



- American Jiu-Jitsu, Introduction to Self-Defense - - Course Outline and Syllabus -

Jiu-Jitsu Self-Defense

What is Jiu-Jitsu?

The American Jiu-Jitsu Club Introduction to Self-Defense is an introduction to self-defense utilizing the American Jiu Jitsu System of Self-Defense (a form of self-defense which combines *Daito-Ryu Aiki-Jitsu*, *Hakko-Ryu Ju-Jitsu*, *Kobe Ju-Jitsu* and *Kokusai Ju-Jitsu Remnei* along with Filipino knife and stick fighting and elements of Gracie Jiu-Jitsu). In Jiu-Jitsu, the types of techniques we practice include joint locks, throws, chokes, defense from stick, knife and gun attacks, kicks, strikes, ground fighting and much more. Jiu-Jitsu can be utilized by people of any size and strength. Jiu-Jitsu does not rely upon brute force, but instead utilizes anatomical knowledge and mental conditioning to control and subdue an attacker. A more comprehensive description of the American Jiu-Jitsu Club @ MIT can be found at:

<http://web.mit.edu/jiu-jitsu/www/>

Makeup Policy

This Introduction to Self Defense Course meets on Monday and Wednesday nights from 9-10:30pm. Makeup days are held on Saturdays from 3-5pm. If you have to miss the weekday classes, you can makeup for the material during the Saturday class. Or on Saturdays you can come learn additional material that would not be normally covered during the introductory course. We have tried to design the course so that each class does not depend on the class before it – although missing more than a couple classes is not advised if you want a strong foundation in basic self-defense.

Vocabulary (Commands)

Hajime – begin *Mate* – pause *Yame* – stop *Kioskay* – attention *Rei* – bow *Seiza* – sit

Respect

Make sure to arrive on time. If you arrive late, wait patiently on the side of the mat until the instructor summons you to join the class. We will begin promptly at 9:05pm with the day's topics. We will end at 10:30pm. When the instructor asks a question, it is appropriate to respond with the answer... don't be shy. The class will be fairly informal, but most of the traditional commands and respectful responses you will learn are to ensure that the class remains a safe environment in which we can have fun and learn.

Proper Attire

It is recommended that you wear comfortable clothes. You may also wear a *gi* if you like; however, it is not necessary. If you have rank in any form of *jiu-jitsu*, *ju-jutsu*, *ju-jitsu*, *aiki-jitsu* or other *jitsu/bugei* feel free to wear it, but we are being informal, so there is no need to. None of the techniques taught in the introductory course will require a *gi*.



- Essentials of Self-Defense -

1. Never underestimate an opponent.
2. Remember that an attack can also be countered by shifting your weight in avoidance as well as a block.
3. Turn your body as a unit, not isolated parts.
4. Always maintain a good foundation and stance to obtain maximum effect from your technique.
5. Don't attempt fancy techniques in a street situation, stick to basics.
6. Don't meet your opponents force head-on, use his momentum to your advantage.
7. Concentrate your attack on your attackers anatomical weak points.
8. Be aware of your surroundings and any items that may be used as weapons by yourself or your opponent.
9. Exercise control over mind and body when dealing out punishment; subdue, do not main or torture.
10. Never fight an opponent on his terms; use whatever techniques necessary to subdue your opponent.



- Course Schedule -

Day 1 BASICS OF SELF-DEFENSE

Monday 9-8-03

- What is Jiu-Jitsu? What is self-defense?
 - Self-defense is a SURVIVAL SKILL, like CPR or First Aid
 - Three levels of self-defense
 - Prevention
 - Psychological
 - Physical
 - Jiu-Jitsu as self-defense
 - Self-defense mindset (de-escalation, gross motor skills and survival)
 - Self-defense starts with self-esteem
- Legality of using force:
 - Is the assailant a THREAT to you or those important to you?
 - Does the assailant have INTENT to attack?
 - Does the assailant have an ABILITY to attack?
 - Does the assailant have the immediate OPPORTUNITY to attack?
 - REASONABLE force can be applied.
- Principles of self-defense:
 - Fight to win
 - Resist immediately
 - Yell
 - Get mad
 - Maintain a proper base
 - Target vital points
- Essential tools of self-defense: strikes
 - Palm blow
 - Vertical fist strike
 - Downward/roundhouse elbow strike
 - Knee strike
 - Front snapping kick
 - Targeting:
 - Eyes – gouging, striking, foreign matter
 - Throat – wind pipe and Adam's apple
 - Knees – side of knee and knee cap
 - Groin – striking, crushing, ripping
 - C-spine
 - Nose
- Defensive stance ('de-escalation stance' or 'street-fighting stance')
- Fighting Stance: "Don't mess with me!"
- Course overview and demonstrations

