

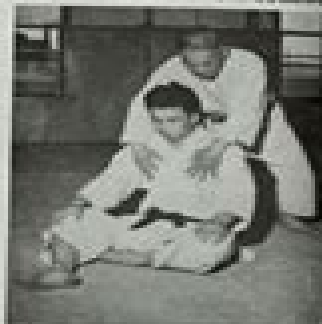
## 20. Kappo

### Sasoi-katsu



1-2. The person should be sitting before you, with legs crossed. Bend your right knee and place the knee against his spine, lifting your right hand from the floor. Spread your fingers and place your hands on his lower chest, hooking your fingers under his lower ribs. Pull back as if turning the ribs to either side, put your weight on the shoulders as if bent his body back, and press forward with your right knee, lifting your foot from the floor. This will draw air into his lungs. When his ribs have been opened as far as they will go, release them. Air will be expelled from his lungs. Repeat the process slowly and regularly, at a rate of 10 to 15 times a minute, until he begins breathing by himself. If you see a slight effort to breathe on his part, take care to maintain his movement, not to oppose them.

### Inductive Method



3-4. The person should be sitting before you, with legs crossed. Bend your right knee and place the knee against his spine, lifting your right hand from the floor. Spread your fingers and place your hands on his lower chest, hooking your fingers under his lower ribs. Pull back as if turning the ribs to either side, put your weight on the shoulders as if bent his body back, and press forward with your right knee, lifting your foot from the floor. This will draw air into his lungs. When his ribs have been opened as far as they will go, release them. Air will be expelled from his lungs. Repeat the process slowly and regularly, at a rate of 10 to 15 times a minute, until he begins breathing by himself. If you see a slight effort to breathe on his part, take care to maintain his movement, not to oppose them.

5. Gently release your pressure on the lungs. Repeat this procedure.

If you want to administer on the patient's jaw with your right hand, your left hand on his right shoulder, holding it in his mouth, hold it shut with your right arm.

When applying any of the resuscitation techniques, it is important that nothing obstructs the passage of air into the lungs. Food, water, the tongue, or some other object should be removed with the fingers. Have someone hold the tongue, or tie a rubber band around it and loop the end over a finger. If you have a safety pin, you can pin his tongue to the inside of a drowning victim, you should first drain the water from his face down, his head lower than his feet. Then roll him over and apply the technique. A cylinder of some kind is rolled over the abdomen. The victim should be kept as warm as possible.

A person knocked unconscious by a blow should be put in a supine position, and be kept warm. Avoid giving him anything to eat or drink at once.

During practice and tournament competition, a judoka is sometimes choked into unconsciousness, and his breathing stops. He may be suffocated by congestion, anemia, brain compression or defective oxidation in the bloodstream caused by pressure on the carotid arteries, trachea or vagus nerves. If kappo (resuscitation techniques) are applied promptly, there is no cause for alarm.

Kappo developed as a part of jujutsu in the eighteenth century alongside nage, the art of attacking the body's vital points. Both were treated as secret arts. Instruction was oral, and students were forbidden to pass their knowledge on to others without their master's permission.

Numerous methods of kappo have been devised, including *randen-katsu* (flower abdomen method), *juno-katsu* (kidney method), *dekishi* or *tsuchi-katsu* (treatment for drowning victims) and *tshe-katsu* (harding treatment). The four techniques given below are the ones most often resorted to.

# Kano Kodokan Manual 1956 Rar

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