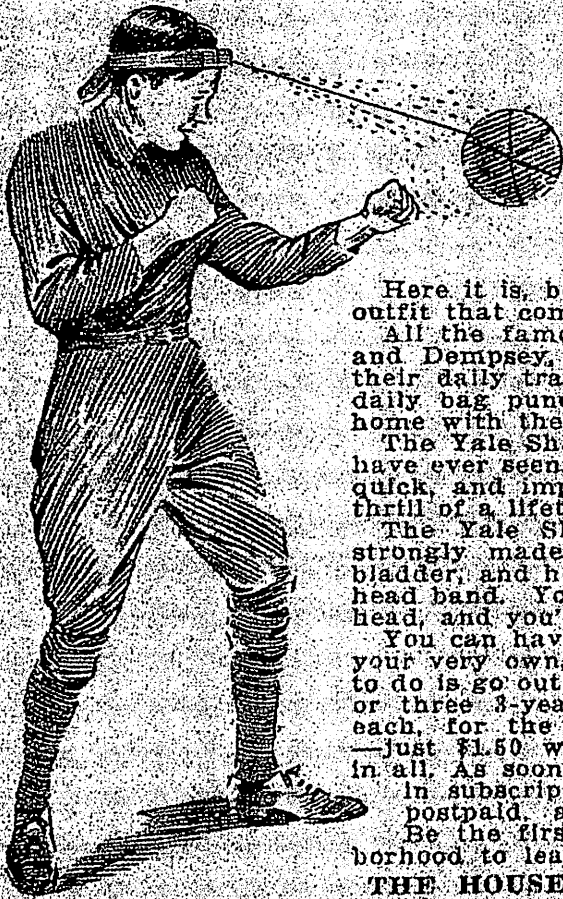
Marshall Stillman's Shortcut Course teaches boxing, jiu-jitsu and wrestling in an entirely new way. He starts with movements you're already familiar with, and quickly leads you into striking scientific blows, ducking, feinting, side-stepping, etc., like a professional.

You're taught every good blow; when to land it, and how to guard against your opponent's counter.

To complete your training in self-defense, you're taught 14 wrestling and 15 jiu-jitsu holds.

There's a **History of 69 Great Boxers**, with their pictures. There are 246 illustrations in the entire course.

Send No Money. We send the entire course on approval. If you keep it, you send us \$5 on the 15th of the following month. Otherwise you return the course within 10 days. Write now to the Marshall Stillman Association, Suite H-204, 461 Fourth Avenue, New York.



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It Will Make a Boxer of You

Here it is, boys, the Yale Shadow Ball, the famous sport outfit that combines real shadow boxing and bag punching.

All the famous boxers punch the bag; men like Tunney and Dempsey, world champions, shadow box as a part of their daily training. You too, can have the advantages of daily bag punching and shadow boxing right in your own home with the Yale Shadow Ball.

The Yale Shadow Ball is the greatest muscle builder you have ever seen. It trains you to be alert; it makes your eyes quick, and improves your speed. You're going to get the thrill of a lifetime out of using it.

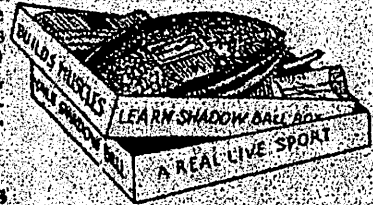
The Yale Shadow Ball comes to you complete. It is strongly made with a heavy leatherette cover, pure gum bladder, and heavy rubber elastic attached to an adjustable head band. You simply blow it up, slip the band over your head, and you're ready to go!

You can have one of these famous Yale Shadow Balls for your very own, and it won't cost you a cent! All you need to do is go out and get six 1-year subscriptions at 25c each, or three 3-year subscriptions at 50c each, for the Household Magazine — just \$1.50 worth of subscriptions in all. As soon as you send in \$1.50

in subscriptions, we'll mail you, postpaid, a Yale Shadow Ball.

Be the first boy in your neighborhood to learn Shadow Boxing.

THE HOUSEHOLD MAGAZINE,
Topeka, Kansas



Kuatsu

The Ancient Japanese Method of Restoring Life!




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NLP Trainer,
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10th Dan Kenpo Karate (World Kenpo Karate, 1995
& I Chi Mu Kenpo Jiu Jitsu, 2002).

“The LOST & SECRET Art of Kuatsu”

The Ancient Japanese Method of Restoring Life!

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A SIMPLE HOLD THAT
RENDERS AN ASSAILANT
HELPLESS.
(Returned)

JIU-JITSU COMBAT TRICKS

Japanese Feats of Attack and Defence
in Personal Encounter.

Jiu-Jitsu is the Japanese method of Physical Training.
Jiu-Jitsu has been practised by the Japanese for 2,500 years.
Jiu-Jitsu means "muscle breaking."
Jiu-Jitsu is easily learned.
Jiu-Jitsu helps the weak master the strong.

MR. H. IRVING HANCOCK, author of "Japanese Physical Training," and acknowledged as a master in Jiu-Jitsu gives in this new book a long series of advanced and highly scientific feats of attack and defence that are practised by Japanese experts in Jiu-Jitsu. With a thorough knowledge of these feats, such as may be gained from a study of the book, one does not need to be a man of brawn and muscle in order to overcome a powerful opponent. Seizing is powerless before Jiu-Jitsu, and much space is devoted to the subject of "stopping" blows with feet. It is skill, not strength that counts.

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New York City

Enclosed find \$1.35
Send me copy of "Jiu-
Jitsu Combat Tricks."

Name.....
Address.....

1905 original Jiu-Jitsu Combat advertisement

I do have a strong interest in historical evidence and writings of the martial arts. Especially in the technologies that are using the 9 esoteric energy systems of the human body.

We are constellations of energy systems, just as the body with its immune, endocrine, cardiovascular, and other systems work together naturally, usually below the threshold of our awareness.

These 9 energy systems are:

1. The 12 Meridians and 2 Vessels that feed those meridians
2. The 7 primary Chakras
3. The aura and its 7 layers;

- a. the first layer is the etheric,
- b. the second is the emotional,
- c. the third is the emotional,
- d. and the 4 is the casual, or soul level.

For now I will ignore those other 3 layers.

4. The Celtic Weave

5. The Basis Grid

6. The Five Rhythms

7. The Triple Warmer

8. The Radiant Circuits

9. The Electricals

The above are the 9 energy systems that can be used for healing, but NOT so much for hurting.

And, “yes” I do know and have studied all the works put out in the last 20 years by “authorities” in Pressure Point Fighting, and I’ve studied and practiced what they preach...

...then I’ve compared it to Traditional Chinese Medicine, Eden Energy Medicine (I’m one of the most highly trained students of that field in the world), and my experiences.

Most of those “experts” are off the mark in their explanations about how hitting certain meridians cause certain problems in the body.

It just is NOT so.

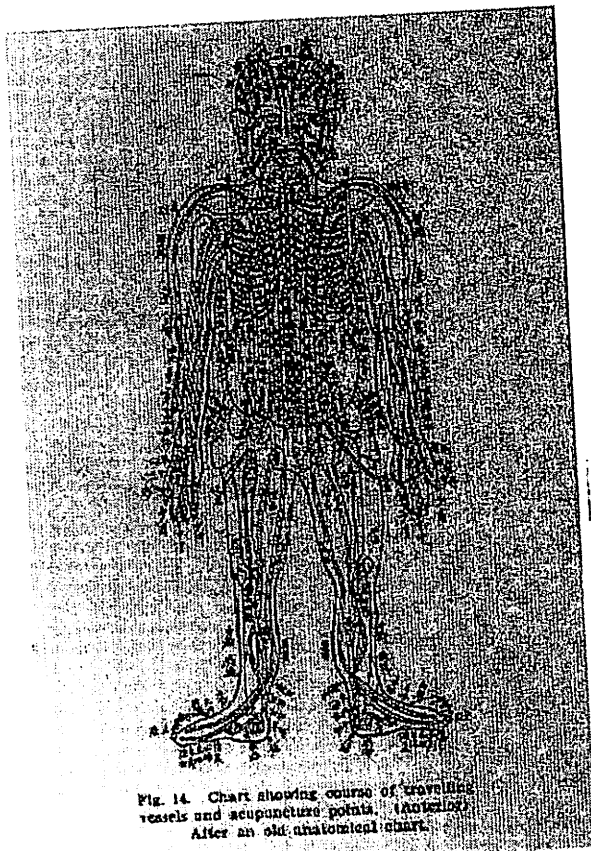
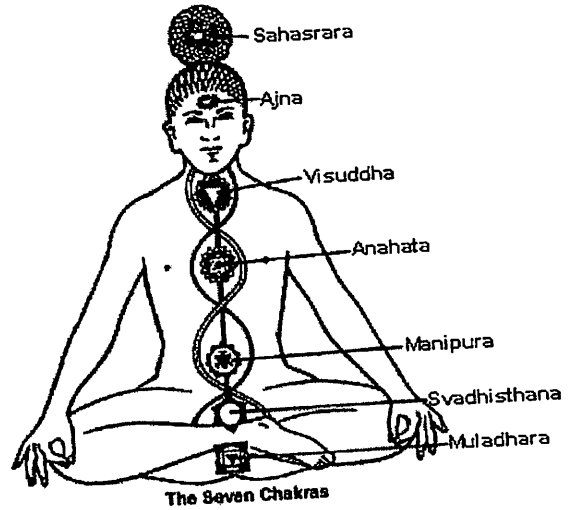


Fig. 14. Chart showing course of traveling vessels and acupuncture points. (After an old anatomical chart.)

