

UNIVERSITY OF CONNECTICUT  
DEPARTMENT OF ALLIED HEALTH

AH 1200-003: Introduction to Jujutsu  
Fall, 2021

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Meeting Location: Hawley Armory Gym  
Meeting Time: Tuesday and Thursday 7:00 – 9:00

I. COURSE DESCRIPTION:

Wa Shin Ryu Jujutsu is an integrated approach to the development of practical self defense/combatative skills and inner power. It integrates diverse methods of fighting into a holistic, internally consistent system. The system focuses on the development of the total person by constantly emphasizing the integration of mind and body and the development of focused power (shuchu ryoku).

The primary and immediate purpose of this beginner course is to provide students with practical self defense skills and develop a state of mind which permits their successful application in dangerous situations. Long term goals for those who choose to pursue the study of Wa Shin Ryu include mind-body harmony, empowerment, heightened levels of awareness and self actualization. Many health/wellness benefits are also associated with the study and practice of the art (as is the case with many martial arts). To reach the goals of Wa Shin Ryu we employ the principles of the Four-Fold Path: This path requires:

- i. Diligent and rigorous training in the art of Wa Shin Ryu
- ii. Regular meditation/introspection
- iii. Practice and application of the philosophy of Wa Shin Ryu (see System, Philosophy and Principles) file
- iv. Practice and application of the basic principles of Wa Shin Ryu (Principles of Movement, Power, Strategy and Execution). (See "System, Philosophy and Principles of Wa Shin Ryu Jujutsu" for an explanation of these terms)

II. COURSE OBJECTIVES: The student will be able to:

- A. Demonstrate proficiency in a series of beginner kata and techniques during practical physical exams.
- B. Describe and demonstrate a subset of techniques during physical exams.
- C. Discuss training theory as part of the final oral exam.
- D. Research facets of these as part of the final oral exam.

### III. STUDENT EVALUATION:

\*note\* A jujutsu gi is required for this course. Students can purchase their own gi online at a number of sites or place their order with the general group for a reduced rate. These range from \$52-\$58.

	Weight
Continuous evaluation	10%
Midterm evaluation	10%
Final practical exam	50%
Final written/oral exam	10%
Participation	<u>20%</u>
	100%

### IV. Additional information

#### The Application of Effective Self Defense Skills Requires:

- 1: Presence of mind, or, the ability to remain calm and clear headed under pressure
2. Self Control (both psychological and physical)
3. Psychological flexibility, or, the ability to adjust quickly to the changing demands of a threatening situation
4. Decisiveness (the ability to act without hesitation)
5. Recovery (the ability to recover quickly and effectively when a situation goes awry)
6. Knowledge of Technique. Therefore, practice regularly
7. A satisfactory Level of Fitness. If you are out of shape, it doesn't matter what you know. You will be too weak or too slow to apply skills effectively.

#### Some Course Benefits

Upon completing the course, students report:

- \* increased feelings of assertiveness and decisiveness
- \* increased feelings of confidence in themselves and their body
- \* feelings of integration and inner harmony (mind-body balance)
- \* increased strength, speed, coordination, balance, flexibility and endurance
- \* persons in potentially dangerous occupations report increased feelings of confidence in their ability to carry out their duties
- \* an increased ability to remain calm and controlled under pressure
- \* increased ability to tap into sources of inner strength (ki).

#### The Nature of Combative Contexts

An altercation may involve one, or all three of the above situations. Most attacks requiring self defense skills, however, involve inside fighting which may also include ground fighting. In many cases, the assailant will attempt to force the intended victim to the ground so as to rape them or do them further injury by kicking and punching.

1. Distance Fighting involves punching, kicking and other forms of striking with or without weapons (e.g., a club or knife). The combatants are often three to five feet apart and only come

together to exchange blows before pulling back to reset, or recover. This type of fighting requires considerable training in hand-eye coordination, blocking, deflecting and counter attacking. It is the stuff advanced martial arts are made of. Rapes and muggings rarely reflect this type of fighting, although the attack may start this way.

2. Close Quarter Fighting involves contact and collision with the assailant. The assailant often grabs an arm, or throws both arms around the chest, the neck or the waist in order to establish control over the intended victim. The assailant may also use a knee, a head butt or an elbow jab to overcome any resistance that he encounters. People who panic when they find themselves in a "clinch" are the ones who suffer most in the hands of an attacker.

3. Ground Fighting. After initiating an attack by putting the victim in a clinch, the assailant may follow through to the ground. He may attempt to hold the victim down by sitting on top, by placing a knee across the chest, by holding a knife across the throat, and the like. Alternatively, he may remain standing and kick the victim from that position until the victim is clearly unable (or unwilling) to defend himself/herself.

While it is always desirable to talk one's way out of a potential altercation, if you are attacked it is clear that the assailant is not interested in talking, or negotiating. You must then resort to the **OPTION OF LAST RESORT**. That is, you must defend yourself using the skills you learned in your self defense/martial arts classes. In addition to acquiring the necessary self defense skills that make it possible for you to turn your body into a dangerous weapon, you must develop a state of mind that enables you to remain calm and controlled under pressure. This is accomplished through pressure training (and other forms of training) in your self defense classes.

