

CANON OF JUDO

"Principle and Technique"

K. Mifune

SEIBUNDO SHINKOSHA

GENERAL RESUSCITATION





127. Breath resuscitation

Purport: Art of resuscitation applied to an expiring player

1. *Erikatsu* (lapel resuscitation)—1

Posture:

- (1) Seat *Uke* as shown in (1).
- (2) Lean him backward at an angle of 30° .
- (3) *Tori* supports him by putting the knee on the backbone.
- (4) As shown in (2), *Tori* clasps lightly the other's neck lapel with the thumb in the inside of lapel.
- (5) *Tori* puts both hands side by side with the fingers downward.

Resuscitation;

- (6) Press them down lightly at a stroke.

2. *Erikatsu*—2

Posture:

In (1, 2, 3), the way is the same with the above.

- (4) *Tori* puts the base of hand just on the lower end of the collar bone (1). The hand palms are put on the swelling breast with the fingers lightly apart as if covering the breast with the palms.
- (5) Bend over the breast as if the bodily weight were upon the hands (2).

Resuscitation;

- (6) Press them down lightly at a stroke.





3. Resuscitation to a player lying on the back.

Posture:

- (1) Lay down the player on the back.
- (2) *Tori* sits astride of him with one knee erected.
- (3) Hands are on the breast flatwise with the nipples peeping out between thumbs and pointing fingers.

- (4) *Tori* puts the bodily weight on the hands, giving strength to the finger tip as if wringing up the breast with the root of hand.

Resuscitation:

- (5) Press down the breast strongly to the region of stomach.



128. Testicles resuscitation

Purport:

Art applied to a player falling into a swoon owing to the testicles being kicked.

Posture:

- (1) If the testicles are kicked up, by the effect of the sharp pain following, the surrounding regions will often get stiff reactionally. They are well massaged with the inguinal region as center.
- (2) *Uke* is seated (1) with the legs stretching out.

- (3) *Tori* thrusts the hands through the armpits and embraces him up and drops him down again and again (2, 3).

- (4) Or, *Tori* grasps firmly the hand on the side of the testicles kicked up, and hangs up the half part of body affected.

- (5) *Tori* kicks lightly the waist bone (4) with the foot sole (4), or strikes and rubs the testicles and returns them to the scrotum.



129. Drowned-body resuscitation

Purport:

- (1) This is the resuscitation art applied to a person picked up from the water in a syncoptic state.
- (2) Before everything water-disgorging art is given, and next breath resuscitation.
- (3) In many cases, the body is chilled to the bone, so always be mindful of warming it.

Posture:

- (1) Undress the body.
- (2) *Tori* makes *Uke* lie down over the knee (2).
- (3) Or, some strong person lies on the face, on whose back make *Uke* lie flat on the face.
- (4) Or, if a large vat is procurable, make straw fire, and on the vat the body is laid on the face for warming.

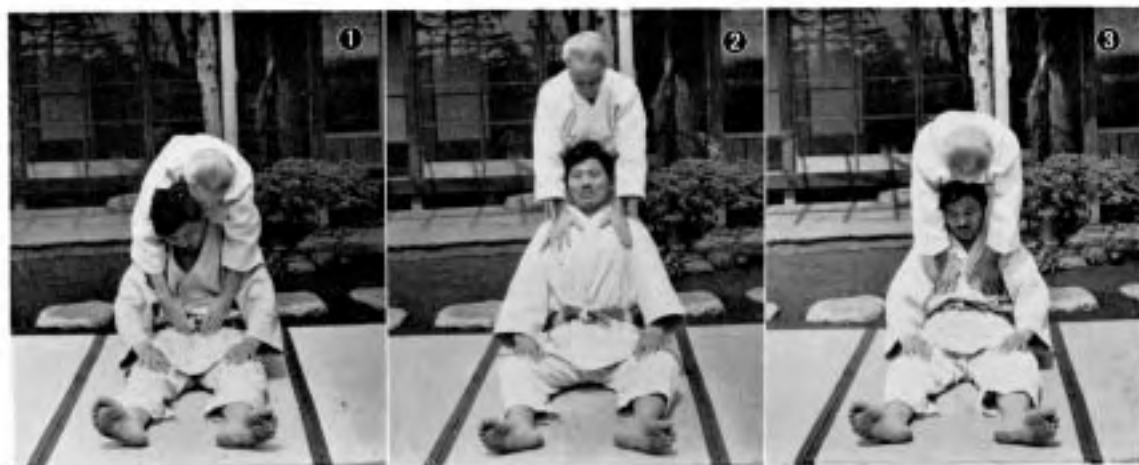
Resuscitation:

- (5) After rubbing well all parts of body, press the waist up to the stomach several times with the palms for water disgorging.
- (6) Or, shake the body, right and left.
- (7) Disgorge the body by rolling the vat.

Caution:

There is the possibility of resuscitation within 20 minutes since a man is drowned (viewed in medical jurisprudence).





General caution

When *Uke's* body is stiff, lay him on the back. *Tori* must rub down every part of *Uke* with the palms many a time, especially from the neck down to the femoral region in order to ease the stiffness of the body. (Resuscitation inducement)

Caution in application

- (1) When the bodily stiffness is well relieved, care must be taken in applying resuscitation, because too much strength in operation will impair the intestines.
- (2) When the stiffness of the head is so relieved as it rocks totteringly, it must be propped up by something against rocking. If not, in performing resuscitation there will be a fear of the neckbone dislocation, bone fracture, and the neck-marrow injury.

- (3) In case a player is in a swoon due to a severe contusion on the back head, there will often be not only the brain concussion, but also the neckbone dislocation, the neck-marrow injury, or sometimes the skull internal-bleeding. In such a case, no emergency operation should be given but lay and keep the body quiet, sending for the doctor immediately.

Caution after application

Though restored to life once, sometimes purplish color will remain on the lips and nails; the eyeballs are restless and the mind so perturbed, that a reply to an inquiry is mumble. In such a state, a continuous look-out must be kept.

THE END