

JUJUTSU.¹

THIS work gives most clearly and concisely an idea of the fascinating art of jujutsu. It is written with the idea that anyone having had a few lessons may continue the exercises, or throws, without the constant help of a teacher, though to learn from the description only would be quite impossible.

Sir Lauder Brunton has given an admirable preface, from which it may be inferred that the medical profession thinks highly of jujutsu as a matter of exercise for both sexes. He says:—"By it not only is every muscle strengthened, but the highest centres of the brain are developed, those whose functions are perception, discrimination and decision."

Japanese wrestling, or jujutsu, differs entirely from the English form of wrestling, which is more or less a trial of strength. In jujutsu it is a question of quickness and brains; the throws are given by taking advantage of the opponent's movements, so that as the attacker advances the opponent trips him up, or gives the throw, by profiting by the momentum of the attacker's body, placing his foot, leg, or arm in

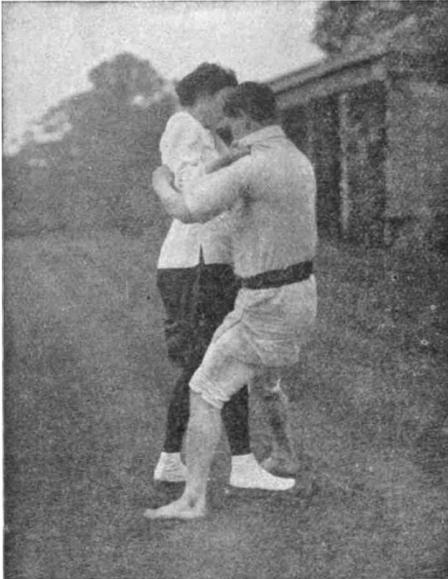


FIG. 1.—First position of the Uchimata, showing the lifting pull of the thrower's right hand. From "The Fine Art of Jujutsu."

such a position that the attacker cannot save himself from falling. In fact, the momentum of the attacker is used to his own detriment.

In commencing, the pupil learns to give the "Laudori Kata," which form the basis of nearly fifty methods of defence against various attacks, and not until the pupil has had many lessons is he or she allowed to learn how to take a fall. There is as much to learn in taking the falls as in giving them, and, provided he follows the teacher's instructions exactly, he need not be afraid of getting hurt.

After several of the throws have been separately mastered the pupil is taught to put them in practice in the "loose play," and here it is that the real delight of jujutsu commences, for all his faculties must be alert; he may trip up his teacher with an ankle throw; or, taking advantage of some side movement, may give the "Hizagurama" or trip from the side of the knee; or he may turn sharply round and give the shoulder throw, bringing his

¹ "The Fine Art of Jujutsu." By Mrs. Roger Watts, with 141 Action Photographs by G. W. Beldam. Pp. viii+146. (London: W. Heinemann, 1906.) Price 6s. net.

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opponent over his shoulder on to the ground. Then, when well advanced, the pupil takes his chances against his teacher, and the struggle to put in a throw on either side becomes very exciting.

One great delight of these exercises, as mentioned in the preface, is the extreme accuracy which is absolutely necessary; if a certain movement is not done correctly it cannot be done at all. If the opponent fails to take advantage of the movement of the attacker at the right instant it is impossible by main force to effect a throw.

Perhaps the most difficult throws are those given in Figs. 44 and 45, which are here reproduced, called the "Uchimata," for it requires immense practice to get the balance necessary to gain the second position.

Besides the throws, there are many locks which are most effective in overcoming an opponent. Fig. 111 and the following series represents one of these in detail, by which, when used in self-defence, it is not difficult to break the elbow of the attacker.

In addition to the jujutsu described in these pages

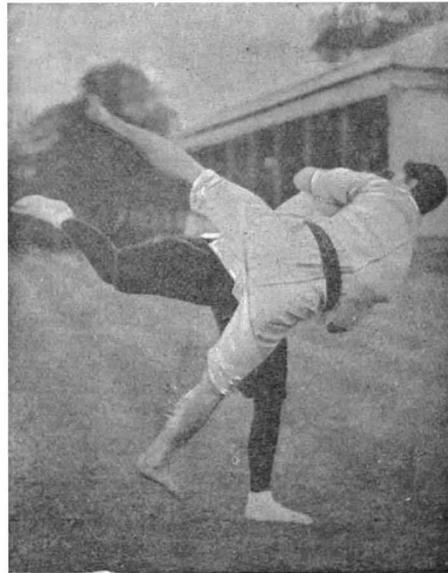


FIG. 2.—Second position of the Uchimata, showing the full fling up of the thrower's right leg while standing poised on the left. (From "The Fine Art of Jujutsu.")

there is another form, which consists in wrestling on the ground, where the throws are given and are finished by a lock on the ground; but this is such a very rough form of exercise that it is not described in Mrs. Watts's book.

We have not yet alluded to the excellent illustrations by that well-known amateur photographer Mr. G. W. Beldam. Without them the text would be impossible to follow, and to have caught the different positions so exactly shows immense patience and ability on his part.

T. MARY LOCKYER.

SCIENTIFIC WORK IN EGYPT.¹

THE work of the Survey Department in Egypt embraces many inquiries outside those usually identified with geodetic measurement. The department is responsible for the conduct of a laboratory in which analyses of rocks, ores, and minerals are made for the Geological Survey, where the illuminating

¹ "A Report on the Work of the Survey Department in 1905." By Cant. H. G. Lyons, F.R.S., Director-General. Pp. 76+plates. (Cairo: Al-Mokattam Printing Office, 1906.)