

JIU JITSU LESSONS FOR YOUTHS

BY observing the following six rules any boy of twelve can easily protect himself from the attacks of a full-grown man:

I. As your opponent makes for you, step quickly under his arm, and, stooping, grasp his left ankle with both hands, fingers interlocked. Rise smartly, and with a circular motion throw him over your right shoulder.

II. Enraged, your adversary will reach for you with his right hand. Step lightly aside, and, as his arm passes you, strike it sharply with your fist. This will break his wrist.

III. Your antagonist will now reach for you with his left hand. Take two rapid steps backward and kick his open palm, at the base of the thumb, upwards. This will dislocate his shoulder and cause a compound fracture of his left floating rib.

IV. Your mortified foe will attempt to kick you. Catch his foot in your left hand and twist his leg off at the knee.

V. Your enemy will make an effort to kick you with his other foot. Step quickly behind him and butt him in the small of the back with your head. Properly administered, this blow should break and dislocate every vertebra in his spinal column.

VI. The last attempt your adversary will make will be to bite you. As he opens his mouth place your open left hand on his forehead, and, thrusting your right down his throat, take a good hold, and with a long, strong pull, turn him inside out. This trick is somewhat dangerous and should only be tried by an expert, as otherwise your opponent may be painfully injured.

**SEASON-
ABLE
ADVICE**

Cold and
stormy

This is the
season for
gardeners to
raise blisters