



ZENBU JUJUTSU RYU

NOTEBOOK ORGANIZATION

Each student is responsible for having an up to date notebook. Notebooks are an important part of each student's martial arts training and are to be used as a reference guide for techniques taught at the Dojo. The notebook is to be a three ring loose-leaf binder, no loose pages. On the first page should be clearly written, your name, the date you stated your Zenbu training and the names and ranks of your instructors. All techniques will be categorized by kyu grade and color-coded. As the technique is taught, the student will record it in the corresponding section containing the following:

- A.) It will specify the instructor of the particular technique
- B.) The date the technique was taught
- C.) The English translation of the technique
- D.) A detailed description of all techniques will be included, such as principles and concepts.

The notebook will be divided into the following sections:

1.) NAGE WAZA

2.) OSAEKOMI WAZA

A.) KANSETSU WAZA

B.) SHIME WAZA

C.) GATAME WAZA

D.) NE WAZA

3.) GOSHINJUTSU

Goshinjutsu techniques are to be separated into sections of various attacks.

4.) HANDOUTS

Must contain the student handout and any handouts to follow, Code of Bushido, all tests and terminology, etc. Write in section of notes any informative knowledge obtained during class.

5.) PAYMENT RECORDS

One page in the notebook will be used for payment records. Any time a payment is made to the dojo, the transaction will be recorded on this page with the date, amount, and instructor's initials.

6.) LIST OF TECHNIQUES

The last pages of your notebook will have the numbers of the techniques in the page margin. As a technique is taught, it should be recorded next to its corresponding number.

Please note: To ensure that these guidelines are followed, notebooks will be collected occasionally. Notebooks will be graded at each and every exam.



ZENBU JUJUTSU RYU

Opening Exercises

1. Straight punches
2. Double shuto
3. Finger Thrusts
4. Half fist to throat, three and a side snap kick to the knee
5. Half fist to plexus, three and a side snap to the inside of the knee
6. Forward elbow, ready position with left arm, horizontal in front of chest, right arm in chamber, swing both arms together as right elbow strikes Uki's jaw, forward back fist to nose, then front snap kick
7. Elbow under chin, from ready position, strike with elbow under chin, cover ribs with other hand, downward back fist, front snap kick
8. Elbow to side, right arm up and in ready position, rock side to side with elbow strike, rock back, side back fist, side kick
9. Rear elbow, right arm up in ready position, shoot arms out, rear elbow, front back fist to side, side snap kick
10. Right knee, left downward elbow, left shuto, left knee
11. Right knee, left shuto, left downward elbow, left knee
12. Back fist to face, plexus and groin
13. Front kicks
14. Side kicks
15. Rear mule kicks
16. Knife kicks
17. First form movement (single Uki), ready position, right hand in chamber, left shuto at right cheek, left side snap kick inside to side of Uki's knee, left shuto to neck, right reverse punch to plexus, right front snap kick to groin, and into kubidachi
18. Second form movement (single Uki), ready position, two palm fist at waist level in chamber, facing upward, right palm heel to chin, right foot circle, step with toe pointing in (C-step), right downward elbow strike to plexus, slide left foot to meet right, to form a "T", right shuto (or elbow) to neck, right side kick into ready position
19. Third form movement (single Uki), ready position, kubidachi, move to the right while left foot steps in front of right, with left toes pointing to 11:00 as left hand over right circle into palm block in front of your face, left palm down, right up ready to strike, right front snap kick to groin, right shuto to neck, left knee to face and then back to kubidachi



ZENBU JUJUTSU RYU

THE CODE OF BUSHIDO

Gi – Right Decision Based on Truth

Gu – Bravery

Jin – Benevolence and Compassion

Rei – *Reishki etiquette*- it is better to die than to be impolite

Melgo – Glory without Ego

Mokoto – Sincerity, Truth of Heart

Chugo – Loyalty and Devotion to the one who will teach you



ZENBU JUJUTSU RYU

VISUALIZATION

Almost all criminals will plan their attack in advance. You should pre-plan your defense as well. Visualize yourself as a victim in a crime situation. Visualize being surprised, then force to do something against your will. Visualize escaping by running and creaming. Visualize the feeling of defending yourself. Visualize winning at any cost.

Practice the mental exercise over and over by yourself in a quiet place. Through regular mental visualization, your reaction time in an actual attack will be much faster and more effective. Try to visualize different crime scenarios and practice constantly. Mentally preparing yourself to win over the criminal is one of the most important steps you can take in defending yourself.

AWARENESS AND OBSERVATION

Awareness and oversavtion are two great weapons when a crime is about to be committed against you. Pay attention to small details. Observe what is normal and what is not. If something or someone seems out of place or unusual, it could be a sign of potential danger. Use your intuition to enhance your awareness.

INTUITION

Your intuition, or inner feeling that something is not right or is going to happen, should tell you to leave a possibly dangerous situation immediately. Listen to your inner voice. It may save you from being a victim of a crime. Go with your intuition. Nine times out of ten your intuition is correct.

