

## The Martialarm Introduction To Jujitsu

Because Jujitsu (also commonly spelled "Jujutsu" or "Jiu-Jitsu") is one of the oldest styles of martial art still practised, dating from the 12th century, more than 700 forms or schools of Jujitsu have existed over the years. Each of these forms has its own techniques that it emphasises, has improved upon, or invented. Thus, it is hard to pin down exactly where Jujitsu should be placed on a scale rating the amount of grappling versus the amount of striking techniques. In all cases, Jujitsu will lean toward grappling, using more techniques such as throws, joint locks, chokes, and holds. However, all forms of Jujitsu incorporate a fair amount of striking techniques as well, using kicks, punches, knees, and elbows. A central concept to Jujitsu is the ability to change from one technique to another, and then another, as quickly and as many times as is necessary to defeat an attacker. Also key is the ability to use an attacker's force against him, allowing practitioners to defeat stronger enemies. Jujitsu is sort of a "grandfather" martial art in that so many of the arts developed in modern times use it as their primary source of techniques- Aikido, Judo, and to a lesser extent Hapkido, being foremost among these. Jujitsu is an excellent all-around martial art, but because of its severe fragmentation into many forms, beginners should take extra care when choosing a school to make sure it covers the elements that they are looking for. Similar Styles: Ninjutsu - The art of the ninja. Open handed techniques are Jujitsu in origin, but various weapons and other techniques used by the ninja are also taught. Shuai-Chiao - Contemporary name for Chiao Li or Chiao Ti, which is a Chinese style dating back 3000 years. Was exported to Japan where it was a major influence on the development of Jujitsu. Tai Jutsu - Thought to be perhaps the fighting art from which Jujitsu was developed.

The Japanese combat techniques of Jujutsu (also commonly known as Jujitsu and other spellings) date back at least 2000 years. The exact origins of jujutsu are unclear, as most of it's history was only passed on in the oral tradition. The few early written references show that it's origins date back to mythology. Jujutsu was formalized and most popular during the Edo period of Japan. This was the era of the Samurai. Jujutsu was the samurai's main set of combat techniques, after the sword that is. There have been many, many styles (or ryu) of Jujutsu throughout the history of Japan and more recently the rest of the world. Jujitsu America's humble beginnings came about in 1978, under the direction of Prof. Wally Jay. The name Jujitsu America was actually coined by Prof. Willy Cahill.

There is some controversy regarding the origins of the martial arts and it is probable that the techniques came from Tibet and India to China and the east and were used by monks to protect themselves from attackers. In early times the common people were not allowed to use them and the techniques were secrets that were not even talked about openly. Brazilian Ju-Jitsu comes from the Kito Ryu school and shares common origins with Judo Aikido and Kempo. Maeda was responsible for carrying the knowledge to Brazil where he taught Carlos Gracie who in turn taught his brother Helio and others. Ju-Jitsu is a full contact martial art and is not to everyone's liking but those who stick it out learn tricks of agility and endurance that few realised they had before.

Jujitsu training can be done in any city in the world and I encourage you to visit our martial arts directory of Jujitsu to find a school near you!

## About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/ujitsu.html> &nbsp;

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