Note: Some of the material for this course has been taken from "How to Fight Back and Win: the Joy of Self-Defense" by Dr. Judith Stein along with the American Jiu Jitsu Federation Yellow belt and Orange belt lists. Additional material is taken from the American Taiho-Jitsu Association curriculum.

**Day 2 BASIC DEFENSES****Wednesday 9-10-03**

- Forward stance
- Blocking
- Basic striking retaliations from high punch (haymaker)
- Escapes
 - Straight-wrist grab
 - Cross-wrist grab
 - Straight-wrist grab with a threat
 - Cross-wrist grab striking defense

Day 3 GROUNDING AN ATTACKER**Monday 9-15-03**

- Proper falling
 - Side falls
 - Rear falls
 - Forward falls
- Leg sweep (*O-soto-gari*) from haymaker
- BONUS TOPIC: hand shake defenses: cupping, thumb bar, cuticle crush, joint stress, pine-needle break

Day 4 DEFENSE FROM THE GROUND**Wednesday 9-17-03**

- Ground Defense
 - Kicking defenses (from the turret position)
 - Knee take-downs (from the turret position)
- Proper way to stand up
- Escaping the from under an attacker (escaping the base)
 - Attacker pinning hands and chest
 - Attacker striking to the face and groin

Day 5 CONTROLLING THE ATTACKER'S JOINTS**Wednesday 9-24-03**

- Falling part II – the forward roll
- Figure-four arm-bar from straight-wrist grab
- Straight punch into arm-bar (*ude-gatame*)
- *Nidan* wrist-pin submission from cross-wrist grab

Day 6 CHOKES**Monday 9-29-03**

- Physiology of the choke
 - Carotid artery choke
 - Windpipe choke
- Bully approach to naked choke (*hadaka-jime*)
- Defense against front finger choke
- Defense against rear finger choke

**Day 7 TAKING THE INITIATIVE, 'FIGHTING' DIRTY****Wednesday 10-1-03**

- Defense against hammer-lock
- Never-get-it-on concept (total situational awareness – *zanshin*)
- Bully approach to head-butt
- Bully approach to bear-claw strike

Day 8 CONTROLLING WITH DIRECTED PAIN**Monday 10-6-03**

- *Mochi mawara* lapel-pin wrist lock
- Defense against neck-lock ('head-lock') friendly variation
- Defense against neck-lock ('head-lock') with punches
- Introduction to pressure points (back of hand strike, side of wrist strike, forearm, bicep / tricep squeeze, center of chest, clavicle, ribs, behind ear, top of chin, nose, temples, groin, eyes)

Day 9 DEFENSES PART II**Wednesday 10-8-03**

- Defense against front underarm bear hug
- Defense against rear underarm bear hug
- Defense against front overarm bear hug

Day 10 KNIFE**Wednesday 10-15-03**

- Basics of edged weapon defense
 - What is a knife? What is a shank? What is a stick?
 - Common weapon types
 - Defensive stance
 - Stationary knife threat vs. dynamic knife threat
- Pat, wrap and attack defense
- Defense from inside and outside slash attacks

Day 11 DEFENSES PART III**Monday 10-20-03**

- Defense against rear forearm choke
- Defense against rear overarm bear hug
- Defense against full-nelson to finger-lock submission
- Defense against full-nelson (get-it-on)– going ballistic

Day 12 COURSE WRAP-UP**Wednesday 10-22-03**

- Defending against blunt weapons
 - Proper use of a stick
 - Stick defense basics
 - Bat defense basics
- Gauntlet exercise