

柔術

Jitsu



**A Beginner's Guide
to
Jiu Jitsu**

Dojo Etiquette

- Rei (bow) when entering or leaving the dojo, and when getting on or off the mat.
- Ask permission from the highest grade to get on and off the mat.
- Don't eat, drink or swear in the dojo.
- Stand attentively with your hands at your belt, one in the other, palms facing up.
- Arrive **15 minutes before** training.

Greeting

- Line up in grade order, novices to sensei's right, in line with highest grade.
- Sensei calls "**kiba dachi**", move left foot out, feet shoulder width apart, knees slightly bent and hands clenched at thighs like riding a horse.
- Sensei calls "**seoi dachi**", bring left foot in, hands by side.
- Sensei calls "**suwaru**", left foot out at 90°, right knee down, followed by left knee.
- When highest grade calls out "**sensei ni rei**", bow while looking in front of you.
- Sensei then reises to jitsuka.



Clothing

- Remove all tags/labels from your gi.
- A Jitsu badge must be sewn on the right shoulder of the gi.
- All jewellery must be removed or taped up.

Jitsu Terms

- Yame - stop immediately
- Hajime - begin
- Yoshi - continue
- Yoi - ready, take a defensive stance
- Jitsuka - a student of Jitsu
- Uki - person who is thrown / the 'attacker'
- Tori - person doing the throw/ the 'defender'
- Kiai - power shout after a throw to expel energy
- Tatame - mat



Regionals

A course for all the clubs in the North West region, which gives you an opportunity to train with different jitsuka, be taught by different senseis and then socialise with everyone.

Nationals

There are two national events held each year, which give you the opportunity to train with and then compete against Jitsuka from all over the country!



Socials

We have a casual drink after training, nights out to clubs, meals and a variety of other social activities that give you the opportunity to spend time with people off the mat so that you are more comfortable on the mat, and make life long friends along the way.

Grades

White, yellow, orange, green, purple, light blue, dark blue, brown, black.

Mons (stripes) are given for yellow and orange belts for good I, excellent II or exceptional III performance.

Yellow Belt Terminology



Throws:

Ko Soto Gari	Minor outer reap
O Soto Gari	Major outer reap
Ko Soto Gake	Minor outer prop/hook



Wrist locks:

1 Kote Gaeshi	Wrist twist
2 Ura Kote	Reverse wrist
3 Kote Gatame	Wrist lock

Arm locks:

1 (Outside) Kujiki Gatame	Arm break
1 (Inside) Kannuki Gatame	Bolt lock
2 Karada Gatame	Body lock
2 (Tall) Katsugi Gatame	Shoulder carry lock
3 Jodan Ude Garami	Upper body arm entanglement

More information

www.jitsufoundation.org

www.manchesterjitsu.org