

# **The New Art Self-Defence**

How a Man may Defend Himself against every Form of Attack

By E.W. Barton-Wright



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## Preface

BEFORE proceeding to give my readers any particulars and explanations of the art of self-defence, perhaps it will not be out of place to make a few introductory remarks as to the conception of self-defence as generally understood by other nations. In foreign countries people never fight for amusement or diversion, as is often the case in England and the United States. Bearing this fact in mind, it will be more easy to understand that when foreigners fall out and fight, they recognise one goal only, and that is to overcome and defeat their adversaries, and any means is considered justifiable and is resorted to, to attain this end.

Of course, what constitutes honour in this sense is entirely a matter of early training and education. In this country we are brought up with the idea that there is no more honourable way of settling a dispute than resorting to Nature's weapons, the fists, and to scorn taking advantage of another man when he is down.

A foreigner, however, will not hesitate to use a chair, or a beer bottle, or a knife, or anything that comes handy, and if no weapon is available the chances are he would employ what we should consider are underhanded means. It is to meet eventualities of this kind, where a person is confronted suddenly in an unexpected way, that I have introduced a new style of self-defence, which can be very terrible in the hands of a quick and confident exponent. One of its greatest advantages is that the exponent need not necessarily be a strong man, or in training, or even a specially active man in order to paralyse a very formidable opponent, and it is equally applicable to a man who attacks you with a knife, or a stick, or against a boxer; in fact, it can be considered a class of self-defence designed to meet every possible kind of attack, whether armed or otherwise.

Of course it is not possible in a short article like this to do complete justice to the subject, or to explain all the manifold ways of encountering or delivering attacks, but the principle may be briefly summed up as follows: (1) to disturb the equilibrium of your assailant; (2) to surprise him before he has time to regain his balance and use his strength; (3) if necessary to subject the joints of any part of his body, whether neck, shoulder, elbow, wrist, back, knee, ankle, etc. to strain which they are anatomically and mechanically unable to resist. The explanations which follow, with the assistance of the photographs reproduced, will show what a weak man with a knowledge of leverage and balance can do against a stronger man than himself who has not the same knowledge.

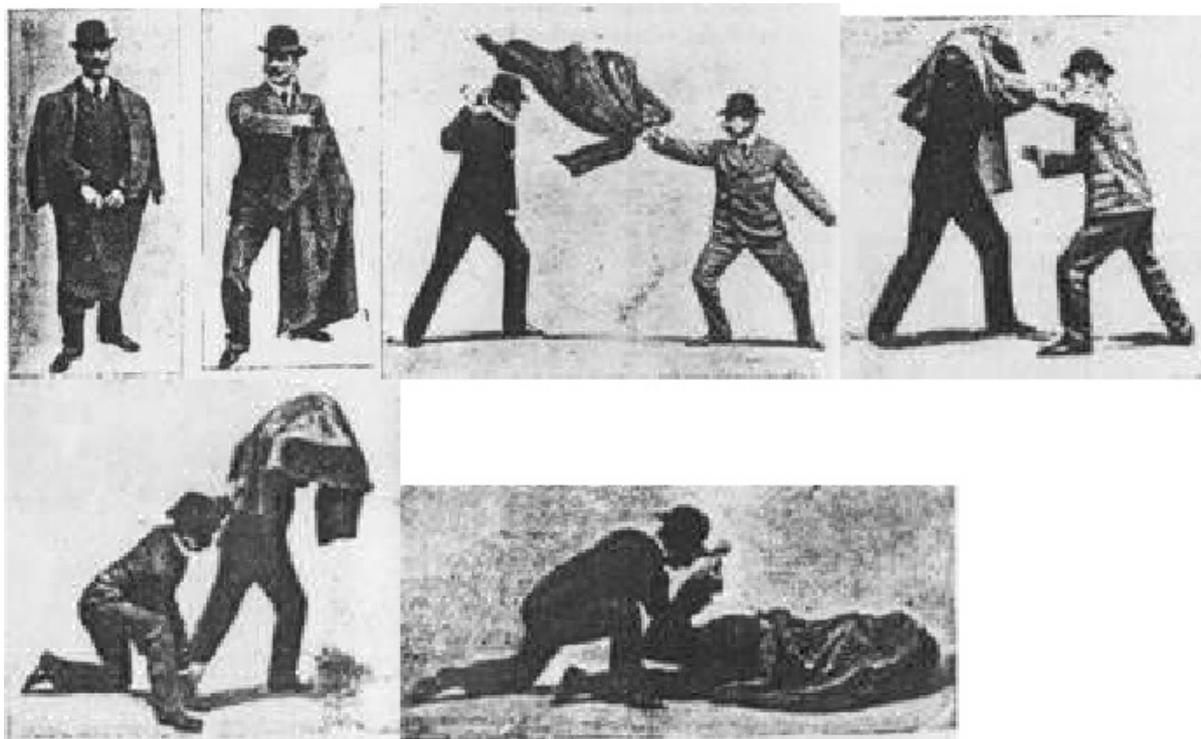
Some of the feats may, perhaps, seem difficult, but if the instructions are carefully followed and the positions in the photographs clearly understood, I feel sure that steady practice will make them quite easy of performance.

You may say that it will be impossible to get the assailant into the positions shown, but it must be borne in mind that you are not seeking a quarrel or attacking, but simply defending yourself.

