



American Jiu Jitsu Self Defense – MIT

Active MIT Certified AJJ Self-Defense Instructors:

Sensei Dave Dunmeyer, Sensei Patrick Menard,
Sensei Lester McCoy, Sensei Ken Clary,
Sensei Berit Johannes, Sempai Hongyi Hu

Active MIT Assistant Instructors:

Sempai Caroline Barker, Sempai Joe Foley,
Sempai Jonathan Morse, Sempai Karl Ramm,
Sempai Mike Phillips

We are:

Practical and effective self-defense – both traditional and modern. We employ extensive scenario-based self-defense education appropriate for all body types, fitness, and experience levels.

A true martial art is neither a sport nor a dance; it must be as effective on the street as it is on the battlefield... it must train the practitioner for the probable and prepare them for the unthinkable.

Schedule:

M,W 9-11pm, Sa 3-5pm, beginning Sept. 9 DuPont Wrestling Room, 2nd Floor DuPont Athletics

We recommend you attend at least **two** classes per week in order to make consistent progress.

Competencies for Self-Defense Certification (White through Green Belt), one-semester (80+ hour) course:

Core Competencies

Hand Strikes	Elbow Strikes	Knee Strikes	Foot/shin strikes
<ul style="list-style-type: none"> Jab Vertical fist strike / cross Hook Uppercut Palm blow Bottom fist Back fist 	<ul style="list-style-type: none"> Roundhouse Upward Downward Side Reverse Rear high Rear low 	<ul style="list-style-type: none"> Front Roundhouse 	<ul style="list-style-type: none"> Front snapping Roundhouse snapping Front thrusting Side thrusting Rear thrusting Side shin (Muay Thai) Forward shin
Blocks	Knife	Gun (pistol)	Baston (bat/stick)
<ul style="list-style-type: none"> High block Cross block Downward block Parry block High wedge block Low wedge block Drop / duck and weave 	<ul style="list-style-type: none"> Defensive posture Pat & run Pat, wrap, & attack Knife to chest Floor disarm 	<ul style="list-style-type: none"> Front high Side high Rear high Front low Side low (front) Rear low 	<ul style="list-style-type: none"> Unarmed defense from 5 angles
Front Escapes (standing)	Rear Escapes (standing)	Escapes (ground)	Restraining / Escorting
<ul style="list-style-type: none"> Straight wrist grab Cross wrist grab Bear hug front overarm Bear hug front underarm Front lapel grab Front finger choke Guillotine 	<ul style="list-style-type: none"> Full nelson Bear hug rear overarm Bear hug rear underarm Head lock Rear forearm choke Hammer lock Rear double-hand grab Rear finger choke 	<ul style="list-style-type: none"> Mount Guard Side-mount Knee-on-stomach North-south Rear mount with naked choke 	<ul style="list-style-type: none"> Extended arm and neck flex from behind Naked carotid choke Figure-four armbar Regular armbar Armpit armbar

Movement and Stances	Falls	Throws	Weapon Use
<ul style="list-style-type: none"> • Shoot • Sprawl • Body movement (6 corners) • Defensive stance • Fighting stance • Forward stance 	<ul style="list-style-type: none"> • Side fall • Rear fall • Body drop • Forward roll • Side roll • Rear roll • Break fall 	<ul style="list-style-type: none"> • Major hip throw • Single shoulder throw • Major outer reap • Small outer reap • Floating hip throw • Scoop throw • Double-leg takedown 	<ul style="list-style-type: none"> • Baston (5 swings) • Kubotan (5 swings) • Knife (9 angles of attack) • Pistol morphology and use (semi-automatic and double-action revolver)
First aid	Fitness	Strategy	Anatomy and Physiology
<ul style="list-style-type: none"> • Treating and recognizing heat exhaustion and dehydration • Controlling bleeding • CPR & rescue breathing 	<ul style="list-style-type: none"> • Jump rope • Pushups • Crunches • V-ups • Pull-ups • Jumping jacks • Medicine ball 	<ul style="list-style-type: none"> • De-escalation • Situational awareness • Dealing with multiple attackers • 10 essentials of self-defense • Essentials vs. luxuries • Criminal profiling • Threat continuum • Appropriate force 	<ul style="list-style-type: none"> • Major arteries • Compliance nerve centers • Physiology of the choke • Frame concept

Requirements:

Initially, comfortable clothing that does not inhibit movement should be worn. No shoes are allowed on the training mats.

Participation in the Self-Defense Core Competencies course is free to try up until the fifth week. After five weeks, student dues are set at \$40/semester, payable by cash or check to American Jiu Jitsu @ MIT, recorded by the club treasurer. We have 100% volunteer instructors. Each started their training with MIT Jiu Jitsu as undergraduate or graduate students. Dues go toward club equipment, providing specialized instructional opportunities, club dinners and outings, and helping offset administrative costs. The club is heavily subsidized and supported by MIT to keep dues low.

Liability waivers must be signed before participating in any Club Sport at MIT. Please inform an instructor if you have any medical condition that might limit your ability to participate fully. Participation is only open to the MIT community – with preference given to undergraduate and graduate students.

E-mail self-defense@mit.edu if you'd like more information, or if you'd like to be added to the moderated jiu-intro@mit.edu intro-student mailing list. Please visit <http://web.mit.edu/jiu-jitsu/> to find out more.

**Be safe. Have fun. Learn a lot.
Welcome to MIT.**