**Jrat over jconsole**

The Java Runtime Analysis Toolkit is a low overhead, easy to use, open source performance profiler for the Java platform. JRat monitors an application's execution and persists performance measurements. This data can then be viewed and analyzed using the JRat Desktop, a Swing application.

The JConsole graphical user interface is a monitoring tool that complies to the Java Management Extensions (JMX) specification. JConsole uses the extensive instrumentation of the Java Virtual Machine (Java VM) to provide information about the performance and resource consumption of applications running on the Java platform.

I believe from my own extensive research of both analysing tools

By entering the following code you can let JRAT watch your code

java **-javaagent:shiftone-jrat.jar** [your java ops] [main class]

by entering the following code JRAT displays the results

java -Xmx256M -jar shiftone-jrat.jar