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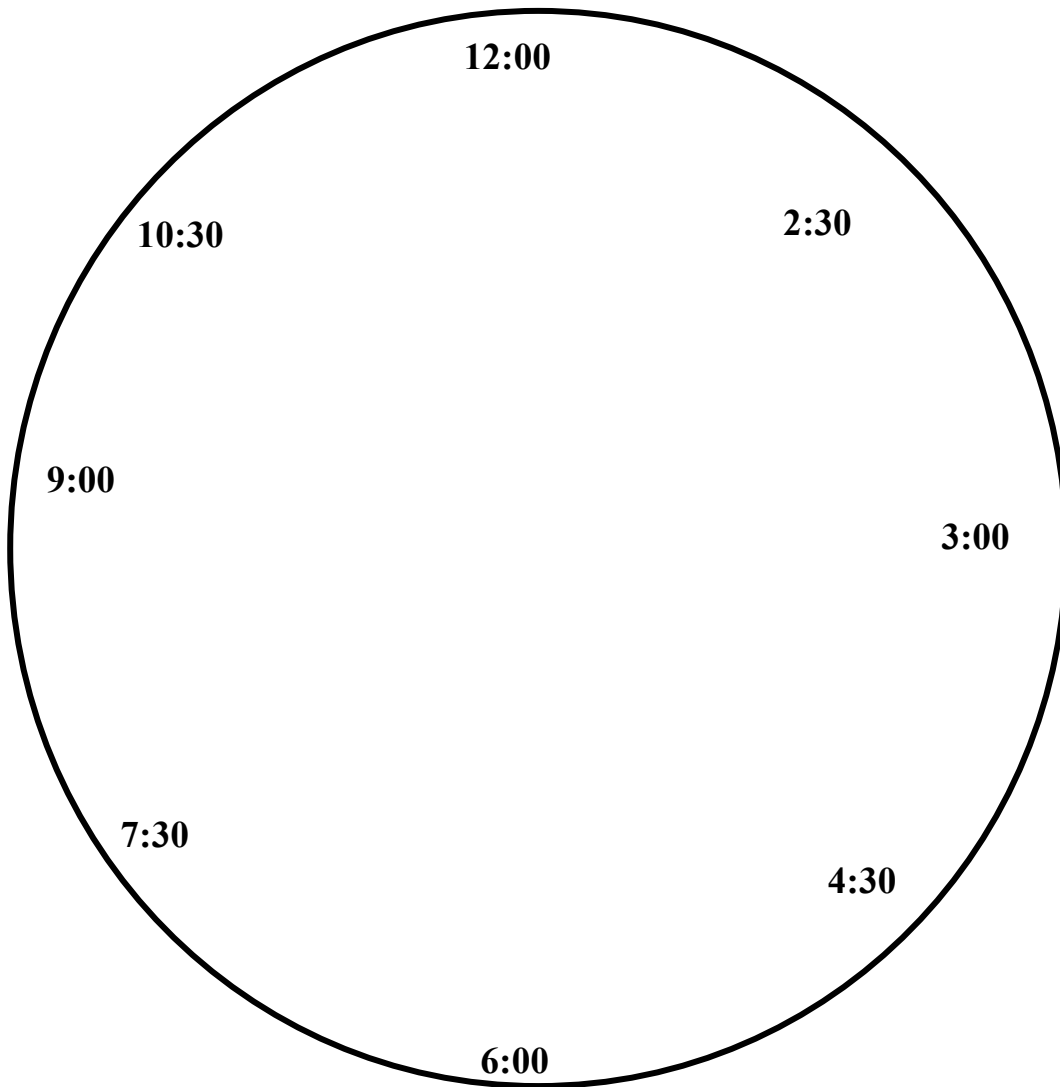
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# The Clock System

The Clock system is a tool that we use to help students with direction and angles; you will notice throughout our manuals that we refer to a position on a clock, like place your right foot at 10:30. This method is easier to understand than tell them to take their right foot and step out at a 45-degree angle. Below is a Picture with the most common times used throughout the manual. Also Remember that times are not exact they are just a guide adjust them as needed for your own personal size and height. Almost everything done past the 12:00 hour up to 6:00 will be done with the right side of the body, and everything past that will be done with the left side. 12:00 and 6:00 can be done with either side depending on the technique. Remember there are always exceptions.



