



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

Jiu-Jitsu Self-Defense

What is Jiu-Jitsu?

American Jiu-Jitsu is a form of self-defense which combines *Daito-Ryu Aikijujutsu*, *Hakko-Ryu Jujutsu*, *Kobe Jujutsu* and *Kokusai Jujutsu Remnei* along with Filipino knife and stick fighting and elements of *Gracie Jiu-Jitsu*. Jiu-Jitsu techniques include joint locks, throws, chokes, defense from stick, defense from knife and gun attacks, kicks, strikes, ground fighting and much more. People of any size and strength can effectively utilize Jiu-Jitsu. 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 on the web at: <http://web.mit.edu/jiu-jitsu/www/>

Locations and Times

The introductory class meets on Monday and Wednesday nights from 9:00-10:30pm in the DuPont Wrestling Room. Makeup days are held on Saturdays from 3:00-5:00pm in the DuPont Wrestling Room. We designed the Jiu-Jitsu intro course so that each class does not rely upon knowledge gained in the previous class. However, missing class is not advised – as you will gain valuable eye-hand and mind-body coordination from each lesson.

Vocabulary (Commands)

Hajime – begin • *Mate* – stop! • *Kioskay* – attention • *Sei retsu* – line up • *Rei* – bow • *Seiza* – sit

Respect

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

Proper Attire

It is recommended that you wear comfortable workout clothes. You may also wear a *gi* if you like; however, it is not necessary. If you hold rank in any martial art besides Jiu-Jitsu, it is appropriate to wear a white belt. None of the techniques taught in the introductory course will require a *gi*.

Essentials Concepts of Self-Defense

1. Never underestimate an opponent.
2. Remember that an attack can 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 attacker's anatomical weak points.
8. Be aware of your surroundings and any items that may be used as weapons by you or your attacker.
9. Exercise control over mind and body when subduing your attacker; do not maim 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

Wednesday 9-8-04

- 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
 - Self-defense mindset (de-escalation, gross motor skills and survival)
 - Self-defense starts with self-esteem and self-respect
- 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 the PHYSICAL ABILITY to attack?
 - Does the assailant have the IMMEDIATE OPPORTUNITY to attack?
 - REASONABLE force can be legally applied if all the above criteria are met.
- Principles of self-defense:
 - Fight to win
 - Resist immediately
 - Yell
 - Get mad... fast
 - Maintain a proper base
 - Target vital points
- Essential tools of self-defense: strikes
 - Palm blow – to the nose, jaw or back of head
 - Vertical fist strike – to the solar plexus, floating rib, groin, neck, nose or throat
 - Downward elbow strike – to the back of the neck
 - Roundhouse elbow strike – to the jaw, temple, face or floating ribs
 - Knee strike – to the face or groin
 - Front snapping kick – to the groin or front of the knee
 - Targeting:
 - Eyes – gouging, striking, foreign objects (dirt, coffee, pen, keys...)
 - Throat – wind pipe and Adam's apple
 - Knees – side of knee and knee cap
 - Groin – striking, crushing, ripping
 - C-spine – Blunt force (elbow strikes, vertical fist strike, chops, bottom fist, baseball bat strike)
 - Nose – Direct force into the face, side force across the face, bowling ball rip (bear claw)
 - Top of the foot – Stomping kick
- Defensive stance ('de-escalation stance')
 - Use when the aggressor is looking for a **reason** to hurt you.
 - Use when you have unintentionally injured a potential attacker's ego or person.
 - Use when a weapon such as a knife or gun has been implied or drawn.
 - **Do not use in the case of sexual coercion!** Use a 'fighting stance' instead – fight back immediately.
- Course overview and demonstrations
- (**Bonus Topic**) - *Nidan* (also goes by the name of *nikojo*, *nikyo*, *nikyu*, or "2nd level wrist pin")



