

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

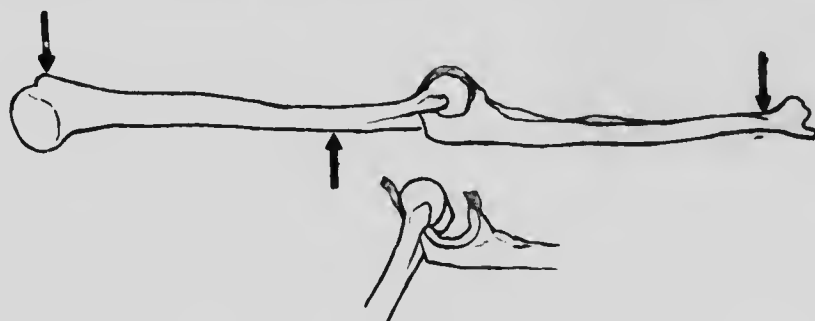


PLATE VIII

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