BODY LANGUAGE

Walk with confidence by walking tall; keep your shoulders back and your head held high. Take your time. Do not be in such a hurry that you are not aware and alert. Making eye contact is also important in showing your confidence. Do not stare at a possible assailant; just let him know you are aware of his presence. Look this person up and down for a few seconds. Then look back into his eyes to let him know that you have sized him up and you are not an easy target. This shows that you are confident, and criminals shy away from confident people.



ZENBU JUJUTSU RYU

CRIME

The crime index is a survey that studies the overall volume of crimes reported to law enforcement. The Uniform Crime Reporting Program (UCRP) conducts this survey. According to the Federal Bureau of Investigation, an average of one violent crime takes place every seventeen seconds; and property is stolen every two seconds. The violent crimes include murder, manslaughter, forcible rape, robbery and aggravated assault. The property crimes are burglary, larceny-theft, motor vehicle theft, arson and con artistry.

MURDERS

Highest # of Murders: July, August and December
Lowest # of Murders: January, February and April

RAPES

Highest # of Rapes: June, July and August
Lowest # of Rapes: December, January and February

ASSAULTS

Highest # of Assaults: June, July, August and September
Lowest # of Assaults: November, January and February

ROBBERY

Highest # of Robberies: December, January, August and October
Lowest # of Robberies: March, April and May



ZENBU JUJUTSU RYU

SUCCESS IS ALWAYS YOUR CHOICE

YOU HAVE CONTROL OVER YOUR LIFE.
YOUR SUCCESS OR FAILURE IS UP TO YOU.
YOU CONTROL HOW LUCKY YOU ARE.
YOU CREATE YOUR WEALTH WITH EFFORT.

THE DOUBTS YOU'LL EXPERIENCE ALONG THE WAY ARE PART OF LIFE.
MAKE A PLAN FOR SUCCESS AND STICK TO IT.
YOUR LIFE IS A MARATHON, NOT A SHORT SPRINT.
ACCEPT TOTAL RESPONSIBILITY FOR YOUR ACTIONS
AND REMOVE "QUIT" FROM YOUR VOCABULARY.

THERE ARE NO AGE LIMITS ON WHEN YOU CAN TRANSFORM YOUR LIFE.
CHANGE IS NOT ONLY POSSIBLE AT ANY TIME,
IT IS ESSENTIAL IF YOU WISH TO GROW.

DECIDE YOU WANT SUCCESS AND IT CAN BE YOURS.



ZENBU JUJUTSU RYU

Jujutsu is the mother of Japanese Martial Arts; the birth of all other Japanese Martial Arts came from Jujutsu. Jujutsu was completely systematized and documented by TAKEUCHI CHUMUDAIKEN HISAMORI, in the year 1532. This documents the origin of Jujutsu, and is so doing we recognize TAKEUCHI CHUMUDAIKEN HISAMORI as the **FATHER OF JUJUTSU**.

Jujutsu was the empty-handed art of the Japanese Samurai. This involves joint locks, throws, chokes and strikes. Zenbu Jujutsu contains all aspects of Jujutsu to encompass all levels and ranges of fighting. In translation, Zenbu means complete and universal. Thus Zenbu Jujutsu promises to its students to always strive to be a complete and universal martial art system. Zenbu Jujutsu is interested in the complete personal development of each student. Our goal is to nurture a student to become a competent and complete martial artist.

As art is the application of science, we in Zenbu teach the scientific approach to the martial arts. A Zenbu practitioner will learn more than how to punch, kick, choke and perform self-defense techniques; they will learn and understand how and why techniques are effective, and where and when the techniques are applicable.

To be a complete Zenbu practitioner, one must learn up top fighting as in Kumite, similar to free style Karate but where throws, chokes and joint locks are permitted. They must learn free style randori of judo, but with the aggressiveness of Jujutsu. They must learn the grappling of wrestling with the submission techniques of Jujutsu. The Zenbu practitioner is encouraged to be competitive in all areas of tournament competition.

The student is encouraged to participate in tournaments but the final decision is up to the student. We realize that each student possesses different physical abilities. Size and strength vary with each individual, so once you have acquired a strong foundation in the basics, Zenbu will enhance your physical capabilities and maximize your skills. In Zenbu Jujutsu with the vast variety of techniques, the student does not have to adapt to the art; rather the art adapts to the student.

In order for a Zenbu practitioner to be a complete martial artist, they must first understand that they must grow to be of strong mind, body and spirit. That does not mean you are to be stronger and smarter than everyone else, but to be the best that you can be as an individual. The workout builds a Zenbu practitioner physically, the lessons and techniques build the practitioner mentally, and following the traditions of the Samurai and the Zenbu philosophy builds you emotionally.

The Zenbu philosophy is to follow the “**CODE OF BUSHIDO**” (the way of the warrior). The principles of **BUSHIDO** teach us **TRUTHFULNESS, BRAVERY AND COURAGE, BENEVOLENCE AND COMPASSION, RESPECTFULNESS, SINCERITY, HUMILITY, and LOYALTY AND DEVOTION**. Following the code teaches us to be the best that we can be. The code teaches us to face the consequences and do what is right, not to be slave to our emotions. It teaches us to work hard and be competitive. The Code teaches us not to fight but rather to protect and defend.