# Jujitsu Principles, Locks and Takedowns

## Basic Principles of Jujitsu

**Balance:** Balance is the most important part of jujitsu or any sport for that matter. By keeping yourself balance or your shoulders over hips at all times you will be able to get the maximum power out of a technique and be able to control your opponent better, on the same note always try and keep your opponent off balance to help prevent them from countering a technique.

**Mobility and stability:** Your center of gravity is the key to mobility and stability, by lowering your center of gravity you will gain stability such as in a lower horse stance but at the same time you will lose your mobility, raise your center of gravity and you will gain mobility but lose your stability.

**Blending:** To avoid the full power of your opponent's attack you will want to blend into the attack and redirect their energy. To blend you move to the inside or outside of the attack as you pivot 45 to 90 degrees. Whenever possible avoid a straight on defense always try to blend, redirect or evade an attack.

**Loosen your opponent up:** Before applying any lock or choke you must first loosen up your opponent so that they are less likely to resist the lock. For example you can throw a front snap kick to the groin, strike the face, throat or eyes or by doing a technique and you end up with a handle such as a arm or leg. Remember that a lock is one of the last things you want to do.

**Triangulation Point:** The Triangulation point is the point of someone's body that throws him or her off balance or causes him or her to fall. Remember that when doing a lock always use small circular movements and move the lock towards the opponents triangulation Point.

**Energy Transfer:** Energy transfer breaks your opponent's resistance more effectively than if you were to apply force to the area of the focus immediately.

**Create a Base:** By creating a base you are preventing the arms, fingers or chokes from moving around too much. For example on a Goose Neck lock you place the elbow on your chest and your chest becomes the base for the lock, this will allow you to apply more pressure which in turn will cause more pain to the opponent as well as have better control and feel of motion.

**Sticky Fingers:** Is where you hand is always on the opponent, try and image you have hone on your hand and when you touch someone's arm it sticks to the arm. This is important to help maintain control of your opponent if you always have a hand on them you will be able to know when and if they move.

**Rotational Momentum:** It is a method of creating strong off balance moves as a preliminary to throwing the opponent. By holding the opponent with both hands, you circle both hands in the same direction. Once the hand pulls whole the other hand pushes. As the opponent leans to oppose your influence, you circle back, adding your force to their own body momentum to shift them off balance.

**Transitional Flow:** Is the ability to go from move to move while at the same time excreting continuous pain during the transition as well as creating the maximum pain while at the sometime not dislocating any joint. They key is transitional flow is mobility rather than stability.

# Weak Points of the Body

The following is a small list of weak points that a person has that is vulnerable and has physical weakness. You can use these points to help control your opponent as well as loosen them up for locks and takedowns.

## Hair:

By pulling someone's hair you can cause great pain. When you are pulling the hair you want to grab a handful of hair and press down and twist to get the maximum results from your opponent.



## Chin:

One of the most common ways to attack the chin is a Heel Palm to the chin; you can also use a raising punch with the knuckles of the hand striking under the chin.

## Jaw:

The jaw like the chin is a vulnerable area to strike someone with a heel palm or a hammerfist or any other number of strikes.



**Nose:**

The nose is one of the most vulnerable areas to strike as well as break. You can use a Backfist, Hammerfist, Knuckle rake or any other number of strikes to break the nose or just water the eyes to temporarily blind the opponent and soften them up.

**Temple:**

The temple is a very dangerous target with a very precise strike and one that is hard enough you can actually kill someone. The most common strike is a Hammerfist or a Hook punch to this area.

**Ears:**

By popping the ears with both hands you can temporarily disable your opponent or stun them long enough to continue on with your next move.

**Collarbone:**

Almost any kind of strike to the collarbone will cause the bone to break.