It is quite unnecessary to try and get your opponent into any particular position, as this system embraces every possible eventuality and your defence and counter-attack must be based entirely upon the actions of your opponent. The illustrations only show how to defend yourself against some of the more common forms of attack. Finally, I cannot emphasize too strongly the fact that these feats can be thoroughly understood without proceeding to extremes. If a policeman is holding a prisoner in a certain position, it is not necessary to break the man's arm to show his power, though he could do so if he wished. So in these methods of self-defence when your opponent is once at your mercy he will cry "Hold!" long before you could seriously injure him.

Objection may be taken to my stating that a man who attacks you with a knife or other weapon can be easily disarmed, while I do not say how this is to be done in any of the illustrated explanations on the following pages. At the request of the editor, who thought it inadvisable that such great publicity should be given to these feats, I have purposely omitted them.

If the readers of PEARSON'S MAGAZINE desire to be further initiated into the ways of meeting every conceivable contingency, I would ask them to make direct application to me. There is, however, one simple and effective way of meeting an attack with a knife that I will explain. We will suppose that you have to pass through a locality late at night where there is a likelihood of such an attack, and you do not wish to run the risk of bringing yourself within the law by relying upon a revolver.



Carry your overcoat upon your shoulders without passing your arms through the sleeves, in the style of a military cloak, with your right hand ready upon your left shoulder to use your coat in the way explained below, should the necessity arise. Be careful always to walk in the middle of the road.

Directly your assailant attacks, face him and wait until he is within a distance of two or three yards. Then envelop his head and arms by throwing your coat at him, with a sweeping, circular motion of the arm. This will obscure his view momentarily, but not your own, and will give you plenty of time to deliver your attack, which should take the form of a right-handed knock-out blow in the pit of the stomach. Or while he is still enveloped in the folds of your coat, slip round behind him, seize him by the right ankle, and push him under the shoulder blade with your left hand. You will thus throw him very violently upon his face, and in his endeavour to break his fall and protect his face he will put out his hands, and in doing so, involuntarily drop his weapon. He will then be disarmed and in a position where you can break his leg immediately if you so like, or if you do not wish to proceed to such extremes, you can hold him down in the position shown in No. 6 until the police arrive.

This is only one of the many ways I have of meeting such a contingency I may state that I have repeatedly been attacked during a long residence in Portugal by men with knife or six-foot quarter-staff, and have in all cases succeeded in disabling my adversary without being hurt myself, although I had not even a stick in my hand with which to defend myself. To give you some idea of the scope of this method of self-defence I may state that it comprises about three hundred different throws, attacks, counters and tricks based upon balance and leverage. A selection of these will be published in the pages of this magazine, and later on I shall hope to bring them all together in book form.

## No. 1 - A Good Way of Conducting a Person out of the Room

Here is an excellent method of forcing an undesirable person out of your room. It will be found particularly useful in case he should try to strike you.

You seize the opponent by the left wrist or left hand with your left hand, raising your right hand to guard your face from a blow. Pull him towards you with your left arm, without altering the position of your legs. Then turn upon your heels, and pass your right arm over his left upper arm.

You then pass your right hand under his left fore-arm, and lock his arm by seizing your own wrist. Finally, by straightening both your arms, you are able to exert such leverage, and to throw such strain upon his elbow, that you could break it if he attempted to resist. Moreover, if the leverage be exerted in the proper way, it will also be found that it is quite impossible for your opponent to hit you or to retaliate in any way. In case anyone should fight shy of making practical use of this trick, it may be added that the person to be experimented upon, if he resists, would feel such pain that he would be compelled to submit meekly long before any serious injury could be done to him.



## No. 2 - How to Overthrow an Assailant who Attempts to Strike you in the Face

This is a most useful feat, and the student of the new art of self-defence will do well to understand it thoroughly. We are assuming that your assailant begins his attack by attempting to strike you in the face.

