1) <u>Ju-Shin Defined</u>
   a) slow and smooth execution of a series of basic jujitsu movements in a coherent manner
      (1) one technique flows into the next
      ii) usually 5-10 techniques in a sequence
      iii) may be several sequences
2) <u>Characteristics of Ju-Shin:</u>
      i) based upon traditional jujitsu kata
      ii) can be practiced by anyone
      iii) excellent form of practice
      iv) excellent exercise
3) <u>Why call it Ju-Shin?</u>
      i) translation
      ii) two ways to practice jujitsu techniques
         (1) *kata-no-nage*
         (2) *kime-no-kata*
      iii) carrying the spirit of the art of Ju-Jitsu

4) <u>Learning Ju-Shin</u>
      i) not difficult
      ii) To go it alone more difficult
         (1) no one to assist you

5) <u>What does the Ju-Shin logo represent?</u>

      i)
      ii) reflects characteristics of Ju-Shin.
         (a) an equilateral triangle surrounding the yin-yang with the Japanese kanji *ki, hara*, and *gei* in each of the three corners
         (b) Hara and gei are usually joined together into *haragei*
         (c) The triangle full of symbolism.
            (i) smallest geometric shape

          (ii) three dimensional and necessary to form a foundation for any type of supported structure.

       (d) Each of the three corners can represent:

          (i) the rational decision-making process

          (ii) the three elements of Ju-Shin

          (iii) coming together of the non-physical aspects of mind, spirit, and energy with the body aspects of power, center of gravity, and movement;

          (iv) *tachi waza*, *kuzushi* and *ki*

    (2) The yin-yang represents the balance and opposites of life

      (a) used symbolically to represent the need for balance

    (3) two kanji representing Ju and Shin.

    (4) light blue background

    (5) red triangle

6) <u>The Value of Ju-Shin</u>

    i) same benefits Tai Chi provides to the practitioner of Tai Chi Chuan

7) <u>How Ju-Shin benefits you</u>

    i) key to success

    ii) executing techniques slowly, with control, precision, and proper body movement

    iii) For sensei or a student:

    iv) For sensei and advanced students

    v) may even open doors for you to help others learn your traditional martial art, as a form of exercise

8] Samples on next page - - - -

Ju-Shin sample sequences [with one attacker]:

#1: start with cross wrist grab – r/r

> Clockwise right hand rotation & push bent arm to attacker
> Elbow roll to right with left sara [cupped hand]
> Reverse into setup for shoulder lock rear takedown
> Rotate forward into an arm lock with right hand applying a wrist press
> Left middle finger to nerve at side of base of left neck & press for submission
> Retreat into tachi waza

#2: start with right hit or attempted lapel

> Deflect to right with your right forearm
> Go into hand throw
> Pull elbow from underneath with your left hand as you pivot your left foot back
> Bring elbow up to set shoulder lock
> Undo & go into wrist lock takedown
> Hook elbow from on top with your left & push down on forearm with both hands
> Push his forearm away towards the attacker parallel to his chest
> Retreat into a ready position

#3 start with double wrist grab

> Hand wrap around outside of his wrists to bend his wrists
> Bring the backs of his wrists together
> Push in, against his forearms, causing his wrists to bend as you step in to move him backwards
> Left hand reaches over and grabs his left wrist as for a wristlock takedown
> Roll his elbow counterclockwise towards his head
> Step in with your right foot parallel to his body/towards his head to bring attacker down
> Retreat into a ready position

Ju-Shin samples with 2+ attackers [attacking from different directions]

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