The Zenbu Jujutsu system sees the Martial Arts as a vehicle to further development. For some the Martial Arts is a sport, self-defense, or recreational activity. To us at Zenbu, it is more: it is a way of life. It is a means to creative self-actualization and service to others. We provide the proper exercise, the necessary discipline, control, and fortitude needed in the pursuit of perfection and realization of virtue in everyday life. Both the philosophy and physical aspects of Zenbu are continuously aimed at total development, for the ultimate objective of being an integral part of daily living.

Because of the underlying principles, there are a number of responsibilities and expectations that accompany the status of being an active member of the Zenbu System. Such duties and expectation help you on your discovery of the marital arts, and on the road to self-improvement. Be prepared for many years of hard work with extreme effort and dedication if you wish to achieve your goal, for the road is not an easy one.

There is a difference between a martial arts practitioner, a fighter and a martial artist. The practitioner is a technician who knows that performs the techniques required of him or her. The fighter accepts the challenge to strive to be competitive. The martial artist is one whose spirit and inner feeling guides his hand and allows him to create a great work of art. Such a person is not content just to lean techniques, speak phrases of an oriental language, or turn up at classes. Commitment, dedication, loyalty, compassion, respect, patience and trust are all virtues of a martial artist and we hope will become part of your own character is time as well. The personal rewards you will receive from making this step in your training will far outweigh any hardships you may encounter along the way.

A martial artist is the person who seeks to perform at the best of his or her ability as often as possible, in all of the important areas of his or her life. Such a student will be as successful as his or her inherited potential, apart experiences and present circumstances permit – psychologically, ethically, physically, socially, and spiritually – to make the realistic best of what each has in life. The road is not an easy one nor is it a journey that many have accomplished, but we endeavor to use our experiences along this path to light the journey of those who follow.

Everyone has the potential in them, only oneself can bring it out.

Sincerely and Respectfully,

Founder ZENBU JU JUTSU



ZENBU JUJUTSU RYU

DOJO COURTESY AND RULES

1. Everyone will bow upon first entering the Dojo.
2. When inside the Dojo, everyone will:
 - a. Take off their shoes.
 - b. Bow to Joseki.
 - c. Show courtesy to whoever is present with a formal greeting (Ooss Sensei, Sempai or Dai Sempai).
 - d. Go directly into the dressing room, bow when getting off the mat, and change into their Gi.
 - e. Bow before getting onto the mat, then warm up and practice techniques prior to the start of class.
3. Student must wear protective gear in the dojo at all times. A mouthpiece, cup and headgear are mandatory for fighting.
4. When the class starts, the Sensei will call the class to order and have everyone line up. All students must line up quickly and silently.
5. During the class there will be no unnecessary talking or moving around.
6. Permission must be obtained from the Sensei to enter or leave the mat at any time during class. Students must bow any time they leave from or return to the mat.
7. If students are late for class, they must do 30 pushups and warm up prior to joining class. The student shall then remain in the formal sitting position until the Sensei gives permission to join class.
8. During class, when a student is called upon by the Sensei, the student must respond quickly and run (not walk) to the assigned position.
9. All students must show courtesy and respect for everyone and formal courtesy to all Sensei's during class.
10. When leaving class, all students will show the same respect to the Sensei and to Joseki in the same manner as when they came in.



ZENBU JUJUTSU RYU

ACHIEVEMENT PROGRAM (Children Only)

Students must make the Honor Roll or the equivalent (A's, B's or G's & S's or higher). Their report cards must also show that the student is behaving in school and putting forth his or her best effort.

BLUE STAR

Tournament Winner/Seminar Attendant

Students must compete in and win first, second, or third place in a tournament sanctioned by Zenbu Ryu Jujutsu.

GREEN STAR

Leadership

Student must sponsor a new member and assist him or her (side by side) in and out of class until they achieve their white belt. A minimum of two and one half-hour sessions out of class is required.

RED STAR

Perfect Attendance

Students must attend scheduled classes and make up missed classes during a six-month period from January 1 through June 30 and July 1 through December 31.

SILVER STAR

Martial Arts Excellence

Students must have an outstanding attitude in and out of class, must have perfect attendance, must achieve at least a B+ on their most recent belt exam and must be recommended by their instructor.

DEMO PATCH

Demo Team Member

Students must dedicate one day per week for demonstration practice, and every day for two weeks prior to the demonstration.

Japanese Counting

Ichi - One

Ni - Two

San - Three

Shi - Four

Go - Five

Roku - Six

Shichi - Seven

Hachi - Eight

Ku - Nine

Ju - Ten

Pronunciation

A - AH - HAH

E - EH - BET

I - EE - BEET

O - OH - BONE

U - OO - TOO

AI - I - EYE

EI - A - WAY