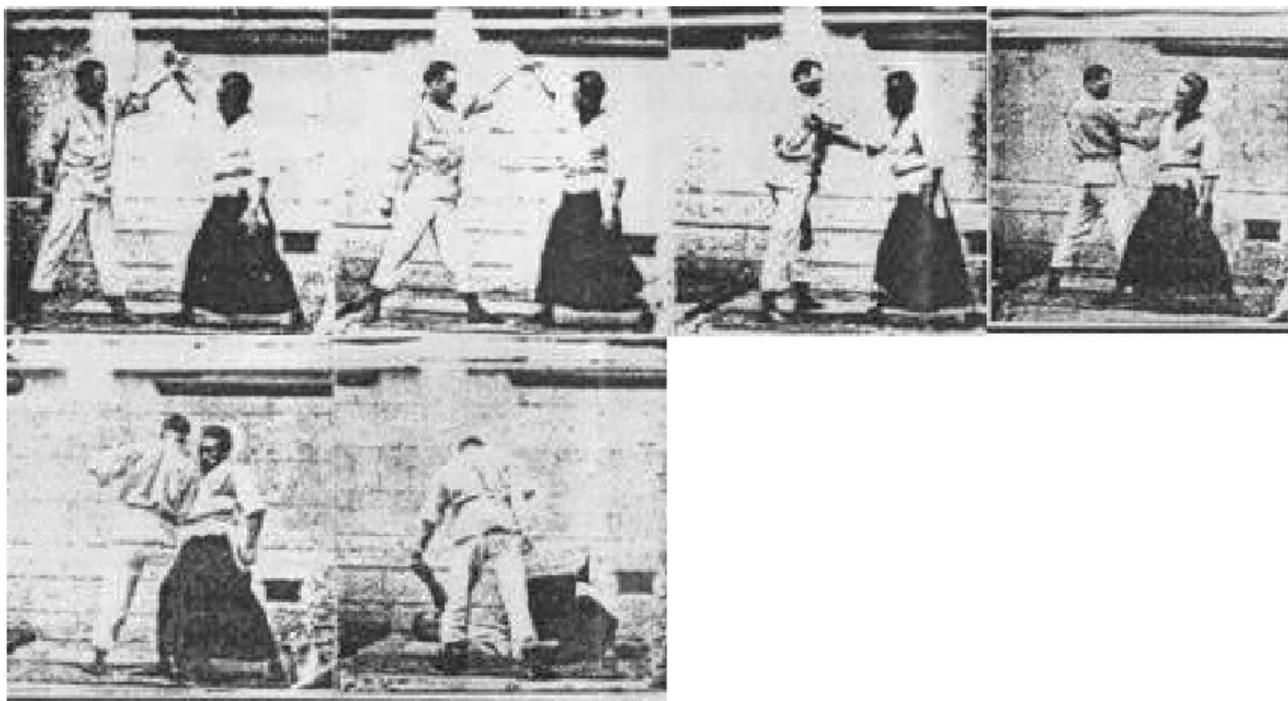
The first thing to be done is the most difficult, but the art of doing it may be soon acquired, and the rest will follow easily. We suppose that your assailant strikes at you with his right hand. You must guard yourself by raising your left arm and receive the blow on your fore-arm. Then, slip your hand up your assailant's arm and grasp him by the wrist.

A quick, clean movement of the hand is all that is required, but you must make sure to grasp your adversary at the first attempt. Then you step to the side with your left foot, strike your assailant behind the ear with your right fist, and continue the movement by placing your right leg behind his right leg.

Retaining your hold of his right wrist with your left hand, pull him towards you. Then press upon the upper part of his arm with your right fore-arm and, leaning over his right arm with your body, you can throw him to the ground without further trouble.

Of course, the same tactics are applicable if a man strikes (at) you with his left fist. In this case you guard by receiving the blow with your right fore-arm, slipping your hand up his arm until you seize his wrist, and then proceeding with the trick as already described.

It will be noticed that in the series of photographs on this and the subsequent pages, my vis-à-vis is dressed in Japanese costume. In fact, he is a prominent Japanese wrestler, and these photographs were actually taken in Japan, the majority of these feats, I may explain, being elaborated from the Japanese style of wrestling



### **No. 3 - How to Overthrow an Assailant who Attacks you from Behind and Pinions your Arms**

Supposing you are suddenly and unexpectedly attacked from behind in some lonely spot, finding a strong pair of arms encircling your body, so that your own arms are pinioned to your sides. Your position might appear at first sight as utterly helpless - you might suppose that unless you were able to free yourself by struggling and kicking, nothing could save you from being thrown upon your back.

By carrying out the following instructions, however, you will find that it is your assailant and not yourself who will be lying on his back before many seconds have passed. This feat is a particularly neat performance, and in every way satisfactory in case of the emergency I have described.

