



Small-Circle Jujitsu

Author: Wally Jay
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As well as being a Jujitsu grandmaster, Wally Jay trained in Karate, Kung-Fu and Boxing amongst others. Oh, and he taught Bruce Lee Judo too. This might be interesting then...

Jujitsu carries within it the origins of several martial arts, and it's often said that practically all of the Japanese styles can trace their lineage back to it in one way or another. It's ironic then, that Wally Jay, one of the best known practitioners of Jujitsu has such a wide range of experience in other things. Moreover, and unusually for a practitioner of the eastern martial arts, he can even include in his repertoire Boxing and the fighting styles of Brazil. So, with all this knowledge to pass on, what has he actually included in his book? The answer is a simple one: everything. Well, almost everything.

At almost 300 pages, and with detailed stage-by-stage photographic instructions of how to deal with anything from how to get out of a full-nelson to contending with the 'Ring Finger Lock', Jay's book is certainly widely-reaching. A multiple black-belt holder and recipient of many honours and awards, he splits his book into five chapters of varying length. The first two of these detail the history of his style after which the book is named and 'Preliminaries' respectively, which include details on break-falls and resuscitation. The third chapter then moves on to discuss universal body mechanics in 'Physical Weaknesses of the Human Body', before Jay really lets rip, with two extended chapters on the techniques themselves. The first of these, 'Small-Circle Jujitsu', perhaps unsurprisingly deals with the techniques particular to the style Jay has pioneered and details techniques where the subject varies between being the attacker and the defender. The last chapter of the book, 'Self-Defence Techniques', is divided into various sections and sees Jay discuss methods which exclusively neutralise aggression. His comprehensive text is also preceded by an introduction detailing the career of the author, including the period in which he taught Judo to a 22 year old Bruce Lee.

Overall, then, this book has a lot going for it. Almost from page one, the author cuts the waffling and offers page after page of techniques and relevant information from almost any attack. This is a very good reference book and would make a useful addition to the library of a martial artist of almost any level.

8 sausages out of 10

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