

# Ju-Jitsu International Federation

## JJIF Self Defence Program

Self Defence: Any **physical action** undertaken by the “defender” against any **unprovoked, unwanted** and/or **unlawful physical attack** against its person.

This ‘attack’ can vary from a simple push, over grabbing or punching or kicking the person, to attacks with a weapon.

To achieve this the “defender” will use techniques like: liberations, evasions, throws, locks, controlling techniques, and blocking, hitting and kicking techniques.

Hereby the defender will always keep **proportionality** in account to avoid possible legal consequences.

The intention of the defendant is to **stop the attack** and to **minimize injuries** with all persons involved.

### Evaluation of a ju-jitsu style

There are many, many ju-jitsu styles and schools and they all have different programs. It’s not an easy task to evaluate if a school really teaches self-defence. Simply counting the different techniques or groups of techniques will not help us. So we must ask us a few questions.

*Who will attack me when, where and how?*

It’s impossible to tell how or when a person will be attacked. This will depend on many factors such as the country, the community, the environment, and even the time of day (or night). The more possible scenario’s we keep in mind while teaching the student, the better he or she will be prepared for an unexpected attack. We must not forget that many attackers look for a “victim”, not an opponent. And then we do not only think about an ambush on the street, but also domestic violence and bullying.

*When a touch becomes an attack...*

The severity of the attack is another point of discussion. If a strong man is pushed against the chest, he might just laugh, but if a small woman is pushed in the same way it could already mean a life-threatening situation for her. But this does not mean the man should not learn evasive techniques because he might always meet a stronger man. Or he might not be so strong at the moment because he’s sick or maybe drunk.

The same reasoning is valid with grabbing attacks: the victim is grabbed by a limb, by the clothes, by the hair, ... Or grabbed around the neck or around the body... Learning how to get out of such a situation is necessary and requires liberation techniques, throwing, locking and of course kicking and punching techniques.

*Will he hit me?*

It’s always possible that the first movement of an attacker is a hit or a kick. And keep in mind that a slap to the face can have the same result as a hit with a clenched fist. So it’s necessary to learn defensive moves against hits or kicks.

*Must I control the attacker?*

Because there are no medals to win, getting away from the situation is always good. But for your own safety or the safety of others nearby, it might be necessary and useful to know how you can control a person without getting hurt or hurting him.

### *And what about ground fights?*

Although there are styles that claim that 90% of the fights end on the ground, there is sufficient evidence to invalidate this statement. But still we must be aware of the possibility and the danger. Especially because we are not only dealing with fights on the street or in a bar, but also with domestic violence and bullying. Learning how to get out of a situation on the ground is a wise thing but it should not be our first concern.

### *Weapons?*

When a man or a woman is attacked with a stick or a knife, they probably both will be afraid to get hurt badly or even fear for their life! And because sticks and knives are available everywhere, it's good to learn some defensive techniques against such attacks.

If we assume that guns are not as easy available as a stick or a knife (which you'll find in any house), we might wonder if it's necessary to learn to defend yourself against a gun (including revolver and rifle). People in the security business surely will have to learn such techniques, but again, we're talking here about self-defence for the average person. Therefore, defence against guns is an option, not a necessity.

### *Can I use a weapon myself?*

We will never advocate that everyone should buy a gun or walk around with a katana. On the other hand, when under certain circumstances you feel too weak to defend yourself and you can get hold of an object (an umbrella, a chair, ...) it would be foolish not to use it and risk to get hurt very badly, or even worse: not survive the attack. But when using an object, never forget the proportionality! You might have to answer questions in a courtroom... Therefore: learning how to use weapons is useful, but not a necessity.

### Let's put this into practice

What is **necessary** and what is **optional**?

What kind of attacks are treated in the program:

- pushing and shoving
- kicking and punching
- grabbing the arms, clothes, hair, ...
- grabbing around the neck, around the body, ...
- attacks with stick
- attacks with knife
- attacks with gun

What kind of defensive techniques are in the program:

- falling techniques, ukemi waza
- evasive techniques, tai sabaki
- liberation techniques, hodoki waza
- throwing techniques, nage waza
- locking techniques, kansetsu waza
- blocking, hitting and kicking techniques, atemi waza
- defence against stick attack
- defence against knife attack
- fighting on the ground, ne waza
- controlling techniques, katame waza
- strangulating techniques
- defence against gun attack
- defence with weapons

I deliberately did not put numbers behind the techniques, like for instance: there must be 20 throws and/or 17 locks in the program. This gives us the possibility to deliberate freely if a certain style can be accepted or not.

Once we have decided that the techniques presented by the applicant are sufficient on paper, we need to check if the minimum technical level is reached, keeping in consideration: speed, force and realism of attack, adequate and realistic reaction of the student with sufficient control and without wounding the attacker. Therefore at least one examination for black belt (1° dan) will be attended by one or more members of the Grading Commission of the JJIF. To reduce costs this can also be done by video.

If we find it necessary, we can do this also for 2<sup>nd</sup> and 3<sup>rd</sup> dan.

An examination program could look like this:

<b>BASIC TECHNIQUES</b>
<b>UKEMI WAZA</b>
Show all possible falling exercises you know.
<b>HODOKI WAZA</b>
Defend yourself against one or more attackers using movements / techniques to free yourself (also a couple of examples on the floor). Uke continually attacks during two minutes.
<b>KANSETSU WAZA</b>
Defend yourself against one or more attackers using locking techniques (also a couple of examples on the floor). Uke continually attacks during two minutes.
<b>NAGE WAZA</b>
Defend yourself against one or more attackers using throwing techniques. Uke continually attacks during two minutes.
<b>ATEMI WAZA</b>
Defend yourself against one or more attackers using hitting and kicking techniques. Uke continually attacks during two minutes, both with attacks from a distance as with grabbing attacks.
<b>KATAME WAZA</b>
Additional techniques to be used in the next part: applications.
<b>SHIME WAZA</b>
Additional techniques to be used in the next part: applications.
<b>APPLICATIONS</b>
<b>COMBINATIONS</b>
Defend yourself against one or more attackers. Uke continually attacks during 2 minutes. Always use a combination of minimum 3 basic techniques. <u>The emphasis lies on variation in the techniques.</u>
<b>DEFENCE AGAINST WEAPONS</b>
Defend yourself against one or more attackers armed with stick, knife (fire arm). Uke continually attacks during 2 minutes. Always use a combination of minimum 3 basic techniques.
<b>RANDORI CONTACT</b>
Defend yourself against 2 or 3 armed or unarmed attackers during at least 2 minutes. <u>The emphasis lies on efficiency.</u>
<b>RANDORI DISTANCE</b>
Defend yourself against one attacker during at least 2 minutes; no grabbing attacks and no groundwork.

### **FREE FIGHT**

Free fight during at least 2 minutes against one attacker; with throws (and groundwork). Both Uke and Tori wear light boxing gloves and are allowed to make light contact (also on the ground).

### **KATA**

#### **... NO KATA**

For some techniques it's more convenient to show them in kata. This part could contain for instance:

- tai sabaki no kata (series of evasive exercises)
- kansetsu no kata (series of locking techniques, separately or in combination)
- nage no kata (series of throwing techniques)
- or a karate kata (Heian, Tekki, ...)
- or a kata with weapons (the defender using the weapon)