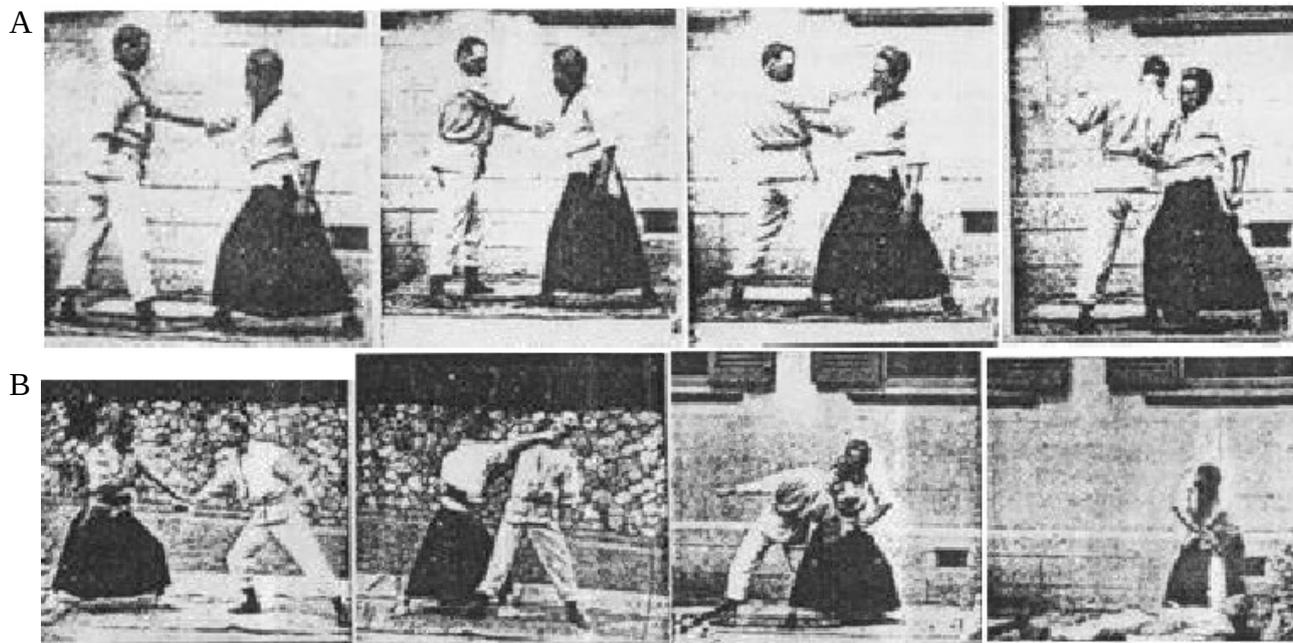


First when finding your arms pinioned to your sides, bend forward and force your elbows outwards and upwards as in the second illustration. Make yourself shorter by bending your knees, so as to cause your attacker's hold to slip over your shoulders.

Then, free your arms. There will probably be no difficulty in executing this movement. However, should your opponent clasp you so firmly that you still find your arms pinioned, jerk your

head backwards, striking him in the face. Then, having by this manoeuvre effectively loosened his hold, you seize his right wrist with your left hand, and the shoulder of his coat with your right hand, dropping at the same time upon your right knee, and pulling him over your right shoulder, accompanying the movement with a right to left swing of the body. You thus deposit your adversary with a heavy thud upon his back before you.

#### **No. 4 - How to Overcome an Assailant who Seizes you by the Waistbelt, or attempts to Grasp the Pocket of your Coat.**



To lay upon his back, in the space of a few seconds, an assailant who seizes you by the waist, five simple movements are necessary. First, you seize his right wrist with your left hand; secondly, you take a step to the side with your right foot, next you strike him a backhander with your right hand. Fourthly, you place your right foot behind his right knee, and lastly you press on his right shoulder, with the result that he will be thrown ignominiously on his back.

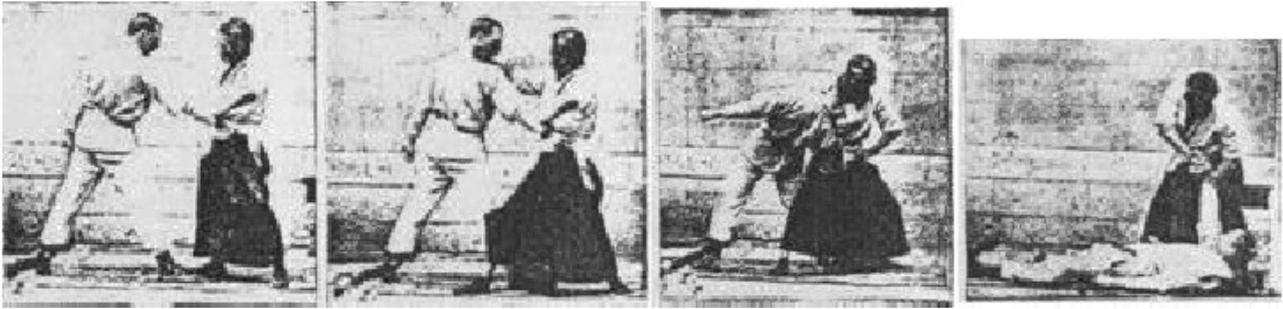
Here is another way of defending yourself, and overthrowing an assailant who attempts to seize you by the pocket of the coat. We will suppose that he makes the attack with his right hand. With your left hand firmly grasp his right wrist. Then seize his throat with your right hand, forcing your thumb into his tonsil. This will cause intense pain, and he will bend his head and body backwards in order to avoid it. In this position he is standing off his balance and you take this opportunity of placing your right foot behind his right knee, and then proceeding to throw him as before.

#### **No. 5 - How to Disengage yourself and to Overthrow an Assailant, who Seizes you by the Lappet of your Coat with his Right Hand**

Your assailant seizes you with his right hand, perhaps intending to snatch your watch with his left. You desire not only to frustrate his design, but to lay him upon his back with as little trouble as possible in order that he shall not escape you, and may be duly handed over to the police. You will find the following method will meet your requirements:

- Directly he seizes you grasp his right wrist with your left hand, the outside of your hand being upward or on the top, and your thumb underneath his wrist. Then take a step sideways with your left foot and slightly forwards, so that with another step you can place your right foot well behind his

right leg. As soon as you have stepped on one side, turn yourself half sideways and strike him with right fist behind the ear.



(In ordinary practice in this feat, as in many others which I describe, it will only be necessary to pretend to deliver this blow; the object of the blow being not so much to injure your assailant as to make him throw back his head in order to avoid the blow, by which means he will involuntarily lose his balance.)

Then when he is off his balance, but not before, follow up the motion by placing your right leg quickly behind his right leg. Then bear down on the upper part of his arm, commencing at the shoulder, and ending at the elbow, with the outside part of your fore-arm as illustrated in the photograph on this page.

While you are doing this, you retain a firm hold of his right wrist with your left hand. Pulling him towards you with your left hand, and leaning over his right arm with your body, you cause him to lose his balance and by this means he will be easily thrown upon his back.