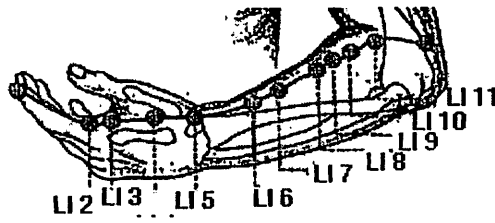


The Seven Chakras

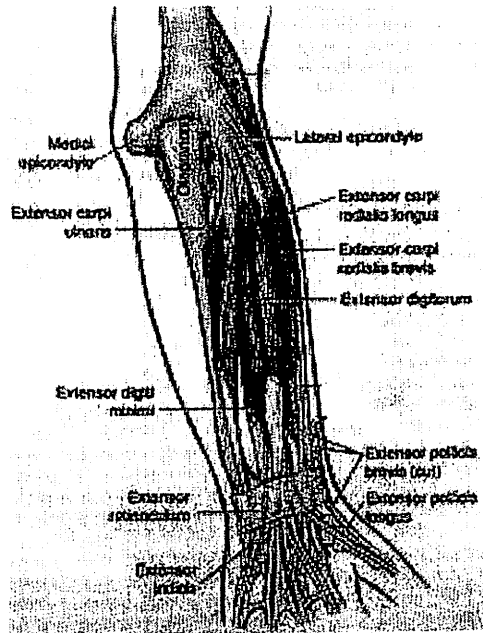
Their explanations of “why those strikes work” are confused at best.

For instance striking Large Intestine point 11, has virtually nothing to do with what happens there. What happens is that the muscle is caught between a hammer and an anvil, and is instantly bruised.





It is bruised between the **pisiform bone** of the Shuto-Hand, and the radial bone of the arm. It just happens that the particular meridian point is on the skin above that area.



Okay.

So what does work?

Here are a few:

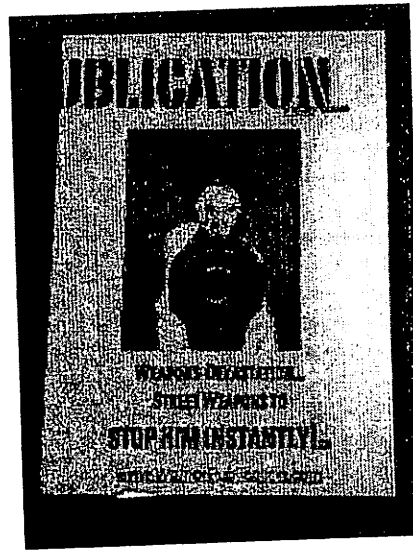
1. Hollow organ strikes,
2. solid organ strikes,
3. muscle attacks,
4. tendon attacks,
5. nerve plexus,
6. nerve strikes,
7. flat bone strikes,

8. small bone strikes,

9. attacks to ligaments,

10. reflex points, etc.

To effectively use them you need a minimum of 9 different weapon types (not to be explained here), and you need to know the bones, blood vessels, nerves, organs, and other basic anatomy of the body.



"Secrets of Weapon Devastation" - How-To-Use a "Fist" Load to become street lethal - Shows the BEST weapons carried on the street, and how, they are used. other items covered, How not to go to jail if you are ever forced into a self-defense situation. DVD \$49 Call 541-535-3188 or email warriorpublication@gmail.com

You also need to know how the brain works, along with how fight, freeze or flight is installed into a human.

But I've already got 9 DVDs and large training manuals on that topic, so onward with Kuatsu.

1912, in a recent contribution, the author (MCKENZIE, B. A., M. D) has described Kuatsu or the Japanese method of restoring life.

Kuatsu, or the restoration of life, is an integral part of jiu jitsu.

NOTE: In Japanese, 活 (resuscitation) is correctly written as katsu (かつ). The "kuatsu" Romanization is an older form prior to the standardization of the late-1940's. (Kind of like the older Jiu-Jiutsu). As a point of interest, 活法 Kappō (かつぽう), is a contraction of the two words: katsu and hō, meaning resuscitation method. Prof George Arrington.

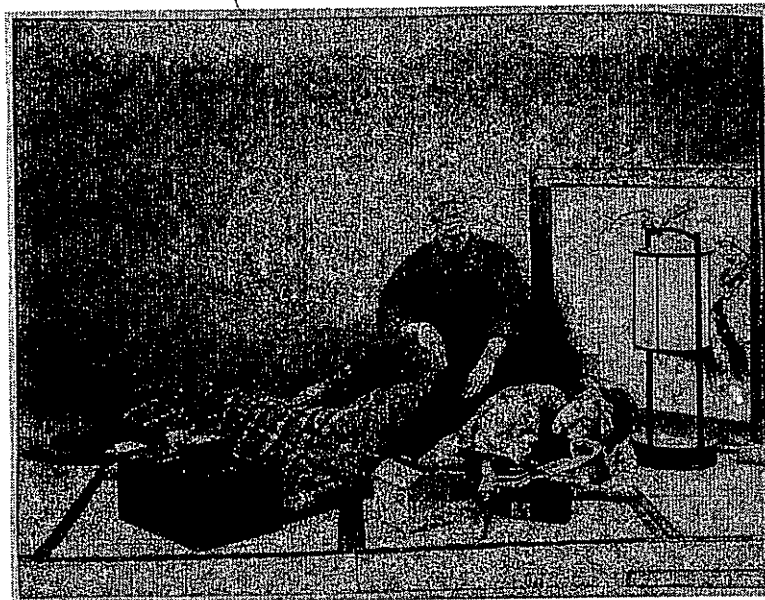
The latter is usually regarded wholly as a means of physical training and as a method of combat, but when the victim is "knocked out," recourse is had by adepts to definite methods of resuscitation known as kuatsu.

Many centuries ago, when jiu jitsu was primarily conceived in Japan, kuatsu was used for reviving individuals who were rendered unconscious by the various systems of jiu jitsu, but later it was shown that kuatsu was equally effective in instances of sunstroke, drowning, and injuries from other causes.

It is stated that the adept in jiu jitsu inflicts no injury that cannot be promptly remedied by the aid of kuatsu, whereas our pugilists may inflict blows which may render their opponents unconscious and yet are unable to do anything to revive them.

The captious critics of kuatsu seek to dispose of the supposed exaggerated claims of the latter by the derisive observation that the jiu jitsu man is able to restore those whom he kills.

The line of demarcation between life and death is difficult of determination and an individual should, paradoxical as it may appear, only be regarded as dead when it is demonstrated that he is not alive. The extraordinary tenacity of life shown by the exsected heart is really marvelous.



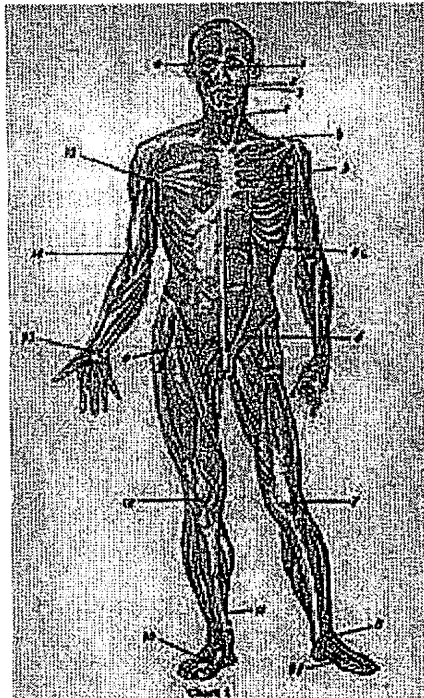
By artificial perfusion Kuliabko elicited well marked contractions of the entire heart of the rabbit five days after the death of the animal, and the same authority completely revived the heart of a four year old boy who had died of pneumonia twenty-four hours after death.