Day 2 BASIC DEFENSES I

Monday 9-13-04

- Review of defensive stance
- Forward stance
 - Remember to bring hips forward.
- Blocking - high-block
 - Remember to tuck your head, i.e. "smell your armpit."
- **Haymaker attack** – Basic striking retaliations
 - Left high block with solid forward stance. Left palm blow to attacker's jaw. Right vertical fist strike to attacker's solar-plexus. Control attacker's head into right upward knee strike. Right downward elbow strike to c-spine.
- **Escapes from...**
 - **straight-wrist grab** - *hakko-dori*
 - Step away from attacker's freehand. Lower at the knees, always looking at your attacker. Rotate thumb side of the arm towards weak part of attacker's grab (between attacker's thumb and forefinger). Bring your thumb to your nose and elbow toward attacker's wrist. Step away. Remember to talk.
 - **cross-wrist grab** - *hakko-dori*
 - Bring hands up to face to protect. Right hand comes UNDER attacker's grab. Step away from attacker's free hand. Left hand pushes at the attacker's elbow as right hand pushes attacker's wrist. Step away. Remember to talk.
- **Striking defenses from...**
 - **straight-wrist grab**
 - Write your explanation here:

 - **cross-wrist grab**
 - Write your explanation here:
- Gauntlet exercise

Day 3 DEFENSE FROM THE GROUND

Wednesday 9-15-04

- Falling - Side falls
 - Protect (tuck) your head! Lower as much as possible. Roll on your side. Keep your hands at your face. Tap at the last second (when belt-line touches the mat).
- Ground defense – Kicking defenses (from the turret position)
 - Fingers forward, feet up and close together, rotate on butt, keep attacker in front of you.
- Proper way to stand up
 - Remember, always face your attacker; keep your head up! Plant one hand and opposite foot, then swing middle leg through. Non-planted hand protects head.
- Escaping the from under an attacker (escaping the base)
 - **Striking to the face and groin from the mount** - striking combinations, bear-claw, leg hook, rollover



Day 4 **GROUNDING AN ATTACKER**

Monday 9-20-04

- **Haymaker high-punch** - leg sweep (*O-soto-gari*)
 - Left high-block. *Atemi* strike to face. Off balance attacker to their right-rear corner. Extend the attacker's right shoulder. Lead the attacker's elbow to your opposite pocket. Maintain chest contact. Right leg meets attacker's right leg at lower calf. Accelerate your leg through attacker's leg. Make sure to maintain control of the attacker's arm. Finish off with a palm blow to the head.
- **Straight-wrist grab with high punch** - striking defense
 - Step away from punching hand with 'Y' from 'YMCA' block. This 'Y' block both performs *hakko-dori* with left hand and *atemi* (light strike to the face) with the right hand. With left hand, palm blow across face. Right hand vertical fist strike to attacker's diaphragm. Grab attacker's shoulder (grab head on the street) and knee strike to the attacker's chest (head on the street). Attacker should protect their own chest with an 'X' block. Downward elbow strike with right elbow stopping 12 inches above attacker's c-spine.
- **Cross-wrist grab** - *O-soto-gari*
 - Same as cross-wrist grab to *hakko-dori*. Instead of pushing away, grab attacker's right wrist with right hand. Right roundhouse snapping kick to the attacker's groin. Left vertical fist strike to base of attacker's head near the spine. Recoil left arm and drive forearm through attacker's extended right arm. Knee strike with left knee to attacker's floating ribs. Turn and throw a right roundhouse elbow strike to attacker's face. Transfer attacker's right arm to opposite hand (your left hand). With your right elbow, throw a second elbow strike to the attacker's face. Follow *O-soto-gari* instructions from above.

Day 5 **CONTROLLING THE ATTACKER'S JOINTS**

Wednesday 9-22-04

- Blocking - cross-block
 - Move the body off the line of attack. Arm comes up to further protect against strike.
- **Straight punch** - arm-bar (*ude-gatame*)
- **Straight-wrist grab** – figure-four armbar (*hiji-dori*)
- **Cross-wrist grab** - *nidan* wrist-pin submission (review)
- (Bonus Topic) - Finger locks (*yubi-dori*)

Day 6 **BASIC DEFENSES II**

Monday 9-27-04

- **Front underarm bear hug** - head control
- **Rear underarm bear hug** – *nidan*
- **Front overarm bear hug** - *ude-gatame*