Readers of the March Number will remember that I described therein a few of the three hundred methods of attack and counter attack that comprise my New Art of Self-Defence, to which I have given the name - "Bartitsu." For the benefit of new readers, it will be well to point out that my system has been devised with the purpose of rendering a person absolutely secure from danger by any method of attack that may arise. It is not intended to make take the place of boxing, fencing, wrestling, savate, or any other recognized forms of attack and defence. This, however, is claimed for it- it comprises all the best points of these methods, and will be of inestimable advantage when occasions arise where neither boxing, nor wrestling, nor any of the known modes of resistance is of avail. The system has been carefully and scientifically planned; its principle may be summed up in a sound knowledge of balance and leverage as applied to human anatomy

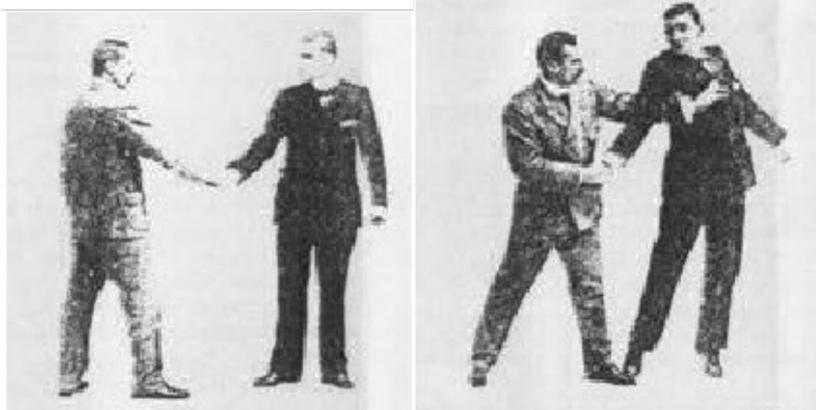
## **No. 6 - How to Put a Troublesome Man Out of the Room.**

In introducing a further selection of these feats, it may be as well to mention again the fact that there is not one among them that any person of average strength could not learn and perform. Some are so simple that they will be understood at once, and expeditiously performed after only a few trials. Others will require a certain amount of practice before being mastered.

We will suppose, in the first case, that some undesirable person comes into your room, and that you are anxious to march him out again without delay. You find that persuasion and commands alike fail: he may be a bigger man than yourself, and you may hesitate to propel him out of your door by the common method. By adopting the following plan your visitor will give you no further trouble:

Seize his right wrist with your right hand, turning the inside of his arm upwards, as shown in the first photograph. Then step towards him with your left foot, pass your left arm under his right upper arm, and seize hold of the lappet of his coat, so as to support your left arm and prevent it from sliding downwards. Now exert downward pressure upon your victim's arm, and with the leverage so obtained you could, if he attempted to resist you, break his arm at the elbow.

In this position you will have not the slightest difficulty in compelling him to walk out of the room.



### **No. 7 - One of Many Ways of Throwing a Man, without Exerting Strength, when you Seize him from Behind.**

Seize the man by the collar of his coat from behind, and place your foot behind his knee. Pull with your hand, and press with your foot, and he will be at once deposited upon his back! Without releasing your hold upon his collar, pass your right hand around his neck, so that you can bring your fore-arm across his throat. Then, seizing the right lappet of his coat with your left hand to prevent the coat from moving, you bear down with all your weight across his wind-pipe with your right arm, and so render him powerless to resist, and-if need be-throttle him!



### **No. 8.-How to Hold a Man on the Ground in such a Position that He is Unable to Move.**

As promptly as possible, seize your opponent's foot. Then, if you twist it smartly in the way indicated in the first illustration, you will find no difficulty in turning him on his face. Immediately this has been done, release the hold of one hand, and place your fore-arm tightly behind his knee, as shown in photograph No. 2. Then, by forcing the foot backwards, you can exert such leverage that if your opponent should still attempt to resist, you could break both his knee and his ankle.



## **No. 9 - How to Overthrow an Assailant who Attacks you from Behind, and Pinions your Arms.**

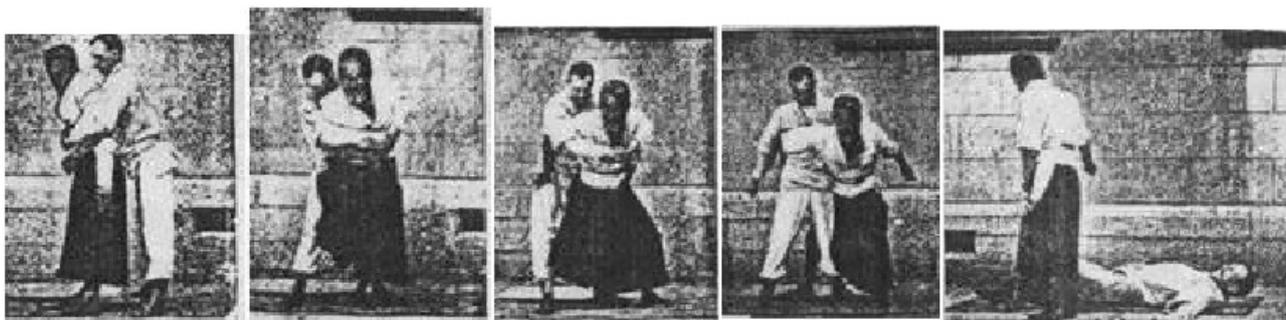
It might be supposed that if a man were attacked from behind, and found that his assailant had pinioned his arms, it would be a difficult matter for him to release himself. This, however, is by no means the case, and by carefully following the directions given below it will be seen that it is a simple feat for a man, not only to release himself when attacked in the manner described, but also to throw his assailant heavily to the ground without exerting extraordinary strength.