A study of the charts in any representative work* on jiu jitsu shows a number of points on the body surface which, when struck, will cause either insensibility or death. The writer has exerted firm pressure over the various points in question and

functions of the circulation and respiration, otherwise, it is said the patient relapses into unconsciousness.*2.

*1, A representative work of this character is that of Hancock, *The Complete Kano Jiu-Jitsu*. There are many systems of jiu-jitsu in Japan, but the Kano system has been adopted by the government.

*2, The minute details of the method are not recounted although regarded as important by authors on the subject. In the opinion of the writer, the essential feature of the method is concussion of the seventh cervical spine.



Kuatsu Vital Strikes From the Complete Kano Jiu Jitsu (please notice that they are very limited in number, as if they were holding some really important “information” back).

The resistance of the myocardium in stretching during diastole represents the tonicity of the cardiac muscle.

In the normal state stretching of the cardiac parietes is affected by the pressure of the blood which enters the heart from the large veins and is essentially a venous pressure.

It follows that in high venous pressure, provided the cardiac tonicity is compromised, a cardiac dilatation must ensue. In the latter condition the amount of residual blood in the heart usually exceeds the systolic output of the organ.

In the vagus of the frog there is one set of fibres which only influences the heart rate (chronotropic effects), whereas another set increases the force of the contraction and cardiac tonicity without affecting the rate.

The latter tonic fibres in the vagus are stimulated by the usual cardiotonics, but the action of the latter is inhibited if the vagi have been cut or paralyzed by atropin. The action of the cardiac nerves has always been a subject of contention.

The vagus slows the action of the heart (inhibitory action), whereas the accelerator nerves quicken the action of the heart. Both nerves in the norm are in tonic activity.

Reference to Fig. n9, shows the origin and course of the cardiac nerves. It will be noted that the spinous process of the 7th cervical vertebra corresponds to the 3d dorsal segment of the cord, which in turn corresponds to the root-origin of the third thoracic nerve.

Concussion is often a more powerful nerve stimulant than electricity and a blow on the head results in photopsia due to stimulation of the optic nerve by the propagated blow.

In concussion of the 7th cervical spine, the blow is transmitted through the spinal nerves to the sympathetic ganglia which form in connection with branches of the vagus, the superficial and deep cardiac plexus, and it is essentially by this indirect stimulation of the vagus that the effects are attained by concussion of the 7th cervical spine.

Aortic contraction in *aneurysms* is effected through the same neuro-medullary pathway.

The writer has shown empirically that the best site for stimulating the vagus and thus increasing the force of cardiac contraction and cardiac tonicity is the spinous process of the seventh cervical spine.

The most effective excitant of the heart reflex is concussion, which is a mechanical stimulus and that the reflex in question may be elicited with the same certainty and precision as are the reflexes by the vivisectionist in his laboratory.

A just appreciation of the latter facts by the clinician will prove of great value to him in the treatment of myocardial insufficiency and as an aid in resuscitation. They also explain the kuatsu method of reanimation.

1904, JIU JITSU (written also ju-jutsu and jiujitsu), the Japanese method of personal attack and self-defense, literally meaning the art of making one's opponent use his strength to his own disadvantage.

There are many methods, but only one is recognized as official, that devised by Prof. Jiguro Kano, principal of the High Normal School of Tokio, and is taught to every officer and enlisted man of the Japanese army, navy and police departments.

Included in the 160 feats of the Kano system are the "serious tricks," by which death may be caused at the will of the adept, and the process of Kuatsu or reification, by which the apparently lifeless victim is restored to the full use of his functional powers.



Jiu jitsu is not a system of muscle building by physical training, but rather a means of offsetting the effectiveness of powerful muscles, by performing the most skilful yet simple manoeuvres.

The United States government has recognized its importance as science by having it taught at West Point and Annapolis as a special training.

It is a scientific application of the knowledge of the weaker spots in the human anatomy to offense and defense.

Such spots as the "funny bone" are utilized to down an adversary; fingers are bent backward; an opponent's onward rush is utilized to trip him; he is encouraged to uncover an armpit; he is pressed in the gland below and back of the ear; in short every trick that would be accounted "foul" in wrestling and boxing is the height of excellence in jiu jitsu.

The study and practice of this art has been recommended to slight men and to women as a protection in case of assault.

In professional jiu jitsu bouts the contestants avoid being injured by rapping the floor with hand or foot, and thus acknowledging defeat when an adversary has one in a position where he could inflict serious hurt. Consult Skinner, 'Jiu Jitsu' (New York 1904).

1905, Jiu-jitsu is a complicated system of trick wrestling evolved by the Japanese after centuries of trial and practice by the ruling classes.

It depends upon an intimate anatomic knowledge of the joints and peripheral nerves.

The wrestler tries to seize his opponent in such a way that he can twist a joint, say the shoulder, so as to give great pain.



American school boys have a trick of seizing another's index finger and bending it back until pain causes the sufferer to cry for mercy, and this is typical of jiu-jitsu.

It is combined with such tricks as pressing upon exposed nerves or tender spots in joints such as under the lobe of the ear, while holding the opponent in a species of chancery, or an effort may be made to choke the opponent.



As soon as the antagonist relaxes his guard in a moment of pain, the other slips behind him, and while back to back, throws him over his head by a dexterous movement.



While still stunned, the fallen man is seized, bound, handcuffed, or in the olden times dispatched with the sword.

The system was carefully taught to all the samurai or ruling caste, but the mass of the people were kept in ignorance of its tricks.

At present it is apparently used by only the police, to assist them in overpowering men much larger than themselves. — *Antenan Medicine*.



JU-JUTSU or JIU-JITSU

...a Chino-Japanese term, meaning muscle-science), the Japanese method of offence and defence without weapons in personal encounter, upon which is founded the system of physical culture universal in Japan.



Some historians assert that it was founded by a Japanese physician who learned its rudiments while studying in China, but most writers maintain that ju-jutsu was in common use in Japan centuries earlier, and that it was known in the 7th century B.C.



Chinese Kung-Fu Master Li Cunyi

Originally it was an art practised solely by the nobility, and particularly by the samurai who, possessing the right, denied to commoners, of carrying swords, were thus enabled to show their superiority over common people even when without weapons.

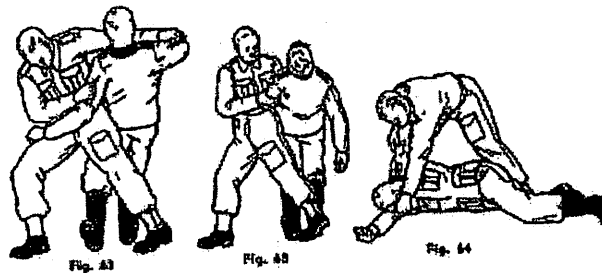
It was a secret art, jealously guarded from those not privileged to use it, until the feudal system was abandoned in Japan, and now ju-jutsu is taught in the schools, as well as in public and private gymnasia.

In the army, navy and police it receives particular attention. About the beginning of the 20th century, masters of the art began to attract attention in Europe and America, and schools were established in Great Britain and the United States, as well as on the continent of Europe.



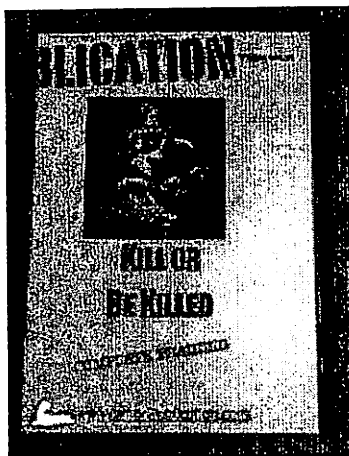
Major Fairbairn teaches close combat nerve tactics!

Ju-jutsu may be briefly defined as "an application of anatomical knowledge to the purpose of offence and defence.



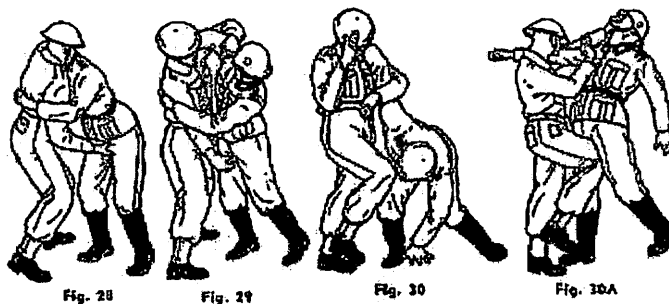
Fairbairn teaches throwing & submission tactics to Hong Kong Police!

It differs from wrestling in that it does not depend upon muscular strength. It differs from the other forms of attack in that it uses no weapon.



