

**JAPANESE PHYSICAL TRAINING; THE
SYSTEM OF EXERCISE, DIET AND
GENERAL MODE OF LIVING THAT HAS
MADE THE MIKADO'S PEOPLE THE
HEALTHIEST, STRONGEST, AND HAPPIEST
MEN AND WOMEN IN THE WORLD**

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Japanese physical training; the system of exercise, diet and general mode of living that has made the Mikado's people the healthiest, strongest, and happiest men and women in the world by H. Irving Hancock

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H. IRVING HANCOCK

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THE ARM OF A SAMPLE STUDENT OF "JIU-JITSU."

The Japanese do not care for great lumps of muscle on the upper arms. The little lump just over the bend of the elbow is regarded by the Japanese as being the most important of all. A splendid type of the arm produced by *jin-jitsu*. The man stands 5 feet 1 inch, weighs 120 pounds.

Frontispiece

Japanese Physical Training

The System of Exercise, Diet, and General Mode of Living that
has made the Mikado's People the Healthiest, Strongest,
and Happiest Men and Women in the World

BY

H. Irving Hancock

Author of "Life at West Point," "Tales from Luzon"
"What One Man Saw," etc.

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TO ONE WHO HAS DEVOTED THE BEST YEARS OF HIS
LIFE TO THE BETTERMENT OF AMERICAN
PHYSIQUE AND HEALTH

BERNARR MACFADDEN

THIS VOLUME IS INSCRIBED BY
THE AUTHOR

PREFACE

IN presenting this volume to the public the author is aware that he is offering a decided novelty to readers who are familiar only with American systems of athletics. The Japanese system of physical training is so ancient that its origin dates before the time when the authentic history of these people began. Yet, while the Japanese have adapted from Western civilisation everything that they consider to be necessary to their national development, they have retained *jiu-jitsu* and all its underlying principles as the means by which the nation is to work for its physical well-being. They have done more, for, whereas *jiu-jitsu* was taught at one time to the aristocratic classes only, it is taught now to all of the people of *Dai Nippon* who wish to acquire it. The value of *jiu-jitsu* is proven by the fact that the Japanese, while a diminutive race, possess the greatest endurance of any people on earth.

It may seem strange that the presentation of this science—for such it may be aptly termed—should come through an American. But the author has approached his task with no hesitancy. Something more than seven years ago he began his course of instruction in *jiu-jitsu* under Japanese friends in this country. Subsequently he studied in Nagasaki, under Inouye San, instructor of *jiu-jitsu* in the police department of that city. Still later the author took supplementary courses under native teachers in Yokohama and in Tokio. When Inouye San visited this country the author went once more under the tuition of that veteran, who is considered to be one of the best instructors in Japan.

There are in Japan, to-day, some six different systems of *jiu-jitsu* taught. In the main, the author has described the science as it is imparted by Inouye San, but some of the best work from the other schools has been included. The aim has been to give a perfect, composite whole of the essential principles of health and of the tricks of attack and defence that are needed by the perfect physical man or woman.

The reader will find much of interest in a

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careful inspection of the two Japanese models who have posed for the illustrations in this book. The smaller of the two models weighs but one hundred and twenty pounds, yet he is a giant in miniature. His strength excels that of an American athlete of one hundred and seventy-five pounds. This the author is able to state after witnessing actual tests. The secret of such surprising strength is one that is easily mastered by him who will give time and resolution to its acquirement.

There is no need for any man, woman, or child who possesses ordinary health to become a weakling. In Japan weakness or long illnesses are considered to be the misfortunes of only the very aged. An eminent American authority on physical training has declared that "weakness is a crime." The Japanese look upon lack of strength as being a freak or an eccentricity.

In taking up this exhilarating, life-giving work there is one danger against which the reader must be warned. Americans are impetuous, impatient. Some will want to master the whole science in a week. In Japan the full course in *jū-jitsu* requires four years' time.