

## *Tai Chi Ji Tsu - Ricardo Garcia*

*The History of Jujitsu evolved over 2500 years ago. Its roots is the combination of many teachings that either originated in Japan or were brought to Japan from neighboring Oriental countries like India and China. It has been believed that Jujitsu can be found in roots dating back to the legendary gods Kajima and Kadori, who used the art against the inhabitants of an eastern province as punishment for their criminal activities.*

*In the beginning nearly 2500 years ago reference was made to Jujitsu and its philosophies of which may have occurred during the Choon Chu era (772-481 BC) in China, a period when open-hand fighting techniques were practiced. When the wrestling sport of Chikura Kurabe appeared in Japan in 230 BC many of its fighting techniques and tactics were incorporated into Jujitsu training. From 230 BC onward, many different schools of Jujitsu were formed and there is indication that empty-hand techniques were practiced, along with weapons, as part of the samurai warrior's training during the Heian period (ca. 784 AD). In approximately 880 AD, a Diato-Ryu Aiki Jujitsu school was formed by Prince Teijun.*

*The period of Japanese history between the 8th and 16th centuries was covered with constant civil war and many martial arts systems were utilized practiced and perfected on the battlefield. This training was used to conquer armored and armed opponents many close fighting and weapons techniques were created and mastered. Tenenuchi Hisamori (sometimes spelled Takenouche) is often credited with founding and creating a formal art of Jujitsu with the creation of his school of Jujitsu in 1532. This school taught both armed and unarmed fighting techniques. In 1559, a Chinese monk named Chin Gen Pinh came to Japan, accompanied with his knowledge and experience of Kempo known as the (China Hand), which was adopted by Jujitsu. Shortly after Chin Gen Pinh came to Japan, Hideyoshi Toyotomi also migrated to Japan from China, bringing with him Ch-an Fa and Korean Tang Su a punching and nerve striking skill and method of fighting. These skills were also adopted by Jujitsu. In approximately 1603, Japan came to a fairly peaceful period following the formation of the Tokugawa military government by Tokugawa Ieyasu. During this time, known as the Edo period (1603-1868), the feudal civil wars and unsettled feelings and emotions within many people had plagued Japan for centuries had started to disappear. Forms and techniques displaying weapons skills of fighting began to yield to weaponless styles, which incorporated many of the grappling ground fighting techniques of the weaponed styles. Universally, these techniques were known as Jujitsu. It has been estimated that over 750 systems of Jujitsu were in existence in Japan during the Edo period. At the end of the Edo period originated the beginning of the Meiji Restoration period in which power had transferred from the Shogun back to the Emperor as a result of an abortive civil war between the different groups of people. Many samurai warriors had supported the Shogun during the war and as a result, lost much status and esteem when power was restored and reinstated to the Emperor. An Imperial Law was introduced, making it a crime to practice the old style or method of martial arts of the original samurai. Samurai were also forbidden from carrying their swords or similar weapons. The art of Jujitsu had nearly disappeared during this period, but had eventually survived because some masters began to practice the art underground in hiding, or in other countries, until the ban was lifted in the mid-twentieth century.*

*Jujitsu has become the basis for other fairly new martial art styles and is referred to as the calm and gentle art whereby pressure points, kicks, sweeps and throws, grappling and other effective techniques are combined to counter an attacker with ease. It has been said that to attack a true Jujitsu Master is like attacking yourself. In 1882, Jigaro Kano took used his knowledge and experience of Jujitsu and created a new martial art sport, called Judo. In the 1920s, a Daito-Ryu Aiki-Jujitsu Master if the Martial Arts by the name of Useshiba Morihei created what is known as Aikido.*

**Jujitsu Primary Techniques: Standing Striking & Grappling**

**Throwing**

**Ground Positioning &**

**Grappling**

**Primary Objectives: Economy Of Motion**

**Advanced Objectives: Complete Control of yourself and the Opponent**

### **Philosophy**

*Understanding the potential destructive power a Jujitsu practitioner possesses, the student of Jujitsu accepts a philosophy of non-violence. Physical confrontations should be avoided whenever possible and the use of force against an untrained adversary should only be used as a last resort. The Jujitsu student must adopt an attitude of self-respect combined with humbleness and self-confidence combined with restraint. The student must also develop a great deal of patience, understanding, and he must bend like*

the willow. All of these will help the student become a better person and, at the same time, help him avoid unnecessary confrontations. It is the inner peace and confidence that the student develops that makes this possible. Patience is the key.

A properly trained student will do everything possible to avoid a physical confrontation, not only because he knows that such a confrontation is unnecessary, but also because he knows that he has a better than average chance of successfully defending himself, (therefore proving it is unnecessary), and because a physical confrontation is philosophically degrading as it indicates that all other means of avoidance have failed. If it is necessary to use Jujitsu against an adversary, the student must still use self-restraint and good judgment. He must use his knowledge only to protect himself from harm and then only to the extent to protect and remove himself from the situation.

### **Principles**

1.Balance 2.Mobility and Stability 3.Avoid the Head On Collision of Forces 4.Mental Resistance and Distraction 5.Focus to the Smallest Point Possible 6.Energy Transfer 7.Create a Base 8.Sticking Control and Sensitivity 9.Rotational Momentum 10.Transitional Flow

Within constant motion and change there is tranquility; and within tranquility, there is motion and change. Only by cultivating a receptive state of mind, without preconceived ideas or thought, can one master the secret of reacting spontaneously and naturally without hesitation and without purposeless resistance. In a unique combination of Tai Chi Chi Kung and Ju jitsu, called Tai Chi Ji Tsu You have the most complete and deadly system in the world of self defense and discipline, all systems know how to fight being standing or in the air like flying kicks but with this system you learn and complete the third level the ground level.

Heaven	Air Level	Flying Kicks And Punches
Human	Human Level	Standing Fighting
Earth	Ground Level	Ground Fighting and the 4 levels of a fight

Any tipe of fights always begins standing in a kicking range, then quickly move to the punching then the grappling, wich always ends up on the ground.

Kicks

Punching

Grappling

Ground Fight

Week Training

Tao Yin 3 basic postures: guard, mount, cross.

Flowing tao yin: combination of the three basics.

Tao yin partner system. Static and flowing.

Training in natural stances to prepare yourself to react spontaneously in life or death situacion.

Anatomy study. Bones, tendons, muscles, nerves, structure and vital organs and how the tai chi works to disability the human body.

Physiology study. Movement of the body, range of motion.

Philosophy. Aplications of the healing tao tai chi principles. Centering, rooting, structure, energy sensitivity, clear mind and belly full, preservation of life, do not use physical force, self defense.

Combination of standing tai chi chi kung with ground techniques tai chi jitsu.

Proteccion of the vital organs and damage to the limbs. ( and some lesson on totally destroy the human body taking life in less tha 2 minutes.)

Meditacion on self performance, reaching peace, get rid of the tension, fears, be always cool, calm and collected, and how to enter at will the "flow" or "peak performance state" when your reactions and your techniques are just perfect. Energy development trough self confidence.