“Secrets of Kill or Be Killed” - This is the hard core street secrets that street cops love. This video covers in specific detail, club defense, gun defense, and mass-attack defense. DVD \$49

Its feat consists in clutching or striking such part of an enemy's body as will make him numb and incapable of resistance. Its object is not to kill, but to incapacitate one for action for the time being" (Inazo Nitobe, *Bushido: the Soul of Japan*).



Fairbairn submission tactics for Hong Kong Police!

Many writers translate the term ju-jutsu "to conquer by yielding" (Jap. *ju*, pliant), and this phrase well expresses a salient characteristic of the art, since the weight and strength of the opponent are employed to his own undoing.

When, for example, a big man rushes at a smaller opponent, the smaller man, instead of seeking to oppose strength to strength, falls backwards or sidewise, pulling his heavy adversary after him and taking advantage of his loss of balance to gain some lock or hold known to the science.



Nishimura demonstrating a “yielding” throw, tomoe-nage.

This element of yielding in order to conquer is thus referred to in Lafcadio Hearn's *Out of the East*:

"In jiu-jitsu there is a sort of counter for every twist, wrench, pull, push or bend: only the jiu-jitsu expert does not oppose such movements.

No; he yields to them.

But he does much more than that.

He aids them with a wicked sleight that causes the assailant to put out his own shoulder, to fracture his own arm, or, in a desperate case, even to break his own neck or back."

The knowledge of anatomy mentioned by Nitobe is acquired in order that the combatant may know the weak parts of his adversary's body and attack them.

Several of these sensitive places, for instance the partially exposed nerve in the elbow popularly known as the "funny-bone" and the complex of nerves over the stomach called the solar plexus, are familiar to the European, but the ju-jutsu expert is acquainted with many others which, when compressed, struck, or pinched, cause temporary paralysis of a more or less **complete nature.**

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Such places are the arm-pit, the ankle and wrist bones, the tendon running downward from the ear, the "Adam's apple," and the nerves of the upper arm.

In serious fighting almost any hold or attack is resorted to and a broken or badly sprained limb is the least that can befall the victim.

But in the practice of the art as a means of physical culture the knowledge of the different grips is assumed on both sides, as well as the danger of resisting too long.

For this reason the combatant, when he feels himself on the point of being disabled, is instructed to signal his acknowledgment of defeat by striking the floor with hand or foot.

The bout then ends and both combatants rise and begin afresh. It will be seen that a victory in ju-jutsu does not mean that the opponent shall be placed in some particular position, as in wrestling, but in any position in which his judgment or knowledge tells him that, unless he yields, he will suffer a disabling injury.

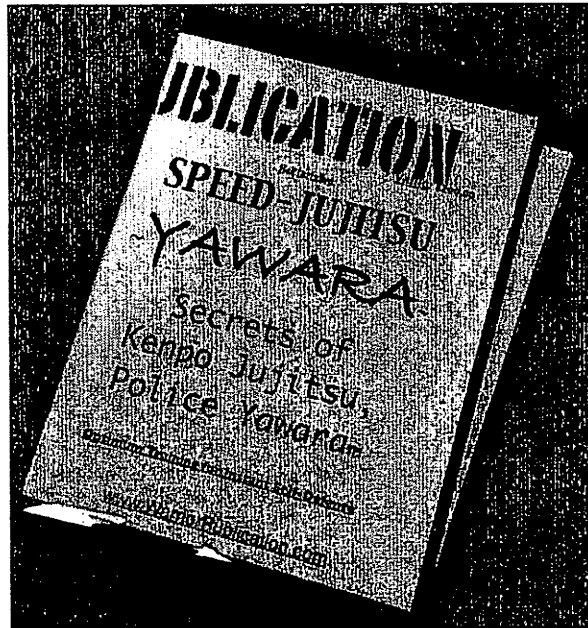
This difference existed between the wrestling and the *pancratium* of the Olympic games.

In the *pancratium* the fight went on until one combatant acknowledged defeat, but, although many a man allowed himself to be beaten into insensibility rather than suffer this humiliation, it was nevertheless held to be a disgrace to kill an opponent.

A modern bout at ju-jutsu usually begins by the combatants taking hold with both hands upon the collars of each other's jackets or kimonos, after which, upon the word to start being given, the manoeuvring for an advantageous grip begins by pushes, pulls, jerks, falls, grips or other movements.

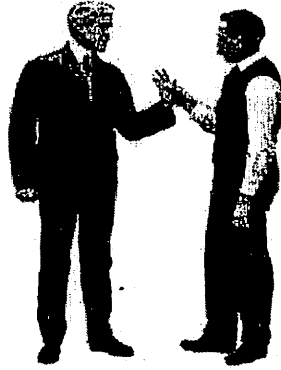


Once the wrist, ankle, neck, arm or leg of an assailant is firmly grasped so that added force will dislocate it, there is nothing for the seized man to do, in case he is still on his feet, but go to the floor, often being thrown clean over his opponent's head.



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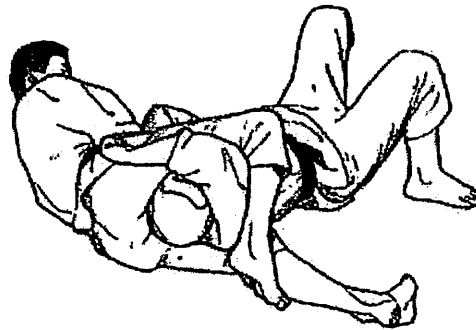
Jiu-Jitsu



LESSON 2. POSITION NO. 2

Strike his hand as shown in the above illustration, hold it steady.

A fall of this kind does not necessarily mean defeat, for the struggle proceeds upon the floor, where indeed most of the combat takes place, and the ju-jutsu expert receives a long training in the art of falling without injury.



Blows are delivered, not with the fist, but with the open hand, the exterior edge of which is hardened by exercises.

The physical training necessary to produce expertness is the most valuable feature of ju-jutsu.

The system includes a light and nourishing diet, plenty of sleep, deep-breathing exercises, an abundance of fresh air and general moderation in habits, in addition to the actual gymnastic exercises for the purpose of muscle-building and the cultivation of agility of eye and mind as well as of body.



FIG. 5--HEP-LOCK, USED IN BOTH WRESTLING AND JIJITSU

Throwing over the back so they can stun them and go into mat work.

It is practised by both sexes in Japan.



Many attempts have been made in England and America to match ju-jutsu experts against wrestlers, mostly of the "catch as-catch can" school.

But these trials have, almost without exception, proved unsatisfactory, since many of the most efficacious tricks of ju-jutsu, such as the strangle holds and twists of wrists and ankles, are accounted foul in wrestling.



An example of Catch as catch can wrestling, that started beating the Jiu Jitsu practitioners after they learned their moves and tricks.

Nevertheless the Japanese athletes, even when obliged to forgo these, have usually proved more than a match for European wrestlers of their own weight.

See H. Irving Hancock's *Japanese Physical Training* (1904); *Physical Training for Women by Japanese Methods* (1904); *The Complete Kano Jiu-jitsu (Jiudo)* (1905); M. Ohashi, *Japanese Physical Culture* (1904); K. Saito, *Jiu-jitsu Tricks* (1905).

VOL. XI. DECEMBER, 1906 No. 4

THE LEGACY OF THE SAMAURI.

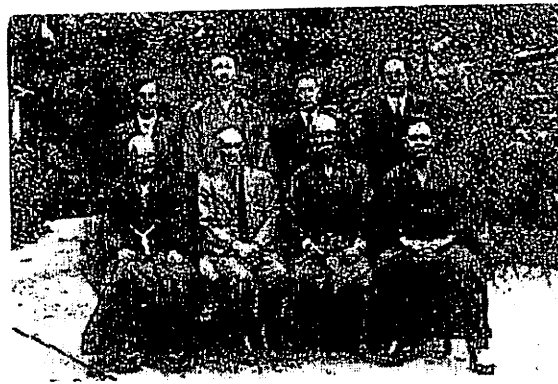
R. TAIT MCKENZIE, B. A., M. D. University of Pennsylvania.

About four centuries ago, Akiyama went from Japan to study medicine in China.

While there he saw a way of fighting called "Hakuda," consisting of striking and seizing.

He learned three methods of "Hakuda" and twenty-eight ways of recovering a man from apparent death (Kuatsu).

When he returned to Japan he began to teach it, but as he had but few methods he soon had still fewer pupils.