**Throat:**

Applying pressure to the esophagus or windpipe

**Rib Cage:**

The best way to attack the rib cage is with an elbow strike or a knife edge strike to that area.

**Solar Plexus:**

Almost any kind of strike to the solar plexus will disable your opponent by making it hard from them to breathe basically knocking the wind out of them. The most common strike is a Eagle Beak strike, Elbow strike or Heel Palm strike.

**Triceps:**

By using a knife edge or knuckles to the back of the triceps muscle you can disable the use of the arm very easily.

**Biceps:**

This another common way of temporarily disabling an opponent's arm, depending on the strike they are throwing a common attack is the double blades strike to the bicep or a Backfist strike to the area.

**Radial Bone:**

This is a common target for us to attack especially when they throw a punch. You can use a inward block to the area or a knife edge strike. If the opponent grabs you, you can use a knuckle rake.

**Medial Nerve:**

By coming up and applying pressure with your hand to the opponent's medial nerve they will loosen a grip or stop the resistance of a lock. You will usually grab and apply pressure with your thumb.

**Back of the Hand:**

You can attack this with a single or double knuckle strike to the back of the hand or even Eagle Beak strikes to the back of the hand.

**Eyes:**

By using claws or finger flips to the eyes you can temporarily distract your disable your opponent. Remember that if your opponent cannot see they cannot fight.

**Groin:**

For most people a quick strike or grab to the groin and they are unable to continue or will quickly release a grip they may have on you.

**Knees:**

If you do a Side thrust kick or a front thrust kick to your opponents knee you will disable them enough where they will not be able to continue on with the fight since they will not be able to get up or walk on that joint.

# Immobilization Locks

## Sankyo:

Arm is bent at the elbow with the biceps almost parallel to the mat and at shoulder height. The forearm is perpendicular to the mat; the hand will be twisted in the direction of their head with palm curved downward. Your thumb and little finger will perform the greater share of the gripping task. Your right hand will clasp his fingers, keeping them close together.



## Knife Edge Arm Bar Takedown:

In most of the application of Yonkyo, you will extend your arm an instant after having established a hold on the Uke's arm and cut down with the inner edge of his hand across the tendons, pressing deeply into the complex of nerves located two or three inches above the wrist. The little finger and the root of the index finger play an important role in applying the pressure.



### Four Directional Throw

Grasp one of the Uke's wrists and extend outward with both hands, pivoting your hips and twist wrist as you circle back with shoulder, using both hands bring Uke to the mat.



### Outside Wrist Lock:

As Uke Attacks with their right hand, you press your thumb on the Uke's knuckle with his other fingers close around the palm. Riding on the Uke's thrust, you will lead the Uke outwards. At the end of the thrust, you will reverse the Uke's wrist back towards his forearm. Using his right palm to close on his own left thumb, twist the wrist back.



### Inside Wrist Lock:

Your hand will come across your body and grab the meaty part of the opponent's hand. Rotate the hand towards the centerline of your body (the fingers should be pointing up) as you step back with the opposite foot you grab with. Apply pressure to the wrist by bringing the wrist down to your waist and pushing the fingers towards your opponent.





**Figure 4 Lock:**

Once you grab the opponent's hand from the outside, for example you grab with your right you will want to take your left hand and wrap it over and under your opponent's hand grabbing your right wrist. Your right hand should be moving the opponents arm to the outside of the body as you step back with your left foot for takedown.



**Goose Neck Lock:**

Once you grab the arm from the outside bring it in towards you using your shoulder as a base. The elbow of the arm will be against your shoulder with the wrist bent.



#### **Figure 4 Arm Bar:**

Your left hand wraps around your opponents right arm and counter grabs your right arm as you right hand grabs their throat. You can then take the opponent to the mat with a sweep or use to shield.



#### **Cross Body Arm Bar Standing:**

As you grab the arm pull it across your chest till the elbow is just outside your rib cage, then take your other arm (the one that is closest to the opponent) and snake across the opponent's body up near the throat. To apply pressure push the arm across your chest as you push the opponent back with your other hand.

