

GENERAL INFORMATION ABOUT JUJITSU



History of Jujitsu

- Martial art indigenous to Japan.
- Developed by the samurai in early feudal Japan (late 12th to late 16th century) to be used as a “backup” in the melee of combat should they damage or lose their primary weapon (bow, spear, halberd, or sword).
- Since samurai wore armor, strikes were usually not effective, so jujitsu evolved around simple joint locks and throws; not strictly unarmed, since it often included use of a “minor” weapon such as a dagger.
- Refined to become a self-defense martial art rather than a battlefield martial art during the late feudal period (late 16th to late 19th century) when the country was at peace; started to include some strikes since samurai no longer wore armor and commoners began learning the art; hundreds of styles evolved during this “Golden Age” of jujitsu; most jujitsu techniques used today come from the end of this period.
- Exported to the West via Japanese emigrants in the late 19th and early 20th centuries and by US GIs who learned it while in Japan during the US occupation of Japan immediately after World War II.
- Parent art of judo, aikido, and Brazilian (Gracie) jujitsu; its influence is also found in many modern eclectic Western self-defense martial arts (kenpo karate, kajukenbo, etc.) and military combatives.

Technical Description of Jujitsu

- Purely a self-defense martial art and hence includes “dirty tricks” and breaking of joints that are extremely practical in a self-defense situation but which would clearly not be suitable for sport.
- Based primarily upon the idea of yielding or using the attacker’s energy against themselves, i.e., the jujitsu practitioner pushes when pulled and pulls when pushed (jujitsu = ju + jitsu = “soft/pliant/yielding” + “art/technique” = “the art of yielding”).
- Considered a “complete” martial art, since it includes all forms of self-defense (joint locks, throws, strikes, submission holds, comealongs, and groundwork); anything goes in self-defense – no rules.
- However, strikes are usually secondary in jujitsu and used as the means to an end, i.e., used to “soften up” the attacker in preparation for a joint lock, throw, submission, or other finishing technique.

Stanford Jujitsu Club

- Our style of jujitsu: Zen Budokai Aiki Jujitsu
 - Formulated in the 1950’s and 1960’s in San Francisco by Raymond “Duke” Moore (10th dan).
 - Roots mostly in Danzan Ryu Jujitsu, judo, and several forms of karate (especially Shotokan).
 - Approx. a dozen schools throughout the nation; mostly in SF Bay Area and New England.
- Classes are MW 7:30-9:30 pm and F 7-9 pm in the wrestling room of the Arrillaga Sports Center; Friday classes are more advanced and hence require prior approval to attend.
- No previous martial arts experience is necessary.
- Membership is relatively small: currently ~12-15 students; usually 6-10 people show up for any given class, which means lots of individual attention; classes have a casual and relaxed atmosphere.
- Everybody teaches (except new students) to those under their rank; having to teach is one of the best ways to truly understand a technique.
- Curriculum focuses on responses to realistic attacks (armed and unarmed) one might find on the street.
- Members do not compete in tournaments since art is oriented towards self-defense; minimal sparring.
- New students can expect to earn their first belt after a quarter of dedicated training. Black belt is usually achieved in 4-6 years depending on dedication, innate ability, and previous martial arts experience.
- New students are allowed during the first 2 weeks of the quarter. *However, members of this class are granted an exception to this policy and are allowed to join anytime during the winter quarter.*
- \$60/quarter for Stanford students.
- See our website (jujitsu.stanford.edu) for more info, including video clips of select techniques.
- Please email our Club president, Johanna Wolff, if you have further questions: jwolff@stanford.edu.

SYLLABUS

CLASS 1 (MON 2/5) - INTRO, SAFETY, & BASIC JOINT LOCKS

- **introduction:** see previous page
- **safety:** go slow! no jewelry; tap out; no contact on strikes; and again, GO SLOW!
- **breakfalls:** back and side; also useful for rollerblading, snowboarding, biking, or just tripping
- **stance and body position:** use your core (not your arms), off-balance your opponent (not yourself)
- **blocking:** always block at wrist; if you neglect the block and get hit, you've undermined the technique
- **some basic joint locks:** ulna press (from R. roundhouse), tekubi tori (from double wrist grab), flex throw (from handgun on stomach); with the latter, it's a wrist flex, not a wrist twist!

CLASS 2 (WED 2/7) – COMEALONGS

- these techniques are designed to control/move the attacker without severe injury (eg, a drunk uncle)
- **comealongs:** ulna press (elbow lock using nerve behind elbow), front flex (wrist lock), judolock (shoulder lock which is essentially a hammerlock with a more secure elbow-to-elbow grip plus face/neck/head torture), yubi tori (finger lock); each of these attacks a different joint on your arm

CLASS 3 (MON 2/12) –ESCAPES, NERVE TOUCHES, & CHOKES

- there are no rules in real self-defense; when your life is at stake, anything and everything goes
- **from headlock:** armpit escape before the headlock is on, back of hand nerves, calf nerve, foot stomp, kidney nerve, hair pull into hair hammerlock
- **from front choke:** step back and simply push arm (passive defense), back of hand nerves, triceps pinch, break arms (if straight), finger into throat, ears slap, eyes takedown, knee or kick to groin, kick to knee, sternum nerve, claw face
- **from front hug:** foot stomp, ears slap, eyes takedown, knee to groin, kidney chops or kidney nerve (with thumbs), mastoid nerve, TMJ nerve
- air chokes (painful and very dangerous) versus blood chokes (little pain, but you pass out)
- **chokes:** rear choke using either variation (from straight right, parry), front naked sliding choke
- when being choked, always protect your neck by immediately pulling their hand away from your neck

CLASS 4 (WED 2/14) - THROWS

- breakfalls are essentially to practicing throws, so make sure you have them down
- **front osoto gari:** from front choke (R. hand around waist), from R. roundhouse (R. hand on far lapel)
- **rear osoto gari:** from rear choke (protect neck), from attempted nelson (make sure to trap arms)

CLASS DOES NOT MEET ON PRESIDENT'S DAY (MON 2/19)

CLASS 5 (WED 2/21) - GROUNDWORK

- the ground is the last place you want to be in a fight (their buddies can attack you easily, you can't see, you're immobile, and the ground hurts), but many fights end up here so you must know basic groundwork; remember, your only goal is to get up as quickly as possible – this isn't the UFC!
- **tracking from far guard:** use *bottom* foot to keep attacker away, stay on your *hand* (not your elbow!); transitional, as the idea is to get up get up quickly; would only be in this position for an instant
- **attacker in closed guard:** learn to relax as much as possible, bridge, arm trap, hammerlock
- **attacker on top of mount:** if arms are free, bump, bridge & roll; if arms are pinned, overhead kiai throw; the latter is a very bad situation, so must act quickly, decisively, and with all your strength → kiai!
- **concluding remarks:** real street attacks usually involve *multiple people and weapons*, so use your head in any real self-defense situation; email our president, Johanna, if you feel you might like to check out the Stanford Jujitsu Club and train further; also check out our website