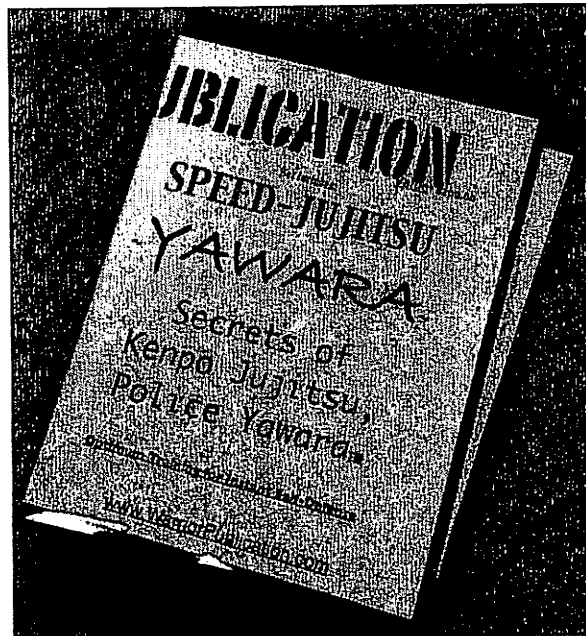


In 1936 the above group changed the word Hakuda to Judo.

Much grieved at his failure he went to the Tenjin Shrine, and there worshipped for one hundred days.

One day, while out walking during a snowstorm, he observed a willow with branches covered with snow. Unlike the pine which stood erect and broke before the violence of the storm, the willow yielded to the weight on its branches, but it did not break.

In this way reflected this Isaac Newton of Japan must "Hakuda" be practiced. Working on this principle he discovered 303 different methods of the art. So he named his school "Yoshin-Riu" (the spirit of the willow tree).



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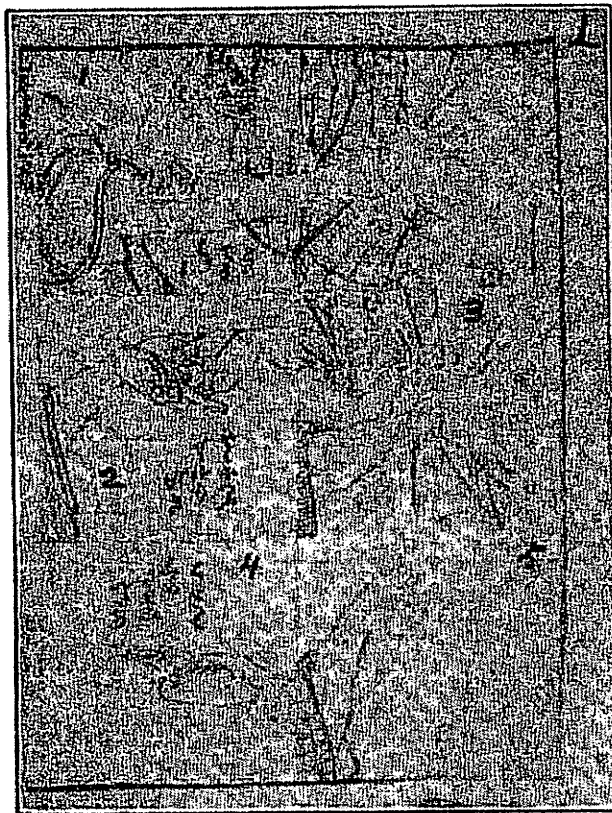


PLATE I

Page from a sketch book of Hokusai (1760-1849) showing—1, Defense against a man who seizes your (Keiko-gi) garment by wrist and elbow hold. 2, Bending the second finger. 3, Wrist hold with both hands. 4, Finger hold, beginning. 5, Finger hold, finish.

There is something singularly attractive to the oriental mind in such a principle, for it is in just 'his way that Japan has preserved her political and social integrity in spite of the overwhelming inroads on her commerce and interference in her foreign policy by the great powers of Europe.

She has yielded to their influence by sending her students abroad, flattering the West by their eagerness to be taught.

She has employed white instructors in her schools and colleges and in her army and navy, until, now that she has learned all that they can teach her, she bids them honorably to take themselves off and leave her to work out her own problems.

Jiu-jitsu is the art of fighting without weapons, and was the exclusive possession, until thirty years ago, of the Samauri, or "swordsmen," the warrior class that corresponded closely to the Nobles and Knights of the middle ages in Europe.

They had their pride of birth, their crests and coats of arms, and their own code of ethics, and when not engaged in actual fighting they practiced mimic war with bamboo swords, quarter-staves and Jiu-jitsu.

There are many synonyms of this word and many translations of its meaning. It has been called "Yawara." "Tajjitsu," "Kogusoku," "Hakuda." and "Kempo," the last a Chinese word.

It has been translated as "The art of seizing a man," "To gain by yielding or pliancy," "Soft business."

The actual origin is obscure and veiled by traditions in which the supernatural plays a prominent part.

One account says: "In 1532, a sorcerer came unexpectedly to the house of Kakenouchi and taught him five methods of seizing a man. He thereupon took himself off, and none could tell whither he went."



Many Japanese martial arts experts were considered sorcerers by the common people, because of their high skill levels that were beyond comprehension of "normals".

Of the origin of "Ken" (Kempo) tradition says: Chingempin came from China after the fall of the Min dynasty and lived in Kokyo, in the Buddhist Temple, with three ronins: Fukuno, Isoyai, and Miura.

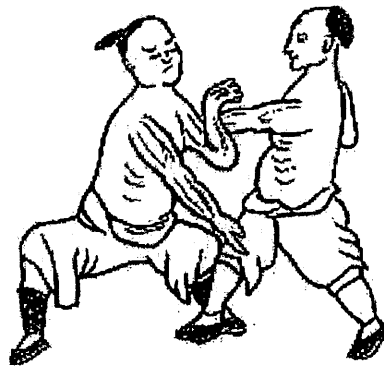
One day, he told the three that in China there was an art of seizing a man that he, himself, had seen practiced. They worked together and became very skillful in it. This art probably included kicking and striking as well as seizing.

The origin is usually traced to these three pupils, and the following principles were formulated as necessary:

1. Not to resist an opponent, but to gain the victory by pliancy.
2. Not to aim at frequent victory.
3. Not to be led into scolding (bickering), by keeping the mind composed and calm (empty).
4. Not to be disturbed by things.
5. Not to be agitated under any emergency but to be tranquil.

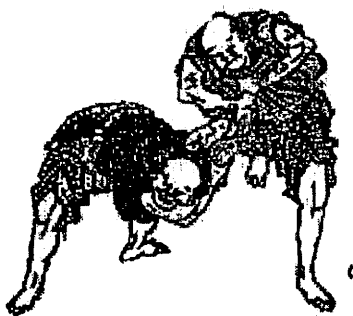
It is recorded of Fukuno (1671) that he so excelled, he defeated men much stronger than himself.

Miura Yoshin, a physician of Nagasaki, invented some new methods. Together with two medical pupils he found twenty-one ways of seizing a man and afterwards found fifty one others.



A compression block with a simultaneous testicle shot and squeeze, or an "organ" attack.

After its introduction into Japan it was undoubtedly changed and improved to fit the purposes for which the Samauri (old spelling) used it, which was defense and offense for an unarmed man against one who was stronger, either physically, or by reason of being armed with a sword or club, or spear.



A Samurai Katate Tori, or wrist-lock to control the opposition.

The Japanese never seemed to have thought of the art of boxing, either because their physique would be against them, or more probably because it was too direct and frank a method of attack for the oriental mind, to whom a show of force seems as repugnant as a naval or military review is fascinating to the western imagination.

Their mind works along less obvious lines.

They find it more interesting and subtle to have a man use his weight and impetus to break his own arm, than to perform this office for him by main strength.

They prefer to place an antagonist at their mercy by the pressure of a finger and thumb applied so skillfully that the strongest be brought to his knees.

They would rather throw a man heavily by disturbing his center of gravity and apparently helping him to regain it, while really getting him in position to trip him up.

They will learn to fall backwards in such a way that the enemy is sent flying across the room.

Nor do they hesitate to make use of the clothing, seizing the obi, or girdle, and twisting the collar of the short jacket (Keiko-gi) so as to shut off his air supply.

This choking hold is obtained in many ways but it is always the strangle, whether put on by the hands, forearms, leg or by twisting the clothing. (See Plate I).

Some of the holds are shown in the sketch books of Hokusai of 1750,—that great artist and observer of Japanese life.

They show methods of disengaging the hands of an adversary who is catching the clothing or clutching at the throat by twisting his wrist or bending his finger.

In his drawings the pressure behind the elbow is shown, a great favorite in its any forms. Another series of drawings shows the way a man is thrown by catching his arm and the defense against a man armed with a sword. (See Plate II).

