

# **SELF DEFENCE WORKSHOP**

The purpose of the workshop is to **INTRODUCE** a person to the **ART OF SELF DEFENCE**. I say **ART**, because there are many skilled movements required. I emphasize **SKILLED** and not **COMPLICATED**. My philosophy in **JU-JITSU** is quite simple. Because there are countless types of attack situations-conversely-there should be just as many types of escapes. However, this is not the case. I use the same technique for several attacks. In fact, I use the **KISS** formula **KEEP IT SIMPLE STUPID**. This has been used by large corporations for sales promotions etc. It's easier to use and adopt a handful of escapes techniques-than trying to remember hundreds of escape techniques.

## **WHAT IS JU-JITSU?**

**"JU-JITSU** may be defined as an act of attack and defence without or occasionally with weapons against an opponent with or without weapons

I do not advocate anyone to indulge in a physical confrontation with another person if it can be avoided. However, there are times and situations when talking or avoidance measures don't work. This is the sudden attacks launched without warning, the armed attacks, be it with a pistol, club or knife: the simultaneous attack by more than one aggressor, the attack of a heavyweight bully who revels in using his superior strength against a weaker person, these are situations that **JU-JITSU** is designed to meet and deal with.

The purpose of the workshop and ultimately taking a **JU-JITSU** course will be to describe **JU-JITSU** in its less gentle aspects, this being how and where to strike your attacker using vulnerable strike targets. Under attack, you want to expend the least amount energy, waste no moves, and execute an escape and a follow up strike. You may render an attacker unconscious because of your escape technique or just stun him. In either case, you want to escape, buy some time, and seek safe shelter wherever necessary. Your moves should be simple but effective.

There is nothing mystic/magical about **JU-JITSU**. **JU-JITSU** is an act of mechanical moves that work in harmony with the attack. By using the attacker's inertia-force, an attack situation can be easily turned around 180 degrees to be in your favor.

**JU-JITSU** does not have any true perimeters to work within. Once a person has mastered many moves-these many moves in combination with other moves create a vast resource towards network that is unlimited. Speed and element of surprise all contribute to making **JU-JITSU** effective. **JU-JITSU** employs the sciences to leverage, balance, psychology . Your six senses plays a very important role in the complex make-up that we call **JU-JITSU**. While **JU-JITSU'S** very complex in its make-up, it is quite simple in execution.

**Course Conductor**

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