While the primary emphasis in the course is on Wa Shin Ryu Jujutsu, selected techniques from modern sport judo will also be introduced. Students will learn selected throws, arm bars, strangling and grappling techniques, as well as break-falls. Students should bear in mind that since modern judo derives from jujutsu (mostly from Kito Ryu and Tenshin Shinyo Ryu), it is sometimes difficult to separate out the techniques of judo from those of jujutsu. However, one thing is clear; while judo techniques are used in sporting contexts in accordance with sport rules, jujutsu techniques, especially those that originate from battlefield conditions are applied in a different fashion and are intended for defense and for combative situations.

Some Japanese Vocabulary You Should Know (provided by Cunningham sensei)

The Dojo Family:

Sensei: Teacher (lit. "First Born")

Seito: Student

Sempai: Senior

Kohai: Junior

Clothing:

Gi: Uniform

Zori: Sandals (Footwear)

Uwagi: Jacket of Gi

Obi: Belt

Zubon: Trousers

Eri: Lapel

Sode: Sleeve

Commands/Instructions:

Kiyotsuke: Attention

Rei: Bow

Hajime: Begin

Yoi: Ready

Kamae: Set (in fighting stance)

Mate/Yame: Stop

Yoshi: Continue

Soremade: "It is finished!"

Mokuso: Quiet Contemplation

Numbers/Counting:

One: Ichi (eechee)

Two: Ni (nee)

Three: San (sahn)

Four: Shi/Yon (shee/yohn)

Five: Go (goh)

Six: Roku (roh-koo)

Seven: Shichi/Nana (shee-chee)

Eight: Hachi (hahtchee)

Nine: Ku (koo)

Ten: Ju (joo)

Directions:

Migi: right

Hidari: Left

Mae: Front

Zenpo: Forward

Ushiro: Rear

Soto: Outside, Outer

Uchi: Inside, Inner

Three Parts of a Throw:

Kuzushi: Off-Balance

Tsukuri: Get into position (Lit: Make)

Kake: Execution

Dojo Terms, Odds and Ends:

Dojo: Where we practice Judo

Seiza: Sit in kneeling position

Anza: Sit with crossed legs

Waza: Technique(s)

Osewa: Thanks for your trouble!

Hai: Yes!

Domo Arigato: Thank you very much!

Do Itash Mashite: You are welcome!

O: Big

Gari: Reap

Harai/Barai: Sweep

Body Parts:

Te: Hand

Koshi/Goshi: Hip, Waist, Loin

Ashi: Leg, Foot

Kote, Tekubi: Wrist

Hiza: Knee

Shoulder: Kata

Carry on the upper back: Seoi

## Recommendations

1. Regular attendance (you are permitted FOUR free absences)
2. Wear footwear from the dressing room to the mat. Keep your feet clean and nails trimmed
3. Keep notes on the different techniques you learn
4. Be punctual
5. Maintain highest hygiene standards. Always shower (or at least wash hands and feet after workout)
6. Keep your gi clean

## Testing

Students' progress will be evaluated continuously throughout the course. There will be a final skills test in which students will be required to demonstrate a sequence of nine standing techniques and NINE techniques on the ground. Additionally, students will be asked to demonstrate any SIX techniques which help illustrate distance fighting principles. Students may also be asked to demonstrate their own forms of harmony (aiki no kata), a choreographed sequence of selected techniques. The verbal test consists of 20 questions from the syllabus and includes terminology, history and the like. More details below:

## Promotion

Those who successfully complete the course will be awarded a Certificate in Wa Shin Ryu Jujutsu from the founder and will also qualify for official rank through the USJA (United States Judo Association- Jujitsu Division) in Wa Shin Ryu Jujutsu.

<http://www.wsrjj.org>

This course follows the University of Connecticut's policies from the University Senate, the Office of Institutional Equity, the Office of the Provost, and Community Standards. They can be accessed here...

<https://provost.uconn.edu/faculty-and-staff-resources/syllabi-references/>

In addition

## Mask and social distancing expectations for Fall 2021 in-person courses

Until further notice, to ensure a safe learning environment for everyone, masks/face coverings must be worn at all times when inside buildings, including in the classroom, regardless of vaccination status. If a student is not wearing a mask/face covering, they will be asked by the instructor to put one on immediately or leave the classroom. Repeatedly failing to follow this expectation will result in a referral to Community Standards. No eating; brief unmasking permitted to drink. If an instructor is not wearing a mask/face covering, students should feel comfortable asking the instructor to put one on immediately. More information about proper usage of masks is available from UConn Environmental Health and Safety at this link.

Although social distancing will not be required inside classrooms for vaccinated individuals, please be respectful of the wishes of others who prefer to maintain social distancing. For their own protection, unvaccinated individuals are requested to maintain 6 feet social distancing from others.