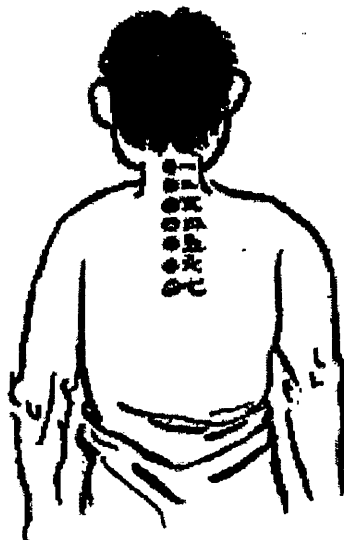


PLATE III

Katsu (Make alive). (*Translation*) When a man is killed by the collar or strangle hold put your left hand on his breast and middle finger of right on first joint of the neck and with the heel of the hand hit the seventh joint of the same. Thus you can bring him back to life.

PLATE III

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When a man is killed by the collar or strangle hold put your left hand on his breast and middle finger of right of first joint of the neck and with the heel of the hand hit the seventh joint of the same.

Thus you can bring him back to life.

(NOTICE: how this is very similar to the Okazaki Kappō tactic that stimulates the heart, lungs and solar plexus, while at the same time the brain is stimulated with a sharp high pitched yell, a Kiai.)

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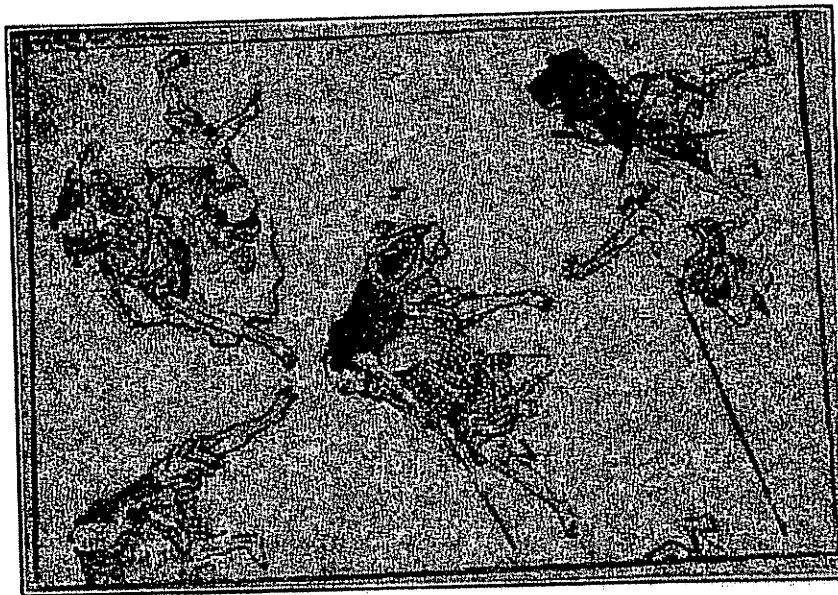


PLATE II b

3. Binding a fallen foe, 4. Defense against a sword, 5. Defense against a spear, a leg hold.

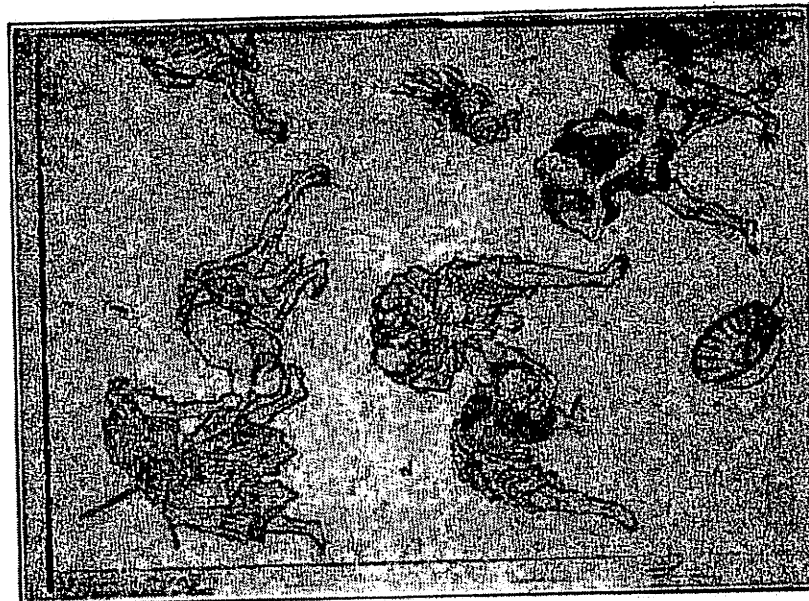


PLATE II a.

A leaf from Bokusai's sketch book showing the practice of Jiu-jitsu against men unarmed or armed with a sword or spear. 1. Wrist and elbow hold, 2. Wrist hold using the knee.

The art was jealously guarded by the "Samurai" and marvelous tales were told of their prowess—tales which I fancy they took good care to amplify and ornament.

They were supposed by its practice to kill an opponent by certain sounds only, even if he were in the next room; they were supposed to have the power of the "fatal touch," killing instantly by placing one finger on the secret spot.

They also had power to bring back to life those killed by whatever cause it might be. Among the imaginative, superstitious, and ignorant people, it is easy to see how such stories would gain in the telling.

It is now about forty years since the feudal system was abolished, and the "Samauri" became a class in name only, and since that time these secrets have become common property.

Books have been written on the subject and schools opened where it is taught and practiced, and it has even been adopted among the exercises for the cadets in the naval and military schools, in a greatly modified form called "Jiudo." (Old spelling)

The recent exploitation and extravagant claims put forward for it in America have done much to raise and foster misapprehension as to its place and possibilities.

When we think of the air of romance and mystery in which it was bathed in medieval Japan, and the attempt to bring these legends and fairy tales before a matter-of-fact, twentieth century American audience, through the medium of the press that cannot be said to show undue reticence when a chance for a sensational story presents, it is easy to see now sharp would be the reaction among the wonder mongers when the facts began to appear and the possibilities and limitations were put in evidence.

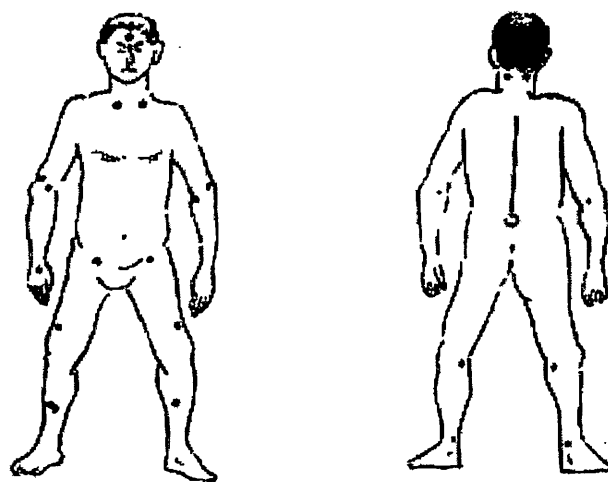


PLATE IV

The most carefully guarded secret was the art of "Kuatsu" (or bringing back to life).

I find it interesting that the "back" points, starting from the feet then going upwards are:

1. Achilles tendon.

For many athletes, this is a weak point.

To help it heal, massage both Achilles tendons at the same time with peanut oil for 20 minutes.

Peanut oil has a unique healing vibration that accelerates healing in skin, muscles, tendons and ligaments.

2. Tendon of the knee (also a neurovascular for increasing blood flow).

To accelerate healing just lightly hold that point for two minutes.

3. The tip of the tailbone.

This area can be helped to heal by doing the spinal stretch, or by doing the spinal flush.

In fact sciatica can be helped to heal with a few simple sessions.

4. The point of the spine called the Ming Men point (which is the start of the Penetration Flow, the Belt Flow, and the Equator).

Proper activation of this point will help with sexuality...

...connecting the meridians and chakras of the body...

...and balance, grounding and equilibrium.

5. The 2 neck points are the primary electricals of the body.

These points when struck properly are instant knock-out points.

For healing they are lightly held.

There is no talking while held because "talking" will bring forth the conscious mind.

If quiet is adhered to, then those electrical energies can go anywhere in the body and heal where healing is needed.

6. Then the inner elbow or the "crazy bone".

The healing of this joint can be done with DMSO (a horse liniment)...

...or with peanut oil. Proper stretching is also required.

The points on the front of the body are:

1. Shin bones

2. Outside Large Intestine neurolymphatic points and a tendon point

3. Ileocecal valve and Houston valve

4. The Kidney Points 27, which are used to jumpstart the meridians of the body...but if it's the clavicles, then they are hitting where it's very difficult to break. They should go to midpoint.