Directly your arms are pinioned, raise your right foot, as shown in the second photograph, and stamp heavily on your assailant's right foot. This immediately causes him to draw it back, in order to keep out of range of further danger. You then grasp his right leg with your right hand, in the precise position shown in the third photograph, exerting as much pressure as possible with your thumb. By this means you will cause your opponent such pain that he will instinctively loosen his hold.

You immediately take advantage of this opportunity to place your right arm round his body, and your right leg behind his knee. Then striking him behind the knee with the inside of your leg, and accompanying the movement with a left to right swing of your body, you cause him to lose his balance, and throw him heavily upon his back.

When a man attacks you from behind, and pinions your arms as shown in the first photograph, his intention will probably be to hold you securely whilst a confederate attacks you from the front. With your arms pinioned, your pockets and valuables are, of course, at the mercy of your assailants.

There are, of course, other methods of disposing of an adversary who attacks in this way; the one illustrated, however is the simplest and most effective, and has the additional advantage of requiring no strength whatever.



It may be well to explain here why my vis-a-vis, who figures in the majority of the feats is a Japanese, in Japanese costume. It was in Japan that I picked up the ideas for many of the methods in this new art of self-defence. The Japanese have long been famed as wrestlers, many of the tricks they employ to overcome their adversaries being remarkably ingenious.

## **No. 10 - How to Overcome an Assailant who Seizes both your Wrists.**

In this case we will suppose that you are suddenly attacked in such a way that both your wrists are held captive by your assailant. The advantage is, of course, with him, but he will, however, be easily overthrown, if the following tactics are carried out.

Your assailant will probably face you with his right foot forward. In this respect you follow his example. Then seize his left wrist with your left hand; release your right wrist by pushing your arm suddenly downwards.



Seize your opponent's right wrist with your released right hand, and, with a jerk downwards, cause him to release his hold of your left wrist. As soon as you have done this, draw his right arm over his left fore-arm, so that the back of the elbow passes across the centre of his left arm. Follow up the movement by raising his left arm, and bearing down upon his right arm.

The result will be instantaneous, and very surprising to your opponent, who will be forced to turn a somersault in the air, and will fall heavily on his back. Still retaining your hold on his wrists, you will now have him completely at your mercy.

In performing this feat upon your friends, it is not necessary to force them to turn a somersault from the position shown in illustration No. 2; but directly you have crossed your adversary's arms, and can apply the leverage, bend down yourself as much as possible, so as to nearly touch the ground. This will obviate the necessity of your friend running any risk of hurting himself by turning a somersault, and you can easily roll him over upon his back without any effort, as shown in the third and last illustration.

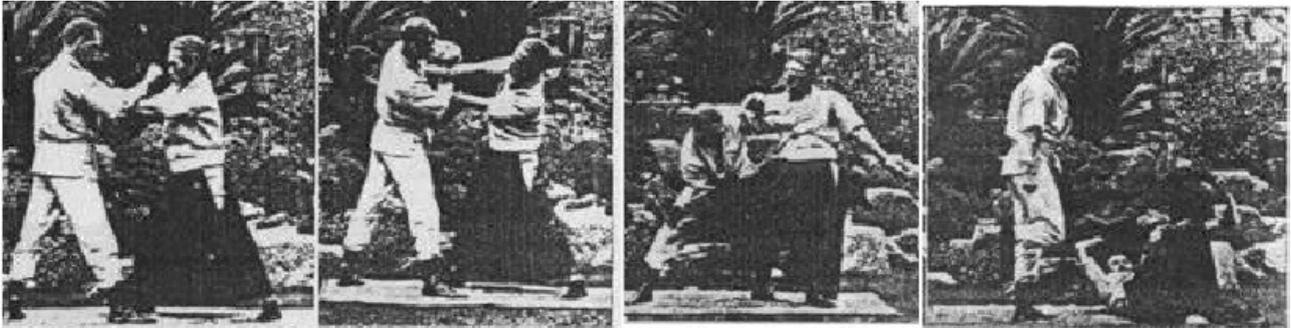
Be careful not to apply this leverage with a jerk, but gradually, otherwise you may unintentionally injure your friend's arm.

## **No. 11 - When seized by the Lappets of the Coat, how to Release Yourself and Overthrow your Assailant**

When a man seizes you by the lappets of your coat, he forgets or often overlooks the fact that in this method of attack his face is undefended. Your first movement will be, therefore, to strike him (or if you are practising the feats with a friend, pretend to strike him) in the face with your right fist.

This advise may seem unnecessary. It is not, however, so often followed, for the chances are that, when the occasion arises to which it applies, you will follow the natural and instinctive desire to free yourself by placing your hands upon your opponent's arms, and pressing upon them, which is as feeble as it is an unavailing method of resistance.