Day 7 **TAKING THE INITIATIVE, 'FIGHTING' DIRTY**

Wednesday 9-29-04

- **Hammer-lock** - striking combinations
- **Bully approach** - bear-claw strike into knee
- **Bully approach** - bear-claw strike into takedown
- Review of techniques – Continuous motion / don't stop / becoming furious / using fear and rage



Day 8 CONTROLLING WITH DIRECTED PAIN

Monday 10-4-04

- Pressure points (*kyusho jitsu*) (back of hand, center of chest, behind ear, above lip, temple, groin, eye)
- **Neck-lock ('head-lock') friendly variation** - pressure points
- **Neck-lock ('head-lock') with punches** - head control
- *Mochi-mawara* lapel-pin wrist lock
- **Full-nelson** - finger-lock submission

Day 9 CHOKES

Wednesday 10-6-04

- Physiology of chokes
 - Carotid artery choke
 - Windpipe choke
- **Front finger choke** - striking combination to *O-soto-gari* leg sweep
- **Rear finger choke** - *hadaka-jime*
- **Rear forearm choke** - striking combination to *O-soto-gari* leg sweep
- **Bully approach** - naked choke (*hadaka-jime*)

Day 10 KNIFE

(Columbus Day) Monday 10-11-04

- 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 from dynamic knife attack
- Developing total situational awareness
 - Keep aware of your surroundings
 - Know your exits
 - Avoid unnecessary conflict
 - Take preemptive measures
- **Static knife over the heart** - armpit armbar (*waki-gatame*)
- **Gauntlet exercise** – knife, stick and open hand



Day 11 COURSE REVIEW

Wednesday 10-13-04

- Single attacks, freestyle exercise (*tori* in the middle, *ukes* in a circle)
- (Bonus Topic) - Falling - forward roll

Day 12 DEALING WITH MULTIPLE ATTACKERS

Monday 10-18-04

- Multiple attacks, freestyle exercise (2-6 attackers)
 - Concepts of multiple attacks:
 - Never turn your back to an attacker • Never go to the ground with an attacker • Fight with *mushin* and *zanshin* • Choose a side – never get stuck in the middle • It is acceptable to preempt the attack • Throw kicks to make up distance • Be ferocious • Yell • If you find yourself on the ground, throw kicks and get up as quickly as you can • Always protect your head • Use one attacker as a barrier to the others • Never give up!!! • Line up your attackers • Go for the attacker with the most dangerous weapon first (if deciding between attackers) • Get away as quickly as you can • Fight 'dirty' • Rely on strikes, blocks, throws and limb breaks (keep it simple).
- (Bonus Topic) - Falling - body drop (most likely delayed until after the official intro. course has finished)

Additional Information

Long term skill retention...

We have provided technique notes through Day 4 of the course. For Days 5-12, we suggest you take notes in the spaces provided. This will allow you to progress much more quickly in your study of Jiu-Jitsu. Quantifying what you see is a fantastic way to learn and internalize the course's topics. Taking notes is not required, but is highly recommended. Taking notes will also allow you to practice what you've learned more effectively outside of class (and when an instructor is not available).

Special curriculum requests...

Additionally, if there are self-defense situations you would like us to cover in this course, feel free to ask the instructors. They will do their best to incorporate such requests into the curriculum. However, there are some techniques instructors will not cover in the intro course since they may be either too dangerous or require significant previous knowledge to be performed effectively. Such techniques include gun defense, exotic weapon defense, sacrifice throws, techniques involving direct spine pressure, pressure-point (*kyusho*) striking, sticky-hand techniques and others.

Earning your yellow belt...

This course covers a small fraction of the techniques you will learn should you decide to continue your study of Jiu-Jitsu. If you decide to continue (as you are encouraged to), you will receive an official belt list for your first rank, a yellow belt in Jiu-Jitsu. If you diligently attend practice during the Fall (attending the intro course, and at least an additional 12 classes over the next half of the term), you should be able to test for your first rank before the end of the Fall term with your fellow *jujutsoka*.

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 Belt List curriculum. Additional material is taken from the American Taiho-Jitsu Association curriculum. For additional resources, please contact the course instructors.