5. The middle of the forehead is just about the hardest spot to hit anyone in the head. So "if they could do it wrong", they just did. It would take a steel crow-bar or a hammer to dent the skull there.

But, for healing...

On the sides of that point are two neurovasculars, called the frontal imminences, that when both are held with the palm of one hand, brings the flow of blood back to the pre-frontal lobes of the brain.

They are great to use in "stress" situations, because stress causes the blood to leave that "thinking" portion of the brain and to cause just about every one to go into "instant stupid", or a "monkey-brain".

6. That is a tendon pain point on the inside of the elbows. Easy to drive them to the ground by pressing there with your thumb.

7. The crazy bone.

8. The back of the hand, the carpals

(Again. They have left out over 200 possible targets that work real well. Dr. John La Tourrette, PhD Sports Psychology)

An illustration (PLATE



PLATE V

Jiu-Jitsu applied to a man armed with a sword. Breaking the elbow and taking the sword from him.

III) from an old book on the subject will serve to show one principle on which the art is based. In this illustration the spots on the back are supposed to mark the joints between the vertebrae...

...the point of the middle finger of the right hand is placed at the uppermost one and the heel of the hand is struck smartly against the lower...

...the left hand being placed on the breast.

"Thus," the description goes on to say, "You can bring him back to life."

This is evidently intended for a man who has been choked and is like the slapping on the back.

Other illustrations show the knee in the hollow of the back and the hands brought under the dead man's arms with directions to press on the breast and shove (push) with the knee.

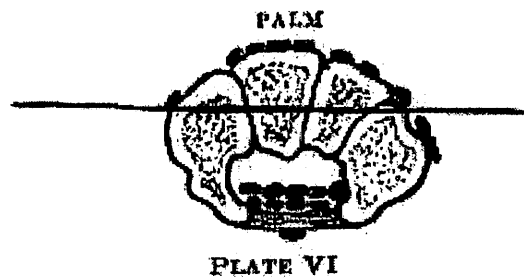


PLATE VI
Cross section of the wrist showing position of tendons and bones.

PLATE VI Cross section of the wrist showing position of tendons and bones.

All show varieties of artificial respiration and none seem more direct and effective than Howard's or Sylvester's method, as taught to all our medical students.

The painful points are exceedingly interesting. Doubtless they are what were magnified into "fatal touches" in the years when the secret belonged to the "Samauri" alone.

This illustration (PLATE IV) shows them as black-spots. With but few exceptions, they do not seem to be especially well placed.

Pressure is always made with the point of the thumb or fingers—not the ball, and pressure made in that way, on the inner side of the ankle, (over the posterior tibial nerve) is intensely painful.



PLATE VII

So with the inner side of the skin just behind the bone, as marked in the illustration.

The reason for the great pain at this point is not so clear. The "funny bone" at the inner side of the elbow is familiar to everyone and there is a point at the side of the neck (just over the sixth cervical vertebra) that gives intolerable suffering if pressed upon properly.

There are others, but these are among those most commonly used.

The circle on the back marks the spot where the knee should be placed in the practice of "Kuatsu."

It is to be remembered that blows with the edge of the hand across the larynx, gouging and other tactics, which we bar in our boxing and wrestling, are important maneuvers.

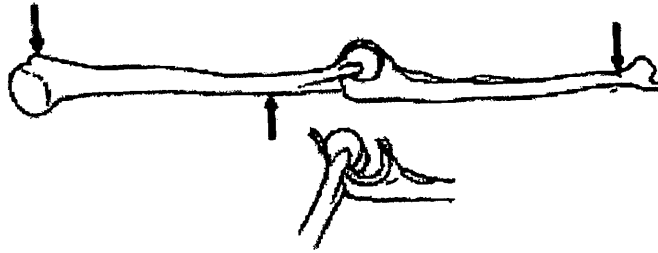
Kicking the face or groin, stepping on the leg or arm so as to break it are not only permissible, but are part of the art.

It was never considered from the standpoint of a play, but as the last resort of a disarmed man whose life was threatened; and one cannot stop to consider the rules of fair play under such circumstances.

The word "Jiudo" is no novelty. It was already in use by one of the old schools. It means the doctrine of culture by the principle of yielding or pliancy.

The Kano School adopts this word in preference to "Jiu-jitsu" for it is studied not only as a physical exercise, but as a moral and intellectual training.

While the old form, "Jiu-jitsu," was studied solely for fighting purposes, Kano's new system aims to promote the mental as well as the physical faculties. While the old schools taught nothing but practice the modern "Jiudo" gives the theoretical



■ PLATE VIII

explanation of the doctrine, at the same time giving the practical a no less important place.

In the Kano-Riu the whole course is divided into two parts—the grades and under-grades. There are ten grades, proceeding according to the degree of training, while the under-grades are divided into three steps, "A" "B" and "C".

All novices enter the "C" class of the under-grades and step up gradually to "B" and "A," whence, after attaining certain skill, they are admitted to the first grade. They go on from one grade to another up to the sixth, which is regarded as the last step in practical training.

All the higher grades above the sixth are assigned chiefly to mental culture, which is the most profound part of the whole system. No one has yet attained the tenth grade, which is considered to require fully ten years to attain, even with constant application.

In Tokio (old spelling of Tokyo) there are two large institutions under the direct supervision of Kano himself.

Every afternoon, many hundreds of boys and young men, mostly between ten and twenty years of age, gather there from all parts of the capital and practice until dusk with ardent zeal, but with complete discipline.

It is the chief daily amusement of these town boys to go and study the art in a spacious hall adapted to the purpose. Periodically some special matches are arranged to test and promote the pupils.



PLATE IX

In this hold the arm is pulled across the back of the neck and the enemy is held in place to break his elbow joint by the grip on his throat and wrist and his own weight.

In this hold the arm is pulled across the back of the neck and the enemy is held in place to break his elbow joint by the grip on his throat and wrist and his own weight.

They are all taught gratuitously. No cost is incurred in the study, except for training suits. Pupils have to take the oath to obey the rules when they apply for admission.

This school has now become so popular that the pupils studying directly or indirectly under Kano's instruction may be counted by many thousands.



In the police department of Tokio, all the constables are compulsorily trained in the system.

It is due to the study of "Jiudo" that the Japanese police, in spite of their small stature, are so skillful in seizing malefactors.

Rudyard Kipling, in "The Edge of the East" (Times, July 2nd, 1892,) describing the British Jack ashore at Yokohama, writes-" he gets drunk, falls foul of the local policeman, smites him into the nearest canal, and disposes of the question of treaty revision with a hiccup.

All the same, Jack says he has a grievance against the policeman, who is paid a dollar for every strayed seaman he brings up to the Consular Courts for overstaying his leave, etc.

Jack says that the little fellows deliberately hinder him from getting back to his ship, and then with devilish art and craft of wrestling tricks, 'there are about a hundred of 'em and they can throw you with every qualified one,' carry him to justice."





PLATE X

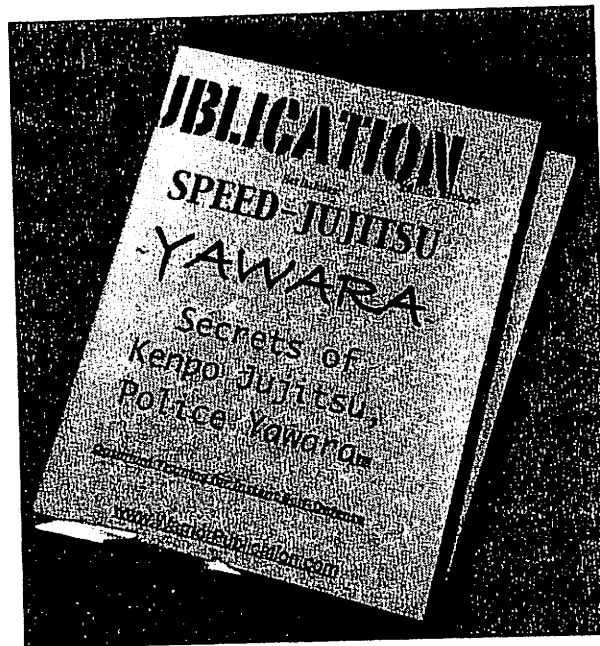
This hold is got by grasping the enemy's right hand with the left, lifting and spinning under the arm to the position shown in the illustration. This hold is not shown in Japanese books, but was developed from them by O'Brien.

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This hold is not shown in Japanese books, but was developed from them by O'Brien.

In Tokio there are now over thirty places where it may be learned. Kano, the acknowledged master of the art, has done more than anyone else to collect the literature of the subject and his pupils teach throughout all Japan.

