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Founder of the Fastest Health, Strength and Physique Building System

FIFTEEN SECRETS OF JUI JITSU

*** Note: Be Careful Not To Harm Anyone While Using These Techniques ***

Jiu Jitsu is the method the JAPANESE use to overpower an opponent. It is seemingly miraculous in that it enables a weaker person to easily subdue one much stronger than himself. Many women who have mastered the art of Jiu Jitsu have been able to throw men twice their weight very readily.

NO. 1 - THE ARM AND COLLAR HOLD WITH OUTSIDE STROKE

As your opponent is facing you grasp his left wrist with your left hand in such a manner that the back of your hand be over his. Step forward diagonally with the right foot which places you in the rear of your opponent's left foot as illustrated. At the same time thrust your right hand under the arm you are holding and grasp the coat collar, preferably on the right side of your opponent. Thus you will be almost side by side and facing the same direction as your opponent. His left arm is resting across your forearm. You can easily see then that if you apply pressure with your left hand downwards keeping your right hand very firm by holding onto your opponent's collar the elbow joint must be dislocated or broken.

NO. 2 - THE WRIST LOCK

This is one of the simplest of Jiu Jitsu holds by which you can break your opponents wrist. The opponent standing on the right in illustration #2 has attempted to seize his victim by the coat collar but before he has done this the defendant has placed his hand on the back of the assailant's hand thus flattening the palm against his chest. Pressing the captured hand to his chest the defendant steps backward with his right foot going down on the knee and the assailant is thus brought to the ground in a helpless position for his wrist may be easily broken or he may be disabled by a blow on the side of the head.

NO. 3 - ARM HOLD, HALF NELSON AND CROSS BUTTOCK

From the front position seize your antagonist's right wrist with your right hand, draw it upward and across, and take a short step forward with the left foot, turning your left side inward; at the same moment push your left arm under the captured arm, and place your hand on your antagonist's neck, pressing the head forward. If it be possible to bring the palm of the captured hand uppermost, so much the better. As these movements are made strike across the man's legs with your left leg, at the same time turning him forwards; this maneuver, if properly performed should throw him headlong to the ground.

NO. 4 - ARM HOLD, HALF NELSON KNEE STROKE

A variation of this attack is shown in illustration #4. Having got your man into the required position, as explained in the preceding paragraph instead of throwing him forward, strike upward sharply with the knee; if you strike with the left knee the blow should land on the point of the jaw, and may be given with sufficient force to dislocate the same as well as to bring about unconsciousness. If the blow be dealt with the right knee, the forehead will be the part struck. It must be remembered in dealing this "knee jolt" not to allow the knee-cap to hit your antagonist's head, but to strike so that the head of the leg-bones is

the striking point. It is obvious that an opponent's head must be forced low down to render the knee-stroke perfectly effective.

NO. 5 - ARM AND COLLAR HOLD AND LEG STROKE

This give the experienced opponent an opportunity that should not be missed. Grip the wrist of the descending arm with the left hand, and simultaneously seize the man's coat collar with your other hand. Step across his advanced leg with your further leg - that is the right - get your foot well behind him, not close against his heel, but some six inches away, so that your calf is pressed against his leg; then give a quick thrust backwards, and also to your left - this is most important so that he is bent backwards across your thigh and brought to the ground with sufficient force to subdue him. Quickness and careful attention to the backward swing are absolutely necessary. If well performed the results are surprising. A simple backward swing pushing him after you have stepped across will cause your opponent's head to strike the ground with a stunning effect. You may then, if further action is needed, follow-up with a strangle, leg, or arm hold. This ARM and COLLAR HOLD may be performed on either side of the body with GREAT results.

NO. 6 - HEAD TWIST

When you are grasped around the body it seems so very difficult to force your opponent to release you. No matter how much a person may struggle and squirm it is almost impossible to get free. I say "almost" because what I now teach you can enable you to get out of a BODY hold. See illustration #6 and #7. A twist as shown in #6 can cause an opponent to break his hold on you. If you have followed DYNAMIC-TENSION® sufficiently be cautious as the twist you make may be severe enough to cause injury to your opponent's back. In making the HEAD TWIST the left hand is placed on his chin and your right hand on the back of the head. You may then jerk his head sideways and a bit upwards. His chin is forced around toward his right shoulder.

NO. 7 - BREAKING A WAIST HOLD

As seen in Illustration #7 you exert pressure on a NERVE CENTER causing unbearable pain. This system of pressure on NERVE CENTERS is of utmost importance in self-defense. Sharp violent pressure on these points produces a sort of local paralysis which not only can force an opponent to release a HOLD, but may actually reduce him to a state of helplessness.

NO. 8 - LOCATION OF THE MOST IMPORTANT NERVE CENTERS.

Illustration #8 shows where the most important and easily found NERVE CENTERS are located. As you will see three are located in the hand and sharp pressure on these spots with the tip of your finger will break a hand grip quite easily. One CENTER is at the base of the thumb on the side of the wrist. Another CENTER is on the back of the hand, in about the middle and between the first (index) and second fingers. The third NERVE CENTER on the hand is also on the back of the hand between the third and "little" finger. Another CENTER is on the upper arm just below the arm pit. A little test on your own body quickly identifies the proper spots. There is one of these CENTERS on the outer side of the leg just below the knee. Pressure on this spot should be forceful (except, of course, when practicing with a friend). This severe pressure on this NERVE CENTER being directed towards the bone, will produce the same or similar very excruciating nerve pain (see diagram-muscles open to reveal this nerve-centers)

Frequent practice will enable one to find these nerve-centers quickly and

accurately, and make an antagonist so temporarily incapacitated as to give one the opportunity for using a "finishing stroke".