Remember, then, that your first movement should be to strike your assailant in the face with your right fist. If this does not cause him to release his hold, follow up the movement by passing your right forearm between his outstretched hands, and bring your right forearm up on the outer side of his right forearm. Then, grasp your right wrist with your left hand, and with the leverage thus obtained you may easily force his arm upwards and break his hold.



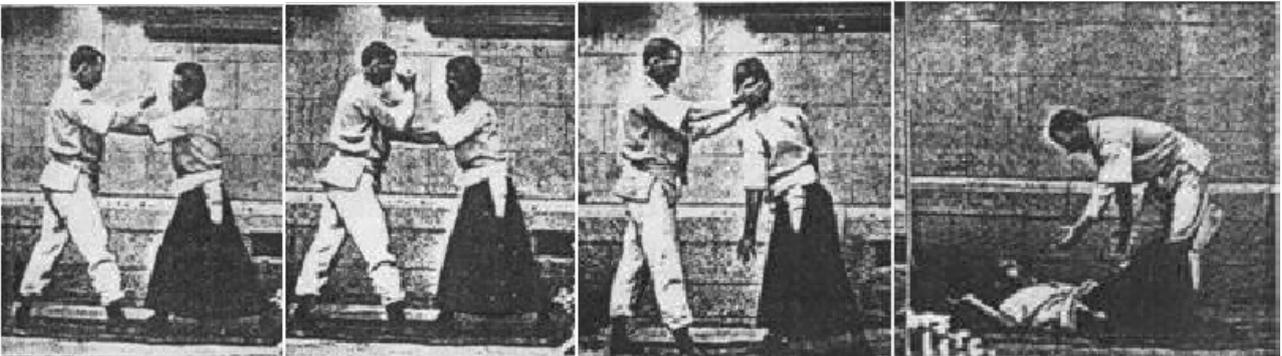
The movement of breaking the hold should be made with suddenness and a quick jerk if your opponent be a strong man with a powerful grip. He will then be partially turned round. Take the opportunity to place your left leg behind him, and passing your left forearm across his chest, and seizing his left leg as shown in the third photograph, you proceed to tip him over backwards.

## **No. 12 - If a Man Seizes you by the Coat and Attempts to Shake you - how to Release yourself, and to Overthrow your Assailant**

It is very humiliating to be shaken. It is also very unpleasant. I have once seen the operation performed on a man, and I shall never forget the helpless, hopeless expression on his face, as his head jerked violently backwards, and forwards, and he was finally sent crashing to the ground.

A severe shaking is a very real and terrible punishment, as those who have been so unfortunate as to have experienced it will testify. And it is a method of attack that is by no means uncommon, being especially resorted to by strong, big men, who pride themselves upon their strength and weight, and hesitate to strike a small man in case it should be thought cowardly. A good shaking like this will very soon reduce the victim to a state of thorough collapse. It is well, therefore, to know how to overthrow an opponent that seizes you by the coat and attempts to shake you.

The following method will be found very effective:



Directly you are seized, strike your assailant simultaneously with both fists, in the face, and bring your elbows down very sharply upon his wrists, which will have the effect of breaking his hold and jerking his head slightly forwards and downwards for a moment.

You immediately take this opportunity to catch him by the head, placing your right hand behind his head, and the hollow of your left hand under his chin. Then, stepping towards him with your left foot, and bringing your right foot behind your left foot (which acts as a sort of pivot to enable you to transmit a circular motion or twist to the neck) you throw him heavily upon his back.

## **No. 13 - One of Many Ways of Defending yourself, when a Man Strikes at your Face with his Right Fist**

I have already shown one method of dealing with an assailant when he attempts to strike you in the face. Here is an alternative plan, very terrible in effect.

When considering the advantages of this new art of self-defense, it must be remembered that there are times when no method is too severe to be adopted in order to overthrow an assailant, but of course, the following method would not be carried to its extreme, except in a very critical case.



Guard the blow by receiving it on your right forearm. Slip your hand up your assailant's arm, and grasp him by the wrist, with finger and thumb at the same time pulling him slightly forwards and seizing him by the elbow with your left hand.

He will instinctively resist you when you are pulling him towards you with your right hand. You take advantage of this moment to reverse the motion and bend his arm backwards as shown in the fourth illustration.



You then step forward and place your right leg behind his right leg and pushing his right elbow in an inward and upward direction, and his hand in an outward and downward direction, you cause him such pain that he is obliged to fall over backwards.

Retaining your hold, you keep him down on the ground in this position and so great is your power that if you wished, you could now break his arm.

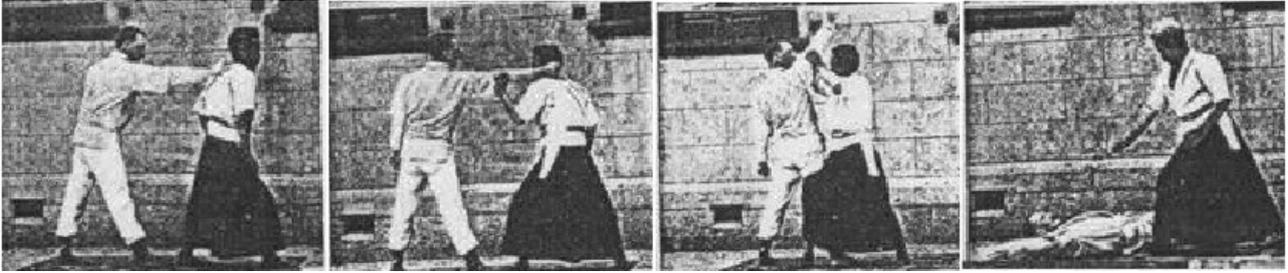
Of course, the same feat can be performed when a man strikes at you with his left hand or left fist, when you receive the blow on your left forearm, seize his left wrist, and then proceed to throw him as described above.