The art was introduced to America by J. J. O'Brien, who, as Inspector of Police, at Nagasaki, became interested in it,



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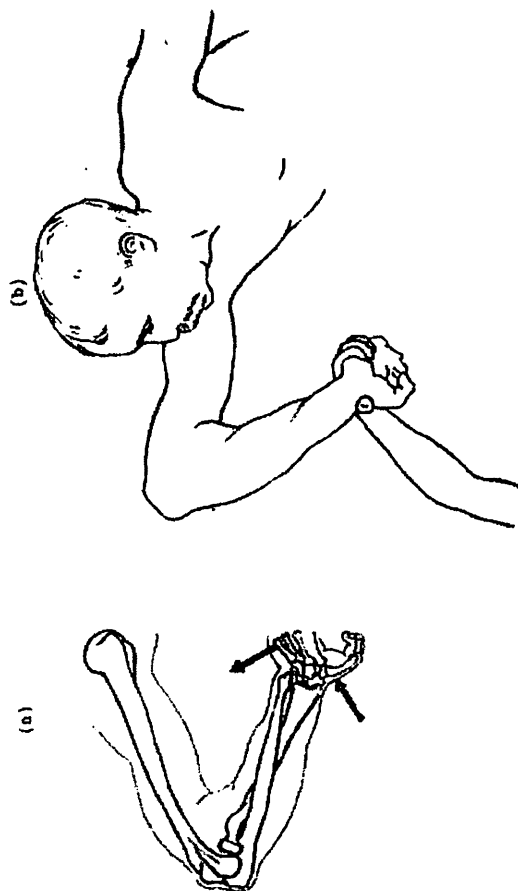


PLATE XI
 (a) Position of the bones showing the crossing of the radius and ulna and the direction of the twist.
 (b) Position of the arm when the hold is well taken.

studied it, and finally came to America with K. Inowe, giving public exhibitions. Unfortunately it looked so fierce and brutal that the vaudeville theaters could not then stand it, so that he has since been teaching it in private to select pupils, numbering among his disciples many illustrious names, from President Roosevelt down.

He has still further developed "Jiu-jitsu" by adapting holds to our clothing, and by using it against a man armed with a pistol as the Japanese used it against the sword.

And incredible as it may seem, he can take a revolver from the strongest man before he can shoot and often before he can draw his weapon. (SEE PLATE V).

To the anatomist "Jiu-jitsu" is of the keenest interest. There is no series of movements in which the strength and



PLATE XII

This hold begins by grasping the wrist and hand of the enemy with your right and bending the wrist into flexion. To escape the pain he instinctively bends his elbow and so jumps into the hold as shown in the illustration. This hold was also worked out by O'Brien along Japanese lines.

weakness of joints have been so cunningly considered. If we imagine the wrist cut across (about the middle) to show the position of the tendons, we will see that on the back they are scattered and placed flat against the bones, while on the palm they spring out against the ligament that holds them in their sheath. (Plate VI).

The difference in the strength between flexion (bending) and extension (straightening) is almost as two to one: (12 kilos to 7 kilos) and when the hand has been bent over, even that small power of extension is greatly reduced.

If the hand can be got in that position, it will be easy to hold it and it is one of the favorite "Jiu-jitsu" grips, occurring continually in illustrations, either alone, or in

combination with others: when put on by an expert there is a vicious side twist to it that never fails to bring an antagonist to his knees. (PLATE VII):

Another favorite joint on which they work is the elbow, and power is supplied in one of three ways.

This joint is a hinge, that locks when the arm is straight, making a long, rigid lever with its weak point at the center.

(PLATE VIII). If pressure can be applied downward at the wrist and shoulder, the fulcrum being at the elbow, the anterior ligament will tear and the joint become useless.

But why, says the expert, waste power on the shoulder when the man's own weight can be utilized? And so many of the holds use the victim's own weight to break his arm. (PLATE IX).

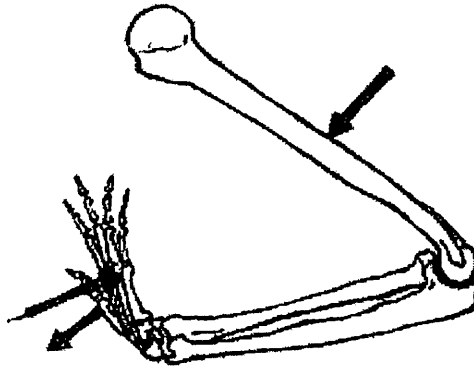


PLATE XIII

Position of the bones in Plate XII. The power applied on the hand and upper arm prevents straightening of the elbow.

Position of the bones in Plate XII. The power applied on the hand and upper arm prevents straightening of the elbow.

In another lock the arm is turned so that the bones of the forearm are crossed into extreme pronation. Power is then applied so that the radius is wrenched out of its socket and the arm rendered useless or wrist ligaments torn. (Plate X).

Perhaps one of the most fiendish is that in which the wrist is bent as in the first hold described, and the counter-power applied on the upper arm, so that any attempt to straighten the elbow is accompanied by excruciating pain and rupture of ligament, and dislocation of metacarpal bones.

The additional twisting of the hand by depressing the fingers and lifting the thumb certainly does tend to increase the discomfort of the position. (PLATES XI, XII AND XIII).

The principles are comparatively few and simple, but it is in their application that the difficulties appear. Many of the movements take weeks to learn even imperfectly and the majority of people could probably never attain to any degree of perfection in the use of more than the simplest.

The idea of teaching such a system by mail (*A cut at Yabu of R. New York who was advertising mail-order Jiu Jitsu at this same time*) is so absurd as to be unworthy of serious consideration.

The holds are so arranged as to pass from one into another almost automatically.

If one is successfully resisted, the opponent usually struggles into a worse one.

It is very difficult and even dangerous to demonstrate many of them with one unacquainted with their possibilities, because he may continue to struggle when it is too late, and so do himself serious injury.



Spreading the arms of an opponent who catches at the clothing.

The expert knows when it is taken properly and always yields in time by slapping the leg or arm, as a token of defeat.

Again, if the hold is not pushed to its limit, the novice is sure to think he could have got away in any case, so that a just estimate of its practical value in actual warfare is hard to get.

That a small, puny man could by its means become invincible when pitted against a powerful, active athlete is most unlikely.

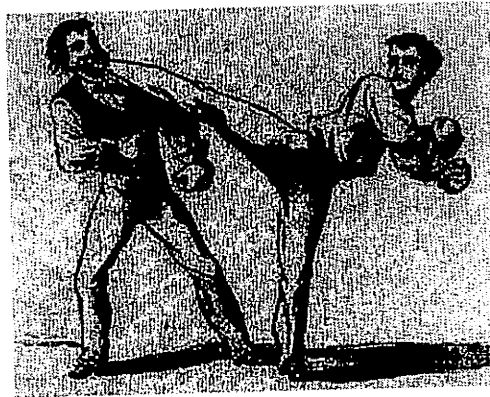
But with anything like equal conditions, it should be a most valuable means of defense, especially in the form as modified by O'Brien.

In its old form it has no place on our calendar of sports.

For it is not a game but rather a way of equalizing an apparent disadvantage in fighting.

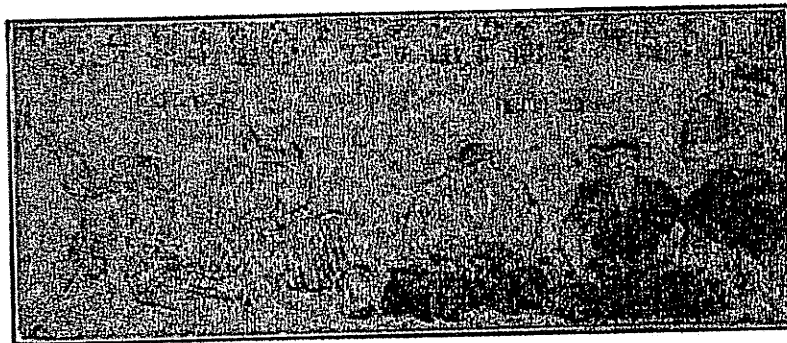
It cannot be classified among forms of exercise that could be taught in a school or college, except for purely military purposes...

...as the French "Savate" (or foot boxing) is combined with the bayonet exercise in the military school at Joinville.



A Savate Kick, from the French form of fighting in the 1800's.

In its modern form as taught in Japan by Kano and his pupils it is like a combination of collar and elbow wrestling and tumbling, and so should be a distinct addition to our repertoire of exercises.



A wrist hold (on the left). The squatting position assumed for most of the holds described in Japanese works.

1920 Printed from a 400 year old plate.