Except by those who have learned the fact, and their teachers, much incredulity may be felt that anything so simple as pressure on the terminating portion of the dividing cartilage of the nose should produce acute pain. Such, however, is the fact and if any reader refuses to accept the assurance let him press hard with the edge of a finger on the intermediate cartilage at the spot where it joins the upper lip. The pressure should be somewhat upward. If this trick be employed, an assailant who has obtained a body-hold will quickly release his grip, and as he goes backwards an excellent opening will be afforded for a paralyzing left-handed blow on the "mark" - that most vulnerable spot just below the base of the breast-bone - the recipient being left absolutely helpless and doubled up in agony.

NO. 9 - ARM AND COLLAR HOLD ACROSS THE NECK

In #9 as illustrated a self-defense trick on the Jiu Jitsu principle of subjecting the joint of a limb to pressure in a contrary and unnatural direction. The move is decidedly useful if an assailant is armed with a knife or dagger, since he is placed in such a position that transference of the weapon to his free hand is impossible, while if he makes an offensive movement with his foot or hand the captured limb may be broken with as much ease as one would snap a sugar-stick. The assailant's wrist is grasped by the opposite hand - the left hand seizes the right wrist and vice versa - as it is descending, a firm grasp is simultaneously taken of the coat collar with the other hand, and a step forward made with the left foot. As these movements take place the head is lowered so that it passes beneath the captured arm, which is drawn down until the back of the upper part is resting upon the nape of the defendant's neck. Persistent pressure with both hands would result in the arm breaking at the elbow, the neck acting as the fulcrum.

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

NO. 10 - HEAD HOLD

The assailant who rushes in head down intending to butt his victim in the stomach may be met with an upward jolt of the knee, which, if applied in time, will considerably disconcert the "butter". Another method which will also come in useful if, in the course of a struggle, an opponent gets his head down, is to throw the right arm over the neck, bringing the forearm underneath and across the lower part of the face, a front chancery hold, in fact. The object of this hold is not to strangle the victim, for it is not necessary that the forearm should be across the throat, but to bring pressure upon the neck-bone. So severe is the strain that the man thus held is practically incapacitated from further action.

NO. 11- ARM AND COAT HOLD PART ONE - NO. 12 - PART TWO

No. 11 illustrates the preliminary stage of one of the neatest tricks in the whole catalogue of this system of self-defense, and the termination is shown in #12. Although in the illustrations the victim is shown as having been seized

when in the act of striking a blow, this trick may very well be made use of as a preventive against contemplated violence. At the first sign of attack the wrist—the right one — should be seized by the opposite hand, thumb inside if possible, a step forward taken with either foot — if the aggressor's right wrist be seized it may be found more convenient to make the step with the right foot, and vice versa — and the back of the coat behind the shoulder grasped with the right hand. Immediately when this is done push the captured wrist upward as high as possible, keeping a firm hold with the other hand.

As a result, the victim will be forced to bend almost double, owing to the unbearable strain placed upon his arm. In this position he is quite helpless, as will be seen on the reference illustration #12 and may be held thus indefinitely or finished off, if need be, with a violent knee jolt in the face or ribs, or brought to the ground in such a position that one of the many fatal arm locks may be brought into use.

NO. 13 - ARM AND COLLAR HOLD AND HANK OR LEG LOCK

The combination shown in Illustration # 13 will, if applied by one who is, in addition active and powerful, prove terribly effective. It illustrates the continuation of an attack following upon the obtaining of the before-referred-to arm and collar hold.

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

NO. 14 - THE THUMB TWIST-PART ONE AND

NO. 15 - THE THUMB TWIST-PART TWO

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

As will be seen, it is merely a hold of a person's thumb so taken that, by the principle of leverage and counteracting pressure, the thumb may be immediately broken. In practicing this trick, let me warn any enthusiast against using any great force when experimenting upon a willing friend; a moment's too vigorous pressure will cause considerable injury.

The thumb is grasped in such a manner that it lies between one's own thumb and the base of the first finger. One's thumb is laid across the bottom of the second joint of the captured member, and a strong contrary pressure is forced backward, with the result indicated. To relieve the extreme pain caused, the victim's arm naturally bends inward, and he will turn his back more or less to his captor, thus giving the opportunity for further measures, an example of which is shown in illustration #15.

In this illustration, the defendant has followed up a successful use of the thumb twist by catching his erstwhile aggressor around the throat, the grip of the thumb being retained with the intention of pulling him backwards. The hold is of the further collar, the arm being not merely placed across the throat, and the edge of the collar tightened across the flesh of the neck in such a manner that pressure is exerted above the carotid artery - the great blood vessel traversing the side of the neck and conveying the blood from the heart to the head.

With a fair amount of practice the average person can grasp the principles of Jiu Jitsu as explained here and successfully apply them should the occasion arise.

IN CONCLUSION, LET US AGAIN WARN YOU TO EXERCISE GREAT CARE IN PRACTICING THESE INSTRUCTIONS ON YOUR FRIENDS SO THAT YOU DO HIM NO BODILY HARM.

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