## **No. 14 - One of Many Ways of Releasing yourself when Seized by the Coat Collar from Behind.**

Perhaps one of the commonest forms of attack is that in which an assailant makes a rush at his victim from behind and seizes him by the collar of his coat.

Were you attacked in this way, you might suppose that your position rendered you helpless, that the advantage was all on your adversary's side, that you could not use your hands with any great effect, and that you would probably be hurled at once on to your back.

In order to avoid this mischance, you must act promptly.



Directly you are grasped by the collar, you must turn round and face your assailant, seizing him just behind the elbow, with the thumb and finger of your left hand. Then, exert pressure on the nerve of the funny bone which is situated just behind the elbow.

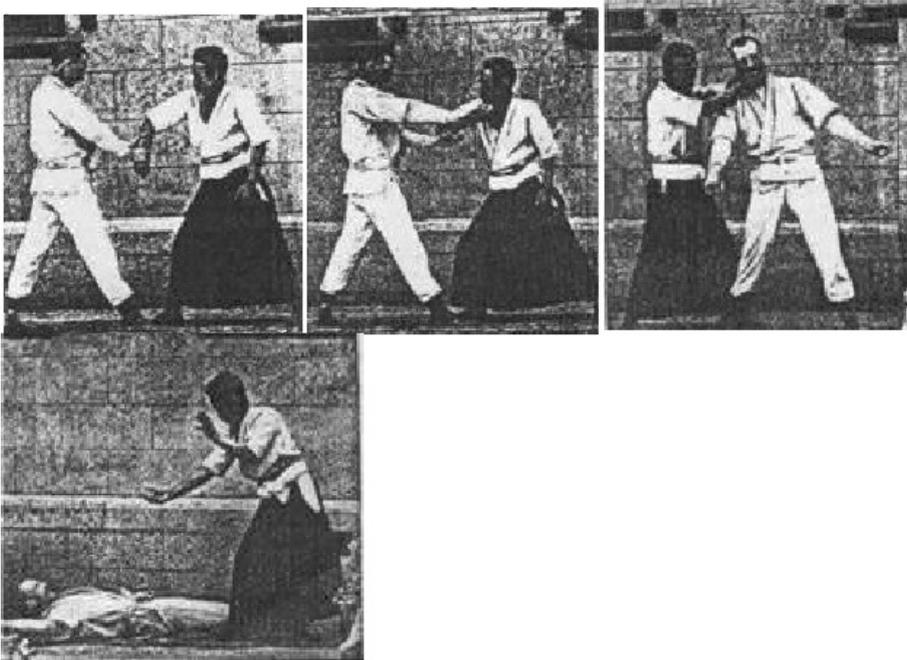
This will cause your assailant unendurable pain, and he will immediately release his hold. Then, without releasing your hold, throw his arms upward with your left hand, step forward with your right foot, and place it behind his right leg.

It will then be found a comparatively simple matter to seize him by the throat with your right hand and throw him up on his back.

It may be argued that it is a difficult matter to find and press upon your assailant's funny bone in a moment of danger, especially if he is wearing a heavy coat, through which your pressure would have but little effect. This undoubtedly is the case, and some little patience is required before it is possible to immediately place your thumb upon the tender spot. However, the feat is not so difficult as anyone would imagine who has not made the attempt. Should it be found difficult to release your opponent's hold in the manner described, a sharp upward blow at the elbow joint will have the desired effect. The arm must be seized instantly, when released, by the left hand, and held upright; and then the method of throwing must be continued as described above.

## **No. 15 - How to Overthrow an Opponent who Seizes you by the Right Arm.**

The four little photographs produced herewith show a very pretty and effectual method of overthrowing an assailant who seizes you by the right wrist with both hands.



As soon as your arm is seized as shown in the first photograph, you raise your hand in front of your chest toward your left shoulder. But, if your opponent is too heavy and strong to admit of your doing this, you must step slightly towards him with your right foot and bend your knees sufficiently to admit of your hand being nearly level with your left shoulder. Then, straighten your knees and turn sideways to him. You will at once feel that you can break his hold whenever you please. Directly this stage has been reached, re-arrange your feet in such a way that you may exert your strength to the best advantage in the direction you desire - i.e., so that you may easily throw your assailant off with a sweep of the arm. But before using your strength, bend your knees well in order to be well under your work. Then, with a vigorous movement of your arms, accompanied by the lifting motion supplied by straightening your knees, you throw him off his balance and turn him partly round, so that your right hand comes in front of his face.

Now take a strong step behind him with your left foot, seize him by the chin with your right hand, and by the back of the head with your left hand. Then, by bringing your left foot back again with a long stride behind your right, you impart a circular twist to your assailant's head and neck, which will throw him heavily upon his back.

Those who wish to become better acquainted with this new system should communicate directly to the writer who intends in the future, all being well, to open a school for the study of the New Art of Self-Defence.