

THE present craze for physical culture has been given an additional stimulus by the introduction into occidental regions of the Japanese system of personal defense and offense known as jiu jitsu. For a number of years American visitors to the island empire had brought home accounts of a species of muscular exercise practiced in that remote country which seemed to savor of jiggery pure and simple. The recent initiation of many Americans into the preliminary mysteries of the art has demonstrated the fact that jiu jitsu is a legitimate and most wonderful phase of physical culture. Moreover, it is an art which occupies a higher plane than the mere muscular development of Caucasian athletics because its acquirement involves a knowledge of anatomy and physiology which is not essential in the cruder methods of civilization. So convincing and so suggestive of possibilities has jiu jitsu appeared in the capable hands of certain native exponents of the art who have invited Americans that it is proposed, in an earnestness apparently, to introduce some of its leading features into the system of police training in American cities.

A MAN'S WRIST
 CAN BE DISLOCATED
 BY GRASPING
 HIS HAND THUS

HOW TO THROW
 AN OPPONENT
 WHO ATTACKS
 YOU
 FROM THE REAR

HOW TO GUARD
 AGAINST AN
 OPPONENT
 WHO TRIES
 TO THROW
 YOU BY
 CLOSING

JAPANESE
 SELF-DEFENSE
 AGAINST A BLOW
 OR KNIFE THRUST

SUDDENLY
 PLACE
 YOUR FOOT
 AGAINST
 HIS HIP
 AND LEG
 DOWN,
 WHEN HE
 WILL FLY
 OVER YOUR
 HEAD

a jiu jitsu expert could not enter the ring and conform to its rules with success, but there is no doubt whatever that if he were permitted to practice his own art, his opponent being restricted to the rules of boxing, the Japanese would be the victor.

There are at least six distinct methods of practicing jiu jitsu, each of which is based on scientific regulation of the functions of the human system. Every muscle is taken into the account,

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