

With kindest regards  
from the author,  
Len Lanius,  
Nov. 3, 1922.

LANIUS PUBLISHING CO,  
62 Duttonhofer Bldg.  
CINCINNATI, OHIO

# AMERICAN JIU JITSU



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1922

## THE NEW ART OF SELF DEFENSE

BY LEN LANIUS





Len Lanius, originator of American Jiu Jitsu, and author of this book, is a living example of the value of physical training and of the efficiency of the system he teaches. Early in life he developed himself from a sickly lad into one of the most noted athletes of two continents, holding the lightweight wrestling championship of the world for a number of years. During his career he defeated antagonists of a much heavier class than that in which he was rated, and it was in meeting these larger men that he developed original methods of offense and defense that were gradually elaborated into the system of American Jiu Jitsu of today. The success of these earlier experiments in a smaller man overcoming a larger by a scientific use of whatever strength he might possess, encouraged Mr. Lanius to make a complete and thorough study of this work, which eventually reached the stage at which it could be, and is, demonstrably successful against any system of a similar nature.

## American Jiu-Jitsu

 F, as we have been taught to believe, "Self preservation is the first law of Nature," then man is guilty of greater violation of this initial statute on the book of rules of our common mother than of almost any other commandment credited to this wise old lady.

Nature has been bountiful in the matter of providing means of self preservation; but man has taken little advantage of this generosity, with the result that there are conditions continually arising where self preservation, in the way of self protection, is called for, with man unprepared to meet them.

This fact finds its greatest demonstration in the ease with which the criminal classes have been able to ply their preying trade upon the general public, during the past few years particularly, with comparatively little or no resistance from the victims.

Why?

Because the victims were unprepared to meet these assaults — had not learned the first passage in the law of self preservation — the rule of self protection — and so were practically helpless in the hands of their assailants.

This condition should not exist; and it would not exist, if the general public could be made to realize that they are not helpless to meet such emergencies — that the story of David and Goliath, brought up to date in the matter of matching science against brute strength, is a fact and easy of demonstration.

The compiling of this little volume firmly establishes the fact that all persons, regardless of sex, can train themselves in this system of self defense in a manner that will be most effective in any emergency, giving not only self protection, but self confidence to the user.

For years the author has given a close study to the development of this system of self protection, which he has named American Jiu Jitsu. The work is strictly of American origin, although the Japanese term Jiu Jitsu is used in the title. The author has used this term because of its meaning — bone breaking or muscle wrenching as this is the form of punishment that is used to overpower and bring an opponent under submission.

This system has been built up step by step and much thought and careful study has been given to devising its most practical and important features — personal protection without danger of personal injury.

Naturally the reader will ask, "Can I learn this course?" "Can I master this system?" "Can I become strong enough to defend myself?" "Will I accomplish a definite and beneficial result?" The answer to each of these questions is strongly in the affirmative, the only proviso being a careful study of this work and a sufficient amount of practice. The following tenets and rules of American Jiu Jitsu as here set forth will enable one to attain self confidence — health and strength — to meet emergencies fearlessly and to overcome mental as well as physical dangers with the serene assurance of having the advantage and being the master of the situation.

## GENERAL INSTRUCTIONS

First, secure a partner, preferably some friend who is interested and will practice with you; however, any member of the family will do.

Alternately take the role of victim and aggressor. Unresistingly allow each trick to be practiced on you until its full force may be felt; in turn practice it on your partner.

Execute the beginning of the trick quickly, but the final action slowly. This will give you a chance to note your power and guard against possible injuries.

All practice should be formal, not competitive; once you start wrestling in a haphazard way, it will hinder your progress in learning. Your partner is aware of what you wish to try, but should not take advantage of this knowledge.

Compare your poses with each illustration until you have fully mastered the positions. Remember that in learning, it is not speed that counts, but getting the full control of the body and the art of applying its force.

Work very slowly at first and note the position of your body that gives you the greatest power.

Uniformity in strength is very essential in practice. The larger and stronger should tone down his strength to equal that of his partner. This will make the exercise more interesting and beneficial.

This system of defense is so devised that any woman can practice it with safety. In fact, a woman having this knowledge can not only defend herself against a ruffian, but will retain her presence of mind and keep cool in any emergency. With careful study and practice it can be fully mastered within a short time; but the more you go through the practice the greater will be your power in the use of your body and the more confidence you will develop within yourself.

## PART I — LESSON No. 1

### POSITION OF BODY

To successfully learn the art of overpowering others who may be larger and stronger, it is necessary that you understand the different positions of the body, which will

for defense or attack.

### POSITION OF DEFENSE

Assuming you are now ready to start: Stand in your normal position and have your practice partner push you by placing both of his hands on your shoulders. Notice how easily you may become unbalanced. Now take the following position; step back with one foot and bend slightly at the knees; lean forward, tensing the muscles of the abdomen and rear leg. (See illustration No. 1.) Have your partner push you again.



Illustration No. 1

You will notice that you have greatly increased your resistive power, and that it requires considerable more force to cause you to become unbalanced. The position of defense not only aids you in warding off the impact of your opponent's strength, but places you in a position to make a counter attack. To take away the power of your opponent is easy to accomplish, even though at first it seems difficult.

Regardless of your strength, if you become unbalanced, your power to resist has been removed until you again secure the balance control of your body. It is by taking advantage of this principle, that many of the locks and throws in this course are accomplished.